SA Long Course State Cup - 13/04/2014
Results

Combined Team Scores		
Place	**Team**	**Points**
1	Tea Tree Gully	340
2	Adelaide Masters	332
3	Atlantis	269
4	Noarlunga	232
5	Onkaparinga Swimming Club	208
6	Marion Masters Swimming	159
7	Aquadome Otters	115
8	Henley Beach Masters	35
9	Western Districts	33

Possible National Records Achieved				
Stephanie Palmer-White	Adelaide Masters	50-54	200m Butterfly	2m44.85s

SA State Records Achieved				
Joanne Weir	Onkaparinga	45-49	400m Backstroke	7m41.04s
Jenny Bradley	Atlantis	50-54	50m Breaststroke	43.06s
Stephanie Palmer-White	Adelaide Masters	50-54	100m Butterfly	1m15.05s
Stephanie Palmer-White	Adelaide Masters	50-54	200m Butterfly	2m44.85s
Judy Thomas	Atlantis	55-59	100m Freestyle	1m11.96s
Judy Thomas	Atlantis	55-59	50m Butterfly	34.09s
Gillian Doyle	Noarlunga	60-64	400m Backstroke	8m20.95s
Barbara Pearce	Marion	75-79	400m Backstroke	10m28.37s
Margaret Armstrong	Noarlunga	80-84	200m Freestyle	4m44.29s
Sebastian Carboncini	Adelaide Masters	40-44	400m Backstroke	5m35.39s
Tubby Ramsay	Atlantis	80-84	100m Freestyle	1m46.43s
Tubby Ramsay	Atlantis	80-84	50m Butterfly	1m09.65s Split in IM
Tubby Ramsay	Atlantis	80-84	100m Butterfly	2m46.67s

SA Long Course State Cup 2014 - 13/04/2014
Individual Rankings - Through Event 16

25-29 Women - Individual Scores

Place	Name	Age	Team	Points
1	Wright, Sarah	25	Onkaparinga Swimming Club	20
2	Wheeler, Amanda	28	Onkaparinga Swimming Club	19
3	Whaites, Katherine	28	Tea Tree Gully	14

30-34 Women - Individual Scores

Place	Name	Age	Team	Points
1	Beames, Melissa	30	Atlantis	20
2	Mentha, Karen	34	Tea Tree Gully	19
3	Wilkinson, Wendy	30	Tea Tree Gully	14

35-39 Women - Individual Scores

Place	Name	Age	Team	Points
1	McKay, Kellie	35	Noarlunga	20
2	Goss, Debbie	35	Tea Tree Gully	18

40-44 Women - Individual Scores

Place	Name	Age	Team	Points
1	Paay, Rebecca	42	Atlantis	20
2	Brown, Deborah	43	Adelaide Masters	15

45-49 Women - Individual Scores

Place	Name	Age	Team	Points
1	Beaver, Sharon	47	Henley Beach Masters	20
2	Carne, Amanda	45	Noarlunga	19
2	Weir, Joanne	46	Onkaparinga Swimming Club	19
2	Lindsay, Cassie	45	Atlantis	19
5	Mik, Shelley	47	Aquadome Otters	18
6	Ziegeler, Ruth	45	Atlantis	14
7	Goldstein, Anat	49	Onkaparinga Swimming Club	12
8	Tucker, Helen	47	Noarlunga	10
9	Astley, Julie	49	Adelaide Masters	4

50-54 Women - Individual Scores

Place	Name	Age	Team	Points
1	Palmer-White, Stephanie	50	Adelaide Masters	20
2	Beames, Leanne	52	Atlantis	19
3	Porter, Joanne	52	Tea Tree Gully	18
3	Bradley, Jenny	53	Atlantis	18
5	Falster, Robyn	54	Marion Masters Swimming	16
6	Blackmore, Anita	50	Tea Tree Gully	10
7	Bell, Nerida	54	Onkaparinga Swimming Club	8

55-59 Women - Individual Scores

Place	Name	Age	Team	Points
1	Thomas, Judy	56	Atlantis	20
1	O'Shea, Penelope	57	Aquadome Otters	20
3	O'Connell, Leonie	58	Adelaide Masters	18
4	Carbone, Heather	56	Marion Masters Swimming	15
4	Reinboth, Betty	59	Adelaide Masters	15
6	Byrnes, Monica	56	Atlantis	14
7	Ormsby, Robyn	59	Atlantis	13
8	Ruler, Amanda	55	Adelaide Masters	8

SA Long Course State Cup 2014 - 13/04/2014
Individual Rankings - Through Event 16

Place	Name	Age	Team	Points
8	Clake, Karen	56	Tea Tree Gully	8

60-64 Women - Individual Scores

Place	Name	Age	Team	Points
1	Doyle, Gillian	61	Noarlunga	20
1	Frost, Valerie	60	Tea Tree Gully	20
3	Carter, Terry	64	Atlantis	17
4	Bell, Janet	62	Aquadome Otters	16
4	Edgley-Smith, Madeleine	63	Tea Tree Gully	16
6	Ross, Marcia	64	Onkaparinga Swimming Club	14
7	Gill, Janice	61	Tea Tree Gully	8

65-69 Women - Individual Scores

Place	Name	Age	Team	Points
1	Vowles, Judy	65	Marion Masters Swimming	18
2	Davies, Phyllis	68	Aquadome Otters	15
3	Winter, Jill	67	Noarlunga	7

75-79 Women - Individual Scores

Place	Name	Age	Team	Points
1	Redman, Pamela	77	Noarlunga	20
1	Pearce, Barbara	77	Marion Masters Swimming	20
3	Simons, Diana	79	Adelaide Masters	17
4	Phin, Mary	78	Adelaide Masters	13

80-84 Women - Individual Scores

Place	Name	Age	Team	Points
1	Armstrong, Margaret	81	Noarlunga	20
2	Anderson, Pat	81	Noarlunga	19

SA Long Course State Cup 2014 - 13/04/2014
Individual Rankings - Through Event 16

18-24 Men - Individual Scores

Place	Name	Age	Team	Points
1	Carter, Michael	19	Adelaide Masters	20
2	Quadrio, Nicholas	22	Adelaide Masters	10

30-34 Men - Individual Scores

Place	Name	Age	Team	Points
1	Lewis, Ace	34	Marion Masters Swimming	20
2	Freeman, Ben	32	Onkaparinga Swimming Club	19

35-39 Men - Individual Scores

Place	Name	Age	Team	Points
1	Young, Warren	37	Onkaparinga Swimming Club	20
2	Cranley, Matthew	39	Noarlunga	19

40-44 Men - Individual Scores

Place	Name	Age	Team	Points
1	Healey, Scott	44	Onkaparinga Swimming Club	20
2	Hughes, Michael	44	Tea Tree Gully	19
3	Carboncini, Sebastian	40	Adelaide Masters	17
3	Cranley, Andrew	41	Noarlunga	17
5	Thompson, Greg	41	Adelaide Masters	16
6	Preiss, Mark	42	Aquadome Otters	13

45-49 Men - Individual Scores

Place	Name	Age	Team	Points
1	Rowell, Gavin	45	Marion Masters Swimming	17
1	Gaertner, Paul	49	Adelaide Masters	17
3	Osborne, Stephen	45	Henley Beach Masters	15
4	Jasko, Richard	49	Onkaparinga Swimming Club	12
5	Arbery, Peter	46	Tea Tree Gully	7

50-54 Men - Individual Scores

Place	Name	Age	Team	Points
1	Smedley, Mark	54	Adelaide Masters	20
2	Clarke, Neil	54	Atlantis	18
3	Constable, Mark	50	Western Districts	17
4	Carter, Christopher	54	Adelaide Masters	16
5	Williams, Huw	52	Tea Tree Gully	12
6	Larter-Conway, Sean	50	Tea Tree Gully	10
7	Simpson, Grant	51	Aquadome Otters	9

55-59 Men - Individual Scores

Place	Name	Age	Team	Points
1	Thomas, David	59	Tea Tree Gully	19
1	Galliford, Stewart	56	Noarlunga	19
3	Crowder, George	58	Marion Masters Swimming	18
4	Camp-Smith, Peter	56	Tea Tree Gully	16
5	Riley, Philip	55	Tea Tree Gully	13
6	Beames, Phillip	56	Atlantis	11
6	Wheeler, Peter	55	Onkaparinga Swimming Club	11

60-64 Men - Individual Scores

Place	Name	Age	Team	Points
1	McConachy, Geoffrey	62	Adelaide Masters	19

SA Long Course State Cup 2014 - 13/04/2014
Individual Rankings - Through Event 16

Place	Name	Age	Team	Points
1	Thorpe, Ian	61	Tea Tree Gully	19
3	Cook, Anthony	62	Aquadome Otters	16
4	Young, Ian	62	Marion Masters Swimming	15

65-69 Men - Individual Scores

Place	Name	Age	Team	Points
1	Carthew, Stephen	67	Marion Masters Swimming	20
2	Gamlen, John	67	Tea Tree Gully	18
3	Ireland, Trevor	67	Onkaparinga Swimming Club	16
4	O'Brien, Bob	65	Tea Tree Gully	13

70-74 Men - Individual Scores

Place	Name	Age	Team	Points
1	Suskin, Allan	72	Atlantis	20
1	Ward, Tony	74	Adelaide Masters	20
3	Robinson, Brian	72	Tea Tree Gully	17
4	Axton, Bryan	73	Noarlunga	16
4	Ham, Raymond	73	Western Districts	16

80-84 Men - Individual Scores

Place	Name	Age	Team	Points
1	Ramsay, Tubby	80	Atlantis	20
2	Assumpcao, Carlos	82	Adelaide Masters	18
3	Davies, Jonathan	83	Adelaide Masters	15

SA Long Course State Cup 2014 - 13/04/2014
Results - 1

Event 1 Women 25-29 100 LC Metre Backstroke

National:	**1:09.88**	**N**	**22/04/2008**	**EBONY EBENWALDNER**
State:	**1:10.66**	**S**	**16/04/2012**	**C. MARGRISON**

	Name	Age	Team	Finals Time
1	Wright, Sarah	25	Onkaparinga Swimming Club	1:25.08
	40.31 1:25.08 (44.77)			

Event 1 Women 30-34 100 LC Metre Backstroke

National:	**1:10.25**	**N**	**23/02/2013**	**BELINDA NEVELL**
State:	**1:13.96**	**S**	**25/03/1994**	**JOANNE SUTCLIFFE**

1	Beames, Melissa	30	Atlantis	1:38.11
	47.47 1:38.11 (50.64)			
2	Mentha, Karen	34	Tea Tree Gully	1:43.50
	50.61 1:43.50 (52.89)			

Event 1 Women 45-49 100 LC Metre Backstroke

National:	**1:11.68**	**N**	**30/04/2011**	**JENNIE BUCKNELL**
State:	**1:16.33**	**S**	**22/04/2008**	**JOANNE SUTCLIFFE**

1	Beaver, Sharon	47	Henley Beach Masters	1:19.43
	38.99 1:19.43 (40.44)			

Event 1 Women 55-59 100 LC Metre Backstroke

National:	**1:21.22**	**N**	**11/08/2013**	**JUDY THOMAS**
State:	**1:21.22**	**S**	**11/08/2013**	**JUDY THOMAS**

1	Thomas, Judy	56	Atlantis	1:22.34
	39.83 1:22.34 (42.51)			
2	Carbone, Heather	56	Marion Masters Swimming	1:39.14
	48.04 1:39.14 (51.10)			
3	Byrnes, Monica	56	Atlantis	1:48.82
	52.06 1:48.82 (56.76)			
4	Reinboth, Betty	59	Adelaide Masters	2:07.25
	1:01.70 2:07.25 (1:05.55)			
---	Ruler, Amanda	55	Adelaide Masters	NS

Event 1 Women 60-64 100 LC Metre Backstroke

National:	**1:24.44**	**N**	**12/10/2009**	**LYNETTE STEVENSON**
State:	**1:36.02**	**S**	**20/11/1993**	**DENISE WANGEL**

1	Edgley-Smith, Madeleine	63	Tea Tree Gully	2:25.27
	1:10.93 2:25.27 (1:14.34)			

Event 1 Women 75-79 100 LC Metre Backstroke

National:	**1:41.22**	**N**	**30/04/2011**	**PAM HUTCHINGS**
State:	**2:04.09**	**S**	**19/04/2013**	**BARBARA PEARCE**

1	Simons, Diana	79	Adelaide Masters	2:45.36
	1:21.94 2:45.36 (1:23.42)			

Event 1 Women 80-84 100 LC Metre Backstroke

National:	**1:58.08**	**N**	**18/03/2000**	**J. DRAKE-BROCKMAN**
State:	**2:44.36**	**S**	**7/04/2013**	**M. ARMSTRONG**

1	Armstrong, Margaret	81	Noarlunga	2:51.73
	1:25.34 2:51.73 (1:26.39)			

Event 1 Men 35-39 100 LC Metre Backstroke

National:	**1:01.60**	**N**	**7/04/1990**	**BRAD COOPER**
State:	**1:09.24**	**S**	**29/03/2009**	**CRAIG ADDAMS**

1	Cranley, Matthew	39	Noarlunga	1:20.38
	39.02 1:20.38 (41.36)			
---	Velliaris, Christopher	39	Western Districts	NS

SA Long Course State Cup 2014 - 13/04/2014
Results - 1

Event 1 Men 40-44 100 LC Metre Backstroke

National:	**1:01.75**	**N**	**14/04/2012**	**IAN JEFFERY**
State:	**1:08.72**	**S**	**9/08/2006**	**JOHN A MCVANN**

1	Healey, Scott	44	Onkaparinga Swimming Club	1:10.89
	33.25	1:10.89 (37.64)		
2	Cranley, Andrew	41	Noarlunga	1:32.56
	44.00	1:32.56 (48.56)		

Event 1 Men 45-49 100 LC Metre Backstroke

National:	**1:05.15**	**N**	**12/10/2009**	**JON HAWTON**
State:	**1:08.86**	**S**	**20/03/2008**	**JOHN A MCVANN**

---	French, Rodney	48	Aquadome Otters	NS

Event 1 Men 50-54 100 LC Metre Backstroke

National:	**1:07.52**	**N**	**22/04/2008**	**ALAN GODFREY**
State:	**1:11.15**	**S**	**30/04/2011**	**MARK SMEDLEY**

1	Smedley, Mark	54	Adelaide Masters	1:15.45
	37.38	1:15.45 (38.07)		
2	Clarke, Neil	54	Atlantis	1:29.00
	43.93	1:29.00 (45.07)		

Event 1 Men 65-69 100 LC Metre Backstroke

National:	**1:20.62**	**N**	**7/04/1996**	**BOB BARRY**
State:	**1:32.63**	**S**	**7/10/2005**	**MICHAEL GRAY**

1	Gamlen, John	67	Tea Tree Gully	1:41.16
	49.57	1:41.16 (51.59)		
2	O'Brien, Bob	65	Tea Tree Gully	2:01.77
	59.85	2:01.77 (1:01.92)		
---	Lloyd, Mark	65	Noarlunga	NS

Event 1 Men 70-74 100 LC Metre Backstroke

National:	**1:23.80**	**N**	**23/02/2013**	**GEORGE GREEN**
State:	**1:37.60**	**S**	**29/03/2009**	**MICHAEL GRAY**

1	Ham, Raymond	73	Western Districts	2:17.85
	1:04.87	2:17.85 (1:12.98)		

Event 1 Men 80-84 100 LC Metre Backstroke

National:	**1:42.81**	**N**	**16/05/2009**	**RODNEY BAKER**
State:	**1:51.57**	**S**	**30/04/2011**	**JONATHON DAVIES**

1	Davies, Jonathan	83	Adelaide Masters	2:03.45
	59.10	2:03.45 (1:04.35)		
2	Assumpcao, Carlos	82	Adelaide Masters	2:36.58
	1:14.00	2:36.58 (1:22.58)		

Event 2 Women 18-24 50 LC Metre Breaststroke

National:	**36.40**	**N**	**3/04/2004**	**CATHERINE HOWLAND**
State:	**36.40**	**S**	**3/04/2004**	**CATHERINE HOWLAND**

---	Nairn, Jackie	20	Onkaparinga Swimming Club	NS

Event 2 Women 25-29 50 LC Metre Breaststroke

National:	**35.89**	**N**	**11/10/2009**	**JENNIE WHITE**
State:	**37.71**	**S**	**17/04/2012**	**C. MARGRISON**

1	Wheeler, Amanda	28	Onkaparinga Swimming Club	45.89

Event 2 Women 30-34 50 LC Metre Breaststroke

National:	**35.37**	**N**	**6/1986**	**KAREN GIBSON**
State:	**35.69**	**S**	**30/03/2005**	**PAULA HILL**

1	Wilkinson, Wendy	30	Tea Tree Gully	56.94

SA Long Course State Cup 2014 - 13/04/2014

Results - 1

Event 2 Women 35-39 50 LC Metre Breaststroke

National:	**33.52**	**N**	**16/03/2010**	**LINLEY FRAME**
State:	**37.28**	**S**	**30/03/2005**	**SUE J LYONS**

1	McKay, Kellie	35	Noarlunga	47.80
2	Goss, Debbie	35	Tea Tree Gully	50.90

Event 2 Women 40-44 50 LC Metre Breaststroke

National:	**32.32**	**N**	**2/05/2013**	**LINLEY FRAME**
State:	**38.19**	**S**	**29/03/2009**	**SUE LYONS**

---	Jacobs, Samantha-Jane	41	Tea Tree Gully	NS

Event 2 Women 45-49 50 LC Metre Breaststroke

National:	**35.99**	**N**	**2/11/2003**	**JENNY WHITELEY**
State:	**41.55**	**S**	**20/04/2008**	**ANGELA BASEDOW**

1	Weir, Joanne	46	Onkaparinga Swimming Club	47.48
2	Mik, Shelley	47	Aquadome Otters	54.47
3	Goldstein, Anat	49	Onkaparinga Swimming Club	1:03.89

Event 2 Women 50-54 50 LC Metre Breaststroke

National:	**35.42**	**N**	**15/10/2009**	**JENNY WHITELEY**
State:	**43.72**	**S**	**8/10/2011**	**JENNY BRADLEY**

1	Bradley, Jenny	53	Atlantis	43.06 S
2	Beames, Leanne	52	Atlantis	55.03
3	Bell, Nerida	54	Onkaparinga Swimming Club	1:37.90

Event 2 Women 55-59 50 LC Metre Breaststroke

National:	**37.04**	**N**	**17/04/2013**	**JENNY WHITELEY**
State:	**44.67**	**S**	**19/12/1982**	**JOSIE SANSOM**

1	O'Shea, Penelope	57	Aquadome Otters	52.49
2	Ormsby, Robyn	59	Atlantis	55.27
3	Clake, Karen	56	Tea Tree Gully	59.81
---	Heffernan, Maryanne	58	Marion Masters Swimming	NS

Event 2 Women 60-64 50 LC Metre Breaststroke

National:	**39.25**	**N**	**6/04/2006**	**JAN WICKS**
State:	**44.39**	**S**	**9/07/1880**	**JOSIE SANSOM**

1	Doyle, Gillian	61	Noarlunga	53.51
2	Carter, Terry	64	Atlantis	54.54
3	Gill, Janice	61	Tea Tree Gully	56.08

Event 2 Women 65-69 50 LC Metre Breaststroke

National:	**44.32**	**N**	**15/10/2009**	**HEATHER MORGAN**
State:	**48.47**	**S**	**6/10/2007**	**JOY C PAGE**

1	Davies, Phyllis	68	Aquadome Otters	56.05
2	Vowles, Judy	65	Marion Masters Swimming	59.59
3	Winter, Jill	67	Noarlunga	1:20.93

Event 2 Women 70-74 50 LC Metre Breaststroke

National:	**47.77**	**N**	**1/02/2014**	**CLARY MUNNS**
State:	**49.20**	**S**	**17/04/2012**	**JOY PAGE**

---	Kesic, Bosilka	71	Adelaide Masters	NS

Event 2 Women 75-79 50 LC Metre Breaststroke

National:	**52.11**	**N**	**24/02/2013**	**SUE MAYNE**
State:	**1:07.26**	**S**	**2/03/2008**	**M. ARMSTRONG**

1	Redman, Pamela	77	Noarlunga	1:31.75
2	Phin, Mary	78	Adelaide Masters	1:45.44
3	Simons, Diana	79	Adelaide Masters	1:48.49

SA Long Course State Cup 2014 - 13/04/2014
Results - 1

Event 2 Women 80-84 50 LC Metre Breaststroke

National:	**58.93**	**N**	**12/02/2005**	**M. CUNNINGHAM**
State:	**1:11.59**	**S**	**20/09/1998**	**ALMA BRECKNOCK**

1	Armstrong, Margaret	81	Noarlunga	1:20.60

Event 2 Men 30-34 50 LC Metre Breaststroke

National:	**29.67**	**N**	**30/01/2006**	**TYSON YOUNG**
State:	**32.26**	**S**	**20/04/2008**	**ANDREW RAGLESS**

1	Lewis, Ace	34	Marion Masters Swimming	34.45

Event 2 Men 35-39 50 LC Metre Breaststroke

National:	**30.37**	**N**	**28/04/1998**	**STEPHEN COOK**
State:	**34.32**	**S**	**2/03/2008**	**TRISTAN HERBERT**

1	Young, Warren	37	Onkaparinga Swimming Club	39.51

Event 2 Men 40-44 50 LC Metre Breaststroke

National:	**30.97**	**N**	**16/05/2009**	**DEAN STOCKWELL**
State:	**33.50**	**S**	**26/04/2003**	**MARK SMEDLEY**

1	Thompson, Greg	41	Adelaide Masters	41.21
2	Hughes, Michael	44	Tea Tree Gully	44.89

Event 2 Men 45-49 50 LC Metre Breaststroke

National:	**31.01**	**N**	**20/04/2008**	**STUART MOFFATT**
State:	**33.14**	**S**	**6/04/2006**	**MARK SMEDLEY**

1	Rowell, Gavin	45	Marion Masters Swimming	35.78
2	Arbery, Peter	46	Tea Tree Gully	56.20

Event 2 Men 50-54 50 LC Metre Breaststroke

National:	**31.49**	**N**	**17/04/2013**	**STUART MOFFATT**
State:	**33.99**	**S**	**20/04/2013**	**MARK SMEDLEY**

1	Smedley, Mark	54	Adelaide Masters	36.04
2	Carter, Christopher	54	Adelaide Masters	46.13
3	Williams, Huw	52	Tea Tree Gully	48.64
4	Simpson, Grant	51	Aquadome Otters	56.61

Event 2 Men 55-59 50 LC Metre Breaststroke

National:	**32.72**	**N**	**3/05/2009**	**STUART ELLICOTT**
State:	**39.25**	**S**	**6/1986**	**JONATHON DAVIES**

1	Galliford, Stewart	56	Noarlunga	47.26
2	Thomas, David	59	Tea Tree Gully	47.92
3	Riley, Philip	55	Tea Tree Gully	1:06.45
---	Smith, Craig	58	Marion Masters Swimming	NS

Event 2 Men 60-64 50 LC Metre Breaststroke

National:	**32.80**	**N**	**14/04/2012**	**STUART ELLICOTT**
State:	**39.72**	**S**	**6/05/1993**	**DIETER LOELIGER**

1	Thorpe, Ian	61	Tea Tree Gully	50.52

Event 2 Men 65-69 50 LC Metre Breaststroke

National:	**37.96**	**N**	**7/08/2006**	**J. (. A. GOODWIN**
State:	**41.31**	**S**	**14/03/1998**	**DIETER LOELIGER**

---	Flowers, John	68	Tea Tree Gully	NS

Event 2 Men 70-74 50 LC Metre Breaststroke

National:	**38.23**	**N**	**15/10/2009**	**TONY GOODWIN**
State:	**43.21**	**S**	**5/04/2001**	**JONATHON DAVIES**

1	Suskin, Allan	72	Atlantis	47.79
2	Axton, Bryan	73	Noarlunga	1:17.39

SA Long Course State Cup 2014 - 13/04/2014
Results - 1

Event 2 Men 80-84 50 LC Metre Breaststroke

National: 43.67 N 24/02/2013 PATRICK GALVIN
State: 48.73 S 30/04/2011 JONATHON DAVIES

1 Davies, Jonathan 83 Adelaide Masters 57.78

Event 3 Women 50-54 200 LC Metre Butterfly

National: 2:46.47 N 31/10/2009 JENNY WHITELEY
State: 3:01.71 S 22/04/2008 LEONIE O'CONNELL

1 Palmer-White, Stephanie 50 Adelaide Masters 2:44.85 N
38.49 1:21.36 (42.87) 2:04.14 (42.78) 2:44.85 (40.71)

Event 3 Women 55-59 200 LC Metre Butterfly

National: 2:52.21 N 14/04/2012 LEIGH RODGERS
State: 3:09.93 S 15/06/2012 LEONIE O'CONNELL

1 O'Connell, Leonie 58 Adelaide Masters 3:17.40
42.19 1:31.53 (49.34) 2:24.38 (52.85) 3:17.40 (53.02)

Event 4 Women 25-29 100 LC Metre Freestyle

National: 59.52 N 14/04/2012 C. MARGRISON
State: 59.52 S 14/04/2012 C. MARGRISON

1 Wright, Sarah 25 Onkaparinga Swimming Club 1:16.37
36.93 1:16.37 (39.44)

--- Whaites, Katherine 28 Tea Tree Gully DQ
False start
52.14 DQ (1:05.90)

Event 4 Women 30-34 100 LC Metre Freestyle

National: 59.99 N 30/04/2011 CAROLYN GORRICK
State: 1:02.82 S 30/03/2005 PAULA HILL

1 Beames, Melissa 30 Atlantis 1:22.38
39.06 1:22.38 (43.32)

2 Wilkinson, Wendy 30 Tea Tree Gully 1:32.12
43.54 1:32.12 (48.58)

Event 4 Women 35-39 100 LC Metre Freestyle

National: 59.92 N 18/04/2008 LYNNE HAYES
State: 1:04.20 S 30/03/2003 SUE LYONS

1 Goss, Debbie 35 Tea Tree Gully 1:22.92
38.59 1:22.92 (44.33)

Event 4 Women 40-44 100 LC Metre Freestyle

National: 1:01.40 N 1/05/2009 JENNIE BUCKNELL
State: 1:06.71 S 29/03/2009 SUE LYONS

1 Brown, Deborah 43 Adelaide Masters 2:08.50
1:00.94 2:08.50 (1:07.56)

Event 4 Women 45-49 100 LC Metre Freestyle

National: 1:00.78 N 30/04/2011 JENNIE BUCKNELL
State: 1:06.93 S 14/04/2012 S. PALMER-WHITE

1 Lindsay, Cassie 45 Atlantis 1:10.95
34.78 1:10.95 (36.17)

2 Carne, Amanda 45 Noarlunga 1:12.47
33.91 1:12.47 (38.56)

3 Ziegeler, Ruth 45 Atlantis 1:53.59
56.02 1:53.59 (57.57)

Event 4 Women 50-54 100 LC Metre Freestyle

National: 1:02.95 N 18/04/2008 SHANE GOULD
State: 1:07.87 S 7/10/2011 JOANNE SUTCLIFFE

1 Porter, Joanne 52 Tea Tree Gully 1:17.11
36.59 1:17.11 (40.52)

SA Long Course State Cup 2014 - 13/04/2014

Results - 1

(Event 4 Women 50-54 100 LC Metre Freestyle)

2 Blackmore, Anita 50 Tea Tree Gully 1:19.25
36.58 1:19.25 (42.67)

3 Falster, Robyn 54 Marion Masters Swimming 1:19.59
36.97 1:19.59 (42.62)

Event 4 Women 55-59 100 LC Metre Freestyle

National: 1:05.71 N 17/04/2013 JENNY WHITELEY
State: 1:12.78 S 23/06/2013 JUDY THOMAS

1 Thomas, Judy 56 Atlantis 1:11.96S
34.47 1:11.96 (37.49)

2 Carbone, Heather 56 Marion Masters Swimming 1:28.12
42.92 1:28.12 (45.20)

3 Byrnes, Monica 56 Atlantis 1:28.48
42.02 1:28.48 (46.46)

Event 4 Women 60-64 100 LC Metre Freestyle

National: 1:10.87 N 15/10/2009 LYNETTE STEVENSON
State: 1:19.32 S 30/03/2003 CAROLYN FLEMING

1 Frost, Valerie 60 Tea Tree Gully 1:32.19
45.66 1:32.19 (46.53)

2 Edgley-Smith, Madeleine 63 Tea Tree Gully 1:46.09
49.30 1:46.09 (56.79)

3 Ross, Marcia 64 Onkaparinga Swimming Club 1:51.97
54.52 1:51.97 (57.45)

4 Gill, Janice 61 Tea Tree Gully 1:57.33
54.60 1:57.33 (1:02.73)

Event 4 Women 75-79 100 LC Metre Freestyle

National: 1:29.19 N 4/04/2001 M. CUNNINGHAM
State: 1:46.01 S 30/04/2011 DIANE ROSS

1 Simons, Diana 79 Adelaide Masters 3:01.74
1:23.36 3:01.74 (1:38.38)

Event 4 Women 80-84 100 LC Metre Freestyle

National: 1:36.14 N 7/04/2007 M. CUNNINGHAM
State: 2:09.72 S 11/08/2013 M. ARMSTRONG

1 Anderson, Pat 81 Noarlunga 2:33.46
1:08.75 2:33.46 (1:24.71)

Event 4 Men 30-34 100 LC Metre Freestyle

National: 51.06 N 15/10/2009 ADAM PINE
State: 57.50 S 1/05/2005 CRAIG MARTIN

1 Freeman, Ben 32 Onkaparinga Swimming Club 1:13.58
34.81 1:13.58 (38.77)

Event 4 Men 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 Cranley, Matthew 39 Noarlunga 1:08.79
33.50 1:08.79 (35.29)

Event 4 Men 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 Preiss, Mark 42 Aquadome Otters 59.39
28.86 59.39 (30.53)

2 Cranley, Andrew 41 Noarlunga 1:23.51
39.39 1:23.51 (44.12)

SA Long Course State Cup 2014 - 13/04/2014
Results - 1

Event 4 Men 45-49 100 LC Metre Freestyle

National: 55.67 N 14/11/2004 LARRY FORSYTH
State: 1:00.26 S 2/03/2008 MARK SMEDLEY

1	Osborne, Stephen	45	Henley Beach Masters	1:00.92
	28.67	1:00.92 (32.25)		
2	Gaertner, Paul	49	Adelaide Masters	1:01.77
	29.89	1:01.77 (31.88)		
3	Rowell, Gavin	45	Marion Masters Swimming	1:06.07
	31.38	1:06.07 (34.69)		
4	Jasko, Richard	49	Onkaparinga Swimming Club	1:23.30
	40.24	1:23.30 (43.06)		
5	Arbery, Peter	46	Tea Tree Gully	1:34.74
	41.46	1:34.74 (53.28)		

Event 4 Men 50-54 100 LC Metre Freestyle

National: 57.47 N 18/04/2008 LARRY FORSYTH
State: 1:00.20 S 29/03/2009 GRANT L SIMPSON

1	Clarke, Neil	54	Atlantis	1:16.11
	36.44	1:16.11 (39.67)		
2	Carter, Christopher	54	Adelaide Masters	1:16.79
	36.09	1:16.79 (40.70)		
3	Williams, Huw	52	Tea Tree Gully	1:21.36
	38.27	1:21.36 (43.09)		
4	Simpson, Grant	51	Aquadome Otters	2:00.94
	57.31	2:00.94 (1:03.63)		
---	White, Paul	52	Atlantis	NS

Event 4 Men 55-59 100 LC Metre Freestyle

National: 58.11 N 17/04/2013 PAUL BLACKBEARD
State: 1:00.71 S 5/10/2007 GRAHAM CROFT

1	Crowder, George	58	Marion Masters Swimming	1:18.17
	38.16	1:18.17 (40.01)		
2	Beames, Phillip	56	Atlantis	1:19.53
	38.10	1:19.53 (41.43)		
3	Camp-Smith, Peter	56	Tea Tree Gully	1:21.84
	38.47	1:21.84 (43.37)		
4	Wheeler, Peter	55	Onkaparinga Swimming Club	1:53.94
	52.55	1:53.94 (1:01.39)		
---	Smith, Craig	58	Marion Masters Swimming	NS
---	Morris, Brian	56	Adelaide Masters	NS

Event 4 Men 60-64 100 LC Metre Freestyle

National: 1:01.02 N 18/04/2008 GRAHAM CROFT
State: 1:01.02 S 18/04/2008 GRAHAM CROFT

1	McConachy, Geoffrey	62	Adelaide Masters	1:28.03
	41.88	1:28.03 (46.15)		

Event 4 Men 65-69 100 LC Metre Freestyle

National: 1:04.10 N 7/04/2013 GRAHAM CROFT
State: 1:08.52 S 7/10/2011 RON HARDIE

1	Carthew, Stephen	67	Marion Masters Swimming	1:11.23
	34.28	1:11.23 (36.95)		
2	Ireland, Trevor	67	Onkaparinga Swimming Club	1:22.02
	39.32	1:22.02 (42.70)		

Event 4 Men 70-74 100 LC Metre Freestyle

National: 1:09.34 N 6/04/2006 JOHN CRISP
State: 1:13.31 S 3/04/2004 ROY DREW

1	Robinson, Brian	72	Tea Tree Gully	1:47.67
	50.34	1:47.67 (57.33)		

SA Long Course State Cup 2014 - 13/04/2014

Results - 1

(Event 4 Men 70-74 100 LC Metre Freestyle)

2 Axton, Bryan 73 Noarlunga 2:06.39
1:01.01 2:06.39 (1:05.38)

Event 4 Men 80-84 100 LC Metre Freestyle

National: 1:18.85 N 18/04/2008 ROD BAKER
State: 1:47.25 S 25/03/2001 EDWARD GEARY

1 Ramsay, Tubby 80 Atlantis 1:46.43 S
50.88 1:46.43 (55.55)

Event 5 Women 18-24 50 LC Metre Backstroke

National: 32.26 N 16/04/2011 ELIN HARNEBRANDT
State: 34.50 S 15/04/1984 JOANNE SUTCLIFFE

--- Nairn, Jackie 20 Onkaparinga Swimming Club NS

Event 5 Women 25-29 50 LC Metre Backstroke

National: 32.16 N 13/03/2004 NAHOMI ERIGUCHI
State: 32.49 S 27/01/2012 C. MARGRISON

1 Wheeler, Amanda 28 Onkaparinga Swimming Club 39.32

Event 5 Women 30-34 50 LC Metre Backstroke

National: 32.25 N 23/02/2013 BELINDA NEVELL
State: 34.56 S 25/03/1994 JOANNE SUTCLIFFE

1 Mentha, Karen 34 Tea Tree Gully 45.42

Event 5 Women 35-39 50 LC Metre Backstroke

National: 33.01 N 10/10/2002 HELEN WHITFORD
State: 34.98 S 13/01/1995 JOANNE SUTCLIFFE

1 McKay, Kellie 35 Noarlunga 40.35

Event 5 Women 40-44 50 LC Metre Backstroke

National: 32.15 N 21/04/2008 HELEN WHITFORD
State: 35.21 S 24/03/2002 JOANNE SUTCLIFFE

1 Paay, Rebecca 42 Atlantis 39.22

Event 5 Women 45-49 50 LC Metre Backstroke

National: 32.85 N 9/04/2011 JENNIE BUCKNELL
State: 35.06 S 13/10/2009 J. K. SUTCLIFFE

1 Beaver, Sharon 47 Henley Beach Masters 37.48
2 Ziegeler, Ruth 45 Atlantis 59.95
3 Goldstein, Anat 49 Onkaparinga Swimming Club 1:08.68

Event 5 Women 50-54 50 LC Metre Backstroke

National: 34.44 N 31/10/2009 JENNY WHITELEY
State: 35.56 S 7/10/2011 JOANNE SUTCLIFFE

1 Falster, Robyn 54 Marion Masters Swimming 43.11
2 Bradley, Jenny 53 Atlantis 44.74
3 Bell, Nerida 54 Onkaparinga Swimming Club 1:16.18

Event 5 Women 55-59 50 LC Metre Backstroke

National: 36.24 N 11/08/2013 JUDY THOMAS
State: 36.24 S 11/08/2013 JUDY THOMAS

1 Ormsby, Robyn 59 Atlantis 59.88
2 Reinboth, Betty 59 Adelaide Masters 1:00.67
3 Ruler, Amanda 55 Adelaide Masters 1:04.34

Event 5 Women 60-64 50 LC Metre Backstroke

National: 36.93 N 13/10/2009 LYNETTE STEVENSON
State: 46.22 S 16/04/2012 JAN SIMONS

1 Doyle, Gillian 61 Noarlunga 52.08
2 Carter, Terry 64 Atlantis 55.50

SA Long Course State Cup 2014 - 13/04/2014

Results - 1

(Event 5 Women 60-64 50 LC Metre Backstroke)

3	Bell, Janet	62	Aquadome Otters	57.79

Event 5 Women 65-69 50 LC Metre Backstroke

National:	**37.38**	**N**	**13/10/2009**	**CLARY MUNNS**
State:	**45.45**	**S**	**11/08/2013**	**JAN SIMONS**
1	Davies, Phyllis	68	Aquadome Otters	48.95
2	Vowles, Judy	65	Marion Masters Swimming	1:02.92

Event 5 Women 75-79 50 LC Metre Backstroke

National:	**43.16**	**N**	**30/04/2011**	**PAM HUTCHINGS**
State:	**54.40**	**S**	**14/04/2012**	**BARBARA PEARCE**
1	Phin, Mary	78	Adelaide Masters	1:36.79

Event 5 Men 30-34 50 LC Metre Backstroke

National:	**28.14**	**N**	**2/05/2009**	**DANIEL KOWALSKI**
State:	**30.36**	**S**	**23/04/2008**	**JOHN BARANOFF**
1	Freeman, Ben	32	Onkaparinga Swimming Club	38.07

Event 5 Men 40-44 50 LC Metre Backstroke

National:	**28.08**	**N**	**23/04/2008**	**TOM STACHEWICZ**
State:	**31.27**	**S**	**14/04/2012**	**SCOTT HEALEY**
1	Healey, Scott	44	Onkaparinga Swimming Club	31.38
2	Carboncini, Sebastian	40	Adelaide Masters	33.06
3	Thompson, Greg	41	Adelaide Masters	49.08

Event 5 Men 45-49 50 LC Metre Backstroke

National:	**29.22**	**N**	**24/02/2013**	**TOM STACHEWICZ**
State:	**31.82**	**S**	**6/04/2006**	**MARK SMEDLEY**
1	Jasko, Richard	49	Onkaparinga Swimming Club	56.12
---	French, Rodney	48	Aquadome Otters	NS

Event 5 Men 50-54 50 LC Metre Backstroke

National:	**31.84**	**N**	**11/10/1988**	**DAVID THIELE**
State:	**33.06**	**S**	**12/05/2012**	**MARK SMEDLEY**
1	Smedley, Mark	54	Adelaide Masters	34.75
2	Larter-Conway, Sean	50	Tea Tree Gully	43.59
3	Constable, Mark	50	Western Districts	44.78

Event 5 Men 55-59 50 LC Metre Backstroke

National:	**32.38**	**N**	**21/04/2008**	**JOHN MARCH**
State:	**34.12**	**S**	**16/04/2012**	**FRANK LINDSAY**
1	Thomas, David	59	Tea Tree Gully	45.34
2	Galliford, Stewart	56	Noarlunga	47.84
3	Wheeler, Peter	55	Onkaparinga Swimming Club	1:18.57
---	Riley, Philip	55	Tea Tree Gully	DQ
	Did not finish on back			
---	Morris, Brian	56	Adelaide Masters	NS

Event 5 Men 65-69 50 LC Metre Backstroke

National:	**35.58**	**N**	**30/04/2011**	**JOHN FUSSELL**
State:	**40.21**	**S**	**1/05/2005**	**MICHAEL GRAY**
1	Gamlen, John	67	Tea Tree Gully	44.78
2	O'Brien, Bob	65	Tea Tree Gully	55.91
---	Lloyd, Mark	65	Noarlunga	NS
---	Flowers, John	68	Tea Tree Gully	NS

SA Long Course State Cup 2014 - 13/04/2014
Results - 1

Event 5 Men 70-74 50 LC Metre Backstroke

National:	**37.47**	**N**	**17/04/2013**	**GEORGE GREEN**
State:	**41.57**	**S**	**14/04/2012**	**MICHAEL GRAY**

1	Suskin, Allan	72	Atlantis	49.13
2	Ham, Raymond	73	Western Districts	56.53

Event 5 Men 80-84 50 LC Metre Backstroke

National:	**45.65**	**N**	**5/04/2009**	**RODNEY BAKER**
State:	**50.03**	**S**	**30/04/2011**	**JONATHON DAVIES**

1	Davies, Jonathan	83	Adelaide Masters	55.45

Event 6 Women 45-49 200 LC Metre Breaststroke

National:	**2:55.96**	**N**	**16/03/2003**	**JENNY WHITELEY**
State:	**3:13.18**	**S**	**19/04/2013**	**SHARON BEAVER**

1	Mik, Shelley	47	Aquadome Otters	4:08.16

55.97 1:56.93 (1:00.96) 3:02.19 (1:05.26) 4:08.16 (1:05.97)

Event 6 Women 50-54 200 LC Metre Breaststroke

National:	**2:55.15**	**N**	**22/04/2008**	**JENNY WHITELEY**
State:	**3:33.95**	**S**	**29/03/2009**	**M. HEFFERNAN**

1	Beames, Leanne	52	Atlantis	4:24.11

57.67 2:04.76 (1:07.09) 3:15.73 (1:10.97) 4:24.11 (1:08.38)

Event 6 Women 55-59 200 LC Metre Breaststroke

National:	**3:02.67**	**N**	**17/04/2013**	**JENNY WHITELEY**
State:	**3:29.75**	**S**	**7/04/2013**	**M. HEFFERNAN**

1	O'Shea, Penelope	57	Aquadome Otters	4:06.64

55.76 1:59.34 (1:03.58) 3:03.71 (1:04.37) 4:06.64 (1:02.93)

2	Clake, Karen	56	Tea Tree Gully	4:26.98

1:01.45 2:09.05 (1:07.60) 3:19.12 (1:10.07) 4:26.98 (1:07.86)

---	Heffernan, Maryanne	58	Marion Masters Swimming	NS

Event 6 Women 70-74 200 LC Metre Breaststroke

National:	**3:45.55**	**N**	**17/04/2013**	**JEN THOMASSON**
State:	**4:03.91**	**S**	**19/04/2013**	**JOY PAGE**

---	Kesic, Bosilka	71	Adelaide Masters	NS

Event 6 Women 75-79 200 LC Metre Breaststroke

National:	**4:32.07**	**N**	**26/03/2002**	**BARBARA VICKERS**
State:	**5:19.51**	**S**	**22/04/2008**	**M. ARMSTRONG**

1	Redman, Pamela	77	Noarlunga	7:01.56

1:37.81 3:23.21 (1:45.40) 5:12.40 (1:49.19) 7:01.56 (1:49.16)

Event 6 Men 18-24 200 LC Metre Breaststroke

National:	**2:40.87**	**N**	**25/04/2003**	**DANIEL LOOKWOOD**
State:	**2:54.52**	**S**	**1/11/1986**	**KEITH WEIDNER**

1	Quadrio, Nicholas	22	Adelaide Masters	3:16.49

44.09 1:33.11 (49.02) 2:24.70 (51.59) 3:16.49 (51.79)

Event 6 Men 30-34 200 LC Metre Breaststroke

National:	**2:29.90**	**N**	**30/04/2011**	**RYAN SPENCER**
State:	**2:32.81**	**S**	**22/04/2008**	**ANDREW RAGLESS**

1	Lewis, Ace	34	Marion Masters Swimming	2:59.26

40.92 1:27.03 (46.11) 2:13.38 (46.35) 2:59.26 (45.88)

Event 6 Men 60-64 200 LC Metre Breaststroke

National:	**2:56.24**	**N**	**15/06/2012**	**STUART ELLICOTT**
State:	**3:06.65**	**S**	**7/05/1993**	**DIETER LOELIGER**

1	Thorpe, Ian	61	Tea Tree Gully	4:06.94

56.30 1:58.94 (1:02.64) 3:04.60 (1:05.66) 4:06.94 (1:02.34)

SA Long Course State Cup 2014 - 13/04/2014

Results - 1

(Event 6 Men 60-64 200 LC Metre Breaststroke)

2 Cook, Anthony 62 Aquadome Otters 4:36.23
1:03.51 2:11.83 (1:08.32) 3:25.01 (1:13.18) 4:36.23 (1:11.22)

Event 6 Men 70-74 200 LC Metre Breaststroke

National: 3:04.79 N 14/03/2009 MICHAEL MOLONEY
State: 3:48.75 S 25/03/2001 JONATHON DAVIES

1 Suskin, Allan 72 Atlantis 4:05.48
56.23 1:59.80 (1:03.57) 3:05.53 (1:05.73) 4:05.48 (59.95)

Event 7A Women 25-29 400 LC Metre Freestyle

National: 4:30.54 N 14/03/1992 S. PALMER-WHITE
State: 4:30.54 S 14/03/1992 S. PALMER-WHITE

1 Whaites, Katherine 28 Tea Tree Gully 9:55.82
59.11 2:09.52 (1:10.41) 3:25.74 (1:16.22) 4:41.55 (1:15.81)
6:00.03 (1:18.48) 7:20.34 (1:20.31) 8:40.78 (1:20.44) 9:55.82 (1:15.04)

Event 7A Women 35-39 400 LC Metre Freestyle

National: 4:28.32 N 14/04/2012 KIRSTEN CAMERON
State: 4:51.69 S 16/04/1995 MARIANNE COSTELLO

1 Goss, Debbie 35 Tea Tree Gully 6:33.68
42.10 1:29.82 (47.72) 2:23.07 (53.25) 3:13.66 (50.59)
4:04.57 (50.91) 4:55.33 (50.76) 5:45.30 (49.97) 6:33.68 (48.38)

Event 7A Women 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 Brown, Deborah 43 Adelaide Masters 9:46.04
1:02.66 2:17.46 (1:14.80) 3:33.86 (1:16.40) 4:50.55 (1:16.69)
6:05.97 (1:15.42) 7:24.61 (1:18.64) 8:34.24 (1:09.63) 9:46.04 (1:11.80)

--- Jacobs, Samantha-Jane 41 Tea Tree Gully NS

Event 7A Women 45-49 400 LC Metre Freestyle

National: 4:49.86 N 16/06/2012 PAMELA NIX
State: 4:55.60 S 16/04/2012 S. PALMER-WHITE

1 Lindsay, Cassie 45 Atlantis 5:07.36
37.39 1:16.83 (39.44) 1:56.04 (39.21) 2:34.49 (38.45)
3:12.96 (38.47) 3:51.37 (38.41) 4:30.17 (38.80) 5:07.36 (37.19)

2 Astley, Julie 49 Adelaide Masters 5:14.25
36.45 1:15.96 (39.51) 1:55.72 (39.76) 2:35.81 (40.09)
3:15.76 (39.95) 3:55.94 (40.18) 4:35.84 (39.90) 5:14.25 (38.41)

3 Tucker, Helen 47 Noarlunga 5:59.91
39.44 1:22.99 (43.55) 2:08.69 (45.70) 2:55.08 (46.39)
3:41.48 (46.40) 4:28.05 (46.57) 5:15.04 (46.99) 5:59.91 (44.87)

Event 7A Women 50-54 400 LC Metre Freestyle

National: 4:50.37 N 22/03/2008 JENNY WHITELEY
State: 5:07.58 S 30/04/2011 JOANNE SUTCLIFFE

1 Palmer-White, Stephanie 50 Adelaide Masters 5:12.03
36.30 1:15.58 (39.28) 1:55.18 (39.60) 2:34.84 (39.66)
3:14.43 (39.59) 3:54.20 (39.77) 4:34.04 (39.84) 5:12.03 (37.99)

2 Porter, Joanne 52 Tea Tree Gully 5:59.40
39.60 1:23.82 (44.22) 2:10.35 (46.53) 2:56.64 (46.29)
3:43.53 (46.89) 4:30.45 (46.92) 5:16.90 (46.45) 5:59.40 (42.50)

3 Blackmore, Anita 50 Tea Tree Gully 6:29.77
43.23 1:30.89 (47.66) 2:22.08 (51.19) 3:12.06 (49.98)
4:02.76 (50.70) 4:54.16 (51.40) 5:44.44 (50.28) 6:29.77 (45.33)

SA Long Course State Cup 2014 - 13/04/2014

Results - 1

Event 7A Women 55-59 400 LC Metre Freestyle

National: 5:14.80 N 7/12/2013 JENNY WHITELEY
State: 5:35.38 S 16/06/2012 LEONIE O'CONNELL

1 O'Connell, Leonie 58 Adelaide Masters 5:40.03
39.08 1:21.25 (42.17) 2:04.54 (43.29) 2:48.03 (43.49)
3:31.52 (43.49) 4:15.03 (43.51) 4:58.63 (43.60) 5:40.03 (41.40)

2 Ormsby, Robyn 59 Atlantis 7:56.45
52.97 1:52.03 (59.06) 2:53.58 (1:01.55) 3:54.92 (1:01.34)
4:56.21 (1:01.29) 5:57.07 (1:00.86) 6:57.74 (1:00.67) 7:56.45 (58.71)

--- Clake, Karen 56 Tea Tree Gully NS

Event 7A Women 60-64 400 LC Metre Freestyle

National: 5:35.45 N 2/05/2009 ANN CAMPBELL
State: 6:34.90 S 26/03/2000 PAULINE WINGATE

1 Frost, Valerie 60 Tea Tree Gully 6:38.57
45.76 1:35.38 (49.62) 2:25.15 (49.77) 3:16.67 (51.52)
4:06.90 (50.23) 4:58.92 (52.02) 5:48.96 (50.04) 6:38.57 (49.61)

2 Bell, Janet 62 Aquadome Otters 7:25.07
49.06 1:46.26 (57.20) 2:42.58 (56.32) 3:39.75 (57.17)
4:36.38 (56.63) 5:33.52 (57.14) 6:30.50 (56.98) 7:25.07 (54.57)

3 Ross, Marcia 64 Onkaparinga Swimming Club 8:26.89
58.16 2:01.43 (1:03.27) 3:05.86 (1:04.43) 4:10.25 (1:04.39)
5:16.55 (1:06.30) 6:20.40 (1:03.85) 7:25.01 (1:04.61) 8:26.89 (1:01.88)

Event 7A Women 65-69 400 LC Metre Freestyle

National: 5:43.10 N 23/04/2008 JEN THOMASSON
State: 6:54.83 S 30/11/2008 CAROLYN M FLEMING

1 Vowles, Judy 65 Marion Masters Swimming 8:57.34
54.38 2:01.59 (1:07.21) 3:10.25 (1:08.66) 4:20.33 (1:10.08)
5:31.00 (1:10.67) 6:41.85 (1:10.85) 7:51.71 (1:09.86) 8:57.34 (1:05.63)

Event 7A Women 80-84 400 LC Metre Freestyle

National: 7:42.89 N 16/04/2005 M. CUNNINGHAM
State: 9:48.06 S 23/06/2013 M. ARMSTRONG

1 Anderson, Pat 81 Noarlunga 12:16.61
1:12.19 2:37.00 (1:24.81) 4:06.47 (1:29.47) 5:39.83 (1:33.36)
7:18.25 (1:38.42) 8:55.80 (1:37.55) 10:38.36 (1:42.56) 12:16.61 (1:38.25)

Event 7A Men 18-24 400 LC Metre Freestyle

National: 4:14.98 N 27/03/1997 GRANT ROBINSON
State: 4:42.97 S 13/03/1985 DAVID JAMES

1 Carter, Michael 19 Adelaide Masters 4:59.51
30.95 1:07.01 (36.06) 1:45.51 (38.50) 2:24.52 (39.01)
3:04.40 (39.88) 3:44.43 (40.03) 4:23.79 (39.36) 4:59.51 (35.72)

Event 7A Men 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 Young, Warren 37 Onkaparinga Swimming Club 5:13.21
33.53 1:10.67 (37.14) 1:50.32 (39.65) 2:30.25 (39.93)
3:10.94 (40.69) 3:52.69 (41.75) 4:34.18 (41.49) 5:13.21 (39.03)

--- Velliaris, Christopher 39 Western Districts NS

Event 7A Men 40-44 400 LC Metre Freestyle

National: 4:13.65 N 12/10/2009 MARK THOMPSON
State: 4:34.87 S 3/04/2004 CRAIG JONES

1 Hughes, Michael 44 Tea Tree Gully 5:45.75
37.47 1:20.59 (43.12) 2:04.39 (43.80) 2:49.10 (44.71)
3:34.49 (45.39) 4:19.48 (44.99) 5:03.49 (44.01) 5:45.75 (42.26)

SA Long Course State Cup 2014 - 13/04/2014

Results - 1

Event 7A Men 45-49 400 LC Metre Freestyle

National: 4:19.34 N 16/06/2012 PAUL LEMMON
State: 4:38.69 S 2/03/2008 MARK SMEDLEY

--- French, Rodney 48 Aquadome Otters NS

Event 7A Men 50-54 400 LC Metre Freestyle

National: 4:24.41 N 23/04/2008 FRANCIS CHRISTIAN
State: 4:45.93 S 12/10/2009 GRANT L SIMPSON

1 Constable, Mark 50 Western Districts 6:18.37
38.26 1:21.45 (43.19) 2:08.60 (47.15) 2:57.92 (49.32)
3:48.63 (50.71) 4:39.22 (50.59) 5:29.67 (50.45) 6:18.37 (48.70)

2 Simpson, Grant 51 Aquadome Otters 9:23.54
59.05 2:08.74 (1:09.69) 3:21.17 (1:12.43) 4:35.75 (1:14.58)
5:49.30 (1:13.55) 7:03.65 (1:14.35) 8:15.75 (1:12.10) 9:23.54 (1:07.79)

Event 7A Men 55-59 400 LC Metre Freestyle

National: 4:39.19 N 23/04/2008 BILL DEVENISH
State: 4:50.13 S 16/04/2012 GRANT SIMPSON

1 Riley, Philip 55 Tea Tree Gully 6:11.52
40.23 1:26.58 (46.35) 2:13.87 (47.29) 3:01.39 (47.52)
3:49.68 (48.29) 4:38.02 (48.34) 5:26.09 (48.07) 6:11.52 (45.43)

2 Crowder, George 58 Marion Masters Swimming 6:15.87
40.88 1:27.57 (46.69) 2:15.53 (47.96) 3:03.41 (47.88)
3:52.23 (48.82) 4:40.52 (48.29) 5:29.49 (48.97) 6:15.87 (46.38)

3 Camp-Smith, Peter 56 Tea Tree Gully 7:00.54
48.64 1:42.61 (53.97) 2:37.58 (54.97) 3:32.62 (55.04)
4:27.33 (54.71) 5:21.31 (53.98) 6:15.67 (54.36) 7:00.54 (44.87)

--- Morris, Brian 56 Adelaide Masters NS

--- Smith, Craig 58 Marion Masters Swimming NS

Event 7A Men 60-64 400 LC Metre Freestyle

National: 4:48.25 N 23/04/2008 GRAHAM CROFT
State: 4:48.25 S 23/04/2008 GRAHAM CROFT

1 Young, Ian 62 Marion Masters Swimming 5:04.25
34.07 1:11.53 (37.46) 1:49.82 (38.29) 2:28.73 (38.91)
3:07.85 (39.12) 3:47.67 (39.82) 4:26.87 (39.20) 5:04.25 (37.38)

2 McConachy, Geoffrey 62 Adelaide Masters 7:04.47
47.57 1:40.01 (52.44) 2:33.56 (53.55) 3:27.63 (54.07)
4:22.53 (54.90) 5:17.71 (55.18) 6:12.52 (54.81) 7:04.47 (51.95)

Event 7A Men 65-69 400 LC Metre Freestyle

National: 5:18.19 N 17/04/2013 GRAHAM CROFT
State: 5:33.86 S 16/04/2012 STEPHEN CARTHEW

1 Carthew, Stephen 67 Marion Masters Swimming 5:51.77
38.53 1:21.17 (42.64) 2:05.83 (44.66) 2:51.35 (45.52)
3:37.63 (46.28) 4:22.37 (44.74) 5:07.12 (44.75) 5:51.77 (44.65)

2 Ireland, Trevor 67 Onkaparinga Swimming Club 6:30.60
41.48 1:28.14 (46.66) 2:16.95 (48.81) 3:07.25 (50.30)
3:58.00 (50.75) 4:49.76 (51.76) 5:41.50 (51.74) 6:30.60 (49.10)

--- Lloyd, Mark 65 Noarlunga NS

Event 7A Men 70-74 400 LC Metre Freestyle

National: 5:24.85 N 25/02/2006 JOHN CRISP
State: 6:10.72 S 3/04/2004 ROY DREW

1 Ward, Tony 74 Adelaide Masters 7:01.58
46.77 1:39.58 (52.81) 2:34.48 (54.90) 3:28.37 (53.89)
4:22.86 (54.49) 5:17.21 (54.35) 6:10.79 (53.58) 7:01.58 (50.79)

2 Robinson, Brian 72 Tea Tree Gully 8:44.43
56.82 2:02.18 (1:05.36) 3:10.23 (1:08.05) 4:17.16 (1:06.93)
5:25.62 (1:08.46) 6:33.48 (1:07.86) 7:41.20 (1:07.72) 8:44.43 (1:03.23)

SA Long Course State Cup 2014 - 13/04/2014

Results - 1

Event 7A Men 80-84 400 LC Metre Freestyle

National: 6:33.71 N 23/04/2008 ROD BAKER
State: 8:04.30 S 6/04/2002 EDWARD GEARY

1 Ramsay, Tubby 80 Atlantis 8:19.28
57.47 2:00.14 (1:02.67) 3:05.58 (1:05.44) 4:10.87 (1:05.29)
7:19.33 (3:08.46) 6:20.11 ( ) 8:19.28 (1:59.17)

Event 7B Women 45-49 400 LC Metre Backstroke

National: 5:36.74 N 21/04/2007 SALLY BELL
State: 8:02.32 S 7/11/2010 HELEN HABERFIELD

1 Weir, Joanne 46 Onkaparinga Swimming Club 7:41.04 S
48.43 1:40.76 (52.33) 2:37.57 (56.81) 3:37.09 (59.52)
4:38.09 (1:01.00) 5:40.29 (1:02.20) 6:42.25 (1:01.96) 7:41.04 (58.79)

Event 7B Women 55-59 400 LC Metre Backstroke

National: 6:19.70 N 1/03/2014 JENNY WHITELEY
State: 6:52.13 S 29/03/2009 PAT DAVDA

1 Carbone, Heather 56 Marion Masters Swimming 7:25.30
51.53 1:46.42 (54.89) 2:42.77 (56.35) 3:40.39 (57.62)
4:37.47 (57.08) 5:35.52 (58.05) 6:32.33 (56.81) 7:25.30 (52.97)

2 Reinboth, Betty 59 Adelaide Masters 9:07.41
1:06.50 2:15.88 (1:09.38) 3:25.63 (1:09.75) 4:34.81 (1:09.18)
5:44.20 (1:09.39) 6:52.07 (1:07.87) 8:01.59 (1:09.52) 9:07.41 (1:05.82)

Event 7B Women 60-64 400 LC Metre Backstroke

National: 6:47.74 N 26/11/2005 JEN THOMASSON
State: 9:10.02 S 30/11/2008 J. D. MULQUEEN

1 Doyle, Gillian 61 Noarlunga 8:20.95 S
57.14 1:59.68 (1:02.54) 5:11.98 (3:12.30) 4:06.84 ( )
7:20.70 (3:13.86) 6:16.44 ( ) 8:20.95 (2:04.51)

2 Carter, Terry 64 Atlantis 8:52.07
1:03.66 2:11.59 (1:07.93) 3:20.51 (1:08.92) 4:29.12 (1:08.61)
5:37.87 (1:08.75) 6:44.90 (1:07.03) 7:50.17 (1:05.27) 8:52.07 (1:01.90)

3 Edgley-Smith, Madeleine 63 Tea Tree Gully 10:12.09
1:10.12 2:26.24 (1:16.12) 3:45.45 (1:19.21) 5:02.57 (1:17.12)
6:22.40 (1:19.83) 7:40.96 (1:18.56) 8:59.78 (1:18.82) 10:12.09 (1:12.31)

Event 7B Women 75-79 400 LC Metre Backstroke

National: 8:27.52 N 11/11/2010 DENISE ROBERTSON
State: 10:43.01 S 1/04/2012 BARBARA PEARCE

1 Pearce, Barbara 77 Marion Masters Swimming 10:28.37 S
1:10.66 2:30.05 (1:19.39) 3:52.23 (1:22.18) 5:12.81 (1:20.58)
6:34.28 (1:21.47) 7:54.91 (1:20.63) 9:14.69 (1:19.78) 10:28.37 (1:13.68)

Event 7B Men 35-39 400 LC Metre Backstroke

National: 5:15.93 N 21/09/2002 PAUL LEMMON
State: 5:30.42 S 11/11/2012 S. CARBONCINI

1 Cranley, Matthew 39 Noarlunga 6:09.76
41.80 1:27.31 (45.51) 2:15.08 (47.77) 3:01.96 (46.88)
3:51.16 (49.20) 4:38.22 (47.06) 5:25.40 (47.18) 6:09.76 (44.36)

Event 7B Men 40-44 400 LC Metre Backstroke

National: 5:19.42 N 21/11/2004 PETER THOMPSON
State: 5:42.25 S 7/04/2013 SCOTT HEALEY

1 Carboncini, Sebastian 40 Adelaide Masters 5:35.39 S
39.02 1:21.31 (42.29) 2:03.99 (42.68) 2:47.11 (43.12)
3:30.27 (43.16) 4:13.30 (43.03) 4:55.52 (42.22) 5:35.39 (39.87)

SA Long Course State Cup 2014 - 13/04/2014
Results - 1

Event 7B Men 55-59 400 LC Metre Backstroke

National: 5:35.57 N 11/11/2012 ALAN GODFREY
State: 5:44.10 S 23/10/2011 GRANT SIMPSON

1 Thomas, David 59 Tea Tree Gully 7:48.70

53.30	1:51.91 (58.61)	2:51.91 (1:00.00)	3:50.92 (59.01)
4:50.52 (59.60)	5:50.57 (1:00.05)	6:49.58 (59.01)	7:48.70 (59.12)

Event 7B Men 70-74 400 LC Metre Backstroke

National: 6:46.84 N 28/02/2004 BOB BARRY
State: 8:04.49 S 29/08/2010 MICHAEL GRAY

1 Ham, Raymond 73 Western Districts 11:25.78

1:16.79	2:44.95 (1:28.16)		5:44.08 ( )
7:12.56 (1:28.48)	8:41.89 (1:29.33)	10:03.40 (1:21.51)	11:25.78 (1:22.38)

Event 7C Women 30-34 400 LC Metre Breaststroke

National: 6:16.81 N 8/11/2012 CLAIRE HUEGILL
State: 7:05.70 S 15/11/1992 MEREDITH TAYLOR

1 Mentha, Karen 34 Tea Tree Gully 8:59.81

57.86	2:04.23 (1:06.37)	3:11.92 (1:07.69)	4:20.78 (1:08.86)
5:31.26 (1:10.48)	6:41.59 (1:10.33)	7:51.39 (1:09.80)	8:59.81 (1:08.42)

Event 7C Women 45-49 400 LC Metre Breaststroke

National: 6:23.17 N 12/04/2003 JENNY WHITELEY
State: 7:34.51 S 26/11/2006 JENNY BRADLEY

1 Mik, Shelley 47 Aquadome Otters 8:39.54

57.53	2:00.94 (1:03.41)	3:07.44 (1:06.50)	4:13.85 (1:06.41)
5:21.48 (1:07.63)	6:28.63 (1:07.15)	7:36.50 (1:07.87)	8:39.54 (1:03.04)

Event 7C Women 50-54 400 LC Metre Breaststroke

National: 6:27.83 N 6/11/2008 JENNY WHITELEY
State: 7:20.05 S 29/03/2009 M. HEFFERNAN

1 Beames, Leanne 52 Atlantis 9:27.04

1:00.17	2:09.80 (1:09.63)	3:22.28 (1:12.48)	4:34.27 (1:11.99)
5:48.07 (1:13.80)	7:01.18 (1:13.11)	8:14.83 (1:13.65)	9:27.04 (1:12.21)

Event 7C Women 55-59 400 LC Metre Breaststroke

National: 6:33.75 N 7/12/2013 JENNY WHITELEY
State: 7:35.81 S 11/11/2012 M. HEFFERNAN

1 O'Shea, Penelope 57 Aquadome Otters 8:42.59

57.90	2:03.39 (1:05.49)	3:11.49 (1:08.10)	4:18.33 (1:06.84)
5:27.33 (1:09.00)	6:34.47 (1:07.14)	7:40.68 (1:06.21)	8:42.59 (1:01.91)

Event 7C Women 80-84 400 LC Metre Breaststroke

National: 10:20.95 N 10/11/2006 BARBARA VICKERS
State: 12:04.33 S 1/12/2002 ALMA BRECKNOCK

1 Armstrong, Margaret 81 Noarlunga 13:16.86

1:33.58	3:18.41 (1:44.83)	4:57.14 (1:38.73)	6:41.19 (1:44.05)
8:17.76 (1:36.57)	9:58.81 (1:41.05)	11:36.08 (1:37.27)	13:16.86 (1:40.78)

Event 7C Men 40-44 400 LC Metre Breaststroke

National: 5:42.54 N 11/11/2010 MATTHEW V WRIGHT
State: 6:10.18 S 28/11/2004 MARK SMEDLEY

1 Thompson, Greg 41 Adelaide Masters 7:04.30

45.68	1:39.29 (53.61)	2:34.09 (54.80)	3:29.00 (54.91)
4:23.95 (54.95)	5:19.35 (55.40)	6:12.54 (53.19)	7:04.30 (51.76)

SA Long Course State Cup 2014 - 13/04/2014

Results - 1

Event 7C Men 60-64 400 LC Metre Breaststroke

National: 6:33.11 N 25/11/2012 STUART ELLICOTT
State: 8:08.15 S 7/11/2010 PHILLIP GRAY

1 Thorpe, Ian 61 Tea Tree Gully 8:52.24
58.70 2:04.87 (1:06.17) 3:14.01 (1:09.14) 4:21.99 (1:07.98)
5:31.24 (1:09.25) 6:39.33 (1:08.09) 7:48.18 (1:08.85) 8:52.24 (1:04.06)

2 Cook, Anthony 62 Aquadome Otters 10:00.04
1:14.39 2:30.56 (1:16.17) 3:47.79 (1:17.23) 5:03.07 (1:15.28)
6:18.86 (1:15.79) 7:33.21 (1:14.35) 8:47.74 (1:14.53) 10:00.04 (1:12.30)

Event 7E Women 40-44 400 LC Metre IM

National: 5:26.35 N 19/04/2008 HELEN WHITFORD
State: 5:36.00 S 2/03/2008 SHARON A BEAVER

1 Paay, Rebecca 42 Atlantis 6:18.37
41.19 1:30.05 (48.86) 2:18.29 (48.24) 3:04.87 (46.58)
3:57.03 (52.16) 4:49.90 (52.87) 5:34.44 (44.54) 6:18.37 (43.93)

Event 7E Men 18-24 400 LC Metre IM

National: 4:56.05 N 1/05/2009 BRENTON A FORD
State: 6:08.73 S 26/11/2006 RYOYA MRYAZAKT

1 Quadrio, Nicholas 22 Adelaide Masters 6:36.94
39.48 1:27.28 (47.80) 2:20.43 (53.15) 3:10.32 (49.89)
4:04.58 (54.26) 4:58.05 (53.47) 5:50.94 (52.89) 6:36.94 (46.00)

Event 7E Men 30-34 400 LC Metre IM

National: 4:56.45 N 28/03/1997 PAUL LEMMON
State: 5:23.64 S 13/09/1992 KENT TAYLOR

1 Lewis, Ace 34 Marion Masters Swimming 5:54.98
35.54 1:18.95 (43.41) 2:06.91 (47.96) 2:53.14 (46.23)
3:41.57 (48.43) 4:30.48 (48.91) 5:14.61 (44.13) 5:54.98 (40.37)

Event 7E Men 55-59 400 LC Metre IM

National: 5:40.96 N 14/04/2012 GRANT SIMPSON
State: 5:40.96 S 14/04/2012 GRANT SIMPSON

1 Galliford, Stewart 56 Noarlunga 7:42.22
53.35 1:53.01 (59.66) 2:55.12 (1:02.11) 3:57.22 (1:02.10)
5:00.81 (1:03.59) 6:03.94 (1:03.13) 6:52.95 (49.01) 7:42.22 (49.27)

Event 8 Women 25-29 100 LC Metre Butterfly

National: 1:05.25 N 14/04/2012 C. MARGRISON
State: 1:05.25 S 17/04/2012 C. MARGRISON

1 Wright, Sarah 25 Onkaparinga Swimming Club 1:31.15
40.97 1:31.15 (50.18)

Event 8 Women 45-49 100 LC Metre Butterfly

National: 1:10.16 N 28/02/2004 SHANE GOULD
State: 1:11.74 S 17/04/2012 S. PALMER-WHITE

1 Carne, Amanda 45 Noarlunga 1:17.38
36.08 1:17.38 (41.30)

Event 8 Women 50-54 100 LC Metre Butterfly

National: 1:11.89 N 8/11/2008 JENNY WHITELEY
State: 1:21.02 S 20/04/2008 LEONIE O'CONNELL

1 Palmer-White, Stephanie 50 Adelaide Masters 1:15.05 S
36.52 1:15.05 (38.53)

Event 8 Men 35-39 100 LC Metre Butterfly

National: 53.60 N 20/03/2012 ADAM PINE
State: 1:04.69 S 23/03/2008 CRAIG ADDAMS

--- Velliaris, Christopher 39 Western Districts NS

SA Long Course State Cup 2014 - 13/04/2014

Results - 1

Event 8 Men 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	Cranley, Andrew	41	Noarlunga	1:57.02
	51.51 1:57.02 (1:05.51)			

Event 8 Men 80-84 100 LC Metre Butterfly

National:	**2:11.89**	**N**	**25/02/2011**	**PAUL GOENER**
State:	**3:51.33**	**S**	**18/04/2013**	**CARLOS ASSUMPCAO**

1	Ramsay, Tubby	80	Atlantis	2:46.67S
	1:16.69 2:46.67 (1:29.98)			

Event 9 Women 18-24 50 LC Metre Freestyle

National:	**28.17**	**N**	**1/03/1997**	**JEMMA ROCK**
State:	**28.68**	**S**	**31/10/2009**	**C. MARGRISON**

---	Nairn, Jackie	20	Onkaparinga Swimming Club	NS

Event 9 Women 25-29 50 LC Metre Freestyle

National:	**26.77**	**N**	**14/04/2012**	**C. MARGRISON**
State:	**26.77**	**S**	**17/04/2012**	**C. MARGRISON**

1	Wheeler, Amanda	28	Onkaparinga Swimming Club	34.30
2	Whaites, Katherine	28	Tea Tree Gully	51.03

Event 9 Women 30-34 50 LC Metre Freestyle

National:	**27.41**	**N**	**21/11/2009**	**ALEXA BROWN**
State:	**27.97**	**S**	**30/03/2005**	**PAULA HILL**

1	Wilkinson, Wendy	30	Tea Tree Gully	41.32

Event 9 Women 35-39 50 LC Metre Freestyle

National:	**27.30**	**N**	**14/04/2012**	**GILLIAN O'MARA**
State:	**29.52**	**S**	**3/04/2004**	**SUE LYONS**

1	McKay, Kellie	35	Noarlunga	33.06
2	Goss, Debbie	35	Tea Tree Gully	38.07

Event 9 Women 40-44 50 LC Metre Freestyle

National:	**27.18**	**N**	**2/05/2009**	**JENNIE BUCKNELL**
State:	**30.28**	**S**	**3/04/2004**	**JOANNE SUTCLIFFE**

---	Jacobs, Samantha-Jane	41	Tea Tree Gully	NS

Event 9 Women 45-49 50 LC Metre Freestyle

National:	**27.26**	**N**	**30/04/2011**	**JENNIE BUCKNELL**
State:	**31.01**	**S**	**13/10/2002**	**KATHY HEENAN**

1	Carne, Amanda	45	Noarlunga	31.86
2	Tucker, Helen	47	Noarlunga	36.46
3	Ziegeler, Ruth	45	Atlantis	50.84
4	Goldstein, Anat	49	Onkaparinga Swimming Club	57.37

Event 9 Women 50-54 50 LC Metre Freestyle

National:	**28.25**	**N**	**14/11/2009**	**JENNY WHITELEY**
State:	**30.59**	**S**	**15/04/2012**	**JUDY THOMAS**

1	Bradley, Jenny	53	Atlantis	33.49
2	Porter, Joanne	52	Tea Tree Gully	34.37
3	Falster, Robyn	54	Marion Masters Swimming	36.04
4	Bell, Nerida	54	Onkaparinga Swimming Club	1:10.64
---	Blackmore, Anita	50	Tea Tree Gully	DQ
	False start			

Event 9 Women 55-59 50 LC Metre Freestyle

National:	**29.55**	**N**	**16/02/2013**	**JENNY WHITELEY**
State:	**30.91**	**S**	**23/06/2013**	**JUDY THOMAS**

1	Thomas, Judy	56	Atlantis	31.24

SA Long Course State Cup 2014 - 13/04/2014

Results - 1

(Event 9 Women 55-59 50 LC Metre Freestyle)

2	O'Connell, Leonie	58	Adelaide Masters	35.82
3	Byrnes, Monica	56	Atlantis	39.78
4	Carbone, Heather	56	Marion Masters Swimming	40.26
5	Clake, Karen	56	Tea Tree Gully	44.48
6	Ruler, Amanda	55	Adelaide Masters	45.18

Event 9 Women 60-64 50 LC Metre Freestyle

National:	**30.42**	**N**	**16/10/2009**	**LYNETTE STEVENSON**
State:	**34.66**	**S**	**3/04/2004**	**CAROLYN FLEMING**

1	Frost, Valerie	60	Tea Tree Gully	41.98
2	Edgley-Smith, Madeleine	63	Tea Tree Gully	47.04

Event 9 Women 65-69 50 LC Metre Freestyle

National:	**32.58**	**N**	**14/11/2009**	**CLARY MUNNS**
State:	**36.11**	**S**	**6/10/2007**	**JOY C PAGE**

1	Davies, Phyllis	68	Aquadome Otters	40.85
2	Winter, Jill	67	Noarlunga	1:05.14

Event 9 Women 75-79 50 LC Metre Freestyle

National:	**38.19**	**N**	**10/04/2011**	**PAM HUTCHINGS**
State:	**46.02**	**S**	**15/04/2012**	**BARBARA PEARCE**

1	Redman, Pamela	77	Noarlunga	1:14.96
2	Phin, Mary	78	Adelaide Masters	1:19.17

Event 9 Women 80-84 50 LC Metre Freestyle

National:	**40.89**	**N**	**18/03/2000**	**J. DRAKE-BROCKMAN**
State:	**1:00.93**	**S**	**23/06/2013**	**M. ARMSTRONG**

1	Anderson, Pat	81	Noarlunga	1:08.26

Event 9 Men 18-24 50 LC Metre Freestyle

National:	**23.76**	**N**	**5/04/2008**	**M. PATTERSON**
State:	**26.58**	**S**	**18/04/1986**	**CRAIG JONES**

1	Carter, Michael	19	Adelaide Masters	27.93

Event 9 Men 30-34 50 LC Metre Freestyle

National:	**24.04**	**N**	**17/03/2009**	**PETER KERR**
State:	**25.31**	**S**	**29/03/2009**	**LUKE A WALLACE**

1	Lewis, Ace	34	Marion Masters Swimming	28.29
2	Freeman, Ben	32	Onkaparinga Swimming Club	32.09

Event 9 Men 35-39 50 LC Metre Freestyle

National:	**23.77**	**N**	**16/10/2009**	**TODD ROBINSON**
State:	**26.05**	**S**	**3/03/1995**	**DAVID MARTIN**

1	Young, Warren	37	Onkaparinga Swimming Club	29.24

Event 9 Men 40-44 50 LC Metre Freestyle

National:	**24.66**	**N**	**20/04/2008**	**TOM STACHEWICZ**
State:	**25.86**	**S**	**16/10/2009**	**STEPHEN M OSBORNE**

1	Preiss, Mark	42	Aquadome Otters	27.19
2	Carboncini, Sebastian	40	Adelaide Masters	28.51
3	Thompson, Greg	41	Adelaide Masters	33.48

Event 9 Men 45-49 50 LC Metre Freestyle

National:	**24.94**	**N**	**14/11/2004**	**LARRY FORSYTH**
State:	**26.87**	**S**	**30/03/2005**	**MARK SMEDLEY**

1	Osborne, Stephen	45	Henley Beach Masters	27.16
2	Rowell, Gavin	45	Marion Masters Swimming	28.78
3	Gaertner, Paul	49	Adelaide Masters	29.94
4	Arbery, Peter	46	Tea Tree Gully	37.29

SA Long Course State Cup 2014 - 13/04/2014

Results - 1

(Event 9 Men 45-49 50 LC Metre Freestyle)

5	Jasko, Richard	49	Onkaparinga Swimming Club	38.10

Event 9 Men 50-54 50 LC Metre Freestyle

National: 25.58 N 20/04/2008 LARRY FORSYTH
State: 27.47 S 3/04/2004 ROSS KEE

1	Constable, Mark	50	Western Districts	30.68
2	Clarke, Neil	54	Atlantis	30.98
3	Carter, Christopher	54	Adelaide Masters	33.55
4	Larter-Conway, Sean	50	Tea Tree Gully	34.45
5	Williams, Huw	52	Tea Tree Gully	36.72
6	Simpson, Grant	51	Aquadome Otters	47.07
---	White, Paul	52	Atlantis	NS

Event 9 Men 55-59 50 LC Metre Freestyle

National: 26.48 N 17/04/2013 LARRY FORSYTH
State: 27.57 S 20/04/2008 ROSS KEE

1	Crowder, George	58	Marion Masters Swimming	35.11
2	Wheeler, Peter	55	Onkaparinga Swimming Club	53.00
---	Smith, Craig	58	Marion Masters Swimming	NS

Event 9 Men 60-64 50 LC Metre Freestyle

National: 27.42 N 20/04/2008 ALAN BROWN
State: 27.87 S 20/04/2008 GRAHAM CROFT

1	McConachy, Geoffrey	62	Adelaide Masters	37.66
2	Thorpe, Ian	61	Tea Tree Gully	38.54
3	Cook, Anthony	62	Aquadome Otters	50.01
---	Young, Ian	62	Marion Masters Swimming	NS

Event 9 Men 65-69 50 LC Metre Freestyle

National: 28.46 N 17/04/2013 GRAHAM CROFT
State: 30.51 S 2/10/1999 ROY DREW

1	Carthew, Stephen	67	Marion Masters Swimming	32.28
2	Gamlen, John	67	Tea Tree Gully	36.57
3	Ireland, Trevor	67	Onkaparinga Swimming Club	36.72
4	O'Brien, Bob	65	Tea Tree Gully	39.62

Event 9 Men 70-74 50 LC Metre Freestyle

National: 30.69 N 8/03/2014 HENRY VAGNER
State: 31.97 S 3/04/2004 ROY DREW

1	Ward, Tony	74	Adelaide Masters	35.22
2	Robinson, Brian	72	Tea Tree Gully	47.22
3	Axton, Bryan	73	Noarlunga	53.57
4	Ham, Raymond	73	Western Districts	54.82

Event 10 Women 30-34 200 LC Metre Backstroke

National: 2:29.94 N 1/05/2009 JANE SOLOMON
State: 2:39.58 S 25/03/1994 JOANNE SUTCLIFFE

1	Beames, Melissa	30	Atlantis	3:34.19

49.48 1:43.69 (54.21) 2:39.19 (55.50) 3:34.19 (55.00)

Event 10 Women 40-44 200 LC Metre Backstroke

National: 2:27.11 N 18/04/2008 HELEN WHITFORD
State: 2:38.71 S 7/10/2007 SHARON A BEAVER

1	Paay, Rebecca	42	Atlantis	2:59.20

41.72 1:28.03 (46.31) 2:14.87 (46.84) 2:59.20 (44.33)

SA Long Course State Cup 2014 - 13/04/2014

Results - 1

Event 10 Women 45-49 200 LC Metre Backstroke

National: 2:32.12 N 14/04/2012 HELEN WHITFORD
State: 2:44.17 S 15/04/2012 SHARON BEAVER

1 Beaver, Sharon 47 Henley Beach Masters 2:48.60
39.98 1:23.20 (43.22) 2:06.44 (43.24) 2:48.60 (42.16)

2 Lindsay, Cassie 45 Atlantis 3:00.72
44.47 1:31.15 (46.68) 2:16.54 (45.39) 3:00.72 (44.18)

Event 10 Women 55-59 200 LC Metre Backstroke

National: 3:02.08 N 5/08/2006 JANETTE J JEFFREY
State: 3:12.77 S 14/10/2009 KATHERINE HEENAN

1 Reinboth, Betty 59 Adelaide Masters 4:26.12
1:03.61 2:11.12 (1:07.51) 3:19.40 (1:08.28) 4:26.12 (1:06.72)

Event 10 Women 60-64 200 LC Metre Backstroke

National: 3:08.09 N 30/04/2011 JANETTE JEFFREY
State: 3:33.17 S 21/11/1993 DENISE WANGEL

1 Carter, Terry 64 Atlantis 4:17.83
1:01.41 2:07.49 (1:06.08) 3:15.24 (1:07.75) 4:17.83 (1:02.59)

2 Ross, Marcia 64 Onkaparinga Swimming Club 4:59.15
1:10.92 2:28.14 (1:17.22) 3:45.85 (1:17.71) 4:59.15 (1:13.30)

Event 10 Women 75-79 200 LC Metre Backstroke

National: 3:50.98 N 20/10/2013 HELEN BIRD
State: 4:31.59 S 15/04/2012 BARBARA PEARCE

1 Pearce, Barbara 77 Marion Masters Swimming 4:47.85
1:06.06 2:20.79 (1:14.73) 3:37.75 (1:16.96) 4:47.85 (1:10.10)

2 Simons, Diana 79 Adelaide Masters 6:00.89
1:27.62 3:00.15 (1:32.53) 4:32.17 (1:32.02) 6:00.89 (1:28.72)

Event 10 Men 40-44 200 LC Metre Backstroke

National: 2:16.71 N 14/10/2009 PAUL LEMMON
State: 2:30.40 S 5/08/2006 JOHN A MCVANN

1 Healey, Scott 44 Onkaparinga Swimming Club 2:46.05
36.73 1:17.71 (40.98) 2:02.19 (44.48) 2:46.05 (43.86)

Event 10 Men 55-59 200 LC Metre Backstroke

National: 2:29.60 N 18/04/2008 JOHN MARCH
State: 2:43.57 S 9/10/2011 GRANT SIMPSON

1 Camp-Smith, Peter 56 Tea Tree Gully 3:54.41
56.20 1:57.79 (1:01.59) 2:59.58 (1:01.79) 3:54.41 (54.83)

Event 10 Men 80-84 200 LC Metre Backstroke

National: 3:41.96 N 5/04/2009 RODNEY BAKER
State: 4:08.49 S 15/04/2012 JONATHAN DAVIES

1 Assumpcao, Carlos 82 Adelaide Masters 5:47.72
1:18.69 2:48.29 (1:29.60) 4:19.92 (1:31.63) 5:47.72 (1:27.80)

--- Davies, Jonathan 83 Adelaide Masters NS

Event 11 Women 45-49 100 LC Metre Breaststroke

National: 1:19.49 N 3/11/2003 JENNY WHITELEY
State: 1:29.69 S 18/04/2008 ANGELA BASEDOW

1 Weir, Joanne 46 Onkaparinga Swimming Club 1:46.65
51.11 1:46.65 (55.54)

2 Mik, Shelley 47 Aquadome Otters 1:57.68
56.07 1:57.68 (1:01.61)

SA Long Course State Cup 2014 - 13/04/2014

Results - 1

Event 11 Women 50-54 100 LC Metre Breaststroke

National: 1:19.23 N 11/10/2009 JENNY WHITELEY
State: 1:36.53 S 10/04/2011 JOANNE SUTCLIFFE

1 Beames, Leanne 52 Atlantis 2:05.67
57.58 2:05.67 (1:08.09)

Event 11 Women 55-59 100 LC Metre Breaststroke

National: 1:23.16 N 17/04/2013 JENNY WHITELEY
State: 1:37.28 S 9/10/2011 M. HEFFERNAN

1 O'Shea, Penelope 57 Aquadome Otters 1:59.02
56.36 1:59.02 (1:02.66)

2 Ruler, Amanda 55 Adelaide Masters 2:36.88
1:11.41 2:36.88 (1:25.47)

--- Heffernan, Maryanne 58 Marion Masters Swimming NS

Event 11 Women 65-69 100 LC Metre Breaststroke

National: 1:39.07 N 2/05/2009 JEN THOMASSON
State: 1:47.04 S 7/10/2007 JOY C PAGE

1 Vowles, Judy 65 Marion Masters Swimming 2:17.64
1:04.75 2:17.64 (1:12.89)

Event 11 Women 70-74 100 LC Metre Breaststroke

National: 1:45.40 N 17/04/2013 JEN THOMASSON
State: 1:55.57 S 9/02/2014 JOY PAGE

--- Kesic, Bosilka 71 Adelaide Masters NS

Event 11 Women 75-79 100 LC Metre Breaststroke

National: 1:58.34 N 24/02/2013 SUE MAYNE
State: 2:28.51 S 2/03/2008 M. ARMSTRONG

1 Redman, Pamela 77 Noarlunga 3:18.67
1:37.44 3:18.67 (1:41.23)

Event 11 Men 40-44 100 LC Metre Breaststroke

National: 1:08.17 N 11/10/2009 MATTHEW V WRIGHT
State: 1:14.21 S 13/10/2002 MARK SMEDLEY

1 Hughes, Michael 44 Tea Tree Gully 1:37.67
46.24 1:37.67 (51.43)

Event 11 Men 45-49 100 LC Metre Breaststroke

National: 1:10.74 N 18/04/2008 STUART MOFFATT
State: 1:13.12 S 11/10/2009 MARK SMEDLEY

1 Gaertner, Paul 49 Adelaide Masters 1:20.13
37.85 1:20.13 (42.28)

Event 11 Men 50-54 100 LC Metre Breaststroke

National: 1:12.73 N 26/05/2013 ANTHONY DUNNE
State: 1:14.75 S 14/04/2012 MARK SMEDLEY

1 Williams, Huw 52 Tea Tree Gully 1:43.95
49.12 1:43.95 (54.83)

Event 11 Men 55-59 100 LC Metre Breaststroke

National: 1:15.54 N 30/04/2011 STUART ELLICOTT
State: 1:26.56 S 15/09/1991 DIETER LOELIGER

1 Thomas, David 59 Tea Tree Gully 1:51.64
53.26 1:51.64 (58.38)

Event 11 Men 60-64 100 LC Metre Breaststroke

National: 1:15.50 N 14/04/2012 STUART ELLICOTT
State: 1:26.49 S 6/07/1994 DIETER LOELIGER

1 Cook, Anthony 62 Aquadome Otters 2:18.04
1:05.83 2:18.04 (1:12.21)

SA Long Course State Cup 2014 - 13/04/2014

Results - 1

Event 11 Men 65-69 100 LC Metre Breaststroke

National:	**1:24.07**	**N**	**28/03/2002**	**TONY GOODWIN**
State:	**1:33.86**	**S**	**5/04/2001**	**DIETER LOELIGER**

---	Flowers, John	68	Tea Tree Gully	NS

Event 11 Men 70-74 100 LC Metre Breaststroke

National:	**1:25.53**	**N**	**8/12/2007**	**TONY GOODWIN**
State:	**1:41.23**	**S**	**5/04/2001**	**JONATHON DAVIES**

1	Suskin, Allan	72	Atlantis	1:47.55
	50.10	1:47.55 (57.45)		

Event 12 Women 18-24 50 LC Metre Butterfly

National:	**30.06**	**N**	**29/03/2009**	**C. MARGRISON**
State:	**30.06**	**S**	**29/03/2009**	**C. MARGRISON**

---	Nairn, Jackie	20	Onkaparinga Swimming Club	NS

Event 12 Women 25-29 50 LC Metre Butterfly

National:	**28.19**	**N**	**14/04/2012**	**C. MARGRISON**
State:	**28.19**	**S**	**16/04/2012**	**C. MARGRISON**

1	Wright, Sarah	25	Onkaparinga Swimming Club	37.29
2	Wheeler, Amanda	28	Onkaparinga Swimming Club	39.29

Event 12 Women 30-34 50 LC Metre Butterfly

National:	**29.10**	**N**	**21/11/2009**	**ALEXA BROWN**
State:	**30.44**	**S**	**30/03/2005**	**PAULA HILL**

1	Mentha, Karen	34	Tea Tree Gully	48.50

Event 12 Women 35-39 50 LC Metre Butterfly

National:	**28.03**	**N**	**30/04/2009**	**LYNNE HAYES**
State:	**32.16**	**S**	**9/10/2011**	**SARAH WOON**

1	McKay, Kellie	35	Noarlunga	37.62

Event 12 Women 45-49 50 LC Metre Butterfly

National:	**30.40**	**N**	**17/04/2013**	**JENNIE BUCKNELL**
State:	**32.64**	**S**	**9/10/2011**	**S. PALMER-WHITE**

1	Carne, Amanda	45	Noarlunga	32.68
2	Goldstein, Anat	49	Onkaparinga Swimming Club	1:08.71

Event 12 Women 50-54 50 LC Metre Butterfly

National:	**31.16**	**N**	**13/12/2008**	**JENNY WHITELEY**
State:	**33.47**	**S**	**16/04/2012**	**JUDY THOMAS**

1	Palmer-White, Stephanie	50	Adelaide Masters	33.98
2	Bradley, Jenny	53	Atlantis	37.53
3	Blackmore, Anita	50	Tea Tree Gully	44.87

Event 12 Women 55-59 50 LC Metre Butterfly

National:	**32.08**	**N**	**17/04/2013**	**JENNY WHITELEY**
State:	**34.33**	**S**	**11/08/2013**	**JUDY THOMAS**

1	Thomas, Judy	56	Atlantis	34.09 S
2	O'Connell, Leonie	58	Adelaide Masters	39.04

Event 12 Women 60-64 50 LC Metre Butterfly

National:	**35.28**	**N**	**20/05/2006**	**JAN WICKS**
State:	**46.44**	**S**	**16/04/1988**	**JOSIE SANSOM**

1	Bell, Janet	62	Aquadome Otters	56.72

Event 12 Women 70-74 50 LC Metre Butterfly

National:	**43.06**	**N**	**18/01/2014**	**CLARY MUNNS**
State:	**55.93**	**S**	**23/06/2013**	**JOY PAGE**

---	Kesic, Bosilka	71	Adelaide Masters	NS

SA Long Course State Cup 2014 - 13/04/2014
Results - 1

Event 12 Women 75-79 50 LC Metre Butterfly

National:	51.27	N	28/10/2000	M. CUNNINGHAM	
State:	1:03.03	S	16/04/2012	BARBARA PEARCE	
1 Pearce, Barbara			77	Marion Masters Swimming	1:11.14

Event 12 Men 18-24 50 LC Metre Butterfly

National:	24.09	N	22/03/2008	M. PATTERSON	
State:	28.28	S	18/04/1999	OLIVER WILKINSON	
1 Carter, Michael			19	Adelaide Masters	32.12

Event 12 Men 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 Healey, Scott			44	Onkaparinga Swimming Club	29.34
2 Carboncini, Sebastian			40	Adelaide Masters	30.70
3 Preiss, Mark			42	Aquadome Otters	35.11

Event 12 Men 45-49 50 LC Metre Butterfly

National:	26.88	N	3/12/2010	S. GEORGALLIDES	
State:	29.24	S	6/04/2006	MARK SMEDLEY	
1 Osborne, Stephen			45	Henley Beach Masters	29.33

Event 12 Men 50-54 50 LC Metre Butterfly

National:	27.89	N	17/04/2013	NEAL MOORES	
State:	30.01	S	7/04/2013	MARK SMEDLEY	
1 Clarke, Neil			54	Atlantis	37.93
2 Larter-Conway, Sean			50	Tea Tree Gully	40.12

Event 12 Men 55-59 50 LC Metre Butterfly

National:	28.55	N	17/04/2013	PAUL BLACKBEARD	
State:	30.97	S	30/04/2011	GRANT SIMPSON	
1 Camp-Smith, Peter			56	Tea Tree Gully	38.56

Event 12 Men 60-64 50 LC Metre Butterfly

National:	31.03	N	14/04/2012	STUART ELLICOTT	
State:	32.61	S	7/04/2013	IAN YOUNG	
1 Young, Ian			62	Marion Masters Swimming	33.63

Event 12 Men 65-69 50 LC Metre Butterfly

National:	32.41	N	11/04/2010	IAN FERGUS	
State:	36.99	S	30/03/2005	TONY WARD	
1 Ireland, Trevor			67	Onkaparinga Swimming Club	42.61
2 Gamlen, John			67	Tea Tree Gully	42.74
3 O'Brien, Bob			65	Tea Tree Gully	49.71

Event 12 Men 70-74 50 LC Metre Butterfly

National:	35.54	N	24/02/2007	JOHN CRISP	
State:	37.36	S	16/04/2012	TONY WARD	
1 Ward, Tony			74	Adelaide Masters	43.74
2 Robinson, Brian			72	Tea Tree Gully	1:09.50

Event 12 Men 80-84 50 LC Metre Butterfly

National:	41.85	N	17/04/2013	PATRICK GALVIN	
State:	1:09.94	S	9/02/2014	TUBBY RAMSAY	
1 Assumpcao, Carlos			82	Adelaide Masters	1:50.70

Event 13 Women 25-29 200 LC Metre Freestyle

National:	2:10.95	N	2/05/2010	KELLY J HIGGINS	
State:	2:14.78	S	15/09/1991	S. PALMER-WHITE	
1 Whaites, Katherine			28	Tea Tree Gully	4:44.88

59.15 2:12.13 (1:12.98) 3:29.20 (1:17.07) 4:44.88 (1:15.68)

SA Long Course State Cup 2014 - 13/04/2014
Results - 1

Event 13 Women 30-34 200 LC Metre Freestyle

National: 2:05.91 N 17/04/2013 CAROLINE SAXBY
State: 2:17.05 S 30/03/2005 PAULA HILL

1 Beames, Melissa 30 Atlantis 3:10.53
42.51 1:31.17 (48.66) 2:20.80 (49.63) 3:10.53 (49.73)

Event 13 Women 40-44 200 LC Metre Freestyle

National: 2:11.13 N 17/04/2013 KIRSTEN CAMERON
State: 2:21.33 S 2/03/2008 PALMER-WHITE

1 Brown, Deborah 43 Adelaide Masters 4:36.94
59.94 2:15.29 (1:15.35) 3:26.29 (1:11.00) 4:36.94 (1:10.65)

--- Jacobs, Samantha-Jane 41 Tea Tree Gully NS

Event 13 Women 45-49 200 LC Metre Freestyle

National: 2:15.69 N 30/04/2011 JENNIE BUCKNELL
State: 2:20.84 S 17/04/2012 S. PALMER-WHITE

1 Lindsay, Cassie 45 Atlantis 2:29.56
36.08 1:14.59 (38.51) 1:52.73 (38.14) 2:29.56 (36.83)

2 Ziegeler, Ruth 45 Atlantis 4:03.30
56.85 2:00.60 (1:03.75) 3:03.82 (1:03.22) 4:03.30 (59.48)

Event 13 Women 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 Falster, Robyn 54 Marion Masters Swimming 2:56.55
39.23 1:24.05 (44.82) 2:10.39 (46.34) 2:56.55 (46.16)

Event 13 Women 55-59 200 LC Metre Freestyle

National: 2:22.48 N 30/11/2013 JENNY WHITELEY
State: 2:40.59 S 17/04/2012 LEONIE O'CONNELL

1 Byrnes, Monica 56 Atlantis 3:18.74
2:30.02 1:37.62 ( ) 3:18.74 (1:41.12)

--- Heffernan, Maryanne 58 Marion Masters Swimming NS

Event 13 Women 60-64 200 LC Metre Freestyle

National: 2:40.16 N 14/04/2012 JANETTE JEFFREY
State: 3:05.09 S 6/10/2007 CAROLYN M FLEMING

1 Frost, Valerie 60 Tea Tree Gully 3:14.84
45.46 1:33.72 (48.26) 2:24.53 (50.81) 3:14.84 (50.31)

2 Ross, Marcia 64 Onkaparinga Swimming Club 4:07.64
57.45 2:00.37 (1:02.92) 3:04.39 (1:04.02) 4:07.64 (1:03.25)

3 Gill, Janice 61 Tea Tree Gully 4:17.81
54.48 2:02.61 (1:08.13) 3:12.76 (1:10.15) 4:17.81 (1:05.05)

Event 13 Women 80-84 200 LC Metre Freestyle

National: 3:41.00 N 2/05/2010 DOROTHY DICKEY
State: 4:48.46 S 23/06/2013 M. ARMSTRONG

1 Armstrong, Margaret 81 Noarlunga 4:44.29 S
1:06.19 2:19.75 (1:13.56) 3:33.48 (1:13.73) 4:44.29 (1:10.81)

2 Anderson, Pat 81 Noarlunga 5:53.34
1:12.86 2:39.68 (1:26.82) 4:15.11 (1:35.43) 5:53.34 (1:38.23)

Event 13 Men 18-24 200 LC Metre Freestyle

National: 2:01.06 N 29/03/1997 GRANT ROBINSON
State: 2:08.27 S 1/11/1986 CRAIG JONES

1 Carter, Michael 19 Adelaide Masters 2:21.22
32.04 1:07.88 (35.84) 1:45.94 (38.06) 2:21.22 (35.28)

--- Quadrio, Nicholas 22 Adelaide Masters NS

SA Long Course State Cup 2014 - 13/04/2014
Results - 1

Event 13 Men 30-34 200 LC Metre Freestyle

National: 1:53.15 N 3/05/2009 DANIEL KOWALSKI
State: 2:08.23 S 19/04/2008 JOHN BARANOFF

1 Freeman, Ben 32 Onkaparinga Swimming Club 2:45.52
37.24 1:19.40 (42.16) 2:04.17 (44.77) 2:45.52 (41.35)

Event 13 Men 35-39 200 LC Metre Freestyle

National: 1:58.12 N 3/05/2009 TODD ROBINSON
State: 2:10.10 S 6/10/2007 CRAIG MARTIN

1 Young, Warren 37 Onkaparinga Swimming Club 2:24.49
32.98 1:09.13 (36.15) 1:47.21 (38.08) 2:24.49 (37.28)
2 Cranley, Matthew 39 Noarlunga 2:33.69
33.58 1:11.91 (38.33) 1:53.02 (41.11) 2:33.69 (40.67)
--- Velliaris, Christopher 39 Western Districts NS

Event 13 Men 40-44 200 LC Metre Freestyle

National: 1:59.36 N 13/10/2009 MARK THOMPSON
State: 2:08.34 S 13/10/2009 STEPHEN M OSBORNE

1 Hughes, Michael 44 Tea Tree Gully 2:45.13
37.82 1:20.57 (42.75) 2:04.61 (44.04) 2:45.13 (40.52)
2 Cranley, Andrew 41 Noarlunga 3:08.03
42.30 1:29.87 (47.57) 3:08.03 (1:38.16)

Event 13 Men 45-49 200 LC Metre Freestyle

National: 2:03.71 N 29/03/2005 FRANCIS CHRISTIAN
State: 2:11.83 S 3/05/2009 MARK SMEDLEY

1 Rowell, Gavin 45 Marion Masters Swimming 2:32.76
33.43 1:11.88 (38.45) 1:52.15 (40.27) 2:32.76 (40.61)
2 Jasko, Richard 49 Onkaparinga Swimming Club 3:10.32
42.87 1:31.71 (48.84) 2:24.04 (52.33) 3:10.32 (46.28)
--- French, Rodney 48 Aquadome Otters NS

Event 13 Men 50-54 200 LC Metre Freestyle

National: 2:05.07 N 19/04/2008 FRANCIS CHRISTIAN
State: 2:12.36 S 3/04/2004 ROSS KEE

1 Carter, Christopher 54 Adelaide Masters 2:50.91
39.11 1:23.80 (44.69) 2:09.55 (45.75) 2:50.91 (41.36)
--- White, Paul 52 Atlantis NS

Event 13 Men 55-59 200 LC Metre Freestyle

National: 2:08.59 N 17/04/2013 PAUL BLACKBEARD
State: 2:15.15 S 19/04/2008 ROSS KEE

1 Riley, Philip 55 Tea Tree Gully 2:50.35
37.50 1:20.49 (42.99) 2:05.83 (45.34) 2:50.35 (44.52)
2 Crowder, George 58 Marion Masters Swimming 2:51.82
38.87 1:22.08 (43.21) 2:08.01 (45.93) 2:51.82 (43.81)
3 Beames, Phillip 56 Atlantis 3:11.34
42.81 1:30.62 (47.81) 2:20.55 (49.93) 3:11.34 (50.79)
4 Wheeler, Peter 55 Onkaparinga Swimming Club 4:15.71
59.24 2:06.57 (1:07.33) 3:14.13 (1:07.56) 4:15.71 (1:01.58)
--- Morris, Brian 56 Adelaide Masters NS

Event 13 Men 60-64 200 LC Metre Freestyle

National: 2:13.94 N 23/03/2008 GRAHAM CROFT
State: 2:13.94 S 23/03/2008 GRAHAM CROFT

1 McConachy, Geoffrey 62 Adelaide Masters 3:23.24
43.87 1:36.18 (52.31) 2:30.07 (53.89) 3:23.24 (53.17)

SA Long Course State Cup 2014 - 13/04/2014
Results - 1

Event 13 Men 65-69 200 LC Metre Freestyle

National: 2:22.71 N 17/04/2013 GRAHAM CROFT
State: 2:31.90 S 17/04/2012 STEPHEN CARTHEW

1 Carthew, Stephen 67 Marion Masters Swimming 2:45.65
38.70 1:20.27 (41.57) 2:03.64 (43.37) 2:45.65 (42.01)

Event 13 Men 70-74 200 LC Metre Freestyle

National: 2:32.49 N 29/03/2005 JOHN CRISP
State: 2:50.14 S 3/04/2004 ROY DREW

1 Axton, Bryan 73 Noarlunga 4:42.69
1:04.23 2:16.80 (1:12.57) 3:31.96 (1:15.16) 4:42.69 (1:10.73)

Event 14 Women 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 Paay, Rebecca 42 Atlantis 3:00.99
39.93 1:26.81 (46.88) 2:19.46 (52.65) 3:00.99 (41.53)

Event 14 Women 45-49 200 LC Metre IM

National: 2:38.13 N 26/04/2003 SHANE GOULD
State: 2:45.84 S 19/04/2013 SHARON BEAVER

1 Beaver, Sharon 47 Henley Beach Masters 2:49.03
36.83 1:20.47 (43.64) 2:10.83 (50.36) 2:49.03 (38.20)

2 Weir, Joanne 46 Onkaparinga Swimming Club 3:37.16
46.97 1:43.89 (56.92) 2:46.23 (1:02.34) 3:37.16 (50.93)

3 Tucker, Helen 47 Noarlunga 3:40.75
49.47 1:50.08 (1:00.61) 2:55.61 (1:05.53) 3:40.75 (45.14)

Event 14 Women 50-54 200 LC Metre IM

National: 2:37.90 N 31/05/2008 JENNY WHITELEY
State: 2:50.06 S 30/04/2011 JOANNE SUTCLIFFE

1 Porter, Joanne 52 Tea Tree Gully 3:31.04
41.76 1:41.45 (59.69) 2:45.35 (1:03.90) 3:31.04 (45.69)

Event 14 Women 60-64 200 LC Metre IM

National: 3:08.63 N 30/04/2011 JANETTE JEFFREY
State: 3:29.45 S 25/03/1994 DENISE WANGEL

1 Doyle, Gillian 61 Noarlunga 4:04.75
56.21 2:00.08 (1:03.87) 3:09.66 (1:09.58) 4:04.75 (55.09)

2 Bell, Janet 62 Aquadome Otters 4:18.02
58.56 2:10.08 (1:11.52) 3:23.24 (1:13.16) 4:18.02 (54.78)

Event 14 Women 75-79 200 LC Metre IM

National: 4:00.13 N 6/03/2011 SUE MAYNE
State: 4:47.69 S 29/08/2010 DIANE ROSS

1 Pearce, Barbara 77 Marion Masters Swimming 5:36.52
1:13.26 2:44.16 (1:30.90) 4:28.85 (1:44.69) 5:36.52 (1:07.67)

Event 14 Men 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 Gaertner, Paul 49 Adelaide Masters 2:39.99
33.38 1:17.88 (44.50) 2:04.05 (46.17) 2:39.99 (35.94)

Event 14 Men 50-54 200 LC Metre IM

National: 2:26.62 N 3/08/2010 MARK SMEDLEY
State: 2:26.62 S 3/08/2010 MARK SMEDLEY

1 Smedley, Mark 54 Adelaide Masters 2:38.13
33.63 1:18.15 (44.52) 2:02.92 (44.77) 2:38.13 (35.21)

2 Constable, Mark 50 Western Districts 3:33.18
38.27 1:41.06 (1:02.79) 2:46.57 (1:05.51) 3:33.18 (46.61)

SA Long Course State Cup 2014 - 13/04/2014

Results - 1

Event 14 Men 55-59 200 LC Metre IM

National: 2:37.19 N 18/01/2014 CAMERON HORN
State: 2:38.64 S 17/04/2012 GRANT SIMPSON

1 Galliford, Stewart 56 Noarlunga 3:35.97
45.59 1:45.41 (59.82) 2:49.18 (1:03.77) 3:35.97 (46.79)

2 Beames, Phillip 56 Atlantis 4:01.86
50.31 1:59.67 (1:09.36) 3:11.24 (1:11.57) 4:01.86 (50.62)

Event 14 Men 60-64 200 LC Metre IM

National: 2:44.94 N 18/03/2006 PAUL WYATT
State: 2:55.36 S 25/03/1994 DIETER LOELIGER

1 Young, Ian 62 Marion Masters Swimming 2:59.75
36.27 1:25.41 (49.14) 2:21.56 (56.15) 2:59.75 (38.19)

Event 14 Men 70-74 200 LC Metre IM

National: 3:01.60 N 26/02/2005 JOHN CRISP
State: 3:29.75 S 17/04/2012 TONY WARD

1 Ward, Tony 74 Adelaide Masters 3:44.02
50.08 1:49.85 (59.77) 2:55.49 (1:05.64) 3:44.02 (48.53)

Event 14 Men 80-84 200 LC Metre IM

National: 3:48.95 N 17/04/2013 PATRICK GALVIN
State: 4:37.05 S 24/03/2002 EDWARD GEARY

1 Ramsay, Tubby 80 Atlantis 4:49.42
1:09.65 2:21.52 (1:11.87) 3:45.04 (1:23.52) 4:49.42 (1:04.38)

2 Assumpcao, Carlos 82 Adelaide Masters 7:07.63
3:41.27 ( ) 7:07.63 (3:26.36)

Event 15 Women 120-159 200 LC Metre Medley Relay

National: 2:07.09 N 17/04/2013 POWERPOINTS
J BUCKNELL, S JAMES, L D. CARVALHO, G O'MARA
State: 2:18.08 S 16/04/2012 HENLEY BEACH
S BEAVER, S GOODWIN, J VARNEY, J IRELAND

1 Tea Tree Gully A 3:25.67
1) Mentha, Karen W34 2) Wilkinson, Wendy W30 3) Blackmore, Anita W50 4) Whaites, Katherine W28
49.24 1:49.10 (59.86) 2:33.68 (44.58) 3:25.67 (51.99)

Event 15 Women 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

1 Onkaparinga Swimming Club A 2:55.76
1) Wheeler, Amanda W28 2) Weir, Joanne W46 3) Wright, Sarah W25 4) Ross, Marcia W64
40.44 1:30.15 (49.71) 2:06.10 (35.95) 2:55.76 (49.66)

2 Atlantis A 2:57.50
1) Beames, Melissa W30 2) Beames, Leanne W52 3) Lindsay, Cassie W45 4) Ormsby, Robyn W59
41.36 1:35.94 (54.58) 2:12.04 (36.10) 2:57.50 (45.46)

3 Noarlunga A 3:13.60
1) McKay, Kellie W35 2) Winter, Jill W67 3) Carne, Amanda W45 4) Tucker, Helen W47
41.52 2:04.24 (1:22.72) 2:37.75 (33.51) 3:13.60 (35.85)

4 Adelaide Masters A 3:16.12
1) Ruler, Amanda W55 2) Astley, Julie W49 3) Palmer-White, Stephanie W54 4) Brown, Deborah W43
1:04.42 1:49.04 (44.62) 2:20.93 (31.89) 3:16.12 (55.19)

SA Long Course State Cup 2014 - 13/04/2014

Results - 1

Event 15 Women 200-239 200 LC Metre Medley Relay

National: 2:20.64 N 30/04/2011 CLAREMONT
S BELL, N CORSBIE, L QUINLIVAN, S STANFORD

State: 2:37.86 S 29/08/2010 ATLANTIS
JUDY THOMAS, SANDRA MUTZE, JENNY BRADLEY, JOY PAGE

1 Atlantis A 2:42.93
1) Thomas, Judy W56 2) Bradley, Jenny W53 3) Paay, Rebecca W42 4) Byrnes, Monica W56
38.35 1:22.09 (43.74) 2:01.94 (39.85) 2:42.93 (40.99)

2 Aquadome Otters A 3:22.92
1) Davies, Phyllis W68 2) Mik, Shelley W47 3) Bell, Janet W62 4) O'Shea, Penelope W57
49.89 1:43.16 (53.27) 2:39.30 (56.14) 3:22.92 (43.62)

3 Tea Tree Gully A 3:32.80
1) Edgley-Smith, Madeleine W02) Clake, Karen W56 3) Porter, Joanne W52 4) Gill, Janice W61
1:05.48 2:03.96 (58.48) 2:43.51 (39.55) 3:32.80 (49.29)

Event 15 Women 240-279 200 LC Metre Medley Relay

National: 2:39.22 N 12/05/2012 MALVERN MARLINS
J DICKEY, J JEFFREY, L RODGERS, P KEMPSON

State: 2:45.07 S 11/08/2013 ATLANTIS
JAN SIMONS, JENNY BRADLEY, JUDY THOMAS, JOY PAGE

1 Adelaide Masters A 4:42.44
1) Reinboth, Betty W59 2) Phin, Mary W78 3) O'Connell, Leonie W58 4) Simons, Diana W79
2:47.42 ( ) 3:28.20 (40.78) 4:42.44 (1:14.24)

Event 15 Women 280-319 200 LC Metre Medley Relay

National: 3:14.56 N 14/04/2012 DARWIN STINGERS
G WILLIAMS, J THOMSON, B LEA, C APLIN

State: 4:06.78 S 29/03/2009 MARION
M WARDLE, J WILSON, B PEARCE, D ROSS

1 Noarlunga A 4:59.66
1) Anderson, Pat W81 2) Redman, Pamela W77 3) Doyle, Gillian W61 4) Armstrong, Margaret W81
1:34.02 3:02.89 (1:28.87) 3:58.81 (55.92) 4:59.66 (1:00.85)

Event 16 Men 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

1 Adelaide Masters A 2:10.21
1) Smedley, Mark M54 2) Gaertner, Paul M49 3) Carboncini, Sebastian M40 4) Carter, Michael M19
34.53 1:11.04 (36.51) 1:41.45 (30.41) 2:10.21 (28.76)

2 Onkaparinga Swimming Club A 2:31.47
1) Healey, Scott M44 2) Young, Warren M37 3) Ireland, Trevor M67 4) Jasko, Richard M49
31.97 1:10.49 (38.52) 1:53.15 (42.66) 2:31.47 (38.32)

3 Tea Tree Gully A 3:10.57
1) Thorpe, Ian M61 2) Arbery, Peter M46 3) Hughes, Michael M44 4) Williams, Huw M52
1:04.30 1:58.77 (54.47) 2:33.38 (34.61) 3:10.57 (37.19)

Event 16 Men 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

1 Noarlunga A 2:56.64
1) Cranley, Matthew M39 2) Cranley, Andrew M41 3) Galliford, Stewart M56 4) Axton, Bryan M73
37.88 1:27.29 (49.41) 2:07.45 (40.16) 2:56.64 (49.19)

SA Long Course State Cup 2014 - 13/04/2014

Results - 1

Event 16 Men 240-279 200 LC Metre Medley Relay

National: 2:13.80 N 27/03/2011 MIAMI
C ROBINSON, A CARLISLE, M FITZ-WALTER, N D. DURRAN

State: 2:21.84 S 5/04/2001 ADELAIDE MASTER
R HARDIE, M J. GRAY, B N EDWARDS, D LOELIGER

1 Tea Tree Gully A 2:57.09
1) Gamlen, John M67 47.28
2) Thomas, David M59 1:35.54 (48.26)
3) Larter-Conway, Sean M50 2:17.48 (41.94)
4) O'Brien, Bob M65 2:57.09 (39.61)

2 Atlantis A 2:57.55
1) Clarke, Neil M54 40.67
2) Suskin, Allan M72 1:29.05 (48.38)
3) Beames, Phillip M56 2:12.08 (43.03)
4) Ramsay, Tubby M80 2:57.55 (45.47)

Event 16 Men 280-319 200 LC Metre Medley Relay

National: 2:29.39 N 30/04/2009 MANLY MASTERS
S LAMY, T GOODWIN, G M STUTSEL, D LAWLER

State: 3:05.32 S 3/04/2004 ADELAIDE MASTER
C ASSUMPCAO, M GRAY, J DAVIES, K SIMONS

1 Adelaide Masters A 3:44.15
1) Assumpcao, Carlos M82 2:52.18
2) Carter, Christopher M54 2:00.52 ( )
3) Ward, Tony M74 3:44.15 (1:43.63)
4) Davies, Jonathan M83