

2024 MSSA LC State Cup - 7/04/2024**Team Rankings - Through Event 16****Combined Team Scores**

Place	Team		Points
1	Adelaide Masters	Adelaide Masters	752
2	Phoenix Masters Swimming Club	Phoenix Masters Swimming Club	485
3	UniSA Swimming Club	UniSA Swimming Club	480
4	Marion Masters Swimming	Marion Masters Swimming	428
5	Noarlunga Masters	Noarlunga Masters	310
6	Tea Tree Gully Kingfishers Mas	Tea Tree Gully Kingfishers Mas	298
7	Henley Beach Masters	Henley Beach Masters	171
8	Aquadome Otters	Aquadome Otters	136
9	Atlantis Masters	Atlantis Masters	130
10	Great Southern Swimming Club M	Great Southern Swimming Club M	76
		Total	3,266.00

2023-24 MSSA LC State Cup - SAALC – 7 April 2024**Possible National Records Achieved**

Stephanie Palmer-White	Adelaide	60-64	200m Butterfly	2m49.76s
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SA State Records Achieved

Shania Morgan	UniSA	25-29	50m Breaststroke	37.10s
Shania Morgan	UniSA	25-29	100m Breaststroke	1m20.00s
Stephanie Palmer-White	Adelaide	60-64	100m Butterfly	1m23.18s (Split)
Stephanie Palmer-White	Adelaide	60-64	100m Butterfly	1m19.37s
Stephanie Palmer-White	Adelaide	60-64	200m Butterfly	2m49.76s
Stephanie Palmer-White	Adelaide	60-64	200m Individual Medley	2m58.00s
Margaret Armstrong	Noarlunga	90-94	50m Backstroke	1m26.87s
Margaret Armstrong	Noarlunga	90-94	100m Backstroke	3m22.08s
Stephen Carthew	Marion	75-79	50m Butterfly	42.83s
Stephen Carthew	Marion	75-79	200m Butterfly	4m14.07s
Stephen Carthew	Marion	75-79	200m Individual Medley	3m46.29s

2024 MSSA LC State Cup - 7/04/2024
Individual Rankings - Through Event 16

18-24 Women - Individual Scores

Place	Name	Age	Team	Points
1	Murray, Hannah	22	Phoenix Masters Swimming Club	30
2	Sagubo, Allana	23	UniSA Swimming Club	29
2	Bunkenburg-Lee, Franziska	24	Tea Tree Gully Kingfishers Mas	29

25-29 Women - Individual Scores

Place	Name	Age	Team	Points
1	Morgan, Shania	25	UniSA Swimming Club	30
2	Vidura, Kimberley	28	UniSA Swimming Club	28
3	Dowling, Alyce	29	Adelaide Masters	27
3	Small, Amy	29	Noarlunga Masters	27

30-34 Women - Individual Scores

Place	Name	Age	Team	Points
1	Marsden, Bec	33	Tea Tree Gully Kingfishers Mas	30
2	Szeto, Colleen	31	Henley Beach Masters	29

35-39 Women - Individual Scores

Place	Name	Age	Team	Points
1	Horn, Danielle	39	Tea Tree Gully Kingfishers Mas	30
2	Cowan, Nicola	36	Marion Masters Swimming	29

40-44 Women - Individual Scores

Place	Name	Age	Team	Points
1	Nazimi, Leila	41	Henley Beach Masters	30
1	Ward, Alison	41	Noarlunga Masters	30
3	Osman-Walton, Sarah	40	Marion Masters Swimming	29
4	Milton, Rebecca	40	Adelaide Masters	28
4	Koutas, Fiona	44	Noarlunga Masters	28
6	Gumm, Rebecca	41	Phoenix Masters Swimming Club	24

45-49 Women - Individual Scores

Place	Name	Age	Team	Points
1	Wright, Nicol	49	Phoenix Masters Swimming Club	30
2	Wellington, Kim	48	Phoenix Masters Swimming Club	29
2	Goldie, Emily	49	Adelaide Masters	29
4	Palmer, Brigetta	48	Aquadome Otters	28
5	Smith, Sonia	47	Great Southern Swimming Club M	26
6	Goldner, Caroline	49	Aquadome Otters	23

50-54 Women - Individual Scores

Place	Name	Age	Team	Points
1	Mitchell, Tracy	52	Noarlunga Masters	30
1	McGiffert, Natalie	52	Phoenix Masters Swimming Club	30
3	Lau, Kim	53	Adelaide Masters	29
4	Stevenson, Chloe	52	Atlantis Masters	28
5	Hayes, Helen	54	Noarlunga Masters	25
6	Watson, Kathy	50	Adelaide Masters	19

55-59 Women - Individual Scores

Place	Name	Age	Team	Points
1	Beaver, Sharon	57	Adelaide Masters	30
1	Ostrowska, Ilze	57	Adelaide Masters	30
3	Bowman, Julie	59	Adelaide Masters	29

2024 MSSA LC State Cup - 7/04/2024
Individual Rankings - Through Event 16

Place	Name	Age	Team	Points
4	Thornton, Elizabeth	59	Great Southern Swimming Club M	28
5	Brown, Yumi	59	Aquadome Otters	27
6	Langsford, Sarah	56	Marion Masters Swimming	26
6	Taylor, Julie	57	Phoenix Masters Swimming Club	26
8	Evans, Maggie	57	Marion Masters Swimming	18

60-64 Women - Individual Scores

Place	Name	Age	Team	Points
1	Sutcliffe, Joanne	64	Phoenix Masters Swimming Club	30
1	Gallasch, Judith	60	Adelaide Masters	30
1	Palmer-White, Stephanie	60	Adelaide Masters	30
4	Sturm, Karen	64	Phoenix Masters Swimming Club	28
4	Malcolm, Matthea	64	Phoenix Masters Swimming Club	28
6	Impagnatiello, Anna	63	Henley Beach Masters	27

65-69 Women - Individual Scores

Place	Name	Age	Team	Points
1	Ruler, Amanda	65	Adelaide Masters	30
1	Heffernan, Maryanne	68	Marion Masters Swimming	30

70-74 Women - Individual Scores

Place	Name	Age	Team	Points
1	Mayton, Eithne	73	Tea Tree Gully Kingfishers Mas	30
1	Gill, Janice	71	Tea Tree Gully Kingfishers Mas	30
3	Bell, Janet	72	Aquadome Otters	28

75-79 Women - Individual Scores

Place	Name	Age	Team	Points
1	Vowles, Judy	75	Marion Masters Swimming	30
1	Mulqueen, Jennifer	78	Tea Tree Gully Kingfishers Mas	30

85-89 Women - Individual Scores

Place	Name	Age	Team	Points
1	Pearce, Barbara	87	Marion Masters Swimming	30

90-94 Women - Individual Scores

Place	Name	Age	Team	Points
1	Armstrong, Margaret	91	Noarlunga Masters	30

2024 MSSA LC State Cup - 7/04/2024
Individual Rankings - Through Event 16

18-24 Men - Individual Scores

Place	Name	Age	Team	Points
1	Fu, Alvin	22	UniSA Swimming Club	30
1	Chow, Alvin Keng Yin	20	UniSA Swimming Club	30
3	Mak, Julius	20	UniSA Swimming Club	29
4	Nip, Hugo	20	UniSA Swimming Club	28
5	Carter, Matthew	24	Adelaide Masters	27
6	Seewsagur, Govind	22	UniSA Swimming Club	25
6	Slunjski, Liam	23	Henley Beach Masters	25
8	Sztolc, Samuel	22	UniSA Swimming Club	23

25-29 Men - Individual Scores

Place	Name	Age	Team	Points
1	Yip, James	26	Adelaide Masters	30
2	McHugh, Liam	29	UniSA Swimming Club	29
2	Truong, Andrew	28	UniSA Swimming Club	29
4	Ong, Guan Lin	26	UniSA Swimming Club	20
5	Chang, Sean	26	Adelaide Masters	19
6	Hewson, Jack	28	UniSA Swimming Club	16

30-34 Men - Individual Scores

Place	Name	Age	Team	Points
1	Boardman, Andrew	30	Noarlunga Masters	30
2	Gravier, Charles	32	Adelaide Masters	29

35-39 Men - Individual Scores

Place	Name	Age	Team	Points
1	Kim, Eoin	39	Tea Tree Gully Kingfishers Mas	30
1	Warr, Ben	38	Marion Masters Swimming	30

40-44 Men - Individual Scores

Place	Name	Age	Team	Points
1	Lewis, Ace	44	Marion Masters Swimming	30
1	Smith, Matthew	40	Phoenix Masters Swimming Club	30

45-49 Men - Individual Scores

Place	Name	Age	Team	Points
1	Osborne, Andrew	49	Phoenix Masters Swimming Club	30
1	Coulter, Garth	45	Tea Tree Gully Kingfishers Mas	30
3	Bryce, David	49	Phoenix Masters Swimming Club	29
4	Buche, Cedric	45	UniSA Swimming Club	28
5	Lockwood, Matthew	48	Adelaide Masters	27
6	Lisovoy, Damien	47	Atlantis Masters	20

50-54 Men - Individual Scores

Place	Name	Age	Team	Points
1	Goldie, Scott	54	Adelaide Masters	30
1	Preiss, Mark	52	Aquadome Otters	30
3	Mosley, Luke	53	Marion Masters Swimming	27
4	Cranley, Andrew	51	Noarlunga Masters	25
4	Howe, Simon	50	Phoenix Masters Swimming Club	25

55-59 Men - Individual Scores

Place	Name	Age	Team	Points
1	Osborne, Stephen	55	Phoenix Masters Swimming Club	30

2024 MSSA LC State Cup - 7/04/2024
Individual Rankings - Through Event 16

Place	Name	Age	Team	Points
2	Bullock, Rowan	59	Noarlunga Masters	28
2	Taylor, Dean	59	Phoenix Masters Swimming Club	28
4	Eldridge, Nic	56	UniSA Swimming Club	25
4	Lawrie, Stew	56	Noarlunga Masters	25
4	Sztolc, Radek	55	UniSA Swimming Club	25
7	Rowell, Gavin	55	Marion Masters Swimming	19
8	Nelson, Kent	59	Adelaide Masters	15
8	Guse, Dean	56	Marion Masters Swimming	15

60-64 Men - Individual Scores

Place	Name	Age	Team	Points
1	Slunjski, Marin	62	Henley Beach Masters	30
1	Smedley, Mark	64	Adelaide Masters	30
3	Smith, Andrew	60	Marion Masters Swimming	29
4	Sheridan, Jeffrey	61	Adelaide Masters	27
5	Carter, Christopher	64	Adelaide Masters	25
6	Ferguson, Robert	64	Atlantis Masters	24
7	Hart, Brett	61	Great Southern Swimming Club M	22
8	Coombs, Mark	60	Tea Tree Gully Kingfishers Mas	19

65-69 Men - Individual Scores

Place	Name	Age	Team	Points
1	Clements, Peter	65	Adelaide Masters	30
2	Morris, Brian	66	Adelaide Masters	29

70-74 Men - Individual Scores

Place	Name	Age	Team	Points
1	Fuller, Geoff	73	Henley Beach Masters	30
2	McConachy, Geoffrey	72	Adelaide Masters	29
3	Young, Ian	72	Marion Masters Swimming	20

75-79 Men - Individual Scores

Place	Name	Age	Team	Points
1	Carthew, Stephen	77	Marion Masters Swimming	30
2	Gamlen, John	77	Tea Tree Gully Kingfishers Mas	20

80-84 Men - Individual Scores

Place	Name	Age	Team	Points
1	Suskin, Allan	82	Atlantis Masters	30
2	Trapnell, Phillip	80	Atlantis Masters	28

2024 MSSA LC State Cup - 7/04/2024**Results****Event 1 Women 18-24 200 LC Metre IM**

National: 2:24.87 N 19/02/2017 **AYAKO TAKIMOTO**
State: 2:39.01 S 19/07/2021 **CHELSEA ROBINSON**

	Name	Age	Team	Finals Time	Points
1	Murray, Hannah	22	Phoenix Masters Swimming Club	3:10.48	10
	r:+0.87 39.25	1:29.08 (49.83)	2:26.48 (57.40)	3:10.48 (44.00)	

Event 1 Women 25-29 200 LC Metre IM

National: 2:26.51 N 18/02/2023 **KADY IBELL**
State: 2:31.49 S 17/04/2012 **C. MARGRISON**

1	Vidura, Kimberley	28	UniSA Swimming Club	2:56.78	10
	34.30	1:17.72 (43.42)	2:16.78 (59.06)	2:56.78 (40.00)	
2	Dowling, Alyce	29	Adelaide Masters	3:10.65	9
	r:+0.77 41.23	1:30.01 (48.78)	2:24.12 (54.11)	3:10.65 (46.53)	

Event 1 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	Osman-Walton, Sarah	40	Marion Masters Swimming	2:58.20	10
	r:+0.71 35.88	1:23.09 (47.21)	2:17.14 (54.05)	2:58.20 (41.06)	
2	Gumm, Rebecca	41	Phoenix Masters Swimming Club	3:20.02	9
	41.43	1:38.45 (57.02)	2:30.57 (52.12)	3:20.02 (49.45)	

Event 1 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	Goldie, Emily	49	Adelaide Masters	2:50.90	10
	r:+0.66 34.80	1:20.94 (46.14)	2:10.90 (49.96)	2:50.90 (40.00)	
2	Palmer, Brigetta	48	Aquadome Otters	3:32.51	9
	41.23	1:39.55 (58.32)	2:44.80 (1:05.25)	3:32.51 (47.71)	

Event 1 Women 50-54 200 LC Metre IM

National: 2:37.90 N 31/05/2008 **JENNY WHITELEY**
State: 2:49.46 S 3/04/2016 **S. PALMER-WHITE**

1	Stevenson, Chloe	52	Atlantis Masters	3:34.83	10
	48.85	1:41.28 (52.43)	2:46.30 (1:05.02)	3:34.83 (48.53)	
2	Lau, Kim	53	Adelaide Masters	3:53.12	9
	54.00	1:55.24 (1:01.24)	3:02.03 (1:06.79)	3:53.12 (51.09)	
3	Hayes, Helen	54	Noarlunga Masters	4:03.68	8
	1:00.80	2:03.15 (1:02.35)	3:13.07 (1:09.92)	4:03.68 (50.61)	

Event 1 Women 55-59 200 LC Metre IM

National: 2:43.43 N 26/04/2014 **JENNY WHITELEY**
State: 2:50.20 S 19/03/2019 **S. PALMER-WHITE**

1	Beaver, Sharon	57	Adelaide Masters	3:07.14	10
	42.35	1:28.20 (45.85)	2:25.38 (57.18)	3:07.14 (41.76)	
2	Thornton, Elizabeth	59	Great Southern Swimming Club M	3:32.06	9
	r:+0.84 41.45	1:37.19 (55.74)	2:43.48 (1:06.29)	3:32.06 (48.58)	
---	Bartsch, Helen	55	Adelaide Masters	NS	
	r:+0.97				

Event 1 Women 60-64 200 LC Metre IM

National: 2:44.62 N 19/03/2019 **JENNY WHITELEY**
State: 3:00.60 S 28/02/2021 **JOANNE SUTCLIFFE**

1	Palmer-White, Stephanie	60	Adelaide Masters	2:58.00 S	10
	r:+0.90 38.42	1:24.30 (45.88)	2:19.30 (55.00)	2:58.00 (38.70)	

2024 MSSA LC State Cup - 7/04/2024**Results****(Event 1 Women 60-64 200 LC Metre IM)**

2	Malcolm, Matthea	64	Phoenix Masters Swimming Club	4:47.17	9
	1:09.64	2:23.85 (1:14.21)	3:49.23 (1:25.38)	4:47.17 (57.94)	

Event 1 Women 65-69 200 LC Metre IM

National: 3:04.57 N 11/11/2022 **LEIGH RODGERS**

State: 3:09.71 S 19/07/2021 **M. HEFFERNAN**

---	O'Shea, Penelope	67	Aquadome Otters	NS	
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Event 1 Men 18-24 200 LC Metre IM

National: 2:14.80 N 3/11/2002 **PAUL NICHOLSON**

State: 2:28.19 S 19/07/2021 **ALVIN FU**

1	Fu, Alvin	22	UniSA Swimming Club	2:40.14	10
	r:+0.73 31.04	1:11.24 (40.20)	2:01.44 (50.20)	2:40.14 (38.70)	

Event 1 Men 25-29 200 LC Metre IM

National: 2:14.44 N 14/04/2012 **ADAM BEISLER**

State: 2:23.13 S 16/04/1988 **MARK SMEDLEY**

1	Yip, James	26	Adelaide Masters	2:25.31	10
	r:+0.68 31.80	1:09.54 (37.74)	1:52.90 (43.36)	2:25.31 (32.41)	

Event 1 Men 30-34 200 LC Metre IM

National: 2:11.48 N 24/04/2016 **D. BLACKBORROW**

State: 2:21.13 S 8/08/2023 **YUTA KASUGA**

1	Boardman, Andrew	30	Noarlunga Masters	3:00.55	10
	35.39	1:21.93 (46.54)	2:15.02 (53.09)	3:00.55 (45.53)	

Event 1 Men 35-39 200 LC Metre IM

National: 2:12.58 N 17/08/2017 **CASEY FLOUCH**

State: 2:30.81 S 17/04/2012 **S. CARBONCINI**

1	Kim, Eoin	39	Tea Tree Gully Kingfishers Mas	3:12.08	10
	r:+0.89 38.79	1:32.81 (54.02)	2:25.45 (52.64)	3:12.08 (46.63)	

Event 1 Men 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	Lewis, Ace	44	Marion Masters Swimming	2:39.95	10
	r:+0.96 33.09	1:16.92 (43.83)	2:02.21 (45.29)	2:39.95 (37.74)	

Event 1 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	Coulter, Garth	45	Tea Tree Gully Kingfishers Mas	2:40.62	10
	32.28	1:15.71 (43.43)	2:04.93 (49.22)	2:40.62 (35.69)	

Event 1 Men 50-54 200 LC Metre IM

National: 2:24.45 N 21/04/2018 **PAUL LEMMON**

State: 2:26.62 S 3/08/2010 **MARK SMEDLEY**

1	Goldie, Scott	54	Adelaide Masters	2:50.45	10
	r:+0.79 34.98	1:19.56 (44.58)	2:11.60 (52.04)	2:50.45 (38.85)	

Event 1 Men 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	Bullock, Rowan	59	Noarlunga Masters	3:20.71	10
	38.40	1:35.24 (56.84)	2:35.71 (1:00.47)	3:20.71 (45.00)	

2024 MSSA LC State Cup - 7/04/2024**Results****Event 1 Men 60-64 200 LC Metre IM****National: 2:37.96 N 28/04/2022 PAUL BLACKBEARD****State: 2:40.32 S 20/05/2021 MARK SMEDLEY**

1	Smith, Andrew	60	Marion Masters Swimming	4:12.81	10
	57.04	2:08.75 (1:11.71)	3:25.07 (1:16.32)	4:12.81 (47.74)	

Event 1 Men 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	Clements, Peter	65	Adelaide Masters	3:39.77	10
	r:+0.85 49.55	1:49.67 (1:00.12)	2:50.28 (1:00.61)	3:39.77 (49.49)	

Event 1 Men 75-79 200 LC Metre IM**National: 3:14.77 N 10/04/2021 PAUL WYATT****State: 3:52.02 S 14/06/2015 TONY WARD**

1	Carthew, Stephen	77	Marion Masters Swimming	3:46.29 S	10
	45.89	1:40.53 (54.64)	3:02.35 (1:21.82)	3:46.29 (43.94)	

Event 2 Women 30-34 100 LC Metre Freestyle**National: 59.99 N 30/04/2011 CAROLYN GORRICK****State: 1:01.42 S 19/03/2019 SALLY HUNTER**

1	Marsden, Bec	33	Tea Tree Gully Kingfishers Mas	1:19.81	10
	37.19	1:19.81 (42.62)			
2	Szeto, Colleen	31	Henley Beach Masters	1:20.72	9
	r:+0.83 39.07	1:20.72 (41.65)			

Event 2 Women 40-44 100 LC Metre Freestyle**National: 1:01.40 N 1/05/2009 JENNIE BUCKNELL****State: 1:04.19 S 2/04/2023 LEILA NAZIMI**

1	Nazimi, Leila	41	Henley Beach Masters	1:05.29	10
	r:+0.70 31.56	1:05.29 (33.73)			
2	Milton, Rebecca	40	Adelaide Masters	1:15.30	9
	r:+0.83 35.02	1:15.30 (40.28)			

Event 2 Women 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	Smith, Sonia	47	Great Southern Swimming Club M	1:18.06	10
	r:+0.87				
2	Goldner, Caroline	49	Aquadome Otters	2:06.16	9
	59.19	2:06.16 (1:06.97)			
---	Bowen, Joanne	45	Phoenix Masters Swimming Club	NS	

Event 2 Women 50-54 100 LC Metre Freestyle**National: 1:01.71 N 4/11/2016 JENNIE BUCKNELL****State: 1:07.87 S 7/10/2011 JOANNE SUTCLIFFE**

1	Mitchell, Tracy	52	Noarlunga Masters	1:12.58	10
	34.48	1:12.58 (38.10)			
---	Varney, Josephine	53	Henley Beach Masters	NS	
---	Amos, Kirsty	53	Aquadome Otters	NS	
---	Boyd, Julie	53	Aquadome Otters	NS	

Event 2 Women 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	Brown, Yumi	59	Aquadome Otters	1:38.44	10
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2024 MSSA LC State Cup - 7/04/2024**Results****Event 2 Women 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	60	Adelaide Masters	1:22.10	10
	39.57	1:22.10	(42.53)		
2	Impagnatiello, Anna	63	Henley Beach Masters	1:39.04	9
	46.53	1:39.04	(52.51)		

Event 2 Women 70-74 100 LC Metre Freestyle**National:** 1:17.63 N 9/04/2021 **JANETTE JEFFREY****State:** 1:30.54 S 14/04/2012 **JOY PAGE**

1	Mayton, Eithne	73	Tea Tree Gully Kingfishers Mas	1:38.27	10
	45.50	1:38.27	(52.77)		
---	Faulkner, Gillian	74	Noarlunga Masters	NS	

Event 2 Women 75-79 100 LC Metre Freestyle**National:** 1:24.31 N 15/09/2018 **JEN THOMASSON****State:** 1:37.31 S 18/06/2017 **JOY PAGE**

1	Vowles, Judy	75	Marion Masters Swimming	2:01.34	10
	r:+0.96 56.66	2:01.34	(1:04.68)		

Event 2 Men 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	20	UniSA Swimming Club	57.33	10
	27.22	57.33	(30.11)		
2	Carter, Matthew	24	Adelaide Masters	1:01.78	9
	r:+0.72 27.68	1:01.78	(34.10)		
3	Slunjski, Liam	23	Henley Beach Masters	1:06.02	8
	29.23	1:06.02	(36.79)		
4	Sztolc, Samuel	22	UniSA Swimming Club	1:10.21	7
	31.76	1:10.21	(38.45)		

Event 2 Men 25-29 100 LC Metre Freestyle**National:** 51.20 N 15/03/2012 **M. PATTERSON****State:** 55.89 S 15/03/1985 **ROBERT MACKAY**

1	Ong, Guan Lin	26	UniSA Swimming Club	57.58	10
	r:+0.60 26.76	57.58	(30.82)		
2	McHugh, Liam	29	UniSA Swimming Club	1:03.51	9
	30.40	1:03.51	(33.11)		
---	Hewson, Jack	28	UniSA Swimming Club	DQ	
	False start				
	r:+0.63 34.56	DQ	(42.37)		

Event 2 Men 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	Gravier, Charles	32	Adelaide Masters	1:33.48	10
	r:+0.92 40.97	1:33.48	(52.51)		

Event 2 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	Warr, Ben	38	Marion Masters Swimming	1:02.69	10
	r:+0.84 30.94	1:02.69	(31.75)		

2024 MSSA LC State Cup - 7/04/2024**Results****Event 2 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	Smith, Matthew	40	Phoenix Masters Swimming Club	1:01.12	10
	r:+0.69				

Event 2 Men 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	Buche, Cedric	45	UniSA Swimming Club	1:16.96	10
	36.28		1:16.96 (40.68)		

Event 2 Men 50-54 100 LC Metre Freestyle

National: 55.64 N 22/04/2023 MARK THOMPSON

State: 59.46 S 11/09/2022 MARK PREISS

1	Preiss, Mark	52	Aquadome Otters	59.48	10
	r:+0.61 29.39		59.48 (30.09)		
2	Mosley, Luke	53	Marion Masters Swimming	1:11.26	9
	33.04		1:11.26 (38.22)		
3	Cranley, Andrew	51	Noarlunga Masters	1:25.36	8
	r:+0.90 41.56		1:25.36 (43.80)		
4	Howe, Simon	50	Phoenix Masters Swimming Club	1:33.88	7
	r:+0.75 41.51		1:33.88 (52.37)		

Event 2 Men 55-59 100 LC Metre Freestyle

National: 56.99 N 11/11/2018 BRETT WOODS

State: 1:00.71 S 5/10/2007 GRAHAM CROFT

1	Eldridge, Nic	56	UniSA Swimming Club	1:15.80	10
	r:+0.91 36.23		1:15.80 (39.57)		
2	Nelson, Kent	59	Adelaide Masters	1:17.75	9
	37.12		1:17.75 (40.63)		
3	Guse, Dean	56	Marion Masters Swimming	1:18.14	8
	r:+0.87 34.80		1:18.14 (43.34)		
4	Lawrie, Stew	56	Noarlunga Masters	1:18.80	7
	r:+0.85 37.95		1:18.80 (40.85)		
5	Sztolec, Radek	55	UniSA Swimming Club	1:30.04	6
	r:+0.81				

Event 2 Men 60-64 100 LC Metre Freestyle

National: 59.98 N 28/10/2023 BRETT WOODS

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

1	Slunjski, Marin	62	Henley Beach Masters	1:13.89	10
	r:+0.96 36.71		1:13.89 (37.18)		
2	Sheridan, Jeffrey	61	Adelaide Masters	1:26.28	9
	41.61		1:26.28 (44.67)		
3	Carter, Christopher	64	Adelaide Masters	1:28.81	8
	r:+0.77 40.36		1:28.81 (48.45)		
4	Hart, Brett	61	Great Southern Swimming Club M	1:33.06	7
	43.72		1:33.06 (49.34)		
5	Ferguson, Robert	64	Atlantis Masters	2:02.73	6
	57.09		2:02.73 (1:05.64)		

2024 MSSA LC State Cup - 7/04/2024**Results****Event 2 Men 70-74 100 LC Metre Freestyle**

National: 1:06.72 N 19/03/2019 GRAHAM CROFT

State: 1:08.79 S 27/04/2017 STEPHEN CARTHEW

1	McConachy, Geoffrey	72	Adelaide Masters	1:37.85	10
	45.19	1:37.85 (52.66)			

Event 2 Men 75-79 100 LC Metre Freestyle

National: 1:11.15 N 26/05/2023 ROBERT PATTERSON

State: 1:14.37 S 30/01/2022 STEPHEN CARTHEW

---	Faulkner, Geoffrey	75	Noarlunga Masters	NS	
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Event 3 Women 18-24 50 LC Metre Backstroke

National: 31.69 N 11/11/2022 ASHLEIGH ESKDALE

State: 33.41 S 9/04/2017 KIMBERLEY VIDURA

1	Sagubo, Allana	23	UniSA Swimming Club	38.06	10
	r:+0.66				
2	Bunkenburg-Lee, Franziska	24	Tea Tree Gully Kingfishers Mas	49.21	9
	r:+0.94				

Event 3 Women 25-29 50 LC Metre Backstroke

National: 31.04 N 20/08/2017 ALEISHA BARNES

State: 32.49 S 27/01/2012 C. MARGRISON

1	Vidura, Kimberley	28	UniSA Swimming Club	35.05	10
	r:+0.68				
2	Dowling, Alyce	29	Adelaide Masters	39.91	9
	r:+0.69				

Event 3 Women 30-34 50 LC Metre Backstroke

National: 32.25 N 23/02/2013 BELINDA NEVELL

State: 33.90 S 5/05/2019 CHARLENE SMITH

1	Marsden, Bec	33	Tea Tree Gully Kingfishers Mas	42.10	10
	r:+0.70				

Event 3 Women 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	Horn, Danielle	39	Tea Tree Gully Kingfishers Mas	47.46	10
	r:+0.77				

Event 3 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	Koutas, Fiona	44	Noarlunga Masters	42.74	10
	r:+0.68				

Event 3 Women 45-49 50 LC Metre Backstroke

National: 32.85 N 9/04/2011 JENNIE BUCKNELL

State: 33.28 S 10/10/2021 NICOL WRIGHT

1	Wright, Nicol	49	Phoenix Masters Swimming Club	34.03	10
	r:+0.69				

Event 3 Women 50-54 50 LC Metre Backstroke

National: 33.79 N 4/11/2016 JENNIE BUCKNELL

State: 35.56 S 7/10/2011 JOANNE SUTCLIFFE

---	Tricker, Vanessa	51	Tea Tree Gully Kingfishers Mas	NS	
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2024 MSSA LC State Cup - 7/04/2024**Results****Event 3 Women 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	57	Adelaide Masters	40.58	10
	r:+0.73				
2	Taylor, Julie	57	Phoenix Masters Swimming Club	42.26	9
	r:+0.70				

Event 3 Women 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	Sutcliffe, Joanne	64	Phoenix Masters Swimming Club	37.40	10
	r:+0.67				
2	Sturm, Karen	64	Phoenix Masters Swimming Club	51.23	9

Event 3 Women 65-69 50 LC Metre Backstroke

National: 37.38 N 13/10/2009 CLARY MUNNS

State: 41.95 S 10/09/2023 JUDY THOMAS

1	Ruler, Amanda	65	Adelaide Masters	1:06.35	10
	r:+0.43				
---	O'Connell, Leonie	68	Adelaide Masters	NS	

Event 3 Women 70-74 50 LC Metre Backstroke

National: 39.05 N 8/04/2017 CLARY MUNNS

State: 48.19 S 27/05/2018 JANETTE SIMONS

1	Gill, Janice	71	Tea Tree Gully Kingfishers Mas	1:00.31	10
	r:+0.80				
2	Bell, Janet	72	Aquadome Otters	1:00.60	9
	r:+0.91				

Event 3 Women 90-94 50 LC Metre Backstroke

National: 1:05.46 N 25/02/2020 DOROTHY DICKEY

State: 1:32.70 S 26/02/2023 M. ARMSTRONG

1	Armstrong, Margaret	91	Noarlunga Masters	1:26.87S	10
	r:+0.19				

Event 3 Men 18-24 50 LC Metre Backstroke

National: 27.54 N 3/11/2002 PAUL NICHOLSON

State: 30.00 S 17/08/2021 ALVIN FU

1	Nip, Hugo	20	UniSA Swimming Club	31.83	10
	r:+0.59				
2	Mak, Julius	20	UniSA Swimming Club	32.25	9
	r:+0.64				
3	Seewsagur, Govind	22	UniSA Swimming Club	34.17	8
	r:+0.58				

Event 3 Men 45-49 50 LC Metre Backstroke

National: 29.13 N 8/04/2017 IAN JEFFERY

State: 31.66 S 14/08/2022 ANDREW STEPHENSON

1	Osborne, Andrew	49	Phoenix Masters Swimming Club	36.16	10
	r:+0.73				

Event 3 Men 55-59 50 LC Metre Backstroke

National: 31.39 N 11/08/2023 MARTIN BANKS

State: 32.85 S 22/05/2016 MARK SMEDLEY

1	Taylor, Dean	59	Phoenix Masters Swimming Club	41.75	10
	r:+0.65				

2024 MSSA LC State Cup - 7/04/2024**Results****Event 3 Men 60-64 50 LC Metre Backstroke**

National: 33.19 N 2/08/2015 PHILIPP DJANG

State: 33.19 S 2/08/2015 PHILIPP DJANG

1	Smedley, Mark	64	Adelaide Masters	37.51	10
	r:+0.63				
2	Carter, Christopher	64	Adelaide Masters	52.01	9
	r:+0.66				
3	Ferguson, Robert	64	Atlantis Masters	1:06.60	8
	r:+0.88				

Event 3 Men 70-74 50 LC Metre Backstroke

National: 34.76 N 2/04/2022 GRAEME ARMSTRONG

State: 41.57 S 14/04/2012 MICHAEL GRAY

---	Scammell, Robert	73	Noarlunga Masters	NS	
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Event 3 Men 75-79 50 LC Metre Backstroke

National: 39.35 N 20/03/2015 GARY NICHOLLS

State: 45.49 S 23/09/2023 STEPHEN CARTHEW

1	Gamlen, John	77	Tea Tree Gully Kingfishers Mas	50.37	10
	r:+0.88				

Event 3 Men 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	82	Atlantis Masters	49.44	10
	r:+0.73				
2	Trapnell, Phillip	80	Atlantis Masters	1:10.22	9

Event 4 Women 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	Palmer, Brigetta	48	Aquadome Otters	3:00.19	10
	41.58	1:26.85 (45.27)	2:14.17 (47.32)	3:00.19 (46.02)	

Event 4 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	Mitchell, Tracy	52	Noarlunga Masters	2:39.78	10
	r:+0.68	35.52	1:15.23 (39.71)	1:57.47 (42.24)	2:39.78 (42.31)
2	Watson, Kathy	50	Adelaide Masters	2:52.49	9
	38.66	1:21.74 (43.08)	2:06.63 (44.89)	2:52.49 (45.86)	
---	Varney, Josephine	53	Henley Beach Masters	NS	
---	Tricker, Vanessa	51	Tea Tree Gully Kingfishers Mas	NS	
---	Amos, Kirsty	53	Aquadome Otters	NS	

Event 4 Women 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	Evans, Maggie	57	Marion Masters Swimming	3:16.07	10
	r:+0.73	46.23	1:37.71 (51.48)	2:29.55 (51.84)	3:16.07 (46.52)

Event 4 Women 60-64 200 LC Metre Freestyle

National: 2:21.03 N 19/03/2019 JENNY WHITELEY

State: 2:31.61 S 17/08/2021 JOANNE SUTCLIFFE

1	Impagnatiello, Anna	63	Henley Beach Masters	3:30.54	10
	48.45	1:41.58 (53.13)	2:36.97 (55.39)	3:30.54 (53.57)	

2024 MSSA LC State Cup - 7/04/2024**Results****Event 4 Women 70-74 200 LC Metre Freestyle****National: 2:52.42 N 26/04/2014 JEN THOMASSON****State: 3:24.15 S 20/08/2023 EITHNE MAYTON**

1	Mayton, Eithne	73	Tea Tree Gully Kingfishers Mas	3:28.36	10
	48.17	1:41.56 (53.39)	2:35.61 (54.05)	3:28.36 (52.75)	
---	Faulkner, Gillian	74	Noarlunga Masters	NS	

Event 4 Women 75-79 200 LC Metre Freestyle**National: 3:05.39 N 15/09/2018 JEN THOMASSON****State: 3:40.62 S 19/03/2019 JOY PAGE**

1	Mulqueen, Jennifer	78	Tea Tree Gully Kingfishers Mas	4:17.70	10
	59.03	2:06.24 (1:07.21)	3:14.14 (1:07.90)	4:17.70 (1:03.56)	

Event 4 Men 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	26	Adelaide Masters	2:12.82	10
	r:+0.75 31.17	1:05.10 (33.93)	1:39.99 (34.89)	2:12.82 (32.83)	

Event 4 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	Warr, Ben	38	Marion Masters Swimming	2:32.00	10
	r:+0.71 36.24	1:15.41 (39.17)	1:56.11 (40.70)	2:32.00 (35.89)	

Event 4 Men 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	45	Tea Tree Gully Kingfishers Mas	2:19.88	10
	32.25	1:08.62 (36.37)	1:44.72 (36.10)	2:19.88 (35.16)	

Event 4 Men 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	50	Phoenix Masters Swimming Club	4:03.84	10
	r:+0.76 47.89	1:45.18 (57.29)	2:52.74 (1:07.56)	4:03.84 (1:11.10)	

Event 4 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	Osborne, Stephen	55	Phoenix Masters Swimming Club	2:21.09	10
	r:+0.83 32.06	1:07.78 (35.72)	1:44.11 (36.33)	2:21.09 (36.98)	
2	Bullock, Rowan	59	Noarlunga Masters	2:52.16	9
	r:+0.67 38.65	1:22.86 (44.21)	2:08.48 (45.62)	2:52.16 (43.68)	
3	Lawrie, Stew	56	Noarlunga Masters	2:56.64	8
	r:+0.87 38.80	1:22.58 (43.78)	2:09.96 (47.38)	2:56.64 (46.68)	
4	Eldridge, Nic	56	UniSA Swimming Club	3:04.74	7
	r:+0.93 39.74	1:26.43 (46.69)	2:16.22 (49.79)	3:04.74 (48.52)	

Event 4 Men 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	Slunjski, Marin	62	Henley Beach Masters	2:45.17	10
	39.58	1:22.11 (42.53)	2:45.17 (1:23.06)		
2	Sheridan, Jeffrey	61	Adelaide Masters	3:19.41	9
	44.71	1:34.44 (49.73)	2:27.86 (53.42)	3:19.41 (51.55)	

2024 MSSA LC State Cup - 7/04/2024**Results****Event 4 Men 65-69 200 LC Metre Freestyle**

National: 2:17.65 N 22/04/2023 PAUL BLACKBEARD

State: 2:24.80 S 14/05/2017 IAN YOUNG

1	Clements, Peter	65	Adelaide Masters	3:11.22	10
	44.22	1:32.28 (48.06)	2:21.84 (49.56)	3:11.22 (49.38)	
2	Morris, Brian	66	Adelaide Masters	3:51.35	9
	47.20	1:48.06 (1:00.86)	2:55.54 (1:07.48)	3:51.35 (55.81)	

Event 4 Men 70-74 200 LC Metre Freestyle

National: 2:32.38 N 21/04/2018 GRAHAM CROFT

State: 2:32.70 S 27/04/2017 STEPHEN CARTHEW

1	Young, Ian	72	Marion Masters Swimming	2:36.51	10
	r:+0.87 35.95	1:15.13 (39.18)	1:56.32 (41.19)	2:36.51 (40.19)	
2	McConachy, Geoffrey	72	Adelaide Masters	3:41.79	9
	50.48	1:46.54 (56.06)	2:44.53 (57.99)	3:41.79 (57.26)	

Event 5 Women 25-29 50 LC Metre Breaststroke

National: 33.49 N 11/11/2022 KADY IBELL

State: 37.71 S 17/04/2012 C. MARGRISON

1	Morgan, Shania	25	UniSA Swimming Club	37.10S	10
	r:+0.65				
2	Dowling, Alyce	29	Adelaide Masters	46.80	9
	r:+0.77				
3	Vidura, Kimberley	28	UniSA Swimming Club	49.22	8
	r:+0.76				
4	Small, Amy	29	Noarlunga Masters	52.11	7
	r:+0.94				

Event 5 Women 35-39 50 LC Metre Breaststroke

National: 32.03 N 18/12/2023 SALLY HUNTER

State: 37.28 S 30/03/2005 SUE J LYONS

1	Cowan, Nicola	36	Marion Masters Swimming	1:05.51	10
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Event 5 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

1	Ward, Alison	41	Noarlunga Masters	46.29	10
	r:+0.71				

Event 5 Women 45-49 50 LC Metre Breaststroke

National: 33.47 N 9/04/2016 LINLEY FRAME

State: 41.55 S 20/04/2008 ANGELA BASEDOW

1	Goldie, Emily	49	Adelaide Masters	42.03	10
	r:+0.71				
2	Wellington, Kim	48	Phoenix Masters Swimming Club	43.89	9
	r:+0.71				

Event 5 Women 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	52	Phoenix Masters Swimming Club	45.54	10
	r:+0.70				
2	Hayes, Helen	54	Noarlunga Masters	58.23	9
	r:+0.83				
---	Boyd, Julie	53	Aquadome Otters	NS	

2024 MSSA LC State Cup - 7/04/2024**Results****Event 5 Women 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	Ostrowska, Ilze	57	Adelaide Masters	44.13	10
	r:+0.81				
2	Bowman, Julie	59	Adelaide Masters	45.16	9
3	Taylor, Julie	57	Phoenix Masters Swimming Club	47.86	8
	r:+0.75				

Event 5 Women 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	Sturm, Karen	64	Phoenix Masters Swimming Club	53.99	10
	r:+0.99				
---	Beames, Lianne	62	Atlantis Masters	SCR	

Event 5 Women 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	Heffernan, Maryanne	68	Marion Masters Swimming	46.48	10
	r:+0.73				

Event 5 Women 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	Bell, Janet	72	Aquadome Otters	1:09.07	10
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Event 5 Women 75-79 50 LC Metre Breaststroke

National: 47.28 N 9/11/2019 CLARY MUNNS

State: 52.53 S 22/01/2017 JOY PAGE

1	Vowles, Judy	75	Marion Masters Swimming	1:04.69	10
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Event 5 Men 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	Chow, Alvin Keng Yin	20	UniSA Swimming Club	33.18	10
	r:+0.69				
2	Seewsagur, Govind	22	UniSA Swimming Club	35.08	9
	r:+0.66				
3	Nip, Hugo	20	UniSA Swimming Club	35.27	8
	r:+0.61				

Event 5 Men 25-29 50 LC Metre Breaststroke

National: 29.60 N 8/10/2002 SIMON LEIGHFIELD

State: 32.48 S 10/10/1988 MARK SMEDLEY

1	Truong, Andrew	28	UniSA Swimming Club	40.75	10
	r:+0.69				

Event 5 Men 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	32	Adelaide Masters	49.61	10
	r:+1.00				

2024 MSSA LC State Cup - 7/04/2024**Results****Event 5 Men 35-39 50 LC Metre Breaststroke**

National: 30.16 N 8/03/2017 CASEY FLOUCH

State: 33.32 S 8/04/2018 ACE LEWIS

---	De Silva, Ushan	39	Aquadome Otters		NS
---	Smith, Elliott	35	Adelaide Masters		NS

Event 5 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	Lewis, Ace	44	Marion Masters Swimming	34.40	10
	r:+0.76				

Event 5 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	Lisovoy, Damien	47	Atlantis Masters	36.07	10
	r:+0.78				
2	Bryce, David	49	Phoenix Masters Swimming Club	37.13	9
	r:+0.76				
3	Lockwood, Matthew	48	Adelaide Masters	44.56	8
	r:+0.89				

Event 5 Men 55-59 50 LC Metre Breaststroke

National: 32.72 N 3/05/2009 STUART ELLICOTT

State: 33.84 S 3/10/2015 MARK SMEDLEY

1	Rowell, Gavin	55	Marion Masters Swimming	38.13	10
	r:+0.72				
2	Taylor, Dean	59	Phoenix Masters Swimming Club	45.61	9
	r:+0.81				

Event 5 Men 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	Smedley, Mark	64	Adelaide Masters	37.18	10
	r:+0.73				
2	Coombs, Mark	60	Tea Tree Gully Kingfishers Mas	43.98	9
	r:+0.82				

Event 5 Men 70-74 50 LC Metre Breaststroke

National: 35.26 N 2/04/2023 STUART ELLICOTT

State: 43.21 S 5/04/2001 JONATHON DAVIES

---	Scammell, Robert	73	Noarlunga Masters		NS
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Event 5 Men 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	Suskin, Allan	82	Atlantis Masters	57.22	10
	r:+0.91				

Event 6 Women 18-24 100 LC Metre Backstroke

National: 1:09.99 N 30/10/2010 KATE LEWIS

State: 1:11.12 S 3/04/2004 CATHERINE HOWLAND

1	Sagubo, Allana	23	UniSA Swimming Club	1:26.20	10
	r:+0.68 42.00		1:26.20 (44.20)		

2024 MSSA LC State Cup - 7/04/2024**Results****Event 6 Women 35-39 100 LC Metre Backstroke**

National: 1:08.90 N 21/04/2018 CAROLINE SAXBY

State: 1:15.43 S 16/04/1995 JOANNE SUTCLIFFE

1	Horn, Danielle	39	Tea Tree Gully Kingfishers Mas	1:46.09	10
	r:+0.77 52.87		1:46.09 (53.22)		

Event 6 Women 40-44 100 LC Metre Backstroke

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

State: 1:15.39 S 4/05/2007 SHARON BEAVER

1	Milton, Rebecca	40	Adelaide Masters	1:28.48	10
	r:+0.72 42.85		1:28.48 (45.63)		

Event 6 Women 45-49 100 LC Metre Backstroke

National: 1:11.68 N 30/04/2011 JENNIE BUCKNELL

State: 1:13.91 S 2/04/2023 NICOL WRIGHT

1	Wright, Nicol	49	Phoenix Masters Swimming Club	1:15.56	10
	r:+0.70 36.48		1:15.56 (39.08)		

Event 6 Women 50-54 100 LC Metre Backstroke

National: 1:12.42 N 8/03/2017 HELEN WHITFORD

State: 1:17.84 S 8/10/2011 JOANNE SUTCLIFFE

1	Mitchell, Tracy	52	Noarlunga Masters	1:28.35	10
	r:+0.69				

Event 6 Women 55-59 100 LC Metre Backstroke

National: 1:17.91 N 27/04/2017 JOANNE SUTCLIFFE

State: 1:17.91 S 27/04/2017 JOANNE SUTCLIFFE

1	Thornton, Elizabeth	59	Great Southern Swimming Club M	1:41.25	10
	r:+0.96				

Event 6 Women 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	Sutcliffe, Joanne	64	Phoenix Masters Swimming Club	1:21.71	10
	r:+0.57 40.11		1:21.71 (41.60)		

Event 6 Women 65-69 100 LC Metre Backstroke

National: 1:22.29 N 10/11/2022 LEIGH RODGERS

State: 1:32.52 S 10/09/2023 JUDY THOMAS

1	Ruler, Amanda	65	Adelaide Masters	2:44.92	10
	1:23.40		2:44.92 (1:21.52)		

Event 6 Women 70-74 100 LC Metre Backstroke

National: 1:28.60 N 21/03/2015 CLARY MUNNS

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

1	Gill, Janice	71	Tea Tree Gully Kingfishers Mas	2:15.93	10
	r:+0.96 1:06.39		2:15.93 (1:09.54)		

Event 6 Women 75-79 100 LC Metre Backstroke

National: 1:28.96 N 27/04/2019 CLARY MUNNS

State: 2:01.12 S 19/03/2017 JOY PAGE

1	Mulqueen, Jennifer	78	Tea Tree Gully Kingfishers Mas	2:22.47	10
	r:+0.93 1:09.86		2:22.47 (1:12.61)		

2024 MSSA LC State Cup - 7/04/2024**Results****Event 6 Women 85-89 100 LC Metre Backstroke**

National: 1:47.52 N 6/05/2023 HELEN BIRD

State: 2:34.11 S 22/04/2023 BARBARA PEARCE

1	Pearce, Barbara	87	Marion Masters Swimming	2:49.34	10
	1:24.05	2:49.34	(1:25.29)		

Event 6 Women 90-94 100 LC Metre Backstroke

National: 2:26.51 N 24/04/2021 DOROTHY DICKEY

State: 3:32.06 S 26/02/2023 M. ARMSTRONG

1	Armstrong, Margaret	91	Noarlunga Masters	3:22.08 S	10
	r:+0.38	1:43.92	3:22.08	(1:38.16)	

Event 6 Men 18-24 100 LC Metre Backstroke

National: 59.88 N 5/11/2002 PAUL NICHOLSON

State: 1:04.17 S 13/11/1999 ANDREW OSBORNE

1	Mak, Julius	20	UniSA Swimming Club	1:10.59	10
	r:+0.70	33.94	1:10.59	(36.65)	
2	Slunjski, Liam	23	Henley Beach Masters	1:20.15	9
	r:+0.70	38.86	1:20.15	(41.29)	

Event 6 Men 45-49 100 LC Metre Backstroke

National: 1:04.01 N 27/04/2017 IAN JEFFERY

State: 1:08.86 S 20/03/2008 JOHN A MCVANN

1	Osborne, Andrew	49	Phoenix Masters Swimming Club	1:25.79	10
	r:+0.78	39.79	1:25.79	(46.00)	

Event 6 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	Preiss, Mark	52	Aquadome Otters	1:16.30	10
	r:+0.75	38.03	1:16.30	(38.27)	

Event 6 Men 60-64 100 LC Metre Backstroke

National: 1:15.06 N 3/05/2015 PHILIPP DJANG

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

1	Ferguson, Robert	64	Atlantis Masters	2:31.30	10
	r:+0.97				

Event 6 Men 65-69 100 LC Metre Backstroke

National: 1:16.59 N 17/08/2019 GRAEME ARMSTRONG

State: 1:19.85 S 19/03/2019 FRANK LINDSAY

1	Morris, Brian	66	Adelaide Masters	2:10.33	10
	r:+0.72				

Event 6 Men 70-74 100 LC Metre Backstroke

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

State: 1:37.60 S 29/03/2009 MICHAEL GRAY

1	Fuller, Geoff	73	Henley Beach Masters	2:00.97	10
	58.33	2:00.97	(1:02.64)		

Event 6 Men 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	Trapnell, Phillip	80	Atlantis Masters	2:42.09	10
	1:19.29	2:42.09	(1:22.80)		

2024 MSSA LC State Cup - 7/04/2024**Results****Event 7 Women 60-64 200 LC Metre Butterfly****National: 3:01.86 N 20/03/2021 JENNY WHITELEY****State: 3:54.04 S 25/03/1994 DENISE WANGEL**

1	Palmer-White, Stephanie	60	Adelaide Masters			2:49.76 N	10
		39.59	1:23.18 (43.59)	2:07.09 (43.91)	2:49.76 (42.67)		

Event 7 Men 35-39 200 LC Metre Butterfly**National: 2:16.54 N 26/05/2019 NICOLA FRASCHINI****State: 2:28.17 S 29/03/2009 TJ SCOTT**

1	Kim, Eoin	39	Tea Tree Gully Kingfishers Mas			3:33.92	10
		39.10	1:28.58 (49.48)	2:28.57 (59.99)	3:33.92 (1:05.35)		

Event 7 Men 45-49 200 LC Metre Butterfly**National: 2:21.01 N 30/03/2002 FRANCIS CHRISTIAN****State: 2:26.45 S 22/03/2008 GLEN WALKER**

1	Lockwood, Matthew	48	Adelaide Masters			4:25.92	10
		53.76	1:59.54 (1:05.78)	3:15.03 (1:15.49)	4:25.92 (1:10.89)		

Event 7 Men 75-79 200 LC Metre Butterfly**National: 4:00.02 N 6/11/2008 PATRICK GALVIN****State: 5:02.18 S 2/05/2009 TUBBY RAMSAY**

1	Carthew, Stephen	77	Marion Masters Swimming			4:14.07 S	10
		54.58	2:00.66 (1:06.08)	3:10.23 (1:09.57)	4:14.07 (1:03.84)		
---	Gamlen, John	77	Tea Tree Gully Kingfishers Mas			NS	

Event 8 Women 18-24 400 LC Metre Freestyle**National: 4:37.42 N 27/03/1997 ANGELA COLLETT****State: 4:51.73 S 19/04/1989 STEPHANIE PALMER**

1	Murray, Hannah	22	Phoenix Masters Swimming Club			5:41.15	10
		r:+0.90 37.76	1:19.52 (41.76)		2:45.94 ()		
		3:29.94 (44.00)	4:14.16 (44.22)	5:41.15 (1:26.99)			
2	Sagubo, Allana	23	UniSA Swimming Club			6:30.67	9
		r:+0.83 43.09	1:30.92 (47.83)		3:12.77 ()		
		4:04.47 (51.70)	4:55.99 (51.52)	6:30.67 (1:34.68)			

Event 8 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	Small, Amy	29	Noarlunga Masters			6:46.79	10
		r:+0.92 43.00	1:32.88 (49.88)	2:24.10 (51.22)	3:16.43 (52.33)		
		4:09.55 (53.12)	5:03.20 (53.65)	5:57.61 (54.41)	6:46.79 (49.18)		

Event 8 Women 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**

1	Szeto, Colleen	31	Henley Beach Masters			6:51.08	10
		r:+0.81					
			5:14.19 ()	6:51.08 (1:36.89)			

Event 8 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	Nazimi, Leila	41	Henley Beach Masters			4:56.49	10
		33.98	1:11.50 (37.52)	1:48.69 (37.19)	2:26.23 (37.54)		
		3:04.44 (38.21)	3:42.42 (37.98)	4:20.42 (38.00)	4:56.49 (36.07)		

2024 MSSA LC State Cup - 7/04/2024**Results****(Event 8 Women 40-44 400 LC Metre Freestyle)**

2	Osman-Walton, Sarah	40	Marion Masters Swimming	5:34.61	9
	r:+0.67 37.48	1:18.05 (40.57)	2:00.84 (42.79)	2:43.81 (42.97)	
	3:27.36 (43.55)	4:10.20 (42.84)	4:53.65 (43.45)	5:34.61 (40.96)	
3	Koutas, Fiona	44	Noarlunga Masters	6:22.64	8
	r:+0.58 41.51	1:29.08 (47.57)	2:19.45 (50.37)	3:08.81 (49.36)	
	3:58.64 (49.83)	4:47.00 (48.36)	5:36.97 (49.97)	6:22.64 (45.67)	
4	Gumm, Rebecca	41	Phoenix Masters Swimming Club	6:38.53	7
	r:+0.88	1:32.22 ()	2:23.37 (51.15)	3:15.20 (51.83)	
	4:07.30 (52.10)	4:59.35 (52.05)	5:50.36 (51.01)	6:38.53 (48.17)	

Event 8 Women 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	Wellington, Kim	48	Phoenix Masters Swimming Club	5:38.99	10
	r:+0.70 37.31	1:18.37 (41.06)	2:01.22 (42.85)	2:44.52 (43.30)	
	3:28.04 (43.52)	4:11.89 (43.85)	4:56.02 (44.13)	5:38.99 (42.97)	
2	Palmer, Brigetta	48	Aquadome Otters	6:12.79	9
	41.95	1:27.24 (45.29)	2:14.99 (47.75)	3:02.26 (47.27)	
	3:50.67 (48.41)	4:38.21 (47.54)	5:26.25 (48.04)	6:12.79 (46.54)	
3	Smith, Sonia	47	Great Southern Swimming Club M	6:23.48	8
	39.25	1:25.14 (45.89)	2:13.01 (47.87)	6:23.48 (4:10.47)	
4	Goldner, Caroline	49	Aquadome Otters	8:51.79	7
	1:00.34	2:06.19 (1:05.85)	3:15.13 (1:08.94)	4:23.27 (1:08.14)	
	5:30.22 (1:06.95)	6:38.44 (1:08.22)	7:45.47 (1:07.03)	8:51.79 (1:06.32)	

Event 8 Women 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	Watson, Kathy	50	Adelaide Masters	6:17.41	10
	42.86	1:30.22 (47.36)	2:18.66 (48.44)	3:07.35 (48.69)	
	3:55.91 (48.56)	4:44.65 (48.74)	5:32.25 (47.60)	6:17.41 (45.16)	
2	Stevesson, Chloe	52	Atlantis Masters	6:20.63	9
	42.51	1:29.76 (47.25)	2:19.00 (49.24)	3:08.09 (49.09)	
	3:56.50 (48.41)	4:45.02 (48.52)	5:33.39 (48.37)	6:20.63 (47.24)	
3	Hayes, Helen	54	Noarlunga Masters	7:17.40	8
	49.82	1:45.03 (55.21)	2:41.47 (56.44)	3:37.07 (55.60)	
	4:33.71 (56.64)	5:29.60 (55.89)	6:26.60 (57.00)	7:17.40 (50.80)	
---	Varney, Josephine	53	Henley Beach Masters	NS	

Event 8 Women 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	Bowman, Julie	59	Adelaide Masters	5:35.98	10
	38.93	1:21.14 (42.21)	2:03.73 (42.59)	2:46.45 (42.72)	
	3:29.26 (42.81)	4:12.05 (42.79)	4:54.78 (42.73)	5:35.98 (41.20)	
2	Brown, Yumi	59	Aquadome Otters	7:55.18	9
	r:+0.93 52.08		2:51.52 ()	3:52.45 (1:00.93)	
	4:54.40 (1:01.95)	5:56.03 (1:01.63)	6:59.07 (1:03.04)	7:55.18 (56.11)	
---	Bartsch, Helen	55	Adelaide Masters	NS	

2024 MSSA LC State Cup - 7/04/2024**Results****Event 8 Women 60-64 400 LC Metre Freestyle****National: 5:00.30 N 11/11/2018 JENNY WHITELEY****State: 5:13.42 S 31/01/2021 JOANNE SUTCLIFFE**

1	Gallasch, Judith	60	Adelaide Masters	6:24.42	10
	r:+0.81 41.11	1:28.19 (47.08)	2:18.24 (50.05)	3:08.16 (49.92)	
	3:58.72 (50.56)	4:48.48 (49.76)	5:38.11 (49.63)	6:24.42 (46.31)	

Event 8 Women 65-69 400 LC Metre Freestyle**National: 5:34.76 N 22/04/2023 STEPHANIE JONES****State: 5:38.38 S 19/07/2021 M. HEFFERNAN**

---	O'Shea, Penelope	67	Aquadome Otters	NS	
---	O'Connell, Leonie	68	Adelaide Masters	NS	

Event 8 Women 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	Mayton, Eithne	73	Tea Tree Gully Kingfishers Mas	7:02.73	10
	47.07	1:39.13 (52.06)	2:32.86 (53.73)	3:26.75 (53.89)	
	4:20.92 (54.17)	5:15.83 (54.91)	6:09.87 (54.04)	7:02.73 (52.86)	
2	Bell, Janet	72	Aquadome Otters	7:50.89	9
	52.49	1:50.99 (58.50)	2:50.31 (59.32)	3:51.05 (1:00.74)	
	4:51.65 (1:00.60)	5:52.68 (1:01.03)	6:53.20 (1:00.52)	7:50.89 (57.69)	

Event 8 Women 85-89 400 LC Metre Freestyle**National: 7:34.44 N 9/04/2021 DENISE ROBERTSON****State: 10:04.53 S 19/07/2021 DIANE ROSS**

1	Pearce, Barbara	87	Marion Masters Swimming	11:52.27	10
	1:26.89	2:54.19 (1:27.30)	4:26.11 (1:31.92)	5:57.34 (1:31.23)	
	7:27.83 (1:30.49)	8:58.91 (1:31.08)	10:29.32 (1:30.41)	11:52.27 (1:22.95)	

Event 8 Men 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	McHugh, Liam	29	UniSA Swimming Club	4:47.56	10
	r:+0.68 32.41	1:08.62 (36.21)	1:44.73 (36.11)	2:21.73 (37.00)	
	2:58.48 (36.75)	3:35.58 (37.10)	4:12.69 (37.11)	4:47.56 (34.87)	

Event 8 Men 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	Buche, Cedric	45	UniSA Swimming Club	6:11.54	10
	r:+0.90 40.12	1:25.07 (44.95)	2:12.09 (47.02)	2:59.97 (47.88)	
	3:48.52 (48.55)	4:37.14 (48.62)	5:25.76 (48.62)	6:11.54 (45.78)	

Event 8 Men 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	Goldie, Scott	54	Adelaide Masters	5:11.55	10
	r:+0.93 34.87	1:13.18 (38.31)	1:52.38 (39.20)	2:32.06 (39.68)	
	3:11.97 (39.91)	3:52.23 (40.26)	4:32.76 (40.53)	5:11.55 (38.79)	
2	Cranley, Andrew	51	Noarlunga Masters	6:39.93	9
	44.09	1:33.37 (49.28)	2:24.62 (51.25)	3:16.39 (51.77)	
	4:08.27 (51.88)	4:59.31 (51.04)	5:50.72 (51.41)	6:39.93 (49.21)	
3	Howe, Simon	50	Phoenix Masters Swimming Club	8:51.80	8
	r:+0.86 49.93	1:48.50 (58.57)	2:53.01 (1:04.51)	4:00.88 (1:07.87)	
	5:12.79 (1:11.91)	6:25.88 (1:13.09)	7:39.47 (1:13.59)	8:51.80 (1:12.33)	

2024 MSSA LC State Cup - 7/04/2024**Results****Event 8 Men 55-59 400 LC Metre Freestyle****National: 4:36.39 N 23/04/2016 PAUL BLACKBEARD****State: 4:50.13 S 16/04/2012 GRANT SIMPSON**

1	Lawrie, Stew	56	Noarlunga Masters	6:29.74	10
	r:+0.78 41.59	1:29.71 (48.12)	2:19.91 (50.20)	3:10.95 (51.04)	
	4:01.84 (50.89)	4:52.55 (50.71)	5:42.31 (49.76)	6:29.74 (47.43)	
2	Sztolc, Radek	55	UniSA Swimming Club	7:41.29	9
	r:+0.84 44.74	1:39.82 (55.08)	2:39.10 (59.28)	3:40.87 (1:01.77)	
	4:41.86 (1:00.99)	5:43.40 (1:01.54)	6:45.16 (1:01.76)	7:41.29 (56.13)	
---	Nelson, Kent	59	Adelaide Masters	NS	

Event 8 Men 60-64 400 LC Metre Freestyle**National: 4:37.35 N 19/03/2019 PAUL BLACKBEARD****State: 4:48.25 S 23/04/2008 GRAHAM CROFT**

1	Slunjski, Marin	62	Henley Beach Masters	5:51.53	10
	r:+0.95 40.92	1:25.19 (44.27)	2:10.51 (45.32)	2:55.29 (44.78)	
		4:26.09 ()	5:10.75 (44.66)	5:51.53 (40.78)	
2	Smith, Andrew	60	Marion Masters Swimming	7:33.79	9
	r:+0.98 48.14	1:42.12 (53.98)	2:40.22 (58.10)	3:39.01 (58.79)	
	4:40.32 (1:01.31)	5:40.74 (1:00.42)	6:42.47 (1:01.73)	7:33.79 (51.32)	
3	Hart, Brett	61	Great Southern Swimming Club M	7:35.88	8
	47.72	1:43.09 (55.37)	2:41.72 (58.63)	3:40.08 (58.36)	
	4:40.73 (1:00.65)	5:41.34 (1:00.61)	6:40.93 (59.59)	7:35.88 (54.95)	

Event 8 Men 65-69 400 LC Metre Freestyle**National: 4:45.06 N 22/04/2023 PAUL BLACKBEARD****State: 5:06.98 S 9/04/2017 IAN YOUNG**

1	Clements, Peter	65	Adelaide Masters	6:35.13	10
	44.25	1:33.30 (49.05)	2:23.00 (49.70)	3:13.41 (50.41)	
	4:04.01 (50.60)	4:54.48 (50.47)	5:44.95 (50.47)	6:35.13 (50.18)	

Event 8 Men 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**

---	Faulkner, Geoffrey	75	Noarlunga Masters	NS	
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Event 9 Women 40-44 200 LC Metre Breaststroke**National: 2:40.28 N 12/01/2013 LINLEY FRAME****State: 3:10.94 S 30/04/2009 SHARON BEAVER**

---	Neumann, Rachel	44	Phoenix Masters Swimming Club	SCR	
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Event 9 Women 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	52	Phoenix Masters Swimming Club	3:46.08	10
	r:+0.72 51.38	1:49.58 (58.20)	2:48.27 (58.69)	3:46.08 (57.81)	

Event 9 Women 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	Langsford, Sarah	56	Marion Masters Swimming	4:31.40	10
	58.50	2:08.05 (1:09.55)	3:21.34 (1:13.29)	4:31.40 (1:10.06)	

2024 MSSA LC State Cup - 7/04/2024**Results****Event 9 Women 60-64 200 LC Metre Breaststroke**

National: 3:04.15 N 18/03/2018 JENNY WHITELEY

State: 3:24.44 S 8/04/2018 M. HEFFERNAN

1	Malcolm, Matthea	64	Phoenix Masters Swimming Club	5:34.87	10
	1:17.10	2:42.21 (1:25.11)	4:09.62 (1:27.41)	5:34.87 (1:25.25)	

Event 9 Women 65-69 200 LC Metre Breaststroke

National: 3:19.76 N 23/04/2016 JANETTE JEFFREY

State: 3:28.55 S 10/10/2021 M. HEFFERNAN

1	Heffernan, Maryanne	68	Marion Masters Swimming	3:41.08	10
	r:+0.75 49.47	1:45.56 (56.09)	2:44.35 (58.79)	3:41.08 (56.73)	

Event 9 Men 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	26	Adelaide Masters	2:46.06	10
	r:+0.76 37.74	1:20.25 (42.51)	2:03.89 (43.64)	2:46.06 (42.17)	

Event 9 Men 40-44 200 LC Metre Breaststroke

National: 2:31.45 N 18/12/2023 TRAVIS KELLY

State: 2:43.74 S 13/10/2002 MARK SMEDLEY

1	Lewis, Ace	44	Marion Masters Swimming	3:02.91	10
	41.17	1:29.58 (48.41)	2:17.13 (47.55)	3:02.91 (45.78)	

Event 9 Men 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	Bryce, David	49	Phoenix Masters Swimming Club	3:10.16	10
	r:+0.63 41.89	1:29.20 (47.31)	2:19.93 (50.73)	3:10.16 (50.23)	

Event 9 Men 60-64 200 LC Metre Breaststroke

National: 2:54.49 N 9/11/2014 STUART ELLICOTT

State: 3:00.97 S 20/05/2021 MARK SMEDLEY

1	Coombs, Mark	60	Tea Tree Gully Kingfishers Mas	3:47.61	10
	r:+0.83 50.72	1:47.64 (56.92)	2:48.52 (1:00.88)	3:47.61 (59.09)	

Event 9 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	Fuller, Geoff	73	Henley Beach Masters	4:28.95	10
	1:03.49	2:12.43 (1:08.94)	3:22.30 (1:09.87)	4:28.95 (1:06.65)	

Event 10 Women 40-44 100 LC Metre Butterfly

National: 1:07.02 N 15/10/2009 KAREN HIGGISON

State: 1:11.28 S 20/04/2008 S. PALMER-WHITE

1	Nazimi, Leila	41	Henley Beach Masters	1:12.56	10
	r:+0.59 33.70	1:12.56 (38.86)			

Event 10 Women 60-64 100 LC Metre Butterfly

National: 1:14.31 N 24/04/2016 LEIGH RODGERS

State: 1:32.33 S 22/05/2016 LEONIE O'CONNELL

1	Palmer-White, Stephanie	60	Adelaide Masters	1:19.37S	10
	r:+0.64 38.66	1:19.37 (40.71)			
2	Malcolm, Matthea	64	Phoenix Masters Swimming Club	2:34.99	9
	r:+0.95 1:10.56	2:34.99 (1:24.43)			

2024 MSSA LC State Cup - 7/04/2024**Results****Event 10 Men 18-24 100 LC Metre Butterfly**

National: 53.36 N 27/03/2008 M. PATTERSON

State: 1:04.45 S 16/11/1985 CRAIG JONES

1	Fu, Alvin	22	UniSA Swimming Club	1:10.97	10
	30.98	1:10.97 (39.99)			

Event 10 Men 45-49 100 LC Metre Butterfly

National: 1:00.42 N 12/04/2019 TODD ROBINSON

State: 1:05.74 S 30/03/2005 MARK SMEDLEY

1	Coulter, Garth	45	Tea Tree Gully Kingfishers Mas	1:12.05	10
	r:+0.51 33.11	1:12.05 (38.94)			

Event 10 Men 70-74 100 LC Metre Butterfly

National: 1:19.70 N 26/05/2017 PAUL WYATT

State: 1:21.26 S 23/07/2022 IAN YOUNG

---	Young, Ian	72	Marion Masters Swimming	NS	
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Event 11 Women 18-24 50 LC Metre Freestyle

National: 26.77 N 17/04/2012 C. MARGRISON

State: 28.68 S 31/10/2009 C. MARGRISON

1	Bunkenburg-Lee, Franziska	24	Tea Tree Gully Kingfishers Mas	42.49	10
	r:+0.99				

Event 11 Women 25-29 50 LC Metre Freestyle

National: 26.38 N 12/10/2014 NADINE JONES

State: 26.77 S 17/04/2012 C. MARGRISON

1	Morgan, Shania	25	UniSA Swimming Club	30.73	10
	r:+0.69				

Event 11 Women 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	Marsden, Bec	33	Tea Tree Gully Kingfishers Mas	35.78	10
	r:+0.92				

Event 11 Women 35-39 50 LC Metre Freestyle

National: 26.79 N 11/11/2022 NADINE LOOF

State: 28.94 S 10/10/2021 CHARLENE SMITH

1	Horn, Danielle	39	Tea Tree Gully Kingfishers Mas	40.57	10
	r:+0.99				
2	Cowan, Nicola	36	Marion Masters Swimming	52.75	9
	r:+0.99				

Event 11 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

1	Ward, Alison	41	Noarlunga Masters	34.57	10
	r:+0.82				

Event 11 Women 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	Wright, Nicol	49	Phoenix Masters Swimming Club	30.74	10
	r:+0.74				
2	Goldie, Emily	49	Adelaide Masters	32.18	9
	r:+0.78				

2024 MSSA LC State Cup - 7/04/2024**Results****(Event 11 Women 45-49 50 LC Metre Freestyle)**

3	Smith, Sonia	47	Great Southern Swimming Club M	35.40	8
	r:+0.90				
4	Goldner, Caroline	49	Aquadome Otters	58.60	7
---	Bowen, Joanne	45	Phoenix Masters Swimming Club	NS	

Event 11 Women 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	McGiffert, Natalie	52	Phoenix Masters Swimming Club	35.28	10
	r:+0.76				
2	Stevesson, Chloe	52	Atlantis Masters	39.33	9
	r:+0.92				
---	Amos, Kirsty	53	Aquadome Otters	NS	
---	Boyd, Julie	53	Aquadome Otters	NS	

Event 11 Women 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	Bowman, Julie	59	Adelaide Masters	34.98	10
	r:+0.64				
2	Thornton, Elizabeth	59	Great Southern Swimming Club M	36.48	9
	r:+0.85				
3	Brown, Yumi	59	Aquadome Otters	40.29	8
	r:+0.93				
4	Langsford, Sarah	56	Marion Masters Swimming	42.29	7
	r:+0.84				

Event 11 Women 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	60	Adelaide Masters	36.81	10
	r:+0.89				
2	Sturm, Karen	64	Phoenix Masters Swimming Club	41.37	9
3	Impagnatiello, Anna	63	Henley Beach Masters	45.46	8
---	Beames, Leanne	62	Atlantis Masters	SCR	

Event 11 Women 70-74 50 LC Metre Freestyle

National: 33.84 N 24/04/2021 **JANETTE JEFFREY**

State: 37.08 S 15/04/2012 **JOY PAGE**

1	Gill, Janice	71	Tea Tree Gully Kingfishers Mas	51.97	10
	r:+0.81				
---	Faulkner, Gillian	74	Noarlunga Masters	NS	

Event 11 Women 75-79 50 LC Metre Freestyle

National: 35.70 N 27/04/2019 **CLARY MUNNS**

State: 40.19 S 15/10/2018 **JOY PAGE**

1	Vowles, Judy	75	Marion Masters Swimming	51.66	10
	r:+0.97				

Event 11 Women 90-94 50 LC Metre Freestyle

National: 49.21 N 15/02/2020 **DOROTHY DICKEY**

State: 1:19.08 S 25/02/2024 **M. ARMSTRONG**

1	Armstrong, Margaret	91	Noarlunga Masters	1:19.37	10
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2024 MSSA LC State Cup - 7/04/2024**Results****Event 11 Men 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	20	UniSA Swimming Club	25.70	10
	r:+0.64				
2	Carter, Matthew	24	Adelaide Masters	26.47	9
	r:+0.81				
3	Seewsagur, Govind	22	UniSA Swimming Club	28.17	8
	r:+0.68				

Event 11 Men 25-29 50 LC Metre FreestyleNational: 22.79 N 3/04/1992 **ANGUS WADDELL**State: 25.34 S 8/08/2023 **GUAN LIN ONG**

1	Ong, Guan Lin	26	UniSA Swimming Club	25.91	10
	r:+0.68				
2	Truong, Andrew	28	UniSA Swimming Club	29.49	9
	r:+0.74				
3	Hewson, Jack	28	UniSA Swimming Club	31.96	8
	r:+0.92				

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

1	Boardman, Andrew	30	Noarlunga Masters	28.74	10
	r:+0.70				

Event 11 Men 35-39 50 LC Metre FreestyleNational: 23.77 N 11/11/2018 **DANIEL JONES**State: 26.05 S 3/03/1995 **DAVID MARTIN**

1	Warr, Ben	38	Marion Masters Swimming	28.22	10
	r:+0.91				
---	De Silva, Ushan	39	Aquadome Otters	NS	
---	Smith, Elliott	35	Adelaide Masters	NS	

Event 11 Men 40-44 50 LC Metre FreestyleNational: 24.10 N 30/03/2023 **STEPHEN BERTING**State: 25.42 S 14/05/2017 **ANDREW STEPHENSON**

1	Smith, Matthew	40	Phoenix Masters Swimming Club	26.91	10
	r:+0.63				

Event 11 Men 45-49 50 LC Metre FreestyleNational: 24.57 N 11/04/2019 **TODD ROBINSON**State: 26.09 S 19/07/2021 **ANDREW STEPHENSON**

1	Lisovoy, Damien	47	Atlantis Masters	28.49	10
	r:+0.80				

Event 11 Men 50-54 50 LC Metre FreestyleNational: 25.58 N 20/04/2008 **LARRY FORSYTH**State: 26.86 S 19/03/2019 **STEPHEN OSBORNE**

1	Preiss, Mark	52	Aquadome Otters	27.24	10
	r:+0.75				
2	Mosley, Luke	53	Marion Masters Swimming	31.08	9
	r:+0.87				
3	Cranley, Andrew	51	Noarlunga Masters	38.77	8
	r:+0.96				

2024 MSSA LC State Cup - 7/04/2024**Results****Event 11 Men 55-59 50 LC Metre Freestyle****National: 25.89 N 21/04/2018 BRETT WOODS****State: 27.57 S 20/04/2008 ROSS KEE**

1	Osborne, Stephen	55	Phoenix Masters Swimming Club	27.72	10
	r:+0.81				
2	Rowell, Gavin	55	Marion Masters Swimming	30.03	9
	r:+0.73				
3	Eldridge, Nic	56	UniSA Swimming Club	32.10	8
	r:+0.92				
4	Guse, Dean	56	Marion Masters Swimming	34.55	7
	r:+0.97				
5	Nelson, Kent	59	Adelaide Masters	35.09	6
	r:+0.81				

Event 11 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	Smedley, Mark	64	Adelaide Masters	30.62	10
	r:+0.77				
2	Sheridan, Jeffrey	61	Adelaide Masters	36.45	9
3	Carter, Christopher	64	Adelaide Masters	37.13	8
	r:+0.97				
4	Hart, Brett	61	Great Southern Swimming Club M	41.82	7
	r:+0.87				

Event 11 Men 65-69 50 LC Metre Freestyle**National: 28.31 N 22/04/2023 PAUL BLACKBEARD****State: 29.90 S 19/03/2019 FRANK LINDSAY**

1	Morris, Brian	66	Adelaide Masters	37.70	10
	r:+0.85				

Event 11 Men 70-74 50 LC Metre Freestyle**National: 29.36 N 22/04/2016 ALAN BROWN****State: 31.63 S 26/05/2017 STEPHEN CARTHEW**

1	McConachy, Geoffrey	72	Adelaide Masters	40.27	10
	r:+0.74				
---	Scammell, Robert	73	Noarlunga Masters	NS	

Event 11 Men 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	77	Tea Tree Gully Kingfishers Mas	39.69	10
---	Faulkner, Geoffrey	75	Noarlunga Masters	NS	

Event 11 Men 80-84 50 LC Metre Freestyle**National: 33.29 N 30/03/2023 DAVID BOYLSON****State: 40.48 S 23/10/2022 ALLAN SUSKIN**

1	Suskin, Allan	82	Atlantis Masters	40.57	10
	r:+0.88				
2	Trapnell, Phillip	80	Atlantis Masters	59.23	9
	r:+0.91				

2024 MSSA LC State Cup - 7/04/2024**Results****Event 12 Women 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	Szeto, Colleen	31	Henley Beach Masters	3:37.69	10
		1:50.08 ()	3:37.69 (1:47.61)		

Event 12 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	Osman-Walton, Sarah	40	Marion Masters Swimming	3:09.12	10
		r:+0.70 43.81	1:31.21 (47.40) 3:09.12 (1:37.91)		
---	Neumann, Rachel	44	Phoenix Masters Swimming Club	SCR	

Event 12 Women 50-54 200 LC Metre Backstroke**National: 2:36.08 N 8/03/2017 HELEN WHITFORD****State: 2:48.45 S 2/08/2015 S. PALMER-WHITE**

1	Lau, Kim	53	Adelaide Masters	3:51.90	10
		r:+0.88	1:53.55 () 3:51.90 (1:58.35)		

Event 12 Women 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	57	Adelaide Masters	3:00.72	10
		r:+0.72 42.68	1:28.69 (46.01) 2:15.62 (46.93) 3:00.72 (45.10)		
---	Evans, Maggie	57	Marion Masters Swimming	DQ	
		Delay initiating turn after past vertical	r:+0.93 55.71 1:54.03 (58.32) DQ (1:51.52)		

Event 12 Women 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	Sutcliffe, Joanne	64	Phoenix Masters Swimming Club	2:55.77	10
		r:+0.64 40.58	1:25.72 (45.14) 2:11.17 (45.45) 2:55.77 (44.60)		

Event 12 Women 65-69 200 LC Metre Backstroke**National: 2:55.61 N 23/07/2022 LEIGH RODGERS****State: 3:29.33 S 19/07/2021 LEONIE O'CONNELL**

1	Ruler, Amanda	65	Adelaide Masters	5:47.36	10
		1:19.00	4:22.01 () 5:47.36 (1:25.35)		
---	O'Connell, Leonie	68	Adelaide Masters	NS	

Event 12 Women 75-79 200 LC Metre Backstroke**National: 3:16.80 N 28/04/2019 CLARY MUNNS****State: 4:20.08 S 14/05/2017 JOY PAGE**

1	Mulqueen, Jennifer	78	Tea Tree Gully Kingfishers Mas	5:08.77	10
		r:+0.94 1:15.02	2:33.38 (1:18.36) 3:51.92 (1:18.54) 5:08.77 (1:16.85)		

Event 12 Women 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	87	Marion Masters Swimming	6:26.67	10
		r:+0.40 1:31.03	3:10.73 (1:39.70) 4:52.65 (1:41.92) 6:26.67 (1:34.02)		

2024 MSSA LC State Cup - 7/04/2024**Results****Event 12 Men 18-24 200 LC Metre Backstroke**

National: 2:15.34 N 27/11/2004 D. BLACKBORROW

State: 2:23.75 S 1/11/1986 MICHAEL WOODS

1	Mak, Julius	20	UniSA Swimming Club	2:35.42	10
	r:+0.66 34.87	1:12.81 (37.94)	1:53.76 (40.95)	2:35.42 (41.66)	

Event 12 Men 25-29 200 LC Metre Backstroke

National: 2:13.69 N 14/04/1986 R. DILL-MACKY

State: 2:30.10 S 15/04/2012 ZAC ELLIOTT

1	McHugh, Liam	29	UniSA Swimming Club	2:38.49	10
	r:+0.80 38.92	1:19.52 (40.60)	1:59.71 (40.19)	2:38.49 (38.78)	

Event 12 Men 35-39 200 LC Metre Backstroke

National: 2:17.68 N 9/04/2011 IAN JEFFERY

State: 2:32.33 S 7/04/2013 S. CARBONCINI

1	Kim, Eoin	39	Tea Tree Gully Kingfishers Mas	3:41.23	10
	r:+0.80 53.31	1:48.41 (55.10)	2:45.83 (57.42)	3:41.23 (55.40)	

Event 12 Men 70-74 200 LC Metre Backstroke

National: 2:55.25 N 2/04/2022 GRAEME ARMSTRONG

State: 3:38.44 S 9/10/2011 MICHAEL GRAY

1	Fuller, Geoff	73	Henley Beach Masters	4:13.27	10
	1:00.19	2:04.00 (1:03.81)	3:08.99 (1:04.99)	4:13.27 (1:04.28)	

Event 13 Women 18-24 50 LC Metre Butterfly

National: 28.19 N 16/04/2012 C. MARGRISON

State: 28.19 S 16/04/2012 C. MARGRISON

1	Murray, Hannah	22	Phoenix Masters Swimming Club	39.10	10
	r:+0.92				

Event 13 Women 25-29 50 LC Metre Butterfly

National: 27.92 N 12/10/2014 NADINE JONES

State: 28.19 S 16/04/2012 C. MARGRISON

1	Small, Amy	29	Noarlunga Masters	42.96	10
	r:+0.82				

Event 13 Women 40-44 50 LC Metre Butterfly

National: 29.78 N 24/04/2008 JENNIE BUCKNELL

State: 31.96 S 16/04/2012 AMANDA CARNE

1	Ward, Alison	41	Noarlunga Masters	36.39	10
	r:+0.76				
2	Milton, Rebecca	40	Adelaide Masters	39.25	9
	r:+0.87				
3	Gumm, Rebecca	41	Phoenix Masters Swimming Club	41.63	8
	r:+0.83				

Event 13 Women 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	Wellington, Kim	48	Phoenix Masters Swimming Club	35.89	10
	r:+0.73				

Event 13 Women 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

---	Tricker, Vanessa	51	Tea Tree Gully Kingfishers Mas	NS	
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2024 MSSA LC State Cup - 7/04/2024**Results****Event 13 Women 55-59 50 LC Metre Butterfly**

National: 32.08 N 17/04/2013 JENNY WHITELEY

State: 32.70 S 18/05/2014 JUDY THOMAS

1	Ostrowska, Ilze	57	Adelaide Masters	37.39	10
	r:+0.77				
2	Langsford, Sarah	56	Marion Masters Swimming	54.47	9
	r:+0.85				

Event 13 Women 65-69 50 LC Metre Butterfly

National: 34.19 N 24/04/2021 LEIGH RODGERS

State: 36.88 S 10/09/2023 JUDY THOMAS

1	Heffernan, Maryanne	68	Marion Masters Swimming	38.75	10
	r:+0.73				

Event 13 Men 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	Chow, Alvin Keng Yin	20	UniSA Swimming Club	28.73	10
	r:+0.71				
2	Carter, Matthew	24	Adelaide Masters	28.77	9
	r:+0.69				
3	Slunjski, Liam	23	Henley Beach Masters	33.15	8
	r:+0.77				
4	Sztolec, Samuel	22	UniSA Swimming Club	33.77	7
	r:+0.78				

Event 13 Men 25-29 50 LC Metre Butterfly

National: 23.58 N 3/05/2013 M. PATTERSON

State: 27.61 S 7/08/2023 GUAN LIN ONG

1	Truong, Andrew	28	UniSA Swimming Club	29.96	10
	r:+0.68				
2	Chang, Sean	26	Adelaide Masters	37.50	9
	r:+0.73				
3	Hewson, Jack	28	UniSA Swimming Club	39.12	8
	r:+0.89				

Event 13 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	Smith, Matthew	40	Phoenix Masters Swimming Club	30.47	10
	r:+0.64				

Event 13 Men 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	Osborne, Andrew	49	Phoenix Masters Swimming Club	33.29	10
	r:+0.83				
2	Lockwood, Matthew	48	Adelaide Masters	48.17	9
3	Buche, Cedric	45	UniSA Swimming Club	51.79	8
	r:+0.89				

Event 13 Men 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	Goldie, Scott	54	Adelaide Masters	32.11	10
	r:+0.81				

2024 MSSA LC State Cup - 7/04/2024**Results****(Event 13 Men 50-54 50 LC Metre Butterfly)**

2	Mosley, Luke	53	Marion Masters Swimming	37.69	9
	r:+0.95				

Event 13 Men 55-59 50 LC Metre Butterfly

National:	28.19	N	8/03/2017	BRETT WOODS
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State:	29.37	S	22/05/2016	MARK SMEDLEY
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1	Osborne, Stephen	55	Phoenix Masters Swimming Club	30.57	10
	r:+0.76				
2	Bullock, Rowan	59	Noarlunga Masters	36.68	9
	r:+0.76				

Event 13 Men 70-74 50 LC Metre Butterfly

National:	34.27	N	30/03/2023	ALAN CARLISLE
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State:	35.88	S	11/09/2022	IAN YOUNG
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1	Young, Ian	72	Marion Masters Swimming	37.27	10
	r:+0.83				

Event 13 Men 75-79 50 LC Metre Butterfly

National:	36.13	N	30/03/2023	ROBERT PATTERSON
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State:	44.31	S	14/06/2015	TONY WARD
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1	Carthew, Stephen	77	Marion Masters Swimming	42.83 S	10
	r:+0.85				

Event 14 Women 18-24 100 LC Metre Breaststroke

National:	1:12.98	N	17/05/2015	PHILIPPA COCHRAN
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State:	1:18.90	S	19/07/2021	SHANIA MORGAN
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1	Bunkenburg-Lee, Franziska	24	Tea Tree Gully Kingfishers Mas	1:58.67	10
	58.87		1:58.67 (59.80)		

Event 14 Women 25-29 100 LC Metre Breaststroke

National:	1:14.65	N	22/01/2016	LORELLE MCLEISH
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State:	1:20.85	S	12/10/1988	LYNDA LEHMANN
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1	Morgan, Shania	25	UniSA Swimming Club	1:20.00 S	10
	r:+0.57		38.18		
			1:20.00 (41.82)		

Event 14 Women 35-39 100 LC Metre Breaststroke

National:	1:10.24	N	18/12/2023	SALLY HUNTER
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State:	1:22.63	S	30/03/2005	SUE J LYONS
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1	Cowan, Nicola	36	Marion Masters Swimming	2:25.29	10
	1:08.01		2:25.29 (1:17.28)		

Event 14 Women 40-44 100 LC Metre Breaststroke

National:	1:11.31	N	27/04/2013	LINLEY FRAME
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State:	1:28.01	S	29/03/2009	SUE LYONS
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1	Koutas, Fiona	44	Noarlunga Masters	1:51.58	10
	51.93		1:51.58 (59.65)		
---	Neumann, Rachel	44	Phoenix Masters Swimming Club	SCR	

Event 14 Women 45-49 100 LC Metre Breaststroke

National:	1:12.69	N	7/04/2016	LINLEY FRAME
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State:	1:29.69	S	18/04/2008	ANGELA BASEDOW
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---	Bowen, Joanne	45	Phoenix Masters Swimming Club	NS	
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2024 MSSA LC State Cup - 7/04/2024**Results****Event 14 Women 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	Lau, Kim	53	Adelaide Masters	1:58.78	10
	r:+0.89 54.81		1:58.78 (1:03.97)		

Event 14 Women 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	Ostrowska, Ilze	57	Adelaide Masters	1:38.41	10
	r:+0.72 47.18		1:38.41 (51.23)		
2	Taylor, Julie	57	Phoenix Masters Swimming Club	1:46.07	9
	r:+0.79 49.11		1:46.07 (56.96)		
3	Evans, Maggie	57	Marion Masters Swimming	2:00.32	8
	r:+0.78 57.55		2:00.32 (1:02.77)		
---	Bartsch, Helen	55	Adelaide Masters	NS	

Event 14 Women 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

---	Beames, Leanne	62	Atlantis Masters	SCR	
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Event 14 Women 65-69 100 LC Metre Breaststroke

National: 1:28.18 N 25/02/2023 JENNY WHITELEY

State: 1:37.02 S 10/10/2021 M. HEFFERNAN

---	O'Shea, Penelope	67	Aquadome Otters	NS	
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Event 14 Men 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	Fu, Alvin	22	UniSA Swimming Club	1:21.09	10
	r:+0.50 37.68		1:21.09 (43.41)		
2	Sztolec, Samuel	22	UniSA Swimming Club	1:35.06	9
	r:+0.77 41.20		1:35.06 (53.86)		

Event 14 Men 25-29 100 LC Metre Breaststroke

National: 1:04.49 N 9/10/2002 SIMON LEIGHFIELD

State: 1:09.99 S 12/10/1988 MARK SMEDLEY

1	Chang, Sean	26	Adelaide Masters	1:35.84	10
	r:+0.75 44.93		1:35.84 (50.91)		

Event 14 Men 30-34 100 LC Metre Breaststroke

National: 1:07.09 N 17/03/2009 PETER KERR

State: 1:10.97 S 18/04/2008 ANDREW RAGLESS

1	Boardman, Andrew	30	Noarlunga Masters	1:27.81	10
	r:+0.74 41.33		1:27.81 (46.48)		
2	Gravier, Charles	32	Adelaide Masters	1:48.99	9
	r:+0.95 52.45		1:48.99 (56.54)		

Event 14 Men 35-39 100 LC Metre Breaststroke

National: 1:08.71 N 13/08/2019 CASEY FLOUCH

State: 1:18.14 S 8/04/2018 ACE LEWIS

---	Smith, Elliott	35	Adelaide Masters	NS	
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2024 MSSA LC State Cup - 7/04/2024**Results****Event 14 Men 45-49 100 LC Metre Breaststroke****National:** 1:09.36 N 13/08/2022 **CALEB LANGELAAN****State:** 1:13.12 S 11/10/2009 **MARK SMEDLEY**

1	Bryce, David	49	Phoenix Masters Swimming Club	1:25.05	10
	40.16	1:25.05 (44.89)			

Event 14 Men 55-59 100 LC Metre Breaststroke**National:** 1:15.08 N 21/04/2018 **ANTHONY DUNNE****State:** 1:17.39 S 3/10/2015 **MARK SMEDLEY**

1	Sztolc, Radek	55	UniSA Swimming Club	1:38.98	10
	45.91	1:38.98 (53.07)			
2	Taylor, Dean	59	Phoenix Masters Swimming Club	1:45.80	9
	r:+0.94 48.60	1:45.80 (57.20)			

Event 14 Men 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	Smith, Andrew	60	Marion Masters Swimming	1:57.77	10
	58.05	1:57.77 (59.72)			
---	Coombs, Mark	60	Tea Tree Gully Kingfishers Mas	DQ	
	Head under for 2 or more strokes				
	46.82	DQ (54.65)			

Event 15 Men 72-119 200 LC Metre Medley Relay**National:** 2:01.08 N 1984 **NORTH SYDNEY****State:** 2:01.21 S 17/04/1988 **ADELAIDE MASTER
L MARTIN, K WEIDNER, G WRIGHT, D MARTIN**

1	UniSA Swimming Club	B	2:13.28	20
	1) Nip, Hugo M20	2) r:0.39 Sztolc, Samuel M22	3) r:0.55 Fu, Alvin M22	4) r:0.25 Seewsagur, Govind M22
	r:+0.60 31.19	1:16.23 (45.04)	1:45.75 (29.52)	2:13.28 (27.53)
2	UniSA Swimming Club	C	2:24.31	18
	1) Mak, Julius M20	2) r:0.75 Buche, Cedric M45	3) Chow, Alvin Keng Yin M20	4) r:0.42 Hewson, Jack M28
	r:+0.68 33.25	1:20.41 (47.16)	1:49.69 (29.28)	2:24.31 (34.62)

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

1	Adelaide Masters	A	2:23.85	20
	1) Yip, James M26	2) r:0.08 Chang, Sean M26	3) r:0.47 Carter, Matthew M24	4) r:0.49 Lockwood, Matthew M48
	r:+0.70 33.95	1:15.83 (41.88)	1:44.86 (29.03)	2:23.85 (38.99)

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

1	Phoenix Masters Swimming Club	A	2:15.07	20
	1) Osborne, Andrew M49	2) r:0.51 Bryce, David M49	3) r:0.44 Smith, Matthew M40	4) r:0.41 Osborne, Stephen M55
	r:+0.71 34.50	1:13.89 (39.39)	1:44.75 (30.86)	2:15.07 (30.32)
2	UniSA Swimming Club	A	2:18.15	18
	1) McHugh, Liam M29	2) r:0.41 Sztolc, Radek M55	3) r:0.30 Truong, Andrew M28	4) r:0.63 Eldridge, Nic M56
	r:+0.69 35.07	1:17.25 (42.18)	1:46.20 (28.95)	2:18.15 (31.95)

2024 MSSA LC State Cup - 7/04/2024**Results****(Event 15 Men 160-199 200 LC Metre Medley Relay)**

3	Noarlunga Masters	A	2:38.52	16
	1) Cranley, Andrew M51	2) r:0.37 Boardman, Andrew M30	3) Bullock, Rowan M59	4) r:0.68 Lawrie, Stew M56
	r:+0.96 47.34	1:25.36 (38.02)	2:02.75 (37.39)	2:38.52 (35.77)

Event 15 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	Tea Tree Gully Kingfishers Mas	A	2:39.44	20
	1) Gamlen, John M77	2) r:0.77 Kim, Eoin M39	3) r:0.37 Coombs, Mark M60	4) r:0.31 Coulter, Garth M45
	r:+0.86 50.18	1:36.19 (46.01)	2:11.61 (35.42)	2:39.44 (27.83)
2	Adelaide Masters	B	2:52.72	18
	1) Sheridan, Jeffrey M61	2) Gravier, Charles M32	3) r:0.00 Goldie, Scott M54	4) r:0.46 Nelson, Kent M59
	r:+0.84	1:45.54 ()	2:17.57 (32.03)	2:52.72 (35.15)

Event 15 Men 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

1	Marion Masters Swimming	A	2:36.27	20
	1) Carthew, Stephen M77	2) r:0.42 Rowell, Gavin M55	3) r:0.51 Young, Ian M72	4) r:0.72 Guse, Dean M56
	r:+0.91 45.77	1:24.22 (38.45)	2:02.77 (38.55)	2:36.27 (33.50)
2	Adelaide Masters	C	2:53.25	18
	1) Morris, Brian M66	2) r:0.42 Smedley, Mark M64	3) r:0.62 Clements, Peter M65	4) Carter, Christopher M64
	r:+0.59 50.42	1:27.81 (37.39)	2:53.25 (1:25.44)	

Event 16 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

---	Tea Tree Gully Kingfishers Mas	A	NS	
	1) Horn, Danielle W39	2) Bunkenburg-Lee, Franziska W23	3) Tricker, Vanessa W51	4) Marsden, Bec W33

Event 16 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	Phoenix Masters Swimming Club	A	2:29.55	20
	1) Wright, Nicol W49	2) r:0.46 Gumm, Rebecca W41	3) Wellington, Kim W48	4) r:0.74 Murray, Hannah W22
	r:+0.67 34.56	1:16.50 (41.94)	1:52.60 (36.10)	2:29.55 (36.95)
2	Adelaide Masters	B	2:45.92	18
	1) Watson, Kathy W50	2) r:0.31 Lau, Kim W53	3) r:0.55 Goldie, Emily W49	4) r:0.77 Dowling, Alyce W29
	r:+0.79 42.68	1:35.56 (52.88)	2:09.40 (33.84)	2:45.92 (36.52)
3	Noarlunga Masters	A	2:56.93	16
	1) Hayes, Helen W54	2) r:-0.02 Koutas, Fiona W44	3) Ward, Alison W41	4) r:0.51 Small, Amy W29
	r:+0.86 53.65	1:42.87 (49.22)	2:19.30 (36.43)	2:56.93 (37.63)

2024 MSSA LC State Cup - 7/04/2024**Results****Event 16 Women 200-239 200 LC Metre Medley Relay****National: 2:12.00 N 22/04/2023 POWERPOINTS****J BUCKNELL, S JAMES, L D. CARVALHO, S CUMING****State: 2:35.84 S 23/10/2022 ADELAIDE MASTER****S BEAVER, E GOLDIE, S PALMER-WHITE, J BOWMAN**

1	Adelaide Masters	A			2:36.85	20
	1) Beaver, Sharon W57	2) r:0.44 Ostrovska, Ilze W57	3) r:0.27 Palmer-White, Stephanie	4) r:0.34 Bowman, Julie W59		
	r:+0.68 41.50	1:25.41 (43.91)	2:01.71 (36.30)	2:36.85 (35.14)		
2	Phoenix Masters Swimming Club	B			2:48.27	18
	1) Sutcliffe, Joanne W64	2) r:0.40 Taylor, Julie W57	3) r:0.62 McGiffert, Natalie W52	4) r:0.59 Sturm, Karen W64		
	r:+0.68 37.68	1:25.08 (47.40)	2:08.09 (43.01)	2:48.27 (40.18)		
3	Marion Masters Swimming	A			2:55.04	16
	1) Evans, Maggie W57	2) r:0.34 Heffernan, Maryanne W68	3) Osman-Walton, Sarah W40	4) r:0.45 Langsford, Sarah W56		
	r:+0.68 49.43	1:35.98 (46.55)	2:11.71 (35.73)	2:55.04 (43.33)		
---	Aquadome Otters	A			NS	
	1) Brown, Yumi W59	2) O'Shea, Penelope W67	3) Palmer, Brigetta W48	4) Boyd, Julie W53		

Event 16 Women 280-319 200 LC Metre Medley Relay**National: 3:00.24 N 22/04/2023 NOOSA****S JONES, H MALAR, J MATTHEWS, J CROFT****State: 3:27.16 S 17/08/2021 MARION****D WAREING, J VOWLES, M HEFFERNAN, D ROSS**

---	Tea Tree Gully Kingfishers Mas	B			NS	
	1) Gill, Janice W71	2) Mayton, Eithne W73	3) Mulqueen, Jennifer W78			