

2024 MSSA SC Long Distance Meet - 10/11/2024**Team Rankings - Through Event 11****Combined Team Scores**

Place	Team		Points
1	Noarlunga Masters	Noarlunga Masters	209
2	Tea Tree Gully Kingfishers Mas	Tea Tree Gully Kingfishers Mas	156
3	Adelaide Masters	Adelaide Masters	140
4	Phoenix Masters Swimming Club	Phoenix Masters Swimming Club	87
5	Aquadome Otters	Aquadome Otters	78
6	UniSA Swimming Club	UniSA Swimming Club	76
7	Marion Masters Swimming	Marion Masters Swimming	69
8	Henley Beach Masters	Henley Beach Masters	58
9	Great Southern Swimming Club M	Great Southern Swimming Club M	19
		Total	892.00

2024 MSSA SC Long Distance Meet - SAALC – 10 November 2024

Possible National Records Achieved

Joanne Sutcliffe	Phoenix Masters	60-64	1500m Backstroke	22m16.55s
Stephanie Palmer-White	Adelaide Masters	60-64	800m Butterfly	12m07.06s
Stephanie Palmer-White	Adelaide Masters	60-64	400m Butterfly	6m01.96s (Split)
Liam McHugh	UniSA	25-29	1500m Freestyle	17m08.75s

SA State Records Achieved

Leila Nazimi	Henley Beach	40-44	1500m Freestyle	18m41.40s
Alison Ward	Noarlunga	40-44	400m Breaststroke	7m16.04s
Joanne Sutcliffe	Phoenix Masters	60-64	1500m Backstroke	22m16.55s
Stephanie Palmer-White	Adelaide Masters	60-64	800m Butterfly	12m07.06s
Stephanie Palmer-White	Adelaide Masters	60-64	400m Butterfly	6m01.96s (Split)
Stephanie Palmer-White	Adelaide Masters	60-64	400m Individual Medley	6m13.62s
Eithne Mayton	Tea Tree Gully	70-74	1500m Freestyle	28m48.44s
Eithne Mayton	Tea Tree Gully	70-74	800m Freestyle	15m18.38s (Split)
Liam McHugh	UniSA	25-29	1500m Freestyle	17m08.75s
Liam McHugh	UniSA	25-29	800m Freestyle	9m10.14s (Split)
James Yip	Adelaide Masters	25-29	400m Breaststroke	5m55.12s
Islam Shama	Aquadome Otters	35-39	1500m Backstroke	23m47.20s
Islam Shama	Aquadome Otters	35-39	400m Butterfly	6m17.66s
Matthew Cranley	Noarlunga	45-49	1500m Backstroke	22m23.24s
Andrew Osborne	Phoenix Masters	45-49	1500m Breaststroke	28m29.02s
David Bryce	Phoenix Masters	45-49	800m Butterfly	14m45.90s
Mark Coombs	Tea Tree Gully	60-64	800m Breaststroke	15m58.38s
Mark Coombs	Tea Tree Gully	60-64	400m Breaststroke	7m46.21s
Geoff Fuller	Henley Beach	70-74	1500m Backstroke	33m02.80s
Stephen Carthew	Marion	75-79	1500m Freestyle	26m02.39s
Stephen Carthew	Marion	75-79	800m Freestyle	13m42.60s

2024 MSSA SC Long Distance Meet - 10/11/2024**Individual Rankings - Through Event 11****25-29 Female - Individual Scores**

Place	Name	Age	Team	Points
1	Vidura, Kimberley	28	UniSA Swimming Club	20

35-39 Female - Individual Scores

Place	Name	Age	Team	Points
1	Horn, Danielle	39	Tea Tree Gully Kingfishers Mas	20

40-44 Female - Individual Scores

Place	Name	Age	Team	Points
1	Nazimi, Leila	41	Henley Beach Masters	20
1	Ward, Alison	41	Noarlunga Masters	20

45-49 Female - Individual Scores

Place	Name	Age	Team	Points
1	Goldie, Emily	49	Adelaide Masters	20
2	Palmer, Brigetta	48	Aquadome Otters	19
2	Goldner, Caroline	49	Aquadome Otters	19

50-54 Female - Individual Scores

Place	Name	Age	Team	Points
1	McGiffert, Natalie	52	Phoenix Masters Swimming Club	20
2	Hayes, Helen	54	Noarlunga Masters	19

55-59 Female - Individual Scores

Place	Name	Age	Team	Points
1	Beaver, Sharon	57	Adelaide Masters	20
2	Thornton, Elizabeth	59	Great Southern Swimming Club M	19
3	Vas, Angela	57	Tea Tree Gully Kingfishers Mas	18
4	Bowman, Julie	59	Adelaide Masters	10

60-64 Female - Individual Scores

Place	Name	Age	Team	Points
1	Sutcliffe, Joanne	64	Phoenix Masters Swimming Club	20
1	Palmer-White, Stephanie	60	Adelaide Masters	20
3	Roach, Amanda	61	Noarlunga Masters	19
4	Gallasch, Judith	60	Adelaide Masters	10

65-69 Female - Individual Scores

Place	Name	Age	Team	Points
1	Wareing, Deborah	68	Marion Masters Swimming	10

70-74 Female - Individual Scores

Place	Name	Age	Team	Points
1	Bell, Janet	72	Aquadome Otters	20
1	Mayton, Eithne	73	Tea Tree Gully Kingfishers Mas	20
3	Edgley-Smith, Madeleine	73	Tea Tree Gully Kingfishers Mas	18
3	Wilson, Virginia	72	Henley Beach Masters	18
5	Faulkner, Gillian	74	Noarlunga Masters	15

75-79 Female - Individual Scores

Place	Name	Age	Team	Points
1	Mulqueen, Jennifer	78	Tea Tree Gully Kingfishers Mas	20

2024 MSSA SC Long Distance Meet - 10/11/2024**Individual Rankings - Through Event 11****25-29 Male - Individual Scores**

Place	Name	Age	Team	Points
1	McHugh, Liam	29	UniSA Swimming Club	20
1	Yip, James	26	Adelaide Masters	20

30-34 Male - Individual Scores

Place	Name	Age	Team	Points
1	Boardman, Andrew	30	Noarlunga Masters	20

35-39 Male - Individual Scores

Place	Name	Age	Team	Points
1	Shama, Islam	39	Aquadome Otters	20
1	Kim, Eoin	39	Tea Tree Gully Kingfishers Mas	20

40-44 Male - Individual Scores

Place	Name	Age	Team	Points
1	Needham, Kale	44	Noarlunga Masters	20
2	Ward, Greg	44	Noarlunga Masters	10

45-49 Male - Individual Scores

Place	Name	Age	Team	Points
1	Bryce, David	49	Phoenix Masters Swimming Club	20
2	Cranley, Matthew	49	Noarlunga Masters	19
3	Osborne, Andrew	49	Phoenix Masters Swimming Club	17
3	Buche, Cedric	45	UniSA Swimming Club	17
5	Baranoff, John	48	Phoenix Masters Swimming Club	10

50-54 Male - Individual Scores

Place	Name	Age	Team	Points
1	Goldie, Scott	54	Adelaide Masters	20
2	Cranley, Andrew	51	Noarlunga Masters	19

55-59 Male - Individual Scores

Place	Name	Age	Team	Points
1	Rowell, Gavin	55	Marion Masters Swimming	20
2	Sztolec, Radek	55	UniSA Swimming Club	19
3	Bullock, Rowan	59	Noarlunga Masters	10

60-64 Male - Individual Scores

Place	Name	Age	Team	Points
1	Holley, Peter	61	Adelaide Masters	20
1	Coombs, Mark	60	Tea Tree Gully Kingfishers Mas	20
3	Smith, Andrew	60	Marion Masters Swimming	19

65-69 Male - Individual Scores

Place	Name	Age	Team	Points
1	Camp-Smith, Peter	66	Tea Tree Gully Kingfishers Mas	20

70-74 Male - Individual Scores

Place	Name	Age	Team	Points
1	Fuller, Geoff	73	Henley Beach Masters	20

75-79 Male - Individual Scores

Place	Name	Age	Team	Points
1	Carthew, Stephen	77	Marion Masters Swimming	20
2	Faulkner, Geoffrey	75	Noarlunga Masters	18

80-84 Male - Individual Scores

2024 MSSA SC Long Distance Meet - 10/11/2024**Individual Rankings - Through Event 11**

Place	Name	Age	Team	Points
1	Axton, Bryan	83	Noarlunga Masters	20

2024 MSSA SC Long Distance Meet - 10/11/2024

Results - 1

Event 1 Female 35-39 1500 SC Metre Freestyle

National: 18:12.08 N 18/10/1997 PENNY BOND

State: 19:18.43 S 17/11/2019 LEILA NAZIMI

Name	Age	Team	Finals Time	Points
1 Horn, Danielle	39	Tea Tree Gully Kingfishers Mas	26:59.81	10
45.46	1:35.59 (50.13)	2:27.29 (51.70)	3:19.34 (52.05)	
4:12.44 (53.10)	5:05.88 (53.44)	5:59.75 (53.87)	6:53.95 (54.20)	
7:48.25 (54.30)	8:42.19 (53.94)	9:36.39 (54.20)	10:30.47 (54.08)	
11:24.85 (54.38)	12:19.83 (54.98)	13:15.09 (55.26)	14:09.72 (54.63)	
15:05.16 (55.44)	16:00.44 (55.28)	16:56.24 (55.80)	17:51.09 (54.85)	
18:45.85 (54.76)	19:40.00 (54.15)	20:36.17 (56.17)	21:32.64 (56.47)	
22:28.54 (55.90)	23:24.31 (55.77)	24:20.14 (55.83)	25:15.86 (55.72)	
26:10.95 (55.09)	26:59.81 (48.86)			

Event 1 Female 40-44 1500 SC Metre Freestyle

National: 17:43.24 N 2/03/2002 PENNY PALFREY

State: 19:21.94 S 1/11/2009 SHARON BEAVER

1 Nazimi, Leila	41	Henley Beach Masters	18:41.40S	10
34.18	1:11.70 (37.52)	1:49.02 (37.32)	2:27.18 (38.16)	
3:04.85 (37.67)	3:42.63 (37.78)	4:20.40 (37.77)	4:57.96 (37.56)	
5:35.45 (37.49)	6:12.80 (37.35)	6:50.41 (37.61)	7:28.01 (37.60)	
8:05.38 (37.37)	8:42.00 (36.62)	9:20.49 (38.49)	9:58.15 (37.66)	
10:36.09 (37.94)	11:13.44 (37.35)	11:51.15 (37.71)	12:28.63 (37.48)	
13:06.22 (37.59)	13:43.56 (37.34)	14:20.82 (37.26)	14:58.12 (37.30)	
15:35.55 (37.43)	16:12.74 (37.19)	16:50.45 (37.71)	17:28.08 (37.63)	
18:05.54 (37.46)	18:41.40 (35.86)			

Event 1 Female 45-49 1500 SC Metre Freestyle

National: 18:38.70 N 16/06/2013 PAMELA NIX

State: 19:06.50 S 6/11/2011 S. PALMER-WHITE

1 Palmer, Brigetta	48	Aquadome Otters	25:51.95	10
43.03	1:29.79 (46.76)	2:18.79 (49.00)	3:08.35 (49.56)	
3:58.08 (49.73)	4:47.77 (49.69)	5:37.76 (49.99)	6:27.18 (49.42)	
7:17.45 (50.27)	8:07.48 (50.03)	8:57.59 (50.11)	9:47.57 (49.98)	
10:37.73 (50.16)	11:27.85 (50.12)	12:18.74 (50.89)	13:08.40 (49.66)	
13:59.26 (50.86)	14:49.29 (50.03)	15:39.96 (50.67)	16:31.05 (51.09)	
17:21.34 (50.29)	18:12.37 (51.03)	19:02.74 (50.37)	19:52.67 (49.93)	
20:43.39 (50.72)	21:32.98 (49.59)	22:22.99 (50.01)	23:12.79 (49.80)	
24:01.99 (49.20)	25:51.95 (1:49.96)			
2 Goldner, Caroline	49	Aquadome Otters	31:16.81	9
54.75	1:54.96 (1:00.21)	2:56.86 (1:01.90)	3:59.79 (1:02.93)	
5:03.15 (1:03.36)	6:07.05 (1:03.90)	7:10.81 (1:03.76)	8:13.49 (1:02.68)	
9:16.81 (1:03.32)	10:20.34 (1:03.53)	11:22.73 (1:02.39)	12:24.68 (1:01.95)	
13:28.04 (1:03.36)	14:32.60 (1:04.56)	15:36.33 (1:03.73)	16:40.00 (1:03.67)	
17:44.15 (1:04.15)	18:47.87 (1:03.72)	19:50.81 (1:02.94)	20:53.36 (1:02.55)	
21:55.22 (1:01.86)	22:57.18 (1:01.96)	24:00.08 (1:02.90)	25:01.95 (1:01.87)	
26:04.75 (1:02.80)	27:07.89 (1:03.14)	28:10.94 (1:03.05)	29:13.59 (1:02.65)	
30:15.47 (1:01.88)	31:16.81 (1:01.34)			

Event 1 Female 50-54 1500 SC Metre Freestyle

National: 19:04.24 N 14/06/2008 JENNY WHITELEY

State: 20:00.03 S 1/11/2015 JULIE ASTLEY

1 Hayes, Helen	54	Noarlunga Masters	27:24.97	10
50.37		2:41.30 ()	3:37.01 (55.71)	
4:32.64 (55.63)	5:28.48 (55.84)	6:24.55 (56.07)	7:19.32 (54.77)	
8:14.32 (55.00)	9:09.32 (55.00)	10:04.63 (55.31)	10:59.46 (54.83)	
11:54.61 (55.15)	12:48.99 (54.38)	13:44.21 (55.22)	14:38.95 (54.74)	
15:34.51 (55.56)	16:29.91 (55.40)	17:25.52 (55.61)	18:20.27 (54.75)	
19:16.14 (55.87)	20:10.79 (54.65)	21:06.11 (55.32)	22:00.85 (54.74)	
22:56.12 (55.27)	23:50.40 (54.28)	24:45.71 (55.31)	25:40.43 (54.72)	
26:35.15 (54.72)	27:24.97 (49.82)			

2024 MSSA SC Long Distance Meet - 10/11/2024

Results - 1

Event 1 Female 55-59 1500 SC Metre Freestyle

National: 19:00.69 N 17/11/2019 S. PALMER-WHITE

State: 19:00.69 S 17/11/2019 S. PALMER-WHITE

1	Bowman, Julie	59	Adelaide Masters	21:36.16	10
	39.66	1:22.98 (43.32)	2:06.39 (43.41)	2:49.98 (43.59)	
	3:33.27 (43.29)	4:16.92 (43.65)	5:00.13 (43.21)	5:43.36 (43.23)	
	6:26.51 (43.15)	7:09.66 (43.15)	7:52.72 (43.06)	8:35.68 (42.96)	
	9:18.69 (43.01)	10:01.82 (43.13)	10:44.66 (42.84)	11:28.05 (43.39)	
	12:11.25 (43.20)	12:54.54 (43.29)	13:37.89 (43.35)	14:21.04 (43.15)	
	15:04.29 (43.25)	15:47.57 (43.28)	16:30.95 (43.38)	17:13.99 (43.04)	
	17:57.56 (43.57)	18:41.66 (44.10)	19:25.66 (44.00)	20:09.92 (44.26)	
	20:53.94 (44.02)	21:36.16 (42.22)			
2	Vas, Angela	57	Tea Tree Gully Kingfishers Mas	28:54.11	9
	45.05	1:37.30 (52.25)	2:32.10 (54.80)	3:27.89 (55.79)	
	4:23.88 (55.99)	5:20.54 (56.66)	6:18.51 (57.97)	7:16.33 (57.82)	
	8:14.83 (58.50)	9:11.42 (56.59)	10:08.40 (56.98)	11:06.93 (58.53)	
	12:04.57 (57.64)	13:02.43 (57.86)	14:03.01 (1:00.58)	15:01.93 (58.92)	
	16:00.96 (59.03)	16:59.30 (58.34)	17:58.73 (59.43)	18:58.64 (59.91)	
	19:58.40 (59.76)	20:56.99 (58.59)	21:56.05 (59.06)	22:56.30 (1:00.25)	
	23:56.19 (59.89)	24:57.20 (1:01.01)	25:56.84 (59.64)	26:58.14 (1:01.30)	
	27:57.43 (59.29)	28:54.11 (56.68)			

Event 1 Female 60-64 1500 SC Metre Freestyle

National: 20:16.04 N 25/09/2022 JENNY WHITELEY

State: 21:05.56 S 5/06/2016 M. HEFFERNAN

1	Sutcliffe, Joanne	64	Phoenix Masters Swimming Club	22:16.55	10
	41.64	1:26.58 (44.94)	2:11.34 (44.76)	2:56.03 (44.69)	
	3:40.68 (44.65)	4:25.27 (44.59)	5:09.89 (44.62)	5:54.61 (44.72)	
	6:39.39 (44.78)	7:23.89 (44.50)	8:08.71 (44.82)	8:53.43 (44.72)	
	9:38.09 (44.66)	10:22.60 (44.51)	11:07.45 (44.85)	11:52.18 (44.73)	
	12:37.68 (45.50)	13:22.21 (44.53)	14:06.84 (44.63)	14:51.66 (44.82)	
	15:35.79 (44.13)	16:20.06 (44.27)	17:04.81 (44.75)	17:48.93 (44.12)	
	18:33.84 (44.91)	19:18.40 (44.56)	20:03.51 (45.11)	20:48.09 (44.58)	
	21:33.03 (44.94)	22:16.55 (43.52)			
---	Chambers, Cheryl	62	Phoenix Masters Swimming Club	NS	

Event 1 Female 65-69 1500 SC Metre Freestyle

National: 21:21.43 N 1/05/2021 M. HEFFERNAN

State: 21:21.43 S 1/05/2021 M. HEFFERNAN

1	Wareing, Deborah	68	Marion Masters Swimming	22:38.10	10
	40.32	1:24.70 (44.38)	2:10.40 (45.70)	2:55.61 (45.21)	
	3:41.04 (45.43)	4:26.05 (45.01)	5:10.81 (44.76)	5:55.94 (45.13)	
	6:41.34 (45.40)	7:26.64 (45.30)	8:11.92 (45.28)	8:56.95 (45.03)	
	9:42.50 (45.55)	10:28.00 (45.50)	11:13.48 (45.48)	11:58.94 (45.46)	
	12:44.54 (45.60)	13:30.31 (45.77)	14:15.70 (45.39)	15:01.69 (45.99)	
	15:47.54 (45.85)	16:33.19 (45.65)	17:18.84 (45.65)	18:04.72 (45.88)	
	18:50.70 (45.98)	19:36.58 (45.88)	20:22.83 (46.25)	21:08.39 (45.56)	
	21:54.01 (45.62)	22:38.10 (44.09)			

Event 1 Female 70-74 1500 SC Metre Freestyle

National: 24:07.42 N 12/12/2020 TRACY CLARKSON

State: 29:35.42 S 27/10/2013 JOY PAGE

1	Mayton, Eithne	73	Tea Tree Gully Kingfishers Mas	28:48.44 S	10
	51.42	1:46.89 (55.47)	2:43.22 (56.33)	3:40.92 (57.70)	
	4:38.70 (57.78)	5:35.33 (56.63)	6:35.98 (1:00.65)	7:33.13 (57.15)	
	8:31.90 (58.77)	9:30.90 (59.00)	10:28.42 (57.52)	11:25.53 (57.11)	
	12:24.39 (58.86)	13:21.80 (57.41)	14:20.60 (58.80)	15:18.38 (57.78)	
	16:15.66 (57.28)	17:14.50 (58.84)	18:12.29 (57.79)	19:10.76 (58.47)	
	20:07.88 (57.12)	21:05.42 (57.54)	22:04.29 (58.87)	23:02.14 (57.85)	
	23:59.88 (57.74)	24:57.62 (57.74)	25:57.03 (59.41)	26:54.38 (57.35)	
	27:51.76 (57.38)	28:48.44 (56.68)			

2024 MSSA SC Long Distance Meet - 10/11/2024

Results - 1

Event 1 Male 25-29 1500 SC Metre Freestyle

National: 17:41.62 N 9/06/2012 RAY WINSTANLEY

State: 19:15.73 S 27/11/2005 NATE TREANOR

1	McHugh, Liam	29	UniSA Swimming Club	17:08.75 N	10
	30.97	1:04.49 (33.52)	1:38.58 (34.09)	2:12.99 (34.41)	
	2:47.58 (34.59)	3:22.41 (34.83)	3:56.91 (34.50)	4:31.67 (34.76)	
	5:06.40 (34.73)	5:41.41 (35.01)	6:16.56 (35.15)	6:51.20 (34.64)	
	7:26.01 (34.81)	8:00.85 (34.84)	8:35.52 (34.67)	9:10.14 (34.62)	
	9:44.85 (34.71)	10:19.41 (34.56)	10:53.85 (34.44)	11:27.80 (33.95)	
	12:02.00 (34.20)	12:36.86 (34.86)	13:11.41 (34.55)	13:46.09 (34.68)	
	14:20.25 (34.16)	14:54.69 (34.44)	15:28.54 (33.85)	16:02.50 (33.96)	
	16:36.55 (34.05)	17:08.75 (32.20)			

Event 1 Male 35-39 1500 SC Metre Freestyle

National: 17:08.28 N 18/07/2009 FRANK BRAUN

State: 18:26.81 S 1/11/2009 HENRY GOODEN

1	Shama, Islam	39	Aquadome Otters	23:47.20	10
	44.04	1:30.58 (46.54)	2:17.29 (46.71)	3:05.06 (47.77)	
	3:53.56 (48.50)	4:40.97 (47.41)	5:27.26 (46.29)	6:13.99 (46.73)	
	7:01.14 (47.15)	7:48.07 (46.93)	8:36.45 (48.38)	9:24.09 (47.64)	
	10:11.86 (47.77)	10:59.47 (47.61)	11:48.16 (48.69)	12:36.58 (48.42)	
	13:25.02 (48.44)	14:13.89 (48.87)	15:03.45 (49.56)	15:52.14 (48.69)	
	16:39.91 (47.77)	17:26.97 (47.06)	18:14.85 (47.88)	19:03.39 (48.54)	
	19:52.26 (48.87)	20:40.95 (48.69)	21:28.58 (47.63)	22:16.58 (48.00)	
	23:05.57 (48.99)	23:47.20 (41.63)			

Event 1 Male 40-44 1500 SC Metre Freestyle

National: 16:33.41 N 21/05/2011 MARK THOMPSON

State: 18:16.96 S 23/07/1996 GRANT SIMPSON

1	Ward, Greg	44	Noarlunga Masters	31:57.99	10
	45.04	1:36.25 (51.21)	2:32.77 (56.52)	3:34.44 (1:01.67)	
	4:36.68 (1:02.24)	5:39.53 (1:02.85)	6:43.97 (1:04.44)	7:48.81 (1:04.84)	
	8:55.29 (1:06.48)	9:59.83 (1:04.54)	11:04.85 (1:05.02)	12:10.72 (1:05.87)	
	13:18.03 (1:07.31)	14:23.93 (1:05.90)	15:30.62 (1:06.69)	16:38.78 (1:08.16)	
	17:45.00 (1:06.22)	18:51.28 (1:06.28)	19:58.25 (1:06.97)	21:05.38 (1:07.13)	
	22:11.93 (1:06.55)	23:19.62 (1:07.69)	24:26.90 (1:07.28)	25:33.69 (1:06.79)	
	26:41.15 (1:07.46)	27:46.92 (1:05.77)	28:54.61 (1:07.69)	29:58.90 (1:04.29)	
	31:00.25 (1:01.35)	31:57.99 (57.74)			

Event 1 Male 45-49 1500 SC Metre Freestyle

National: 17:25.27 N 11/09/2005 FRANCIS CHRISTIAN

State: 17:50.72 S 25/11/2007 MARK SMEDLEY

1	Baranoff, John	48	Phoenix Masters Swimming Club	21:55.32	10
	36.56	1:17.78 (41.22)	2:00.44 (42.66)	2:43.37 (42.93)	
	3:26.05 (42.68)	4:09.60 (43.55)	4:53.46 (43.86)	5:38.17 (44.71)	
	6:24.05 (45.88)	7:08.27 (44.22)	7:53.16 (44.89)	8:37.70 (44.54)	
	9:23.22 (45.52)	10:08.59 (45.37)	10:56.60 (48.01)	11:39.58 (42.98)	
	12:25.04 (45.46)	13:11.26 (46.22)	13:56.66 (45.40)	14:42.07 (45.41)	
	15:26.23 (44.16)	16:10.73 (44.50)	16:54.31 (43.58)	17:37.58 (43.27)	
	18:21.63 (44.05)	19:06.73 (45.10)	19:51.42 (44.69)	20:36.29 (44.87)	
	21:18.46 (42.17)	21:55.32 (36.86)			
2	Cranley, Matthew	49	Noarlunga Masters	22:23.24	9
	40.20	1:23.93 (43.73)	2:08.69 (44.76)	2:53.60 (44.91)	
	3:38.32 (44.72)	4:23.12 (44.80)	5:07.83 (44.71)	5:52.14 (44.31)	
	6:37.31 (45.17)	7:22.31 (45.00)	8:06.89 (44.58)	8:51.67 (44.78)	
	9:37.23 (45.56)	10:22.13 (44.90)	11:07.65 (45.52)	11:50.26 (42.61)	
	12:37.71 (47.45)	13:22.20 (44.49)	14:07.44 (45.24)	14:52.20 (44.76)	
	15:37.32 (45.12)	16:23.09 (45.77)	17:08.15 (45.06)	17:53.67 (45.52)	
	18:39.03 (45.36)	19:24.14 (45.11)	20:09.32 (45.18)	20:54.89 (45.57)	
	21:39.60 (44.71)	22:23.24 (43.64)			

2024 MSSA SC Long Distance Meet - 10/11/2024**Results - 1****(Event 1 Male 45-49 1500 SC Metre Freestyle)**

3	Buche, Cedric	45	UniSA Swimming Club	23:25.45	8
	42.40	1:29.63 (47.23)	2:16.38 (46.75)	3:03.16 (46.78)	
	3:50.03 (46.87)	4:37.08 (47.05)	5:23.93 (46.85)		
	6:58.22 ()	7:45.59 (47.37)	8:32.81 (47.22)	9:19.69 (46.88)	
	10:06.72 (47.03)	10:54.71 (47.99)	11:41.90 (47.19)	12:29.78 (47.88)	
	13:17.29 (47.51)	14:04.19 (46.90)	14:51.40 (47.21)	15:38.40 (47.00)	
	16:26.03 (47.63)	17:12.97 (46.94)	17:59.81 (46.84)	18:47.66 (47.85)	
	19:34.81 (47.15)	20:21.28 (46.47)	21:08.51 (47.23)	21:55.13 (46.62)	
	22:41.95 (46.82)	23:25.45 (43.50)			
4	Osborne, Andrew	49	Phoenix Masters Swimming Club	28:29.02	7
	46.95	1:39.02 (52.07)	2:30.88 (51.86)	3:24.70 (53.82)	
	4:18.02 (53.32)	5:11.60 (53.58)	6:05.79 (54.19)	7:00.54 (54.75)	
	7:56.48 (55.94)	8:53.12 (56.64)	9:49.12 (56.00)	10:45.60 (56.48)	
	11:41.13 (55.53)	12:36.63 (55.50)	13:31.49 (54.86)	14:30.58 (59.09)	
	15:29.67 (59.09)	16:31.68 (1:02.01)	17:31.33 (59.65)	18:32.43 (1:01.10)	
	19:32.31 (59.88)	20:31.38 (59.07)	21:30.88 (59.50)	22:31.11 (1:00.23)	
	23:29.30 (58.19)	24:30.81 (1:01.51)	25:31.70 (1:00.89)	26:31.64 (59.94)	
	27:32.99 (1:01.35)	28:29.02 (56.03)			

Event 1 Male 50-54 1500 SC Metre Freestyle**National: 17:33.73 N 15/06/2008 FRANCIS CHRISTIAN****State: 18:14.05 S 1/11/2009 GRANT L SIMPSON**

1	Goldie, Scott	54	Adelaide Masters	19:58.15	10
	36.83	1:16.02 (39.19)	1:54.98 (38.96)	2:34.61 (39.63)	
	3:14.36 (39.75)	3:53.68 (39.32)	4:33.46 (39.78)	5:13.09 (39.63)	
	5:52.68 (39.59)	6:32.38 (39.70)	7:12.48 (40.10)	7:52.40 (39.92)	
	8:32.58 (40.18)	9:12.40 (39.82)	9:52.29 (39.89)	10:32.45 (40.16)	
	11:12.57 (40.12)	11:52.80 (40.23)	12:33.02 (40.22)	13:13.79 (40.77)	
	13:54.30 (40.51)	14:34.66 (40.36)	15:14.29 (39.63)	15:54.11 (39.82)	
	16:34.48 (40.37)	17:14.93 (40.45)	17:55.18 (40.25)	18:35.94 (40.76)	
	19:16.33 (40.39)	19:58.15 (41.82)			
2	Cranley, Andrew	51	Noarlunga Masters	26:45.21	9
	44.92	1:35.02 (50.10)	2:24.59 (49.57)	3:16.81 (52.22)	
	4:09.68 (52.87)	5:02.95 (53.27)	5:56.52 (53.57)	6:50.21 (53.69)	
	7:44.22 (54.01)	8:38.12 (53.90)	9:32.18 (54.06)	10:26.52 (54.34)	
	11:21.06 (54.54)	12:14.72 (53.66)	13:09.29 (54.57)	14:03.77 (54.48)	
	14:58.71 (54.94)	15:53.40 (54.69)	16:47.89 (54.49)	17:43.94 (56.05)	
	18:37.76 (53.82)	19:32.20 (54.44)	20:27.43 (55.23)	21:21.38 (53.95)	
	22:14.62 (53.24)	23:09.03 (54.41)	24:03.20 (54.17)	24:57.70 (54.50)	
	25:52.18 (54.48)	26:45.21 (53.03)			

Event 1 Male 55-59 1500 SC Metre Freestyle**National: 18:20.72 N 11/08/2024 DARREN TURNER****State: 18:49.39 S 20/08/2011 GRANT SIMPSON**

1	Sztolc, Radek	55	UniSA Swimming Club	30:15.53	10
	43.22	1:36.83 (53.61)	2:34.59 (57.76)	3:33.98 (59.39)	
	4:36.43 (1:02.45)	5:37.70 (1:01.27)	6:38.78 (1:01.08)	7:39.22 (1:00.44)	
	8:39.31 (1:00.09)	9:40.30 (1:00.99)	10:40.53 (1:00.23)	11:43.35 (1:02.82)	
	12:42.34 (58.99)	13:42.98 (1:00.64)	14:44.27 (1:01.29)	15:45.91 (1:01.64)	
	16:46.44 (1:00.53)	17:47.33 (1:00.89)	18:48.55 (1:01.22)	19:51.40 (1:02.85)	
	20:52.99 (1:01.59)	21:56.13 (1:03.14)	22:58.99 (1:02.86)	24:01.84 (1:02.85)	
	25:04.80 (1:02.96)	26:08.72 (1:03.92)	27:11.68 (1:02.96)	28:14.94 (1:03.26)	
	29:18.37 (1:03.43)	30:15.53 (57.16)			

2024 MSSA SC Long Distance Meet - 10/11/2024

Results - 1

Event 1 Male 60-64 1500 SC Metre Freestyle

National: 19:26.09 N 12/11/2017 GRANT SIMPSON

State: 19:26.09 S 12/11/2017 GRANT SIMPSON

1	Holley, Peter	61	Adelaide Masters	26:32.24	10
	46.04	1:36.71 (50.67)	2:29.19 (52.48)	3:21.20 (52.01)	
	4:13.84 (52.64)	5:06.71 (52.87)	6:00.71 (54.00)	6:53.36 (52.65)	
	7:46.25 (52.89)	8:39.39 (53.14)	9:32.29 (52.90)	10:26.32 (54.03)	
	11:18.96 (52.64)	12:11.75 (52.79)	13:04.93 (53.18)	13:58.78 (53.85)	
	14:52.53 (53.75)	15:45.50 (52.97)	16:38.82 (53.32)	17:32.76 (53.94)	
	18:27.16 (54.40)	19:20.14 (52.98)	20:14.67 (54.53)	21:08.41 (53.74)	
	22:02.18 (53.77)	22:56.18 (54.00)	23:50.93 (54.75)	24:45.23 (54.30)	
	25:39.71 (54.48)	26:32.24 (52.53)			
2	Smith, Andrew	60	Marion Masters Swimming	32:31.17	9
	50.51	1:47.60 (57.09)	2:51.72 (1:04.12)	3:58.94 (1:07.22)	
	5:06.99 (1:08.05)	6:12.33 (1:05.34)	7:17.93 (1:05.60)	8:24.50 (1:06.57)	
	9:33.99 (1:09.49)	10:38.30 (1:04.31)	11:44.65 (1:06.35)	12:48.50 (1:03.85)	
	13:52.95 (1:04.45)	15:00.04 (1:07.09)	16:06.78 (1:06.74)	17:13.78 (1:07.00)	
	18:18.49 (1:04.71)	19:24.42 (1:05.93)	20:32.26 (1:07.84)	21:40.06 (1:07.80)	
	22:48.13 (1:08.07)	23:54.08 (1:05.95)	25:00.23 (1:06.15)	26:07.30 (1:07.07)	
	27:12.68 (1:05.38)	28:20.36 (1:07.68)	29:27.73 (1:07.37)	30:34.11 (1:06.38)	
	31:41.58 (1:07.47)	32:31.17 (49.59)			

Event 1 Male 70-74 1500 SC Metre Freestyle

National: 21:17.81 N 27/08/2005 JOHN CRISP

State: 22:00.15 S 2/07/2023 IAN YOUNG

1	Fuller, Geoff	73	Henley Beach Masters	33:02.80	10
	1:01.30	2:05.59 (1:04.29)	3:09.68 (1:04.09)	4:14.45 (1:04.77)	
	5:19.12 (1:04.67)	6:23.83 (1:04.71)	7:28.90 (1:05.07)	8:33.90 (1:05.00)	
	9:38.99 (1:05.09)	10:44.72 (1:05.73)	11:50.29 (1:05.57)	12:55.53 (1:05.24)	
	14:00.99 (1:05.46)	15:06.99 (1:06.00)	16:13.20 (1:06.21)	17:19.20 (1:06.00)	
	18:25.45 (1:06.25)	19:32.83 (1:07.38)	20:40.16 (1:07.33)	21:48.24 (1:08.08)	
	22:55.20 (1:06.96)	24:02.59 (1:07.39)	25:09.70 (1:07.11)	26:17.32 (1:07.62)	
	27:24.84 (1:07.52)	28:31.80 (1:06.96)	29:40.20 (1:08.40)	30:48.12 (1:07.92)	
	31:56.32 (1:08.20)	33:02.80 (1:06.48)			
---	Young, Ian	72	Marion Masters Swimming	NS	

Event 1 Male 75-79 1500 SC Metre Freestyle

National: 23:21.52 N 12/11/2017 JOHN RICHARDS

State: 28:44.55 S 26/10/1997 EDWARD GEARY

1	Carthew, Stephen	77	Marion Masters Swimming	26:02.39 S	10
	43.00	1:31.86 (48.86)	2:22.21 (50.35)	3:13.31 (51.10)	
	4:04.30 (50.99)	4:56.03 (51.73)	5:48.52 (52.49)	6:41.51 (52.99)	
	7:33.14 (51.63)	8:25.73 (52.59)	9:18.55 (52.82)	10:10.79 (52.24)	
	11:03.99 (53.20)	11:57.54 (53.55)	12:49.60 (52.06)	13:42.60 (53.00)	
	14:35.81 (53.21)	15:29.39 (53.58)	16:21.71 (52.32)	17:14.54 (52.83)	
	18:07.14 (52.60)	18:59.79 (52.65)	19:52.08 (52.29)	20:42.34 (50.26)	
	21:32.79 (50.45)	22:25.10 (52.31)	23:17.10 (52.00)	24:17.09 (59.99)	
	25:09.86 (52.77)	26:02.39 (52.53)			
2	Faulkner, Geoffrey	75	Noarlunga Masters	35:21.66	9
	53.21	2:01.14 (1:07.93)	3:10.67 (1:09.53)	4:19.76 (1:09.09)	
	5:29.57 (1:09.81)	6:39.80 (1:10.23)	7:49.54 (1:09.74)	9:00.19 (1:10.65)	
	10:11.19 (1:11.00)	11:22.17 (1:10.98)	12:32.56 (1:10.39)	13:43.26 (1:10.70)	
	14:53.36 (1:10.10)	16:04.60 (1:11.24)	17:16.33 (1:11.73)	18:28.07 (1:11.74)	
	19:40.29 (1:12.22)	20:51.33 (1:11.04)	22:03.11 (1:11.78)	23:15.06 (1:11.95)	
	24:26.09 (1:11.03)	25:36.84 (1:10.75)	26:50.89 (1:14.05)	28:03.33 (1:12.44)	
	29:15.94 (1:12.61)	30:29.97 (1:14.03)	31:44.48 (1:14.51)	32:57.78 (1:13.30)	
	34:11.33 (1:13.55)	35:21.66 (1:10.33)			

2024 MSSA SC Long Distance Meet - 10/11/2024

Results - 1

Event 2 Female 60-64 800 SC Metre Butterfly

National: 14:07.74 N 2/07/2023 JANETTE DICKEY
State: 21:47.82 S 17/11/2019 PENELOPE O'SHEA

1	Palmer-White, Stephanie	60	Adelaide Masters	12:07.06 N	10
	40.21	1:25.15 (44.94)	2:10.60 (45.45)	2:56.64 (46.04)	
	3:42.68 (46.04)	4:29.14 (46.46)	5:15.51 (46.37)	6:01.96 (46.45)	
	6:48.33 (46.37)	7:34.57 (46.24)	8:21.99 (47.42)	9:06.96 (44.97)	
	9:52.93 (45.97)	10:38.67 (45.74)	11:24.43 (45.76)	12:07.06 (42.63)	

Event 2 Male 35-39 800 SC Metre Butterfly

National: 12:39.76 N 20/07/1991 ANDREW CUMMING
State: 14:28.60 S 26/10/1997 MARK SUTTON

1	Kim, Eoin	39	Tea Tree Gully Kingfishers Mas	14:54.69	10
	46.60	1:42.42 (55.82)	2:37.56 (55.14)	3:34.03 (56.47)	
	4:31.46 (57.43)	5:28.25 (56.79)	6:25.92 (57.67)	7:21.84 (55.92)	
	8:17.46 (55.62)	9:14.42 (56.96)	10:12.33 (57.91)	11:09.69 (57.36)	
	12:07.07 (57.38)	13:04.52 (57.45)	14:02.31 (57.79)	14:54.69 (52.38)	

Event 2 Male 45-49 800 SC Metre Butterfly

National: 10:49.26 N 12/09/2004 FRANCIS CHRISTIAN

1	Bryce, David	49	Phoenix Masters Swimming Club	14:45.90	10
	44.77	1:38.57 (53.80)	2:33.98 (55.41)	3:30.61 (56.63)	
	4:27.38 (56.77)	5:23.27 (55.89)	6:20.11 (56.84)	7:17.56 (57.45)	
	8:15.56 (58.00)	9:12.17 (56.61)	10:08.79 (56.62)	11:05.46 (56.67)	
	12:02.49 (57.03)	13:00.49 (58.00)	13:56.93 (56.44)	14:45.90 (48.97)	

Event 3 Male 60-64 800 SC Metre Breaststroke

National: 12:44.30 N 18/08/2007 PAUL WYATT
State: 16:19.15 S 6/11/2011 PHILLIP GRAY

1	Coombs, Mark	60	Tea Tree Gully Kingfishers Mas	15:58.38 S	10
	52.65	1:51.84 (59.19)	2:51.98 (1:00.14)	3:52.31 (1:00.33)	
	4:52.85 (1:00.54)	5:53.27 (1:00.42)	6:54.10 (1:00.83)	7:54.71 (1:00.61)	
	8:55.56 (1:00.85)	9:55.96 (1:00.40)	10:57.06 (1:01.10)	11:58.16 (1:01.10)	
	12:58.79 (1:00.63)	13:59.28 (1:00.49)	15:00.16 (1:00.88)	15:58.38 (58.22)	

Event 4 Male 40-44 800 SC Metre IM

National: 10:02.72 N 26/07/2009 PAUL LEMMON
State: 11:54.37 S 1/11/2020 ACE LEWIS

---	Smith, Matthew	40	Phoenix Masters Swimming Club	NS	
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Event 5 Female 25-29 800 SC Metre Backstroke

National: 10:23.34 N 16/09/2006 EBONY EBENWALDNER
State: 11:50.25 S 12/11/2017 BRINY MCARTHUR

1	Vidura, Kimberley	28	UniSA Swimming Club	11:52.60	10
	39.57	1:22.10 (42.53)	2:06.17 (44.07)	2:51.05 (44.88)	
	3:35.85 (44.80)	4:21.35 (45.50)	5:06.48 (45.13)	5:52.67 (46.19)	
	6:38.18 (45.51)	7:24.14 (45.96)	8:09.58 (45.44)	8:55.08 (45.50)	
	9:40.35 (45.27)	10:25.75 (45.40)	11:10.68 (44.93)	11:52.60 (41.92)	

Event 5 Female 70-74 800 SC Metre Backstroke

National: 13:25.35 N 23/08/2015 CLARY MUNNS
State: 19:39.29 S 29/07/2018 JENNIFER MULQUEEN

1	Edgley-Smith, Madeleine	73	Tea Tree Gully Kingfishers Mas	25:42.43	10
	1:28.13	3:03.73 (1:35.60)	4:39.76 (1:36.03)	6:15.54 (1:35.78)	
	7:53.73 (1:38.19)	9:29.86 (1:36.13)	11:05.74 (1:35.88)	12:42.21 (1:36.47)	
	14:17.83 (1:35.62)	15:54.90 (1:37.07)	17:32.90 (1:38.00)	19:12.25 (1:39.35)	
		22:32.38 ()	24:12.86 (1:40.48)	25:42.43 (1:29.57)	

Event 6 Female 25-29 800 SC Metre Freestyle

National: 9:06.67 N 1/09/1990 S. PALMER-WHITE
State: 9:06.67 S 1/09/1990 S. PALMER-WHITE

---	Small, Amy	29	Noarlunga Masters	NS	
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2024 MSSA SC Long Distance Meet - 10/11/2024

Results - 1

Event 6 Female 45-49 800 SC Metre Freestyle

National: 9:45.60 N 14/07/2012 PAMELA NIX

State: 9:48.78 S 1/11/2009 S. PALMER-WHITE

1	Goldie, Emily	49	Adelaide Masters	10:44.45	10
	36.26	1:16.02 (39.76)	1:56.38 (40.36)	2:37.29 (40.91)	
	3:17.92 (40.63)	3:58.67 (40.75)	4:39.67 (41.00)	5:20.51 (40.84)	
	6:01.22 (40.71)	6:42.29 (41.07)	7:23.15 (40.86)	8:03.83 (40.68)	
	8:44.21 (40.38)	9:25.15 (40.94)	10:04.98 (39.83)	10:44.45 (39.47)	

Event 6 Female 50-54 800 SC Metre Freestyle

National: 10:05.68 N 12/11/2017 S. PALMER-WHITE

State: 10:05.68 S 12/11/2017 S. PALMER-WHITE

---	Moffat, Danielle	52	Tea Tree Gully Kingfishers Mas	NS	
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Event 6 Female 55-59 800 SC Metre Freestyle

National: 10:06.19 N 1/11/2020 S. PALMER-WHITE

State: 10:06.19 S 1/11/2020 S. PALMER-WHITE

1	Thornton, Elizabeth	59	Great Southern Swimming Club M	12:54.50	10
	42.40	1:30.05 (47.65)	2:19.34 (49.29)	3:09.49 (50.15)	
	3:58.44 (48.95)	4:47.89 (49.45)	5:37.43 (49.54)	6:26.78 (49.35)	
	7:15.19 (48.41)	8:03.93 (48.74)	8:52.65 (48.72)	9:41.95 (49.30)	
	10:30.77 (48.82)	11:19.44 (48.67)	12:07.97 (48.53)	12:54.50 (46.53)	

Event 6 Female 60-64 800 SC Metre Freestyle

National: 10:18.29 N 8/09/2019 JENNY WHITELEY

State: 10:32.21 S 5/06/2021 JOANNE SUTCLIFFE

1	Gallasch, Judith	60	Adelaide Masters	12:51.76	10
	41.37	1:28.18 (46.81)	2:17.07 (48.89)	3:05.97 (48.90)	
	3:55.15 (49.18)	4:44.90 (49.75)	5:34.22 (49.32)	6:23.15 (48.93)	
	7:12.40 (49.25)	8:02.13 (49.73)	8:50.96 (48.83)	9:39.71 (48.75)	
	10:28.46 (48.75)	11:17.66 (49.20)	12:05.89 (48.23)	12:51.76 (45.87)	

Event 6 Female 70-74 800 SC Metre Freestyle

National: 12:42.29 N 20/04/2022 TRACY CLARKSON

State: 15:30.91 S 27/10/2013 JOY PAGE

1	Bell, Janet	72	Aquadome Otters	16:02.36	10
	53.45	1:51.16 (57.71)	2:50.48 (59.32)	3:50.88 (1:00.40)	
	4:50.83 (59.95)	5:52.23 (1:01.40)	6:52.88 (1:00.65)	7:54.32 (1:01.44)	
	8:55.85 (1:01.53)	9:56.85 (1:01.00)	10:57.69 (1:00.84)	11:58.77 (1:01.08)	
	13:01.05 (1:02.28)	14:02.35 (1:01.30)	15:04.20 (1:01.85)	16:02.36 (58.16)	
2	Wilson, Virginia	72	Henley Beach Masters	18:30.88	9
	1:03.54	2:14.28 (1:10.74)	3:24.52 (1:10.24)	4:35.12 (1:10.60)	
	5:45.00 (1:09.88)	6:54.76 (1:09.76)	8:05.00 (1:10.24)	9:15.49 (1:10.49)	
	10:25.60 (1:10.11)	11:35.21 (1:09.61)	12:45.30 (1:10.09)	13:54.34 (1:09.04)	
	15:04.09 (1:09.75)	16:13.69 (1:09.60)	17:22.13 (1:08.44)	18:30.88 (1:08.75)	
3	Faulkner, Gillian	74	Noarlunga Masters	19:15.62	8
	1:02.29	2:13.16 (1:10.87)	3:25.87 (1:12.71)	4:38.17 (1:12.30)	
	5:50.69 (1:12.52)	7:02.87 (1:12.18)	8:15.67 (1:12.80)	9:20.86 (1:05.19)	
	10:40.37 (1:19.51)	11:53.08 (1:12.71)	13:07.07 (1:13.99)	14:19.29 (1:12.22)	
	15:33.03 (1:13.74)	16:45.77 (1:12.74)	17:59.06 (1:13.29)	19:15.62 (1:16.56)	

Event 6 Female 75-79 800 SC Metre Freestyle

National: 13:07.49 N 20/04/2022 ROSA MONTAGUE

State: 16:09.60 S 12/11/2017 JOY PAGE

1	Mulqueen, Jennifer	78	Tea Tree Gully Kingfishers Mas	18:51.36	10
	1:01.63	2:11.96 (1:10.33)	3:22.73 (1:10.77)	4:34.41 (1:11.68)	
	5:47.31 (1:12.90)	7:00.04 (1:12.73)	8:12.13 (1:12.09)	9:24.58 (1:12.45)	
	10:36.63 (1:12.05)	11:47.96 (1:11.33)	12:59.48 (1:11.52)	14:10.69 (1:11.21)	
	15:22.82 (1:12.13)	16:33.45 (1:10.63)	17:43.75 (1:10.30)	18:51.36 (1:07.61)	

2024 MSSA SC Long Distance Meet - 10/11/2024

Results - 1

Event 6 Male 25-29 800 SC Metre Freestyle

National: 8:58.59 N 17/11/2013 KIRK GOODSSELL

State: 9:26.73 S 9/08/1880 MARK SMEDLEY

1	Yip, James	26	Adelaide Masters	9:55.62	10
		1:08.82 ()	1:46.28 (37.46)	2:23.88 (37.60)	
		3:01.97 (38.09)	3:40.59 (38.62)	4:18.30 (37.71)	4:56.10 (37.80)
		5:33.20 (37.10)	6:11.40 (38.20)	6:48.97 (37.57)	7:27.05 (38.08)
		8:05.09 (38.04)	8:43.60 (38.51)	9:55.62 (1:12.02)	

Event 6 Male 55-59 800 SC Metre Freestyle

National: 9:08.48 N 20/04/2022 PAUL LEMMON

State: 9:50.54 S 6/11/2011 GRANT SIMPSON

1	Bullock, Rowan	59	Noarlunga Masters	12:58.52	10
		41.31	1:28.57 (47.26)	2:17.39 (48.82)	3:07.30 (49.91)
		3:56.95 (49.65)	4:46.29 (49.34)	5:36.13 (49.84)	6:25.77 (49.64)
		7:15.57 (49.80)	8:05.41 (49.84)	8:55.54 (50.13)	9:45.02 (49.48)
		10:34.79 (49.77)	11:23.75 (48.96)	12:12.36 (48.61)	12:58.52 (46.16)

Event 6 Male 65-69 800 SC Metre Freestyle

National: 9:57.71 N 10/08/2024 PAUL BLACKBEARD

State: 10:22.87 S 5/06/2021 GRANT SIMPSON

1	Camp-Smith, Peter	66	Tea Tree Gully Kingfishers Mas	16:19.66	10
		54.81	1:55.87 (1:01.06)	2:57.47 (1:01.60)	3:59.44 (1:01.97)
		5:01.56 (1:02.12)	6:04.18 (1:02.62)	7:06.12 (1:01.94)	8:08.34 (1:02.22)
		9:10.43 (1:02.09)	10:12.61 (1:02.18)	11:14.44 (1:01.83)	12:17.30 (1:02.86)
		13:21.64 (1:04.34)	14:25.07 (1:03.43)	15:27.30 (1:02.23)	16:19.66 (52.36)

Event 6 Male 80-84 800 SC Metre Freestyle

National: 13:23.79 N 20/04/2022 JOHN RICHARDS

State: 15:51.21 S 8/04/2015 TUBBY RAMSAY

1	Axton, Bryan	83	Noarlunga Masters	21:00.51	10
		1:09.79	2:28.19 (1:18.40)	3:47.65 (1:19.46)	5:07.73 (1:20.08)
		6:27.59 (1:19.86)	7:46.10 (1:18.51)	9:06.90 (1:20.80)	10:25.38 (1:18.48)
		11:44.62 (1:19.24)	13:04.70 (1:20.08)	14:23.01 (1:18.31)	15:45.01 (1:22.00)
		17:06.01 (1:21.00)	18:26.29 (1:20.28)	19:45.98 (1:19.69)	21:00.51 (1:14.53)

Event 7 Male 35-39 400 SC Metre Butterfly

National: 5:23.90 N 2/06/2018 COSTAN MAGNUSSEN

State: 7:16.99 S 26/10/1997 MARK SUTTON

1	Shama, Islam	39	Aquadome Otters	6:17.66 S	10
		36.87	1:23.27 (46.40)	2:12.35 (49.08)	3:02.12 (49.77)
		3:51.61 (49.49)	4:41.32 (49.71)	5:30.39 (49.07)	6:17.66 (47.27)

Event 8 Female 40-44 400 SC Metre Breaststroke

National: 6:07.49 N 2/07/2023 CATHERINE WHEELER

State: 7:39.89 S 11/11/2001 JENNIFER BRADLEY

1	Ward, Alison	41	Noarlunga Masters	7:16.04 S	10
		45.10	1:38.22 (53.12)	2:33.47 (55.25)	3:30.87 (57.40)
		4:28.03 (57.16)	5:24.64 (56.61)	6:21.48 (56.84)	7:16.04 (54.56)

Event 8 Female 50-54 400 SC Metre Breaststroke

National: 6:20.37 N 27/06/2010 JENNY WHITELEY

State: 6:43.85 S 12/11/2017 ILZE OSTROVSKA

1	McGiffert, Natalie	52	Phoenix Masters Swimming Club	7:33.80	10
		51.89	1:48.20 (56.31)	2:46.43 (58.23)	3:43.91 (57.48)
		4:41.37 (57.46)	5:39.06 (57.69)	6:37.08 (58.02)	7:33.80 (56.72)

Event 8 Female 55-59 400 SC Metre Breaststroke

National: 6:26.89 N 23/08/2015 JENNY WHITELEY

State: 7:24.75 S 1/11/2015 DEBORAH WAREING

---	Taylor, Julie	57	Phoenix Masters Swimming Club	NS	
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2024 MSSA SC Long Distance Meet - 10/11/2024

Results - 1

Event 8 Female 60-64 400 SC Metre Breaststroke

National: 6:36.87 N 6/05/2018 JENNY WHITELEY

State: 6:57.68 S 29/07/2018 M. HEFFERNAN

1	Roach, Amanda	61	Noarlunga Masters	7:58.66	10
	51.97	1:52.02 (1:00.05)	2:54.02 (1:02.00)	3:55.85 (1:01.83)	
	4:56.33 (1:00.48)	5:56.81 (1:00.48)	6:58.87 (1:02.06)	7:58.66 (59.79)	
---	Chambers, Cheryl	62	Phoenix Masters Swimming Club	NS	

Event 8 Male 25-29 400 SC Metre Breaststroke

National: 5:21.92 N 25/07/1998 MATTHEW WRIGHT

State: 5:55.35 S 29/07/2018 JOSHUA THIELE

1	Yip, James	26	Adelaide Masters	5:55.12 S	10
	38.74	1:23.43 (44.69)	2:09.62 (46.19)	2:56.53 (46.91)	
	3:42.50 (45.97)	4:24.25 (41.75)	5:14.01 (49.76)	5:55.12 (41.11)	

Event 8 Male 30-34 400 SC Metre Breaststroke

National: 5:30.15 N 20/11/2016 NATHAN CHENCO

State: 6:15.31 S 6/07/2003 THOMAS SCOTT

1	Boardman, Andrew	30	Noarlunga Masters	6:52.46	10
	45.80	1:36.30 (50.50)	2:27.83 (51.53)	3:20.30 (52.47)	
	4:14.99 (54.69)	5:08.87 (53.88)	6:02.33 (53.46)	6:52.46 (50.13)	

Event 8 Male 45-49 400 SC Metre Breaststroke

National: 5:19.11 N 8/09/2019 AARON CLELAND

State: 5:49.09 S 12/11/2017 TRISTAN HERBERT

1	Bryce, David	49	Phoenix Masters Swimming Club	6:37.82	10
	42.16	1:30.73 (48.57)	2:21.28 (50.55)	3:11.98 (50.70)	
	4:03.51 (51.53)	4:54.21 (50.70)	5:46.19 (51.98)	6:37.82 (51.63)	

Event 8 Male 55-59 400 SC Metre Breaststroke

National: 5:54.18 N 21/04/2024 MATTHEW WRIGHT

State: 6:19.27 S 17/11/2019 MARK SMEDLEY

1	Rowell, Gavin	55	Marion Masters Swimming	6:39.39	10
	42.49	1:32.00 (49.51)	2:23.10 (51.10)		
	4:04.35 ()	4:56.50 (52.15)	5:49.57 (53.07)	6:39.39 (49.82)	
2	Sztolc, Radek	55	UniSA Swimming Club	7:55.28	9
	49.71	1:47.56 (57.85)	2:49.68 (1:02.12)	3:51.97 (1:02.29)	
	4:54.66 (1:02.69)	5:56.97 (1:02.31)	6:58.41 (1:01.44)	7:55.28 (56.87)	

Event 8 Male 60-64 400 SC Metre Breaststroke

National: 6:16.33 N 1/07/2006 PAUL WYATT

State: 7:54.23 S 29/07/2018 STEWART GALLIFORD

1	Coombs, Mark	60	Tea Tree Gully Kingfishers Mas	7:46.21 S	10
	52.65	1:50.43 (57.78)	2:49.51 (59.08)	3:49.05 (59.54)	
	4:48.76 (59.71)	5:48.48 (59.72)	6:48.57 (1:00.09)	7:46.21 (57.64)	

Event 8 Male 70-74 400 SC Metre Breaststroke

National: 6:29.71 N 14/06/2009 MICHAEL MOLONEY

State: 9:08.24 S 29/07/2018 ROBERT HARRIS

1	Fuller, Geoff	73	Henley Beach Masters	9:11.43	10
	1:06.73	2:17.29 (1:10.56)	3:26.89 (1:09.60)	4:35.21 (1:08.32)	
	5:44.02 (1:08.81)	6:53.12 (1:09.10)	8:01.59 (1:08.47)	9:11.43 (1:09.84)	

Event 9 Female 40-44 400 SC Metre IM

National: 5:16.55 N 13/06/2009 HELEN WHITFORD

State: 5:28.74 S 26/07/2008 SHARON BEAVER

1	Nazimi, Leila	41	Henley Beach Masters	5:34.55	10
	35.10	1:14.95 (39.85)	2:00.39 (45.44)	2:44.04 (43.65)	
	3:32.65 (48.61)	4:42.22 (1:09.57)	4:59.90 (17.68)	5:34.55 (34.65)	

2024 MSSA SC Long Distance Meet - 10/11/2024**Results - 1****Event 9 Female 45-49 400 SC Metre IM****National: 5:28.91 N 25/10/2003 JENNY WHITELEY****State: 5:39.95 S 6/11/2011 S. PALMER-WHITE**

1	Goldie, Emily	49	Adelaide Masters	6:05.42	10
	38.14	1:22.24 (44.10)	2:13.20 (50.96)	3:01.48 (48.28)	
	3:51.92 (50.44)	4:43.30 (51.38)	5:25.60 (42.30)	6:05.42 (39.82)	
2	Palmer, Brigetta	48	Aquadome Otters	7:24.43	9
	47.35	1:41.67 (54.32)	2:42.73 (1:01.06)	3:41.30 (58.57)	
	4:46.23 (1:04.93)	5:50.20 (1:03.97)	6:38.51 (48.31)	7:24.43 (45.92)	

Event 9 Female 50-54 400 SC Metre IM**National: 5:31.82 N 19/08/2018 HELEN WHITFORD****State: 5:41.09 S 1/11/2015 S. PALMER-WHITE**

1	McGiffert, Natalie	52	Phoenix Masters Swimming Club	7:45.41	10
	55.89	1:58.02 (1:02.13)	3:03.86 (1:05.84)	4:08.54 (1:04.68)	
	5:06.28 (57.74)	6:04.04 (57.76)	6:55.95 (51.91)	7:45.41 (49.46)	
2	Hayes, Helen	54	Noarlunga Masters	8:26.76	9
	1:06.00	2:19.68 (1:13.68)	3:21.67 (1:01.99)	4:23.71 (1:02.04)	
		6:41.80 ()	7:35.59 (53.79)	8:26.76 (51.17)	

Event 9 Female 60-64 400 SC Metre IM**National: 6:06.28 N 20/06/2021 JENNY WHITELEY****State: 6:16.88 S 14/03/2021 JOANNE SUTCLIFFE**

1	Palmer-White, Stephanie	60	Adelaide Masters	6:13.62 S	10
		1:25.54 ()	2:12.93 (47.39)	2:59.21 (46.28)	
	3:56.05 (56.84)	4:53.40 (57.35)	5:34.44 (41.04)	6:13.62 (39.18)	
2	Roach, Amanda	61	Noarlunga Masters	7:34.72	9
	51.86	1:55.16 (1:03.30)	2:53.36 (58.20)	3:51.47 (58.11)	
	4:51.26 (59.79)	5:52.85 (1:01.59)	6:44.22 (51.37)	7:34.72 (50.50)	

Event 9 Male 35-39 400 SC Metre IM**National: 4:45.00 N 17/07/2004 PAUL LEMMON****State: 5:15.63 S 13/08/1995 GRANT SIMPSON**

1	Kim, Eoin	39	Tea Tree Gully Kingfishers Mas	6:41.94	10
	43.15	1:33.82 (50.67)	2:30.30 (56.48)	3:24.29 (53.99)	
	4:17.46 (53.17)	5:11.25 (53.79)	5:57.85 (46.60)	6:41.94 (44.09)	

Event 9 Male 40-44 400 SC Metre IM**National: 4:46.50 N 24/07/2009 PAUL LEMMON****State: 5:03.32 S 18/03/2002 MARK SMEDLEY**

1	Needham, Kale	44	Noarlunga Masters	5:59.66	10
	41.51	1:28.10 (46.59)	2:15.97 (47.87)	3:03.26 (47.29)	
	3:53.28 (50.02)	4:43.16 (49.88)	5:23.51 (40.35)	5:59.66 (36.15)	

Event 9 Male 50-54 400 SC Metre IM**National: 4:56.89 N 21/04/2024 AARON CLELAND****State: 5:15.61 S 6/06/2010 MARK SMEDLEY**

1	Goldie, Scott	54	Adelaide Masters	6:14.88	10
	39.99	1:26.01 (46.02)	2:18.24 (52.23)	3:07.97 (49.73)	
	4:03.49 (55.52)	4:58.24 (54.75)	5:38.32 (40.08)	6:14.88 (36.56)	

Event 9 Male 55-59 400 SC Metre IM**National: 5:00.10 N 21/04/2022 PAUL LEMMON****State: 5:21.26 S 9/04/2015 MARK SMEDLEY**

---	Bullock, Rowan	59	Noarlunga Masters	NS	
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2024 MSSA SC Long Distance Meet - 10/11/2024

Results - 1

Event 10 Female 25-29 400 SC Metre Backstroke

National: 5:05.10 N 16/09/2006 EBONY EBENWALDNER

State: 5:33.53 S 30/07/2000 REBECCA FOREMAN

1	Vidura, Kimberley	28	UniSA Swimming Club	5:55.10	10
	39.00	1:22.47 (43.47)	2:07.63 (45.16)	2:53.04 (45.41)	
	3:34.56 (41.52)	4:24.41 (49.85)	5:04.64 (40.23)	5:55.10 (50.46)	
---	Small, Amy	29	Noarlunga Masters	NS	

Event 10 Female 50-54 400 SC Metre Backstroke

National: 5:38.71 N 15/03/2018 MICHELLE SCOTT

State: 5:45.88 S 12/11/2017 SHARON BEAVER

---	Moffat, Danielle	52	Tea Tree Gully Kingfishers Mas	NS	
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Event 10 Female 55-59 400 SC Metre Backstroke

National: 5:38.42 N 11/09/2016 JOANNE SUTCLIFFE

State: 5:38.42 S 11/09/2016 JOANNE SUTCLIFFE

1	Beaver, Sharon	57	Adelaide Masters	6:13.75	10
	44.25	1:31.57 (47.32)	2:19.20 (47.63)	3:05.90 (46.70)	
	3:53.11 (47.21)	4:40.57 (47.46)	5:27.79 (47.22)	6:13.75 (45.96)	
2	Thornton, Elizabeth	59	Great Southern Swimming Club M	7:23.46	9
	51.13	1:47.64 (56.51)	2:44.89 (57.25)	3:41.02 (56.13)	
	4:36.76 (55.74)	5:32.55 (55.79)	6:27.41 (54.86)	7:23.46 (56.05)	
---	Taylor, Julie	57	Phoenix Masters Swimming Club	NS	

Event 10 Female 70-74 400 SC Metre Backstroke

National: 6:37.44 N 23/08/2015 CLARY MUNNS

State: 8:45.30 S 1/11/2015 JOY PAGE

1	Bell, Janet	72	Aquadome Otters	9:41.18	10
	1:12.68	2:27.00 (1:14.32)	3:40.79 (1:13.79)	4:54.79 (1:14.00)	
	6:07.87 (1:13.08)	7:19.25 (1:11.38)	8:31.19 (1:11.94)	9:41.18 (1:09.99)	

Event 10 Female 75-79 400 SC Metre Backstroke

National: 6:52.46 N 8/09/2019 CLARY MUNNS

State: 10:00.39 S 27/10/2013 BARBARA PEARCE

1	Mulqueen, Jennifer	78	Tea Tree Gully Kingfishers Mas	10:53.01	10
	1:17.95	2:41.80 (1:23.85)	4:06.96 (1:25.16)	5:31.63 (1:24.67)	
	6:53.48 (1:21.85)	8:15.70 (1:22.22)	9:36.22 (1:20.52)	10:53.01 (1:16.79)	

Event 10 Male 30-34 400 SC Metre Backstroke

National: 5:01.65 N 29/06/2008 JULIAN DOOLEY

State: 6:28.59 S 6/11/2011 WARREN YOUNG

---	Evans, Owen	34	Henley Beach Masters	NS	
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Event 10 Male 45-49 400 SC Metre Backstroke

National: 4:50.25 N 23/08/2015 PAUL LEMMON

State: 5:14.36 S 1/11/2009 MARK SMEDLEY

1	Osborne, Andrew	49	Phoenix Masters Swimming Club	6:55.96	10
	45.18	1:36.10 (50.92)	2:28.78 (52.68)	3:21.82 (53.04)	
	4:15.14 (53.32)	5:10.30 (55.16)	6:04.00 (53.70)	6:55.96 (51.96)	

Event 10 Male 50-54 400 SC Metre Backstroke

National: 5:03.30 N 8/09/2019 PAUL LEMMON

State: 5:53.08 S 1/11/2020 DAVID ROCHE

1	Cranley, Andrew	51	Noarlunga Masters	7:33.50	10
	53.73	1:50.51 (56.78)	2:46.89 (56.38)	3:44.52 (57.63)	
	4:42.08 (57.56)	5:39.38 (57.30)	6:37.41 (58.03)	7:33.50 (56.09)	

Event 10 Male 55-59 400 SC Metre Backstroke

National: 5:03.38 N 8/09/2019 JON HAWTON

State: 5:29.24 S 6/11/2011 GRANT SIMPSON

---	Taylor, Dean	59	Phoenix Masters Swimming Club	NS	
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2024 MSSA SC Long Distance Meet - 10/11/2024

Results - 1

Event 10 Male 60-64 400 SC Metre Backstroke

National: 5:23.33 N 23/06/2024 JON HAWTON

State: 5:53.69 S 29/07/2018 GRANT SIMPSON

1	Smith, Andrew	60	Marion Masters Swimming	9:58.70	10
	1:04.07	2:20.67 (1:16.60)	3:39.70 (1:19.03)	4:56.97 (1:17.27)	
	6:12.07 (1:15.10)	7:34.92 (1:22.85)	9:58.70 (2:23.78)		

Event 10 Male 65-69 400 SC Metre Backstroke

National: 5:45.65 N 23/06/2024 CAMERON HORN

State: 5:48.92 S 14/03/2021 GRANT SIMPSON

1	Camp-Smith, Peter	66	Tea Tree Gully Kingfishers Mas	8:37.38	10
	1:01.93	2:08.21 (1:06.28)	3:14.43 (1:06.22)	4:20.49 (1:06.06)	
	5:27.21 (1:06.72)	6:32.93 (1:05.72)	7:39.31 (1:06.38)	8:37.38 (58.07)	

Event 11 Female 35-39 400 SC Metre Freestyle

National: 4:29.09 N 13/11/1999 PENNY BOND

State: 4:42.50 S 1/05/2022 LEILA NAZIMI

1	Horn, Danielle	39	Tea Tree Gully Kingfishers Mas	6:42.94	10
	44.58	1:34.35 (49.77)	2:26.17 (51.82)	3:17.10 (50.93)	
	4:08.92 (51.82)	5:01.28 (52.36)	5:53.74 (52.46)	6:42.94 (49.20)	

Event 11 Female 40-44 400 SC Metre Freestyle

National: 4:27.99 N 6/10/2017 KIRSTEN CAMERON

State: 4:47.27 S 21/08/2009 SHARON BEAVER

1	Ward, Alison	41	Noarlunga Masters	6:15.81	10
	38.48	1:23.99 (45.51)	2:11.46 (47.47)	2:59.77 (48.31)	
	3:49.12 (49.35)	4:38.67 (49.55)	5:28.40 (49.73)	6:15.81 (47.41)	

Event 11 Female 45-49 400 SC Metre Freestyle

National: 4:43.25 N 27/05/2012 PAMELA NIX

State: 4:48.07 S 13/09/2009 S. PALMER-WHITE

1	Goldner, Caroline	49	Aquadome Otters	7:51.56	10
	54.02	1:51.81 (57.79)	2:51.39 (59.58)	3:51.32 (59.93)	
	4:52.55 (1:01.23)	5:53.09 (1:00.54)	6:53.22 (1:00.13)	7:51.56 (58.34)	

Event 11 Female 55-59 400 SC Metre Freestyle

National: 4:53.65 N 5/10/2019 S. PALMER-WHITE

State: 4:53.65 S 5/10/2019 S. PALMER-WHITE

1	Beaver, Sharon	57	Adelaide Masters	5:53.01	10
	40.90	1:25.16 (44.26)	2:10.40 (45.24)	2:54.96 (44.56)	
	3:40.06 (45.10)	4:24.88 (44.82)	5:09.69 (44.81)	5:53.01 (43.32)	
2	Vas, Angela	57	Tea Tree Gully Kingfishers Mas	7:25.18	9
	44.70	1:40.62 (55.92)	2:37.36 (56.74)	3:35.63 (58.27)	
	4:33.57 (57.94)	5:32.79 (59.22)	6:31.03 (58.24)	7:25.18 (54.15)	

Event 11 Female 60-64 400 SC Metre Freestyle

National: 4:52.64 N 12/08/2018 JENNY WHITELEY

State: 5:09.15 S 5/06/2021 JOANNE SUTCLIFFE

1	Sutcliffe, Joanne	64	Phoenix Masters Swimming Club	5:20.28	10
	37.41	1:17.50 (40.09)	1:57.94 (40.44)	2:38.48 (40.54)	
	3:14.58 (36.10)	4:00.12 (45.54)	4:40.76 (40.64)	5:20.28 (39.52)	

Event 11 Female 70-74 400 SC Metre Freestyle

National: 5:56.99 N 17/03/2013 JEN THOMASSON

State: 6:50.76 S 8/10/2022 EITHNE MAYTON

1	Mayton, Eithne	73	Tea Tree Gully Kingfishers Mas	7:22.69	10
	49.65	1:44.58 (54.93)	2:40.94 (56.36)	3:37.11 (56.17)	
	4:33.02 (55.91)	5:28.97 (55.95)	6:24.57 (55.60)	7:22.69 (58.12)	
2	Wilson, Virginia	72	Henley Beach Masters	9:03.66	9
	1:02.25	2:11.32 (1:09.07)	3:21.00 (1:09.68)	4:30.85 (1:09.85)	
	5:40.08 (1:09.23)	6:48.91 (1:08.83)	7:57.35 (1:08.44)	9:03.66 (1:06.31)	

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Results - 1

(Event 11 Female 70-74 400 SC Metre Freestyle)

3	Edgley-Smith, Madeleine	73	Tea Tree Gully Kingfishers Mas	9:37.62	8
	1:05.48	2:14.51 (1:09.03)	3:33.49 (1:18.98)	4:50.38 (1:16.89)	
	6:03.94 (1:13.56)	7:16.46 (1:12.52)	8:30.49 (1:14.03)	9:37.62 (1:07.13)	
4	Faulkner, Gillian	74	Noarlunga Masters	10:02.86	7
	1:05.50	2:18.60 (1:13.10)	3:34.93 (1:16.33)	4:50.29 (1:15.36)	
	6:06.86 (1:16.57)	7:24.22 (1:17.36)	8:43.84 (1:19.62)	10:02.86 (1:19.02)	

Event 11 Male 25-29 400 SC Metre Freestyle

National: 4:05.08 N 20/08/2017 DARIUS SCHULTZ

State: 4:19.72 S 6/08/1983 GARY GOODWIN

1	McHugh, Liam	29	UniSA Swimming Club	4:25.57	10
	30.18	1:03.13 (32.95)	1:36.71 (33.58)	2:10.93 (34.22)	
	2:44.93 (34.00)	3:19.52 (34.59)	3:54.00 (34.48)	4:25.57 (31.57)	

Event 11 Male 30-34 400 SC Metre Freestyle

National: 4:08.97 N 20/08/2023 DARIUS SCHULTZ

State: 4:26.28 S 19/11/1986 GARY GOODWIN

1	Boardman, Andrew	30	Noarlunga Masters	6:08.62	10
	37.91	1:19.29 (41.38)	2:03.73 (44.44)	2:51.10 (47.37)	
	3:41.10 (50.00)	4:29.04 (47.94)	5:18.81 (49.77)	6:08.62 (49.81)	
---	Evans, Owen	34	Henley Beach Masters	NS	

Event 11 Male 40-44 400 SC Metre Freestyle

National: 4:07.46 N 20/08/2011 MARK THOMPSON

State: 4:43.29 S 9/09/2012 TJ SCOTT

1	Needham, Kale	44	Noarlunga Masters	5:12.01	10
	34.96	1:14.54 (39.58)	1:54.87 (40.33)	2:35.53 (40.66)	
	3:16.41 (40.88)	3:55.86 (39.45)	4:35.46 (39.60)	5:12.01 (36.55)	

Event 11 Male 45-49 400 SC Metre Freestyle

National: 4:08.87 N 11/04/2015 MARK THOMPSON

State: 4:33.98 S 13/09/2009 MARK SMEDLEY

1	Cranley, Matthew	49	Noarlunga Masters	5:15.58	10
	35.93	1:16.14 (40.21)	1:56.90 (40.76)	2:38.14 (41.24)	
	3:17.81 (39.67)	3:58.10 (40.29)	4:36.94 (38.84)	5:15.58 (38.64)	
2	Buche, Cedric	45	UniSA Swimming Club	5:42.55	9
	37.56	1:20.03 (42.47)	2:03.70 (43.67)	2:47.93 (44.23)	
	3:32.52 (44.59)	4:17.19 (44.67)	5:00.92 (43.73)	5:42.55 (41.63)	
---	Baranoff, John	48	Phoenix Masters Swimming Club	NS	

Event 11 Male 55-59 400 SC Metre Freestyle

National: 4:22.69 N 22/04/2022 PAUL LEMMON

State: 4:43.43 S 11/09/2011 GRANT SIMPSON

1	Rowell, Gavin	55	Marion Masters Swimming	5:55.34	10
	38.75	1:22.90 (44.15)	2:08.86 (45.96)	2:54.97 (46.11)	
	3:41.09 (46.12)	4:26.78 (45.69)	5:12.00 (45.22)	5:55.34 (43.34)	
---	Taylor, Dean	59	Phoenix Masters Swimming Club	NS	

Event 11 Male 60-64 400 SC Metre Freestyle

National: 4:41.66 N 6/10/2018 PAUL BLACKBEARD

State: 4:52.00 S 9/09/2012 IAN YOUNG

1	Holley, Peter	61	Adelaide Masters	6:50.57	10
	45.41	1:35.75 (50.34)	2:27.54 (51.79)	3:20.26 (52.72)	
	4:14.04 (53.78)	5:07.98 (53.94)	6:00.64 (52.66)	6:50.57 (49.93)	

Event 11 Male 70-74 400 SC Metre Freestyle

National: 5:20.13 N 24/09/2023 IAN YOUNG

State: 5:20.13 S 24/09/2023 IAN YOUNG

---	Young, Ian	72	Marion Masters Swimming	NS	
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2024 MSSA SC Long Distance Meet - 10/11/2024**Results - 1****Event 11 Male 75-79 400 SC Metre Freestyle****National: 5:47.47 N 5/11/2017 JOHN RICHARDS****State: 6:07.65 S 24/09/2023 STEPHEN CARTHEW**

1	Carthew, Stephen	77	Marion Masters Swimming	6:30.62	10
	42.08	1:29.15 (47.07)	2:18.61 (49.46)	3:09.79 (51.18)	
	4:00.32 (50.53)	4:51.31 (50.99)	5:42.33 (51.02)	6:30.62 (48.29)	
2	Faulkner, Geoffrey	75	Noarlunga Masters	9:24.76	9
	57.54	2:08.78 (1:11.24)	3:21.59 (1:12.81)	4:33.56 (1:11.97)	
	5:46.38 (1:12.82)	6:59.17 (1:12.79)	8:13.81 (1:14.64)	9:24.76 (1:10.95)	

Event 11 Male 80-84 400 SC Metre Freestyle**National: 6:27.92 N 22/04/2022 JOHN RICHARDS****State: 7:45.68 S 8/04/2015 TUBBY RAMSAY**

1	Axton, Bryan	83	Noarlunga Masters	10:45.10	10
	1:11.18	2:34.48 (1:23.30)	3:57.22 (1:22.74)	5:21.51 (1:24.29)	
	6:44.88 (1:23.37)	8:05.54 (1:20.66)	9:27.55 (1:22.01)	10:45.10 (1:17.55)	

Event 101 Female 60-64 1500 SC Metre Backstroke**National: 23:11.09 N 8/09/2019 JENNY WHITELEY****State: 36:37.28 S 12/11/2017 BETTY REINBOTH**

1	Sutcliffe, Joanne	64	Phoenix Masters Swimming Club	22:16.55 N	
	41.64	1:26.58 (44.94)	2:11.34 (44.76)	2:56.03 (44.69)	
	3:40.68 (44.65)	4:25.27 (44.59)	5:09.89 (44.62)	5:54.61 (44.72)	
	6:39.39 (44.78)	7:23.89 (44.50)	8:08.71 (44.82)	8:53.43 (44.72)	
	9:38.09 (44.66)	10:22.60 (44.51)	11:07.45 (44.85)	11:52.18 (44.73)	
	12:37.58 (45.40)	13:22.21 (44.63)	14:06.84 (44.63)	14:51.66 (44.82)	
	15:35.79 (44.13)	16:20.06 (44.27)	17:04.81 (44.75)	17:48.93 (44.12)	
	18:33.84 (44.91)	19:18.40 (44.56)	20:03.51 (45.11)	20:48.09 (44.58)	
	21:33.03 (44.94)	22:16.55 (43.52)			

Event 101 Male 35-39 1500 SC Metre Backstroke**National: 20:44.57 N 31/08/2003 MICHAEL PETERSEN**

1	Shama, Islam	39	Aquadome Otters	23:47.20	
	44.04	1:30.58 (46.54)	2:17.29 (46.71)	3:05.06 (47.77)	
	3:53.56 (48.50)	4:40.97 (47.41)	5:27.26 (46.29)	6:13.99 (46.73)	
	7:01.14 (47.15)	7:48.07 (46.93)	8:36.45 (48.38)	9:24.09 (47.64)	
	10:11.86 (47.77)	10:59.47 (47.61)	11:48.16 (48.69)	12:36.58 (48.42)	
	13:25.02 (48.44)	14:13.89 (48.87)	15:03.45 (49.56)	15:52.14 (48.69)	
	16:39.91 (47.77)	17:26.97 (47.06)	18:14.85 (47.88)	19:03.39 (48.54)	
	19:52.26 (48.87)	20:40.95 (48.69)	21:28.58 (47.63)	22:16.58 (48.00)	
	23:05.57 (48.99)	23:47.20 (41.63)			

Event 101 Male 45-49 1500 SC Metre Backstroke**National: 18:56.58 N 23/08/2015 PAUL LEMMON****State: 23:19.27 S 25/11/2007 JELLE LAHNSTEIN**

1	Cranley, Matthew	49	Noarlunga Masters	22:23.24 S	
	40.20	1:23.92 (43.72)	2:08.69 (44.77)	2:53.60 (44.91)	
	3:38.32 (44.72)	4:23.12 (44.80)	5:07.83 (44.71)	5:52.14 (44.31)	
	6:37.31 (45.17)	7:22.31 (45.00)	8:06.89 (44.58)	8:51.67 (44.78)	
	9:37.23 (45.56)	10:22.13 (44.90)	11:07.65 (45.52)	11:50.26 (42.61)	
	12:37.71 (47.45)	13:22.20 (44.49)	14:07.44 (45.24)	14:52.20 (44.76)	
	15:37.32 (45.12)	16:23.09 (45.77)	17:08.15 (45.06)	17:53.67 (45.52)	
	18:39.03 (45.36)	19:24.14 (45.11)	20:09.32 (45.18)	20:54.89 (45.57)	
	21:39.60 (44.71)	22:23.24 (43.64)			

2024 MSSA SC Long Distance Meet - 10/11/2024**Results - 1****Event 101 Male 70-74 1500 SC Metre Backstroke****National: 25:42.59 N 26/08/2006 JOHN CRISP****State: 33:27.97 S 12/11/2017 JOHN GAMLEN**

1 Fuller, Geoff		73 Henley Beach Masters		33:02.80 S
1:01.30	2:05.59 (1:04.29)	3:09.68 (1:04.09)	4:14.45 (1:04.77)	
5:19.12 (1:04.67)	6:23.83 (1:04.71)	7:28.90 (1:05.07)	8:33.90 (1:05.00)	
9:38.99 (1:05.09)	10:44.72 (1:05.73)	11:50.29 (1:05.57)	12:55.53 (1:05.24)	
14:00.99 (1:05.46)	15:06.99 (1:06.00)	16:13.20 (1:06.21)	17:19.20 (1:06.00)	
18:25.45 (1:06.25)	19:32.83 (1:07.38)	20:40.16 (1:07.33)	21:48.24 (1:08.08)	
22:55.20 (1:06.96)	24:02.59 (1:07.39)	25:09.70 (1:07.11)	26:17.32 (1:07.62)	
27:24.84 (1:07.52)	28:31.80 (1:06.96)	29:40.20 (1:08.40)	30:48.12 (1:07.92)	
31:56.32 (1:08.20)	33:02.80 (1:06.48)			

Event 102 Male 45-49 1500 SC Metre Breaststroke**National: 20:46.48 N 8/09/2019 AARON CLELAND**

1 Osborne, Andrew		49 Phoenix Masters Swimming Club		28:29.02
46.95	1:39.02 (52.07)	2:30.88 (51.86)	3:24.70 (53.82)	
4:18.02 (53.32)	5:11.60 (53.58)	6:05.79 (54.19)	7:00.54 (54.75)	
7:56.48 (55.94)	8:53.12 (56.64)	9:49.12 (56.00)	10:45.60 (56.48)	
11:41.13 (55.53)	12:36.63 (55.50)	13:31.49 (54.86)	14:30.58 (59.09)	
15:29.67 (59.09)	16:31.68 (1:02.01)	17:31.33 (59.65)	18:32.43 (1:01.10)	
19:32.31 (59.88)	20:31.38 (59.07)	21:30.88 (59.50)	22:31.44 (1:00.56)	
23:29.30 (57.86)	24:30.81 (1:01.51)	25:31.70 (1:00.89)	26:31.64 (59.94)	
27:32.99 (1:01.35)	28:29.02 (56.03)			