

MSABC WOMEN'S LONG COURSE RECORDS AS OF FEB 2020

AGE	18-24	25-29	30-34	35-39	40-44
Free 50m	H.JOHN Navy/USNat Aug01 29.12	V.NAESS EBSC/COQ Jun05 28.20	V.NAESS EBSC/Worlds 06 27.61	R.CAMPBELL HYAC/SK MAY02 29.31	S.MacDONALD VIC/VIC MAR03 28.02
Free 100m	H.JOHN Navy/USNat Aug01 1:04.62	V.NAESS EBSC/NAN Apr05 1:00.92	V.NAESS EBSC/Worlds 06 1:00.61	J.REID VIC/VIC FEB18 1:04.45	S.MacDONALD VIC/NAT MAY04 1:01.17
Free 200m	C.ROBINSON WRW/VIC MAR08 2:23.40	V.NAESS EBSC/Coq JUN05 2:15.03	V.NAESS EBSC/Worlds 06 2:12.16	I.BOOTH NAN/World Aug14 2:20.03	S.MacDONALD VIC/NAT MAY04 2:18.77
Free 400m	L.GROVES TYEE/VIC MAR04 5:00.09	V.NAESS EBSC/Coq JUN05 4:56.10	V.HADD EBSC/NAN May10 4:51.58	P.KALAS UBC/WorldAug14 5:00.89	P.KALAS UBC/WorldAug17 5:00.53
Free 800m	G.RICHARDSON UBC/VIC MAR97 10:37.49	P.KALAS UBC/NAN AOR05 10:21.08	P.KALAS UBC/Worlds 06 10:16.85	P.KALAS UBC/WorldAug14 10:20.25	P.KALAS UBC/WorldAug17 10:21.78
Free 1500	C.ROBINSON WRW/VIC MAR08 20:08.01	E.VanOOSTEN UBC/NAN APR05 20:01.22	J.REID VIC/VIC JAN15 19:58.82	A.DIMITRESCU WIN/VIC FEB20 19:39.60	A.HARMER EBSC/NAN May10 19:51.68
Back 50m	H.JOHN Navy/USNat Aug01 34.16	J.SLINN HYAC/NAT May04 33.02	M.IKEHATA VIC/World Aug14 32.31	C.MABEE VIC/VIC MAR08 31.28	C.MABEE VIC/VIC MAR09 31.49
Back 100m	H.JOHN Navy/USNat Aug01 1:12.01	J.SLINN HYAC/EDM JULY05 1:10.46	V.HADD EBSC/NAN May10 1:10.21	C.MABEE VIC/VIC MAR 08 1:07.94	C.MABEE VIC/VIC MAR09 1:07.06
Back 200m	H.BEYNON VIC/RICH APR00 2:43.52	V.HADD EBSC/Worlds06 2:29.01	V.HADD EBSC/NAN May10 2:31.20	C.MABEE VIC/VIC MAR08 2:29.42	L.YEARWOOD VIC/NAN May10 2:49.80
Brst 50m	D.MAGEAU DGM/WIN NOV16 38.68	K.McEVOY VIC/VIC FEB18 35.02	I.VonBECKMANN Ebsc/World Jun12 36.86	I.BOOTH NAN/World Aug14 36.85	J.WOODWARD VIC/VIC MAR00 37.37
Brst 100m	G.RICHARDSON UBC/VIC MAR97 1:24.32	S.LIGHT VIC/VIC JAN13 1:18.87	I.VonBECKMANN Ebsc/World Jun12 1:21.63	I.BOOTH NAN/World Aug14 1:21.19	J.WOODWARD VIC/EDM MAY98 1:21.51
Brst 200m	S.FLYNN UBC/NAN MAY10 3:07.98	E.ADAMCZYK EBSC/VIC JAN17 2:55.62	I.VonBECKMANN Ebsc/World Jun12 2:54.04	I.BOOTH NAN/World Aug14 2:58.29	A.RHODES VIC/Munich 00 3:03.76
Fly 50m	H.JOHN Navy/USNat Aug01	H.JOHN Navy/Sask May02	M.IKEHATA VIC/World Aug14	S.HINDMARCH SEMI/VIC JAN17	D.THOMPSON WIN/World Aug14

	31.56	30.95	30.42	30.89	30.99
Fly 100m	T.BELLCHAMBER EBSC/RICH Nov00 1:10.96	K.BENNETT Mabc/NAT MAY10 1:09.19	C.JAEGGI Ebsc/World Jun12 1:09.90	P.GILMORE SEY/BRI OCT88 1:11.21	C.GUIDI-SWAN omsc/WorldAug14 1:09.62
Fly 200m	C.LANGELO COW/VIC JAN13 2:54.92	L.DOHERTY Navy,Italy DEC03 2:46.95	C.JAEGGI Ebsc/World Jun12 2:37.03	M.BIRD VIC/VIC MAR03 2:55.80	C.GUIDI-SWAN omsc/WorldAug14 2:32.58
IM 200m	H.BEYNON VIC/RICH APR00 2:43.26	V.HADD NVM/EDM JULY05 2:31.22	V.HADD EBSC/NAN May10 2:28.01	P.GILMORE SEY/BRI OCT88 2:37.26	S.MacDONALD VIC/NAT MAY04 2:39.45
IM 400m	H.BEYNON VIC/RICH APR00 5:50.60	V.HADD NVM/WORLDS 06 5:25.70	V.HADD EBSC/VIC MAR09 5:32.51	K.THIBODEAU MRT/VIC JAN15 5:33.51	S.GOSKI WIN/VIC MAR06 6:11.64

45-49	50-54	55-59
S.MacDONALD VIC/EDM JULY05 28.20	S.MacDONALD VIC/VIC FEB10 28.41	S.MacDONALD VIC/VIC JAN17 29.24
S.MacDONALD VIC/EDM JULY05 1:01.39	S.MacDONALD VIC/NAN MAY10 1:02.95	S.MacDONALD VIC/VIC JAN17 1:08.92
S.MacDONALD VIC/COQ JUN05 2:23.48	S.MacDONALD VIC/VIC MAR11 2:24.92	S.MacDONALD VIC/WIN NOV17 2:27.64
S.MacDONALD VIC/COQ JUN05 4:58.40	D.FOSTER TYEE/VIC FEB99 5:10.57	S.MacDONALD VIC/VIC FEB18 5:14.12
A.HARMER CDSC/World Aug17 10:25.40	D.FOSTER UNAT/VIC MAR98 10:36.52	M.MYERS WGB/NAN MAY10 11:15.90
A.HARMER EBSC/WIN Nov14 20:39.22	C.MABEE VIC/VIC FEB20 20:46.51	S.MacDONALD VIC/VIC FEB18 20:48.03
C.MABEE VIC/ORE AUG16 31.02	C.SHEEHAN PENT/NAN MAY10 33.62	C.SHEEHAN OKM/VIC JAN15 34.91
C.MABEE VIC/ORE AUG16 1:07.31	C.SHEEHAN PENT/NAN MAY10 1:13.89	C.SHEEHAN OKM/VIC JAN15 1:16.78
C.SHEEHAN PENT/EDM JULY05 2:40.99	C.SHEEHAN PENT/NANA MAY10 2:41.59	B.PRONK CSS/USNat Aug01 3:00.79
J.WOODWARD VIC/VIC MAR03 36.67	S.MacDONALD VIC/Worlds Aug14 37.17	S.MacDOANLD VIC/VIC JAN15 38.33
S.MacDONALD VIC/Worlds Aug06 1:22.46	A.RHODES VIC/WORLDS 06 1:23.67	A.RHODES VIC/World's 1:27.12
A.RHODES VIC/NAT MAY04 3:06.28	A.RHODES VIC/WORLDS 3:04.47	A.RHODES VIC/World's 3:07.76
C.MABEE VIC/ORE AUG16	S.MacDONALD VIC/Worlds Aug14	S.MacDONALD VIC/VIC JAN15

30.71	31.61	32.73
C.MABEE VIC/ORE AUG16 1:08.87	D.FOSTER UNAT/EDM MAY98 1:18.73	K.GRAHAM WIN/VIC JAN13 1:29.24
S.GOSKI WIN/NAN MAY10 2:54.00	S.GOSKI VIC/VIC APR16 3:12.14	L.MacPHERSON NEBB/VAN APR95 3:23.15
C.MABEE VIC/ORE AUG16 2:33.72	A.RHODES VIC/NAT MAY10 2:58.26	S.MacDONALD VIC/WIN NOV17 2:53.82
S.MacDONALD VIC/COQ JUN05 6:04.24	C.MABEE VIC/VIC FEB20 5:52.22	S.MacDONALD VIC/VIC FEB18 6:10.41

MSABC WOMEN'S LONG COURSE RECORDS AS OF FEB 2020

AGE	60-64	65-69	70-74	75-79	80-84
Free 50m	S.MacDONALD VIC/VIC FEB20 29.44	G.LOPEZ NSM/NAT MAY10 34.56	G.LOPEZ NSM/World's AUG14 36.30	J.PARNELL NVR/NAT MAY04 41.07	L.MacPHERSON NAN/VIC FEB18 42.98
Free 100m	S.MacDONALD VIC/VIC FEB20 1:06.67	H.VERSFELD VERN/VIC APR16 1:15.47	G.LOPEZ NSM/World's AUG14 1:24.05	J.PARNELL NVM/HAW NOV 06 1:38.86	L.MacPHERSON NAN/VIC FEB18 1:34.23
Free 200m	A.RHODES VIC/WIN NOV16 2:45.27	H.VERSFELD VERN/VIC APR16 2:48.60	L.MacPHERSON SARM/NAN MAY10 3:08.43	J.PARNELL NVR/NAT MAY04 3:36.42	L.MacPHERSON NAN/VIC FEB18 3:27.95
Free 400m	A.RHODES VIC/VIC JAN17 5:43.77	H.VERSFELD VERN/VIC APR16 6:01.69	H.VERSFELD VERN/VIC FEB20 6:15.45	E.DeLEEuw POM/RICH APR00 8:19.67	L.MacPHERSON NAN/VIC FEB18 7:15.72
Free 800m	M.MYERS WGB/VIC JAN15 11:47.81	B.PRONK CRGW/TEX AUG07 13:11.09	L.MacPHERSON SARM/NAN MAY10 13:47.38	E.DeLEEuw POM/RICH APR00 17:13.73	E.DeLEEuw WRW/NAT MAY04 17:07.77
Free 1500	M.MYERS WGB/VIC JAN15 22:13.73	B.PRONK CRGW/TEX AUG07 24:38.81	L.MacPHERSON SARM/NAN MAY10 26:18.46	E.VARTY COWI/ORE JUL09 33:11.08	S.BALOGH CSS/VIC MAR08 34:37.95
Back 50m	K.GRAHAM KISU/VIC FEB18 38.56	B.PRONK CRGW/ORE AUG 08 40.56	H.VERSFELD VERN/VIC 20 42.27	J.PARNELL NVR/VIC MAR04 46.30	J.PARNELL NVR/VIC MAR08 52.93
Back 100m	B.PRONK CSS/OHIO AUG02 1:25.79	B.PRONK CRGW/AUSSI Apr08 1:26.61	H.VERSFELD VERN/VIC 20 1:31.37	J.PARNELL NVR/VIC MAR03 1:42.81	J.PARNELL NVR/VIC MAR08 1:58.43
Back 200m	B.PRONK CSS/NZ MAR02 2:59.01	B.PRONK CRGW/AUSSI Apr08 3:06.41	J.PARNELL NVR/EDM MAY98 3:40.23	J.PARNELL NVR/VIC MAR03 3:49.73	J.PARNELL NVR/VIC MAR08 4:20.79
Brst 50m	B.PRONK S.MacDONALD CSS/NZ MAR02 39.16	B.PRONK CRGW/ORE May07 41.69	J.PARNELL NVR/EDM MAY98 50.29	J.PARNELL NVR/VIC MAR03 54.02	C.STAMHUIS World/OKM Aug13 59.61
Brst 100m	A.RHODES VIC/VIC APR16 1:27.08	B.PRONK CRGW/ORE AUG08 1:34.53	J.PARNELL NVR/EDM MAY98 1:51.82	J.PARNELL NVR/NAT MAY04 2:02.29	J.PARNELL NSM/NAT MAY10 2:19.24
Brst 200m	A.RHODES VIC/VIC APR16 3:13.11	B.PRONK CRGW/ORE AUG08 3:28.49	J.PARNELL NVR/HAW NOV99 4:13.16	E.VARTY COWI/ORE JUN09 4:35.95	J.PARNELL NSM/NAN MAY10 5:04.10
Fly 50m	S.MacDONALD VIC/VIC FEB20	B.PRONK CRGW/ORE MAY07	H.VERSFELD VERN/VIC 20	E.VARTY COWI/ORE JUL09	E.DeLEEuw WRW/NAT MAY04

	32.79	40.61	43.35	1:03.32	1:11.64
Fly 100m	A.RHODES VIC/WIN NOV16 1:27.89	N.POWELL UNAT/ORE AUG98 1:42.85	E.VARTY COWI/Worlds 06 2:16.59	E.VARTY COWI/Aus Nov09 2:34.73	E.VARTY vic/usa Nats Aug14 2:50.67
Fly 200m	L.MacPHERSON UNAT/EDM MAY98 3:37.78	L.SMITH WIN/VIC JAN13 4:15.49	E.VARTY COWI/TEX AUG07 5:13.97	E.VARTY COWI/ORE JUL09 6:02.19	
IM 200m	B.PRONK CSS/NZ MAR02 3:00.52	B.PRONK CRGW/ORE AUG08 3:17.26	J.PARNELL NVR/HAW NOV98 4:03.36	E.VARTY COWI/ORE JUN09 4:27.62	E.DeLEEuw WRW/NAT MAY04 4:40.75
IM 400m	A.RHODES VIC/WIN NOV16 6:35.64	B.PRONK CRGW/ORE JUN08 7:13.77	E.VARTY COWI/TEX AUG07 9:26.04	E.VARTY COWI/ORE JUL09 9:38.07	E.VARTY VIC/Worlds AUG14 10:53.25

85-89	90-94	95-99
C.STAMHUIS OKM/WIN NOV18 56.93	B.BRUSSEL VM/WORLDS AUG14 1:05.85	M.ANDERSON UNAT/EDM MAY98 1:55.57
F.McWHIRTER CSS/VIC MAR01 2:24.82	B.BRUSSEL VM/WORLDS AUG14 2:28.81	M.ANDERSON UNAT/EDM MAY98 4:06.70
B.BRUSSEL GF/WORLDS OCT 09 4:55.80	B.BRUSSEL VM/WORLDS AUG14 5:12.24	
B.BRUSSEL GF/WORLDS OCT09 10:02.20	B.BRUSSEL VM/WORLDS AUG14 10:38.12	
B.BRUSSEL GF/WORLDS OCT09 21:21.32	B.BRUSSEL VM/WORLDS AUG14 22:27.49	
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N.MORROW VIC/VIC MAR05 59.85	B.BRUSSEL OKM/WIN NOV16 1:14.06	M.ANDERSON UNAT/EDM MAY98 1:57.79
C.STAMHUIS OKM/BUD JUL17 2:14.15	M.DEVITT CSS/VIC MAR09 3:51.34	M.ANDERSON UNAT/EDM MAY98 4:16.79
C.STAMHUIS OKM/VIC JAN17 4:52.88		
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C.STAMHUIS OKM/VIC JAN17 1:04.23	B.BRUSSEL OKM/WIN NOV16 1:32.41	
C.STAMHUIS OMSC/WorlDsAUG19 2:14.15	B.BRUSSEL VM/WORLDS AUG14 3:30.39	
B.BRUSSEL GF/WORLDS OCT09 6:18.01	B.BRUSSEL VM/WORLDS AUG14 7:10.69	
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WOMEN	18-24	50	M. FREE	H.JOHN	Aug01	0:29.12
WOMEN	18-24	100	M. FREE	H.JOHN	Aug01	1:04.62
WOMEN	18-24	200	M. FREE	C.ROBINSON	MAR08	2:23.40
WOMEN	18-24	400	M. FREE	L.GROVES	MAR04	5:00.09
WOMEN	18-24	800	M. FREE	G.RICHARDSON	MAR97	10:37.49
WOMEN	18-24	1500	M. FREE	C.ROBINSON	MAR08	20:08.01
WOMEN	18-24	50	M. BACK	H.JOHN	Aug01	0:34.16
WOMEN	18-24	100	M. BACK	H.JOHN	Aug01	1:12.01
WOMEN	18-24	200	M. BACK	H.BEYNON	APR00	2:43.52
WOMEN	18-24	50	M. BRST	D.MAGEAU	NOV16	0:38.68
WOMEN	18-24	100	M. BRST	G.RICHARDSON	MAR97	1:24.32
WOMEN	18-24	200	M. BRST	S.FLYNN	MAY10	3:07.98
WOMEN	18-24	50	M. FLY	H.JOHN	Aug01	0:31.56
WOMEN	18-24	100	M. FLY	T.BELLCHAMBER	Nov00	1:10.96
WOMEN	18-24	200	M. FLY	C.LANGELO	JAN13	2:54.92
WOMEN	18-24	200	M. I.M.	H.BEYNON	APR00	2:43.26
WOMEN	18-24	400	M. I.M.	H.BEYNON	APR00	5:50.60
WOMEN	25-29	50	M. FREE	V.NAESS	Jun05	0:28.20
WOMEN	25-29	100	M. FREE	V.NAESS	Apr05	1:00.92
WOMEN	25-29	200	M. FREE	V.NAESS	JUN05	2:15.03
WOMEN	25-29	400	M. FREE	V.NAESS	JUN05	4:56.10
WOMEN	25-29	800	M. FREE	P.KALAS	MAR97	10:21.08
WOMEN	25-29	1500	M. FREE	E.VanOOSTEN	APR05	20:01.22
WOMEN	25-29	50	M. BACK	J.SLINN	May04	0:33.02
WOMEN	25-29	100	M. BACK	J.SLINN	ULY05	1:10.46
WOMEN	25-29	200	M. BACK	V.HADD	lds06	2:29.01
WOMEN	25-29	50	M. BRST	K.McEVOY	FEB18	0:35.02
WOMEN	25-29	100	M. BRST	S.LIGHT	JAN13	1:18.87
WOMEN	25-29	200	M. BRST	E.ADAMCZYK	JAN17	2:55.62
WOMEN	25-29	50	M. FLY	H.JOHN	May02	0:30.95
WOMEN	25-29	100	M. FLY	K.BENNETT	MAY10	1:09.19
WOMEN	25-29	200	M. FLY	L.DOHERTY	DEC03	2:46.95
WOMEN	25-29	200	M. I.M.	V.HADD	ULY05	2:31.22
WOMEN	25-29	400	M. I.M.	V.HADD	DS 06	5:25.70
WOMEN	30-34	50	M. FREE	V.NAESS	ds 06	0:27.61
WOMEN	30-34	100	M. FREE	V.NAESS	ds 06	1:00.61
WOMEN	30-34	200	M. FREE	V.NAESS	ds 06	2:12.16
WOMEN	30-34	400	M. FREE	V.HADD	May10	4:51.58
WOMEN	30-34	800	M. FREE	P.KALAS	ds 06	10:16.85
WOMEN	30-34	1500	M. FREE	J.REID	JAN15	19:58.82
WOMEN	30-34	50	M. BACK	M.IKEHATA	Aug14	0:32.31
WOMEN	30-34	100	M. BACK	V.HADD	May10	1:10.21
WOMEN	30-34	200	M. BACK	V.HADD	May10	2:31.20
WOMEN	30-34	50	M. BRST	I.VonBECKMANN	Jun12	0:36.86
WOMEN	30-34	100	M. BRST	I.VonBECKMANN	Jun12	1:21.63
WOMEN	30-34	200	M. BRST	I.VonBECKMANN	Jun12	2:54.04
WOMEN	30-34	50	M. FLY	M.IKEHATA	Aug14	0:30.42
WOMEN	30-34	100	M. FLY	C.JAEGGI	Jun12	1:09.90
WOMEN	30-34	200	M. FLY	C.JAEGGI	Jun12	2:37.03

WOMEN	30-34	200	M.	I.M.	V.HADD	May10	2:28.01
WOMEN	30-34	400	M.	I.M.	V.HADD	MAR09	5:32.51
WOMEN	35-39	50	M.	FREE	R.CAMPBELL	MAY02	0:29.31
WOMEN	35-39	100	M.	FREE	J.REID	FEB18	1:04.45
WOMEN	35-39	200	M.	FREE	I.BOOTH	Aug14	2:20.03
WOMEN	35-39	400	M.	FREE	P.KALAS	Aug14	5:00.89
WOMEN	35-39	800	M.	FREE	P.KALAS	Aug14	10:20.25
WOMEN	35-39	1500	M.	FREE	A.DIMITRESCU	FEB20	19:39.60
WOMEN	35-39	50	M.	BACK	C.MABEE	MAR08	0:31.28
WOMEN	35-39	100	M.	BACK	C.MABEE	AR 08	1:07.94
WOMEN	35-39	200	M.	BACK	C.MABEE	MAR08	2:29.42
WOMEN	35-39	50	M.	BRST	I.BOOTH	Aug14	0:36.85
WOMEN	35-39	100	M.	BRST	I.BOOTH	Aug14	1:21.19
WOMEN	35-39	200	M.	BRST	I.BOOTH	Aug14	2:58.29
WOMEN	35-39	50	M.	FLY	S.HINDMARCH	JAN17	0:30.89
WOMEN	35-39	100	M.	FLY	P.GILMORE	OCT88	1:11.21
WOMEN	35-39	200	M.	FLY	M.BIRD	MAR03	2:55.80
WOMEN	35-39	200	M.	I.M.	P.GILMORE	OCT88	2:37.26
WOMEN	35-39	400	M.	I.M.	K.THIBODEAU	JAN15	5:33.51
WOMEN	40-44	50	M.	FREE	S.MacDONALD	MAR03	0:28.02
WOMEN	40-44	100	M.	FREE	S.MacDONALD	MAY04	1:01.17
WOMEN	40-44	200	M.	FREE	S.MacDONALD	MAY04	2:18.77
WOMEN	40-44	400	M.	FREE	P.KALAS	Aug17	5:00.53
WOMEN	40-44	800	M.	FREE	P.KALAS	Aug17	10:21.78
WOMEN	40-44	1500	M.	FREE	A.HARMER	May10	19:51.68
WOMEN	40-44	50	M.	BACK	C.MABEE	MAR09	0:31.49
WOMEN	40-44	100	M.	BACK	C.MABEE	MAR09	1:07.06
WOMEN	40-44	200	M.	BACK	L.YEARWOOD	May10	2:49.80
WOMEN	40-44	50	M.	BRST	J.WOODWARD	MAR00	0:37.37
WOMEN	40-44	100	M.	BRST	J.WOODWARD	MAY98	1:21.51
WOMEN	40-44	200	M.	BRST	A.RHODES	ch 00	3:03.76
WOMEN	40-44	50	M.	FLY	D.THOMPSON	Aug14	0:30.99
WOMEN	40-44	100	M.	FLY	C.GUIDI-SWAN	Aug14	1:09.62
WOMEN	40-44	200	M.	FLY	C.GUIDI-SWAN	Aug14	2:32.58
WOMEN	40-44	200	M.	I.M.	S.MacDONALD	MAY04	2:39.45
WOMEN	40-44	400	M.	I.M.	S.GOSKI	MAR06	6:11.64
WOMEN	45-49	50	M.	FREE	S.MacDONALD	ULY05	0:28.20
WOMEN	45-49	100	M.	FREE	S.MacDONALD	ULY05	1:01.39
WOMEN	45-49	200	M.	FREE	S.MacDONALD	JUN05	2:23.48
WOMEN	45-49	400	M.	FREE	S.MacDONALD	JUN05	4:58.40
WOMEN	45-49	800	M.	FREE	A.HARMER	Aug17	10:25.40
WOMEN	45-49	1500	M.	FREE	A.HARMER	Nov14	20:39.22
WOMEN	45-49	50	M.	BACK	C.MABEE	AUG16	0:31.02
WOMEN	45-49	100	M.	BACK	C.MABEE	AUG16	1:07.31
WOMEN	45-49	200	M.	BACK	C.SHEEHAN	ULY05	2:40.99
WOMEN	45-49	50	M.	BRST	J.WOODWARD	MAR03	0:36.67
WOMEN	45-49	100	M.	BRST	S.MacDONALD	Aug06	1:22.46
WOMEN	45-49	200	M.	BRST	A.RHODES	MAY04	3:06.28
WOMEN	45-49	50	M.	FLY	C.MABEE	AUG16	0:30.71

WOMEN	45-49	100	M.	FLY	C.MABEE	AUG16	1:08.87
WOMEN	45-49	200	M.	FLY	S.GOSKI	MAY10	2:54.00
WOMEN	45-49	200	M.	I.M.	C.MABEE	AUG16	2:33.72
WOMEN	45-49	400	M.	I.M.	S.MacDONALD	JUN05	6:04.24
WOMEN	50-54	50	M.	FREE	S.MacDONALD	FEB10	0:28.41
WOMEN	50-54	100	M.	FREE	S.MacDONALD	MAY10	1:02.95
WOMEN	50-54	200	M.	FREE	S.MacDONALD	MAR11	2:24.92
WOMEN	50-54	400	M.	FREE	D.FOSTER	FEB99	5:10.57
WOMEN	50-54	800	M.	FREE	D.FOSTER	MAR98	10:36.52
WOMEN	50-54	1500	M.	FREE	C.MABEE	FEB20	20:46.51
WOMEN	50-54	50	M.	BACK	C.SHEEHAN	MAY10	0:33.62
WOMEN	50-54	100	M.	BACK	C.SHEEHAN	MAY10	1:13.89
WOMEN	50-54	200	M.	BACK	C.SHEEHAN	MAY10	2:41.59
WOMEN	50-54	50	M.	BRST	S.MacDONALD	Aug14	0:37.17
WOMEN	50-54	100	M.	BRST	A.RHODES	DS 06	1:23.67
WOMEN	50-54	200	M.	BRST	A.RHODES	ORLDS	3:04.47
WOMEN	50-54	50	M.	FLY	S.MacDONALD	Aug14	0:31.61
WOMEN	50-54	100	M.	FLY	D.FOSTER	MAY98	1:18.73
WOMEN	50-54	200	M.	FLY	S.GOSKI	APR16	3:12.14
WOMEN	50-54	200	M.	I.M.	A.RHODES	MAY10	2:58.26
WOMEN	50-54	400	M.	I.M.	C.MABEE	FEB20	5:52.22
WOMEN	55-59	50	M.	FREE	S.MacDONALD	JAN17	0:29.24
WOMEN	55-59	100	M.	FREE	S.MacDONALD	JAN17	1:08.92
WOMEN	55-59	200	M.	FREE	S.MacDONALD	NOV17	2:27.64
WOMEN	55-59	400	M.	FREE	S.MacDONALD	FEB18	5:14.12
WOMEN	55-59	800	M.	FREE	M.MYERS	MAY10	11:15.90
WOMEN	55-59	1500	M.	FREE	S.MacDONALD	FEB18	20:48.03
WOMEN	55-59	50	M.	BACK	C.SHEEHAN	JAN15	0:34.91
WOMEN	55-59	100	M.	BACK	C.SHEEHAN	JAN15	1:16.78
WOMEN	55-59	200	M.	BACK	B.PRONK	Aug01	0:00.00
WOMEN	55-59	50	M.	BRST	S.MacDOANLD	JAN15	0:38.33
WOMEN	55-59	100	M.	BRST	A.RHODES	rld's	1:27.12
WOMEN	55-59	200	M.	BRST	A.RHODES	rld's	3:07.76
WOMEN	55-59	50	M.	FLY	S.MacDONALD	JAN15	0:32.73
WOMEN	55-59	100	M.	FLY	K.GRAHAM	JAN13	1:29.24
WOMEN	55-59	200	M.	FLY	L.MacPHERSON	APR95	3:23.15
WOMEN	55-59	200	M.	I.M.	S.MacDONALD	NOV17	2:53.82
WOMEN	55-59	400	M.	I.M.	S.MacDONALD	FEB18	6:10.41
WOMEN	60-64	50	M.	FREE	S.MacDONALD	FEB20	0:29.44
WOMEN	60-64	100	M.	FREE	S.MacDONALD	FEB20	1:06.67
WOMEN	60-64	200	M.	FREE	A.RHODES	NOV16	2:45.27
WOMEN	60-64	400	M.	FREE	A.RHODES	JAN17	5:43.77
WOMEN	60-64	800	M.	FREE	M.MYERS	JAN15	11:47.81
WOMEN	60-64	1500	M.	FREE	M.MYERS	JAN15	22:13.73
WOMEN	60-64	50	M.	BACK	K.GRAHAM	FEB18	0:38.56
WOMEN	60-64	100	M.	BACK	B.PRONK	AUG02	1:25.79
WOMEN	60-64	200	M.	BACK	B.PRONK	MAR02	2:59.01
WOMEN	60-64	50	M.	BRST	B.PRONK S.MacDC	MAR02	0:39.16
WOMEN	60-64	100	M.	BRST	A.RHODES	APR16	1:27.08

WOMEN	60-64	200 M.	BRST	A.RHODES	APR16	3:13.11
WOMEN	60-64	50 M.	FLY	S.MacDONALD	FEB20	0:32.79
WOMEN	60-64	100 M.	FLY	A.RHODES	NOV16	1:27.89
WOMEN	60-64	200 M.	FLY	L.MacPHERSON	MAY98	3:37.78
WOMEN	60-64	200 M.	I.M.	B.PRONK	MAR02	3:00.52
WOMEN	60-64	400 M.	I.M.	A.RHODES	NOV16	6:35.64
WOMEN	65-69	50 M.	FREE	G.LOPEZ	MAY10	0:34.56
WOMEN	65-69	100 M.	FREE	H.VERSFELD	APR16	1:15.47
WOMEN	65-69	200 M.	FREE	H.VERSFELD	APR16	2:48.60
WOMEN	65-69	400 M.	FREE	H.VERSFELD	APR16	6:01.69
WOMEN	65-69	800 M.	FREE	B.PRONK	AUG07	13:11.09
WOMEN	65-69	1500 M.	FREE	B.PRONK	AUG07	24:38.81
WOMEN	65-69	50 M.	BACK	B.PRONK	UG 08	0:40.56
WOMEN	65-69	100 M.	BACK	B.PRONK	Apr08	1:26.61
WOMEN	65-69	200 M.	BACK	B.PRONK	Apr08	3:06.41
WOMEN	65-69	50 M.	BRST	B.PRONK	May07	0:41.69
WOMEN	65-69	100 M.	BRST	B.PRONK	AUG08	1:34.53
WOMEN	65-69	200 M.	BRST	B.PRONK	AUG08	3:28.49
WOMEN	65-69	50 M.	FLY	B.PRONK	MAY07	0:40.61
WOMEN	65-69	100 M.	FLY	N.POWELL	AUG98	1:42.85
WOMEN	65-69	200 M.	FLY	L.SMITH	JAN13	4:15.49
WOMEN	65-69	200 M.	I.M.	B.PRONK	AUG08	3:17.26
WOMEN	65-69	400 M.	I.M.	B.PRONK	JUN08	7:13.77
WOMEN	70-74	50 M.	FREE	G.LOPEZ	Aug01	0:36.30
WOMEN	70-74	100 M.	FREE	G.LOPEZ	Aug01	1:24.05
WOMEN	70-74	200 M.	FREE	L.MacPHERSON	MAY10	3:08.43
WOMEN	70-74	400 M.	FREE	H.VERSFELD	FEB20	6:15.45
WOMEN	70-74	800 M.	FREE	L.MacPHERSON	MAY10	13:47.38
WOMEN	70-74	1500 M.	FREE	L.MacPHERSON	MAY10	26:18.46
WOMEN	70-74	50 M.	BACK	H.VERSFELD	IC 20	0:42.27
WOMEN	70-74	100 M.	BACK	H.VERSFELD	IC 20	1:31.37
WOMEN	70-74	200 M.	BACK	J.PARNELL	MAY98	3:40.23
WOMEN	70-74	50 M.	BRST	J.PARNELL	MAY98	0:50.29
WOMEN	70-74	100 M.	BRST	J.PARNELL	MAY98	1:51.82
WOMEN	70-74	200 M.	BRST	J.PARNELL	NOV99	4:13.16
WOMEN	70-74	50 M.	FLY	H.VERSFELD	IC 20	0:43.35
WOMEN	70-74	100 M.	FLY	E.VARTY	ds 06	2:16.59
WOMEN	70-74	200 M.	FLY	E.VARTY	AUG07	5:13.97
WOMEN	70-74	200 M.	I.M.	J.PARNELL	NOV98	4:03.36
WOMEN	70-74	400 M.	I.M.	E.VARTY	AUG07	9:26.04
WOMEN	75-79	50 M.	FREE	J.PARNELL	MAY04	0:41.07
WOMEN	75-79	100 M.	FREE	J.PARNELL	OV 06	1:38.86
WOMEN	75-79	200 M.	FREE	J.PARNELL	MAY04	3:36.42
WOMEN	75-79	400 M.	FREE	E.DeLEEuw	APR00	8:19.67
WOMEN	75-79	800 M.	FREE	E.DeLEEuw	APR00	17:13.73
WOMEN	75-79	1500 M.	FREE	E.VARTY	JUL09	33:11.08
WOMEN	75-79	50 M.	BACK	J.PARNELL	MAR04	0:46.30
WOMEN	75-79	100 M.	BACK	J.PARNELL	MAR03	1:42.81
WOMEN	75-79	200 M.	BACK	J.PARNELL	MAR03	3:49.73

WOMEN	75-79	50	M.	BRST	J.PARNELL	MAR03	0:54.02
WOMEN	75-79	100	M.	BRST	J.PARNELL	MAY04	2:02.29
WOMEN	75-79	200	M.	BRST	E.VARTY	JUN09	4:35.95
WOMEN	75-79	50	M.	FLY	E.VARTY	JUL09	1:03.32
WOMEN	75-79	100	M.	FLY	E.VARTY	Nov09	2:34.73
WOMEN	75-79	200	M.	FLY	E.VARTY	JUL09	6:02.19
WOMEN	75-79	200	M.	I.M.	E.VARTY	JUN09	4:27.62
WOMEN	75-79	400	M.	I.M.	E.VARTY	JUL09	9:38.07
WOMEN	80-84	50	M.	FREE	L.MacPHERSON	FEB18	0:42.98
WOMEN	80-84	100	M.	FREE	L.MacPHERSON	FEB18	1:34.23
WOMEN	80-84	200	M.	FREE	B.BRUSSEL	FEB18	3:27.95
WOMEN	80-84	400	M.	FREE	L.MacPHERSON	FEB18	7:15.72
WOMEN	80-84	800	M.	FREE	E.DeLEEuw	MAY04	17:07.77
WOMEN	80-84	1500	M.	FREE	S.BALOGH	MAR08	34:37.95
WOMEN	80-84	50	M.	BACK	J.PARNELL	MAR08	0:52.93
WOMEN	80-84	100	M.	BACK	J.PARNELL	MAR08	1:58.43
WOMEN	80-84	200	M.	BACK	J.PARNELL	MAR08	4:20.79
WOMEN	80-84	50	M.	BRST	C.STAMHUIS	Aug13	0:59.61
WOMEN	80-84	100	M.	BRST	J.PARNELL	MAY10	2:19.24
WOMEN	80-84	200	M.	BRST	J.PARNELL	MAY10	5:04.10
WOMEN	80-84	50	M.	FLY	E.DeLEEuw	MAY04	1:11.64
WOMEN	80-84	100	M.	FLY	E.VARTY	Aug14	2:50.67
WOMEN	80-84	200	M.	FLY	0		0:00.00
WOMEN	80-84	200	M.	I.M.	E.DeLEEuw	MAY04	4:40.75
WOMEN	80-84	400	M.	I.M.	E.VARTY	AUG14	10:53.25
WOMEN	85-89	50	M.	FREE	C.STAMHUIS	NOV18	0:56.93
WOMEN	85-89	100	M.	FREE	F.McWHIRTER	MAR01	2:24.82
WOMEN	85-89	200	M.	FREE	B.BRUSSEL	CT 09	4:55.80
WOMEN	85-89	400	M.	FREE	B.BRUSSEL	OCT09	10:02.20
WOMEN	85-89	800	M.	FREE	B.BRUSSEL	OCT09	21:21.32
WOMEN	85-89	1500	M.	FREE	00:00:00		0:00.00
WOMEN	85-89	50	M.	BACK	N.MORROW	MAR05	0:59.85
WOMEN	85-89	100	M.	BACK	C.STAMHUIS	JUL17	2:14.15
WOMEN	85-89	200	M.	BACK	C.STAMHUIS	JAN17	4:52.88
WOMEN	85-89	50	M.	BRST	C.STAMHUIS	JAN17	1:04.23
WOMEN	85-89	100	M.	BRST	C.STAMHUIS	AUG19	2:14.15
WOMEN	85-89	200	M.	BRST	B.BRUSSEL	OCT09	6:18.01
WOMEN	85-89	50	M.	FLY	00.00		0:00.00
WOMEN	85-89	100	M.	FLY	00:00:00		0:00.00
WOMEN	85-89	200	M.	FLY	00:00:00		0:00.00
WOMEN	85-89	200	M.	I.M.	00:00:00		0:00.00
WOMEN	85-89	400	M.	I.M.	00:00:00		0:00.00
WOMEN	90-94	50	M.	FREE	B.BRUSSEL	AUG14	1:05.85
WOMEN	90-94	100	M.	FREE	B.BRUSSEL	AUG14	2:28.81
WOMEN	90-94	200	M.	FREE	B.BRUSSEL	AUG14	5:12.24
WOMEN	90-94	400	M.	FREE	B.BRUSSEL	AUG14	10:38.12
WOMEN	90-94	800	M.	FREE	B.BRUSSEL	AUG14	22:27.49
WOMEN	90-94	1500	M.	FREE	00:00:00		0:00.00
WOMEN	90-94	50	M.	BACK	B.BRUSSEL	NOV16	1:14.06

WOMEN	90-94	100	M. BACK	M.DEVITT	MAR09	3:51.34
WOMEN	90-94	200	M. BACK		00:00:00	0:00.00
WOMEN	90-94	50	M. BRST	B.BRUSSEL	NOV16	1:32.41
WOMEN	90-94	100	M. BRST	B.BRUSSEL	AUG14	3:30.39
WOMEN	90-94	200	M. BRST	B.BRUSSEL	AUG14	7:10.69
WOMEN	90-94	50	M. FLY		00.00	0:00.00
WOMEN	90-94	100	M. FLY		00:00:00	0:00.00
WOMEN	90-94	200	M. FLY		00:00:00	0:00.00
WOMEN	90-94	200	M. I.M.		00:00:00	0:00.00
WOMEN	90-94	400	M. I.M.		00:00:00	0:00.00
WOMEN	95-99	50	M. FREE	M.ANDERSON	MAY98	1:55.57
WOMEN	95-99	100	M. FREE	M.ANDERSON	MAY98	4:06.70
WOMEN	95-99	200	M. FREE		00.00	0:00.00
WOMEN	95-99	400	M. FREE		00:00:00	0:00.00
WOMEN	95-99	800	M. FREE		00:00:00	0:00.00
WOMEN	95-99	1500	M. FREE		00:00:00	0:00.00
WOMEN	95-99	50	M. BACK	M.ANDERSON	MAY98	1:57.79
WOMEN	95-99	100	M. BACK	M.ANDERSON	MAY98	4:16.79
WOMEN	95-99	200	M. BACK		00:00:00	0:00.00
WOMEN	95-99	50	M. BRST		00:00:00	0:00.00
WOMEN	95-99	100	M. BRST		0:00.00	0:00.00
WOMEN	95-99	200	M. BRST		0:00.00	0:00.00
WOMEN	95-99	50	M. FLY		00.00	0:00.00
WOMEN	95-99	100	M. FLY		00:00:00	0:00.00
WOMEN	95-99	200	M. FLY		00:00:00	0:00.00
WOMEN	95-99	200	M. I.M.		00:00:00	0:00.00
WOMEN	95-99	400	M. I.M.		00:00:00	0:00.00
WOMEN	100-104	50	M. FREE			
WOMEN	100-104	100	M. FREE			
WOMEN	100-104	200	M. FREE			
WOMEN	100-104	400	M. FREE			
WOMEN	100-104	800	M. FREE			
WOMEN	100-104	1500	M. FREE			
WOMEN	100-104	50	M. BACK			
WOMEN	100-104	100	M. BACK			
WOMEN	100-104	200	M. BACK			
WOMEN	100-104	50	M. BRST			
WOMEN	100-104	100	M. BRST			
WOMEN	100-104	200	M. BRST			
WOMEN	100-104	50	M. FLY			
WOMEN	100-104	100	M. FLY			
WOMEN	100-104	200	M. FLY			
WOMEN	100-104	200	M. I.M.			
WOMEN	100-104	400	M. I.M.			