

Name	St/Dist.	LC/ sc	Date	Time	Comparison	
Heather Rhebok	FR100	50	28-30/4	1:27.52	-	
Heather Rhebok	BA50	50	28-30/4	43.39	- r:+0.84	bronze
Heather Rhebok	BA100	50	28-30/4	1:39.46	- r:+0.90	bronze
Heather Rhebok	BA200	50	28-30/4	3:33.44	Inaugural/CR r:+0.89	silver
Phyll Tiller	FR50	50	28-30/4	51.80	- r:+0.88	
Phyll Tiller	FR100	50	28-30/4	1:56.79	- rt :+0.92	
Phyll Tiller	BA50	50	28-30/4	58.44	PB r:+0.98	
Phyll Tiller	BA100	50	28-30/4	2:06.33	inuagural r:+0.86	
Phyll Tiller	BR50	50	28-30/4	1:07.83	PB r:+0.89	
Phyll Tiller	BR100	50	28-30/4	2:30.70	PB	
Cas Brown	FR50	50	28-30/4	1:01.36	-	bronze
Cas Brown	FR100	50	28-30/4	2:26.88	-	Silver
Cas Brown	FR200	50	28-30/4	5:12.73	-	bronze
Cas Brown	FR400	50	28-30/4	10:55.51	-	silver
Cas Brown	BA100	50	28-30/4	2:36.42	Best since '21 r:+0.75	bronze
Cas Brown	BA200	50	28-30/4	5:47.56	- r:+0.86	silver
Cas Brown	BR50	50	28-30/4	1:21.82	PAB/Best since '19	gold
Cas Brown	BR100	50	28-30/4	2:56.71	-	gold
Cas Brown	BR200	50	28-30/4	5:58.26	Best since '21	gold
Audrey Bullough	FR50	50	28-30/4	1:04.48	Best since '21	
Audrey Bullough	FR100	50	28-30/4	2:34.87	-	bronze
Audrey Bullough	FR200	50	28-30/4	5:25.13	Best since '21	bronze
Audrey Bullough	FR400	50	28-30/4	11:13.62	Best since '21	
Audrey Bullough	BA50	50	28-30/4	1:27.39	-	bronze
Audrey Bullough	BA100	50	28-30/4	3:03.75	Best since '21	bronze
Audrey Bullough	BA200	50	28-30/4	6:21.33	Best since '21 :+0.96	bronze
Barry Green	FR50	50	28-30/4	48.64	- r:+0.93	silver
Barry Green	BA50	50	28-30/4	57.01	- r:+0.74	silver
Barry Green	BA100	50	28-30/4	2:08.32	PAB/CR/Best since '19	silver
Barry Green	BA200	50	28-30/4	4:43.43	- :+0.84	silver
Barry Green	BR50	50	28-30/4	1:01.24	Best since '21 r:+0.97	gold
Deirdre Stephenson	FR50	50	28-30/4	1:23.06	Best since '20	gold
Deirdre Stephenson	FR100	50	28-30/4	2:52.58	Best since '20	silver
Pamela Walter	FR50	50	28-30/4	49.77	- r:+0.77	
Pamela Walter	BA50	50	28-30/4	57.94	- r:+0.77	bronze
Pamela Walter	BA100	50	28-30/4	2:03.64	- r:+0.87	bronze
Pamela Walter	BA200	50	28-30/4	4:26.58	- r:+0.48	silver
Pamela Walter	BR50	50	28-30/4	58.07	- r:+0.90	silver
Pamela Walter	BR100	50	28-30/4	2:09.35	- r:+0.90	silver
Pamela Walter	IM200	50	28-30/4	4:26.08	- r:+0.86	silver
Pamela Walter	BU50	50	28-30/4	55.05	- r:+0.92	silver
Sara Cann	BA50	50	28-30/4	1:20.87	- r:+0.86	
Sara Cann	BR50	50	28-30/4	1:15.91	PAB/Best since '20	
Sara Cann	BR100	50	28-30/4	2:56.37	-	Bronze
Sara Cann	BR200	50	28-30/4	6:24.45	PAB/Best since '18	silver
Kim Simpson	FR50	50	28-30/4	41.97	PB	
Kim Simpson	BA50	50	28-30/4	52.37	PB by 2 sec r:+0.75	
Kim Simpson	BR50	50	28-30/4	53.15	PB	Bronze
Tania Gregg	FR50	50	28-30/4	45.25	PB r:+0.99	
Tania Gregg	BA50	50	28-30/4	55.50	PB r:+0.69	
Tania Gregg	BR50	50	28-30/4	59.70	Inaugural r:+0.99	Bronze

Dale Wilcox	FR50	50	28-30/4	50.66	Best since '21
Dale Wilcox	BR50	50	28-30/4	57.88	- r:+0.96

Women 200-239 4x50 LC Meter Women's Freestyle Relay **bronze**  
 3:00.62 16 1) Simpson, Kim 54 2) Gregg, Tania 58 3) Walter, Pamela 71 4) Rhebok, Heather 53

Women 320-359 4x50 LC Meter Women's Freestyle Relay **gold CR**  
 4:23.76 20 1) Brown, Cas 77 2) Stephenson, Deirdre 87 3) Bullough, Audrey 82 4) Tiller, Phyll 74

Women 280-319 4x50 LC Meter Women's Medley Relay **gold**  
 4:55.42 Bullough, Audrey 82 2) Brown, Cas 77 3) Rhebok, Heather 53 4) Stephenson, Deirdre 87