



## SA STATE POOL RESCUE RECORDS

Current as of 7<sup>th</sup> August 2023

Event	Time	Year	Athlete/Team
Women U15 100m Manikin Carry	1:05.30	2018	Lucy Derbyshire - Glenelg
Women U17 100m Manikin Carry	1:04.52	2022	Zalii Reid - Port Noarlunga
Women U19 100m Manikin Carry	1:07.50	2010	Alica Hurkmans - Grange
Women Open 100m Manikin Carry	1:04.52	2022	Zalii Reid - Port Noarlunga
Women 30-34 100m Manikin Carry	1:16.20	2012	Sarah Goodwin - West Beach
Women 35-39 100 100m Manikin Carry	1:11.38	2022	Leila Nazimi - West Beach
Women 40-44 100 100m Manikin Carry	1:13.94	2018	Sarah Goodwin - West Beach
Women 45-49 100 100m Manikin Carry	1:18.50	2017	Josephine Varney - West Beach
Women 50-54 100 100m Manikin Carry	1:16.00	2023	Alexandra Laws – West Beach
Women 55-59 100 100m Manikin Carry	1:22.92	2018	Joanne Sutcliffe - West Beach
Women 60-64 100 100m Manikin Carry	1:38.88	2021	Joanne Sutcliffe - Grange
Women 65-69 100 100m Manikin Carry	1:41.78	2023	Deborah Wareing - West Beach
Women U14 100m Manikin Tow	1:10.20	2017	Lucy Derbyshire – Glenelg
Women U15 100m Manikin Tow	1:10.81	2012	Sonia Ryan – Grange
Women U17 100m Manikin Tow	1:09.45	2023	Amy Buck – Semaphore
Women U19 100m Manikin Tow	1:11.40	2010	Alicia Hurkmans – Grange
Women Open 100m Manikin Tow	1:09.27	2023	Leila Nazimi – West Beach
Women 30-34 100m Manikin Tow	1:14.55	2023	Briny McArthur - West Beach
Women 35-39 100m Manikin Tow	1:09.27	2023	Leila Nazimi – West Beach
Women 40-44 100m Manikin Tow	1:16.39	2021	Sarah Goodwin - West Beach
Women 45-49 100m Manikin Tow	1:17.29	2018	Josephine Varney - West Beach
Women 50-54 100m Manikin Tow	1:15.47	2023	Alexandra Laws – West Beach
Women 55-59 100m Manikin Tow	1:21.66	2017	Joanne Sutcliffe - West Beach
Women 60-64 100m Manikin Tow	1:23.38	2021	Joanne Sutcliffe - Grange
Women 65-69 100m Manikin Tow	1:35.88	2023	Deborah Wareing – West Beach
Women U14 50m Manikin Carry	37.27	2017	Lucy Derbyshire - Glenelg
Women U15 50m Manikin Carry	41.59	2018	Lucy Derbyshire - Glenelg
Women U17 50m Manikin Carry	40.63	2019	Charlotte Dolan - Grange
Women U19 50m Manikin Carry	41.60	2010	Alica Hurkmans - Grange
Women Open 50m Manikin Carry	40.63	2019	Charlotte Dolan - Grange
Women 30-34 50m Manikin Carry	47.56	2012	Sarah Goodwin - West Beach
Women 35-39 50m Manikin Carry	43.42	2022	Leila Nazimi - West Beach
Women 40-44 50m Manikin Carry	46.82	2018	Sarah Goodwin - West Beach
Women 45-49 50m Manikin Carry	43.91	2018	Josephine Varney - West Beach
Women 50-54 50m Manikin Carry	45.70	2023	Josephine Varney – West Beach
Women 55-59 50m Manikin Carry	56.86	2018	Joanne Sutcliffe - West Beach
Women 60-64 50m Manikin Carry	58.38	2021	Joanne Sutcliffe - Grange



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Women 65-69 50m Manikin Carry	1:08.71	2022	Deborah Wareing - West Beach
Women U15 100m Rescue Medley	1:22.20	2018	Lucy Derbyshire - Glenelg
Women U17 100m Rescue Medley	1:24.47	2023	Katie Natt – Seacliff
Women U19 100m Rescue Medley	1:24.70	2010	Alicia Hurkmans - Grange
Women Open 100m Rescue Medley	1:22.20	2018	Lucy Derbyshire - Glenelg
Women U15 200m Super Lifesaver	2:44.57	2018	Lucy Derbyshire - Glenelg
Women U17 200m Super Lifesaver	2:47.73	2023	Katie Natt – Seacliff
Women U19 200m Super Lifesaver	2:56.12	2009	Stephanie Ballantine - West Beach
Women Open 200m Super Lifesaver	2:44.57	2018	Lucy Derbyshire - Glenelg
Women U14 200m Obstacles	2:24.40	2012	Kamika Huynh - Semaphore
Women U15 200m Obstacles	2:23.51	2018	Lucy Derbyshire - Glenelg
Women U17 200m Obstacles	2:19.40	2022	Katie Natt - Seacliff
Women U19 200m Obstacles	2:21.09	2009	Stephanie Ballantine - West Beach
Women Open 200m Obstacles	2:15.69	2012	Jackie Staples - Port Noarlunga
Women 30-34 200m Obstacles	2:32.64	2012	Sarah Goodwin - West Beach
Women 35-39 200m Obstacles	2:30.37	2022	Leila Nazimi - West Beach
Women 40-44 200m Obstacles	2:33.83	2015	Joesphine Varney - West Beach
Women 45-49 200m Obstacles	2:31.79	2018	Joesphine Varney - West Beach
Women 50-54 200m Obstacles	2:48.51	2012	Joanne Sutcliffe - West Beach
Women 55-59 200m Obstacles	2:45.77	2017	Joanne Sutcliffe - West Beach
Women 60-64 100m Obstacles	1:18.58	2021	Joanne Sutcliffe - Grange
Women 64-69 100m Obstacles	1:30.00	2023	Deborah Wareing – West Beach
Women U14 50m Fins	22.36	2017	Lucy Derbyshire - Glenelg
Women U15 50m Fins	21.50	2018	Lucy Derbyshire - Glenelg
Women U17 50m Fins	21.62	2014	Kamika Huynh - Semaphore
Women U19 50m Fins	23.53	2010	Alica Hurkmans - Grange
Women Open 50m Fins	21.62	2014	Kamika Huynh - Semaphore
Women 30-34 50m Fins	25.97	2012	Sarah Goodwin - West Beach
		2022	Leila Naimi - West Beach
Women 35-39 50m Fins	25.79	2013	Sarah Goodwin - West Beach
Women 40-44 50m Fins	25.67	2013	Josephine Varney - West Beach
Women 45-49 50m Fins	27.03	2018	Josephine Varney - West Beach
Women 50-54 50m Fins	27.17	2023	Josephine Varney – West Beach
Women 55-59 50m Fins	27.69	2019	Joanne Sutcliffe - West Beach
Women 60&O 50m Fins	28.63	2021	Joanne Sutcliffe - Grange



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Event	Time	Year	Athlete/Team
Men U15 100m Manikin Carry	1:01.02	2022	Jaylen Atkins - Seacliff
Men U17 100m Manikin Carry	54.85	2022	Keenan Gray - Seacliff
Men U19 100m Manikin Carry	55.13	2021	Isaac Keighran - Somerton
Men Open 100m Manikin Carry	51.93	2018	Rian Pate - Grange
Men 30-34 100m Manikin Carry	1:07.34	2023	Benjamin Edmonds – Grange
Men 35-39 100 100m Manikin Carry	1:07.21	2021	Justin Clark - Seacliff
Men 40-44 100 100m Manikin Carry	1:06.12	2022	Justin Clark - Seacliff
Men 45-49 100 100m Manikin Carry	1:10.69	2018	Danny Snell - Brighton
Men 50-54 100 100m Manikin Carry	1:13.70	2018	James Stevenson - West Beach
Men 55-59 100 100m Manikin Carry	1:15.01	2018	Andrew Lanyon - Henley
Men 60-64 100 100m Manikin Carry	1:08.98	2018	Grant Simpson - Brighton
Men 65-69 100 100m Manikin Carry	1:09.56	2019	Grant Simpson – Grange SLSC
Men 70&O 100 100m Manikin Carry	1:22.84	2022	John Ellice-Flint – Henley
Men U14 100m Manikin Tow	1:03.21	2023	Toby Murphy – Moana
Men U15 100m Manikin Tow	1:06.83	2022	Jaylen Atkins - Seacliff
Men U17 100m Manikin Tow	1:00.93	2023	Noah Pronk – West Beach
Men U19 100m Manikin Tow	1:00.72	2012	Patrick Cobiac - Brighton
Men Open 100m Manikin Tow	59.83	2023	Taj Ward – Seacliff
Men 30-34 100m Manikin Tow	1:12.44	2022	Matthew Perriman - West Beach
Men 35-39 100m Manikin Tow	1:08.90	2010	Brendan Watts - Grange
Men 40-44 100m Manikin Tow	1:09.25	2021	Craig Moore - Grange
Men 45-49 100m Manikin Tow	1:11.04	2018	Jim Plouffe - Henley
Men 50-54 100m Manikin Tow	1:12.96	2022	Jim Plouffe - Henley
Men 55-59 100m Manikin Tow	1:11.68	2012	Grant Simpson - Brighton
Men 60-64 100m Manikin Tow	1:11.07	2021	Grant Simpson - Grange
Men 65-69 100m Manikin Tow	1:18.54	2017	John Ellice-Flint - Henley
Men 70&O 100m Manikin Tow	1:40.40	2016	Michael Harman - West Beach
Men U14 50m Manikin Carry	34.08	2023	Toby Murphy – Moana
Men U15 50m Manikin Carry	39.79	2023	Finnian Sandercock – Glenelg
Men U17 50m Manikin Carry	33.09	2023	Noah Pronk - West Beach
Men U19 50m Manikin Carry	34.69	2019	Joesph Semmens - Grange
Men Open 50m Manikin Carry	32.99	2018	Rian Pate - Grange
Men 30-34 50m Manikin Carry	38.09	2023	Benjamin Edmonds – Grange
Men 35-39 50m Manikin Carry	42.08	2021	Justin Clarke - Seacliff
Men 40-44 50m Manikin Carry	43.48	2018	Christopher Velliariis - Grange
Men 45-49 50m Manikin Carry	43.82	2012	Nicholas Bigioli - Grange



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Event	Time	Year	Athlete/Team
Men 50-54 50m Manikin Carry	47.44	2016	Norm Collins - West Beach
Men 55-59 50m Manikin Carry	44.95	2018	Andrew Lanyon - Henley
Men 60-64 50m Manikin Carry	44.88	2019	Andrew Lanyon - Henley
Men 65-69 50m Manikin Carry	44.47	2022	Andrew Lanyon - Henley
Men 70&O 50m Manikin Carry	52.53	2022	John Ellice-Flint - Henley
Men U15 100m Rescue Medley	1:20.98	2022	Jaylen Atkins - Seacliff
Men U17 100m Rescue Medley	1:13.40	2023	Noah Pronk – West Beach
Men U19 100m Rescue Medley	1:11.54	2021	Isaac Keighran - Somerton
Men Open 100m Rescue Medley	1:07.91	2018	Rian Pate - Grange
Men U15 200m Super Lifesaver	2:50.51	2022	Jaylen Atkins - Seacliff
Men U17 200m Super Lifesaver	2:32.20	2010	Jake Nicholson - Grange
Men U19 200m Super Lifesaver	2:36.76	2019	Taj Ward - Somerton
Men Open 200m Super Lifesaver	2:27.15	2022	Taj Ward - Seacliff
Men U14 200m Obstacles	2:17.69	2019	Clancy Luscombe - Glenelg
Men U15 200m Obstacles	2:14.12	2017	Thomas Lightfoot - Somerton
Men U17 200m Obstacles	2:08.84	2022	Noah Pronk - West Beach
Men U19 200m Obstacles	2:09.60	2012	Patrick Cobiac - Brighton
Men Open 200m Obstacles	2:07.17	2018	Rian Pate - Grange
Men 30-34 200m Obstacles	2:29.33	2018	Sean McKenzie - Semaphore
Men 35-39 200m Obstacles	2:31.01	2021	Justin Clark - Seacliff
Men 40-44 200m Obstacles	2:18.54	2012	Damion Burrage - Brighton
Men 45-49 200m Obstacles	2:35.74	2022	Chris Velliaris - Grange
Men 50-54 200m Obstacles	2:26.65	2015	Norm Collins - West Beach
Men 55-59 200m Obstacles	2:32.20	2012	Grant Simpson - West Beach
Men 60-64 100m Obstacles	1:11.28	2017	Grant Simpson - West Beach
Men 65-69 100m Obstacles	1:13.11	2021	Grant Simpson - Grange
Men 70&O 100m Obstacles	1:22.45	2022	John Ellice-Flint – Henley
Men U14 50m Fins	20.30	2019	Keenan Gray - Seacliff
Men U15 50m Fins	20.46	2022	Jaylen Atkins - Seacliff
Men U17 50m Fins	18.39	2022	Keenan Gray - Seacliff
Men U19 50m Fins	18.36	2015	Joshua Smith - Henley
Men Open 50m Fins	18.26	2018	Rian Pate - Grange
Men 30-34 50m Fins	21.24	2023	Benjamin Edmonds – Grange
Men 35-39 50m Fins	22.91	2015	Christopher Velliaris - Grange
Men 40-44 50m Fins	22.29	2016	Christopher Velliaris - Grange



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Event	Time	Year	Athlete/Team
Men 45-49 50m Fins	23.16	2023	Christopher Velliaris – Grange
Men 50-54 50m Fins	24.70	2015	Colin Lindsay - West Beach
Men 55-59 50m Fins	25.35	2018	Andrew Lanyon - Henley
Men 60&O 50m Fins	24.08	2019	Grant Simpson - West Beach
Boys U11 50m Obstacles	26.37	2023	Blake Allan – Glenelg
Boys U12 100m Obstacles	1:10.20	2014	Joshua Thomas - Port Noarlunga
Boys U13 100m Obstacles	1:08.47	2018	Clancy Luscombe - Glenelg
Boys U11 50m Brick Carry (Fins)	35.37	2022	Harrison Robb - Grange
Boys U12 50m Brick Carry	40.19	2014	Joshua Thomas - Port Noarlunga
Boys U13 50m Brick Carry	35.03	2018	Clancy Luscombe - Glenelg
Boys U11 50m Fins	28.14	2022	Harrison Robb - Grange
Boys U12 50m Fins	24.93	2014	Joshua Thomas - Port Noarlunga
Boys U13 50m Fins	24.57	2018	Clancy Luscombe - Glenelg
Girls U11 50m Obstacles	36.77	2023	Mia Weston – Glenelg
Girls U12 100m Obstacles	1:12.25	2018	Katie Natt - Seacliff
Girls U13 100m Obstacles	1:09.42	2023	Jade Rocca – West Beach
Girls U11 50m Brick Carry (Fins)	36.44	2022	Emily Findlay - Glenelg
Girls U12 50m Brick Carry	40.59	2023	Laura Bastiaans – Seacliff
Girls U13 50m Brick Carry	36.61	2023	Jade Rocca – West Beach
Girls U11 50m Fins	27.46	2022	Emily Findlay - Glenelg
Girls U12 50m Fins	26.00	2023	Sutton Miller – Brighton
Girls U13 50m Fins	24.92	2017	Kiana Pearce - West Beach
Boys U13 4x50m Obstacle Relay	2:18.90	2022	C.Illmer, J Potter, O Dingwall, L Lines – West Beach
Men U15 4x50m Obstacle Relay	1:58.43	2022	A Murray, J Corbett, J Atkins, L Larven- SA State Team
Men U19 4x50m Obstacle Relay	1:55.09	2022	K Gray, N Pronk, C Maggs, L Miller - SA State Team
Men Open 4x50m Obstacle Relay	1:47.56	2018	R Pate, B Hope, J Semmens, B Edmonds- Grange
Men 120+ 4x50m Obstacle Relay	2:03.81	2012	N Bigioli, N Lewis, S Simpson, C Velliaris
Men 200+ 4x50m Obstacle Relay	2:13.81	2018	Plouffe, Fielder, Lanydon, Ellice-Flint
Girls U13 4x50m Obstacle Relay	2:21.66	2018	Grange
Women U15 4x50m Obstacle Relay	2:06.65	2018	H Deacon, G Materne, L Derbyshire, E Merchant - SA State Team



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Event	Time	Year	Athlete/Team
Women U19 4x50m Obstacle Relay	2:10.42	2018	L Snell, L McDonald, N Mader, K Bedford - SA State Team
Women Open 4x50m Obstacle Relay	2:10.42	2018	L Snell, L McDonald, N Mader, K Bedford - SA State Team
Women 120+ 4x50m Obstacle Relay	2:14.67	2022	E Goldie, L Nazimi, J Ireland, J Varney – West Beach
Women 200+ 4x50m Obstacle Relay	2:46.88	2018	J Sutcliffe, S Beaver, D Wearing, Goodfellow – West Beach
Boys U13 4x50m Medley Relay	2:12.68	2022	C. Illmer, J Potter, O Dingwall, L Lines – West Beach
Men U15 4x50m Medley Relay	1:48.37	2022	A Murray, J Corbett, J Atkins, L Larven - SA State Team
Men U19 4x50m Medley Relay	1:42.62	2017	L Spinner, B Hope, R Froud, L Merchant - SA State Team
Men Open 4x50m Medley Relay	1:36.22	2018	R Pate, B Hope, J Semmens, B Edmonds - Grange
Men 120+ 4x50m Medley Relay	1:52.50	2012	N Bigioli, N Lewis, S Simpson, C Velliaris - Grange
Men 200+ 4x50m Medley Relay	1:55.60	2012	Grange
Girls U13 4x50m Medley Relay	2:12.49	2018	Brighton
Women U15 4x50m Medley Relay	1:58.10	2018	H Deacon, G Materne, L Derbyshire, E Merchant - SA State Team
Women U19 4x50m Medley Relay	2:02.11	2022	K Natt, Z Reid, A Buck, L Beaumont - SA State Team
Women Open 4x50m Medley Relay	2:01.62	2017	B McArthur, C Twizell, J Varney, L Warrick - SA State Team
Women 120+ 4x50m Medley Relay	2:04.95	2018	S Goodwin, L Nazimi, Ireland, J Varney – West Beach
Women 200+ 4x50m Medley Relay	2:29.71	2018	J Sutcliffe, S Beaver, D Wearing, Goodfellow – West Beach
Men U15 4x25m Manikin Relay	1:39.59	2023	T Murphy, O Dingwall, J Rooney, F Sandercock - SA State Team
Men U19 4x25m Manikin Relay	1:28.65	2022	K Gray, N Pronk, C Maggs, L Miller - SA State Team
Men Open 4x25m Manikin Relay	1:24.02	2018	R Pate, B Hope, J Semmens, B Edmonds - Grange
Men 120+ 4x50m Manikin Relay	1:50.29	2018	Plouffe, Fielder, Lanydon, Ellice-Flint – Henley
Men 200+ 4x50m Manikin Relay	1:50.29	2018	Plouffe, Fielder, Lanydon, Ellice-Flint – Henley
Women U15 4x25m Manikin Relay	1:49.22	2022	S Potter, M Pronk, A Dingwall, R Hancock - SA State Team
Women U19 4x25m Manikin Relay	1:46.40	2021	C Dolan, B Dolan, E Morgan, C Bailey – Grange / Brighton
Women Open 4x25m Manikin Relay	1:46.40	2021	C Dolan, B Dolan, E Morgan, C Bailey – Grange / Brighton
Women 120+ 4x50m Manikin Relay	1:58.58	2021	S Goodwin, L Nazimi, B McArthur, J Varney – West Beach
Women 200+ 4x50m Manikin Relay	2:56.86	2018	J Sutcliffe, S Beaver, D Wearing, Goodfellow – West Beach
Boys U13 4x25m Brick Carry Relay	1:27.50	2022	C. Illmer, J Potter, O Dingwall, L Lines – West Beach
Girls U13 4x25m Brick Carry Relay	1:33.25	2018	Brighton



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Event	Time	Year	Athlete/Team
Boys U13 100m Patient Tow	1:13.85	2019	L Washington, N Pronk – West Beach SLSC
Girls U13 100m Patient Tow	1:13.01	2023	J Rocca, S Spagnoletti – West Beach SLSC
NGS U13 4x50m Obstacle Relay	2:13.49	2018	Glenelg
NGS U13 4x50m Medley Relay	2:07.00	2012	West Beach
NGS U13 4x25m Brick Carry Relay	1:31.98	2022	C Illmer, G Atanackovic, O Dingwall, I Beaumont – West Beach
Mixed U19 4x50m Lifesaver Relay	2:12.25	2022	K Natt, Z Reid, K Gray, N Pronk- SA State Team
Mixed Open 4x50m Lifesaver Relay	2:12.25	2022	K Natt, Z Reid, K Gray, N Pronk- SA State Team
Men 10x50m Interstate Relay	4:52.08	2023	T Murphy, O Dingwall, J Rooney, F Sandercock, N Pronk, T Tran, J Atkins, K Gray, F Luscombe, T Ward - SA State Team
Women 10x50m Interstate Relay	5:32.95	2022	S Potter, M Pronk, A Dingwall, R Hancock, K Natt, L Beaumont, A Buck, Z Reid, H Laird-Britton, L Nazimi SA State Team
Boys U11 10m Line Throw	15.33	2021	G Martel, A Smolicz-Van Breda – West Beach
Boys U12 10m Line Throw	13.06	2018	Grange
Boys U13 10m Line Throw	14.26	2018	Port Noarlunga
Girls U11 10m Line Throw	16.85	2021	J Rocca, Zoe Santos - Grange
Girls U12 10m Line Throw	15.87	2021	G Atanackovic, I Beaumont – West Beach
Girls U13 10m Line Throw	14.67	2018	Grange
Women U14 12.5m Line Throw	12.78	2017	Grange
Women U15 12.5m Line Throw	14.91	2017	Grange
Women U17 12.5m Line Throw	15.30	2023	A Buck, L Zampatti – Semaphore
Women U19 12.5m Line Throw	15.84	2021	C Dolan, B Dolan - Grange
Women Open 12.5m Line Throw	15.30	2023	A Buck, L Zampatti – Semaphore
Women 30-39 12.5m Line Throw	20.74	2022	B McArthur, L Nazimi – West Beach
Women 40-49 12.5m Line Throw	20.06	2022	J Day, S Warriner – Seacliff
Women 50-59 12.5m Line Throw	22.27	2022	M Malcolm, C Booth- Henley
Women 60&O 12.5m Line Throw	28.19	2017	Somerton
Men U14 12.5m Line Throw	11.07	2023	L Lines, T Murphy – Port Moana
Men U15 12.5m Line Throw	13.11	2013	Grange
Men U17 12.5m Line Throw	14.43	2015	Grange



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Men U19 12.5m Line Throw	11.94	2019	Brighton/Seacliff
Men Open 12.5m Line Throw	8.99	2022	T Ward, F Luscombe- Seacliff
Men 30-39 12.5m Line Throw	13.87	2021	Seacliff/South Port
Men 40-49 12.5m Line Throw	13.46	2023	C Nicholson, C Velliaris – Grange
Men 50-59 12.5m Line Throw	12.13	2018	C Nicholson, J Swan - Grange
Men 60&O 12.5m Line Throw	17.47	2022	D Hay, J McArthur – West Beach