

Bendigo Hawks Aquatic Inc.
Girls Long Course Records

as at 30th April 2026

10 & under				
50	Free	32.55	9-Nov-13	Harliai Curthoys-Davies at 2013 Victorian 7-10 Country Competition
100	Free	1:09.60	14-Dec-13	Harliai Curthoys-Davies at 2014 Victorian Age Championships
200	Free	2:40.95	14-Dec-13	Harliai Curthoys-Davies at 2014 Victorian Age Championships
400	Free	5:47.30	11-Aug-13	Emily Evans at 2013 Eaglehawk Winter Series - R2
800	Free	10:40:39.99	9-Dec-11	Not Set
1500	Free	10:40:39.99	9-Dec-11	Not Set
50	Back	38.04	23-Feb-13	Emily Evans at 2013 Country Interdistrict Competition
100	Back	1:19.98	7-Sep-13	Harliai Curthoys-Davies at 2013 SSA National Championships
200	Back	2:46.52	7-Jul-13	Emily Evans at 2013 Eaglehawk Winter Series - R1
50	Breast	43.86	24-Mar-12	Olivia Wright at 2012 All Junior Country Finals
100	Breast	1:38.18	17-Dec-11	Olivia Wright at 2012 Victorian Age Championships
200	Breast	3:37.23	11-Dec-11	Rochelle Vella at 2011 Bendigo Summer Swimming Carnival
50	Fly	36.37	24-Mar-12	Olivia Wright at 2012 All Junior Country Finals
100	Fly	1:26.78	10-Mar-13	Emily Evans at 2013 Bendigo Hawks Annual Scratch Meet
200	Fly	10:40:39.99	9-Dec-11	Not Set
200	IM	3:05.71	7-Jul-13	Emily Evans at 2013 Eaglehawk Winter Series - R1
400	IM	10:40:39.99	9-Dec-11	Not Set

11 year old				
50	Free	30.26	16-Feb-13	Olivia Wright at 2013 Victorian Sprint Championships
100	Free	1:07.89	18-Dec-12	Olivia Wright at 2013 Victorian Age Championships
200	Free	2:29.31	18-Dec-12	Olivia Wright at 2013 Victorian Age Championships
400	Free	5:23.13	21-Oct-12	Olivia Wright at 2012 Kyabram Long Course Meet
800	Free	10:40:39.99	9-Dec-11	Not Set
1500	Free	10:40:39.99	9-Dec-11	Not Set
50	Back	36.05	24-Jan-14	Emily Evans at 2014 Victorian Country Championships
100	Back	1:17.05	23-Feb-13	Olivia Wright at 2013 Country Interdistrict Competition
200	Back	2:46.51	14-Dec-13	Emily Evans at 2014 Victorian Age Championships
50	Breast	41.70	24-Mar-12	Nikaylah Spofforth at 2012 All Junior Country Finals
100	Breast	1:30.78	3-Mar-13	Olivia Wright at 2013 Central Victoria Swimming Championships
200	Breast	3:09.67	16-Sep-12	Nikaylah Spofforth at 2012 Eaglehawk Winter Series - Round 3
50	Fly	31.85	16-Feb-13	Olivia Wright at 2013 Victorian Sprint Championships
100	Fly	1:13.32	23-Feb-13	Olivia Wright at 2013 Country Interdistrict Competition
200	Fly	2:59.72	18-Dec-12	Olivia Wright at 2013 Victorian Age Championships
200	IM	2:42.91	18-Dec-12	Olivia Wright at 2013 Victorian Age Championships
400	IM	5:56.62	10-Feb-13	Olivia Wright at 2013 Surrey Park LC Meet

12 year old				
50	Free	29.73	14-Dec-13	Olivia Wright at 2014 Victorian Age Championships
100	Free	1:04.33	14-Dec-13	Olivia Wright at 2014 Victorian Age Championships
200	Free	2:23.12	14-Dec-13	Olivia Wright at 2014 Victorian Age Championships
400	Free	5:02.81	3-Nov-13	Olivia Wright at 2013 Surrey Park LC Meet
800	Free	10:32.39	23-Nov-13	Olivia Wright at 2013 Bendigo Hawks Aquatic Distance Meet
1500	Free	10:40:39.99	9-Dec-11	Not Set
50	Back	36.10	14-Dec-13	Olivia Wright at 2014 Victorian Age Championships
100	Back	1:15.40	14-Dec-13	Olivia Wright at 2014 Victorian Age Championships
200	Back	2:44.66	14-Dec-13	Olivia Wright at 2014 Victorian Age Championships
50	Breast	40.26	18-Mar-23	Ruby Cullen at 2023 Victorian Country All Junior Competition
100	Breast	1:26.92	24-Jan-14	Olivia Wright at 2014 Victorian Country Championships
200	Breast	3:09.62	9-Mar-23	Ruby Cullen at 2023 Victorian Age LC Championships
50	Fly	32.10	7-Jul-13	Olivia Wright at 2013 Eaglehawk Winter Series - R1
100	Fly	1:09.70	14-Dec-13	Olivia Wright at 2014 Victorian Age Championships
200	Fly	2:45.11	14-Dec-13	Olivia Wright at 2014 Victorian Age Championships
200	IM	2:36.47	14-Dec-13	Olivia Wright at 2014 Victorian Age Championships
400	IM	5:38.82	3-Nov-13	Olivia Wright at 2013 Surrey Park LC Meet

13 year old				
50	Free	29.38	13-Jan-24	Emily McMillan at 2024 Victorian Sprint Championships
100	Free	1:04.79	20-Jan-24	Emily McMillan at 2024 Victorian Country LC Championships
200	Free	2:34.97	21-Oct-23	Josie Simmons at 2023 Ballarat Skoda Top Five Series- Meet 4
400	Free	5:22.12	1-Mar-26	Luella Webb at 2026 Central Victoria Swimming Championships
800	Free	10:40:39.99	9-Dec-11	Not Set
1500	Free	10:40:39.99	9-Dec-11	Not Set
50	Back	35.04	16-Mar-24	Emily McMillan at 2024 Victorian Country All Junior Competition
100	Back	1:17.40	20-Jan-24	Emily McMillan at 2024 Victorian Country LC Championships
200	Back	2:54.67	22-Oct-23	Emily McMillan at 2023 Ballarat Gold Long Course Meet
50	Breast	37.47	10-Apr-25	Lucy Pascoe at 2025 Australian Age and MC Championships
100	Breast	1:20.71	18-Jan-25	Lucy Pascoe at 2025 Victorian Country LC Championships
200	Breast	2:53.87	10-Apr-25	Lucy Pascoe at 2025 Australian Age and MC Championships
50	Fly	31.88	10-Aug-14	Olivia Wright at 2014 Eaglehawk Winter Series - Round 2
100	Fly	1:13.15	18-Jan-25	Charli McConvill at 2025 Victorian Country LC Championships
200	Fly	2:53.61	14-Dec-24	Charli McConvill at 2025 Victorian Age LC Championships
200	IM	2:36.40	17-Mar-25	Lucy Pascoe at 2025 Vic Last Chance National Qualifying Comp
400	IM	5:52.72	14-Dec-24	Lucy Pascoe at 2025 Victorian Age LC Championships

14 year old				
50	Free	29.37	2-Mar-19	Arkie Donnelly at 2019 Country All Junior Finals
100	Free	1:04.02	14-Dec-24	Emily McMillan at 2025 Victorian Age LC Championships
200	Free	2:28.51	13-Oct-24	Emily McMillan at 2024 Kyabram Long Course Meet
400	Free	5:20.00	10-Jan-14	Amelia Beaton at 2014 SA Country Championships
800	Free	11:10.26	10-Jan-14	Amelia Beaton at 2014 SA Country Championships
1500	Free	10:40:39.99	9-Dec-11	Not Set
50	Back	35.16	2-Feb-25	Emily McMillan at 2025 Maryborough Swim Meet
100	Back	1:16.19	14-Dec-24	Emily McMillan at 2025 Victorian Age LC Championships
200	Back	2:53.62	20-Oct-24	Emily McMillan at 2024 Echuca Long Course Meet
50	Breast	37.64	8-Feb-26	Morgan Westbrook at 2026 Essendon Aquatic National Prep Meet
100	Breast	1:21.84	16-Jan-26	Lucy Pascoe at 2026 Victorian Country LC Championships
200	Breast	2:57.42	13-Feb-26	Lucy Pascoe at 2026 Mattioli Victorian Open LC Championships
50	Fly	32.10	10-Dec-25	Charli McConvill at 2025 Victorian Age LC Championships
100	Fly	1:11.30	8-Feb-26	Charli McConvill at 2026 Essendon Aquatic National Prep Meet
200	Fly	2:37.18	10-Dec-25	Charli McConvill at 2025 Victorian Age LC Championships
200	IM	2:39.44	16-Jan-26	Lucy Pascoe at 2026 Victorian Country LC Championships
400	IM	6:23.91	27-Nov-21	Riley Sterenberg at 2021 Wangaratta and Wodonga City Long Course

15 year old				
50	Free	29.68	16-Feb-13	Zoe Deed at 2013 Victorian Sprint Championships
100	Free	1:06.57	22-Nov-14	Amelia Beaton at 2014 Victorian Qualifying Meet
200	Free	2:29.35	10-Sep-16	Alia Melgin-Hill at 2016 NAB Top Five Series - Meet 4
400	Free	5:17.59	3-Nov-24	Josie Simmons at 2024 Surrey Park Long Course Meet
800	Free	11:01.24	1-Nov-24	Josie Simmons at 2024 Midlands District 800m Distance Meet
1500	Free	22:19.57	22-Feb-25	Josie Simmons at 2025 MSC Geelong Summer Splash
50	Back	34.79	16-Feb-13	Lily Burke at 2013 Victorian Sprint Championships
100	Back	1:18.86	8-Feb-26	Evie Webb at 2026 Essendon Aquatic National Prep Meet
200	Back	10:40:39.99	9-Dec-11	Not Set
50	Breast	36.48	16-Feb-13	Lily Burke at 2013 Victorian Sprint Championships
100	Breast	1:20.59	24-Mar-13	Lily Burke at 2013 ASTCA & MLC National Qualifying Meet
200	Breast	2:57.26	24-Mar-13	Lily Burke at 2013 ASTCA & MLC National Qualifying Meet
50	Fly	32.19	16-Feb-13	Zoe Deed at 2013 Victorian Sprint Championships
100	Fly	1:11.79	23-Apr-26	Charli McConvill at 2026 SSV Swimming Championships
200	Fly	3:11.33	26-Nov-22	Riley Sterenberg at 2022 Wangaratta & Wodonga City Long Course
200	IM	2:46.57	10-Feb-13	Lily Burke at 2013 Surrey Park LC Meet
400	IM	6:36.74	16-Sep-12	Zoe Deed at 2012 Eaglehawk Winter Series - Round 3

16 year old				
50	Free	29.52	14-Dec-13	Zoe Deed at 2014 Victorian Age Championships
100	Free	1:07.38	24-Jan-14	Zoe Deed at 2014 Victorian Country Championships
200	Free	2:30.11	7-Aug-16	Alia Melgin-Hill at 2016 Eaglehawk Winter Series - Round 2
400	Free	5:21.56	22-Oct-16	Alia Melgin-Hill at 2016 Long Course Distance Competition
800	Free	11:31.10	17-Nov-23	Riley Sterenberg at 2023 Victoria LC Distance Time Trial
1500	Free	10:40:39.99	9-Dec-11	Not Set
50	Back	36.07	11-Feb-17	Alia Melgin-Hill at 2017 Victorian Sprint Championships
100	Back	1:17.36	27-Jan-17	Alia Melgin-Hill at 2017 Victorian Country Swimming Championships
200	Back	2:47.64	22-Oct-16	Alia Melgin-Hill at 2016 Long Course Distance Competition
50	Breast	36.89	27-Mar-13	Lily Burke at 2013 School Sport Victoria Finals
100	Breast	1:21.69	8-Apr-13	Lily Burke at 2013 Australian Age Championships
200	Breast	2:59.28	10-Dec-16	Alia Melgin-Hill at 2017 Victorian Age Championships
50	Fly	33.48	15-Sep-13	Lily Burke at 2013 Eaglehawk Winter Series - R3
100	Fly	1:14.58	14-Dec-13	Zoe Deed at 2014 Victorian Age Championships
200	Fly	3:03.10	10-Sep-16	Grace Beckmans at 2016 NAB Top Five Series - Meet 4
200	IM	2:42.17	27-Mar-13	Lily Burke at 2013 School Sport Victoria Finals
400	IM	10:40:39.99	9-Dec-11	Not Set

17 year old				
50	Free	30.12	25-Feb-12	Emma Lau at 2012 Country Interdistrict Competition
100	Free	1:07.87	4-Mar-12	Emma Lau at 2012 Central Victoria Swimming Championships
200	Free	2:27.12	18-Apr-18	Alia Melgin-Hill at 2018 School Sport Victoria Com
400	Free	5:35.86	23-Nov-24	Riley Sterenberg at 2024 Victorian Qualifying Competition
800	Free	11:22.30	1-Nov-24	Riley Sterenberg at 2024 Midlands District 800m Distance Meet
1500	Free	23:29.64	29-Nov-24	Riley Sterenberg at 2024 MDASA 1500m Freestyle Distance Meet
50	Back	34.69	18-Apr-18	Alia Melgin-Hill at 2018 School Sport Victoria Com
100	Back	1:16.36	26-Jan-18	Alia Melgin-Hill at 2018 Victorian Country Championships
200	Back	10:40:39.99	9-Dec-11	Not Set
50	Breast	38.41	18-Nov-17	Alia Melgin-Hill at 2018 Victorian Sprint Championships
100	Breast	1:22.31	26-Jan-18	Alia Melgin-Hill at 2018 Victorian Country Championships
200	Breast	3:01.55	26-Jan-18	Alia Melgin-Hill at 2018 Victorian Country Championships
50	Fly	32.81	18-Nov-17	Grace Beckmans at 2018 Victorian Sprint Championships
100	Fly	1:18.43	24-Jan-15	Zoe Deed at 2015 Victorian Country Championships
200	Fly	10:40:39.99	9-Dec-11	Not Set
200	IM	2:45.29	26-Jan-18	Alia Melgin-Hill at 2018 Victorian Country Championships
400	IM	6:30.44	23-Nov-24	Riley Sterenberg at 2024 Victorian Qualifying Competition

18 & over				
50	Free	28.20	22-Feb-14	Kahlia Marsh at 2014 Country Interdistrict Competition
100	Free	1:00.91	24-Jan-14	Kahlia Marsh at 2014 Victorian Country Championships
200	Free	2:09.79	24-Jan-14	Kahlia Marsh at 2014 Victorian Country Championships
400	Free	4:34.15	24-Jan-14	Kahlia Marsh at 2014 Victorian Country Championships
800	Free	9:27.91	22-Nov-14	Kahlia Marsh at 2014 Victorian Qualifying Meet
1500	Free	18:31.04	22-Nov-14	Kahlia Marsh at 2014 Victorian Qualifying Meet
50	Back	33.27	24-Jan-15	Kahlia Marsh at 2015 Victorian Country Championships
100	Back	1:14.67	30-Mar-14	Kahlia Marsh at 2014 Bendigo vs Ballarat Swimming Showdown
200	Back	2:38.47	30-Mar-14	Kahlia Marsh at 2014 Bendigo vs Ballarat Swimming Showdown
50	Breast	36.60	16-Jan-15	Kahlia Marsh at 2015 Victorian Open Championships
100	Breast	1:19.38	16-Jan-15	Kahlia Marsh at 2015 Victorian Open Championships
200	Breast	2:47.79	24-Jan-15	Kahlia Marsh at 2015 Victorian Country Championships
50	Fly	30.79	24-Jan-15	Kahlia Marsh at 2015 Victorian Country Championships
100	Fly	1:08.67	24-Jan-15	Kahlia Marsh at 2015 Victorian Country Championships
200	Fly	2:28.84	24-Jan-14	Kahlia Marsh at 2014 Victorian Country Championships
200	IM	2:28.83	24-Jan-14	Kahlia Marsh at 2014 Victorian Country Championships
400	IM	5:12.53	24-Jan-14	Kahlia Marsh at 2014 Victorian Country Championships

Open				
50	Free	28.20	22-Feb-14	Kahlia Marsh at 2014 Country Interdistrict Competition
100	Free	1:00.91	24-Jan-14	Kahlia Marsh at 2014 Victorian Country Championships
200	Free	2:09.79	24-Jan-14	Kahlia Marsh at 2014 Victorian Country Championships
400	Free	4:34.15	24-Jan-14	Kahlia Marsh at 2014 Victorian Country Championships
800	Free	9:27.91	22-Nov-14	Kahlia Marsh at 2014 Victorian Qualifying Meet
1500	Free	18:31.04	22-Nov-14	Kahlia Marsh at 2014 Victorian Qualifying Meet
50	Back	33.27	24-Jan-15	Kahlia Marsh at 2015 Victorian Country Championships
100	Back	1:14.67	30-Mar-14	Kahlia Marsh at 2014 Bendigo vs Ballarat Swimming Showdown
200	Back	2:38.47	30-Mar-14	Kahlia Marsh at 2014 Bendigo vs Ballarat Swimming Showdown
50	Breast	36.48	16-Feb-13	Lily Burke at 2013 Victorian Sprint Championships
100	Breast	1:19.38	16-Jan-15	Kahlia Marsh at 2015 Victorian Open Championships
200	Breast	2:47.79	24-Jan-15	Kahlia Marsh at 2015 Victorian Country Championships
50	Fly	30.79	24-Jan-15	Kahlia Marsh at 2015 Victorian Country Championships
100	Fly	1:08.67	24-Jan-15	Kahlia Marsh at 2015 Victorian Country Championships
200	Fly	2:28.84	24-Jan-14	Kahlia Marsh at 2014 Victorian Country Championships
200	IM	2:28.83	24-Jan-14	Kahlia Marsh at 2014 Victorian Country Championships
400	IM	5:12.53	24-Jan-14	Kahlia Marsh at 2014 Victorian Country Championships