

FINA 18th LC World Champs 2019 @ Gwangju - 2019-08-12 to 2019-08-18

Nambu University Municipal Aquatics Center 50m indoor pool

Results

Event 1 Women 40-44 800 LC Meter Freestyle

WORLD record: 8:59.06 W 2011-06-11 Janet EVANS USA

SAMS record: 9:55.35 S 2010-07-31 Amanda Picard (Got)

10:03.51 40-44 SAQT SAMS Colours 2019-20

10:45.76 40-44 CGQT GMS Colours 2019-20

Name	Age	Team	Finals Time			
6 Hambloch, Carina	40	Synergy MSC-ET	J10:48.49			
	34.95	1:14.19 (39.24)	1:53.83 (39.64)	2:34.29 (40.46)		
	3:14.23 (39.94)	3:54.75 (40.52)	4:34.90 (40.15)	5:15.73 (40.83)		
	5:56.20 (40.47)	6:37.32 (41.12)	7:18.64 (41.32)	8:00.06 (41.42)		
	8:42.05 (41.99)	9:24.39 (42.34)	10:06.78 (42.39)	10:48.49 (41.71)		

Event 1 Women 55-59 800 LC Meter Freestyle

WORLD record: 9:44.76 W 2017-02-25 Lynn MARSHALL CAN

SAMS record: 10:29.29 S 2016-02-21 Cecilia Stanford (Stb) CPTW-WP

10:42.17 55-59 SAQT SAMS Colours 2019-20

11:27.12 55-59 CGQT GMS Colours 2019-20

9 Fuchs, Mandi	55	Cape Town MSC-CP	J12:58.21			
	41.01	1:27.94 (46.93)	2:16.89 (48.95)	3:04.96 (48.07)		
	3:54.72 (49.76)	4:43.96 (49.24)	5:34.49 (50.53)	6:23.89 (49.40)		
	7:13.78 (49.89)	8:03.82 (50.04)	8:54.10 (50.28)	9:43.44 (49.34)		
	10:33.54 (50.10)	11:22.55 (49.01)	12:11.60 (49.05)	12:58.21 (46.61)		

Event 2 Men 50-54 800 LC Meter Freestyle

WORLD record: 8:55.05 W 2010-07-31 Marcus MATTIOLI BRA

SAMS record: 9:16.33 S 2019-03-23 Gary Albertyn (PE) COEL-TSH

9:33.21 50-54 SAQT SAMS Colours 2019-20

10:13.33 50-54 CGQT GMS Colours 2019-20

4 Albertyn, Gary	50	Coelacanth MSC-TS	J9:11.92 S SAQT			
	31.44	1:06.02 (34.58)	1:40.77 (34.75)	2:15.75 (34.98)		
	2:50.77 (35.02)	3:25.90 (35.13)	4:01.10 (35.20)	4:36.22 (35.12)		
	5:11.13 (34.91)	5:46.50 (35.37)	6:21.48 (34.98)	6:56.67 (35.19)		
	7:31.56 (34.89)	8:06.47 (34.91)	8:40.64 (34.17)	9:11.92 (31.28)		

Event 2 Men 60-64 800 LC Meter Freestyle

WORLD record: 9:29.70 W 2018-08-12 Andrew BRAY USA

SAMS record: 10:24.34 S 2018-03-14 Mike Semple (Pta) MEGA-EKU

10:11.35 60-64 SAQT SAMS Colours 2019-20

10:54.14 60-64 CGQT GMS Colours 2019-20

7 Upneck, Russell	63	Synergy MSC-ET	J11:21.46			
	36.53	1:16.20 (39.67)	1:57.50 (41.30)	2:39.78 (42.28)		
	3:22.69 (42.91)	4:05.04 (42.35)	4:47.91 (42.87)	5:30.99 (43.08)		
	6:14.50 (43.51)	6:57.91 (43.41)	7:42.13 (44.22)	8:25.88 (43.75)		
	9:09.79 (43.91)	9:53.67 (43.88)	10:38.96 (45.29)	11:21.46 (42.50)		
20 Lotkin, Roy	60	Waterborn SCM-JH	J13:05.52			
	44.70	1:35.49 (50.79)	2:27.82 (52.33)	3:19.54 (51.72)		
	4:10.44 (50.90)	5:00.43 (49.99)	5:50.50 (50.07)	6:39.89 (49.39)		
	7:29.64 (49.75)	8:18.65 (49.01)	9:07.61 (48.96)	9:56.20 (48.59)		
	10:44.87 (48.67)	11:32.91 (48.04)	12:20.04 (47.13)	13:05.52 (45.48)		

Event 2 Men 65-69 800 LC Meter Freestyle

WORLD record: 10:11.30 W 2015-06-14 Jim MCCONICA USA

SAMS record: 11:20.48 S 2017-02-21 Tim Shead (CT) CPTW-WP

11:04.49 65-69 SAQT SAMS Colours 2019-20

11:51.00 65-69 CGQT GMS Colours 2019-20

20 Sundelowitz, Selwyn	69	Coelacanth MSC-TS	J13:26.18			
	45.88	1:35.06 (49.18)	2:26.14 (51.08)	3:17.60 (51.46)		
	4:09.01 (51.41)	5:00.82 (51.81)	5:52.56 (51.74)	6:44.72 (52.16)		
	7:36.03 (51.31)	8:27.35 (51.32)	9:17.82 (50.47)	10:08.06 (50.24)		
	10:58.46 (50.40)	11:48.94 (50.48)	12:38.42 (49.48)	13:26.18 (47.76)		

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Event 2 Men 70-74 800 LC Meter Freestyle

WORLD record: 10:37.71 W 2018-07-28 Dan KIRKLAND USA

SAMS record: 12:13.89 S 2008-04-18 David McLachlan (Per)

11:49.26 70-74 SAQT SAMS Colours 2019-20

12:38.91 70-74 CGQT GMS Colours 2019-20

8	Mitchell, Tocher	72	Wahoo MSC-JH		J13:55.65
	45.96	1:36.25 (50.29)	2:27.63 (51.38)	3:19.87 (52.24)	
	4:12.87 (53.00)	5:05.76 (52.89)	5:59.17 (53.41)	6:52.85 (53.68)	
	7:47.12 (54.27)	8:40.77 (53.65)	9:34.70 (53.93)	10:28.37 (53.67)	
	11:21.69 (53.32)	12:14.84 (53.15)	13:07.21 (52.37)	13:55.65 (48.44)	
15	Swanepoel, Pieter	70	Coelacanth MSC-TS		J15:50.92
	49.83	1:48.63 (58.80)	2:50.22 (1:01.59)	3:52.13 (1:01.91)	
	4:56.61 (1:04.48)	5:55.04 (58.43)	6:55.96 (1:00.92)	7:57.75 (1:01.79)	
	8:57.84 (1:00.09)	9:59.03 (1:01.19)	10:58.05 (59.02)	11:58.82 (1:00.77)	
	12:59.46 (1:00.64)	14:00.03 (1:00.57)	14:58.73 (58.70)	15:50.92 (52.19)	

Event 3 Men 30-34 200 LC Meter Backstroke

WORLD record: 2:02.75 W 2000-11-24 Rogerio ROMERO BRA

SAMS record: 2:19.38 S 2013-03-16 David Glover (PE)

2:14.85 30-34 SAQT SAMS Colours 2019-20

2:24.29 30-34 CGQT GMS Colours 2019-20

---	Bouwer, Shaun	31	Coelacanth MSC-TS		DQ
	Swimmer did not finish				

Event 3 Men 50-54 200 LC Meter Backstroke

WORLD record: 2:14.53 W 2017-08-05 Nicolas GRANGER USA

SAMS record: 2:25.84 S 2019-03-22 Gary Albertyn (PE) COEL-TSH

2:27.62 50-54 SAQT SAMS Colours 2019-20

2:37.95 50-54 CGQT GMS Colours 2019-20

1	Albertyn, Gary	50	Coelacanth MSC-TS		2:23.26 S SAQT
	33.99	1:09.75 (35.76)	1:46.52 (36.77)	2:23.26 (36.74)	

Event 3 Men 55-59 200 LC Meter Backstroke

WORLD record: 2:22.68 W 2015-08-07 Craig PETERSEN USA

SAMS record: 2:33.29 S 2007-06-16 Tim Shead (Man)

2:33.54 55-59 SAQT SAMS Colours 2019-20

2:44.29 55-59 CGQT GMS Colours 2019-20

9	Orton, Nick	56	Cape Town MSC-CP		J2:51.95
	37.73	1:21.51 (43.78)	2:07.77 (46.26)	2:51.95 (44.18)	

Event 3 Men 60-64 200 LC Meter Backstroke

WORLD record: 2:28.37 W 2018-09-01 Djan MADRUGA BRA

SAMS record: 2:34.00 S 2012-03-17 Tim Shead (CT)

2:41.06 60-64 SAQT SAMS Colours 2019-20

2:52.33 60-64 CGQT GMS Colours 2019-20

4	Winfield, Mike	64	Cape Town MSC-CP		J2:47.49 CGQT
	37.63	1:19.78 (42.15)	2:03.96 (44.18)	2:47.49 (43.53)	
12	Lotkin, Roy	60	Waterborn SCM-JH		J3:40.53
	51.16	1:47.62 (56.46)	2:45.20 (57.58)	3:40.53 (55.33)	

Event 3 Men 65-69 200 LC Meter Backstroke

WORLD record: 2:37.16 W 2018-06-16 Lawrence DAY USA

SAMS record: 2:39.69 S 2017-08-15 Tim Shead (Bud) CPTW-WP

2:53.73 65-69 SAQT SAMS Colours 2019-20

3:05.89 65-69 CGQT GMS Colours 2019-20

11	Sundelowitz, Selwyn	69	Coelacanth MSC-TS		J3:45.08
	56.21	1:53.39 (57.18)	2:49.94 (56.55)	3:45.08 (55.14)	
---	Shead, Tim	67	Cape Town MSC-CP		NS

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Event 3 Men 70-74 200 LC Meter Backstroke

WORLD record: 2:44.59 W 2013-08-09 Richard BURNS USA

SAMS record: 3:09.43 S 2014-02-15 Jimmy Hughes (Dbn)

3:06.96 70-74 SAQT SAMS Colours 2019-20

3:19.94 70-74 CGQT GMS Colours 2019-20

--- Mitchell, Tocher 72 Wahoo MSC-JH NS

Event 4 Women 40-44 200 LC Meter Backstroke

WORLD record: 2:23.18 W 2009-08-06 Jody SMITH USA

SAMS record: 2:41.65 S 3-2005 Annemarie Dressler (Grm)

2:38.13 40-44 SAQT SAMS Colours 2019-20

2:49.20 40-44 CGQT GMS Colours 2019-20

6 Hambloch, Carina 40 Synergy MSC-ET J2:44.93 CGQT
37.66 1:19.00 (41.34) 2:01.95 (42.95) 2:44.93 (42.98)

7 Cadiz, Perry 43 Cape Town MSC-CP J2:46.65 CGQT
37.28 1:18.21 (40.93) 2:02.16 (43.95) 2:46.65 (44.49)

Event 4 Women 45-49 200 LC Meter Backstroke

WORLD record: 2:24.06 W 2016-05-28 Joanna CORBEN GBR

SAMS record: 2:43.79 S 2006-08-05 Cecilia Stanford (San)

2:40.25 45-49 SAQT SAMS Colours 2019-20

2:51.47 45-49 CGQT GMS Colours 2019-20

7 Engela, Norelle 47 Cape Town MSC-CP J2:49.97 CGQT
37.20 1:19.66 (42.46) 2:04.90 (45.24) 2:49.97 (45.07)

Event 4 Women 75-79 200 LC Meter Backstroke

WORLD record: 3:16.80 W 2019-04-28 Clary MUNNS AUS

SAMS record: 3:36.15 S 2019-03-22 Geraldine Janssens (PE) FINS-MPD

3:53.66 75-79 SAQT SAMS Colours 2019-20

4:10.02 75-79 CGQT GMS Colours 2019-20

2 Janssens, Geraldine 75 Fins SCM-MP J3:34.02 S SAQT
47.83 1:42.12 (54.29) 2:39.07 (56.95) 3:34.02 (54.95)

Event 5 Men 25-29 100 LC Meter Freestyle

WORLD record: 50.45 W 2013-06-07 Matthew MCGINNIS USA

SAMS record: 52.16 S 2013-03-13 Chris King (PE)

52.86 25-29 SAQT SAMS Colours 2019-20

56.56 25-29 CGQT GMS Colours 2019-20

38 Winfield, Philip 25 Cape Town MSC-CP J1:00.32
28.18 1:00.32 (32.14)

Event 5 Men 40-44 100 LC Meter Freestyle

WORLD record: 51.21 W 2018-07-14 Hideaki HARA JPN

SAMS record: 53.84 S 2016-03-18 Bradley Reen (Dbn) AQUB-EP

54.93 40-44 SAQT SAMS Colours 2019-20

58.78 40-44 CGQT GMS Colours 2019-20

1 Allan, Marc 42 Synergy MSC-ET 53.49 S SAQT
25.40 53.49 (28.09)

Event 5 Men 50-54 100 LC Meter Freestyle

WORLD record: 54.15 W 2017-06-30 Nicolas GRANGER FRA

SAMS record: 54.36 S 2015-03-19 Calvin Maughan (Jhb) CPTW-WP

57.40 50-54 SAQT SAMS Colours 2019-20

1:01.42 50-54 CGQT GMS Colours 2019-20

5 Kruger, Harald 52 Cape Town MSC-CP J59.23 CGQT
28.04 59.23 (31.19)

6 Taylor, Robbie 50 Cape Town MSC-CP J59.47 CGQT
28.16 59.47 (31.31)

FINA 18th LC World Champs 2019 @ Gwangju - 2019-08-12 to 2019-08-18

Nambu University Municipal Aquatics Center 50m indoor pool

Results

(Event 5 Men 50-54 100 LC Meter Freestyle)

10	McLeRoth, Greg	52	Cape Town MSC-CP	J59.75	CGQT
	28.22	59.75	(31.53)		
22	Durrant, Gary	53	Coelacanth MSC-TS	J1:07.03	
	30.37	1:07.03	(36.66)		
43	Boullé, Juan	52	Synergy MSC-ET	J1:14.68	
	34.18	1:14.68	(40.50)		

Event 5 Men 55-59 100 LC Meter Freestyle

WORLD record:	56.00	W	2019-02-24	Calvin MAUGHAN	RSA
SAMS record:	55.63	S	2019-01-20	Calvin Maughan (Stb)	CPTW-CPT
	59.19			55-59 SAQT SAMS Colours 2019-20	
	1:03.33			55-59 CGQT GMS Colours 2019-20	
1	Maughan, Calvin	55	Cape Town MSC-CP	56.90	SAQT
	27.33	56.90	(29.57)		

Event 5 Men 60-64 100 LC Meter Freestyle

WORLD record:	57.79	W	2014-06-14	Jack GROSELLE	USA
SAMS record:	59.76	S	2016-03-18	Andre Steynberg (Dbn)	WAHO-CG
	1:01.43			60-64 SAQT SAMS Colours 2019-20	
	1:05.73			60-64 CGQT GMS Colours 2019-20	
9	Winfield, Mike	64	Cape Town MSC-CP	J1:09.61	
	32.70	1:09.61	(36.91)		

Event 5 Men 65-69 100 LC Meter Freestyle

WORLD record:	1:00.38	W	2010-08-12	Richard ABRAHAMS	USA
SAMS record:	1:05.10	S	2017-03-16	Tim Shead (EL)	CPTW-WP
	1:04.91			65-69 SAQT SAMS Colours 2019-20	
	1:09.45			65-69 CGQT GMS Colours 2019-20	
13	van Niekerk, Johan	66	Coelacanth MSC-TS	J1:17.43	
	36.12	1:17.43	(41.31)		

Event 5 Men 70-74 100 LC Meter Freestyle

WORLD record:	1:03.32	W	2015-08-08	David QUIGGIN	USA
SAMS record:	1:07.36	S	2019-03-22	Terry Downes (PE)	COEL-TSH
	1:08.51			70-74 SAQT SAMS Colours 2019-20	
	1:13.31			70-74 CGQT GMS Colours 2019-20	
14	Swanepoel, Pieter	70	Coelacanth MSC-TS	J1:32.42	
	39.77	1:32.42	(52.65)		

Event 6 Women 40-44 100 LC Meter Freestyle

WORLD record:	58.04	W	2013-06-08	Erika BRAUN	USA
SAMS record:	1:00.39	S	6-2004	Bev McCarney (Ric)	
	1:02.48			40-44 SAQT SAMS Colours 2019-20	
	1:06.85			40-44 CGQT GMS Colours 2019-20	
7	Cadiz, Perry	43	Cape Town MSC-CP	J1:03.53	CGQT
	30.44	1:03.53	(33.09)		

Event 6 Women 70-74 100 LC Meter Freestyle

WORLD record:	1:11.49	W	2019-03-22	Sanderina KRUGER	RSA
SAMS record:	1:11.49	S	2019-03-22	Sanderina Kruger (PE)	CPTW-CPT
	1:22.55			70-74 SAQT SAMS Colours 2019-20	
	1:28.33			70-74 CGQT GMS Colours 2019-20	
1	Kruger, Sanderina	70	Cape Town MSC-CP	1:15.31	SAQT
	35.90	1:15.31	(39.41)		

FINA 18th LC World Champs 2019 @ Gwangju - 2019-08-12 to 2019-08-18

Nambu University Municipal Aquatics Center 50m indoor pool

Results

Event 7 Men 45-49 100 LC Meter Breaststroke

WORLD record:	1:04.99	W	2019-05-24	Steven WEST	USA	
SAMS record:	1:10.77	S	2014-08-04	Graeme Fiser (Mon)	CPTW-WP	
	1:10.34			45-49 SAQT SAMS Colours 2019-20		
	1:15.26			45-49 CGQT GMS Colours 2019-20		
---	Gilbert, Oliver		49	Cape Town MSC-CP		DQ
	More than one butterfly kick during the first arm stroke after start or turn					
	37.28			DQ (41.66)		

Event 7 Men 55-59 100 LC Meter Breaststroke

WORLD record:	1:07.95	W	2018-07-14	C.Arturo TRAVAINI	ITA	
SAMS record:	1:11.13	S	2008-04-19	Tim Shead (Per)		
	1:15.41			55-59 SAQT SAMS Colours 2019-20		
	1:20.69			55-59 CGQT GMS Colours 2019-20		
7	du Toit, Graham		59	Cape Town MSC-CP		J1:21.44
	38.38			1:21.44 (43.06)		

Event 7 Men 65-69 100 LC Meter Breaststroke

WORLD record:	1:14.77	W	2017-08-05	Rick COLELLA	USA	
SAMS record:	1:17.52	S	2017-08-15	Tim Shead (Bud)	CPTW-WP	
	1:24.60			65-69 SAQT SAMS Colours 2019-20		
	1:30.52			65-69 CGQT GMS Colours 2019-20		
---	Shead, Tim		67	Cape Town MSC-CP		NS
---	van Heerden, Carel		69	Waterborn SCM-JH		NS

Event 8 Women 40-44 100 LC Meter Breaststroke

WORLD record:	1:12.74	W	2012-04-14	Linley FRAME	AUS	
SAMS record:	1:15.83	S	2010-08-01	Heather Morris-Eyton (Got)		
	1:20.46			40-44 SAQT SAMS Colours 2019-20		
	1:26.09			40-44 CGQT GMS Colours 2019-20		
7	van Wyk, Melanie		42	Cape Town MSC-CP		J1:30.20
	42.60			1:30.20 (47.60)		

Event 8 Women 45-49 100 LC Meter Breaststroke

WORLD record:	1:13.49	W	2009-09-17	Marzena KULIS	ITA	
SAMS record:	1:19.08	S	2013-03-16	Heather Morris-Eyton (PE)		
	1:21.92			45-49 SAQT SAMS Colours 2019-20		
	1:27.65			45-49 CGQT GMS Colours 2019-20		
7	Cook, Wendy		49	Synergy MSC-ET		J1:27.76
	39.28			1:27.76 (48.48)		

Event 9 Women 55-59 400 LC Meter IM

WORLD record:	5:37.57	W	2018-07-22	Lynn MARSHALL	CAN	
SAMS record:	5:51.88	S	2016-03-18	Cecilia Stanford (Dbn)	CPTW-WP	
	6:17.05			55-59 SAQT SAMS Colours 2019-20		
	6:43.44			55-59 CGQT GMS Colours 2019-20		
6	Bouwer, Marieke		56	Coelacanth MSC-TS		J7:12.29
	48.70			1:46.04 (57.34)		2:39.07 (53.03)
						3:33.47 (54.40)
	4:34.03 (1:00.56)			5:36.68 (1:02.65)		6:24.09 (47.41)
						7:12.29 (48.20)
7	Fuchs, Mandi		55	Cape Town MSC-CP		J7:36.68
	46.11			1:44.92 (58.81)		2:44.30 (59.38)
						3:45.39 (1:01.09)
	4:52.04 (1:06.65)			5:58.09 (1:06.05)		6:50.03 (51.94)
						7:36.68 (46.65)

Event 10 Men 55-59 400 LC Meter IM

WORLD record:	5:01.81	W	2015-04-23	Marcus MATTIOLI	BRA	
SAMS record:	5:35.26	S	2007-06-17	Tim Shead (Man)		
	5:35.32			55-59 SAQT SAMS Colours 2019-20		
	5:58.79			55-59 CGQT GMS Colours 2019-20		
---	du Toit, Graham		59	Cape Town MSC-CP		NS

FINA 18th LC World Champs 2019 @ Gwangju - 2019-08-12 to 2019-08-18

Nambu University Municipal Aquatics Center 50m indoor pool

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Event 10 Men 60-64 400 LC Meter IM

WORLD record: 5:08.20 W 2014-08-15 Rick COLELLA USA

SAMS record: 5:35.40 S 2012-03-15 Tim Shead (CT)

5:51.13 60-64 SAQT SAMS Colours 2019-20

6:15.71 60-64 CGQT GMS Colours 2019-20

11	Lotkin, Roy	60	Waterborn SCM-JH			J7:20.94
	57.28	2:01.99 (1:04.71)	2:58.68 (56.69)	3:53.53 (54.85)		
	4:52.86 (59.33)	5:50.82 (57.96)	6:35.42 (44.60)	7:20.94 (45.52)		

Event 10 Men 65-69 400 LC Meter IM

WORLD record: 5:13.36 W 2017-08-03 Rick COLELLA USA

SAMS record: 6:00.61 S 2017-02-14 Tim Shead (CT)

6:27.84 65-69 SAQT SAMS Colours 2019-20

6:54.99 65-69 CGQT GMS Colours 2019-20

--- van Heerden, Carel 69 Waterborn SCM-JH NS

Event 11 Women 40-44 200 LC Meter Freestyle

WORLD record: 2:09.28 W 2005-08-15 K.PIPES-NEILSEN USA

SAMS record: 2:15.36 S 3-2005 Bev McCarney (Grm)

2:17.41 40-44 SAQT SAMS Colours 2019-20

2:27.03 40-44 CGQT GMS Colours 2019-20

6	Nurse, Kathryn	40	Cape Town MSC-CP			J2:21.59	CGQT
	33.47	1:09.24 (35.77)	1:45.63 (36.39)	2:21.59 (35.96)			
10	Hambloch, Carina	40	Synergy MSC-ET			J2:26.78	CGQT
	33.95	1:10.89 (36.94)	1:48.48 (37.59)	2:26.78 (38.30)			

Event 11 Women 70-74 200 LC Meter Freestyle

WORLD record: 2:44.16 W 2019-03-03 Sanderina KRUGER RSA

SAMS record: 2:44.16 S 2019-03-03 Sanderina Kruger (Stb) CPTW-CPT

3:05.53 70-74 SAQT SAMS Colours 2019-20

3:18.52 70-74 CGQT GMS Colours 2019-20

1	Kruger, Sanderina	70	Cape Town MSC-CP			2:50.31	SAQT
	38.22	1:21.66 (43.44)	2:06.64 (44.98)	2:50.31 (43.67)			

Event 12 Men 30-34 200 LC Meter Freestyle

WORLD record: 1:49.56 W 2016-08-06 Darian TOWNSEND USA

SAMS record: 2:02.93 S 1996 N. Moores (Shf)

1:59.35 30-34 SAQT SAMS Colours 2019-20

2:07.70 30-34 CGQT GMS Colours 2019-20

--- Bouwer, Shaun 31 Coelacanth MSC-TS DNF
Swimmer did not finish

Event 12 Men 50-54 200 LC Meter Freestyle

WORLD record: 1:58.62 W 2017-07-01 Nicolas GRANGER FRA

SAMS record: 2:07.03 S 2019-03-21 Gary Albertyn (PE) COEL-TSH

2:08.75 50-54 SAQT SAMS Colours 2019-20

2:17.76 50-54 CGQT GMS Colours 2019-20

3	Albertyn, Gary	50	Coelacanth MSC-TS			J2:04.99 S	SAQT
	29.52	1:01.30 (31.78)	1:33.20 (31.90)	2:04.99 (31.79)			

Event 12 Men 60-64 200 LC Meter Freestyle

WORLD record: 2:07.68 W 2017-08-06 Dan STEPHENSON USA

SAMS record: 2:17.01 S 2009-03-12 Terry Downes (EL)

2:19.20 60-64 SAQT SAMS Colours 2019-20

2:28.94 60-64 CGQT GMS Colours 2019-20

4	Upneck, Russell	63	Synergy MSC-ET			J2:31.33
	34.46	1:12.86 (38.40)	1:52.64 (39.78)	2:31.33 (38.69)		

FINA 18th LC World Champs 2019 @ Gwangju - 2019-08-12 to 2019-08-18

Nambu University Municipal Aquatics Center 50m indoor pool

Results

Event 12 Men 65-69 200 LC Meter Freestyle

WORLD record: 2:09.39 W 2017-08-06 Rick COLELLA USA
 SAMS record: 2:26.87 S 2019-03-03 Izak Spies (Stb) CPTW-CPT

2:28.03 65-69 SAQT SAMS Colours 2019-20

2:38.39 65-69 CGQT GMS Colours 2019-20

18 van Niekerk, Johan 66 Coelacanth MSC-TS J3:00.55

41.59 1:27.50 (45.91) 2:15.34 (47.84) 3:00.55 (45.21)

21 Sundelowitz, Selwyn 69 Coelacanth MSC-TS J3:07.80

43.99 1:31.24 (47.25) 2:20.72 (49.48) 3:07.80 (47.08)

Event 12 Men 70-74 200 LC Meter Freestyle

WORLD record: 2:23.30 W 2018-07-31 Fred SCHLICHER USA
 SAMS record: 2:34.93 S 2019-03-21 Terry Downes (PE) COEL-TSH

2:39.21 70-74 SAQT SAMS Colours 2019-20

2:50.35 70-74 CGQT GMS Colours 2019-20

13 Swanepoel, Pieter 70 Coelacanth MSC-TS J3:28.94

44.20 1:37.95 (53.75) 2:35.67 (57.72) 3:28.94 (53.27)

Event 13 Women 45-49 50 LC Meter Butterfly

WORLD record: 28.40 W 2017-08-05 Erika BRAUN USA
 SAMS record: 28.97 S 2011-02-19 Edith Ottermann (Pta)

30.79 45-49 SAQT SAMS Colours 2019-20

32.95 45-49 CGQT GMS Colours 2019-20

12 Engela, Norelle 47 Cape Town MSC-CP J33.80

15 Cook, Wendy 49 Synergy MSC-ET J34.66

Event 14 Men 25-29 50 LC Meter Butterfly

WORLD record: 23.71 W 2008-08-16 Kohei KAWAMOTO USA
 SAMS record: 25.87 S 2013-03-16 Chris King (PE)

25.14 25-29 SAQT SAMS Colours 2019-20

26.90 25-29 CGQT GMS Colours 2019-20

45 Winfield, Philip 25 Cape Town MSC-CP J29.94

Event 14 Men 40-44 50 LC Meter Butterfly

WORLD record: 25.06 W 2015-07-20 Eiji NOMURA JPN
 SAMS record: 25.36 S 2019-03-22 Marc Allan (PE) SYN-R-ETH

26.18 40-44 SAQT SAMS Colours 2019-20

28.01 40-44 CGQT GMS Colours 2019-20

1 Allan, Marc 42 Synergy MSC-ET 25.22 S SAQT

Event 14 Men 45-49 50 LC Meter Butterfly

WORLD record: 25.39 W 2018-06-17 Eiji NOMURA JPN
 SAMS record: 26.57 S 2008-03-13 Gregg Price (Dbn)

26.88 45-49 SAQT SAMS Colours 2019-20

28.76 45-49 CGQT GMS Colours 2019-20

30 Gilbert, Oliver 49 Cape Town MSC-CP J31.36

Event 14 Men 50-54 50 LC Meter Butterfly

WORLD record: 25.88 W 2008-08-16 Paul CARTER USA
 SAMS record: 27.08 S 2015-08-12 Calvin Maughan (Kaz) CPTW-WP

27.48 50-54 SAQT SAMS Colours 2019-20

29.40 50-54 CGQT GMS Colours 2019-20

8 Taylor, Robbie 50 Cape Town MSC-CP J28.55 CGQT

17 Kruger, Harald 52 Cape Town MSC-CP J30.29

FINA 18th LC World Champs 2019 @ Gwangju - 2019-08-12 to 2019-08-18

Nambu University Municipal Aquatics Center 50m indoor pool

Results

Event 14 Men 55-59 50 LC Meter Butterfly

WORLD record: 26.86 W 2009-08-06 Gary HALL USA

SAMS record: 28.35 S 2013-03-16 Andre Steynberg (PE)

28.45 55-59 SAQT SAMS Colours 2019-20

30.44 55-59 CGQT GMS Colours 2019-20

12 Orton, Nick 56 Cape Town MSC-CP J30.53

--- Maughan, Calvin 55 Cape Town MSC-CP NS

Event 15 Men 25-29 50 LC Meter Freestyle

WORLD record: 22.30 W 2017-02-18 A.LIUKKONEN FIN

SAMS record: 23.39 S 2013-03-16 Chris King (PE)

23.74 25-29 SAQT SAMS Colours 2019-20

25.40 25-29 CGQT GMS Colours 2019-20

29 Winfield, Philip 25 Cape Town MSC-CP J26.64

Event 15 Men 30-34 50 LC Meter Freestyle

WORLD record: 22.13 W 2013-07-13 Roland SCHOEMAN USA

SAMS record: 24.88 S 2009-01-31 Glenn Swart (Jhb)

23.72 30-34 SAQT SAMS Colours 2019-20

25.38 30-34 CGQT GMS Colours 2019-20

50 Bouwer, Shaun 31 Coelacanth MSC-TS J28.68

Event 15 Men 40-44 50 LC Meter Freestyle

WORLD record: 23.25 W 2018-07-15 Hideaki HARA JPN

SAMS record: 24.26 S 2019-03-21 Marc Allan (PE) SYN-R-ETH

24.67 40-44 SAQT SAMS Colours 2019-20

26.40 40-44 CGQT GMS Colours 2019-20

1 Allan, Marc 42 Synergy MSC-ET 24.36 SAQT

Event 15 Men 50-54 50 LC Meter Freestyle

WORLD record: 24.08 W 2009-06-27 Brent BARNES JPN

SAMS record: 24.34 S 2015-03-21 Calvin Maughan (Jhb) CPTW-WP

25.78 50-54 SAQT SAMS Colours 2019-20

27.58 50-54 CGQT GMS Colours 2019-20

4 McLeRoth, Greg 52 Cape Town MSC-CP J26.27 CGQT

6 Kruger, Harald 52 Cape Town MSC-CP J26.37 CGQT

8 Taylor, Robbie 50 Cape Town MSC-CP J27.22 CGQT

15 Durrant, Gary 53 Coelacanth MSC-TS J28.38

28 Boulle, Juan 52 Synergy MSC-ET J30.35

Event 15 Men 55-59 50 LC Meter Freestyle

WORLD record: 24.45 W 2015-07-19 Brent BARNES JPN

SAMS record: 25.09 S 2019-03-03 Calvin Maughan (Stb) CPT-CPT

26.52 55-59 SAQT SAMS Colours 2019-20

28.38 55-59 CGQT GMS Colours 2019-20

1 Maughan, Calvin 55 Cape Town MSC-CP 25.31 SAQT

10 Orton, Nick 56 Cape Town MSC-CP J27.78 CGQT

Event 15 Men 60-64 50 LC Meter Freestyle

WORLD record: 25.23 W 2006-08-07 Richard ABRAHAMS USA

SAMS record: 26.31 S 2016-03-17 Andre Steynberg (Dbn) WAHO-CG

27.09 60-64 SAQT SAMS Colours 2019-20

28.99 60-64 CGQT GMS Colours 2019-20

11 Winfield, Mike 64 Cape Town MSC-CP J30.91

FINA 18th LC World Champs 2019 @ Gwangju - 2019-08-12 to 2019-08-18

Nambu University Municipal Aquatics Center 50m indoor pool

Results

Event 15 Men 65-69 50 LC Meter Freestyle

WORLD record:	26.21	W	2018-07-06	Doug MARTIN	USA	
SAMS record:	29.17	S	2015-03-18	Terry Downes (Jhb)	COEL-NT	
	28.65			65-69 SAQT SAMS Colours 2019-20		
	30.66			65-69 CGQT GMS Colours 2019-20		
19	van Niekerk, Johan		66	Coelacanth MSC-TS		J33.84
---	van Heerden, Carel		69	Waterborn SCM-JH		NS

Event 15 Men 70-74 50 LC Meter Freestyle

WORLD record:	27.71	W	2015-08-07	Richard ABRAHAMS	USA	
SAMS record:	29.77	S	2019-03-21	Terry Downes (PE)	COEL-TSH	
	30.22			70-74 SAQT SAMS Colours 2019-20		
	32.34			70-74 CGQT GMS Colours 2019-20		
16	Swanepoel, Pieter		70	Coelacanth MSC-TS		J39.89

Event 16 Women 40-44 50 LC Meter Freestyle

WORLD record:	26.44	W	2009-11-07	Edith OTTERMANN	RSA	
SAMS record:	26.44	S	2009-11-07	Edith Ottermann (Pta)		
	28.01			40-44 SAQT SAMS Colours 2019-20		
	29.97			40-44 CGQT GMS Colours 2019-20		
3	Cadiz, Perry		43	Cape Town MSC-CP		J28.62 CGQT
10	Taylor, Georgi		44	Cape Town MSC-CP		J30.77

Event 16 Women 45-49 50 LC Meter Freestyle

WORLD record:	26.59	W	2011-03-16	Edith OTTERMANN	RSA	
SAMS record:	26.59	S	2011-03-16	Edith Ottermann (Oud)		
	28.36			45-49 SAQT SAMS Colours 2019-20		
	30.35			45-49 CGQT GMS Colours 2019-20		
4	Engela, Norelle		47	Cape Town MSC-CP		J30.02 CGQT
12	Cook, Wendy		49	Synergy MSC-ET		J32.05

Event 16 Women 70-74 50 LC Meter Freestyle

WORLD record:	31.99	W	2019-03-21	Sanderina KRUGER	RSA	
SAMS record:	31.99	S	2019-03-21	Sanderina Kruger (PE)	CPTW-CPT	
	35.39			70-74 SAQT SAMS Colours 2019-20		
	37.87			70-74 CGQT GMS Colours 2019-20		
1	Kruger, Sanderina		70	Cape Town MSC-CP		33.05 SAQT

Event 17 Men 40-44 200 LC Meter IM

WORLD record:	2:10.63	W	2009-06-25	Alberto MONTINI	ITA	
SAMS record:	2:23.99	S	1993	T. Shead (Dbn)		
	2:19.90			40-44 SAQT SAMS Colours 2019-20		
	2:29.69			40-44 CGQT GMS Colours 2019-20		
---	Allan, Marc		42	Synergy MSC-ET		NS

Event 17 Men 45-49 200 LC Meter IM

WORLD record:	2:10.09	W	2016-08-07	Nicolas GRANGER	USA	
SAMS record:	2:20.85	S	2014-08-06	Gary Albertyn (Mon)	COEL-NT	
	2:21.71			45-49 SAQT SAMS Colours 2019-20		
	2:31.63			45-49 CGQT GMS Colours 2019-20		
10	Gilbert, Oliver		49	Cape Town MSC-CP		J2:38.17
	33.10			1:15.96 (42.86)		
				2:00.67 (44.71)		
				2:38.17 (37.50)		

FINA 18th LC World Champs 2019 @ Gwangju - 2019-08-12 to 2019-08-18

Nambu University Municipal Aquatics Center 50m indoor pool

Results

Event 17 Men 50-54 200 LC Meter IM

WORLD record:	2:11.15	W	2017-08-06	Nicolas GRANGER	USA	
SAMS record:	2:25.70	S	2019-03-23	Gary Albertyn (PE)	COEL-TSH	
	2:25.89			50-54 SAQT SAMS Colours 2019-20		
	2:36.10			50-54 CGQT GMS Colours 2019-20		
3	Albertyn, Gary			50 Coelacanth MSC-TS		J2:23.92 S SAQT
	31.48		1:08.29 (36.81)	1:51.59 (43.30)	2:23.92 (32.33)	

Event 17 Men 55-59 200 LC Meter IM

WORLD record:	2:20.83	W	2009-08-09	Michael MANN	USA	
SAMS record:	2:24.16	S	2008-04-21	Tim Shead (Per)		
	2:32.56			55-59 SAQT SAMS Colours 2019-20		
	2:43.24			55-59 CGQT GMS Colours 2019-20		
9	du Toit, Graham			59 Cape Town MSC-CP		J2:43.58
	34.86		1:17.53 (42.67)	2:05.30 (47.77)	2:43.58 (38.28)	

Event 17 Men 65-69 200 LC Meter IM

WORLD record:	2:25.22	W	2016-08-19	Rick COLELLA	USA	
SAMS record:	2:35.93	S	2017-08-17	Tim Shead (Bud)	CPTW-WP	
	2:53.54			65-69 SAQT SAMS Colours 2019-20		
	3:05.69			65-69 CGQT GMS Colours 2019-20		
---	Shead, Tim			67 Cape Town MSC-CP		NS
---	Sundelowitz, Selwyn			69 Coelacanth MSC-TS		NS

Event 18 Women 40-44 200 LC Meter IM

WORLD record:	2:25.03	W	2007-08-05	S.VON DER LIPPE	USA	
SAMS record:	2:33.72	S	3-2004	Bev McCarney (EL)		
	2:35.44			40-44 SAQT SAMS Colours 2019-20		
	2:46.32			40-44 CGQT GMS Colours 2019-20		
8	Nurse, Kathryn			40 Cape Town MSC-CP		J2:45.84 CGQT
	34.37		1:18.23 (43.86)	2:08.24 (50.01)	2:45.84 (37.60)	
15	van Wyk, Melanie			42 Cape Town MSC-CP		J3:16.48
	39.56		1:36.91 (57.35)	2:27.67 (50.76)	3:16.48 (48.81)	

Event 18 Women 55-59 200 LC Meter IM

WORLD record:	2:34.92	W	2019-05-19	Ellen REYNOLDS	USA	
SAMS record:	2:42.29	S	2016-03-17	Cecilia Stanford (Dbn)	CPTW-WP	
	2:51.38			55-59 SAQT SAMS Colours 2019-20		
	3:03.38			55-59 CGQT GMS Colours 2019-20		
7	Bouwer, Marieke			56 Coelacanth MSC-TS		J3:22.90
	46.57		1:38.82 (52.25)	2:37.51 (58.69)	3:22.90 (45.39)	
10	Fuchs, Mandi			55 Cape Town MSC-CP		J3:30.47
	44.57		1:40.66 (56.09)	2:42.15 (1:01.49)	3:30.47 (48.32)	

Event 19 Men 40-44 100 LC Meter Butterfly

WORLD record:	56.17	W	2011-09-06	Serkan ATASAY	TUR	
SAMS record:	1:00.47	S	2019-03-21	Marc Allan (PE)	SYNR-ETH	
	59.42			40-44 SAQT SAMS Colours 2019-20		
	1:03.58			40-44 CGQT GMS Colours 2019-20		
3	Allan, Marc			42 Synergy MSC-ET		J58.46 S SAQT
	27.70		58.46 (30.76)			

Event 19 Men 50-54 100 LC Meter Butterfly

WORLD record:	57.23	W	2008-08-15	Paul CARTER	USA	
SAMS record:	1:01.63	S	2008-04-21	Paul Blackbeard (Per)		
	1:03.58			50-54 SAQT SAMS Colours 2019-20		
	1:08.03			50-54 CGQT GMS Colours 2019-20		
5	Taylor, Robbie			50 Cape Town MSC-CP		J1:03.90 CGQT
	28.89		1:03.90 (35.01)			

FINA 18th LC World Champs 2019 @ Gwangju - 2019-08-12 to 2019-08-18

Nambu University Municipal Aquatics Center 50m indoor pool

Results

Event 20 Women 40-44 100 LC Meter Butterfly

WORLD record: 1:03.36 W 2009-05-23 S.VON DER LIPPE USA

SAMS record: 1:05.80 S 6-2004 Bev McCarney (Ric)

1:09.28 40-44 SAQT SAMS Colours 2019-20

1:14.13 40-44 CGQT GMS Colours 2019-20

2 Nurse, Kathryn 40 Cape Town MSC-CP J1:11.53 CGQT
32.91 1:11.53 (38.62)

Event 21 Women 200-239 4x50 LC Meter Freestyle Relay

WORLD record: 1:56.04 W 2011-03-19 CAPE TOWN MASTERS -RSA
S KRUGER, C STANFORD, M STRAUSS, E OTTERMANNSAMS record: 1:56.04 S 2011-03-19 Cape Town (Oud)
S Kruger, C Stanford, M Strauss, E Ottermann1 Cape Town MSC-CP B 2:01.94
1) Kruger, Sanderina W70 2) Nurse, Kathryn W40 3) Engela, Norelle W47 4) Cadiz, Perry W43
32.88 1:02.92 (30.04) 1:33.56 (30.64) 2:01.94 (28.38)

Event 22 Men 200-239 4x50 LC Meter Freestyle Relay

WORLD record: 1:38.24 W 2006-08-08 COLORADO -USA
J GROSELLE, T HEDRICK, S WOOD, R ABRAHAMMSSAMS record: 1:41.28 S 2017-08-18 Cape Town (Bud) CPTW-WP
C Maughan, R Taylor, G McLeRoth, H Kruger1 Cape Town MSC-CP E 1:42.23
1) Maughan, Calvin M55 2) Taylor, Robbie M50 3) McLeRoth, Greg M52 4) Kruger, Harald M52
24.64 50.82 (26.18) 1:16.39 (25.57) 1:42.23 (25.84)
6 Cape Town MSC-CP D J1:56.18
1) Orton, Nick M56 2) Winfield, Mike M64 3) Gilbert, Oliver M49 4) du Toit, Graham M59
27.83 57.29 (29.46) 1:26.45 (29.16) 1:56.18 (29.73)

Event 23 Women 200-239 4x50 LC Meter Medley Relay

WORLD record: 2:10.98 W 2008-08-17 OREGON MASTERS -USA
K ANDRUS-HUGHES, B OBLETZ, A DELMAGE, R PARISISAMS record: 2:17.21 S 2008-03-14 Cape Town (Dbn)
D Coetzee, G McCarney, E Ottermann, S Kruger2 Cape Town MSC-CP G J2:20.72
1) Cadiz, Perry W43 2) Nurse, Kathryn W40 3) Engela, Norelle W47 4) Kruger, Sanderina W70
34.18 1:13.16 (38.98) 1:47.58 (34.42) 2:20.72 (33.14)

Event 24 Men 200-239 4x50 LC Meter Medley Relay

WORLD record: 1:50.83 W 2006-08-08 COLORADO -USA
S WOOD, J GROSELLE, T HEDRICK, R ABRAHAMMSSAMS record: 1:56.13 S 2008-04-22 Cape Town (Per)
M Rudolph, T Shead, P Blackbeard, G Price2 Cape Town MSC-CP C J1:56.29
1) McLeRoth, Greg M52 2) Kruger, Harald M52 3) Taylor, Robbie M50 4) Maughan, Calvin M55
31.35 1:04.79 (33.44) 1:32.33 (27.54) 1:56.29 (23.96)
4 Cape Town MSC-CP A J2:09.29
1) Winfield, Mike M64 2) Gilbert, Oliver M49 3) Orton, Nick M56 4) du Toit, Graham M59
34.21 1:09.96 (35.75) 1:40.10 (30.14) 2:09.29 (29.19)

Event 25 Mixed 160-199 4x50 LC Meter Freestyle Relay

WORLD record: 1:42.27 W 2006-08-08 TEAM TYR -USA
J SMITH, R SAEGER, C SAPPEY, S HARTSAMS record: 1:46.43 S 2008-04-22 Cape Town (Per)
E Ottermann, J vd Merwe, R Isakov, G Price11 Synergy MSC-ET B J1:58.17
1) Cook, Wendy W49 2) Upneck, Russell M63 3) Hambloch, Carina W40 4) Allan, Marc M42
32.17 1:03.43 (31.26) 1:34.42 (30.99) 1:58.17 (23.75)

FINA 18th LC World Champs 2019 @ Gwangju - 2019-08-12 to 2019-08-18

Nambu University Municipal Aquatics Center 50m indoor pool

Results

(Event 25 Mixed 160-199 4x50 LC Meter Freestyle Relay)

15	Cape Town MSC-CP	B		J2:01.78
	1) Gilbert, Oliver M49	2) van Wyk, Melanie W42	3) Taylor, Georgi W44	4) Winfield, Philip M25
	30.16	1:03.88 (33.72)	1:34.93 (31.05)	2:01.78 (26.85)

Event 25 Mixed 200-239 4x50 LC Meter Freestyle Relay

WORLD record:	1:44.96	W	2006-08-08	COLORADO	-USA
				T HEDRICK, K CROUCH, K GARNIER, R ABRAHAMS	
SAMS record:	1:48.34	S	2017-08-18	Cape Town (Bud)	CPTW-WP
				C Maughan, P Cadiz, C Stanford, H Kruger	

---	Cape Town MSC-CP	F		NS
	1) Fuchs, Mandi W55	2) Kruger, Harald M52	3) Cadiz, Perry W43	4) Maughan, Calvin M55

Event 25 Mixed 240-279 4x50 LC Meter Freestyle Relay

WORLD record:	1:54.54	W	2016-08-20	SARASOTA Y SHARKS	-USA
				D MARTIN, J GROSELLE, N KRYKA, L KIRKPATRICK	
SAMS record:	1:55.19	S	2015-08-14	Cape Town (Kaz)	CPTW-WP
				C Maughan, S Kruger, D Coetzee, T Shead	

1	Cape Town MSC-CP	B		2:03.22
	1) Kruger, Sanderina W70	2) Engela, Norelle W47	3) Winfield, Mike M64	4) du Toit, Graham M59
	33.18	1:03.97 (30.79)	1:33.33 (29.36)	2:03.22 (29.89)

Event 26 Mixed 160-199 4x50 LC Meter Medley Relay

WORLD record:	1:55.32	W	2015-08-14	NEVA STARS	-RUS
				V PREDKIN, P LEBEDEV, A POLIAKOVA, O POZDNIKOVA	
SAMS record:	1:58.66	S	2008-04-22	Cape Town (Per)	
				P Cadiz, J vd Merwe, G Price, E Ottermann	

11	Synergy MSC-ET	A		J2:09.83
	1) Hambloch, Carina W40	2) Cook, Wendy W49	3) Allan, Marc M42	4) Upneck, Russell M63
	35.91	1:14.24 (38.33)	1:39.21 (24.97)	2:09.83 (30.62)

16	Cape Town MSC-CP	A		J2:18.97
	1) Gilbert, Oliver M49	2) van Wyk, Melanie W42	3) Winfield, Philip M25	4) Taylor, Georgi W44
	35.37	1:18.52 (43.15)	1:48.13 (29.61)	2:18.97 (30.84)

Event 26 Mixed 240-279 4x50 LC Meter Medley Relay

WORLD record:	2:08.11	W	2016-08-20	PUGET SOUND MASTERS	-USA
				L DAHL, R COLELLA, D GRAHAM, C DAVIS	
SAMS record:	2:09.15	S	2016-03-16	Cape Town (Dbn)	CPTW-WP
				D Coetzee, T Shead, C Maughan, S Kruger	

2	Cape Town MSC-CP	A		J2:19.11
	1) Winfield, Mike M64	2) du Toit, Graham M59	3) Engela, Norelle W47	4) Kruger, Sanderina W70
	33.70	1:11.34 (37.64)	1:45.92 (34.58)	2:19.11 (33.19)

Event 27 Women 40-44 200 LC Meter Breaststroke

WORLD record:	2:38.44	W	2006-08-09	S.VON DER LIPPE	USA
SAMS record:	2:40.76	S	2010-08-05	Heather Morris-Eyton (Got)	
	2:57.29			40-44 SAQT SAMS Colours 2019-20	
	3:09.70			40-44 CGQT GMS Colours 2019-20	

8	van Wyk, Melanie	42	Cape Town MSC-CP	J3:15.40
	45.80	1:36.03 (50.23)	2:26.31 (50.28)	3:15.40 (49.09)

Event 27 Women 45-49 200 LC Meter Breaststroke

WORLD record:	2:43.73	W	2013-03-15	H.MORRIS-EYTON	RSA
SAMS record:	2:43.73	S	2013-03-15	Heather Morris-Eyton (PE)	
	3:00.69			45-49 SAQT SAMS Colours 2019-20	
	3:13.34			45-49 CGQT GMS Colours 2019-20	

4	Cook, Wendy	49	Synergy MSC-ET	J3:10.76	CGQT
	43.71	1:32.49 (48.78)	2:22.63 (50.14)	3:10.76 (48.13)	

FINA 18th LC World Champs 2019 @ Gwangju - 2019-08-12 to 2019-08-18

Nambu University Municipal Aquatics Center 50m indoor pool

Results

Event 28 Men 45-49 200 LC Meter Breaststroke

WORLD record: 2:19.44 W 2018-06-22 Steve WEST USA
 SAMS record: 2:36.91 S 2014-08-08 Graeme Fiser (Mon) CPTW-WP

2:37.86 45-49 SAQT SAMS Colours 2019-20

2:48.91 45-49 CGQT GMS Colours 2019-20

--- Gilbert, Oliver 49 Cape Town MSC-CP DQ

More than one butterfly kick during the first arm stroke after start or turn

39.59 1:24.08 (44.49) 2:08.99 (44.91) DQ (43.42)

Event 28 Men 55-59 200 LC Meter Breaststroke

WORLD record: 2:30.63 W 2016-08-21 David GUTHRIE USA

SAMS record: 2:41.54 S 2008-04-23 Tim Shead (Per)

2:49.96 55-59 SAQT SAMS Colours 2019-20

3:01.86 55-59 CGQT GMS Colours 2019-20

4 du Toit, Graham 59 Cape Town MSC-CP J2:58.27 CGQT

40.48 1:26.91 (46.43) 2:13.32 (46.41) 2:58.27 (44.95)

Event 28 Men 65-69 200 LC Meter Breaststroke

WORLD record: 2:41.54 W 2016-08-21 Rick COLELLA USA

SAMS record: 2:59.11 S 2017-03-16 Tim Shead (EL) CPTW-WP

3:10.19 65-69 SAQT SAMS Colours 2019-20

3:23.50 65-69 CGQT GMS Colours 2019-20

--- Shead, Tim 67 Cape Town MSC-CP NS

--- van Heerden, Carel 69 Waterborn SCM-JH NS

Event 29 Women 40-44 100 LC Meter Backstroke

WORLD record: 1:04.70 W 2018-07-31 Noriko INADA USA

SAMS record: 1:11.54 S 3-2005 Bev McCarney (Grm)

1:12.28 40-44 SAQT SAMS Colours 2019-20

1:17.34 40-44 CGQT GMS Colours 2019-20

2 Cadiz, Perry 43 Cape Town MSC-CP J1:14.42 CGQT

35.40 1:14.42 (39.02)

7 Hambloch, Carina 40 Synergy MSC-ET J1:15.64 CGQT

36.15 1:15.64 (39.49)

Event 29 Women 45-49 100 LC Meter Backstroke

WORLD record: 1:07.31 W 2016-08-20 Cindy MABEE CAN

SAMS record: 1:14.92 S 2006-08-09 Cecilia Stanford (San)

1:13.80 45-49 SAQT SAMS Colours 2019-20

1:18.97 45-49 CGQT GMS Colours 2019-20

8 Engela, Norelle 47 Cape Town MSC-CP J1:17.04 CGQT

36.43 1:17.04 (40.61)

Event 29 Women 70-74 100 LC Meter Backstroke

WORLD record: 1:25.20 W 2015-05-09 Margit OHLSSON SWE

SAMS record: 1:31.67 S 2019-03-20 Sanderina Kruger (PE) CPTW-CPT

1:38.33 70-74 SAQT SAMS Colours 2019-20

1:45.21 70-74 CGQT GMS Colours 2019-20

1 Kruger, Sanderina 70 Cape Town MSC-CP 1:31.61 S SAQT

45.44 1:31.61 (46.17)

Event 30 Men 30-34 100 LC Meter Backstroke

WORLD record: 55.93 W 2014-07-13 Darian TOWNSEND USA

SAMS record: 1:03.94 S 2014-03-14 Schalk Malan (Blm)

59.57 30-34 SAQT SAMS Colours 2019-20

1:03.74 30-34 CGQT GMS Colours 2019-20

13 Bouwer, Shaun 31 Coelacanth MSC-TS J1:14.76

35.64 1:14.76 (39.12)

FINA 18th LC World Champs 2019 @ Gwangju - 2019-08-12 to 2019-08-18

Nambu University Municipal Aquatics Center 50m indoor pool

Results

Event 30 Men 50-54 100 LC Meter Backstroke

WORLD record: 1:01.57 W 2017-08-06 Nicolas GRANGER USA
SAMS record: 1:07.76 S 2016-03-18 Harald Ruck (Dbn) COEL-NT
 1:06.90 50-54 SAQT SAMS Colours 2019-20
 1:11.58 50-54 CGQT GMS Colours 2019-20
 7 McLeRoth, Greg 52 Cape Town MSC-CP J1:09.29 CGQT
 33.11 1:09.29 (36.18)

Event 30 Men 55-59 100 LC Meter Backstroke

WORLD record: 1:03.50 W 2015-06-21 Steve WOOD USA
SAMS record: 1:07.29 S 2008-04-23 Tim Shead (Per)
 1:09.74 55-59 SAQT SAMS Colours 2019-20
 1:14.62 55-59 CGQT GMS Colours 2019-20
 7 Orton, Nick 56 Cape Town MSC-CP J1:13.61 CGQT
 35.53 1:13.61 (38.08)

Event 30 Men 60-64 100 LC Meter Backstroke

WORLD record: 1:07.08 W 2017-06-03 Vladimir GORKOV RUS
SAMS record: 1:08.86 S 2016-03-18 Andre Steynberg (Dbn) WAHO-NT
 1:12.83 60-64 SAQT SAMS Colours 2019-20
 1:17.93 60-64 CGQT GMS Colours 2019-20
 4 Winfield, Mike 64 Cape Town MSC-CP J1:14.73 CGQT
 35.21 1:14.73 (39.52)

Event 30 Men 65-69 100 LC Meter Backstroke

WORLD record: 1:09.79 W 2012-07-08 Hugh WILDER USA
SAMS record: 1:12.57 S 2017-08-19 Tim Shead (Bud) CPTW-WP
 1:17.86 65-69 SAQT SAMS Colours 2019-20
 1:23.31 65-69 CGQT GMS Colours 2019-20
 9 van Niekerk, Johan 66 Coelacanth MSC-TS J1:37.03
 46.88 1:37.03 (50.15)

Event 31 Women 40-44 200 LC Meter Butterfly

WORLD record: 2:24.78 W 2006-07-23 S.VON DER LIPPE USA
SAMS record: 2:40.97 S 2010-03-18 Rachele Isakov (Pta)
 2:41.24 40-44 SAQT SAMS Colours 2019-20
 2:52.53 40-44 CGQT GMS Colours 2019-20
 2 Nurse, Kathryn 40 Cape Town MSC-CP J2:47.54 CGQT
 35.74 1:17.21 (41.47) 2:01.11 (43.90) 2:47.54 (46.43)

Event 31 Women 55-59 200 LC Meter Butterfly

WORLD record: 2:36.49 W 2019-03-22 S.PALMER-WHITE AUS
SAMS record: 2:55.88 S 2016-03-19 Cecilia Stanford (Dbn) CPTW-WP
 3:09.34 55-59 SAQT SAMS Colours 2019-20
 3:22.59 55-59 CGQT GMS Colours 2019-20
 7 Bouwer, Marieke 56 Coelacanth MSC-TS J3:41.27
 46.90 1:42.54 (55.64) 2:41.37 (58.83) 3:41.27 (59.90)
 8 Fuchs, Mandi 55 Cape Town MSC-CP J3:44.92
 49.14 1:45.80 (56.66) 2:45.69 (59.89) 3:44.92 (59.23)

Event 32 Men 60-64 200 LC Meter Butterfly

WORLD record: 2:23.52 W 2018-05-04 Hugo BREGMAN NED
SAMS record: 2:49.28 S 2012-03-14 Tim Shead (CT)
 2:53.69 60-64 SAQT SAMS Colours 2019-20
 3:05.85 60-64 CGQT GMS Colours 2019-20
 --- Lotkin, Roy 60 Waterborn SCM-JH NS

FINA 18th LC World Champs 2019 @ Gwangju - 2019-08-12 to 2019-08-18

Nambu University Municipal Aquatics Center 50m indoor pool

Results

Event 33 Men 25-29 50 LC Meter Backstroke

WORLD record: 25.44 W 2016-04-03 Anton BUTYMOV RUS
 SAMS record: 26.90 S 2013-03-15 Chris King (Ric & PE)
 27.50 25-29 SAQT SAMS Colours 2019-20
 29.43 25-29 CGQT GMS Colours 2019-20

14 Winfield, Philip 25 Cape Town MSC-CP J33.12

Event 33 Men 50-54 50 LC Meter Backstroke

WORLD record: 28.58 W 2018-07-14 Rick GOULD USA
 SAMS record: 29.70 S 2016-03-17 Harald Ruck (Dbn) COEL-NT
 30.44 50-54 SAQT SAMS Colours 2019-20
 32.57 50-54 CGQT GMS Colours 2019-20

8 McLeRoth, Greg 52 Cape Town MSC-CP J31.68 CGQT

Event 33 Men 55-59 50 LC Meter Backstroke

WORLD record: 29.03 W 2016-08-20 Steve WOOD USA
 SAMS record: 30.48 S 2012-06-16 Andre Steynberg (Ric)
 31.46 55-59 SAQT SAMS Colours 2019-20
 33.66 55-59 CGQT GMS Colours 2019-20

8 Orton, Nick 56 Cape Town MSC-CP J33.17 CGQT

--- Maughan, Calvin 55 Cape Town MSC-CP NS

Event 33 Men 60-64 50 LC Meter Backstroke

WORLD record: 30.63 W 2018-08-02 Andre STEYNBERG USA
 SAMS record: 30.66 S 2016-03-17 Andre Steynberg (Dbn) WAHO-CG
 32.97 60-64 SAQT SAMS Colours 2019-20
 35.28 60-64 CGQT GMS Colours 2019-20

4 Winfield, Mike 64 Cape Town MSC-CP J33.79 CGQT

Event 33 Men 65-69 50 LC Meter Backstroke

WORLD record: 30.95 W 2012-07-07 Hugh WILDER USA
 SAMS record: 34.48 S 2018-03-17 Tim Shead (Pta) CPTW-CPT
 35.41 65-69 SAQT SAMS Colours 2019-20
 37.89 65-69 CGQT GMS Colours 2019-20

12 van Niekerk, Johan 66 Coelacanth MSC-TS J43.53

Event 34 Women 40-44 50 LC Meter Backstroke

WORLD record: 29.62 W 2018-08-02 Noriko INADA USA
 SAMS record: 31.99 S 6-2004 Bev McCarney (Ric)
 33.08 40-44 SAQT SAMS Colours 2019-20
 35.40 40-44 CGQT GMS Colours 2019-20

2 Cadiz, Perry 43 Cape Town MSC-CP J33.70 CGQT

Event 34 Women 45-49 50 LC Meter Backstroke

WORLD record: 31.02 W 2016-08-18 Cindy MABEE CAN
 SAMS record: 34.55 S 2017-08-20 Norelle Engela (Bud) CPTW-WP
 33.60 45-49 SAQT SAMS Colours 2019-20
 35.95 45-49 CGQT GMS Colours 2019-20

5 Engela, Norelle 47 Cape Town MSC-CP J34.47 S CGQT

Event 34 Women 70-74 50 LC Meter Backstroke

WORLD record: 38.69 W 2015-10-24 Margit OHLSSON SWE
 SAMS record: 41.44 S 2019-03-21 Sanderina Kruger (PE) CPTW-CPT
 44.00 70-74 SAQT SAMS Colours 2019-20
 47.08 70-74 CGQT GMS Colours 2019-20

1 Kruger, Sanderina 70 Cape Town MSC-CP 41.68 SAQT

FINA 18th LC World Champs 2019 @ Gwangju - 2019-08-12 to 2019-08-18

Nambu University Municipal Aquatics Center 50m indoor pool

Results

Event 35 Men 50-54 400 LC Meter Freestyle

WORLD record:	4:15.93	W	2017-08-04	Nicolas GRANGER	USA	
SAMS record:	4:28.12	S	2019-03-23	Gary Albertyn (PE)	COEL-TSH	
	4:34.31			50-54 SAQT SAMS Colours 2019-20		
	4:53.51			50-54 CGQT GMS Colours 2019-20		
3	Albertyn, Gary		50	Coelacanth MSC-TS		J4:26.16 S SAQT
	31.15		1:04.68 (33.53)	1:38.61 (33.93)	2:12.81 (34.20)	
	2:46.64 (33.83)		3:20.97 (34.33)	3:54.61 (33.64)	4:26.16 (31.55)	

Event 35 Men 55-59 400 LC Meter Freestyle

WORLD record:	4:22.49	W	2009-07-25	Michael MANN	USA	
SAMS record:	4:45.91	S	2008-04-24	Doug Howieson (Per)		
	4:45.48			55-59 SAQT SAMS Colours 2019-20		
	5:05.46			55-59 CGQT GMS Colours 2019-20		
12	du Toit, Graham		59	Cape Town MSC-CP		J5:09.00
	34.61		1:12.59 (37.98)	1:51.87 (39.28)	2:31.72 (39.85)	
	3:11.42 (39.70)		3:50.93 (39.51)	4:30.58 (39.65)	5:09.00 (38.42)	

Event 35 Men 60-64 400 LC Meter Freestyle

WORLD record:	4:36.85	W	2017-08-04	Dan STEPHENSON	USA	
SAMS record:	5:00.63	S	2017-03-17	Mike Semple (EL)	MEGA-ES	
	4:55.68			60-64 SAQT SAMS Colours 2019-20		
	5:16.38			60-64 CGQT GMS Colours 2019-20		
9	Upneck, Russell		63	Synergy MSC-ET		J5:22.63
	36.47		1:15.74 (39.27)	1:56.68 (40.94)	2:37.68 (41.00)	
	3:18.79 (41.11)		4:00.34 (41.55)	4:42.16 (41.82)	5:22.63 (40.47)	
---	Lotkin, Roy		60	Waterborn SCM-JH		NS

Event 35 Men 65-69 400 LC Meter Freestyle

WORLD record:	4:37.70	W	2017-08-04	Rick COLELLA	USA	
SAMS record:	5:17.61	S	2019-02-24	Izak Spies (Stb)	CPTW-CPT	
	5:15.31			65-69 SAQT SAMS Colours 2019-20		
	5:37.38			65-69 CGQT GMS Colours 2019-20		
15	Sundelowitz, Selwyn		69	Coelacanth MSC-TS		J6:32.55
	45.38		1:34.52 (49.14)	2:25.06 (50.54)	3:15.41 (50.35)	
	4:06.11 (50.70)		4:55.77 (49.66)	5:45.07 (49.30)	6:32.55 (47.48)	

Event 35 Men 70-74 400 LC Meter Freestyle

WORLD record:	5:03.56	W	2018-08-04	Dan KIRKLAND	USA	
SAMS record:	5:58.00	S	2019-02-14	Terry Downes (Pta)	COEL-TSH	
	5:42.57			70-74 SAQT SAMS Colours 2019-20		
	6:06.55			70-74 CGQT GMS Colours 2019-20		
9	Swanepoel, Pieter		70	Coelacanth MSC-TS		J7:33.23
	48.13		1:43.45 (55.32)	2:42.24 (58.79)	3:41.93 (59.69)	
	4:40.69 (58.76)		5:41.27 (1:00.58)	6:38.19 (56.92)	7:33.23 (55.04)	

Event 36 Women 40-44 400 LC Meter Freestyle

WORLD record:	4:22.87	W	2011-08-13	Janet EVANS	USA	
SAMS record:	4:47.44	S	2010-08-06	Amanda Picard (Got)		
	4:52.16			40-44 SAQT SAMS Colours 2019-20		
	5:12.61			40-44 CGQT GMS Colours 2019-20		
7	Nurse, Kathryn		40	Cape Town MSC-CP		J5:04.51 CGQT
	34.22		1:11.72 (37.50)	1:49.79 (38.07)	2:28.57 (38.78)	
	3:07.93 (39.36)		3:47.13 (39.20)	4:26.57 (39.44)	5:04.51 (37.94)	
9	Hambloch, Carina		40	Synergy MSC-ET		J5:10.58 CGQT
	33.83		1:11.06 (37.23)	1:49.97 (38.91)	2:29.57 (39.60)	
	3:09.02 (39.45)		3:49.09 (40.07)	4:29.67 (40.58)	5:10.58 (40.91)	

FINA 18th LC World Champs 2019 @ Gwangju - 2019-08-12 to 2019-08-18

Nambu University Municipal Aquatics Center 50m indoor pool

Results

Event 36 Women 55-59 400 LC Meter Freestyle

WORLD record:	4:43.41	W	2016-07-10	Lynn MARSHALL	CAN	
SAMS record:	5:03.25	S	2017-03-17	Cecilia Stanford (EL)	CPTW-WP	
	5:11.24			55-59 SAQT SAMS Colours 2019-20		
	5:33.03			55-59 CGQT GMS Colours 2019-20		
5	Fuchs, Mandi			55	Cape Town MSC-CP	J6:15.47
	42.00		1:29.72 (47.72)		2:18.81 (49.09)	3:05.39 (46.58)
	3:54.44 (49.05)		4:42.74 (48.30)		5:30.44 (47.70)	6:15.47 (45.03)

Event 37 Men 25-29 50 LC Meter Breaststroke

WORLD record:	27.58	W	2019-04-26	Anton PANFEROV	RUS	
SAMS record:	29.14	S	2006-08-07	Chris Stewart (San)		
	29.18			25-29 SAQT SAMS Colours 2019-20		
	31.22			25-29 CGQT GMS Colours 2019-20		
38	Winfield, Philip			25	Cape Town MSC-CP	J35.63

Event 37 Men 45-49 50 LC Meter Breaststroke

WORLD record:	29.31	W	2018-06-02	Vladislav BRAGIN	CZE	
SAMS record:	32.45	S	2010-08-03	Johan van der Merwe (Got)		
	31.16			45-49 SAQT SAMS Colours 2019-20		
	33.34			45-49 CGQT GMS Colours 2019-20		
14	Gilbert, Oliver			49	Cape Town MSC-CP	J34.91

Event 37 Men 50-54 50 LC Meter Breaststroke

WORLD record:	30.26	W	2017-08-20	Mike HODGSON	GBR	
SAMS record:	32.58	S	3-2002	T. Shead (Chc)		
	32.07			50-54 SAQT SAMS Colours 2019-20		
	34.31			50-54 CGQT GMS Colours 2019-20		
8	Kruger, Harald			52	Cape Town MSC-CP	J34.06 CGQT

Event 37 Men 65-69 50 LC Meter Breaststroke

WORLD record:	33.30	W	2016-08-19	Rick COLELLA	USA	
SAMS record:	34.30	S	2018-03-15	Tim Shead (Pta)	CPTW-CPT	
	36.94			65-69 SAQT SAMS Colours 2019-20		
	39.53			65-69 CGQT GMS Colours 2019-20		
---	Shead, Tim			67	Cape Town MSC-CP	NS
---	van Heerden, Carel			69	Waterborn SCM-JH	NS

Event 38 Women 40-44 50 LC Meter Breaststroke

WORLD record:	32.47	W	2016-08-19	Katie GLENN	USA	
SAMS record:	35.59	S	2009-11-07	Heather Morris-Eyton (Pta)		
	35.92			40-44 SAQT SAMS Colours 2019-20		
	38.43			40-44 CGQT GMS Colours 2019-20		
11	van Wyk, Melanie			42	Cape Town MSC-CP	J42.38

Event 38 Women 45-49 50 LC Meter Breaststroke

WORLD record:	33.56	W	2017-08-20	Linley FRAME	AUS	
SAMS record:	36.55	S	2013-03-13	Heather Morris-Eyton (PE)		
	37.12			45-49 SAQT SAMS Colours 2019-20		
	39.72			45-49 CGQT GMS Colours 2019-20		
4	Cook, Wendy			49	Synergy MSC-ET	J38.05 CGQT