

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

## Nambu University Municipal Aquatics Center 50m indoor pool

## Meet Summary

	Seed		Results		
<b>Albertyn, Gary - Male - Age: 50 - Coelacanth-TS - DOB: 1969-02-04</b>					
#2 Men 50-54 800 Free Finals	9:16.33	SAQT	9:11.92	(4)	* SAQT
SAMS record: 9:16.33L					
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)		
#3 Men 50-54 200 Back Finals	2:25.84	SAQT	2:23.26	(1)	* SAQT
SAMS record: 2:25.84L					
33.99	1:09.75 (35.76)	1:46.52 (36.77)	2:23.26 (36.74)		
#12 Men 50-54 200 Free Finals	2:07.03	SAQT	2:04.99	(3)	* SAQT
SAMS record: 2:07.03L					
29.52	1:01.30 (31.78)	1:33.20 (31.90)	2:04.99 (31.79)		
#17 Men 50-54 200 IM Finals	2:25.70	SAQT	2:23.92	(3)	* SAQT
SAMS record: 2:25.70L					
31.48	1:08.29 (36.81)	1:51.59 (43.30)	2:23.92 (32.33)		
#35 Men 50-54 400 Free Finals	4:28.12	SAQT	4:26.16	(3)	* SAQT
SAMS record: 4:28.12L					
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)		
<b>Allan, Marc - Male - Age: 42 - Synergy-ET - DOB: 1977-12-26</b>					
#5 Men 40-44 100 Free Finals	54.56	SAQT	53.49	(1)	* SAQT
SAMS record: 53.84L					
25.40	53.49 (28.09)				
#14 Men 40-44 50 Fly Finals	25.36	SAQT	25.22	(1)	* SAQT
SAMS record: 25.36L					
#15 Men 40-44 50 Free Finals	24.26	SAQT	24.36	(1)	SAQT
#17 Men 40-44 200 IM Finals	2:19.52	SAQT	NS		
#19 Men 40-44 100 Fly Finals	58.54	SAQT	58.46	(3)	* SAQT
SAMS record: 1:00.47L					
27.70	58.46 (30.76)				
#25 Mixed 4x50 Free Relay - 'B' Leg 4 Finals	1:57.00		1:58.17	(11)	
32.17	1:03.43 (31.26)	1:34.42 (30.99)	1:58.17 (23.75)		
#26 Mixed 4x50 Medley Relay - 'A' Leg 3 Finals	2:09.00		2:09.83	(11)	
35.91	1:14.24 (38.33)	1:39.21 (24.97)	2:09.83 (30.62)		
<b>Boulle, Juan - Male - Age: 52 - Synergy-ET - DOB: 1967-10-12</b>					
#5 Men 50-54 100 Free Finals	1:14.31		1:14.68	(43)	
34.18	1:14.68 (40.50)				
#15 Men 50-54 50 Free Finals	31.14		30.35	(28)	*
<b>Bouwer, Marieke - Female - Age: 56 - Coelacanth-TS - DOB: 1963-06-08</b>					
#9 Women 55-59 400 IM Finals	6:58.00		7:12.29	(6)	
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)		
#18 Women 55-59 200 IM Finals	3:20.00		3:22.90	(7)	
46.57	1:38.82 (52.25)	2:37.51 (58.69)	3:22.90 (45.39)		
#31 Women 55-59 200 Fly Finals	3:34.00		3:41.27	(7)	
46.90	1:42.54 (55.64)	2:41.37 (58.83)	3:41.27 (59.90)		
<b>Bouwer, Shaun - Male - Age: 31 - Coelacanth-TS - DOB: 1988-09-20</b>					
#3 Men 30-34 200 Back Finals	2:45.00		DQ		
#12 Men 30-34 200 Free Finals	2:25.00		DNF		
#15 Men 30-34 50 Free Finals	27.00		28.68	(50)	
#30 Men 30-34 100 Back Finals	1:15.00		1:14.76	(13)	*
35.64	1:14.76 (39.12)				
<b>Cadiz, Perry - Female - Age: 43 - Cape Town-CP - DOB: 1976-02-24</b>					
#4 Women 40-44 200 Back Finals	2:40.80	CGQT	2:46.65	(7)	CGQT
37.28	1:18.21 (40.93)	2:02.16 (43.95)	2:46.65 (44.49)		
#6 Women 40-44 100 Free Finals	1:03.17	CGQT	1:03.53	(7)	CGQT
30.44	1:03.53 (33.09)				

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<b>Cadiz, Perry - Female - Age: 43 - Cape Town-CP - DOB: 1976-02-24</b>						
#16 Women 40-44 50 Free Finals	28.36	CGQT	28.62	(3)	CGQT	
#29 Women 40-44 100 Back Finals	1:13.21	CGQT	1:14.42	(2)	CGQT	
	35.40	1:14.42 (39.02)				
#34 Women 40-44 50 Back Finals	33.20	CGQT	33.70	(2)	CGQT	
#21 Women 4x50 Free Relay - 'B' Leg 4 Finals	2:00.70		2:01.94	(1)		
	32.88	1:02.92 (30.04)	1:33.56 (30.64)		2:01.94 (28.38)	
#25 Mixed 4x50 Free Relay - 'F' Leg 3 Finals	1:50.70				NS	
#23 Women 4x50 Medley Relay - 'G' Leg 1 Finals	2:24.00		2:20.72	(2)	*	
	34.18	1:13.16 (38.98)	1:47.58 (34.42)		2:20.72 (33.14)	
<b>Cook, Wendy - Female - Age: 49 - Synergy-ET - DOB: 1970-05-24</b>						
#8 Women 45-49 100 Breast Finals	1:27.38	CGQT	1:27.76	(7)		
	39.28	1:27.76 (48.48)				
#13 Women 45-49 50 Fly Finals	34.92		34.66	(15)	*	
#16 Women 45-49 50 Free Finals	33.00		32.05	(12)	*	
#27 Women 45-49 200 Breast Finals	3:12.39	CGQT	3:10.76	(4)	*	CGQT
	43.71	1:32.49 (48.78)	2:22.63 (50.14)		3:10.76 (48.13)	
#38 Women 45-49 50 Breast Finals	37.86	CGQT	38.05	(4)	CGQT	
#25 Mixed 4x50 Free Relay - 'B' Leg 1 Finals	1:57.00		1:58.17	(11)		
	32.17	1:03.43 (31.26)	1:34.42 (30.99)		1:58.17 (23.75)	
#26 Mixed 4x50 Medley Relay - 'A' Leg 2 Finals	2:09.00		2:09.83	(11)		
	35.91	1:14.24 (38.33)	1:39.21 (24.97)		2:09.83 (30.62)	
<b>du Toit, Graham - Male - Age: 59 - Cape Town-CP - DOB: 1960-10-11</b>						
#7 Men 55-59 100 Breast Finals	1:21.55		1:21.44	(7)	*	
	38.38	1:21.44 (43.06)				
#10 Men 55-59 400 IM Finals	5:40.00	CGQT			NS	
#17 Men 55-59 200 IM Finals	2:42.50	CGQT	2:43.58	(9)		
	34.86	1:17.53 (42.67)	2:05.30 (47.77)		2:43.58 (38.28)	
#28 Men 55-59 200 Breast Finals	2:58.97	CGQT	2:58.27	(4)	*	CGQT
	40.48	1:26.91 (46.43)	2:13.32 (46.41)		2:58.27 (44.95)	
#35 Men 55-59 400 Free Finals	5:00.00	CGQT	5:09.00	(12)		
	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)	
#22 Men 4x50 Free Relay - 'D' Leg 4 Finals	1:56.50		1:56.18	(6)	*	
	27.83	57.29 (29.46)	1:26.45 (29.16)		1:56.18 (29.73)	
#25 Mixed 4x50 Free Relay - 'B' Leg 4 Finals	2:01.50		2:03.22	(1)		
	33.18	1:03.97 (30.79)	1:33.33 (29.36)		2:03.22 (29.89)	
#24 Men 4x50 Medley Relay - 'A' Leg 4 Finals	2:07.50		2:09.29	(4)		
	34.21	1:09.96 (35.75)	1:40.10 (30.14)		2:09.29 (29.19)	
#26 Mixed 4x50 Medley Relay - 'A' Leg 2 Finals	2:17.00		2:19.11	(2)		
	33.70	1:11.34 (37.64)	1:45.92 (34.58)		2:19.11 (33.19)	
<b>Durrant, Gary - Male - Age: 53 - Coelacanth-TS - DOB: 1966-11-27</b>						
#5 Men 50-54 100 Free Finals	1:06.00		1:07.03	(22)		
	30.37	1:07.03 (36.66)				
#15 Men 50-54 50 Free Finals	28.22		28.38	(15)		
<b>Engela, Norelle - Female - Age: 47 - Cape Town-CP - DOB: 1972-08-01</b>						
#4 Women 45-49 200 Back Finals	2:45.01	CGQT	2:49.97	(7)	CGQT	
	37.20	1:19.66 (42.46)	2:04.90 (45.24)		2:49.97 (45.07)	
#13 Women 45-49 50 Fly Finals	33.91		33.80	(12)	*	
#16 Women 45-49 50 Free Finals	29.70	CGQT	30.02	(4)	CGQT	
#29 Women 45-49 100 Back Finals	1:13.98	CGQT	1:17.04	(8)	CGQT	
	36.43	1:17.04 (40.61)				
#34 Women 45-49 50 Back Finals	33.98	CGQT	34.47	(5)	CGQT	
SAMS record: 34.55L						
#21 Women 4x50 Free Relay - 'B' Leg 3 Finals	2:00.70		2:01.94	(1)		
	32.88	1:02.92 (30.04)	1:33.56 (30.64)		2:01.94 (28.38)	
#25 Mixed 4x50 Free Relay - 'B' Leg 2 Finals	2:01.50		2:03.22	(1)		
	33.18	1:03.97 (30.79)	1:33.33 (29.36)		2:03.22 (29.89)	

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<b>Engela, Norelle - Female - Age: 47 - Cape Town-CP - DOB: 1972-08-01</b>				
#23 Women 4x50 Medley Relay - 'G' Leg 3 Finals		2:24.00	2:20.72	(2) *
34.18	1:13.16 (38.98)	1:47.58 (34.42)	2:20.72 (33.14)	
#26 Mixed 4x50 Medley Relay - 'A' Leg 3 Finals		2:17.00	2:19.11	(2)
33.70	1:11.34 (37.64)	1:45.92 (34.58)	2:19.11 (33.19)	
<b>Fuchs, Mandi - Female - Age: 55 - Cape Town-CP - DOB: 1964-03-05</b>				
#1 Women 55-59 800 Free Finals		13:00.00	12:58.21	(9) *
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)	
#9 Women 55-59 400 IM Finals		7:31.00	7:36.68	(7)
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)	
#18 Women 55-59 200 IM Finals		3:31.00	3:30.47	(10) *
44.57	1:40.66 (56.09)	2:42.15 (1:01.49)	3:30.47 (48.32)	
#31 Women 55-59 200 Fly Finals		3:45.00	3:44.92	(8) *
49.14	1:45.80 (56.66)	2:45.69 (59.89)	3:44.92 (59.23)	
#36 Women 55-59 400 Free Finals		6:32.00	6:15.47	(5) *
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)	
#25 Mixed 4x50 Free Relay - 'F' Leg 1 Finals		1:50.70	NS	
<b>Gilbert, Oliver - Male - Age: 49 - Cape Town-CP - DOB: 1970-04-06</b>				
#7 Men 45-49 100 Breast Finals		1:18.60	DQ	
#14 Men 45-49 50 Fly Finals		32.10	31.36	(30) *
#17 Men 45-49 200 IM Finals		2:37.00	2:38.17	(10)
33.10	1:15.96 (42.86)	2:00.67 (44.71)	2:38.17 (37.50)	
#28 Men 45-49 200 Breast Finals		2:55.20	DQ	
#37 Men 45-49 50 Breast Finals		34.50	34.91	(14)
#22 Men 4x50 Free Relay - 'D' Leg 3 Finals		1:56.50	1:56.18	(6) *
27.83	57.29 (29.46)	1:26.45 (29.16)	1:56.18 (29.73)	
#25 Mixed 4x50 Free Relay - 'B' Leg 1 Finals		1:58.50	2:01.78	(15)
30.16	1:03.88 (33.72)	1:34.93 (31.05)	2:01.78 (26.85)	
#24 Men 4x50 Medley Relay - 'A' Leg 2 Finals		2:07.50	2:09.29	(4)
34.21	1:09.96 (35.75)	1:40.10 (30.14)	2:09.29 (29.19)	
#26 Mixed 4x50 Medley Relay - 'A' Leg 1 Finals		2:07.00	2:18.97	(16)
35.37	1:18.52 (43.15)	1:48.13 (29.61)	2:18.97 (30.84)	
<b>Hambloch, Carina - Female - Age: 40 - Synergy-ET - DOB: 1979-08-18</b>				
#1 Women 40-44 800 Free Finals		10:48.17	10:48.49	(6)
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)	
#4 Women 40-44 200 Back Finals		2:50.33	2:44.93	(6) * CGQT
37.66	1:19.00 (41.34)	2:01.95 (42.95)	2:44.93 (42.98)	
#11 Women 40-44 200 Free Finals		2:25.70	2:26.78	(10) CGQT
33.95	1:10.89 (36.94)	1:48.48 (37.59)	2:26.78 (38.30)	
#29 Women 40-44 100 Back Finals		1:17.21	1:15.64	(7) * CGQT
36.15	1:15.64 (39.49)			
#36 Women 40-44 400 Free Finals		5:09.79	5:10.58	(9) 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)	
#25 Mixed 4x50 Free Relay - 'B' Leg 3 Finals		1:57.00	1:58.17	(11)
32.17	1:03.43 (31.26)	1:34.42 (30.99)	1:58.17 (23.75)	
#26 Mixed 4x50 Medley Relay - 'A' Leg 1 Finals		2:09.00	2:09.83	(11)
35.91	1:14.24 (38.33)	1:39.21 (24.97)	2:09.83 (30.62)	
<b>Janssens, Geraldine - Female - Age: 75 - Fins-MP - DOB: 1944-12-08</b>				

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	Seed		Results			
<b>Janssens, Geraldine - Female - Age: 75 - Fins-MP - DOB: 1944-12-08</b>						
#4 Women 75-79 200 Back Finals	3:36.00	SAQT	3:34.02	(2)	*	SAQT
SAMS record: 3:36.15L						
47.83	1:42.12 (54.29)	2:39.07 (56.95)	3:34.02 (54.95)			
<b>Kruger, Harald - Male - Age: 52 - Cape Town-CP - DOB: 1967-09-08</b>						
#5 Men 50-54 100 Free Finals	57.70	CGQT	59.23	(5)		CGQT
28.04	59.23 (31.19)					
#14 Men 50-54 50 Fly Finals	29.50		30.29	(17)		
#15 Men 50-54 50 Free Finals	25.87	CGQT	26.37	(6)		CGQT
#37 Men 50-54 50 Breast Finals	33.03	CGQT	34.06	(8)		CGQT
#22 Men 4x50 Free Relay - 'E' Leg 4 Finals	1:43.20		1:42.23	(1)	*	
24.64	50.82 (26.18)	1:16.39 (25.57)	1:42.23 (25.84)			
#25 Mixed 4x50 Free Relay - 'F' Leg 2 Finals	1:50.70		NS			
#24 Men 4x50 Medley Relay - 'C' Leg 2 Finals	1:57.70		1:56.29	(2)	*	
31.35	1:04.79 (33.44)	1:32.33 (27.54)	1:56.29 (23.96)			
<b>Kruger, Sanderina - Female - Age: 70 - Cape Town-CP - DOB: 1949-10-16</b>						
#6 Women 70-74 100 Free Finals	1:11.49	SAQT	1:15.31	(1)		SAQT
35.90	1:15.31 (39.41)					
#11 Women 70-74 200 Free Finals	2:44.18	SAQT	2:50.31	(1)		SAQT
38.22	1:21.66 (43.44)	2:06.64 (44.98)	2:50.31 (43.67)			
#16 Women 70-74 50 Free Finals	31.99	SAQT	33.05	(1)		SAQT
#29 Women 70-74 100 Back Finals	1:31.67	SAQT	1:31.61	(1)	*	SAQT
SAMS record: 1:31.67L						
45.44	1:31.61 (46.17)					
#34 Women 70-74 50 Back Finals	41.44	SAQT	41.68	(1)		SAQT
#21 Women 4x50 Free Relay - 'B' Leg 1 Finals	2:00.70		2:01.94	(1)		
32.88	1:02.92 (30.04)	1:33.56 (30.64)	2:01.94 (28.38)			
#25 Mixed 4x50 Free Relay - 'B' Leg 1 Finals	2:01.50		2:03.22	(1)		
33.18	1:03.97 (30.79)	1:33.33 (29.36)	2:03.22 (29.89)			
#23 Women 4x50 Medley Relay - 'G' Leg 4 Finals	2:24.00		2:20.72	(2)	*	
34.18	1:13.16 (38.98)	1:47.58 (34.42)	2:20.72 (33.14)			
#26 Mixed 4x50 Medley Relay - 'A' Leg 4 Finals	2:17.00		2:19.11	(2)		
33.70	1:11.34 (37.64)	1:45.92 (34.58)	2:19.11 (33.19)			
<b>Lotkin, Roy - Male - Age: 60 - Waterborn-JH - DOB: 1959-03-30</b>						
#2 Men 60-64 800 Free Finals	13:30.00		13:05.52	(20)	*	
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)			
#3 Men 60-64 200 Back Finals	3:39.00		3:40.53	(12)		
51.16	1:47.62 (56.46)	2:45.20 (57.58)	3:40.53 (55.33)			
#10 Men 60-64 400 IM Finals	7:39.00		7:20.94	(11)	*	
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)			
#32 Men 60-64 200 Fly Finals	4:07.00		NS			
#35 Men 60-64 400 Free Finals	6:30.00		NS			
<b>Maughan, Calvin - Male - Age: 55 - Cape Town-CP - DOB: 1964-12-10</b>						
#5 Men 55-59 100 Free Finals	56.00	SAQT	56.90	(1)		SAQT
27.33	56.90 (29.57)					
#14 Men 55-59 50 Fly Finals	27.50	SAQT	NS			
#15 Men 55-59 50 Free Finals	25.30	SAQT	25.31	(1)		SAQT
#33 Men 55-59 50 Back Finals	32.00	CGQT	NS			
#22 Men 4x50 Free Relay - 'E' Leg 1 Finals	1:43.20		1:42.23	(1)	*	
24.64	50.82 (26.18)	1:16.39 (25.57)	1:42.23 (25.84)			
#25 Mixed 4x50 Free Relay - 'F' Leg 4 Finals	1:50.70		NS			
#24 Men 4x50 Medley Relay - 'C' Leg 4 Finals	1:57.70		1:56.29	(2)	*	
31.35	1:04.79 (33.44)	1:32.33 (27.54)	1:56.29 (23.96)			
<b>McLeRoth, Greg - Male - Age: 52 - Cape Town-CP - DOB: 1967-06-09</b>						

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<b>McLeRoth, Greg - Male - Age: 52 - Cape Town-CP - DOB: 1967-06-09</b>						
#5 Men 50-54 100 Free Finals	59.10	CGQT	59.75	(10)	CGQT	
28.22	59.75 (31.53)					
#15 Men 50-54 50 Free Finals	26.41	CGQT	26.27	(4)	* CGQT	
#30 Men 50-54 100 Back Finals	1:09.20	CGQT	1:09.29	(7)	CGQT	
33.11	1:09.29 (36.18)					
#33 Men 50-54 50 Back Finals	31.90	CGQT	31.68	(8)	* CGQT	
#22 Men 4x50 Free Relay - 'E' Leg 3 Finals	1:43.20		1:42.23	(1)	*	
24.64	50.82 (26.18)	1:16.39 (25.57)	1:42.23 (25.84)			
#24 Men 4x50 Medley Relay - 'C' Leg 1 Finals	1:57.70		1:56.29	(2)	*	
31.35	1:04.79 (33.44)	1:32.33 (27.54)	1:56.29 (23.96)			
<b>Mitchell, Tocher - Male - Age: 72 - Wahoo-JH - DOB: 1947-06-25</b>						
#2 Men 70-74 800 Free Finals	13:41.00		13:55.65	(8)		
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)			
#3 Men 70-74 200 Back Finals	4:05.00		NS			
<b>Nurse, Kathryn - Female - Age: 40 - Cape Town-CP - DOB: 1979-11-23</b>						
#11 Women 40-44 200 Free Finals	2:18.00	CGQT	2:21.59	(6)	CGQT	
33.47	1:09.24 (35.77)	1:45.63 (36.39)	2:21.59 (35.96)			
#18 Women 40-44 200 IM Finals	2:40.00	CGQT	2:45.84	(8)	CGQT	
34.37	1:18.23 (43.86)	2:08.24 (50.01)	2:45.84 (37.60)			
#20 Women 40-44 100 Fly Finals	1:09.50	CGQT	1:11.53	(2)	CGQT	
32.91	1:11.53 (38.62)					
#31 Women 40-44 200 Fly Finals	2:40.00	SAQT	2:47.54	(2)	CGQT	
35.74	1:17.21 (41.47)	2:01.11 (43.90)	2:47.54 (46.43)			
#36 Women 40-44 400 Free Finals	4:57.00	CGQT	5:04.51	(7)	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)			
#21 Women 4x50 Free Relay - 'B' Leg 2 Finals	2:00.70		2:01.94	(1)		
32.88	1:02.92 (30.04)	1:33.56 (30.64)	2:01.94 (28.38)			
#23 Women 4x50 Medley Relay - 'G' Leg 2 Finals	2:24.00		2:20.72	(2)	*	
34.18	1:13.16 (38.98)	1:47.58 (34.42)	2:20.72 (33.14)			
<b>Orton, Nick - Male - Age: 56 - Cape Town-CP - DOB: 1963-11-16</b>						
#3 Men 55-59 200 Back Finals	2:50.01		2:51.95	(9)		
37.73	1:21.51 (43.78)	2:07.77 (46.26)	2:51.95 (44.18)			
#14 Men 55-59 50 Fly Finals	30.50		30.53	(12)		
#15 Men 55-59 50 Free Finals	28.50		27.78	(10)	* CGQT	
#30 Men 55-59 100 Back Finals	1:15.00		1:13.61	(7)	* CGQT	
35.53	1:13.61 (38.08)					
#33 Men 55-59 50 Back Finals	32.95	CGQT	33.17	(8)	CGQT	
#22 Men 4x50 Free Relay - 'D' Leg 1 Finals	1:56.50		1:56.18	(6)	*	
27.83	57.29 (29.46)	1:26.45 (29.16)	1:56.18 (29.73)			
#24 Men 4x50 Medley Relay - 'A' Leg 3 Finals	2:07.50		2:09.29	(4)		
34.21	1:09.96 (35.75)	1:40.10 (30.14)	2:09.29 (29.19)			
<b>Shed, Tim - Male - Age: 67 - Cape Town-CP - DOB: 1952-11-10</b>						
#3 Men 65-69 200 Back Finals	2:40.00	SAQT	NS			
#7 Men 65-69 100 Breast Finals	1:19.00	SAQT	NS			
#17 Men 65-69 200 IM Finals	2:38.00	SAQT	NS			
#28 Men 65-69 200 Breast Finals	2:59.00	SAQT	NS			
#37 Men 65-69 50 Breast Finals	34.50	SAQT	NS			
<b>Sundelowitz, Selwyn - Male - Age: 69 - Coelacanth-TS - DOB: 1950-06-19</b>						
#2 Men 65-69 800 Free Finals	14:09.00		13:26.18	(20)	*	
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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## Meet Summary

	Seed				Results		
<b>Sundelowitz, Selwyn - Male - Age: 69 - Coelacanth-TS - DOB: 1950-06-19</b>							
#3 Men 65-69 200 Back Finals				3:52.00	3:45.08	(11)	*
	56.21	1:53.39 (57.18)	2:49.94 (56.55)	3:45.08 (55.14)			
#12 Men 65-69 200 Free Finals				3:18.00	3:07.80	(21)	*
	43.99	1:31.24 (47.25)	2:20.72 (49.48)	3:07.80 (47.08)			
#17 Men 65-69 200 IM Finals				4:03.00	NS		
#35 Men 65-69 400 Free Finals				7:04.00	6:32.55	(15)	*
	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)			
<b>Swanepoel, Pieter - Male - Age: 70 - Coelacanth-TS - DOB: 1949-11-12</b>							
#2 Men 70-74 800 Free Finals				17:10.00	15:50.92	(15)	*
	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)			
#5 Men 70-74 100 Free Finals				1:40.00	1:32.42	(14)	*
	39.77	1:32.42 (52.65)					
#12 Men 70-74 200 Free Finals				3:50.00	3:28.94	(13)	*
	44.20	1:37.95 (53.75)	2:35.67 (57.72)	3:28.94 (53.27)			
#15 Men 70-74 50 Free Finals				42.00	39.89	(16)	*
#35 Men 70-74 400 Free Finals				8:15.00	7:33.23	(9)	*
	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)			
<b>Taylor, Georgi - Female - Age: 44 - Cape Town-CP - DOB: 1975-04-25</b>							
#16 Women 40-44 50 Free Finals				31.81	30.77	(10)	*
#25 Mixed 4x50 Free Relay - 'B' Leg 3 Finals				1:58.50	2:01.78	(15)	
	30.16	1:03.88 (33.72)	1:34.93 (31.05)	2:01.78 (26.85)			
#26 Mixed 4x50 Medley Relay - 'A' Leg 4 Finals				2:07.00	2:18.97	(16)	
	35.37	1:18.52 (43.15)	1:48.13 (29.61)	2:18.97 (30.84)			
<b>Taylor, Robbie - Male - Age: 50 - Cape Town-CP - DOB: 1969-05-08</b>							
#5 Men 50-54 100 Free Finals				58.43 CGQT	59.47	(6)	CGQT
	28.16	59.47 (31.31)					
#14 Men 50-54 50 Fly Finals				27.94 CGQT	28.55	(8)	CGQT
#15 Men 50-54 50 Free Finals				26.25 CGQT	27.22	(8)	CGQT
#19 Men 50-54 100 Fly Finals				1:00.76 SAQT	1:03.90	(5)	CGQT
	28.89	1:03.90 (35.01)					
#22 Men 4x50 Free Relay - 'E' Leg 2 Finals				1:43.20	1:42.23	(1)	*
	24.64	50.82 (26.18)	1:16.39 (25.57)	1:42.23 (25.84)			
#24 Men 4x50 Medley Relay - 'C' Leg 3 Finals				1:57.70	1:56.29	(2)	*
	31.35	1:04.79 (33.44)	1:32.33 (27.54)	1:56.29 (23.96)			
<b>Upneck, Russell - Male - Age: 63 - Synergy-ET - DOB: 1956-12-11</b>							
#2 Men 60-64 800 Free Finals				11:23.23	11:21.46	(7)	*
	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)			
#12 Men 60-64 200 Free Finals				2:33.37	2:31.33	(4)	*
	34.46	1:12.86 (38.40)	1:52.64 (39.78)	2:31.33 (38.69)			
#35 Men 60-64 400 Free Finals				5:29.52	5:22.63	(9)	*
	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)			
#25 Mixed 4x50 Free Relay - 'B' Leg 2 Finals				1:57.00	1:58.17	(11)	
	32.17	1:03.43 (31.26)	1:34.42 (30.99)	1:58.17 (23.75)			
#26 Mixed 4x50 Medley Relay - 'A' Leg 4 Finals				2:09.00	2:09.83	(11)	
	35.91	1:14.24 (38.33)	1:39.21 (24.97)	2:09.83 (30.62)			
<b>van Heerden, Carel - Male - Age: 69 - Waterborn-JH - DOB: 1950-06-26</b>							
#7 Men 65-69 100 Breast Finals				1:55.00	NS		
#10 Men 65-69 400 IM Finals				8:51.00	NS		

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## Meet Summary

	Seed	Results		
<b>van Heerden, Carel - Male - Age: 69 - Waterborn-JH - DOB: 1950-06-26</b>				
#15 Men 65-69 50 Free Finals	38.10		NS	
#28 Men 65-69 200 Breast Finals	4:10.00		NS	
#37 Men 65-69 50 Breast Finals	47.00		NS	
<b>van Niekerk, Johan - Male - Age: 66 - Coelacanth-TS - DOB: 1953-01-29</b>				
#5 Men 65-69 100 Free Finals	1:19.64		1:17.43 (13)	*
36.12 1:17.43 (41.31)				
#12 Men 65-69 200 Free Finals	3:01.91		3:00.55 (18)	*
41.59 1:27.50 (45.91) 2:15.34 (47.84) 3:00.55 (45.21)				
#15 Men 65-69 50 Free Finals	33.80		33.84 (19)	
#30 Men 65-69 100 Back Finals	1:38.93		1:37.03 (9)	*
46.88 1:37.03 (50.15)				
#33 Men 65-69 50 Back Finals	43.60		43.53 (12)	*
<b>van Wyk, Melanie - Female - Age: 42 - Cape Town-CP - DOB: 1977-08-25</b>				
#8 Women 40-44 100 Breast Finals	1:32.83		1:30.20 (7)	*
42.60 1:30.20 (47.60)				
#18 Women 40-44 200 IM Finals	3:20.86		3:16.48 (15)	*
39.56 1:36.91 (57.35) 2:27.67 (50.76) 3:16.48 (48.81)				
#27 Women 40-44 200 Breast Finals	3:26.87		3:15.40 (8)	*
45.80 1:36.03 (50.23) 2:26.31 (50.28) 3:15.40 (49.09)				
#38 Women 40-44 50 Breast Finals	42.67		42.38 (11)	*
#25 Mixed 4x50 Free Relay - 'B' Leg 2 Finals	1:58.50		2:01.78 (15)	
30.16 1:03.88 (33.72) 1:34.93 (31.05) 2:01.78 (26.85)				
#26 Mixed 4x50 Medley Relay - 'A' Leg 2 Finals	2:07.00		2:18.97 (16)	
35.37 1:18.52 (43.15) 1:48.13 (29.61) 2:18.97 (30.84)				
<b>Winfield, Mike - Male - Age: 64 - Cape Town-CP - DOB: 1955-04-27</b>				
#3 Men 60-64 200 Back Finals	2:51.54 CGQT		2:47.49 (4)	* CGQT
37.63 1:19.78 (42.15) 2:03.96 (44.18) 2:47.49 (43.53)				
#5 Men 60-64 100 Free Finals	1:10.23		1:09.61 (9)	*
32.70 1:09.61 (36.91)				
#15 Men 60-64 50 Free Finals	31.00		30.91 (11)	*
#30 Men 60-64 100 Back Finals	1:15.80 CGQT		1:14.73 (4)	* CGQT
35.21 1:14.73 (39.52)				
#33 Men 60-64 50 Back Finals	33.97 CGQT		33.79 (4)	* CGQT
#22 Men 4x50 Free Relay - 'D' Leg 2 Finals	1:56.50		1:56.18 (6)	*
27.83 57.29 (29.46) 1:26.45 (29.16) 1:56.18 (29.73)				
#25 Mixed 4x50 Free Relay - 'B' Leg 3 Finals	2:01.50		2:03.22 (1)	
33.18 1:03.97 (30.79) 1:33.33 (29.36) 2:03.22 (29.89)				
#24 Men 4x50 Medley Relay - 'A' Leg 1 Finals	2:07.50		2:09.29 (4)	
34.21 1:09.96 (35.75) 1:40.10 (30.14) 2:09.29 (29.19)				
#26 Mixed 4x50 Medley Relay - 'A' Leg 1 Finals	2:17.00		2:19.11 (2)	
33.70 1:11.34 (37.64) 1:45.92 (34.58) 2:19.11 (33.19)				
<b>Winfield, Philip - Male - Age: 25 - Cape Town-CP - DOB: 1994-02-08</b>				
#5 Men 25-29 100 Free Finals	1:00.11		1:00.32 (38)	
28.18 1:00.32 (32.14)				
#14 Men 25-29 50 Fly Finals	29.30		29.94 (45)	
#15 Men 25-29 50 Free Finals	26.30		26.64 (29)	
#33 Men 25-29 50 Back Finals	34.57		33.12 (14)	*
#37 Men 25-29 50 Breast Finals	36.00		35.63 (38)	*
#25 Mixed 4x50 Free Relay - 'B' Leg 4 Finals	1:58.50		2:01.78 (15)	
30.16 1:03.88 (33.72) 1:34.93 (31.05) 2:01.78 (26.85)				
#26 Mixed 4x50 Medley Relay - 'A' Leg 3 Finals	2:07.00		2:18.97 (16)	
35.37 1:18.52 (43.15) 1:48.13 (29.61) 2:18.97 (30.84)				
<b>Relay</b>	<b>Seed</b>	<b>Prelims</b>	<b>Finals</b>	
1 Cape Town MSC - 'B' - W200				
#21 Women 200-239 4x50 Freestyle Relay	2:00.70		2:01.94 (1)	
32.88 1:02.92 (30.04) 1:33.56 (30.64) 2:01.94 (28.38)				

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Relay	Seed	Prelims	Finals
2 Cape Town MSC - 'D' - M200 #22 Men 200-239 4x50 Freestyle Relay	1:56.50		1:56.18 (6) *
27.83 57.29 (29.46)	1:26.45 (29.16)	1:56.18 (29.73)	
3 Cape Town MSC - 'E' - M200 #22 Men 200-239 4x50 Freestyle Relay	1:43.20		1:42.23 (1) *
24.64 50.82 (26.18)	1:16.39 (25.57)	1:42.23 (25.84)	
4 Cape Town MSC - 'G' - W200 #23 Women 200-239 4x50 Medley Relay	2:24.00		2:20.72 (2) *
34.18 1:13.16 (38.98)	1:47.58 (34.42)	2:20.72 (33.14)	
5 Cape Town MSC - 'A' - M200 #24 Men 200-239 4x50 Medley Relay	2:07.50		2:09.29 (4)
34.21 1:09.96 (35.75)	1:40.10 (30.14)	2:09.29 (29.19)	
6 Cape Town MSC - 'C' - M200 #24 Men 200-239 4x50 Medley Relay	1:57.70		1:56.29 (2) *
31.35 1:04.79 (33.44)	1:32.33 (27.54)	1:56.29 (23.96)	
7 Cape Town MSC - 'B' - X240 #25 Mixed 240-279 4x50 Freestyle Relay	2:01.50		2:03.22 (1)
33.18 1:03.97 (30.79)	1:33.33 (29.36)	2:03.22 (29.89)	
8 Cape Town MSC - 'B' - X160 #25 Mixed 160-199 4x50 Freestyle Relay	1:58.50		2:01.78 (15)
30.16 1:03.88 (33.72)	1:34.93 (31.05)	2:01.78 (26.85)	
9 Cape Town MSC - 'F' - X200 #25 Mixed 200-239 4x50 Freestyle Relay	1:50.70		NS
10 Cape Town MSC - 'A' - X240 #26 Mixed 240-279 4x50 Medley Relay	2:17.00		2:19.11 (2)
33.70 1:11.34 (37.64)	1:45.92 (34.58)	2:19.11 (33.19)	
11 Cape Town MSC - 'A' - X160 #26 Mixed 160-199 4x50 Medley Relay	2:07.00		2:18.97 (16)
35.37 1:18.52 (43.15)	1:48.13 (29.61)	2:18.97 (30.84)	
12 Synergy MSC - 'B' - X160 #25 Mixed 160-199 4x50 Freestyle Relay	1:57.00		1:58.17 (11)
32.17 1:03.43 (31.26)	1:34.42 (30.99)	1:58.17 (23.75)	
13 Synergy MSC - 'A' - X160 #26 Mixed 160-199 4x50 Medley Relay	2:09.00		2:09.83 (11)
35.91 1:14.24 (38.33)	1:39.21 (24.97)	2:09.83 (30.62)	

Total Athletes: 35

Total Relays: 13