

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

Nambu University Municipal Aquatics Center 50m indoor pool

Results

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

Name	Age	Team	Finals Time	
3 Cadiz, Perry	43	Cape Town MSC-CP	J28.62	CGQT
10 Taylor, Georgi	44	Cape Town MSC-CP	J30.77	

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)			

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)	

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)	

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

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)	

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
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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)			

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)

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	

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)			

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)

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)			

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	Rachelle 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)

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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)		

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	

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

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)				

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)		

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

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)				

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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)	

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

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)	

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)	

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)	

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)	

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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)	

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

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)			

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)	

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

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)			

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)	