

GMS Performance awards for the 2013-2014 season

Please be aware that:

- 1) Awards that are measured against the World Records will automatically eliminate the 19-24 age group. FINA does not recognize this age group and as a result there are no World Records in this age group. Effectively, this eliminates anyone in the 19-24 age group from winning the Alf Cadenhead Trophy.
- 2) The World Records used in the calculation of the Alf Cadenhead award are those as used at the 2014 SAMS Long Course National Championships.

Most Improved Swimmer: (Greatest improvement in a single event comparing times swum in standard events at the 2013 Port Elizabeth LC Nationals and at the 2014 Bloemfontein LC Nationals.)

Female: Yvonne Barnard (29) Wahoo

(23.84% improvement in the 50m Breaststroke. Port Elizabeth: 1:18.94 → Bloemfontein: 1:00.12)

Male: Owen Sheftz (37) Wahoo

(6.81% improvement in the 100m Freestyle. Port Elizabeth: 1:09.44 → Bloemfontein: 1:04.71)

Alf Cadenhead Trophy: (Best Breaststroke performance at the 2014 Bloemfontein Nationals measured against the World Record. (Backstroke is used in the odd numbered years and Breaststroke in the even numbered years.) Donated by **Gloria Williamson**)

Matt Josephson (29) Wahoo (8.30% above the World Record in the 100m Breaststroke)

Swimmer of the Year (Participation): (Most number of completed events in GMS & GMS Club hosted galas, Inter Regional galas and SAMS National galas during the season.)

Female: Carole Bridges (52) Wahoo (33 qualifying events)

Male: John Garson (76) Wahoo (31 qualifying events)

Long Haul Trophy (Distance): (Most metres swum in completed events in GMS & GMS Club hosted galas, Inter Regional galas and SAMS National galas during the season. Female trophy donated by Tracey Gardiner. Male trophy donated by Jason Wagner.)

Female: Carole Bridges (52) Wahoo (6550 metres)

Male: Russel Wolpe (77) Phoenix (5700 metres)

GMS Colours: (SAMS Colours qualifying time plus 7%, achieved in any event in GMS & GMS Club hosted galas, Inter Regional galas, SAMS National galas and the FINA World Championships during the season. Must have also competed for a GMS club in 3 or more SAMS Long Course Championships.)

Byron Dillon – Aqua Athlete

Samantha Gunther – Phoenix

Rachelle Isakov – Wahoo

Anne Jones – Phoenix

Matt Josephson – Wahoo (plus SAMS Colours)

Sue Leuner – Phoenix (plus SAMS Colours)

Marissa Rollnick - Phoenix

Ivan Schlapobersky - Phoenix

Debbie Scott – Wahoo

Andre Steynberg - Wahoo (plus SAMS Colours)