

## GMS LC (Phoenix) @ WEC - 2016/01/16

## WEC 50m outdoor pool - Johannesburg

## Results

## Event 1 Women 19-24 400 LC Meter Freestyle

SAMS record:	4:52.40	S 1994	F. Bucking (CT)	
GMS record:	5:02.41	G 2015/03/19	Jessica de Beer (Jhb)	
	4:41.85	19-24 SAQT SAMS Colours 2015-16		
	5:01.58	19-24 CGQT GMS Colours 2015-16		
1	Robson, Ashleigh	20	WATR-CG	6:30.13 12
2	Semple, Kalan	23	UNATT	6:40.57 10

## Event 1 Women 30-34 400 LC Meter Freestyle

SAMS record:	4:50.68	S 1/2003	S. Tiran (EL)	
GMS record:	5:05.15	G 2008/03/15	Bianca Troup (Dbn)	
	4:46.25	30-34 SAQT SAMS Colours 2015-16		
	5:06.29	30-34 CGQT GMS Colours 2015-16		
1	Wantenaar, Lara	34	PHOE-CG	5:30.76 12
2	Altmann, Romy	32	WAHO-CG	5:32.28 10
3	Heynes, Roxy	32	ETSM-ES	7:16.59 8

## Event 1 Women 35-39 400 LC Meter Freestyle

SAMS record:	4:45.36	S 2007/08/11	Amanda Picard (Hst)	
GMS record:	5:08.30	G 2006/08/10	Rachelle Isakov (San)	
	4:49.77	35-39 SAQT SAMS Colours 2015-16		
	5:10.05	35-39 CGQT GMS Colours 2015-16		
1	Johnson, Justine	38	PHOE-CG	6:09.19 12

## Event 1 Women 40-44 400 LC Meter Freestyle

SAMS record:	4:47.44	S 2010/08/06	Amanda Picard (Got)	
GMS record:	4:59.53	G 2009/03/14	Heather Morris-Eyton (EL)	
	4:52.88	40-44 SAQT SAMS Colours 2015-16		
	5:13.38	40-44 CGQT GMS Colours 2015-16		
1	Naude, Nina	42	WAHO-CG	6:39.60 12
2	Allner, Rene	41	PHOE-CG	7:50.52 10

## Event 1 Women 45-49 400 LC Meter Freestyle

SAMS record:	5:03.13	S 2008/02/16	Cecilia Stanford (Bel)	
GMS record:	5:04.11	G 2008/03/15	Lesley Pedlar (Dbn)	
	4:51.84	45-49 SAQT SAMS Colours 2015-16		
	5:12.27	45-49 CGQT GMS Colours 2015-16		
1	Kennedy, Karen	49	PHOE-CG	5:45.59 12
2	Strydom, Caren	48	WAHO-CG	6:15.47 10

## Event 1 Women 50-54 400 LC Meter Freestyle

SAMS record:	5:02.03	S 2011/02/17	Cecilia Stanford (CT)	
GMS record:	5:27.55	G 2006/03/04	Clare Davie (Mal)	
	5:05.82	50-54 SAQT SAMS Colours 2015-16		
	5:27.23	50-54 CGQT GMS Colours 2015-16		
1	Bridges, Carole	53	WAHO-CG	7:19.87 12

## Event 1 Women 55-59 400 LC Meter Freestyle

SAMS record:	5:15.29	S 2010/08/06	Diane Coetzee (Got)	
GMS record:	5:28.01	G 2012/06/16	Clare Davie (Ric)	
	5:17.96	55-59 SAQT SAMS Colours 2015-16		
	5:40.22	55-59 CGQT GMS Colours 2015-16		
1	Vorster, Merryll	59	WAHO-CG	8:06.46 12

## Event 1 Women 60-64 400 LC Meter Freestyle

SAMS record:	5:19.86	S 2015/08/16	Diane Coetzee (Kaz)	
GMS record:	5:58.00	G 2011/01/08	Marissa Rollnick (Jhb)	
	5:34.36	60-64 SAQT SAMS Colours 2015-16		
	5:57.77	60-64 CGQT GMS Colours 2015-16		
1	Mons, Maureen	64	PHOE-CG	6:22.44 12
2	Rollnick, Marissa	64	PHOE-CG	6:35.56 10

## Event 1 Women 70-74 400 LC Meter Freestyle

SAMS record:	6:55.43	S 2015/03/19	Anne Jones (Jhb)	
GMS record:	6:55.43	G 2015/03/19	Anne Jones (Jhb)	
	6:55.01	70-74 SAQT SAMS Colours 2015-16		
	7:24.16	70-74 CGQT GMS Colours 2015-16		
1	Jones, Anne	70	PHOE-CG	7:08.86 CGQT

## Event 1 Women 75-79 400 LC Meter Freestyle

SAMS record:	6:50.41	S 2014/08/09	Sue Leuner (Mon)	
GMS record:	6:50.41	G 2014/08/09	Sue Leuner (Mon)	
	7:25.02	75-79 SAQT SAMS Colours 2015-16		
	7:56.17	75-79 CGQT GMS Colours 2015-16		
1	Hanson, Ann	77	COEL-NT	9:40.56 12

## Event 1 Men 30-34 400 LC Meter Freestyle

SAMS record:	4:16.20	S 1992	A. Gray (Ind)	
GMS record:	4:33.74	G 2006/03/04	Paul Fryer (Mal)	
	4:20.70	30-34 SAQT SAMS Colours 2015-16		
	4:38.95	30-34 CGQT GMS Colours 2015-16		
1	Moore, Wendell	30	UNATT	6:29.08 12

## Event 1 Men 35-39 400 LC Meter Freestyle

SAMS record:	4:30.71	S 2010/03/19	Steven Hurley (Pta)	
GMS record:	4:30.71	G 2010/03/19	Steven Hurley (Pta)	
	4:22.76	35-39 SAQT SAMS Colours 2015-16		
	4:41.15	35-39 CGQT GMS Colours 2015-16		
1	Gnesin, Craig	39	WAHO-CG	6:36.96 12

## Event 1 Men 40-44 400 LC Meter Freestyle

SAMS record:	4:32.64	S 6/2004	Graham du Toit (Ric)	
GMS record:	4:37.04	G 1992	Tyrone Tozer (Ind)	
	4:22.05	40-44 SAQT SAMS Colours 2015-16		
	4:40.39	40-44 CGQT GMS Colours 2015-16		
1	Collins, Stuart	41	WAHO-CG	5:32.66 12
2	van Heerden, Jac	40	WATR-CG	5:54.25 10
3	Carmona, Sergio	44	PHOE-CG	6:08.87 8

## Event 1 Men 45-49 400 LC Meter Freestyle

SAMS record:	4:22.78	S 2014/08/09	Gary Albertyn (Mon)	
GMS record:	4:32.65	G 2006/08/10	Gregg Price (San)	
	4:26.51	45-49 SAQT SAMS Colours 2015-16		
	4:45.17	45-49 CGQT GMS Colours 2015-16		
1	Ward, Steven	46	UNATT	5:12.95 12
2	Greaves, Gordon	49	PHOE-CG	6:39.41 10
---	Whistler, Brian	45	ETSM-ES	NS

## Event 1 Men 50-54 400 LC Meter Freestyle

SAMS record:	4:34.62	S 2008/04/24	Paul Blackbeard (Per)	
GMS record:	4:59.09	G 1994/03/19	William Wilson	
	4:37.39	50-54 SAQT SAMS Colours 2015-16		
	4:56.81	50-54 CGQT GMS Colours 2015-16		
1	Finn, Joel	54	WAHO-CG	5:23.51 12
2	Pretorius, Johann	52	COEL-NT	5:56.46 10

## Event 1 Men 55-59 400 LC Meter Freestyle

SAMS record:	4:45.91	S 2008/04/24	Doug Howieson (Per)	
GMS record:	5:03.94	G 3/1999	William Wilson	
	4:47.00	55-59 SAQT SAMS Colours 2015-16		
	5:07.09	55-59 CGQT GMS Colours 2015-16		
1	Lotkin, Roy	56	WATR-CG	6:35.50 12

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**Event 1 Men 60-64 400 LC Meter Freestyle**

<b>SAMS record:</b>	5:01.20	S	2015/02/21	Izak Spies (Prl)	
<b>GMS record:</b>	5:13.40	G	2006/08/10	Willie Wilson (San)	
	5:02.69			60-64 SAQT SAMS Colours 2015-16	
	5:23.88			60-64 CGQT GMS Colours 2015-16	
1	Vile, Danny		63	ETSM-ES	7:25.75 12
2	Selmer-Olsen, Sam		63	WAHO-CG	7:38.03 10

**Event 1 Men 65-69 400 LC Meter Freestyle**

<b>SAMS record:</b>	5:28.22	S	3/2004	Gary Freeling (EL)	
<b>GMS record:</b>	5:35.05	G	2009/03/14	Willie Wilson (EL)	
	5:21.05			65-69 SAQT SAMS Colours 2015-16	
	5:43.52			65-69 CGQT GMS Colours 2015-16	
1	Rivers, Andy		69	PHOE-CG	7:39.35 12

**Event 1 Men 70-74 400 LC Meter Freestyle**

<b>SAMS record:</b>	6:03.76	S	2009/03/14	David McLachlan (EL)	
<b>GMS record:</b>	7:05.02	G	2007/03/15	Russel Wolpe (Sas)	
	5:48.88			70-74 SAQT SAMS Colours 2015-16	
	6:13.30			70-74 CGQT GMS Colours 2015-16	
1	Myers, Winton		71	WAHO-CG	8:21.13 12
---	Jennings, Ross		70	COEL-NT	NS

**Event 1 Men 75-79 400 LC Meter Freestyle**

<b>SAMS record:</b>	6:24.03	S	2012/03/16	David McLachlan (CT)	
<b>GMS record:</b>	6:39.63	G	2012/03/16	Ken Williams (CT)	
	6:18.59			75-79 SAQT SAMS Colours 2015-16	
	6:45.09			75-79 CGQT GMS Colours 2015-16	
1	Fyfe, Derek		75	COEL-NT	6:53.19 12
2	Wolpe, Russel		78	PHOE-CG	8:27.47 10

**Event 2 Women 18 & Under 50 LC Meter Breaststroke**

<b>SAMS record:</b>	0.01	S	2000	Invalid SAMS age group	
<b>GMS record:</b>	0.01	G	2000	Invalid GMS age group	
1	Bridges, Kayley		18	UN-CG-CG	50.08 12

**Event 2 Women 19-24 50 LC Meter Breaststroke**

<b>SAMS record:</b>	35.90	S	3/2005	Beryl-Ann McCutcheon (Grm)	
<b>GMS record:</b>	36.95	G	2015/03/20	Cassie Shear (Jhb)	
	34.75			19-24 SAQT SAMS Colours 2015-16	
	37.18			19-24 CGQT GMS Colours 2015-16	
1	Robson, Ashleigh		20	WATR-CG	45.68 12

**Event 2 Women 30-34 50 LC Meter Breaststroke**

<b>SAMS record:</b>	35.22	S	2/2002	L. Haupt (Oud)	
<b>GMS record:</b>	35.22	G	2002/02/28	Lizelle Haupt (Oud)	
	35.43			30-34 SAQT SAMS Colours 2015-16	
	37.91			30-34 CGQT GMS Colours 2015-16	
1	Rolt, Claire		33	COEL-NT	35.72 CGQT
2	Mazor, Cindy-Leigh		32	WAHO-CG	46.91 10
3	Heynes, Roxy		32	ETSM-ES	57.86 8

**Event 2 Women 40-44 50 LC Meter Breaststroke**

<b>SAMS record:</b>	35.59	S	2009/11/07	Heather Morris-Eyton (Pta)	
<b>GMS record:</b>	35.59	G	2009/11/07	Heather Morris-Eyton (Pta)	
	35.92			40-44 SAQT SAMS Colours 2015-16	
	38.43			40-44 CGQT GMS Colours 2015-16	
1	Naude, Nina		42	WAHO-CG	49.49 12
2	Allner, Rene		41	PHOE-CG	59.56 10

**Event 2 Women 45-49 50 LC Meter Breaststroke**

<b>SAMS record:</b>	36.55	S	2013/03/13	Heather Morris-Eyton (PE)	
<b>GMS record:</b>	36.55	G	2013/03/13	Heather Morris-Eyton (PE)	
	37.49			45-49 SAQT SAMS Colours 2015-16	
	40.11			45-49 CGQT GMS Colours 2015-16	
1	Hector, Andrea		45	WATR-CG	41.18 12

**Event 2 Women 50-54 50 LC Meter Breaststroke**

<b>SAMS record:</b>	38.96	S	2015/03/20	Annemarie Dressler (Jhb)	
<b>GMS record:</b>	40.93	G	1998/04/04	Shirley Turner	
	38.34			50-54 SAQT SAMS Colours 2015-16	
	41.02			50-54 CGQT GMS Colours 2015-16	
1	Callanan, Lynne		50	PHOE-CG	44.60 12
2	Smith, Ruth		51	WATR-CG	47.80 10
---	de Klerk, Mariette		51	WAHO-CG	NS

**Event 2 Women 55-59 50 LC Meter Breaststroke**

<b>SAMS record:</b>	40.89	S	2012/06/13	Terry Matley (Ric)	
<b>GMS record:</b>	44.31	G	2006/01/28	Jenny Ireland (Jhb)	
	40.12			55-59 SAQT SAMS Colours 2015-16	
	42.93			55-59 CGQT GMS Colours 2015-16	
1	Vorster, Merryll		59	WAHO-CG	1:01.51 12

**Event 2 Women 65-69 50 LC Meter Breaststroke**

<b>SAMS record:</b>	45.05	S	2013/03/13	Bev Shuttleworth (PE)	
<b>GMS record:</b>	54.56	G	1995/03/25	Caroline Kelly	
	45.05			65-69 SAQT SAMS Colours 2015-16	
	48.20			65-69 CGQT GMS Colours 2015-16	
1	Ferreira, Mercia		66	WAHO-CG	1:04.83 12

**Event 2 Women 70-74 50 LC Meter Breaststroke**

<b>SAMS record:</b>	48.88	S	2012/03/14	Salome Hurwitz (CT)	
<b>GMS record:</b>	1:00.57	G	1994/03/19	Greta Calitz	
	47.83			70-74 SAQT SAMS Colours 2015-16	
	51.18			70-74 CGQT GMS Colours 2015-16	
1	Jones, Anne		70	PHOE-CG	56.45G 12

**Event 2 Women 75-79 50 LC Meter Breaststroke**

<b>SAMS record:</b>	54.85	S	2014/03/14	Santa van Jaarsveld (Blm)	
<b>GMS record:</b>	1:14.20	G	1996/04/13	Greta Calitz	
	50.66			75-79 SAQT SAMS Colours 2015-16	
	54.21			75-79 CGQT GMS Colours 2015-16	
1	Hanson, Ann		77	COEL-NT	1:25.66 12

**Event 2 Men 30-34 50 LC Meter Breaststroke**

<b>SAMS record:</b>	30.75	S	3/2003	R Smith (Dbn)	
<b>GMS record:</b>	32.67	G	2005/03/19	Karl Rogers (Grm)	
	29.73			30-34 SAQT SAMS Colours 2015-16	
	31.81			30-34 CGQT GMS Colours 2015-16	
1	Aken, Warren		32	WAHO-CG	38.44 12

**Event 2 Men 35-39 50 LC Meter Breaststroke**

<b>SAMS record:</b>	29.73	S	2012/03/14	Ryk Neethling (CT)	
<b>GMS record:</b>	31.94	G	1992	Tim Shead (Ind)	
	30.12			35-39 SAQT SAMS Colours 2015-16	
	32.23			35-39 CGQT GMS Colours 2015-16	
1	Longden, Matt		39	PHOE-CG	45.29 12
2	Els, Andre		37	WATR-CG	51.09 10

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## WEC 50m outdoor pool - Johannesburg

## Results

**Event 2 Men 40-44 50 LC Meter Breaststroke**

SAMS record: 32.24 S 2014/03/14 Theo van der Merwe (Blm)

GMS record: 32.56 G 1993/03/20 TIM SHEAD

30.33 40-44 SAQT SAMS Colours 2015-16

32.45 40-44 CGQT GMS Colours 2015-16

1 Nel, Andre 41 WATR-CG 40.51 12

**Event 2 Men 45-49 50 LC Meter Breaststroke**

SAMS record: 32.45 S 2010/08/03 Johan van der Merwe (Got)

GMS record: 36.37 G 2004/03/20 Keith Dodkins (EL)

31.56 45-49 SAQT SAMS Colours 2015-16

33.77 45-49 CGQT GMS Colours 2015-16

1 Smith, Damian 48 WATR-CG 44.56 12

2 Greaves, Gordon 49 PHOE-CG 46.71 10

**Event 2 Men 50-54 50 LC Meter Breaststroke**

SAMS record: 32.58 S 3/2002 T. Shead (Che)

GMS record: 34.69 G 2003/03/29 Robert Hatherly (Dbn)

32.48 50-54 SAQT SAMS Colours 2015-16

34.79 50-54 CGQT GMS Colours 2015-16

1 Finn, Joel 54 WAHO-CG 39.46 12

2 Pretorius, Johann 52 COEL-NT 42.54 10

3 Allner, Anton 50 PHOE-CG 48.43 8

--- Rheeder, Ian 51 WAHO-CG NS

**Event 2 Men 60-64 50 LC Meter Breaststroke**

SAMS record: 34.58 S 2015/08/13 Tim Shead (Kaz)

GMS record: 36.59 G 2011/03/19 Bob Hatherly (Oud)

35.54 60-64 SAQT SAMS Colours 2015-16

38.03 60-64 CGQT GMS Colours 2015-16

1 Vile, Danny 63 ETSM-ES 59.88 12

**Event 2 Men 65-69 50 LC Meter Breaststroke**

SAMS record: 39.60 S 2011/03/19 Brian Nelson (Oud)

GMS record: 39.60 G 2011/03/19 Brian Nelson (Oud)

37.04 65-69 SAQT SAMS Colours 2015-16

39.63 65-69 CGQT GMS Colours 2015-16

1 van Heerden, Carel 65 WAHO-CG 45.13 12

2 Eddy, Clive 69 COEL-NT 51.39 10

3 Pryke, Michael 65 WAHO-CG 53.91 8

**Event 2 Men 70-74 50 LC Meter Breaststroke**

SAMS record: 41.45 S 2015/03/20 Brian Nelson (Jhb)

GMS record: 41.45 G 2015/03/20 Brian Nelson (Jhb)

39.59 70-74 SAQT SAMS Colours 2015-16

42.36 70-74 CGQT GMS Colours 2015-16

--- Jennings, Ross 70 COEL-NT NS

**Event 2 Men 80-84 50 LC Meter Breaststroke**

SAMS record: 48.99 S 2013/03/13 Ivan Schlapobersky (PE)

GMS record: 48.99 G 2013/03/13 Ivan Schlapobersky (PE)

48.56 80-84 SAQT SAMS Colours 2015-16

51.96 80-84 CGQT GMS Colours 2015-16

1 Theron, Sarel 81 COEL-NT 1:15.98 12

**Event 3 Women 18 & Under 200 LC Meter Backstroke**

SAMS record: 0.01 S 2000 Invalid SAMS age group

GMS record: 0.01 G 2000 Invalid GMS age group

1 Bridges, Kayley 18 UN-CG-CG 4:07.13 12

**Event 3 Women 19-24 200 LC Meter Backstroke**

SAMS record: 2:35.02 S 2010/03/19 Chiquita Labuschagne (Pta)

GMS record: 2:51.84 G 1994/03/19 Rachelle Isakov

2:33.44 19-24 SAQT SAMS Colours 2015-16

2:44.18 19-24 CGQT GMS Colours 2015-16

1 Semple, Kalan 23 UNATT 3:15.61 12

**Event 3 Women 30-34 200 LC Meter Backstroke**

SAMS record: 2:41.51 S 2/2007 Lucy Barlow (CT)

GMS record: 2:44.91 G 2008/03/14 Hayley Mee (Dbn)

2:33.99 30-34 SAQT SAMS Colours 2015-16

2:44.77 30-34 CGQT GMS Colours 2015-16

1 Altmann, Romy 32 WAHO-CG 2:56.74 12

**Event 3 Women 50-54 200 LC Meter Backstroke**

SAMS record: 2:46.11 S 2014/08/04 Annemarie Dressler (Mon)

GMS record: 2:49.89 G 2006/08/05 Clare Davie (San)

2:48.47 50-54 SAQT SAMS Colours 2015-16

2:59.19 50-54 CGQT GMS Colours 2015-16

1 Bridges, Carole 53 WAHO-CG 4:22.62 12

--- Dressler, Annemarie 51 COEL-NT NS

**Event 3 Women 65-69 200 LC Meter Backstroke**

SAMS record: 3:19.21 S 2014/02/11 Sanderina Kruger (CT)

GMS record: 3:50.48 G 2010/03/19 Anne Jones (Pta)

3:25.75 65-69 SAQT SAMS Colours 2015-16

3:40.15 65-69 CGQT GMS Colours 2015-16

--- Fyfe, Joyce 68 COEL-NT NS

**Event 3 Men 35-39 200 LC Meter Backstroke**

SAMS record: 2:12.39 S 2012/06/11 Simon Thirsk (Ric)

GMS record: 2:12.39 G 2012/06/11 Simon Thirsk (Ric)

2:19.99 35-39 SAQT SAMS Colours 2015-16

2:29.79 35-39 CGQT GMS Colours 2015-16

1 Gnesin, Craig 39 WAHO-CG 3:41.91 12

**Event 3 Men 65-69 200 LC Meter Backstroke**

SAMS record: 3:04.19 S 2015/03/20 Terry Downes (Jhb)

GMS record: 3:25.83 G 2012/03/17 Walter May (CT)

2:58.35 65-69 SAQT SAMS Colours 2015-16

3:10.83 65-69 CGQT GMS Colours 2015-16

--- van Renen, Owen 68 COEL-NT NS

**Event 3 Men 70-74 200 LC Meter Backstroke**

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

GMS record: 3:37.27 G 2015/03/20 Walter May (Jhb)

3:10.84 70-74 SAQT SAMS Colours 2015-16

3:24.20 70-74 CGQT GMS Colours 2015-16

1 Myers, Winton 71 WAHO-CG 4:37.90 12

**Event 3 Men 75-79 200 LC Meter Backstroke**

SAMS record: 3:38.26 S 2015/03/20 Derek Fyfe (Jhb)

GMS record: 3:47.76 G 2010/03/19 Patrick Galvin (Pta)

3:33.37 75-79 SAQT SAMS Colours 2015-16

3:48.31 75-79 CGQT GMS Colours 2015-16

1 Fyfe, Derek 75 COEL-NT 3:57.38 12

**Event 4 Women 30-34 50 LC Meter Butterfly**

SAMS record: 30.19 S 2015/08/12 Thilde Victor (Kaz)

GMS record: 31.08 G 2002/01/20 Claire Bolton (Grm)

29.32 30-34 SAQT SAMS Colours 2015-16

31.37 30-34 CGQT GMS Colours 2015-16

1 Rolt, Claire 33 COEL-NT 32.86 12

2 Altmann, Romy 32 WAHO-CG 36.96 10

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## Results

**Event 4 Women 35-39 50 LC Meter Butterfly**

SAMS record: 29.42 S 6/2004 Edith Ottermann (Ric)

GMS record: 31.09 G 2007/02/24 Rachele Isakov (Pta)

30.14 35-39 SAQT SAMS Colours 2015-16

32.25 35-39 CGQT GMS Colours 2015-16

1	Johnson, Justine	38	PHOE-CG	39.31	12
2	Moore, Roberta	39	UNATT	42.69	10
3	Lane, Catherine	37	HIGH-KZ	46.44	8

**Event 4 Women 50-54 50 LC Meter Butterfly**

SAMS record: 31.70 S 2011/06/17 Cecilia Stanford (Lds)

GMS record: 39.70 G 2001/03/01 Jenny Ireland (Pta)

31.99 50-54 SAQT SAMS Colours 2015-16

34.23 50-54 CGQT GMS Colours 2015-16

1	Smith, Ruth	51	WATR-CG	49.31	12
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**Event 4 Women 65-69 50 LC Meter Butterfly**

SAMS record: 37.93 S 2014/02/11 Sanderina Kruger (CT)

GMS record: 48.33 G 2014/03/15 Helen Lawless (Blm)

39.86 65-69 SAQT SAMS Colours 2015-16

42.65 65-69 CGQT GMS Colours 2015-16

1	Lawless, Helen	66	WAHO-CG	55.22	12
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**Event 4 Men 30-34 50 LC Meter Butterfly**

SAMS record: 26.75 S 2009/01/31 N. Moores (Shf), G Swart (Jhb)

GMS record: 26.75 G 2009/01/31 Glenn Swart (Jhb)

25.90 30-34 SAQT SAMS Colours 2015-16

27.71 30-34 CGQT GMS Colours 2015-16

1	Aken, Warren	32	WAHO-CG	31.94	12
---	Moore, Wendell	30	UNATT	NS	

**Event 4 Men 35-39 50 LC Meter Butterfly**

SAMS record: 24.69 S 2012/03/17 Ryk Neethling (CT)

GMS record: 27.59 G 2012/06/12 Simon Thirsk (Ric)

25.94 35-39 SAQT SAMS Colours 2015-16

27.76 35-39 CGQT GMS Colours 2015-16

1	Gilchrist, Scott	38	PHOE-CG	31.89	12
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**Event 4 Men 40-44 50 LC Meter Butterfly**

SAMS record: 27.40 S 2004/11/20 Gregg Price (Pta)

GMS record: 27.40 G 2004/11/20 Gregg Price (Pta)

26.52 40-44 SAQT SAMS Colours 2015-16

28.38 40-44 CGQT GMS Colours 2015-16

1	Collins, Stuart	41	WAHO-CG	32.23	12
2	Carmona, Sergio	44	PHOE-CG	37.93	10
3	Beneke, John	43	WAHO-CG	43.41	8

**Event 4 Men 45-49 50 LC Meter Butterfly**

SAMS record: 26.57 S 2008/03/13 Gregg Price (Dbn)

GMS record: 26.97 G 2006/02/18 Gregg Price (Pta)

27.06 45-49 SAQT SAMS Colours 2015-16

28.95 45-49 CGQT GMS Colours 2015-16

1	Mottram, Guy	49	KWHA-CG	32.26	12
2	Williams, Jean	45	COEL-NT	35.08	10
---	Whistler, Brian	45	ETSM-ES	NS	

**Event 4 Men 50-54 50 LC Meter Butterfly**

SAMS record: 27.08 S 2015/08/12 Calvin Maughan (Kaz)

GMS record: 27.94 G 2007/03/16 Andre Steynberg (Sas)

27.84 50-54 SAQT SAMS Colours 2015-16

29.79 50-54 CGQT GMS Colours 2015-16

1	Allner, Anton	50	PHOE-CG	38.29	12
---	Rheeder, Ian	51	WAHO-CG	NS	

**Event 4 Men 55-59 50 LC Meter Butterfly**

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

GMS record: 28.35 G 2013/03/16 Andre Steynberg (PE)

28.88 55-59 SAQT SAMS Colours 2015-16

30.90 55-59 CGQT GMS Colours 2015-16

1	Hurwitz, Neriell	55	UN-CG-CG	33.52	12
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**Event 4 Men 60-64 50 LC Meter Butterfly**

SAMS record: 30.44 S 2015/08/12 Nigel Cones (Kaz)

GMS record: 32.67 G 2005/03/19 John Petersen (Grm)

29.83 60-64 SAQT SAMS Colours 2015-16

31.92 60-64 CGQT GMS Colours 2015-16

1	Selmer-Olsen, Sam	63	WAHO-CG	47.29	12
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**Event 4 Men 65-69 50 LC Meter Butterfly**

SAMS record: 32.48 S 2014/03/15 Halton Cheadle (Blm)

GMS record: 35.40 G 2011/02/19 John Petersen (Pta)

31.11 65-69 SAQT SAMS Colours 2015-16

33.29 65-69 CGQT GMS Colours 2015-16

1	Eddy, Clive	69	COEL-NT	48.72	12
2	Pryke, Michael	65	WAHO-CG	51.96	10
3	van Heerden, Carel	65	WAHO-CG	53.55	8

**Event 5 Women 19-24 50 LC Meter Freestyle**

SAMS record: 28.03 S 1/2005 Joanne Cowell (Jhb)

GMS record: 29.60 G 2003/03/27 Bridgette Connell (Dbn)

27.71 19-24 SAQT SAMS Colours 2015-16

29.65 19-24 CGQT GMS Colours 2015-16

1	Robson, Ashleigh	20	WATR-CG	35.68	12
2	Semple, Kalan	23	UNATT	37.22	10

**Event 5 Women 30-34 50 LC Meter Freestyle**

SAMS record: 27.99 S 2015/03/18 Thilde Victor (Jhb)

GMS record: 28.26 G 2015/03/21 Andy Landau (Jhb)

27.81 30-34 SAQT SAMS Colours 2015-16

29.76 30-34 CGQT GMS Colours 2015-16

1	Rolt, Claire	33	COEL-NT	30.66	12
2	Wantenaar, Lara	34	PHOE-CG	31.40	10
3	Altmann, Romy	32	WAHO-CG	32.50	8
4	Louw, San-Mari	31	COEL-NT	34.62	7
5	Mazor, Cindy-Leigh	32	WAHO-CG	39.07	6
6	Heynes, Roxy	32	ETSM-ES	43.14	5

**Event 5 Women 35-39 50 LC Meter Freestyle**

SAMS record: 26.53 S 6/2004 Edith Ottermann (Ric)

GMS record: 30.62 G 2001/03/01 Chris MacKinnon (Pta)

28.07 35-39 SAQT SAMS Colours 2015-16

30.03 35-39 CGQT GMS Colours 2015-16

1	Lane, Catherine	37	HIGH-KZ	38.17	12
---	Roberts, Inga	38	WAHO-CG	NS	

**Event 5 Women 40-44 50 LC Meter Freestyle**

SAMS record: 26.44 S 2009/11/07 Edith Ottermann (Pta)

GMS record: 29.26 G 2015/03/21 Jaki Fagan (Jhb)

28.01 40-44 SAQT SAMS Colours 2015-16

29.97 40-44 CGQT GMS Colours 2015-16

1	Naude, Nina	42	WAHO-CG	39.43	12
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**Event 5 Women 45-49 50 LC Meter Freestyle**

SAMS record: 26.59 S 2011/03/16 Edith Ottermann (Oud)

GMS record: 30.16 G 2007/03/17 Debbie Carroll (Sas)

28.36 45-49 SAQT SAMS Colours 2015-16

30.35 45-49 CGQT GMS Colours 2015-16

1	Kennedy, Karen	49	PHOE-CG	33.87	12
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## GMS LC (Phoenix) @ WEC - 2016/01/16

## WEC 50m outdoor pool - Johannesburg

## Results

**(Event 5 Women 45-49 50 LC Meter Freestyle)**

2	Strydom, Caren	48	WAHO-CG	35.84	10
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**Event 5 Women 50-54 50 LC Meter Freestyle**

**SAMS record:** 29.44 S 2011/03/16 Cecilia Stanford (Oud)

**GMS record:** 29.95 G 2012/03/15 Debbie Carroll (CT)

29.68 50-54 SAQT SAMS Colours 2015-16

31.76 50-54 CGQT GMS Colours 2015-16

1	Verryn, Sabine	54	COEL-NT	31.38	CGQT
2	Callanan, Lynne	50	PHOE-CG	35.11	10
3	Bridges, Carole	53	WAHO-CG	41.97	8
---	de Klerk, Mariette	51	WAHO-CG	NS	

**Event 5 Women 55-59 50 LC Meter Freestyle**

**SAMS record:** 30.79 S 2013/03/14 Heather Campbell (PE)

**GMS record:** 33.04 G 2009/03/11 Marissa Rollnick (EL)

31.05 55-59 SAQT SAMS Colours 2015-16

33.22 55-59 CGQT GMS Colours 2015-16

1	Vorster, Merryll	59	WAHO-CG	48.34	12
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**Event 5 Women 60-64 50 LC Meter Freestyle**

**SAMS record:** 30.19 S 2011/03/16 Sanderina Kruger (Oud)

**GMS record:** 33.26 G 2011/02/26 Marissa Rollnick (Jhb)

32.37 60-64 SAQT SAMS Colours 2015-16

34.64 60-64 CGQT GMS Colours 2015-16

1	Rollnick, Marissa	64	PHOE-CG	35.81	12
2	Mons, Maureen	64	PHOE-CG	37.63	10

**Event 5 Women 65-69 50 LC Meter Freestyle**

**SAMS record:** 30.72 S 2015/08/14 Sanderina Kruger (Kaz)

**GMS record:** 36.69 G 2010/03/19 Anne Jones (Pta)

34.50 65-69 SAQT SAMS Colours 2015-16

36.92 65-69 CGQT GMS Colours 2015-16

1	Lawless, Helen	66	WAHO-CG	46.04	12
2	Fyfe, Joyce	68	COEL-NT	48.69	10
3	Ferreira, Mercia	66	WAHO-CG	49.98	8

**Event 5 Women 70-74 50 LC Meter Freestyle**

**SAMS record:** 36.44 S 2015/03/18 Anne Jones (Jhb)

**GMS record:** 36.44 G 2015/03/18 Anne Jones (Jhb)

36.76 70-74 SAQT SAMS Colours 2015-16

39.33 70-74 CGQT GMS Colours 2015-16

1	Jones, Anne	70	PHOE-CG	39.32	CGQT
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**Event 5 Men 30-34 50 LC Meter Freestyle**

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

**GMS record:** 24.88 G 2009/01/31 Glenn Swart (Jhb)

24.28 30-34 SAQT SAMS Colours 2015-16

25.98 30-34 CGQT GMS Colours 2015-16

1	Aken, Warren	32	WAHO-CG	30.17	12
---	Moore, Wendell	30	UNATT	NS	

**Event 5 Men 35-39 50 LC Meter Freestyle**

**SAMS record:** 23.28 S 2012/03/15 Ryk Neethling (CT)

**GMS record:** 25.45 G 2015/03/21 Simon Thirsk (Jhb)

24.34 35-39 SAQT SAMS Colours 2015-16

26.04 35-39 CGQT GMS Colours 2015-16

1	Gilchrist, Scott	38	PHOE-CG	29.56	12
2	Gnesin, Craig	39	WAHO-CG	31.31	10
3	Longden, Matt	39	PHOE-CG	35.51	8
4	Els, Andre	37	WATR-CG	36.82	7

**Event 5 Men 40-44 50 LC Meter Freestyle**

**SAMS record:** 25.31 S 1990 T. Downes (CT)

**GMS record:** 25.40 G 2010/03/19 Stephen Haupt (Pta)

24.69 40-44 SAQT SAMS Colours 2015-16

26.42 40-44 CGQT GMS Colours 2015-16

1	Collins, Stuart	41	WAHO-CG	29.60	12
2	Nel, Andre	41	WATR-CG	31.15	10
3	Carmona, Sergio	44	PHOE-CG	32.46	8
4	Beneke, John	43	WAHO-CG	36.62	7

**Event 5 Men 45-49 50 LC Meter Freestyle**

**SAMS record:** 25.18 S 1994 T. Downes (Mon)

**GMS record:** 25.52 G 2006/02/26 Gregg Price (Jhb)

25.26 45-49 SAQT SAMS Colours 2015-16

27.03 45-49 CGQT GMS Colours 2015-16

1	Williams, Jean	45	COEL-NT	31.04	12
---	Mottram, Guy	49	KWHA-CG	NS	
---	Ward, Steven	46	UNATT	NS	
---	Whistler, Brian	45	ETSM-ES	NS	

**Event 5 Men 50-54 50 LC Meter Freestyle**

**SAMS record:** 24.34 S 2015/03/21 Calvin Maughan (Jhb)

**GMS record:** 26.32 G 2008/03/15 Andre Steynberg (Dbn)

26.01 50-54 SAQT SAMS Colours 2015-16

27.83 50-54 CGQT GMS Colours 2015-16

1	Allner, Anton	50	PHOE-CG	31.15	12
2	Rheeder, Ian	51	WAHO-CG	31.40	10

**Event 5 Men 60-64 50 LC Meter Freestyle**

**SAMS record:** 27.59 S 2009/02/22 Terry Downes (Pta)

**GMS record:** 27.99 G 2006/08/07 Willie Wilson (San)

27.54 60-64 SAQT SAMS Colours 2015-16

29.47 60-64 CGQT GMS Colours 2015-16

1	Selmer-Olsen, Sam	63	WAHO-CG	36.13	12
2	Vile, Danny	63	ETSM-ES	40.96	10

**Event 5 Men 65-69 50 LC Meter Freestyle**

**SAMS record:** 29.17 S 2015/03/18 Terry Downes (Jhb)

**GMS record:** 30.11 G 2009/03/11 Willie Wilson (EL)

28.79 65-69 SAQT SAMS Colours 2015-16

30.81 65-69 CGQT GMS Colours 2015-16

1	Eddy, Clive	69	COEL-NT	34.59	12
2	van Heerden, Carel	65	WAHO-CG	37.35	10
3	Pryke, Michael	65	WAHO-CG	38.31	8
4	Rivers, Andy	69	PHOE-CG	39.66	7

**Event 5 Men 70-74 50 LC Meter Freestyle**

**SAMS record:** 31.86 S 2015/03/18 John Petersen (Jhb)

**GMS record:** 31.86 G 2015/03/18 John Petersen (Jhb)

30.44 70-74 SAQT SAMS Colours 2015-16

32.57 70-74 CGQT GMS Colours 2015-16

1	Myers, Winton	71	WAHO-CG	45.08	12
---	Jennings, Ross	70	COEL-NT	NS	

**Event 5 Men 75-79 50 LC Meter Freestyle**

**SAMS record:** 33.47 S 2012/03/15 Ken Williams (CT)

**GMS record:** 33.47 G 2012/03/15 Ken Williams (CT)

33.00 75-79 SAQT SAMS Colours 2015-16

35.31 75-79 CGQT GMS Colours 2015-16

1	Fyfe, Derek	75	COEL-NT	36.24	12
2	Garson, John	77	WAHO-CG	44.13	10

## GMS LC (Phoenix) @ WEC - 2016/01/16

## WEC 50m outdoor pool - Johannesburg

## Results

## Event 5 Men 80-84 50 LC Meter Freestyle

SAMS record:	36.96 S 3/2003	Renato Salati (Dbn)		
GMS record:	38.96 G 2009/03/11	Don Johnston (EL)		
	36.69	80-84 SAQT SAMS Colours 2015-16		
	39.26	80-84 CGQT GMS Colours 2015-16		
1 Hutchings, Peter	80	WAHO-CG	53.05	12

## Event 6 Women 18 &amp; Under 50 LC Meter Backstroke

SAMS record:	0.01 S 2000	Invalid SAMS age group		
GMS record:	0.01 G 2000	Invalid GMS age group		
1 Bridges, Kayley	18	UN-CG-CG	44.12	12

## Event 6 Women 19-24 50 LC Meter Backstroke

SAMS record:	34.60 S 1995	M. Wheeler (Dbn)		
GMS record:	35.95 G 2015/03/19	Robyn Henderson (Jhb)		
	31.92	19-24 SAQT SAMS Colours 2015-16		
	34.15	19-24 CGQT GMS Colours 2015-16		
1 Semple, Kalan	23	UNATT	41.92	12

## Event 6 Women 30-34 50 LC Meter Backstroke

SAMS record:	33.43 S 2008/04/24	Perry-Ann Cadiz (Per)		
GMS record:	34.53 G 2002/01/20	Lisa Gomes (Grm)		
	32.30	30-34 SAQT SAMS Colours 2015-16		
	34.56	30-34 CGQT GMS Colours 2015-16		
1 Altmann, Romy	32	WAHO-CG	38.49	12
2 Louw, San-Mari	31	COEL-NT	41.41	10
3 Mazor, Cindy-Leigh	32	WAHO-CG	47.34	8

## Event 6 Women 35-39 50 LC Meter Backstroke

SAMS record:	31.58 S 2006/08/10	Marianne Kriel (San)		
GMS record:	36.78 G 1996/04/13	Liz Spagnuolo		
	33.20	35-39 SAQT SAMS Colours 2015-16		
	35.52	35-39 CGQT GMS Colours 2015-16		
1 Moore, Roberta	39	UNATT	45.67	12
2 Lane, Catherine	37	HIGH-KZ	54.82	10

## Event 6 Women 40-44 50 LC Meter Backstroke

SAMS record:	31.99 S 6/2004	Bev McCarney (Ric)		
GMS record:	35.81 G 3/2002	Debbie Carroll (Chc)		
	33.08	40-44 SAQT SAMS Colours 2015-16		
	35.40	40-44 CGQT GMS Colours 2015-16		
1 Allner, Rene	41	PHOE-CG	48.34	12

## Event 6 Women 45-49 50 LC Meter Backstroke

SAMS record:	34.82 S 2010/08/06	Monique Dokter (Got)		
GMS record:	37.05 G 2008/03/15	Debbie Carroll (Dbn)		
	33.64	45-49 SAQT SAMS Colours 2015-16		
	35.99	45-49 CGQT GMS Colours 2015-16		
1 Strydom, Caren	48	WAHO-CG	47.46	12

## Event 6 Women 65-69 50 LC Meter Backstroke

SAMS record:	39.46 S 2015/08/16	Sanderina Kruger (Kaz)		
GMS record:	49.00 G 2010/02/27	Anne Jones (Jhb)		
	42.27	65-69 SAQT SAMS Colours 2015-16		
	45.23	65-69 CGQT GMS Colours 2015-16		
1 Fyfe, Joyce	68	COEL-NT	58.13	12
2 Ferreira, Mercia	66	WAHO-CG	1:07.20	10

## Event 6 Women 75-79 50 LC Meter Backstroke

SAMS record:	1:00.47 S 3/2000	M. Hardwich (CT)		
GMS record:	1:15.56 G 1996/04/13	Greta Calitz		
	48.80	75-79 SAQT SAMS Colours 2015-16		
	52.22	75-79 CGQT GMS Colours 2015-16		
1 Hanson, Ann	77	COEL-NT	1:25.14	12

## Event 6 Men 35-39 50 LC Meter Backstroke

SAMS record:	27.42 S 2013/03/15	Simon Thirsk (PE)		
GMS record:	27.42 G 2013/03/15	Simon Thirsk (PE)		
	28.54	35-39 SAQT SAMS Colours 2015-16		
	30.54	35-39 CGQT GMS Colours 2015-16		
1 Gnesin, Craig	39	WAHO-CG	40.60	12

## Event 6 Men 45-49 50 LC Meter Backstroke

SAMS record:	29.42 S 2015/08/16	Gregory Kahn (Kaz)		
GMS record:	30.54 G 3/2002	Andre Steynberg (Chc)		
	29.79	45-49 SAQT SAMS Colours 2015-16		
	31.88	45-49 CGQT GMS Colours 2015-16		
1 Williams, Jean	45	COEL-NT	42.89	12
2 Greaves, Gordon	49	PHOE-CG	46.82	10

## Event 6 Men 65-69 50 LC Meter Backstroke

SAMS record:	36.30 S 2011/03/19	Brian Stewart (Oud)		
GMS record:	37.68 G 2009/03/12	Willie Wilson (EL)		
	36.05	65-69 SAQT SAMS Colours 2015-16		
	38.57	65-69 CGQT GMS Colours 2015-16		
1 Eddy, Clive	69	COEL-NT	47.39	12
--- van Renen, Owen	68	COEL-NT	NS	

## Event 6 Men 70-74 50 LC Meter Backstroke

SAMS record:	38.49 S 2013/03/15	Jimmy Hughes (PE)		
GMS record:	43.15 G 2015/03/19	Walter May (Jhb)		
	37.86	70-74 SAQT SAMS Colours 2015-16		
	40.51	70-74 CGQT GMS Colours 2015-16		
1 Myers, Winton	71	WAHO-CG	53.91	12

## Event 6 Men 75-79 50 LC Meter Backstroke

SAMS record:	44.05 S 2012/02/05	Mike Cameron (Dbn)		
GMS record:	50.13 G 2013/03/15	John Garson (PE)		
	41.63	75-79 SAQT SAMS Colours 2015-16		
	44.54	75-79 CGQT GMS Colours 2015-16		
1 Fyfe, Derek	75	COEL-NT	49.57	12
2 Garson, John	77	WAHO-CG	56.60	10

## Event 7 Men 55-59 200 LC Meter Butterfly

SAMS record:	2:37.86 S 2006/03/04	John Keyter (Mal)		
GMS record:	3:10.44 G 1997/03/22	James Stewart		
	2:41.40	55-59 SAQT SAMS Colours 2015-16		
	2:52.70	55-59 CGQT GMS Colours 2015-16		
--- Lotkin, Roy	56	WATR-CG	NS	

## Event 8 Women 18 &amp; Under 100 LC Meter Breaststroke

SAMS record:	0.01 S 2000	Invalid SAMS age group		
GMS record:	0.01 G 2000	Invalid GMS age group		
1 Bridges, Kayley	18	UN-CG-CG	1:57.91	12

## Event 8 Women 19-24 100 LC Meter Breaststroke

SAMS record:	1:18.91 S 3/2005	Beryl-Ann McCutcheon (Grm)		
GMS record:	1:19.49 G 2015/03/21	Cassie Shear (Jhb)		
	1:17.35	19-24 SAQT SAMS Colours 2015-16		
	1:22.76	19-24 CGQT GMS Colours 2015-16		
--- Robson, Ashleigh	20	WATR-CG	NS	

## Event 8 Women 30-34 100 LC Meter Breaststroke

SAMS record:	1:18.55 S 3/2001	L. Haupt (Pta)		
GMS record:	1:18.55 G 2001/03/01	Lizelle Haupt (Pta)		
	1:18.02	30-34 SAQT SAMS Colours 2015-16		
	1:23.48	30-34 CGQT GMS Colours 2015-16		
1 Mazor, Cindy-Leigh	32	WAHO-CG	1:43.44	12
2 Heynes, Roxy	32	ETSM-ES	2:08.78	10

## GMS LC (Phoenix) @ WEC - 2016/01/16

## WEC 50m outdoor pool - Johannesburg

## Results

**Event 8 Women 35-39 100 LC Meter Breaststroke**

SAMS record: 1:21.75 S 2005/02/19 Heather Morris-Eyton (Pta)

GMS record: 1:21.75 G 2005/02/19 Heather Morris-Eyton (Pta)

1:20.17 35-39 SAQT SAMS Colours 2015-16

1:25.78 35-39 CGQT GMS Colours 2015-16

--- Roberts, Inga 38 WAHO-CG NS

**Event 8 Women 40-44 100 LC Meter Breaststroke**

SAMS record: 1:15.83 S 2010/08/01 Heather Morris-Eyton (Got)

GMS record: 1:15.83 G 2010/08/01 Heather Morris-Eyton (Got)

1:20.46 40-44 SAQT SAMS Colours 2015-16

1:26.09 40-44 CGQT GMS Colours 2015-16

1 Naude, Nina 42 WAHO-CG 1:44.65 12

**Event 8 Women 45-49 100 LC Meter Breaststroke**

SAMS record: 1:19.08 S 2013/03/16 Heather Morris-Eyton (PE)

GMS record: 1:19.08 G 2013/03/16 Heather Morris-Eyton (PE)

1:23.52 45-49 SAQT SAMS Colours 2015-16

1:29.37 45-49 CGQT GMS Colours 2015-16

1 Hector, Andrea 45 WATR-CG 1:31.46 12

**Event 8 Women 50-54 100 LC Meter Breaststroke**

SAMS record: 1:24.05 S 2011/03/18 Cecilia Stanford (Oud)

GMS record: 1:28.05 G 1998/04/03 Shirley Turner

1:25.57 50-54 SAQT SAMS Colours 2015-16

1:31.56 50-54 CGQT GMS Colours 2015-16

1 Callanan, Lynne 50 PHOE-CG 1:39.23 12

2 Smith, Ruth 51 WATR-CG 1:50.89 10

3 Bridges, Carole 53 WAHO-CG 2:14.84 8

--- Dressler, Annemarie 51 COEL-NT NS

**Event 8 Women 55-59 100 LC Meter Breaststroke**

SAMS record: 1:31.38 S 2015/08/11 Gail McCarney (Kaz)

GMS record: 1:39.77 G 2006/03/03 Jenny Ireland (Mal)

1:29.12 55-59 SAQT SAMS Colours 2015-16

1:35.36 55-59 CGQT GMS Colours 2015-16

1 Vorster, Merryll 59 WAHO-CG 2:13.93 12

**Event 8 Men 35-39 100 LC Meter Breaststroke**

SAMS record: 1:11.26 S 1992 T. Shead (Ind)

GMS record: 1:11.26 G 1992 Tim Shead (Ind)

1:07.98 35-39 SAQT SAMS Colours 2015-16

1:12.74 35-39 CGQT GMS Colours 2015-16

1 Longden, Matt 39 PHOE-CG 1:40.12 12

2 Gnesin, Craig 39 WAHO-CG 1:49.14 10

**Event 8 Men 40-44 100 LC Meter Breaststroke**

SAMS record: 1:11.35 S 1994 T. Shead (Mon)

GMS record: 1:11.35 G 1994/07/09 Timothy Shead

1:08.96 40-44 SAQT SAMS Colours 2015-16

1:13.43 40-44 CGQT GMS Colours 2015-16

1 Nel, Andre 41 WATR-CG 1:32.71 12

**Event 8 Men 45-49 100 LC Meter Breaststroke**

SAMS record: 1:10.77 S 2014/08/04 Graeme Fiser (Mon)

GMS record: 1:22.52 G 2005/03/17 Keith Dodkins (Grm)

1:10.34 45-49 SAQT SAMS Colours 2015-16

1:15.26 45-49 CGQT GMS Colours 2015-16

1 Smith, Damian 48 WATR-CG 1:38.14 12

2 Greaves, Gordon 49 PHOE-CG 1:43.08 10

**Event 8 Men 50-54 100 LC Meter Breaststroke**

SAMS record: 1:12.94 S 3/2002 T. Shead (Che)

GMS record: 1:16.64 G 2003/03/28 Robert Hatherly (Dbn)

1:13.22 50-54 SAQT SAMS Colours 2015-16

1:18.35 50-54 CGQT GMS Colours 2015-16

1 Finn, Joel 54 WAHO-CG 1:26.68 12

2 Pretorius, Johann 52 COEL-NT 1:32.22 10

**Event 8 Men 60-64 100 LC Meter Breaststroke**

SAMS record: 1:17.21 S 2015/08/11 Tim Shead (Kaz)

GMS record: 1:20.34 G 2011/03/18 Bob Hatherly (Oud)

1:20.35 60-64 SAQT SAMS Colours 2015-16

1:25.97 60-64 CGQT GMS Colours 2015-16

1 Vile, Danny 63 ETSM-ES 2:09.98 12

**Event 8 Men 65-69 100 LC Meter Breaststroke**

SAMS record: 1:28.74 S 2/2002 D. McLachlan (Oud)

GMS record: 1:28.74 G 2002/02/28 David McLachlan (Oud)

1:25.58 65-69 SAQT SAMS Colours 2015-16

1:31.57 65-69 CGQT GMS Colours 2015-16

1 van Heerden, Carel 65 WAHO-CG 1:49.39 12

2 Pryke, Michael 65 WAHO-CG 2:15.61 10

**Event 8 Men 70-74 100 LC Meter Breaststroke**

SAMS record: 1:35.99 S 2015/03/21 Brian Nelson (Jhb)

GMS record: 1:35.99 G 2015/03/21 Brian Nelson (Jhb)

1:29.64 70-74 SAQT SAMS Colours 2015-16

1:35.91 70-74 CGQT GMS Colours 2015-16

1 Jennings, Ross 70 COEL-NT 2:52.97 12

**Event 8 Men 75-79 100 LC Meter Breaststroke**

SAMS record: 1:42.15 S 2012/01/28 David McLachlan (CT)

GMS record: 1:42.67 G 2010/03/20 Patrick Galvin (Pta)

1:38.85 75-79 SAQT SAMS Colours 2015-16

1:45.77 75-79 CGQT GMS Colours 2015-16

1 Wolpe, Russel 78 PHOE-CG 2:27.24 12

**Event 8 Men 80-84 100 LC Meter Breaststroke**

SAMS record: 1:52.49 S 2013/03/16 Ivan Schlapobersky (PE)

GMS record: 1:52.49 G 2013/03/16 Ivan Schlapobersky (PE)

1:50.00 80-84 SAQT SAMS Colours 2015-16

1:57.70 80-84 CGQT GMS Colours 2015-16

1 Theron, Sarel 81 COEL-NT 3:04.45 12

**Event 9 Women 30-34 200 LC Meter IM**

SAMS record: 2:36.27 S 6/2004 Britt Stott (Ric)

GMS record: 2:47.60 G 2003/03/29 Rachele Isakov (Dbn)

2:32.91 30-34 SAQT SAMS Colours 2015-16

2:43.61 30-34 CGQT GMS Colours 2015-16

1 Rolt, Claire 33 COEL-NT 2:49.09 12

2 Wantenaar, Lara 34 PHOE-CG 3:02.10 10

**Event 9 Women 35-39 200 LC Meter IM**

SAMS record: 2:35.71 S 2008/03/15 Rachele Isakov (Dbn)

GMS record: 2:47.37 G 2006/03/02 Rachele Isakov (Mal)

2:35.38 35-39 SAQT SAMS Colours 2015-16

2:46.26 35-39 CGQT GMS Colours 2015-16

1 Johnson, Justine 38 PHOE-CG 3:21.64 12

2 Moore, Roberta 39 UNATT 3:32.94 10

## GMS LC (Phoenix) @ WEC - 2016/01/16

## WEC 50m outdoor pool - Johannesburg

## Results

<b>Event 9 Women 50-54 200 LC Meter IM</b>					2	van Heerden, Carel	65	WAHO-CG	4:18.45	10	
SAMS record: 2:36.62 S 2011/03/18 Cecilia Stanford (Oud)					---	van Renen, Owen	68	COEL-NT	NS		
GMS record: 3:07.10 G 2007/03/17 Clare Davie (Sas)					<b>Event 10 Women 19-24 100 LC Meter Freestyle</b>						
2:46.97 50-54 SAQT SAMS Colours 2015-16					SAMS record: 1:02.28 S 3/2005 Joanne Cowell (Grm)						
2:58.66 50-54 CGQT GMS Colours 2015-16					GMS record: 1:04.73 G 2015/03/20 Cassie Shear (Jhb)						
1	Bridges, Carole	53	WAHO-CG	4:08.81	12	1:00.33 19-24 SAQT SAMS Colours 2015-16					
<b>Event 9 Women 60-64 200 LC Meter IM</b>					1:04.55 19-24 CGQT GMS Colours 2015-16						
SAMS record: 3:20.34 S 2008/03/15 Elsa Craig (Dbn)					1	Semple, Kalan	23	UNATT	1:26.85	12	
GMS record: 3:37.75 G 2009/11/07 Helen Lawless (Pta)					<b>Event 10 Women 30-34 100 LC Meter Freestyle</b>						
3:12.22 60-64 SAQT SAMS Colours 2015-16					SAMS record: 1:00.84 S 6/1998 W. Daniel (Cas)						
3:25.68 60-64 CGQT GMS Colours 2015-16					GMS record: 1:04.99 G 2006/03/04 Tania Fryer (Mal)						
1	Mons, Maureen	64	PHOE-CG	3:30.51	12	1:01.20 30-34 SAQT SAMS Colours 2015-16					
<b>Event 9 Women 65-69 200 LC Meter IM</b>					1:05.48 30-34 CGQT GMS Colours 2015-16						
SAMS record: 3:30.70 S 2011/03/18 Elsa Craig (Oud)					1	Wantenaar, Lara	34	PHOE-CG	1:10.83	12	
GMS record: 4:01.65 G 1998/04/04 Dilys van der Merwe					2	Louw, San-Mari	31	COEL-NT	1:22.35	10	
3:26.37 65-69 SAQT SAMS Colours 2015-16					3	Heynes, Roxy	32	ETSM-ES	1:37.52	8	
3:40.82 65-69 CGQT GMS Colours 2015-16					<b>Event 10 Women 35-39 100 LC Meter Freestyle</b>						
---	Lawless, Helen	66	WAHO-CG	NS	SAMS record: 1:01.60 S 6/2004 Edith Ottermann (Ric)						
<b>Event 9 Men 30-34 200 LC Meter IM</b>					GMS record: 1:05.49 G 2005/03/19 Natasha Panzera (Grm)						
SAMS record: 2:22.72 S 2010/08/01 David Nel (Col)					1:01.54 35-39 SAQT SAMS Colours 2015-16						
GMS record: 2:28.54 G 2006/03/02 Paul Fryer (Mal)					1:05.85 35-39 CGQT GMS Colours 2015-16						
2:14.89 30-34 SAQT SAMS Colours 2015-16					---	Roberts, Inga	38	WAHO-CG	NS		
2:24.33 30-34 CGQT GMS Colours 2015-16					---	Lane, Catherine	37	HIGH-KZ	NS		
---	Moore, Wendell	30	UNATT	NS	<b>Event 10 Women 40-44 100 LC Meter Freestyle</b>						
<b>Event 9 Men 35-39 200 LC Meter IM</b>					SAMS record: 1:00.39 S 6/2004 Bev McCarney (Ric)						
SAMS record: 2:22.19 S 1987 L. McGregor (Dbn)					GMS record: 1:04.38 G 2002/02/28 Debbie Carroll (Oud)						
GMS record: 2:26.15 G 1990/03/15 TIM SHEAD					1:02.55 40-44 SAQT SAMS Colours 2015-16						
2:18.21 35-39 SAQT SAMS Colours 2015-16					1:06.93 40-44 CGQT GMS Colours 2015-16						
2:27.88 35-39 CGQT GMS Colours 2015-16					---	Naude, Nina	42	WAHO-CG	NS		
1	Gilchrist, Scott	38	PHOE-CG	2:47.89	12	<b>Event 10 Women 45-49 100 LC Meter Freestyle</b>					
<b>Event 9 Men 45-49 200 LC Meter IM</b>					SAMS record: 1:03.28 S 2012/02/18 Edith Ottermann (Pta)						
SAMS record: 2:20.85 S 2014/08/06 Gary Albertyn (Mon)					GMS record: 1:06.67 G 2007/03/17 Debbie Carroll (Sas)						
GMS record: 2:27.57 G 1996/06/22 Tyrone Tozer					1:03.27 45-49 SAQT SAMS Colours 2015-16						
2:21.71 45-49 SAQT SAMS Colours 2015-16					1:07.70 45-49 CGQT GMS Colours 2015-16						
2:31.63 45-49 CGQT GMS Colours 2015-16					1	Strydom, Caren	48	WAHO-CG	1:21.36	12	
---	Whistler, Brian	45	ETSM-ES	NS	<b>Event 10 Women 50-54 100 LC Meter Freestyle</b>						
---	Mottram, Guy	49	KWHA-CG	NS	SAMS record: 1:04.37 S 2012/06/11 Cecilia Stanford (Ric)						
---	Williams, Jean	45	COEL-NT	NS	GMS record: 1:04.67 G 2012/03/14 Debbie Carroll (CT)						
<b>Event 9 Men 50-54 200 LC Meter IM</b>					1:06.05 50-54 SAQT SAMS Colours 2015-16						
SAMS record: 2:27.95 S 6/2004 Tim Shead (Ric)					1:10.67 50-54 CGQT GMS Colours 2015-16						
GMS record: 2:31.94 G 3/2000 Tyrone Tozer (CT)					1	Verryn, Sabine	54	COEL-NT	1:11.67	12	
2:27.94 50-54 SAQT SAMS Colours 2015-16					2	Callanan, Lynne	50	PHOE-CG	1:20.26	10	
2:38.30 50-54 CGQT GMS Colours 2015-16					---	de Klerk, Mariette	51	WAHO-CG	NS		
---	Pretorius, Johann	52	COEL-NT	NS	---	Dressler, Annemarie	51	COEL-NT	NS		
<b>Event 9 Men 55-59 200 LC Meter IM</b>					<b>Event 10 Women 55-59 100 LC Meter Freestyle</b>						
SAMS record: 2:24.16 S 2008/04/21 Tim Shead (Per)					SAMS record: 1:07.36 S 2012/06/11 Heather Campbell (Ric)						
GMS record: 2:47.76 G 2015/03/19 Quirin Kohler (Jhb)					GMS record: 1:13.46 G 2011/02/26 Clare Davie (Jhb)						
2:35.18 55-59 SAQT SAMS Colours 2015-16					1:09.80 55-59 SAQT SAMS Colours 2015-16						
2:46.04 55-59 CGQT GMS Colours 2015-16					1:14.69 55-59 CGQT GMS Colours 2015-16						
---	Lotkin, Roy	56	WATR-CG	NS	1	Vorster, Merryll	59	WAHO-CG	1:48.55	12	
<b>Event 9 Men 65-69 200 LC Meter IM</b>					<b>Event 10 Women 60-64 100 LC Meter Freestyle</b>						
SAMS record: 2:56.51 S 3/2002 D. McLachlan (Che)					SAMS record: 1:06.63 S 2009/03/13 Sanderina Kruger (EL)						
GMS record: 2:56.51 G 3/2002 David McLachlan (Che)					GMS record: 1:15.32 G 2011/02/26 Marissa Rollnick (Jhb)						
2:55.42 65-69 SAQT SAMS Colours 2015-16					1:12.62 60-64 SAQT SAMS Colours 2015-16						
3:07.70 65-69 CGQT GMS Colours 2015-16					1:17.70 60-64 CGQT GMS Colours 2015-16						
1	Eddy, Clive	69	COEL-NT	4:09.22	12	1	Mons, Maureen	64	PHOE-CG	1:21.20	12
					2						
					Rollnick, Marissa						
					64						
					PHOE-CG						
					1:23.40						
					10						



## GMS LC (Phoenix) @ WEC - 2016/01/16

## WEC 50m outdoor pool - Johannesburg

## Results

**Event 10 Women 65-69 100 LC Meter Freestyle**

SAMS record: 1:09.23 S 2015/08/11 Sanderina Kruger (Kaz)

GMS record: 1:23.94 G 2010/02/20 Anne Jones (Pta)

1:18.77 65-69 SAQT SAMS Colours 2015-16

1:24.28 65-69 CGQT GMS Colours 2015-16

1	Fyfe, Joyce	68	COEL-NT	1:51.55	12
2	Ferreira, Mercia	66	WAHO-CG	1:53.25	10

**Event 10 Women 70-74 100 LC Meter Freestyle**

SAMS record: 1:23.80 S 2015/03/20 Anne Jones (Jhb)

GMS record: 1:23.80 G 2015/03/20 Anne Jones (Jhb)

1:27.08 70-74 SAQT SAMS Colours 2015-16

1:33.18 70-74 CGQT GMS Colours 2015-16

1	Jones, Anne	70	PHOE-CG	1:28.37	CGQT
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**Event 10 Women 75-79 100 LC Meter Freestyle**

SAMS record: 1:26.34 S 2014/08/04 Sue Leuner (Mon)

GMS record: 1:26.34 G 2014/08/04 Sue Leuner (Mon)

1:35.42 75-79 SAQT SAMS Colours 2015-16

1:42.10 75-79 CGQT GMS Colours 2015-16

1	Hanson, Ann	77	COEL-NT	2:02.67	12
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**Event 10 Men 35-39 100 LC Meter Freestyle**

SAMS record: 53.61 S 2015/03/20 Bradley Reen (Jhb)

GMS record: 57.40 G 2002/02/28 Stephen Haupt (Oud)

54.23 35-39 SAQT SAMS Colours 2015-16

58.03 35-39 CGQT GMS Colours 2015-16

1	Longden, Matt	39	PHOE-CG	1:22.92	12
2	Els, Andre	37	WATR-CG	1:30.80	10

**Event 10 Men 40-44 100 LC Meter Freestyle**

SAMS record: 55.64 S 1993 T. Downes (Per)

GMS record: 57.04 G 2010/03/18 Stephen Haupt (Pta)

54.93 40-44 SAQT SAMS Colours 2015-16

58.78 40-44 CGQT GMS Colours 2015-16

1	Carmona, Sergio	44	PHOE-CG	1:12.36	12
2	Nel, Andre	41	WATR-CG	1:12.62	10
3	Collins, Stuart	41	WAHO-CG	1:21.14	8
4	Beneke, John	43	WAHO-CG	1:23.51	7

**Event 10 Men 45-49 100 LC Meter Freestyle**

SAMS record: 55.66 S 1994 T. Downes (Mon)

GMS record: 57.48 G 2006/03/04 Gregg Price (Mal)

55.74 45-49 SAQT SAMS Colours 2015-16

59.64 45-49 CGQT GMS Colours 2015-16

1	Williams, Jean	45	COEL-NT	1:17.99	12
---	Smith, Damian	48	WATR-CG	NS	
---	Whistler, Brian	45	ETSM-ES	NS	

**Event 10 Men 50-54 100 LC Meter Freestyle**

SAMS record: 54.36 S 2015/03/19 Calvin Maughan (Jhb)

GMS record: 59.41 G 1994/07/09 William Wilson

57.53 50-54 SAQT SAMS Colours 2015-16

1:01.56 50-54 CGQT GMS Colours 2015-16

1	Allner, Anton	50	PHOE-CG	1:16.77	12
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**Event 10 Men 55-59 100 LC Meter Freestyle**

SAMS record: 58.43 S 3/2004 Terry Downes (EL)

GMS record: 59.85 G 2012/03/14 Andre Steynberg (CT)

59.66 55-59 SAQT SAMS Colours 2015-16

1:03.84 55-59 CGQT GMS Colours 2015-16

1	Hurwitz, Neriël	55	UN-CG-CG	1:11.70	12
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**Event 10 Men 60-64 100 LC Meter Freestyle**

SAMS record: 1:00.71 S 2009/03/13 Terry Downes (EL)

GMS record: 1:03.41 G 2006/08/05 Willie Wilson (San)

1:01.93 60-64 SAQT SAMS Colours 2015-16

1:06.27 60-64 CGQT GMS Colours 2015-16

1	Selmer-Olsen, Sam	63	WAHO-CG	1:31.24	12
2	Vile, Danny	63	ETSM-ES	1:33.46	10

**Event 10 Men 65-69 100 LC Meter Freestyle**

SAMS record: 1:05.93 S 2015/03/20 Terry Downes (Jhb)

GMS record: 1:06.46 G 2009/03/13 Willie Wilson (EL)

1:05.98 65-69 SAQT SAMS Colours 2015-16

1:10.60 65-69 CGQT GMS Colours 2015-16

1	Rivers, Andy	69	PHOE-CG	1:31.89	12
2	Pryke, Michael	65	WAHO-CG	1:36.15	10

**Event 10 Men 70-74 100 LC Meter Freestyle**

SAMS record: 1:16.12 S 2015/03/20 Jimmy Hughes (Jhb)

GMS record: 1:17.19 G 2015/03/20 Walter May (Jhb)

1:09.92 70-74 SAQT SAMS Colours 2015-16

1:14.81 70-74 CGQT GMS Colours 2015-16

1	Myers, Winton	71	WAHO-CG	1:39.46	12
---	Jennings, Ross	70	COEL-NT	NS	

**Event 10 Men 75-79 100 LC Meter Freestyle**

SAMS record: 1:18.79 S 2012/03/14 Ken Williams (CT)

GMS record: 1:18.79 G 2012/03/14 Ken Williams (CT)

1:16.86 75-79 SAQT SAMS Colours 2015-16

1:22.24 75-79 CGQT GMS Colours 2015-16

1	Fyfe, Derek	75	COEL-NT	1:26.36	12
2	Wolpe, Russel	78	PHOE-CG	1:47.59	10
3	Garson, John	77	WAHO-CG	1:50.78	8

**Event 10 Men 80-84 100 LC Meter Freestyle**

SAMS record: 1:30.20 S 1996 G. May (Shf)

GMS record: 1:38.12 G 2009/03/13 Don Johnston (EL)

1:26.15 80-84 SAQT SAMS Colours 2015-16

1:32.18 80-84 CGQT GMS Colours 2015-16

---	Hutchings, Peter	80	WAHO-CG	NS	
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