
RECORDS TM Records SC.W
SC Meters-Women

19-24	50 Free	28.47	23-Aug-97	NT	J. Cowell
	100 Free	1:07.03	21-Aug-99	NT	C. Bredenkamp
	200 Free	2:29.49	21-Aug-99	NT	C. Bredenkamp
	400 Free	5:32.29	1-Oct-16	COEL- TSH	Nadéne G. Kotzé at SAMS SC Champs (Combined) @ Various venues
	800 Free	1:39:59.99	31-Mar-84	NT	I. Available
	1500 Free	1:39:59.99	31-Mar-84	NT	I. Available
	50 Back	35.65	8-Aug-98	NT	J. Cowell
	100 Back	1:15.65	11-Jun-06	COEL- NT	JOANNE E. COWELL at GMS (Wahoo) @ Wahoo AC
	200 Back	1:39:59.99	31-Mar-84	NT	I. Available
	50 Breast	39.42	16-May-15	COEL- NT	Taryn Kotze at GMS (Wahoo Frostbite 1) @ Wahoo AC
	100 Breast	1:32.81	29-Oct-02	NT	T. Frank
	200 Breast	3:18.83	14-Oct-01	NT	T. Frank
	50 Fly	31.75	27-Aug-05	COEL- NT	JOANNE E. COWELL at Tshwane Short Course 2005
	100 Fly	1:13.63	23-Aug-97	NT	M. Albertyn
	200 Fly	1:39:59.99	31-Mar-84	NT	I. Available
	100 IM	1:15.91	27-Aug-05	COEL- NT	JOANNE E. COWELL at Tshwane Short Course 2005
	200 IM	1:39:59.99	31-Mar-84	NT	I. Available
25-29	50 Free	27.29	13-Jun-15	PLAM- NT	Lehesta Kemp at GMS (Wahoo Frostbite 2) @ Wahoo AC
	100 Free	1:09.56	1-Oct-15	COEL- NT	Sandra R. Verryn at SAMS SC Champs (Combined) @ Various venues
	200 Free	2:22.72	10-Jun-07	COEL- NT	CLAIRE ROLT at GMS (Wahoo) @ Wahoo AC
	400 Free	5:31.38	16-Oct-10	COEL- NT	Severine M. Marechal at SAMS SC Champs (Gauteng #1) @ Wahoo AC
	800 Free	11:46.00	22-Nov-08	COEL- NT	JOANNE E. COWELL at GMS (Killer Whales) @ Linden
	1500 Free	1:39:59.99	31-Mar-84	NT	I. Available
	50 Back	30.78	13-Jun-15	PLAM- NT	Lehesta Kemp at GMS (Wahoo Frostbite 2) @ Wahoo AC
	100 Back	1:39:59.99	31-Mar-84	NT	I. Available
	200 Back	3:17.45	1-Oct-08	COEL- NT	Liesel Louw at SAMS (Consol.) SC Champs @ various venues
	50 Breast	35.36	10-Jun-07	COEL- NT	CLAIRE ROLT at GMS (Wahoo) @ Wahoo AC
	100 Breast	1:17.10	10-Jun-07	COEL- NT	CLAIRE ROLT at GMS (Wahoo) @ Wahoo AC
	200 Breast	3:13.46	16-Oct-10	COEL- NT	Severine M. Marechal at SAMS SC Champs (Gauteng #1) @ Wahoo AC
	50 Fly	30.07	13-Jun-15	PLAM- NT	Lehesta Kemp at GMS (Wahoo Frostbite 2) @ Wahoo AC
	100 Fly	1:13.14	13-Jun-94	NT	S. Dorlas
	200 Fly	1:39:59.99	31-Mar-84	NT	I. Available
	100 IM	1:17.71	22-Nov-08	COEL- NT	JOANNE E. COWELL at GMS (Killer Whales) @ Linden
	200 IM	2:37.56	10-Jun-07	COEL- NT	CLAIRE ROLT at GMS (Wahoo) @ Wahoo AC
	400 IM	6:25.38	16-Oct-10	COEL- NT	Severine M. Marechal at SAMS SC Champs (Gauteng #1) @ Wahoo AC
30-34	50 Free	30.31	27-Aug-16	COEL- NT	Claire C. Rolt at GMS @ Wahoo AC - GMS ShortCourse-270816
	100 Free	1:05.44	23-Jul-16	COEL- NT	Claire C. Rolt at GMS (Wahoo) @ Wahoo AC Frostbite3-160723
	200 Free	2:25.26	19-May-12	COEL- NT	Claire C. Rolt at GMS (Wahoo) Frostbite 1 @ Wahoo AC
	400 Free	1:39:59.99	31-Mar-84	NT	I. Available
	800 Free	1:39:59.99	31-Mar-84	NT	I. Available
	1500 Free	1:39:59.99	31-Mar-84	NT	I. Available
	50 Back	35.75	27-Sep-14	COEL- NT	Lizette Muller at SAMS SC Champs (Combined) @ various venues
	100 Back	1:15.58	27-Sep-14	COEL- NT	Lizette Muller at SAMS SC Champs (Combined) @ various venues
	200 Back	3:15.58	20-Jul-13	COEL- NT	Liesel Louw at GMS (Wahoo) @ Wahoo AC
	50 Breast	34.41	23-Jul-16	COEL- NT	Claire C. Rolt at GMS (Wahoo) @ Wahoo AC Frostbite3-160723
	100 Breast	1:16.99	27-Aug-16	COEL- NT	Claire C. Rolt at GMS @ Wahoo AC - GMS ShortCourse-270816
	200 Breast	2:49.24	1-Oct-16	COEL- TSH	Claire C. Rolt at SAMS SC Champs (Combined) @ Various venues
	50 Fly	32.89	23-Jul-16	COEL- NT	Claire C. Rolt at GMS (Wahoo) @ Wahoo AC Frostbite3-160723
	100 Fly	1:16.09	15-Nov-00	NT	S. Dorlas
	200 Fly	1:39:59.99	31-Mar-84	NT	I. Available
	100 IM	1:15.62	1-Oct-16	COEL- TSH	Claire C. Rolt at SAMS SC Champs (Combined) @ Various venues
	200 IM	2:38.10	1-Oct-16	COEL- TSH	Claire C. Rolt at SAMS SC Champs (Combined) @ Various venues

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30-34	400 IM	1:39:59.99	31-Mar-84	NT	I. Available	
35-39	50 Free	27.25	1-Oct-04	NT	E. Ottermann	
	100 Free	1:03.85	1-Oct-05	COEL- NT	EDITH C. OTTERMANN at SAMS SC Champs @ Various venues	
	200 Free	2:40.84	23-Aug-97	NT	C. Witteveen	
	400 Free	1:39:59.99	31-Mar-84	NT	I. Available	
	800 Free	1:39:59.99	31-Mar-84	NT	I. Available	
	1500 Free	1:39:59.99	31-Mar-84	NT	I. Available	
	50 Back	37.00	21-Aug-99	NT	E. Ottermann	
	100 Back	1:18.91	13-Feb-00	NT	A. Dressler	
	200 Back	1:39:59.99	31-Mar-84	NT	I. Available	
	50 Breast	35.21	1-Oct-17	COEL- TSH	Claire C. Rolt at SAMS SC Champs (Combined) @ Various venues	
	100 Breast	1:28.74	21-Aug-99	NT	C. Witteveen	
	200 Breast	1:39:59.99	31-Mar-84	NT	I. Available	
	50 Fly	30.14	1-Oct-04	NT	E. Ottermann	
	100 Fly	1:16.07	14-Oct-01	NT	E. Ottermann	
	200 Fly	1:39:59.99	31-Mar-84	NP	I. Available	
	100 IM	1:14.99	1-Oct-05	COEL- NT	EDITH C. OTTERMANN at SAMS SC Champs @ Various venues	
	200 IM	1:39:59.99	31-Mar-84	NP	I. Available	
	400 IM	1:39:59.99	31-Mar-84	NT	I. Available	
	40-44	50 Free	29.76	19-Jul-14	COEL- NT	Megan E. Albertyn at GMS (Wahoo Frostbite 3) @ Wahoo AC
		100 Free	1:04.14	19-Jul-14	COEL- NT	Megan E. Albertyn at GMS (Wahoo Frostbite 3) @ Wahoo AC
200 Free		2:21.44	30-Aug-14	COEL- NT	Megan E. Albertyn at GMS SC Champs @ Wahoo AC	
400 Free		4:55.19	19-Jul-14	COEL- NT	Megan E. Albertyn at GMS (Wahoo Frostbite 3) @ Wahoo AC	
800 Free		12:27.00	14-Aug-10	COEL- NT	Jade Homveld at GMS SC Champs @ Wahoo AC	
1500 Free		20:56.99	24-Nov-07	NT	H. Ueckermann at Barnet Cophthall Pools London	
50 Back		35.31	1-Oct-04	NT	A. Dressler	
100 Back		1:17.63	1-Oct-04	NT	A. Dressler	
200 Back		2:40.53	28-Nov-04	NT	A. Dressler	
50 Breast		39.46	1-Oct-04	NT	A. Dressler	
100 Breast		1:27.80	29-Oct-02	NT		
200 Breast		2:57.96	28-Nov-04	NP	A. Dressler	
50 Fly		34.08	22-Sep-12	COEL- NT	Christel du Toit at SAMS SC Champs - Combined	
100 Fly		1:23.25	30-Aug-03	NP	K. Foster	
200 Fly		3:06.96	30-Aug-03	NT	K. Foster	
100 IM		1:19.93	9-Jul-05	NT	A. Dressler	
200 IM		2:57.53	16-Aug-08	COEL- NT	ANNEMARIE H. DRESSLER at GMS SC Champs @ Wahoo AC	
400 IM		5:55.69	1-Oct-04	NT	A. Dressler	
45-49		50 Free	30.20	19-Oct-13	COEL- NT	Barbara Fraatz at SAMS SC Champs (GMS) @ St Benedicts
		100 Free	1:06.88	19-Oct-13	COEL- NT	Barbara Fraatz at SAMS SC Champs (GMS) @ St Benedicts
	200 Free	2:34.04	1-Mar-08	NT	Hannah Ueckermann at Bracknell Masters UK	
	400 Free	5:22.90	18-Jul-09	COEL- NT	Hannah Ueckermann at Cophthall Masters UK	
	800 Free	11:05.27	18-Jul-09	NT	H Uekermann at Barnet Cophthall Masters UK	
	1500 Free	22:13.37	13-Aug-11	COEL- NT	MARIEKE BOUWER at GMS SC Champs @ Wahoo AC	
	50 Back	35.11	19-Oct-13	COEL- NT	Annemarie H. Dressler at SAMS SC Champs (GMS) @ St Benedicts	
	100 Back	1:18.37	13-Aug-11	COEL- NT	Annemarie H. Dressler at GMS SC Champs @ Wahoo AC	
	200 Back	2:41.53	20-Jul-13	COEL- NT	Annemarie H. Dressler at GMS (Wahoo) @ Wahoo AC	
	50 Breast	38.89	15-May-05	NT	C. van Dam	
	100 Breast	1:26.42	6-Mar-10	NT	Hannah Ueckermann at Bracknell Master UK	
	200 Breast	3:02.21	6-Mar-10	NT	Hannah Ueckermann at Bracknell Masters UK	
	50 Fly	34.38	19-Oct-13	COEL- NT	Barbara Fraatz at SAMS SC Champs (GMS) @ St Benedicts	
	100 Fly	1:17.60	19-Oct-13	COEL- NT	Barbara Fraatz at SAMS SC Champs (GMS) @ St Benedicts	
	200 Fly	3:07.35	1-Oct-05	BRKL- NT	KIM FOSTER at SAMS SC Champs @ Various venues	
	100 IM	1:18.97	19-Oct-13	COEL- NT	Annemarie H. Dressler at SAMS SC Champs (GMS) @ St Benedicts	

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45-49	200 IM	2:55.86	22-Sep-12	COEL- NT	Barbara Fraatz at SAMS SC Champs - Combined	
	400 IM	6:00.02	18-Jul-09	COEL- NT	H Ueckermann at Barnet Copthall Masters UK	
50-54	50 Free	30.88	19-Jul-14	COEL- NT	SABINE M. VERRYIN at GMS (Wahoo Frostbite 3) @ Wahoo AC	
	100 Free	1:09.04	1-Oct-15	COEL- NT	SABINE M. VERRYIN at SAMS SC Champs (Combined) @ Various venues	
	200 Free	2:30.82	1-Oct-16	COEL- TSH	Annemarie H. Dressler at SAMS SC Champs (Combined) @ Various venues	
	400 Free	5:25.07	17-Aug-13	COEL- NT	MARIEKE BOUWER at GMS SC Champs @ Wahoo AC	
	800 Free	11:06.29	1-Oct-15	COEL- NT	Annemarie H. Dressler at SAMS SC Champs (Combined) @ Various venues	
	1500 Free	21:51.00	17-Aug-13	COEL- NT	MARIEKE BOUWER at GMS SC Champs @ Wahoo AC	
	50 Back	35.27	19-Jul-14	COEL- NT	Annemarie H. Dressler at GMS (Wahoo Frostbite 3) @ Wahoo AC	
	100 Back	1:15.62	21-Jun-14	COEL- NT	Annemarie H. Dressler at GMS (Wahoo Frostbite 2) @ Wahoo AC	
	200 Back	2:39.46	19-Jul-14	COEL- NT	Annemarie H. Dressler at GMS (Wahoo Frostbite 3) @ Wahoo AC	
	50 Breast	39.53	13-Jun-15	COEL- NT	Annemarie H. Dressler at GMS (Wahoo Frostbite 2) @ Wahoo AC	
	100 Breast	1:27.48	1-Oct-15	COEL- NT	Annemarie H. Dressler at SAMS SC Champs (Combined) @ Various venues	
	200 Breast	3:15.90	1-Oct-16	COEL- TSH	Annemarie H. Dressler at SAMS SC Champs (Combined) @ Various venues	
	50 Fly	33.93	15-Aug-09	COEL- NT	KIM FOSTER at GMS (Wahoo) @ Wahoo AC (GMS SC Champs)	
	100 Fly	1:20.25	16-May-09	COEL- NT	KIM FOSTER at GMS (Wahoo) @ Wahoo AC (Frostbite 1)	
	200 Fly	3:00.32	14-Aug-10	COEL- NT	KIM FOSTER at GMS SC Champs @ Wahoo AC	
	100 IM	1:20.88	21-Jun-14	COEL- NT	Annemarie H. Dressler at GMS (Wahoo Frostbite 2) @ Wahoo AC	
	200 IM	2:59.55	1-Oct-16	COEL- TSH	Annemarie H. Dressler at SAMS SC Champs (Combined) @ Various venues	
	400 IM	6:23.26	17-Aug-13	COEL- NT	MARIEKE BOUWER at GMS SC Champs @ Wahoo AC	
	55-59	50 Free	31.72	1-Oct-16	COEL- TSH	SABINE M. VERRYIN at SAMS SC Champs (Combined) @ Various venues
		100 Free	1:12.39	11-Jul-15	COEL- NT	KIM FOSTER at GMS (Wahoo Frostbite 3) @ Wahoo AC
200 Free		2:46.22	27-Sep-14	COEL- NT	KIM FOSTER at SAMS SC Champs (Combined) @ various venues	
400 Free		6:04.57	19-Jul-14	COEL- NT	KIM FOSTER at GMS (Wahoo Frostbite 3) @ Wahoo AC	
800 Free		12:27.77	29-Aug-15	COEL- NT	Kim Foster at GMSC Champs @ Wahoo	
1500 Free		23:47.94	27-Aug-16	COEL- NT	KIM FOSTER at GMS @ Wahoo AC - GMS ShortCourse-270816	
50 Back		44.93	21-Jun-14	COEL- NT	KIM FOSTER at GMS (Wahoo Frostbite 2) @ Wahoo AC	
100 Back		1:43.79	13-Oct-02	NT	J. Fyfe	
200 Back		3:25.41	1-Oct-15	COEL- NT	KIM FOSTER at SAMS SC Champs (Combined) @ Various venues	
50 Breast		42.48	1-Oct-16	COEL- TSH	SABINE M. VERRYIN at SAMS SC Champs (Combined) @ Various venues	
100 Breast		1:39.62	16-May-15	COEL- NT	KIM FOSTER at GMS (Wahoo Frostbite 1) @ Wahoo AC	
200 Breast		4:02.00	27-Aug-05	COEL- NT	ANGELIKA SANDRI at Tshwane Short Course 2005	
50 Fly		34.35	11-Jul-15	COEL- NT	KIM FOSTER at GMS (Wahoo Frostbite 3) @ Wahoo AC	
100 Fly		1:22.66	30-Aug-14	COEL- NT	KIM FOSTER at GMS SC Champs @ Wahoo AC	
200 Fly		3:04.09	13-Jun-15	COEL- NT	KIM FOSTER at GMS (Wahoo Frostbite 2) @ Wahoo AC	
100 IM		1:28.23	21-Jun-14	COEL- NT	KIM FOSTER at GMS (Wahoo Frostbite 2) @ Wahoo AC	
200 IM		3:23.06	19-Jul-14	COEL- NT	KIM FOSTER at GMS (Wahoo Frostbite 3) @ Wahoo AC	
400 IM		6:55.26	30-Aug-14	COEL- NT	KIM FOSTER at GMS SC Champs @ Wahoo AC	
60-64		50 Free	38.07	17-Jun-17	CSCM- TSH	Pam Reynecke at GMS (Wahoo) @ Wahoo AC
		100 Free	1:26.26	17-Jun-17	CSCM- TSH	Pam Reynecke at GMS (Wahoo) @ Wahoo AC
	200 Free	3:15.48	20-May-17	CSCM- TSH	Pam Reynecke at GMS (Wahoo) @ Wahoo AC_FB1_20170517	
	400 Free	6:49.44	31-Aug-02	NT	O. Belcher	
	800 Free	16:45.00	24-Sep-11	COEL- NT	ANGELIKA SANDRI at SAMS SC Champs (Combined) @ Various venues	
	1500 Free	1:39:59.99	31-Mar-84	NT	I. Available	
	50 Back	45.62	1-Oct-16	CSCM- TSH	Pamela Reynecke at SAMS SC Champs (Combined) @ Various venues	
	100 Back	1:42.69	1-Oct-16	CSCM- TSH	Pamela Reynecke at SAMS SC Champs (Combined) @ Various venues	
	200 Back	3:36.20	17-Jun-17	CSCM- TSH	Pam Reynecke at GMS (Wahoo) @ Wahoo AC	
	50 Breast	48.66	30-Aug-03	NT	S. Hurwitz	
	100 Breast	1:46.35	1-Jul-95	NT	S. Hurwitz	
	200 Breast	4:10.32	14-Aug-10	COEL- NT	ANGELIKA SANDRI at GMS SC Champs @ Wahoo AC	
	50 Fly	49.55	17-Aug-13	COEL- NT	ANGELIKA SANDRI at GMS SC Champs @ Wahoo AC	
	100 Fly	2:13.77	15-Nov-00	NT	B. Pearce	
	200 Fly	5:28.81	21-Aug-99	NP	B. Pearce	

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60-64	100 IM	1:47.11	22-Sep-12	COEL- NT	ANGELIKA SANDRI at SAMS SC Champs - Combined	
	200 IM	1:39:59.99	31-Mar-84	NT	I. Available	
	400 IM	1:39:59.99	31-Mar-84	NT	I. Available	
65-69	50 Free	42.04	1-Oct-15	COEL- NT	ANGELIKA SANDRI at SAMS SC Champs (Combined) @ Various venues	
	100 Free	1:34.86	1-Oct-15	COEL- NT	ANGELIKA SANDRI at SAMS SC Champs (Combined) @ Various venues	
	200 Free	3:26.67	1-Oct-06	COEL- NT	OLIVIA BELCHER at SAMS Short Course Championships	
	400 Free	8:11.74	16-Aug-03	NT	B. Pearce	
	800 Free	13:55.82	1-Oct-17	COEL- TSH	Ingrid Vorwerk Marren at SAMS SC Champs (Combined) @ Various venues	
	1500 Free	1:39:59.99	31-Mar-84	NT	I. Available	
	50 Back	50.33	18-May-13	COEL- NT	JOYCE E. FYFE at GMS (Wahoo Frostbite #1) @ Wahoo AC	
	50 Back	51.45	22-Jun-13	COEL- NT	JOYCE E. FYFE at GMS SC (Wahoo) Frostbite #2 @ Wahoo AC	
	100 Back	1:57.72	31-Aug-02		B. Pearce	
	200 Back	4:20.00	7-Aug-02		B. Pearce	
	50 Breast	47.27	17-May-08	COEL- NT	Salome HURWITZ at GMS (Wahoo) @ Wahoo AC	
	100 Breast	1:55.55	1-Oct-15	COEL- NT	ANGELIKA SANDRI at SAMS SC Champs (Combined) @ Various venues	
	200 Breast	3:50.16	17-May-08	COEL- NT	Salome HURWITZ at GMS (Wahoo) @ Wahoo AC	
	50 Fly	1:01.23	17-Aug-02		B. Pearce	
	100 Fly	2:19.72	31-Aug-02		B. Pearce	
	200 Fly	4:36.41	16-Aug-03		B. Pearce	
	100 IM	1:50.87	1-Oct-17	COEL- TSH	ANGELIKA SANDRI at SAMS SC Champs (Combined) @ Various venues	
	200 IM	4:36.41	16-Aug-03		B. Pearce	
	400 IM	10:08.85	1-Oct-04		B. Pearce	
	70-74	50 Free	47.74	15-Jul-17	COEL- TSH	JOYCE E. FYFE at FB3 - GMS (Wahoo) @ Wahoo AC
100 Free		1:57.70	1-Oct-15	COEL- NT	Rita BURGER at SAMS SC Champs (Combined) @ Various venues	
200 Free		4:01.42	15-Jul-17	COEL- TSH	JOYCE E. FYFE at FB3 - GMS (Wahoo) @ Wahoo AC	
400 Free		8:41.41	6-May-16	COEL- NT	Rita BURGER at GMS (Wahoo) @ Wahoo AC - FB1 - 20160507 - Com	
800 Free		1:39:59.99	9-Sep-99		Free	
1500 Free		1:39:59.99	9-Sep-99		Free	
50 Back		54.76	15-Jul-17	COEL- TSH	JOYCE E. FYFE at FB3 - GMS (Wahoo) @ Wahoo AC	
100 Back		2:13.03	20-May-17	COEL- TSH	JOYCE E. FYFE at GMS (Wahoo) @ Wahoo AC_FB1_20170517	
200 Back		4:29.54	1-Oct-15	COEL- NT	Rita BURGER at SAMS SC Champs (Combined) @ Various venues	
50 Breast		1:07.09	31-Aug-02		G. Wallace	
100 Breast		2:32.97	31-Aug-02		G. Wallace	
200 Breast		1:39:59.99	9-Sep-99		Free	
75-79		50 Free	53.93	19-Jul-14	COEL- NT	Ann HANSON at GMS (Wahoo Frostbite 3) @ Wahoo AC
	100 Free	2:04.59	1-Oct-15	COEL- NT	Ann HANSON at SAMS SC Champs (Combined) @ Various venues	
	200 Free	4:32.21	30-Aug-14	COEL- NT	Ann HANSON at GMS SC Champs @ Wahoo AC	
	400 Free	9:31.48	1-Oct-16	COEL- TSH	Ann HANSON at SAMS SC Champs (Combined) @ Various venues	
	800 Free	1:39:59.99	9-Sep-99		Free	
	50 Back	1:19.66	28-Oct-07	COEL- NT	GRETA E. WALLACE at SAMS (GMS) SC Champs @ Wahoo AC	
	100 Back	1:39:59.99	9-Sep-99		Free	
	200 Back	1:39:59.99	9-Sep-99		Free	
	50 Breast	1:13.29	28-Oct-07	COEL- NT	GRETA E. WALLACE at SAMS (GMS) SC Champs @ Wahoo AC	
	100 Breast	2:55.06	1-Oct-15	COEL- NT	Ann HANSON at SAMS SC Champs (Combined) @ Various venues	
	200 Breast	1:39:59.99	9-Sep-99		Free	
	80-84	50 Free	1:32.75	1-Oct-04		G. Kothe
		100 Free	1:39:59.99	9-Sep-99		Free
200 Free		1:39:59.99	9-Sep-99		Free	