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**RECORDS TMS LC Women**
**LC Meters-Women**

19-24	50 Free	28.03	<b>30-Jan-05</b>		J. Cowell
	100 Free	1:02.28	<b>17-Mar-05</b>		J. Cowell
	200 Free	2:21.03	<b>17-Mar-05</b>		J. Cowell
	400 Free	5:06.50	<b>2-Mar-97</b>		M. Albertyn
	800 Free	10:38.97	<b>20-Mar-97</b>		M. Albertyn
	1500 Free	20:16.41	<b>9-Oct-04</b>		J. Cowell
	50 Back	35.67	<b>20-Mar-04</b>		J. Cowell
	100 Back	1:20.31	<b>14-Feb-06</b>		J. Cowell
	200 Back	3:04.00	<b>12-Feb-09</b>	COEL- NT	Sandra R. Verryn at Tshwane Champs 09
	50 Breast	37.27	<b>3-Jan-05</b>		J. Cowell
	100 Breast	1:21.19	<b>3-Jan-05</b>		J. Cowell
	200 Breast	3:16.16	<b>16-Feb-91</b>		S. Dorlas
	50 Fly	30.89	<b>17-Mar-05</b>		J. Cowell
	100 Fly	1:11.19	<b>20-Feb-04</b>		J. Cowell
	200 Fly	1:39:59.99	<b>9-Sep-99</b>		Free
	200 IM	2:37.90	<b>20-Mar-04</b>		J. Cowell
	400 IM	1:39:59.99	<b>9-Sep-99</b>		Free
25-29	50 Free	27.25	<b>18-Mar-15</b>	PLAM- NT	Lehesta Kemp at SAMS 31st LC Champs @ Johannesburg
	100 Free	1:04.38	<b>14-Mar-07</b>	COEL- NT	JOANNE E. COWELL at SAMS 23rd LC Champs @ Sasolburg
	200 Free	2:24.19	<b>14-Mar-91</b>		A. Thesnaar
	400 Free	5:01.52	<b>14-Mar-91</b>		A. Thesnaar
	800 Free	10:17.79	<b>14-Mar-91</b>		A. Thesnaar
	1500 Free	22:30.96	<b>19-Sep-09</b>	COEL- NT	JOANNE E. COWELL at Coelacanthus 1500 2009
	50 Back	35.34	<b>16-Feb-91</b>		M. Heim
	100 Back	1:16.71	<b>14-Mar-91</b>		M. Heim
	200 Back	3:06.77	<b>12-Mar-88</b>		N. Hepton
	50 Breast	35.04	<b>18-Mar-15</b>	COEL- NT	Vidette Coetzee at SAMS 31st LC Champs @ Johannesburg
	100 Breast	1:21.12	<b>10-Nov-07</b>	COEL- NT	Claire C. Rolt at Tshwane Inter-Regional 2007
	200 Breast	3:11.98	<b>23-Mar-95</b>		S. Dorlas
	50 Fly	29.65	<b>18-Mar-15</b>	PLAM- NT	Lehesta Kemp at SAMS 31st LC Champs @ Johannesburg
	100 Fly	1:12.09	<b>18-Mar-94</b>		S. Dorlas
	200 Fly	3:06.04	<b>12-Mar-88</b>		S. Jansen
	200 IM	2:42.41	<b>14-Feb-08</b>	COEL- NT	Claire C. Rolt at TMS Champs 08
	400 IM	5:52.34	<b>23-Mar-95</b>		S. Dorlas
30-34	50 Free	28.83	<b>14-Mar-18</b>	COEL- TSH	Esthé Bester at SAMS 34th LC Champs @ Pretoria
	100 Free	1:06.16	<b>12-Nov-16</b>	COEL- TS	Claire C. Rolt at Tshwane Masters Inter Regional Gala
	200 Free	2:25.88	<b>16-Mar-16</b>	COEL- NT	Claire C. Rolt at SAMS 32nd LC Champs @ Durban
	400 Free	5:24.89	<b>20-Mar-93</b>		M. Malan
	800 Free	10:46.82	<b>13-Apr-96</b>		S. Dorlas
	1500 Free	23:23.00	<b>2-Oct-16</b>	COEL- TS	Claire C. Rolt at Coelacanthus 1500 2016
	50 Back	35.01	<b>18-Mar-15</b>	COEL- NT	Lizette Muller at SAMS 31st LC Champs @ Johannesburg
	100 Back	1:17.63	<b>18-Mar-15</b>	COEL- NT	Lizette Muller at SAMS 31st LC Champs @ Johannesburg
	200 Back	2:50.23	<b>12-Feb-15</b>	COEL- NT	Lizette Muller at Tshwane Masters Long Course Champs. 2015
	50 Breast	33.78	<b>16-Mar-16</b>	COEL- NT	Claire C. Rolt at SAMS 32nd LC Champs @ Durban
	100 Breast	1:14.55	<b>16-Mar-16</b>	COEL- NT	Claire C. Rolt at SAMS 32nd LC Champs @ Durban
	200 Breast	2:44.90	<b>16-Mar-16</b>	COEL- NT	Claire C. Rolt at SAMS 32nd LC Champs @ Durban
	50 Fly	31.99	<b>16-Mar-16</b>	COEL- NT	Claire C. Rolt at SAMS 32nd LC Champs @ Durban
	100 Fly	1:12.76	<b>19-Mar-97</b>		S. Dorlas
	200 Fly	2:44.26	<b>18-Mar-99</b>		S. Dorlas
	200 IM	2:47.82	<b>19-Mar-97</b>		M. Bouwer
	400 IM	5:55.16	<b>18-Mar-99</b>		S. Dorlas

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**RECORDS TMS LC Women**

35-39	50 Free	26.53	<b>3-Jun-04</b>		E. Ottermann
	100 Free	1:01.92	<b>28-Mar-03</b>		E. Ottermann
	200 Free	2:34.97	<b>18-Mar-00</b>		A. Dressler
	400 Free	5:21.86	<b>18-Mar-99</b>		C. Witteveen
	800 Free	11:04.31	<b>28-Feb-02</b>		S. Dorlas
	1500 Free	22:17.83	<b>6-Oct-01</b>		S. Dorlas
	50 Back	36.53	<b>28-Mar-03</b>		E. Ottermann
	100 Back	1:19.32	<b>18-Mar-00</b>		A. Dressler
	200 Back	2:46.07	<b>18-Mar-00</b>		A. Dressler
	50 Breast	33.44	<b>15-Mar-17</b>	COEL- TSH	Claire C. Rolt at SAMS 33rd LC Champs @ East London
	100 Breast	1:14.50	<b>15-Mar-17</b>	COEL- TSH	Claire C. Rolt at SAMS 33rd LC Champs @ East London
	200 Breast	2:45.52	<b>15-Mar-17</b>	COEL- TSH	Claire C. Rolt at SAMS 33rd LC Champs @ East London
	50 Fly	29.42	<b>3-Jun-04</b>		E. Ottermann
	100 Fly	1:01.60	<b>3-Jun-04</b>		E. Ottermann
	200 Fly	2:46.01	<b>28-Feb-02</b>		S. Dorlas
	200 IM	2:36.48	<b>15-Mar-17</b>	COEL- TSH	Claire C. Rolt at SAMS 33rd LC Champs @ East London
	400 IM	5:58.17	<b>14-Mar-18</b>	COEL- TSH	Claire C. Rolt at SAMS 34th LC Champs @ Pretoria
40-44	50 Free	26.60	<b>24-Feb-07</b>		E. Ottermann
	100 Free	1:03.39	<b>2-Mar-06</b>		E. Ottermann
	200 Free	2:24.15	<b>15-Nov-14</b>	COEL- NT	Megan E. Albertyn at Tshwane Masters Inter regional 2014
	400 Free	4:59.37	<b>16-Mar-16</b>	COEL- NT	Megan E. Albertyn at SAMS 32nd LC Champs @ Durban
	800 Free	10:16.55	<b>16-Mar-16</b>	COEL- NT	Megan E. Albertyn at SAMS 32nd LC Champs @ Durban
	1500 Free	20:21.47	<b>4-Oct-14</b>	COEL- NT	Megan E. Albertyn at Coelacanth 1500: 2014
	50 Back	34.56	<b>17-Mar-05</b>		A. Dressler
	100 Back	1:15.75	<b>19-Feb-05</b>		A. Dressler
	200 Back	2:41.65	<b>17-Mar-05</b>		A. Dressler
	50 Breast	37.23	<b>14-Feb-19</b>	COEL- TSH	Yvette Victor-vd Berg at Tshwane Masters Long Course Champs 2019
	100 Breast	1:23.82	<b>30-Jan-05</b>		A. Dressler
	200 Breast	3:02.29	<b>19-Feb-05</b>		A. Dressler
	50 Fly	29.41	<b>14-Feb-06</b>		E. Ottermann
	100 Fly	1:16.10	<b>15-Nov-14</b>	COEL- NT	Megan E. Albertyn at Tshwane Masters Inter regional 2014
	200 Fly	2:56.36	<b>2-Mar-06</b>		S. Dorlas
	200 IM	2:46.16	<b>5-Mar-05</b>		A. Dressler
	400 IM	6:24.97	<b>16-Apr-96</b>		M. vd Walt
45-49	50 Free	30.30	<b>14-Mar-12</b>	COEL- NT	Barbara Fraatz at SAMS 28th LC Champs @ Cape Town
	100 Free	1:05.78	<b>14-Mar-18</b>	COEL- TSH	Megan E. Albertyn at SAMS 34th LC Champs @ Pretoria
	200 Free	2:24.74	<b>14-Mar-18</b>	COEL- TSH	Megan E. Albertyn at SAMS 34th LC Champs @ Pretoria
	400 Free	5:04.53	<b>14-Mar-18</b>	COEL- TSH	Megan E. Albertyn at SAMS 34th LC Champs @ Pretoria
	800 Free	10:33.27	<b>14-Mar-18</b>	COEL- TSH	Megan E. Albertyn at SAMS 34th LC Champs @ Pretoria
	1500 Free	22:05.69	<b>16-Feb-12</b>	COEL- NT	Barbara Fraatz at Tshwane Champs 2012
	50 Back	35.56	<b>13-Mar-13</b>	COEL- NT	Annemarie H. Dressler at SAMS 29th LC Champs @ Port Elizabeth
	100 Back	1:17.36	<b>13-Mar-13</b>	COEL- NT	Annemarie H. Dressler at SAMS 29th LC Champs @ Port Elizabeth
	200 Back	2:45.09	<b>13-Mar-13</b>	COEL- NT	Annemarie H. Dressler at SAMS 29th LC Champs @ Port Elizabeth
	50 Breast	38.40	<b>5-Mar-05</b>		C. van Dam
	100 Breast	1:25.53	<b>14-Feb-06</b>		C. van Dam
	200 Breast	3:08.34	<b>2-Feb-08</b>	COEL- NT	Hannah Ueckermann at SE Reg.Competition UK.
	50 Fly	33.24	<b>17-Feb-11</b>	COEL- NT	Babs Fraatz at Tshwane Champs 2011
	100 Fly	1:18.53	<b>13-Mar-13</b>	COEL- NT	Barbara Fraatz at SAMS 29th LC Champs @ Port Elizabeth
	200 Fly	3:03.60	<b>14-Feb-08</b>	TUKM- NT	KIM FOSTER at TMS Champs 08
	200 IM	2:53.74	<b>14-Mar-18</b>	COEL- TSH	Megan E. Albertyn at SAMS 34th LC Champs @ Pretoria
	400 IM	6:14.81	<b>14-Mar-18</b>	COEL- TSH	Megan E. Albertyn at SAMS 34th LC Champs @ Pretoria
50-54	50 Free	30.46	<b>16-Mar-16</b>	COEL- NT	Barbara Fraatz at SAMS 32nd LC Champs @ Durban
	100 Free	1:08.13	<b>16-Mar-16</b>	COEL- NT	Barbara Fraatz at SAMS 32nd LC Champs @ Durban

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**RECORDS TMS LC Women**

50-54	200 Free	2:33.44	<b>16-Mar-16</b>	COEL- NT	Barbara Fraatz at SAMS 32nd LC Champs @ Durban	
	400 Free	5:23.75	<b>13-Mar-13</b>	COEL- NT	Hannah UECKERMANN at SAMS 29th LC Champs @ Port Elizabeth	
	800 Free	11:30.90	<b>15-Mar-17</b>	COEL- TSH	Annemarie H. Dressler at SAMS 33rd LC Champs @ East London	
	1500 Free	22:47.00	<b>12-Feb-15</b>	COEL- NT	Annemarie H. Dressler at Tshwane Masters Long Course Champs. 2015	
	50 Back	36.28	<b>15-Mar-17</b>	COEL- TSH	Annemarie H. Dressler at SAMS 33rd LC Champs @ East London	
	100 Back	1:18.52	<b>16-Mar-16</b>	COEL- NT	Annemarie H. Dressler at SAMS 32nd LC Champs @ Durban	
	200 Back	2:47.85	<b>16-Mar-16</b>	COEL- NT	Annemarie H. Dressler at SAMS 32nd LC Champs @ Durban	
	50 Breast	38.96	<b>18-Mar-15</b>	COEL- NT	Annemarie H. Dressler at SAMS 31st LC Champs @ Johannesburg	
	100 Breast	1:28.01	<b>7-Mar-15</b>	COEL- NT	Annemarie H. Dressler at GMS LC Interregional @ WEC	
	200 Breast	3:05.24	<b>13-Mar-13</b>	COEL- NT	Hannah UECKERMANN at SAMS 29th LC Champs @ Port Elizabeth	
	50 Fly	32.86	<b>13-Nov-10</b>	COEL- NT	KIM FOSTER at Tshwane Inter-Regional 2010	
	100 Fly	1:17.00	<b>11-Mar-09</b>	COEL- NT	KIM FOSTER at SAMS 25th LC Champs @ East London	
	200 Fly	2:59.18	<b>16-Mar-11</b>	COEL- NT	KIM FOSTER at SAMS 27th LC Champs @ Oudtshoorn	
	200 IM	2:58.48	<b>16-Mar-16</b>	COEL- NT	Barbara Fraatz at SAMS 32nd LC Champs @ Durban	
	400 IM	6:23.89	<b>13-Mar-13</b>	COEL- NT	MARIEKE BOUWER at SAMS 29th LC Champs @ Port Elizabeth	
	55-59	50 Free	31.38	<b>16-Jan-16</b>	COEL- NT	SABINE M. VERRYIN at GMS LC (Phoenix) @ WEC
		100 Free	1:11.67	<b>16-Jan-16</b>	COEL- NT	SABINE M. VERRYIN at GMS LC (Phoenix) @ WEC
200 Free		2:44.59	<b>18-Mar-15</b>	COEL- NT	KIM FOSTER at SAMS 31st LC Champs @ Johannesburg	
400 Free		6:06.23	<b>18-Mar-15</b>	COEL- NT	KIM FOSTER at SAMS 31st LC Champs @ Johannesburg	
800 Free		12:25.50	<b>18-Mar-15</b>	COEL- NT	KIM FOSTER at SAMS 31st LC Champs @ Johannesburg	
1500 Free		24:35.62	<b>4-Oct-14</b>	COEL- NT	KIM FOSTER at Coelacanth 1500: 2014	
50 Back		44.09	<b>14-Mar-18</b>	COEL- TSH	Debbie Kotzé at SAMS 34th LC Champs @ Pretoria	
100 Back		1:37.08	<b>15-Mar-17</b>	COEL- TSH	Debbie Kotze at SAMS 33rd LC Champs @ East London	
200 Back		3:03.90	<b>20-Jan-19</b>	COEL- TSH	Annemarie H. Dressler at Phoenix Gala 26-01-2019 Ellis	
50 Breast		43.28	<b>12-Nov-16</b>	COEL- TS	SABINE M. VERRYIN at Tshwane Masters Inter Regional Gala	
100 Breast		1:39.33	<b>15-Mar-17</b>	COEL- TSH	SABINE M. VERRYIN at SAMS 33rd LC Champs @ East London	
200 Breast		3:40.76	<b>15-Mar-17</b>	COEL- TSH	SABINE M. VERRYIN at SAMS 33rd LC Champs @ East London	
50 Fly		34.28	<b>15-Nov-14</b>	COEL- NT	KIM FOSTER at Tshwane Masters Inter regional 2014	
100 Fly		1:23.19	<b>18-Mar-15</b>	COEL- NT	KIM FOSTER at SAMS 31st LC Champs @ Johannesburg	
200 Fly		3:12.88	<b>20-Feb-14</b>	COEL- NT	KIM FOSTER at Tshwane Masters Champs: 2014	
200 IM		3:16.43	<b>16-Mar-16</b>	COEL- NT	KIM FOSTER at SAMS 32nd LC Champs @ Durban	
400 IM		7:00.82	<b>16-Mar-16</b>	COEL- NT	KIM FOSTER at SAMS 32nd LC Champs @ Durban	
60-64	50 Free	34.37	<b>17-Aug-10</b>	CSCM- NT	Pam Reynecke at World Masters Budapest	
	100 Free	1:16.56	<b>14-Feb-19</b>	COEL- TSH	Ingrid M. Trusler at Tshwane Masters Long Course Champs 2019	
	200 Free	2:42.50	<b>14-Feb-19</b>	COEL- TSH	Ingrid M. Trusler at Tshwane Masters Long Course Champs 2019	
	400 Free	5:59.00	<b>14-Feb-19</b>	COEL- TSH	Ingrid M. Trusler at Tshwane Masters Long Course Champs 2019	
	800 Free	12:00.00	<b>14-Feb-19</b>	COEL- TSH	Ingrid M. Trusler at Tshwane Masters Long Course Champs 2019	
	1500 Free	26:43.15	<b>6-Oct-01</b>		O. Belcher	
	50 Back	43.61	<b>14-Mar-18</b>	CSCM- TSH	Pam Reynecke at SAMS 34th LC Champs @ Pretoria	
	100 Back	1:34.42	<b>15-Mar-17</b>	CSCM- TSH	Pam Reynecke at World Masters Budapest	
	200 Back	3:30.59	<b>10-Aug-17</b>	CSCM- TSH	Pam Reynecke at World Mastes Budapest	
	50 Breast	48.44	<b>20-Mar-04</b>		S. Hurwitz	
	100 Breast	1:48.24	<b>20-Mar-04</b>		S. Hurwitz	
	200 Breast	3:56.37	<b>12-Feb-15</b>	ALCA- NT	Maggie vd Walt at Tshwane Masters Long Course Champs. 2015	
	50 Fly	48.10	<b>12-Feb-15</b>	ALCA- NT	Maggie vd Walt at Tshwane Masters Long Course Champs. 2015	
	100 Fly	1:27.41	<b>14-Feb-19</b>	COEL- TSH	KIM FOSTER at Tshwane Masters Long Course Champs 2019	
	200 Fly	3:23.84	<b>14-Feb-19</b>	COEL- TSH	KIM FOSTER at Tshwane Masters Long Course Champs 2019	
	200 IM	3:35.94	<b>12-Feb-15</b>	ALCA- NT	Maggie vd Walt at Tshwane Masters Long Course Champs. 2015	
	400 IM	7:34.05	<b>18-Mar-15</b>	ALCA- NT	Maggie vd Walt at SAMS 31st LC Champs @ Johannesburg	
65-69	50 Free	40.99	<b>12-Mar-08</b>	COEL- NT	Salome HURWITZ at SAMS 24th LC Champs @ Durban	
	100 Free	1:35.57	<b>18-Mar-15</b>	COEL- NT	ANGELIKA SANDRI at SAMS 31st LC Champs @ Johannesburg	
	200 Free	3:21.16	<b>14-Mar-07</b>	COEL- NT	OLIVIA BELCHER at SAMS 23rd LC Champs @ Sasolburg	
	400 Free	6:46.89	<b>2-Mar-06</b>	COEL- NT	OLIVIA BELCHER at SA Masters Swimming Nationals 2006	

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**RECORDS TMS LC Women**

65-69	800 Free	14:08.48	<b>14-Mar-07</b>	COEL- NT	OLIVIA BELCHER at SAMS 23rd LC Champs @ Sasolburg
	1500 Free	27:36.95	<b>29-Sep-07</b>	COEL- NT	OLIVIA BELCHER at Coel1500.2007
	50 Back	49.78	<b>3-Mar-12</b>	COEL- NT	JOYCE E. FYFE at GMS Interregional @ Ellis Park
	100 Back	1:55.97	<b>25-Mar-02</b>		B. Pearce
	200 Back	4:07.27	<b>25-Mar-02</b>		B. Pearce
	50 Breast	47.27	<b>17-Apr-08</b>	COEL- NT	Salome HURWITZ at World Champs @ Perth
	100 Breast	1:47.19	<b>12-Mar-08</b>	COEL- NT	Salome HURWITZ at SAMS 24th LC Champs @ Durban
	200 Breast	3:50.84	<b>17-Apr-08</b>	COEL- NT	Salome Hurwitz at World Champs @ Perth
	50 Fly	44.68	<b>17-Apr-08</b>	COEL- NT	Salome Hurwitz at World Champs @ Perth
	100 Fly	2:13.37	<b>25-Mar-02</b>		B. Pearce
	200 Fly	5:06.33	<b>25-Mar-02</b>		B. Pearce
	200 IM	4:42.77	<b>8-Mar-03</b>		B. Pearce
	400 IM	9:22.73	<b>25-Mar-02</b>		B. Pearce
70-74	50 Free	43.25	<b>14-Mar-12</b>	COEL- NT	Salome HURWITZ at SAMS 28th LC Champs @ Cape Town
	100 Free	1:48.63	<b>14-Mar-18</b>	COEL- TSH	JOYCE E. FYFE at SAMS 34th LC Champs @ Pretoria
	200 Free	4:03.52	<b>15-Mar-17</b>	COEL- TSH	JOYCE E. FYFE at SAMS 33rd LC Champs @ East London
	400 Free	8:43.35	<b>17-Apr-08</b>		Ann Hanson at World Champs @ Perth
	800 Free	18:01.00	<b>14-Feb-19</b>	COEL- TSH	JOYCE E. FYFE at Tshwane Masters Long Course Champs 2019
	1500 Free	35:04.00	<b>6-Oct-18</b>	COEL- TSH	JOYCE E. FYFE at Coelacanth 1500 2018
	50 Back	52.95	<b>15-Mar-17</b>	COEL- TSH	JOYCE E. FYFE at SAMS 33rd LC Champs @ East London
	100 Back	1:58.66	<b>16-Mar-16</b>	COEL- NT	Rita BURGER at SAMS 32nd LC Champs @ Durban
	200 Back	4:18.55	<b>16-Mar-16</b>	COEL- NT	Rita BURGER at SAMS 32nd LC Champs @ Durban
	50 Breast	48.88	<b>14-Mar-12</b>	COEL- NT	Salome HURWITZ at SAMS 28th LC Champs @ Cape Town
	100 Breast	1:54.52	<b>14-Mar-12</b>	COEL- NT	Salome HURWITZ at SAMS 28th LC Champs @ Cape Town
	200 Breast	4:06.55	<b>14-Mar-12</b>	COEL- NT	Salome HURWITZ at SAMS 28th LC Champs @ Cape Town
	50 Fly	50.71	<b>14-Mar-12</b>	COEL- NT	Salome HURWITZ at SAMS 28th LC Champs @ Cape Town
	100 Fly	1:39:59.99	<b>9-Sep-99</b>		Free
	200 Fly	1:39:59.99	<b>9-Sep-99</b>		Free
	200 IM	1:39:59.99	<b>9-Sep-99</b>		Free
	400 IM	1:39:59.99	<b>9-Sep-99</b>		Free
75-79	50 Free	48.74	<b>15-Mar-17</b>	COEL- TSH	Salome HURWITZ at SAMS 33rd LC Champs @ East London
	100 Free	1:55.94	<b>14-Feb-08</b>	COEL- NT	VILMA GROBLER at TMS Champs 08
	200 Free	4:16.18	<b>14-Feb-19</b>	COEL- TSH	Jane C. Rees at Tshwane Masters Long Course Champs 2019
	400 Free	9:08.40	<b>20-Jan-19</b>	COEL- TSH	Jane C. Rees at Phoenix Gala 26-01-2019 Ellis
	800 Free	18:52.35	<b>16-Mar-16</b>	COEL- NT	Ann HANSON at SAMS 32nd LC Champs @ Durban
	1500 Free	36:31.00	<b>14-Feb-19</b>	COEL- TSH	Jane C. Rees at Tshwane Masters Long Course Champs 2019
	50 Back	1:02.23	<b>15-Mar-17</b>	COEL- TSH	Salome HURWITZ at SAMS 33rd LC Champs @ East London
	100 Back	2:43.34	<b>14-Feb-19</b>	COEL- TSH	Jane C. Rees at Tshwane Masters Long Course Champs 2019
	200 Back	6:17.71	<b>16-Mar-16</b>	COEL- NT	WENDY MUIR at SAMS 32nd LC Champs @ Durban
	50 Breast	53.17	<b>4-Mar-17</b>	COEL- TS	Salome Hurwitz at GMS LC Wits Ed campus
	100 Breast	2:01.60	<b>15-Mar-17</b>	COEL- TSH	Salome HURWITZ at SAMS 33rd LC Champs @ East London
	200 Breast	4:29.05	<b>15-Mar-17</b>	COEL- TSH	Salome HURWITZ at SAMS 33rd LC Champs @ East London
	50 Fly	53.27	<b>15-Mar-17</b>	COEL- TSH	Salome HURWITZ at SAMS 33rd LC Champs @ East London
	100 Fly	1:39:59.99	<b>9-Sep-99</b>		Free
	200 Fly	1:39:59.99	<b>9-Sep-99</b>		Free
	200 IM	1:39:59.99	<b>9-Sep-99</b>		Free
	400 IM	1:39:59.99	<b>9-Sep-99</b>		Free
80-84	50 Free	49.75	<b>19-Mar-97</b>		N McAll
	100 Free	2:04.39	<b>13-Mar-13</b>	COEL- NT	VILMA GROBLER at SAMS 29th LC Champs @ Port Elizabeth
	200 Free	4:33.83	<b>14-Mar-18</b>	COEL- TSH	Ann HANSON at SAMS 34th LC Champs @ Pretoria
	400 Free	9:34.61	<b>14-Mar-18</b>	COEL- TSH	Ann HANSON at SAMS 34th LC Champs @ Pretoria
	800 Free	19:50.66	<b>14-Mar-18</b>	COEL- TSH	Ann HANSON at SAMS 34th LC Champs @ Pretoria
	1500 Free	39:08.00	<b>14-Feb-19</b>	COEL- TSH	Ann HANSON at Tshwane Masters Long Course Champs 2019

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**RECORDS TMS LC Women**

80-84	50 Back	1:11.34	<b>20-Mar-97</b>		N. McAll
	100 Back	2:46.19	<b>18-Mar-99</b>		N. McAll
	200 Back	6:11.05	<b>18-Mar-99</b>		N. McAll
	50 Breast	1:18.83	<b>14-Mar-12</b>	COEL- NT	GRETA E. WALLACE at SAMS 28th LC Champs @ Cape Town
	100 Breast	3:00.12	<b>14-Mar-12</b>	COEL- NT	GRETA E. WALLACE at SAMS 28th LC Champs @ Cape Town
	200 Breast	6:36.16	<b>16-Feb-12</b>	COEL- NT	GRETA E. WALLACE at Tshwane Champs 2012
85-89	50 Free	1:09.73	<b>14-Mar-18</b>	COEL- TSH	VILMA GROBLER at SAMS 34th LC Champs @ Pretoria
	100 Free	2:36.36	<b>14-Mar-18</b>	COEL- TSH	VILMA GROBLER at SAMS 34th LC Champs @ Pretoria
	200 Free	7:28.04	<b>28-Mar-03</b>		N. McAll
	50 Back	1:31.59	<b>28-Feb-02</b>		N. McAll
	100 Back	3:24.15	<b>28-Feb-02</b>		N. McAll
	200 Back	8:02.80	<b>20-Mar-04</b>		N. McAll
90-94	50 Free	1:41.17	<b>14-Mar-07</b>	COEL- NT	NERINA M. MCALL at SAMS 23rd LC Champs @ Sasolburg
	100 Free	4:29.57	<b>14-Mar-07</b>	COEL- NT	NERINA M. MCALL at SAMS 23rd LC Champs @ Sasolburg
	200 Free	1:39:59.99	<b>9-Sep-99</b>		Free
	50 Back	1:56.04	<b>14-Mar-07</b>	COEL- NT	NERINA M. MCALL at SAMS 23rd LC Champs @ Sasolburg
	100 Back	4:24.72	<b>14-Mar-07</b>	COEL- NT	NERINA M. MCALL at SAMS 23rd LC Champs @ Sasolburg
	200 Back	9:04.70	<b>14-Mar-07</b>	COEL- NT	NERINA M. MCALL at SAMS 23rd LC Champs @ Sasolburg