

**Western Province Masters Short Course**  
**Fairmont High School, Durbanville June 2017**

**Results**

**Event 1 Women 30-34 200 SC Meter Freestyle**

**World Record:** 2:02.60 W 2010-11-20 MATSUDA Hitomi  
**SA Record:** 2:16.53 S 10-1997 Wilma Daniel  
**WP Record:** 2:19.33 p 11-2000 Anette Nel  
 2:11.35 30-34 SAQ  
 2:20.54 30-34 WPQ

1 Wolmarans, Lezandre 30 CPTW-WP 2:30.06

**Event 1 Women 35-39 200 SC Meter Freestyle**

**World Record:** 2:03.12 W 2012-03-25 MATSUDA Hitomi  
**SA Record:** 2:15.34 S 1994 Aletta Momberg  
**WP Record:** 2:15.34 p 1994 Aletta Momberg  
 2:13.41 35-39 SAQ  
 2:23.22 35-39 WPQ

1 Nurse, Kathryn 38 CPTW-WP 2:22.03 WPQ

**Event 1 Women 45-49 200 SC Meter Freestyle**

**World Record:** 2:05.94 W 2007-12-02 PIPES-NEILSEN Karlyn  
**SA Record:** 2:20.90 S 10-2012 Heather Morris-Eyton  
**WP Record:** 2:21.56 p 8-2009 Cecilia Stanford  
 2:16.02 45-49 SAQ  
 2:26.96 45-49 WPQ

1 Mallows, Bev 47 DOLP-WP 3:06.65

**Event 1 Women 50-54 200 SC Meter Freestyle**

**World Record:** 2:10.72 W 2009-12-06 HEIM-BOWEN Suzanne  
**SA Record:** 2:19.97 S 1-2012 Cecilia Stanford  
**WP Record:** 2:19.97 p 1-2012 Cecilia Stanford  
 2:17.57 50-54 SAQ  
 2:28.54 50-54 WPQ

1 Strauss, Marcelle 53 CPTW-WP 2:37.31

**Event 1 Women 55-59 200 SC Meter Freestyle**

**World Record:** 2:14.45 W 2009-11-21 VAL Laura  
**SA Record:** 2:23.06 S 4-2017 Cecilia Stanford  
**WP Record:** 2:23.06 p 4-2017 Cecilia Stanford  
 2:25.31 55-59 SAQ  
 2:38.87 55-59 WPQ

1 Stanford, Cecilia 56 CPTW-WP 2:22.15 SpSAQ

**Event 1 Women 60-64 200 SC Meter Freestyle**

**World Record:** 2:20.16 W 2011-12-14 VAL Laura  
**SA Record:** 2:26.94 S 7-2015 Di Coetzee  
**WP Record:** 2:26.94 p 7-2015 Di Coetzee  
 2:34.43 60-64 SAQ  
 2:48.05 60-64 WPQ

1 Brewis, Judy 63 CPTW-WP 3:03.39

**Event 1 Women 65-69 200 SC Meter Freestyle**

**World Record:** 2:37.00 W 2014-10-19 Kruger, Sanderina  
**SA Record:** 2:37.00 S 10-2014 Sanderina Kruger  
**WP Record:** 2:37.00 p 10-2014 Sanderina Kruger  
 2:48.79 65-69 SAQ  
 3:03.55 65-69 WPQ

1 Godfrey, Colleen 68 DOLP-WP 3:30.69

**Event 1 Men 40-44 200 SC Meter Freestyle**

**World Record:** 1:50.08 W 2008-12-06 ROSS Michael  
**SA Record:** 2:06.18 S 10-2014 Barend Nortjie  
**WP Record:** 2:06.18 p 10-2014 Barend Nortjie  
 1:58.52 40-44 SAQ  
 2:07.17 40-44 WPQ

1 Malan, Johan 44 CPTW-WP 2:19.65  
 2 Steenkamp, Neil 40 CPTW-WP 2:25.65

**Event 1 Men 45-49 200 SC Meter Freestyle**

**World Record:** 1:52.87 W 2012-03-09 GRANGER Nicolas  
**SA Record:** 2:03.78 S 9-1995 Terry Downes  
**WP Record:** 2:05.11 p 10-2010 Johan vd Merwe  
 2:01.48 45-49 SAQ  
 2:09.98 45-49 WPQ

1 Coombe, Robert 49 CPTW-WP 2:41.05

**Event 1 Men 60-64 200 SC Meter Freestyle**

**SA Record:** 2:17.33 S 8-2009 Terry Downes  
**WP Record:** 2:20.78 p 7-2014 Izak Spies  
 2:17.48 60-64 SAQ  
 2:28.70 60-64 WPQ

1 Stevenson, Paul 61 CPTW-WP 2:22.18 WPQ

**Event 1 Men 65-69 200 SC Meter Freestyle**

**SA Record:** 2:27.76 S 6-2014 Terry Downes  
**WP Record:** 2:33.80 p 8-2004 Gary Freeling  
 2:23.92 65-69 SAQ  
 2:33.99 65-69 WPQ

1 Howieson, Doug 65 CPTW-WP 2:40.22

**Event 2 Women 40-44 100 SC Meter Breaststroke**

**World Record:** 1:10.55 W 2007-12-02 VON DER LIPPE Susan  
**SA Record:** 1:15.66 S 10-2008 Heather Morris-Eyton  
**WP Record:** 1:24.22 p 11-1999 Gail McCarney  
 1:18.23 40-44 SAQ  
 1:23.71 40-44 WPQ

1 Van Wyk, Melanie 40 CPTW-WP 1:34.91

**Event 2 Women 45-49 100 SC Meter Breaststroke**

**World Record:** 1:13.30 W 2010-10-10 VON DER LIPPE Susan  
**SA Record:** 1:22.17 S 7-2006 Cecilia Stanford  
**WP Record:** 1:22.17 p 7-2006 Cecilia Stanford  
 1:19.46 45-49 SAQ  
 1:25.19 45-49 WPQ

1 Bihl, Kate 47 CPTW-WP 1:31.53  
 2 Meier, Liana 45 CPTW-WP 1:36.16

**Event 2 Women 55-59 100 SC Meter Breaststroke**

**World Record:** 1:25.18 W 2009-03-14 STEIGER Regula  
**SA Record:** 1:28.20 S 9-2016 Cecilia Stanford  
**WP Record:** 1:28.29 p 9-2016 Cecilia Stanford  
 1:25.23 55-59 SAQ  
 1:32.62 55-59 WPQ

1 Winfield, Melinda 56 CPTW-WP 1:48.39

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**Fairmont High School, Durbanville June 2017**

**Results**

**Event 2 Women 60-64 100 SC Meter Breaststroke**

**World Record:** 1:26.43 W 2002-10-06 ROSE Hannelore  
**SA Record:** 1:37.26 S 4-2017 Terry Matley  
**WP Record:** 1:37.26 p 4-2017 Terry Matley  
 1:30.79 60-64 SAQ  
 1:39.34 60-64 WPQ

1 Routledge, Viv 60 CPTW-WP 1:44.40

**Event 2 Women 70-74 100 SC Meter Breaststroke**

**World Record:** 1:35.58 W 2005-09-18 YONEZAWA Shoko  
**SA Record:** 1:47.38 S 3-2017 Bev Shuttleworth  
**WP Record:** 1:55.42 p 8-2014 Lenchen Zundorf  
 1:45.48 70-74 SAQ  
 1:52.86 70-74 WPQ

1 Rix, Tricia 74 CPTW-WP 2:38.76

**Event 2 Women 80-84 100 SC Meter Breaststroke**

**SA Record:** 2:59.69 S 4-1999 Elaine Buck  
**WP Record:** 2:59.43 p 8-2007 Renee Truter  
 2:17.10 80-84 SAQ  
 2:28.56 80-84 WPQ

1 van Jaarsveld, Santa 80 CPTW-WP 1:55.24 S p SAQ

**Event 2 Men 40-44 100 SC Meter Breaststroke**

**World Record:** 1:02.42 W 2008-11-30 MONTINI Alberto  
**SA Record:** 1:12.69 S 11-2007 Johan vd Merwe  
**WP Record:** 1:12.69 p 10-2007 Johan vd Merwe  
 1:06.20 40-44 SAQ  
 1:10.83 40-44 WPQ

1 Steenkamp, Neil 40 CPTW-WP 1:42.07

**Event 2 Men 45-49 100 SC Meter Breaststroke**

**World Record:** 1:04.62 W 2011-03-26 ROLLI Rico  
**SA Record:** 1:09.74 S 8-2010 Johan vd Merwe  
**WP Record:** 1:09.74 p 8-2010 Johan vd Merwe  
 1:07.55 45-49 SAQ  
 1:12.28 45-49 WPQ

1 Gilbert, Oliver 47 CPTW-WP 1:18.20

**Event 2 Men 60-64 100 SC Meter Breaststroke**

**SA Record:** 1:12.89 S 12-2016 Tim Shead  
**WP Record:** 1:12.89 p 12-2016 Tim Shead  
 1:18.42 60-64 SAQ  
 1:23.91 60-64 WPQ

1 Platte, Gary 61 WINE-WP 2:06.06

**Event 3 Women 30-34 50 SC Meter Butterfly**

**World Record:** 27.81 W 2006-03-26 JACOBSEN Mette  
**SA Record:** 30.67 S 10-2015 T. Victor  
**WP Record:** 31.18 p Aletta Momberg  
 29.03 30-34 SAQ  
 31.06 30-34 WPQ

1 Wolmarans, Lezandre 30 CPTW-WP 31.17 p

2 Stanford, Tarryn 31 CPTW-WP 34.38

**Event 3 Women 45-49 50 SC Meter Butterfly**

**World Record:** 28.84 W 2010-10-10 VON DER LIPPE Susan  
**SA Record:** 29.37 S 4-2011 Edith Ottermann  
**WP Record:** 29.37 p 4-2011 Edith Ottermann  
 30.65 45-49 SAQ  
 32.80 45-49 WPQ

1 Engela, Norelle 45 CPTW-WP 35.06

**Event 3 Women 60-64 50 SC Meter Butterfly**

**World Record:** 32.77 W 2011-10-03 VAL Laura  
**SA Record:** 37.90 S 10-2009 Sanderina Kruger  
**WP Record:** 37.90 p 10-2009 Sanderina Kruger  
 35.76 60-64 SAQ  
 38.88 60-64 WPQ

1 Routledge, Viv 60 CPTW-WP 41.69

**Event 3 Men 40-44 50 SC Meter Butterfly**

**World Record:** 24.91 W 2008-12-06 ROSS Michael  
**SA Record:** 26.63 S 3-2017 M Allan  
**WP Record:** 28.46 p 9-2013 Andrew Sexton  
 25.74 40-44 SAQ  
 27.96 40-44 WPQ

1 Malan, Johan 44 CPTW-WP 30.97

**Event 3 Men 45-49 50 SC Meter Butterfly**

**World Record:** 25.74 W 2009-12-13 BEDFORD Fritz  
**SA Record:** 27.25 S 10-2011 Brian Tatterson  
**WP Record:** 28.33 p 10-2006 Paul Blackbeard  
 26.68 45-49 SAQ  
 28.55 45-49 WPQ

1 Taylor, Robert 48 CPTW-WP 28.12 p WPQ

**Event 3 Men 55-59 50 SC Meter Butterfly**

**SA Record:** 28.48 S 10-2012 Andre Steynberg  
**WP Record:** 29.53 p 10-2007 Tim Shead  
 28.64 55-59 SAQ  
 30.64 55-59 WPQ

1 Hendricks, Nigel 59 CPTW-WP 34.40

**Event 3 Men 60-64 50 SC Meter Butterfly**

**SA Record:** 30.41 S 9-2009 Halton Cheadle  
**WP Record:** 30.41 p 9-2010 Halton Cheadle  
 29.75 60-64 SAQ  
 31.83 60-64 WPQ

1 Stevenson, Paul 61 CPTW-WP 36.30

**Event 3 Men 65-69 50 SC Meter Butterfly**

**SA Record:** 29.94 S 3-2017 Tim Shead  
**WP Record:** 29.94 p 3-2017 Tim Shead  
 31.18 65-69 SAQ  
 33.36 65-69 WPQ

1 Shead, Tim 65 CPTW-WP 30.53 SAQ

**Event 3 Men 80-84 50 SC Meter Butterfly**

**SA Record:** 43.62 S 4-2017 Dave Mc Lachlan  
**WP Record:** 43.62 p 4-2017 Dave McLachlan  
 44.88 80-84 SAQ  
 48.37 80-84 WPQ

1 McLachlan, Dave 80 CPTW-WP 41.78 S p SAQ

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**Event 4 Women 30-34 50 SC Meter Backstroke**

**World Record:** 27.43 W 2009-04-19 NAKAMURA Mai  
**SA Record:** 33.59 S 10-2008 Perry Cadiz  
**WP Record:** 33.59 p 10-2008 Perry Cadiz  
 30.69 30-34 SAQ  
 33.58 30-34 WPQ

1 Stanford, Tarryn 31 CPTW-WP 35.16  
 2 Wolmarans, Lezandre 30 CPTW-WP 35.61

**Event 4 Women 35-39 50 SC Meter Backstroke**

**World Record:** 28.68 W 2009-11-21 HART Sheri  
**SA Record:** 31.24 S 7-2006 Marianne Kriel  
**WP Record:** 31.24 p 7-2006 Marianne Kriel  
 31.17 35-39 SAQ  
 34.12 35-39 WPQ

1 King, Simone 37 CPTW-WP 33.94 WPQ

**Event 4 Women 40-44 50 SC Meter Backstroke**

**World Record:** 30.00 W 2009-04-18 MABEE Cindy  
**SA Record:** 32.78 S 11-2004 Bev McCarney  
**WP Record:** 33.94 p 4-2017 Perry Cadiz  
 32.20 40-44 SAQ  
 34.45 40-44 WPQ

1 Cadiz, Perry 41 CPTW-WP 33.95 WPQ  
 2 Blom, Annelize 40 UNAT 41.90

**Event 4 Women 45-49 50 SC Meter Backstroke**

**World Record:** 30.31 W 2009-03-01 PIPES-NEILSEN Karlyn  
**SA Record:** 34.82 S 7-2005 Jean Degenaar  
**WP Record:** 34.82 p 7-2005 Jean Degenaar  
 32.74 45-49 SAQ  
 35.03 45-49 WPQ

1 Bihl, Kate 47 CPTW-WP 39.36  
 2 Mallows, Bev 47 DOLP-WP 43.44

**Event 4 Women 70-74 50 SC Meter Backstroke**

**World Record:** 40.49 W 2009-10-24 WILDING Margaret  
**SA Record:** 45.56 S 10-2016 Elsa Craig  
**WP Record:** 48.04 p 10-2014 Lenchan Zundorf  
 43.44 70-74 SAQ  
 46.80 70-74 WPQ

1 Rix, Tricia 74 CPTW-WP 1:11.63

**Event 4 Men 40-44 50 SC Meter Backstroke**

**World Record:** 25.53 W 2009-12-12 ROSS Michael  
**SA Record:** 29.19 S 5-2007 H. Ruck  
**WP Record:** 31.01 p Pieter Cilliers  
 27.97 40-44 SAQ  
 29.93 40-44 WPQ

1 Steenkamp, Neil 40 CPTW-WP 42.51

**Event 4 Men 45-49 50 SC Meter Backstroke**

**World Record:** 27.02 W 2009-12-12 STEVENSON Chris  
**SA Record:** 28.39 S 10-2015 G. Kahn  
**WP Record:** 31.16 p Pieter Cilliers  
 28.58 45-49 SAQ  
 30.58 45-49 WPQ

1 Coombe, Robert 49 CPTW-WP 39.22

**Event 4 Men 50-54 50 SC Meter Backstroke**

**World Record:** 27.71 W 2011-10-15 WOOD Steve  
**SA Record:** 29.98 S 10-2016 H Ruck  
**WP Record:** 30.28 p 10-2002 Tim Shead  
 28.81 50-54 SAQ  
 31.66 50-54 WPQ

1 McLeRoth, Greg 50 CPTW-WP 32.28

**Event 4 Men 60-64 50 SC Meter Backstroke**

**SA Record:** 33.47 S 10-2016 Tim Shead  
**WP Record:** 33.47 p 10-2016 Tim Shead  
 32.56 60-64 SAQ  
 35.17 60-64 WPQ

1 Winfield, Mike 62 CPTW-WP 34.48 WPQ

**Event 4 Men 65-69 50 SC Meter Backstroke**

**SA Record:** 36.90 S 1-2011 B Stewart  
**WP Record:** 36.96 p 4-2012 Doug Wilson  
 34.04 65-69 SAQ  
 37.46 65-69 WPQ

1 Howieson, Doug 65 CPTW-WP 40.93

**Event 4 Men 70-74 50 SC Meter Backstroke**

**SA Record:** 38.12 S 4-2017 Doug Wilson  
**WP Record:** 38.12 p 4-2017 Doug Wilson  
 36.60 70-74 SAQ  
 39.49 70-74 WPQ

1 Wilson, Doug 70 CPTW-WP 38.60 WPQ

**Event 5 Women 30-34 50 SC Meter Breaststroke**

**World Record:** 31.71 W 2010-03-14 MATSUDA Hitomi  
**SA Record:** 34.41 S 7-2016 C Rolt  
**WP Record:** 37.25 p Gail McCarney  
 34.02 30-34 SAQ  
 36.40 30-34 WPQ

1 Wolmarans, Lezandre 30 CPTW-WP 37.66

**Event 5 Women 40-44 50 SC Meter Breaststroke**

**World Record:** 32.29 W 2009-11-22 VON DER LIPPE Susan  
**SA Record:** 34.38 S 10-2009 Heather Morris-Eyton  
**WP Record:** 38.00 p 10-2015 Mia Russell  
 35.44 40-44 SAQ  
 37.92 40-44 WPQ

1 Van Wyk, Melanie 40 CPTW-WP 43.94

**Event 5 Women 45-49 50 SC Meter Breaststroke**

**World Record:** 33.82 W 2010-10-10 VON DER LIPPE Susan  
**SA Record:** 35.87 S 10-2012 Heather Morris-Eyton  
**WP Record:** 37.64 p 8-2005 Gail McCarney  
 36.35 45-49 SAQ  
 38.89 45-49 WPQ

1 Meier, Liana 45 CPTW-WP 44.35

**Event 5 Women 55-59 50 SC Meter Breaststroke**

**World Record:** 38.32 W 2001-08-25 WICKS Jan  
**SA Record:** 41.03 S 10-2014 Gail McCarney  
**WP Record:** 41.03 p 10-2014 Gail McCarney  
 38.79 55-59 SAQ  
 41.79 55-59 WPQ

1 Winfield, Melinda 56 CPTW-WP 49.96

**Western Province Masters Short Course**  
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**Results**

**Event 5 Women 65-69 50 SC Meter Breaststroke**

**World Record:** 40.90 W 2010-05-09 YASUDA Nobuko  
**SA Record:** 43.63 S 3-2017 A Thatcher  
**WP Record:** 49.17 p 10-2009 Lenchen Zundorf  
 44.21 65-69 SAQ  
 47.30 65-69 WPQ

1 Godfrey, Colleen 68 DOLP-WP 57.92

**Event 5 Women 70-74 50 SC Meter Breaststroke**

**World Record:** 42.80 W 2005-02-27 YONEZAWA Shoko  
**SA Record:** 47.48 S 3-2017 Bev Shuttleworth  
**WP Record:** 52.80 p 10-2014 Lenchan Zundorf  
 46.89 70-74 SAQ  
 51.55 70-74 WPQ

1 Rix, Tricia 74 CPTW-WP 1:13.74

**Event 5 Women 80-84 50 SC Meter Breaststroke**

**SA Record:** 1:21.18 S 8-1999 Elaine Buck  
**WP Record:** 1:21.86 p 7-2007 Rene Truter  
 59.19 80-84 SAQ  
 1:03.33 80-84 WPQ

1 van Jaarsveld, Santa 80 CPTW-WP 54.07 S p SAQ

**Event 5 Men 25-29 50 SC Meter Breaststroke**

**World Record:** 27.69 W 2003-03-30 PATRICK Russ  
**SA Record:** 30.25 S 2-2007 B. Toerien  
**WP Record:** 30.56 p 7-2008 Grant Galant  
 28.94 25-29 SAQ  
 30.97 25-29 WPQ

1 Winfield, Ian 25 UNAT 40.40

**Event 5 Men 40-44 50 SC Meter Breaststroke**

**World Record:** 28.86 W 2008-10-26 MONTINI Alberto  
**SA Record:** 32.01 S 10-2010 C. Lyne  
**WP Record:** 32.26 p 9-2013 Andrew Sexton  
 29.95 40-44 SAQ  
 32.05 40-44 WPQ

1 Steenkamp, Neil 40 CPTW-WP 43.37

**Event 5 Men 45-49 50 SC Meter Breaststroke**

**World Record:** 28.87 W 2010-01-17 ROLLI Rico  
**SA Record:** 31.75 S 10-2010 Johan vd Merwe  
**WP Record:** 31.75 p 8-2010 Johan vd Merwe  
 30.56 45-49 SAQ  
 32.70 45-49 WPQ

1 Gilbert, Oliver 47 CPTW-WP 34.92

**Event 5 Men 55-59 50 SC Meter Breaststroke**

**SA Record:** 32.36 S 10-2009 Tim Shead  
**WP Record:** 32.69 p 4-2008 Tim Shead  
 32.96 55-59 SAQ  
 35.79 55-59 WPQ

1 Hendricks, Nigel 59 CPTW-WP 40.54

**Event 5 Men 60-64 50 SC Meter Breaststroke**

**SA Record:** 33.37 S 4-2016 Tim Shead  
**WP Record:** 33.37 p 4-2016 Tim Shead  
 34.59 60-64 SAQ  
 37.01 60-64 WPQ

1 Platte, Gary 61 WINE-WP 55.70

**Event 6 Women 35-39 200 SC Meter IM**

**World Record:** 2:18.60 W 2012-04-22 MATSUDA Hitomi  
**SA Record:** 2:31.26 S 10-2009 Rachele Isakov  
**WP Record:** 2:31.26 p 10-2009 Rachele Isakov  
 2:29.70 35-39 SAQ  
 2:40.18 35-39 WPQ

1 King, Simone 37 CPTW-WP 2:42.25

**Event 6 Women 40-44 200 SC Meter IM**

**World Record:** 2:19.21 W 2007-12-02 VON DER LIPPE Susan  
**SA Record:** 2:39.90 S 10-2002 Cecilia Stanford  
**WP Record:** 2:39.90 p 10-2002 Cecilia Stanford  
 2:34.40 40-44 SAQ  
 2:45.21 40-44 WPQ

1 Van Wyk, Melanie 40 CPTW-WP 3:18.73

**Event 6 Women 45-49 200 SC Meter IM**

**World Record:** 2:21.55 W 2009-05-17 PIPES-NEILSEN Karlyn  
**SA Record:** 2:35.69 S 4-2008 Cecilia Stanford  
**WP Record:** 2:35.69 p 4-2008 Cecilia Stanford  
 2:35.56 45-49 SAQ  
 2:46.45 45-49 WPQ

1 Bihl, Kate 47 CPTW-WP 3:07.01

**Event 6 Women 55-59 200 SC Meter IM**

**World Record:** 2:36.98 W 2009-12-04 VAL Laura  
**SA Record:** 2:45.66 S 7-2016 Cecilia Stanford  
**WP Record:** 2:45.66 p 7-2016 Cecilia Stanford  
 2:47.63 55-59 SAQ  
 3:04.00 55-59 WPQ

1 Stanford, Cecilia 56 CPTW-WP 2:43.01 S p SAQ

**Event 6 Women 60-64 200 SC Meter IM**

**World Record:** 2:43.50 W 2011-12-02 VAL Laura  
**SA Record:** 2:57.75 S 4-2017 Di Coetzee  
**WP Record:** 2:57.75 p 4-2017 Di Coetzee  
 3:01.80 60-64 SAQ  
 3:19.30 60-64 WPQ

1 Routledge, Viv 60 CPTW-WP 3:24.32

**Event 6 Women 65-69 200 SC Meter IM**

**World Record:** 3:02.58 W 2011-11-05 MERTEN Brigitte  
**SA Record:** 3:25.14 S 7-2016 M Mons  
**WP Record:** 4:39.67 p 11-2011 Tricia Rix  
 3:22.70 65-69 SAQ  
 3:40.59 65-69 WPQ

1 Godfrey, Colleen 68 DOLP-WP 4:11.00 p

**Event 6 Men 40-44 200 SC Meter IM**

**World Record:** 2:05.46 W 2009-12-04 SANTOS Roque  
**SA Record:** 2:21.78 S 10-2010 C. Lyne  
**WP Record:** 2:37.20 p 10-2009 Bruce Sneddon  
 2:14.11 40-44 SAQ  
 2:23.50 40-44 WPQ

1 Steenkamp, Neil 40 CPTW-WP 3:17.67

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**Event 6 Men 45-49 200 SC Meter IM**

**World Record:** 2:04.64 W 2012-03-08 GRANGER Nicolas  
**SA Record:** 2:22.22 S 4-2008 Graham Du Toit  
**WP Record:** 2:29.00 p 9-2002 Tim Shead  
 2:17.57 45-49 SAQ  
 2:27.20 45-49 WPQ

1 Coombe, Robert 49 CPTW-WP 3:09.99

**Event 6 Men 80-84 200 SC Meter IM**

**SA Record:** 3:40.51 S 4-2017 Dave Mc Lachlan  
**WP Record:** 3:40.51 p 4-2017 Dave McLachlan  
 3:55.92 80-84 SAQ  
 4:20.53 80-84 WPQ

--- McLachlan, Dave 80 CPTW-WP DQ

**Event 7 Women 30-34 100 SC Meter Backstroke**

**World Record:** 1:00.90 W 2010-03-07 YAMAGUCHI Kana  
**SA Record:** 1:10.58 S 10-2016 Tarryn Stanford  
**WP Record:** 1:10.58 p 10-2016 Tarryn Stanford  
 1:07.96 30-34 SAQ  
 1:12.72 30-34 WPQ

1 Wolmarans, Lezandre 30 CPTW-WP 1:17.90

**Event 7 Women 40-44 100 SC Meter Backstroke**

**World Record:** 1:03.48 W 2011-10-29 HART Sheri  
**SA Record:** 1:10.83 S 11-2004 Bev McCarney  
**WP Record:** 1:13.07 p 9-2003 Cecilia Stanford  
 1:10.06 40-44 SAQ  
 1:14.96 40-44 WPQ

1 Cadiz, Perry 41 CPTW-WP 1:12.56 p WPQ  
 2 Blom, Annelize 40 UNAT 1:33.28

**Event 7 Women 60-64 100 SC Meter Backstroke**

**World Record:** 1:14.48 W 2011-12-03 VAL Laura  
**SA Record:** 1:16.57 S 10-2016 Di Coetzee  
**WP Record:** 1:16.57 p 10-2016 Di Coetzee  
 1:23.83 60-64 SAQ  
 1:30.91 60-64 WPQ

1 Brewis, Judy 63 CPTW-WP 1:31.90

**Event 7 Women 70-74 100 SC Meter Backstroke**

**World Record:** 1:26.25 W 2012-05-20 TAKEUJI Satoko  
**SA Record:** 1:44.76 S 7-2014 Lenchan Zundorf  
**WP Record:** 1:44.76 p 7-2014 Lenchan Zundorf  
 1:37.17 70-74 SAQ  
 1:45.56 70-74 WPQ

1 Rix, Tricia 74 CPTW-WP 2:31.52

**Event 7 Men 40-44 100 SC Meter Backstroke**

**World Record:** 54.85 W 2008-12-07 ROSS Michael  
**SA Record:** 1:04.47 S 1992 Lee McGreggor  
**WP Record:** 1:13.12 p Karoly von Toros  
 59.78 40-44 SAQ  
 1:03.96 40-44 WPQ

1 Steenkamp, Neil 40 CPTW-WP 1:38.18

**Event 7 Men 50-54 100 SC Meter Backstroke**

**World Record:** 59.92 W 2011-10-15 WOOD Steve  
**SA Record:** 1:05.80 S 10-2016 H Ruck  
**WP Record:** 1:06.56 p 6-2003 Tim Shead  
 1:01.95 50-54 SAQ  
 1:08.60 50-54 WPQ

1 McLeRoth, Greg 50 CPTW-WP 1:08.69

**Event 7 Men 60-64 100 SC Meter Backstroke**

**SA Record:** 1:10.60 S 12-2016 Tim Shead  
**WP Record:** 1:10.60 p 12-2016 Tim Shead  
 1:12.07 60-64 SAQ  
 1:18.18 60-64 WPQ

1 Winfield, Mike 62 CPTW-WP 1:17.48 WPQ

**Event 7 Men 65-69 100 SC Meter Backstroke**

**SA Record:** 1:19.60 S 8-2014 Terry Downes  
**WP Record:** 1:25.82 p 4-2012 Doug Wilson  
 1:17.24 65-69 SAQ  
 1:22.78 65-69 WPQ

1 Howieson, Doug 65 CPTW-WP 1:26.89

**Event 7 Men 70-74 100 SC Meter Backstroke**

**SA Record:** 1:26.26 S 9-2013 J. Hughes  
**WP Record:** 1:30.74 p 4-2017 Doug Wilson  
 1:22.71 70-74 SAQ  
 1:28.50 70-74 WPQ

1 Wilson, Doug 70 CPTW-WP 1:30.92

**Event 8 Women 30-34 100 SC Meter Butterfly**

**World Record:** 1:00.11 W 2006-03-25 JACOBSEN Mette  
**SA Record:** 1:10.40 S 7-2013 Kathryn Nurse  
**WP Record:** 1:10.40 p 7-2013 Kathryn Nurse  
 1:06.07 30-34 SAQ  
 1:10.69 30-34 WPQ

1 Stanford, Tarryn 31 CPTW-WP 1:15.80

**Event 8 Women 35-39 100 SC Meter Butterfly**

**World Record:** 1:02.70 W 2012-05-06 MATSUDA Hitomi  
**SA Record:** 1:08.17 S 7-2014 Kathryn Nurse  
**WP Record:** 1:08.12 p 7-2014 Kathryn Nurse  
 1:07.01 35-39 SAQ  
 1:11.70 35-39 WPQ

1 Nurse, Kathryn 38 CPTW-WP 1:10.69 WPQ  
 2 King, Simone 37 CPTW-WP 1:15.84

**Event 8 Men 45-49 100 SC Meter Butterfly**

**World Record:** 56.78 W 2012-05-20 BOTSFORD Deke  
**SA Record:** 1:00.47 S 10-2010 Brian Tatterson  
**WP Record:** 1:03.66 p 11-2007 Paul Blackbeard  
 59.31 45-49 SAQ  
 1:03.46 45-49 WPQ

1 Taylor, Robert 48 CPTW-WP 1:03.15 p WPQ

**Event 8 Men 65-69 100 SC Meter Butterfly**

**SA Record:** 1:09.79 S 3-2017 Tim Shead  
**WP Record:** 1:09.79 p 3-2017 Tim Shead  
 1:13.98 65-69 SAQ  
 1:19.16 65-69 WPQ

1 Shead, Tim 65 CPTW-WP 1:11.95 SAQ

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**Event 8 Men 80-84 100 SC Meter Butterfly**

**SA Record:** 2:39.25 S 3-2017 Bill Cordell  
 2:05.79 80-84 SAQ  
 2:20.53 80-84 WPQ

1 McLachlan, Dave 80 CPTW-WP 1:45.65 S p SAQ

**Event 9 Women 30-34 50 SC Meter Freestyle**

**World Record:** 25.57 W 2009-09-27 KOMATSU Sumika  
**SA Record:** 27.63 S 11-2012 A. Landau  
**WP Record:** 28.19 p 4-2017 Lezandre Wolmarans  
 26.88 30-34 SAQ  
 28.83 30-34 WPQ

1 Wolmarans, Lezandre 30 CPTW-WP 28.22 WPQ  
 2 Stanford, Tarryn 31 CPTW-WP 31.23

**Event 9 Women 40-44 50 SC Meter Freestyle**

**World Record:** 26.40 W 2008-03-08 JOHANSSON Marika  
**SA Record:** 26.67 S 10-2007 Edith Ottermann  
**WP Record:** 26.67 p 10-2007 Edith Ottermann  
 27.43 40-44 SAQ  
 29.35 40-44 WPQ

1 Cadiz, Perry 41 CPTW-WP 30.55  
 2 Van Wyk, Melanie 40 CPTW-WP 35.31  
 3 Blom, Annelize 40 UNAT 36.97

**Event 9 Women 45-49 50 SC Meter Freestyle**

**World Record:** 26.59 W 2011-04-14 OTTERMANN Edith  
**SA Record:** 26.59 S 4-2011 Edith Ottermann  
**WP Record:** 26.59 p 4-2011 Edith Ottermann  
 27.95 45-49 SAQ  
 29.91 45-49 WPQ

1 Engela, Norelle 45 CPTW-WP 31.05  
 2 Bihl, Kate 47 CPTW-WP 34.59  
 3 Meier, Liana 45 CPTW-WP 35.83  
 4 Mallows, Bev 47 DOLP-WP 38.05

**Event 9 Women 50-54 50 SC Meter Freestyle**

**World Record:** 27.81 W 2011-04-17 MACDONALD Sarah  
**SA Record:** 30.27 S 7-2011 Cecilia Stanford  
**WP Record:** 30.27 p 2-2011 Cecilia Stanford  
 28.53 50-54 SAQ  
 30.90 50-54 WPQ

1 Strauss, Marcelle 53 CPTW-WP 31.99

**Event 9 Women 55-59 50 SC Meter Freestyle**

**World Record:** 28.49 W 2009-12-05 VAL Laura  
**SA Record:** 31.11 S 10-2011 Di Coetzee  
**WP Record:** 31.11 p 2-2011 Diane Coetzee  
 29.81 55-59 SAQ  
 32.12 55-59 WPQ

1 Stanford, Cecilia 56 CPTW-WP 31.25 WPQ  
 2 Winfield, Melinda 56 CPTW-WP 39.41

**Event 9 Women 60-64 50 SC Meter Freestyle**

**World Record:** 29.48 W 2011-10-03 VAL Laura  
**SA Record:** 31.03 S 4-2011 Sanderina Kruger  
**WP Record:** 31.03 p 4-2011 Sanderina Kruger  
 31.63 60-64 SAQ  
 34.28 60-64 WPQ

1 Routledge, Viv 60 CPTW-WP 34.58

**Event 9 Women 65-69 50 SC Meter Freestyle**

**World Record:** 31.22 W 2015-08-30 Kruger, Sanderina  
**SA Record:** 31.22 S 8-2015 Sanderina Kruger  
**WP Record:** 31.64 p 10-2014 Sanderina Kruger  
 33.95 65-69 SAQ  
 36.34 65-69 WPQ

1 Godfrey, Colleen 68 DOLP-WP 43.29

**Event 9 Men 25-29 50 SC Meter Freestyle**

**World Record:** 22.11 W 2006-03-25 NYSTRAND Stefan  
**SA Record:** 23.61 S 10-2011 Chris King  
**WP Record:** 23.61 p 10-2011 Chris King  
 23.02 25-29 SAQ  
 24.63 25-29 WPQ

1 Winfield, Ian 25 UNAT 30.44

**Event 9 Men 40-44 50 SC Meter Freestyle**

**World Record:** 23.06 W 2009-12-06 GIALDI Massimiliano  
**SA Record:** 24.58 S 3-2017 M. Allan  
**WP Record:** 25.62 p 10-2003 Rob Manners-Wood  
 24.14 40-44 SAQ  
 25.96 40-44 WPQ

1 Malan, Johan 44 CPTW-WP 28.67

**Event 9 Men 45-49 50 SC Meter Freestyle**

**World Record:** 23.67 W 2009-03-28 VIRTANEN Janne  
**SA Record:** 24.90 S 10-2011 Brian Tatterson  
**WP Record:** 25.64 p 4-2012 Harald Kruger  
 24.49 45-49 SAQ  
 26.23 45-49 WPQ

1 Coombe, Robert 49 CPTW-WP 30.55

**Event 9 Men 50-54 50 SC Meter Freestyle**

**World Record:** 23.38 W 2009-10-18 GAINES Rowdy  
**SA Record:** 24.40 S 4-2016 Calvin Maughan  
**WP Record:** 24.40 p 4-2016 Calvin Maughan  
 25.18 50-54 SAQ  
 27.22 50-54 WPQ

1 Maughan, Calvin 53 CPTW-WP 25.20 WPQ  
 2 McLeRoth, Greg 50 CPTW-WP 26.81 WPQ

**Event 9 Men 55-59 50 SC Meter Freestyle**

**SA Record:** 26.19 S 7-2012 Andre Steynberg  
**WP Record:** 26.63 p 4-2008 Tim Shead  
 26.31 55-59 SAQ  
 28.15 55-59 WPQ

1 Hendricks, Nigel 59 CPTW-WP 29.81

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**Event 9 Men 60-64 50 SC Meter Freestyle**

**SA Record:** 27.63 S 5-2009 Terry Downes  
**WP Record:** 28.21 p 4-2017 Andre Roothman  
 27.03 60-64 SAQ  
 28.92 60-64 WPQ

1	Stevenson, Paul	61	CPTW-WP	28.67	WPQ
2	Winfield, Mike	62	CPTW-WP	30.96	
3	Platte, Gary	61	WINE-WP	38.39	

**Event 9 Men 65-69 50 SC Meter Freestyle**

**World Record:** 31.22 W  
**SA Record:** 29.22 S 6-2014 Terry Downes  
**WP Record:** 29.92 p 10-2012 Doug Wilson  
 28.50 65-69 SAQ  
 30.50 65-69 WPQ

1	Howieson, Doug	65	CPTW-WP	32.83	
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**Event 9 Men 70-74 50 SC Meter Freestyle**

**SA Record:** 31.46 S 4-2017 Doug Wilson  
**WP Record:** 31.46 p 4-2017 Doug Wilson  
 30.00 70-74 SAQ  
 32.22 70-74 WPQ

1	Wilson, Doug	70	CPTW-WP	32.52	
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**Event 10 Women 120-159 200 SC Meter Medley Relay**

1	CPTW-WP	A	2:16.42	S
	1) Stanford, Tarryn W31	2) Wolmarans, Lezandre W30		
	3) King, Simone W37	4) Nurse, Kathryn W38		

**Event 10 Women 160-199 200 SC Meter Medley Relay**

1	CPTW-WP	A	2:33.07	
	1) Engela, Norelle W45	2) Van Wyk, Melanie W40		
	3) Cadiz, Perry W41	4) Strauss, Marcelle W53		

**Event 10 Women 200-239 200 SC Meter Medley Relay**

1	CPTW-WP	B	2:37.87	S
	1) Bihl, Kate W47	2) Stanford, Cecilia W56		
	3) Routledge, Viv W60	4) Meier, Liana W45		

**Event 11 Men 200-239 200 SC Meter Medley Relay**

1	CPTW-WP	A	1:59.73	S
	1) McLeRoth, Greg M50	2) Shead, Tim M65		
	3) Taylor, Robert M48	4) Maughan, Calvin M53		
2	CPTW-WP	B	2:23.77	S
	1) Winfield, Mike M62	2) Stevenson, Paul M61		
	3) Malan, Johan M44	4) Steenkamp, Neil M40		