

**Western Cape Masters Long Course Gala
Stellenbosch 20 January 2019**

Results

Event 1 Women 30-34 1500 LC Meter Freestyle

SA Record: 19:31.18 S 1-2017 Tarryn Stanford

WP Record: 19:31.18 p 1-2017 Tarryn Stanford

19:26.66 30-34 SAQ

20:48.33 30-34 WPQ

1 Stanford, Tarryn 33 CPTW-WP 19:19.47 S pSAQ

Event 1 Women 65-69 1500 LC Meter Freestyle

SA Record: 25:57.55 S 11-2010 E Craig

WP Record: 28:02.48 p 1-2014 Colleen Godfrey

24:29.65 65-69 SAQ

26:12.53 65-69 WPQ

1 Brewis, Judy 65 CPTW-WP 24:46.28 S pWPQ

Event 1 Women 70-74 1500 LC Meter Freestyle

SA Record: 26:30.58 S 11-2016 E Craig

28:01.92 70-74 SAQ

29:59.62 70-74 WPQ

1 Godfrey, Colleen 70 DOLP-WP 29:31.19 WPQ

Event 1 Men 40-44 1500 LC Meter Freestyle

SA Record: 18:18.18 S 12-2013 G. Albertyn

17:59.70 40-44 SAQ

19:15.28 40-44 WPQ

1 Steenkamp, Neil 42 CPTW-WP 24:14.48

2 Greyling, Hercus 42 UNAT 27:16.00

Event 1 Men 60-64 1500 LC Meter Freestyle

SA Record: 20:22.77 S 2-2012 Tim Shead

WP Record: 20:22.77 p 2-2012 Tim Shead

20:16.00 60-64 SAQ

21:41.12 60-64 WPQ

1 Holshausen, Rod 61 CPTW-WP 22:46.00

Event 1 Men 65-69 1500 LC Meter Freestyle

SA Record: 22:54.58 S 2015 Terry Downes

WP Record: 22:58.04 p 1-2017 Doug Howieson

21:45.79 65-69 SAQ

23:17.20 65-69 WPQ

1 Spies, Izak 65 CPTW-WP 21:20.76 S pSAQ

2 Howieson, Doug 67 CPTW-WP 23:21.18

Event 2 Women 40-44 200 LC Meter IM

SA Record: 2:33.72 S 6-2004 Bev McCarney

WP Record: 2:37.37 p 6-2004 Cecilia Stanford

2:35.44 40-44 SAQ

2:46.32 40-44 WPQ

1 Nurse, Kathryn 40 CPTW-WP 2:45.33 WPQ

Event 2 Women 45-49 200 LC Meter IM

SA Record: 2:35.64 S 8-2006 Cecilia Stanford

WP Record: 2:35.64 p 8-2006 Cecilia Stanford

2:40.87 45-49 SAQ

2:52.13 45-49 WPQ

1 Engela, Norelle 47 CPTW-WP 3:08.85

Event 2 Women 55-59 200 LC Meter IM

SA Record: 2:42.29 S 3-2016 Cecilia Stanford

WP Record: 2:42.29 p 3-2016 Cecilia Stanford

2:51.38 55-59 SAQ

3:03.38 55-59 WPQ

1 Stanford, Cecilia 58 CPTW-WP 2:53.23 WPQ

2 Fuchs, Mandi 55 CPTW-WP 3:31.76

Event 2 Men 40-44 200 LC Meter IM

SA Record: 2:23.99 S 1993 Tim Shead

WP Record: 2:30.90 p 3-2005 Alex Skinner

2:19.90 40-44 SAQ

2:29.69 40-44 WPQ

1 Nel, David 40 CPTW-WP 2:38.42

Event 2 Men 45-49 200 LC Meter IM

SA Record: 2:20.85 S 8-2014 Gary Albertyn

WP Record: 2:22.48 p 3-2008 Gregg Price

2:21.71 45-49 SAQ

2:31.63 45-49 WPQ

1 Bezuidenhout, Roger 46 UNAT 3:00.00

Event 2 Men 55-59 200 LC Meter IM

SA Record: 2:24.16 S 4-2008 Tim Shead

WP Record: 2:24.16 p 4-2008 Tim Shead

2:32.56 55-59 SAQ

2:43.24 55-59 WPQ

1 Olivier, Marais 56 CPTW-WP 3:42.89

Event 2 Men 60-64 200 LC Meter IM

SA Record: 2:38.52 S 3-2016 Tim Shead

WP Record: 2:38.52 p 3-2016 Tim Shead

2:41.47 60-64 SAQ

2:52.77 60-64 WPQ

1 Platte, Gary 63 WINE-WP 4:33.00

Event 2 Men 65-69 200 LC Meter IM

SA Record: 2:35.93 S 8-2017 Tim Shead

WP Record: 2:35.93 p 8-2017 Tim Shead

2:53.77 65-69 SAQ

3:05.93 65-69 WPQ

1 Hodges, Mark 66 CPTW-WP 3:50.41

Event 3 Women 30-34 50 LC Meter Backstroke

SA Record: 33.32 S 2-2016 Rebecca Newson

WP Record: 33.32 p 2-2016 Rebecca Newson

32.21 30-34 SAQ

34.46 30-34 WPQ

1 Stanford, Tarryn 33 CPTW-WP 35.86

Event 3 Women 35-39 50 LC Meter Backstroke

SA Record: 31.58 S 8-2006 Marianne Kriel

WP Record: 31.58 p 8-2006 Marianne Kriel

32.56 35-39 SAQ

34.84 35-39 WPQ

1 King, Simone 39 CPTW-WP 37.35

2 Anelli, Tarryn 36 CPTW-WP 40.69

3 Watson, Joanne 39 UNAT 51.77

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Results

Event 3 Women 40-44 50 LC Meter Backstroke

SA Record: 31.99 S 6-2004 Bev McCarney
 WP Record: 33.32 p 8-2017 Perry Cadiz
 33.08 40-44 SAQ
 35.40 40-44 WPQ

1 Cadiz, Perry 43 CPTW-WP 34.72 WPQ

Event 3 Women 55-59 50 LC Meter Backstroke

SA Record: 35.66 S 3-2013 Diane Coetzee
 WP Record: 35.66 p 3-2013 Diane Coetzee
 36.59 55-59 SAQ
 39.15 55-59 WPQ

1 Welgemoed, Janine 58 CPTW-WP 44.32
 2 Winfield, Melinda 58 CPTW-WP 48.54

Event 3 Women 70-74 50 LC Meter Backstroke

SA Record: 44.38 S 3-2017 E Craig
 WP Record: 48.19 p 2-2014 Lenchen Zundorf
 44.00 70-74 SAQ
 47.08 70-74 WPQ

1 Kruger, Sanderina 70 CPTW-WP 41.89 S pSAQ
 2 Russell, Therese 71 DOLP-WP 50.82

Event 3 Women 75-79 50 LC Meter Backstroke

SA Record: 54.20 S 3-2018 S Leuner
 WP Record: 1:21.77 p 4-1998 Rae Smit
 48.19 75-79 SAQ
 52.21 75-79 WPQ

1 Zundorf, Lenchen 75 CPTW-WP 50.50 S pWPQ

Event 3 Men 25-29 50 LC Meter Backstroke

SA Record: 26.90 S 3-2013 Chris King
 WP Record: 26.90 p 6-2012 Chris King
 27.50 25-29 SAQ
 29.43 25-29 WPQ

1 Opperman, Naude 26 CPTW-WP 29.37 WPQ

Event 3 Men 30-34 50 LC Meter Backstroke

SA Record: 29.51 S 3-2014 S. Malan
 WP Record: 30.07 p 8-2010 Dave Nel
 27.26 30-34 SAQ
 29.17 30-34 WPQ

1 Geldenhuys, Jeandre 33 CPTW-WP 30.93
 2 Askevold, Jacques 33 UNAT 36.55

Event 3 Men 35-39 50 LC Meter Backstroke

SA Record: 27.42 S 3-2013 Simon Thirsk
 WP Record: 30.25 p 3-2018 Jacques Joubert
 28.21 35-39 SAQ
 30.18 35-39 WPQ

1 Lalin, Luke 36 CPTW-WP 30.79

Event 3 Men 40-44 50 LC Meter Backstroke

SA Record: 29.51 S 3-2009 Harald Ruck
 WP Record: 31.64 p 3-2012 Gary Hall
 28.96 40-44 SAQ
 30.99 40-44 WPQ

1 Le Roux, Andreas 41 CPTW-WP 29.78 p WPQ
 2 Nel, David 40 CPTW-WP 30.79 p WPQ

Event 3 Men 45-49 50 LC Meter Backstroke

SA Record: 29.42 S 8-2015 G.Kahn
 WP Record: 30.33 p 6-2004 Peter Storzner
 29.70 45-49 SAQ
 31.78 45-49 WPQ

1 Spenceley, Gordon 48 CPTW-WP 34.25

Event 3 Men 50-54 50 LC Meter Backstroke

SA Record: 29.70 S 3-2016 Harald Ruck
 WP Record: 32.07 p 3-2004 Tim Shead
 30.44 50-54 SAQ
 32.57 50-54 WPQ

1 McLeRoth, Greg 52 CPTW-WP 32.09 WPQ

Event 3 Men 55-59 50 LC Meter Backstroke

SA Record: 30.48 S 6-2012 Andre Steynberg
 WP Record: 32.07 p 3-2007 Tim Shead
 31.46 55-59 SAQ
 33.66 55-59 WPQ

1 Orton, Nick 56 CPTW-WP 34.56

Event 3 Men 60-64 50 LC Meter Backstroke

SA Record: 30.66 S 3-2016 Andre Steynberg
 WP Record: 31.18 p 8-2017 Andre Steynberg
 33.22 60-64 SAQ
 35.55 60-64 WPQ

1 Winfield, Mike 64 CPTW-WP 37.94

Event 3 Men 65-69 50 LC Meter Backstroke

SA Record: 34.48 S 3-2018 Tim Shead
 WP Record: 34.48 p 3-2018 Tim Shead
 35.55 65-69 SAQ
 38.04 65-69 WPQ

1 Jenkins, Ken 68 CPTW-WP 41.99
 2 Howieson, Doug 67 CPTW-WP 43.39

Event 3 Men 80-84 50 LC Meter Backstroke

SA Record: 46.99 S 3-2016 Mike Cameron
 WP Record: 51.89 p 3-2018 Dave McLachlan
 43.80 80-84 SAQ
 46.87 80-84 WPQ

1 McLachlan, Dave 82 CPTW-WP 51.53 p

Event 4 Women 35-39 50 LC Meter Butterfly

SA Record: 29.42 S 6-2004 Edith Ottermann
 WP Record: 29.65 p 8-2006 Marianne Kriel
 29.92 35-39 SAQ
 32.01 35-39 WPQ

1 King, Simone 39 CPTW-WP 34.80
 2 Watson, Joanne 39 UNAT 49.83

Event 4 Women 50-54 50 LC Meter Butterfly

SA Record: 30.39 S 3-2017 Edith Ottermann
 WP Record: 30.39 p 3-2017 Edith Ottermann
 31.29 50-54 SAQ
 33.48 50-54 WPQ

1 Stranack, Sandra 54 QSAM-WP 47.72

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Event 4 Women 55-59 50 LC Meter Butterfly

SA Record: 32.46 S 6-2012 Heather Campbell
 WP Record: 33.15 p 8-2017 Cecilia Stanford
 32.63 55-59 SAQ
 34.91 55-59 WPQ

1 Stanford, Cecilia 58 CPTW-WP 34.72 WPQ

Event 4 Women 70-74 50 LC Meter Butterfly

SA Record: 41.23 S 3-2015 Elsa Craig
 WP Record: 1:06.42 p 3-1999 Ruth Holshausen
 43.14 70-74 SAQ
 46.16 70-74 WPQ

1 Campbell, Jenny 70 DOLP-WP 58.08 p

Event 4 Men 25-29 50 LC Meter Butterfly

SA Record: 25.87 S 3-2013 Chris King
 WP Record: 25.87 p 3-2013 Chris King
 25.19 25-29 SAQ
 26.95 25-29 WPQ

1 Opperman, Naude 26 CPTW-WP 29.57

2 Winfield, Phillip 25 CPTW-WP 31.75

Event 4 Men 30-34 50 LC Meter Butterfly

SA Record: 26.75 S 6-1996 Neal Moores
 WP Record: 27.38 p 1988 Nigel Cones
 25.41 30-34 SAQ
 27.19 30-34 WPQ

1 Geldenhuys, Jeandre 33 CPTW-WP 27.60

2 van Zyl, Frikkie 32 QSAM-WP 30.33

Event 4 Men 40-44 50 LC Meter Butterfly

SA Record: 27.40 S 11-2004 Gregg Price
 WP Record: 28.01 p 6-2006 Alex Skinner
 26.18 40-44 SAQ
 28.01 40-44 WPQ

1 Richards, Jay 42 CPTW-WP 27.85 p WPQ

2 Steenkamp, Neil 42 CPTW-WP 31.58

Event 4 Men 45-49 50 LC Meter Butterfly

SA Record: 26.57 S 3-2008 Gregg Price
 WP Record: 26.57 p 3-2008 Gregg Price
 27.06 45-49 SAQ
 28.95 45-49 WPQ

1 Bezuidenhout, Roger 46 UNAT 32.60

2 Spenceley, Gordon 48 CPTW-WP 34.15

Event 4 Men 50-54 50 LC Meter Butterfly

SA Record: 27.08 S 8-2015 Calvin Maughan
 WP Record: 27.08 p 8-2015 Calvin Maughan
 27.48 50-54 SAQ
 29.40 50-54 WPQ

1 Luke, Eddie 54 CPTW-WP 34.31

Event 4 Men 55-59 50 LC Meter Butterfly

SA Record: 28.35 S 3-2013 Andre Steynberg
 WP Record: 28.83 p 1-2007 Tim Shead
 28.45 55-59 SAQ
 30.44 55-59 WPQ

1 Orton, Nick 56 CPTW-WP 31.96

2 Steyn, Glenn 59 CPTW-WP 34.63

Event 4 Men 60-64 50 LC Meter Butterfly

SA Record: 28.77 S 3-2018 Andre Steynberg
 WP Record: 28.77 p 3-2018 A Steynberg
 29.73 60-64 SAQ
 31.81 60-64 WPQ

1 Hendricks, Nigel 61 CPTW-WP 33.57

2 Holshausen, Rod 61 CPTW-WP 34.31

3 Platte, Gary 63 WINE-WP 1:02.23

Event 4 Men 65-69 50 LC Meter Butterfly

SA Record: 30.25 S 3-2018 Tim Shead
 WP Record: 30.25 p 3-2018 Tim Shead
 31.05 65-69 SAQ
 33.22 65-69 WPQ

1 Hodges, Mark 66 CPTW-WP 41.51

Event 5 Women 40-44 50 LC Meter Breaststroke

SA Record: 35.59 S 11-2009 Heather Morris-Eyton
 WP Record: 38.53 p 2-2000 Gail McCarney
 35.92 40-44 SAQ
 38.43 40-44 WPQ

1 Nurse, Kathryn 40 CPTW-WP 40.06

Event 5 Women 55-59 50 LC Meter Breaststroke

SA Record: 40.73 S 2-2016 Cecilia Stanford
 WP Record: 40.73 p 2-2016 Cecilia Stanford
 39.66 55-59 SAQ
 42.44 55-59 WPQ

1 Fuchs, Mandi 55 CPTW-WP 47.39

2 Winfield, Melinda 58 CPTW-WP 49.90

Event 5 Women 70-74 50 LC Meter Breaststroke

SA Record: 47.21 S 3-2017 B Shuttleworth
 WP Record: 53.21 p 1-2014 Lenchen Zundorf
 47.06 70-74 SAQ
 50.35 70-74 WPQ

1 Godfrey, Colleen 70 DOLP-WP 58.84

Event 5 Women 75-79 50 LC Meter Breaststroke

SA Record: 53.24 S 3-2017 S Hurwitz
 WP Record: 53.31 p 3-2016 Santa v Jaarsveld
 50.60 75-79 SAQ
 54.21 75-79 WPQ

1 Rix, Tricia 76 CPTW-WP 1:16.57

Event 5 Men 25-29 50 LC Meter Breaststroke

SA Record: 29.14 S 8-2006 C. Stewart
 WP Record: 31.54 p 12-2007 Grant Galant
 29.18 25-29 SAQ
 31.22 25-29 WPQ

1 Winfield, Phillip 25 CPTW-WP 37.81

Event 5 Men 30-34 50 LC Meter Breaststroke

SA Record: 30.75 S 3-2003 Ray Smit
 WP Record: 32.31 p 8-2010 Dave Nel
 29.64 30-34 SAQ
 31.71 30-34 WPQ

1 Geldenhuys, Jeandre 33 CPTW-WP 35.66

2 van Zyl, Frikkie 32 QSAM-WP 36.36

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Event 5 Men 40-44 50 LC Meter Breaststroke

SA Record: 31.92 S 3-2016 Tony Shuttleworth
WP Record: 32.34 p 4-2008 Johan vd Merwe
 30.33 40-44 SAQ
 32.45 40-44 WPQ

1 Nel, David	40 CPTW-WP	34.04
2 Richards, Jay	42 CPTW-WP	35.15
3 Northcote, Brandon	44 UNAT	49.02

Event 5 Men 45-49 50 LC Meter Breaststroke

SA Record: 32.45 S 8-2010 Johan vd Merwe
WP Record: 32.45 p 8-2010 Johan vd Merwe
 31.28 45-49 SAQ
 33.47 45-49 WPQ

1 Spenceley, Gordon	48 CPTW-WP	38.73
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Event 5 Men 55-59 50 LC Meter Breaststroke

SA Record: 32.07 S 4-2008 Tim Shead
WP Record: 32.07 p 4-2008 Tim Shead
 33.26 55-59 SAQ
 35.59 55-59 WPQ

1 Olivier, Marais	56 CPTW-WP	46.40
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Event 5 Men 60-64 50 LC Meter Breaststroke

SA Record: 34.35 S 3-2016 Tim Shead
WP Record: 34.35 p 3-2016 Tim Shead
 35.10 60-64 SAQ
 37.56 60-64 WPQ

1 Hendricks, Nigel	61 CPTW-WP	40.05
2 Platte, Gary	63 WINE-WP	1:04.00

Event 5 Men 65-69 50 LC Meter Breaststroke

SA Record: 34.30 S 3-2018 Tim Shead
WP Record: 34.30 p 3-2018 Tim Shead
 36.94 65-69 SAQ
 39.53 65-69 WPQ

1 Hodges, Mark	66 CPTW-WP	48.22
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Event 5 Men 80-84 50 LC Meter Breaststroke

SA Record: 48.99 S 3-2013 Ivan Schlapobersky
WP Record: 52.09 p 3-2018 Dave McLachlan
 47.31 80-84 SAQ
 50.62 80-84 WPQ

1 McLachlan, Dave	82 CPTW-WP	51.39 p
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Event 6 Women 35-39 50 LC Meter Freestyle

SA Record: 26.53 S 6-2004 Edith Ottermann
WP Record: 28.28 p 8-2006 Marianne Kriel
 28.07 35-39 SAQ
 30.03 35-39 WPQ

1 King, Simone	39 CPTW-WP	31.72
2 Anelli, Tarryn	36 CPTW-WP	32.59
3 Loock-Bezuidenhout, Esrie	37 UNAT	34.84
4 Watson, Joanne	39 UNAT	41.95

Event 6 Women 40-44 50 LC Meter Freestyle

SA Record: 26.44 S 11-2009 Edith Ottermann
WP Record: 26.44 p 11-2009 Edith Ottermann
 28.01 40-44 SAQ
 29.97 40-44 WPQ

1 Cadiz, Perry	43 CPTW-WP	29.63	WPQ
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Event 6 Women 45-49 50 LC Meter Freestyle

SA Record: 26.59 S 3-2011 Edith Ottermann
WP Record: 26.59 p 3-2011 Edith Ottermann
 28.36 45-49 SAQ
 30.35 45-49 WPQ

1 Turner, Penny	46 UNAT	36.55
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Event 6 Women 55-59 50 LC Meter Freestyle

SA Record: 30.56 S 2-2016 Cecilia Stanford
WP Record: 30.56 p 2-2016 Cecilia Stanford
 30.22 55-59 SAQ
 32.12 55-59 WPQ

1 Strauss, Marcelle	55 CPTW-WP	32.48
2 Fuchs, Mandi	55 CPTW-WP	37.34
3 Welgemoed, Janine	58 CPTW-WP	38.39
4 Winfield, Melinda	58 CPTW-WP	41.77

Event 6 Women 70-74 50 LC Meter Freestyle

SA Record: 35.19 S 3-2016 Anne Jones
WP Record: 40.16 p 1-2014 Lenchen Zundorf
 35.39 70-74 SAQ
 37.87 70-74 WPQ

1 Kruger, Sanderina	70 CPTW-WP	32.06	S pSAQ
2 Campbell, Jenny	70 UNAT	42.81	
3 Godfrey, Colleen	70 DOLP-WP	45.53	

Event 6 Men 25-29 50 LC Meter Freestyle

SA Record: 23.39 S 3-2013 Chris King
WP Record: 23.39 p 3-2013 Chris King
 23.74 25-29 SAQ
 25.40 25-29 WPQ

1 Winfield, Phillip	25 CPTW-WP	27.42
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Event 6 Men 30-34 50 LC Meter Freestyle

SA Record: 24.88 S 1-2009 G. Swart
WP Record: 25.67 p 8-2010 Dave Nel
 23.78 30-34 SAQ
 25.44 30-34 WPQ

1 Kock, Alex	31 UNAT	26.03
2 Geldenhuys, Jeandre	33 CPTW-WP	27.22
3 Askevold, Jacques	33 UNAT	31.75

Event 6 Men 35-39 50 LC Meter Freestyle

SA Record: 23.28 S 3-2012 Ryk Neethling
WP Record: 23.28 p 3-2012 Ryk Neethling
 24.19 35-39 SAQ
 25.88 35-39 WPQ

1 Lalin, Luke	36 CPTW-WP	26.11
2 Peterson, Henry	37 UNAT	27.97

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Event 6 Men 40-44 50 LC Meter Freestyle

SA Record: 24.41 S 3-2016 B. Reen
WP Record: 25.64 p 3-2004 Rob Manners-Wood
 24.67 40-44 SAQ
 26.40 40-44 WPQ

1	Nel, David	40	CPTW-WP	26.57
2	Richards, Jay	42	CPTW-WP	26.70
3	Greyling, Hercus	42	UNAT	31.16
4	Blom, Andre	43	UNAT	32.22
5	Northcote, Brandon	44	UNAT	35.49

Event 6 Men 45-49 50 LC Meter Freestyle

SA Record: 25.18 S 1994 Terry Downes
WP Record: 25.47 p 3-2008 Gregg Price
 25.04 45-49 SAQ
 26.79 45-49 WPQ

1	Turner, Andrew	46	UNAT	27.08
2	Spenceley, Gordon	48	CPTW-WP	31.64

Event 6 Men 50-54 50 LC Meter Freestyle

SA Record: 24.34 S 3-2015 Calvin Maughan
WP Record: 24.34 p 3-2015 Calvin Maughan
 25.80 50-54 SAQ
 27.61 50-54 WPQ

1	McLeRoth, Greg	52	CPTW-WP	26.79	WPQ
2	Luke, Eddie	54	CPTW-WP	32.18	

Event 6 Men 55-59 50 LC Meter Freestyle

SA Record: 26.04 S 6-2004 Terry Downes
WP Record: 27.47 p 3-2007 Tim Shead
 26.52 55-59 SAQ
 28.38 55-59 WPQ

1	Orton, Nick	56	CPTW-WP	28.58
2	Steyn, Glenn	59	CPTW-WP	31.64

Event 6 Men 60-64 50 LC Meter Freestyle

SA Record: 26.31 S 3-2016 A. Steynberg
WP Record: 27.09 p 3-2018 Andre Steynbeg
 27.09 60-64 SAQ
 28.99 60-64 WPQ

1	Holshausen, Rod	61	CPTW-WP	33.17
2	Platte, Gary	63	WINE-WP	43.20

Event 6 Men 65-69 50 LC Meter Freestyle

SA Record: 29.17 S 3-2015 Terry Downes
WP Record: 29.78 p 6-2012 Doug Wilson
 28.65 65-69 SAQ
 30.66 65-69 WPQ

1	Spies, Izak	65	CPTW-WP	30.31	WPQ
2	Jenkins, Ken	68	CPTW-WP	33.01	

Event 7 Women 30-34 200 LC Meter Backstroke

SA Record: 2:30.54 S 3-2017 Tarryn Stanford
WP Record: 2:30.54 p 3-2017 Tarryn Stanford
 2:31.40 30-34 SAQ
 2:42.00 30-34 WPQ

1	Stanford, Tarryn	33	CPTW-WP	2:40.97	WPQ
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Event 7 Women 45-49 200 LC Meter Backstroke

SA Record: 2:43.79 S 8-2006 Cecilia Stanford
WP Record: 2:43.79 p 8-2006 Cecilia Stanford
 2:40.25 45-49 SAQ
 2:51.47 45-49 WPQ

1	Engela, Norelle	47	CPTW-WP	3:04.10
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Event 7 Women 55-59 200 LC Meter Backstroke

SA Record: 2:50.77 S 1-2017 Karen van Helden
WP Record: 2:50.77 p 1-2017 Karen van Helden
 2:50.77 55-59 SAQ
 3:02.72 55-59 WPQ

1	Stanford, Cecilia	58	CPTW-WP	2:58.40	WPQ
2	Welgemoed, Janine	58	CPTW-WP	3:36.48	

Event 7 Women 65-69 200 LC Meter Backstroke

SA Record: 3:19.21 S 2-2014 Sanderina Kruger
WP Record: 3:19.21 p 2-2014 Sanderina Kruger
 3:22.20 65-69 SAQ
 3:36.35 65-69 WPQ

1	Brewis, Judy	65	CPTW-WP	3:22.01	SAQ
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Event 7 Women 70-74 200 LC Meter Backstroke

SA Record: 3:49.27 S 3-2018 JG Janssens
WP Record: 3:44.59 p 1-2017 Susie Breslin
 2:53.45 70-74 WPQ
 3:38.18 70-74 SAQ

1	Russell, Therese	71	DOLP-WP	4:00.78
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Event 7 Women 75-79 200 LC Meter Backstroke

SA Record: 4:16.56 S 2-2017 W. Kokott
WP Record: 7:20.36 p 3-2004 Jane Geldenhuys
 3:53.66 75-79 SAQ
 4:10.02 75-79 WPQ

1	Rix, Tricia	76	CPTW-WP	5:22.90	p
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Event 7 Men 55-59 200 LC Meter Backstroke

SA Record: 2:33.29 S 6-2007 Tim Shead
WP Record: 2:33.29 p 6-2007 Tim Shead
 2:34.51 55-59 SAQ
 2:45.33 55-59 WPQ

1	Orton, Nick	56	CPTW-WP	3:04.76
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Event 7 Men 60-64 200 LC Meter Backstroke

SA Record: 2:34.00 S 3-2012 Tim Shead
WP Record: 2:34.00 p 3-2012 Tim Shead
 2:43.42 60-64 SAQ
 2:54.86 60-64 WPQ

1	Winfield, Mike	64	CPTW-WP	3:03.14
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Event 7 Men 65-69 200 LC Meter Backstroke

SA Record: 2:39.69 S 8-2017 Tim Shead
WP Record: 2:39.69 p 8-2018 Tim Shead
 2:54.80 65-69 SAQ
 3:07.04 65-69 WPQ

1	Howieson, Doug	67	CPTW-WP	3:17.70
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Event 7 Men 80-84 200 LC Meter Backstroke

SA Record: 4:05.93 S 2-2017 J Saunders
 WP Record: 6:22.81 p 1994 Colin Cable
 3:50.98 80-84 SAQ
 4:07.15 80-84 WPQ

1 McLachlan, Dave 82 CPTW-WP 4:05.53 S pWPQ

Event 8 Women 40-44 100 LC Meter Breaststroke

SA Record: 1:15.83 S 8-2010 Heather Morris-Eyton
 WP Record: 1:25.30 p 3-1999 Gail McCarney
 1:20.46 40-44 SAQ
 1:26.09 40-44 WPQ

1 Nurse, Kathryn 40 CPTW-WP 1:29.79

Event 8 Women 55-59 100 LC Meter Breaststroke

SA Record: 1:28.80 S 2-2017 Cecilia Stanford
 WP Record: 1:28.80 p 2-2017 Cecilia Stanford
 1:28.07 55-59 SAQ
 1:34.23 55-59 WPQ

1 Fuchs, Mandi 55 CPTW-WP 1:45.00

Event 8 Women 70-74 100 LC Meter Breaststroke

SA Record: 1:48.70 S 3-2017 B Shuttleworth
 WP Record: 1:52.99 p 2-2014 Lenchen Zundorf
 1:47.58 70-74 SAQ
 1:55.11 70-74 WPQ

1 Godfrey, Colleen 70 DOLP-WP 2:11.40

Event 8 Women 75-79 100 LC Meter Breaststroke

SA Record: 1:56.38 S 3-2016 S van Jaarsveld
 WP Record: 1:56.38 p 3-2016 Santa v Jaarsveld
 1:57.38 75-79 SAQ
 2:05.60 75-79 WPQ

1 Zundorf, Lenchen 75 CPTW-WP 2:00.54 WPQ
 2 Rix, Tricia 76 CPTW-WP 2:42.15

Event 8 Men 55-59 100 LC Meter Breaststroke

SA Record: 1:11.13 S 4-2008 Tim Shead
 WP Record: 1:11.13 p 4-2008 Tim Shead
 1:15.41 55-59 SAQ
 1:20.69 55-59 WPQ

1 Olivier, Marais 56 CPTW-WP 1:44.64

Event 8 Men 60-64 100 LC Meter Breaststroke

SA Record: 1:16.07 S 8-2016 Tim Shead
 WP Record: 1:16.07 p 3-2016 Tim Shead
 1:19.73 60-64 SAQ
 1:25.31 60-64 WPQ

1 Platte, Gary 63 WINE-WP 2:31.58

Event 9 Women 30-34 100 LC Meter Freestyle

SA Record: 1:00.84 S 6-1998 Wilma Daniel
 WP Record: 1:01.51 p 8-2017 Lezandre Wolmarans
 1:01.10 30-34 SAQ
 1:05.38 30-34 WPQ

1 Stanford, Tarryn 33 CPTW-WP 1:09.14

Event 9 Women 35-39 100 LC Meter Freestyle

SA Record: 1:01.60 S 6-2004 Edith Ottermann
 WP Record: 1:02.04 p 8-2006 Marianne Kriel
 1:01.34 35-39 SAQ
 1:05.63 35-39 WPQ

1 King, Simone 39 CPTW-WP 1:12.38
 2 Anelli, Tarryn 36 CPTW-WP 1:12.42
 3 Look-Bezuidenhout, Esrie 37 UNAT 1:19.53

Event 9 Women 45-49 100 LC Meter Freestyle

SA Record: 1:03.28 S 2-2012 Edith Ottermann
 WP Record: 1:03.28 p 2-2012 Edith Ottermann
 1:03.27 45-49 SAQ
 1:07.70 45-49 WPQ

1 Turner, Penny 46 UNAT 1:26.68

Event 9 Women 55-59 100 LC Meter Freestyle

SA Record: 1:07.07 S 3-2017 Cecilia Stanford
 WP Record: 1:07.07 p 3-2017 Cecilia Stanford
 1:06.92 55-59 SAQ
 1:11.60 55-59 WPQ

1 Stanford, Cecilia 58 CPTW-WP 1:10.67 WPQ
 2 Strauss, Marcelle 55 CPTW-WP 1:12.04
 3 Fuchs, Mandi 55 CPTW-WP 1:23.23
 4 Welgemoed, Janine 58 CPTW-WP 1:27.13

Event 9 Women 70-74 100 LC Meter Freestyle

SA Record: 1:23.80 S 3-2015 Anne Jones
 WP Record: 1:31.73 p 2-2014 Lenchen Zundorf
 1:23.83 70-74 SAQ
 1:29.70 70-74 WPQ

1 Kruger, Sanderina 70 CPTW-WP 1:12.29 S pSAQ

Event 9 Men 40-44 100 LC Meter Freestyle

SA Record: 53.84 S 3-2016 B. Reen
 WP Record: 56.22 p 6-2006 Alex Skinner
 54.93 40-44 SAQ
 58.78 40-44 WPQ

1 Steenkamp, Neil 42 CPTW-WP 1:05.21
 2 Northcote, Brandon 44 UNAT 1:26.19

Event 9 Men 45-49 100 LC Meter Freestyle

SA Record: 55.66 S 1994 Terry Downes
 WP Record: 56.85 p 3-2008 Gregg Price
 55.74 45-49 SAQ
 59.64 45-49 WPQ

1 Turner, Andrew 46 UNAT 1:01.51

Event 9 Men 55-59 100 LC Meter Freestyle

SA Record: 58.43 S 3-2004 Terry Downes
 WP Record: 1:00.72 p 3-2006 Tyrone Tozer
 59.19 55-59 SAQ
 1:03.33 55-59 WPQ

1 Maughan, Calvin 55 CPTW-WP 55.63 S pSAQ
 2 Steyn, Glenn 59 CPTW-WP 1:10.90

**Western Cape Masters Long Course Gala
Stellenbosch 20 January 2019**

Results

Event 9 Men 60-64 100 LC Meter Freestyle

SA Record: 59.76 S 3-2016 A. Steynberg

WP Record: 1:01.29 p 3-2018 Andre Steynberg

1:01.93 60-64 SAQ

1:06.27 60-64 WPQ

1	Hendricks, Nigel	61	CPTW-WP	1:10.81
2	Holshausen, Rod	61	CPTW-WP	1:13.72
3	Winfield, Mike	64	CPTW-WP	1:19.08
4	Platte, Gary	63	WINE-WP	1:43.28

S = SA MASTERS RECORD

P = WP MASTERS RECORD

Event 9 Men 65-69 100 LC Meter Freestyle

SA Record: 1:05.10 S 3-2017 Tim Shead

WP Record: 1:05.10 p 3-2017 Tim Shead

1:04.91 65-69 SAQ

1:09.45 65-69 WPQ

1	Spies, Izak	65	CPTW-WP	1:08.14	WPQ
2	Howieson, Doug	67	CPTW-WP	1:16.43	
3	Jenkins, Ken	68	CPTW-WP	1:20.15	
4	Hodges, Mark	66	CPTW-WP	1:26.02	

SAQ = SA MASTERS COLOURS QUALIFYING

WPQ = WP MASTERS COLOURS QUALIFYING

Event 9 Men 80-84 100 LC Meter Freestyle

SA Record: 1:30.20 S 1996 George May

WP Record: 1:40.44 p 1996 Mel Bartholomew

1:24.82 80-84 SAQ

1:30.76 80-84 WPQ

1	McLachlan, Dave	82	CPTW-WP	1:35.20	p
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