

Western Cape Masters Championships 2019

Stellenbosch 3 March Session 2

Results

Event 1 Women 35-39 800 LC Meter Freestyle

WORLD Rec: 9:08.47 W 2012-11-18 Kirsten CAMERON

SA Record: 9:48.06 S 8-2007 Amanda Picard

WP Record: 9:48.06 p 8-2007 Amanda Picard

9:55.15 35-39 SAQ

10:36.81 35-39 WPQ

1 King, Simone 39 CPTW-WP 12:07.12

Event 1 Women 45-49 800 LC Meter Freestyle

WORLD Rec: 9:24.11 W 2007-08-05 K.PIPES-NEILSEN

SA Record: 10:25.33 S 2-2006 Cecilia Stanford

WP Record: 10:25.33 p 2-2006 Cecilia Stanford

10:13.65 45-49 SAQ

10:56.61 45-49 WPQ

1 Amner, Claire 45 CPTW-WP 11:30.09

--- Lewis, Beverley 48 UNAT 16:07.04

Event 1 Women 50-54 800 LC Meter Freestyle

WORLD Rec: 9:34.12 W 2016-07-23 Susan PRESTON

SA Record: 10:21.39 S 2-2011 Cecilia Stanford

WP Record: 10:21.39 p 2-2011 Cecilia Stanford

10:23.61 50-54 SAQ

11:21.57 50-54 WPQ

1 Southgate, Jennifer 52 CPTW-WP 12:35.49

Event 1 Women 60-64 800 LC Meter Freestyle

WORLD Rec: 10:27.71 W 2011-07-08 Laura VAL

SA Record: 11:04.77 S 3-2016 Diane Coetzee

WP Record: 11:04.77 p 3-2016 Diane Coetzee

11:33.15 60-64 SAQ

12:22.86 60-64 WPQ

1 Coetzee, Diane 64 CPTW-WP 11:15.17 SAQ

2 Sharkey, Therese 64 WINE-WP 12:45.33

3 Brimble, Mairi 64 DOLP-WP 13:35.29

Event 1 Women 65-69 800 LC Meter Freestyle

WORLD Rec: 10:49.60 W 2017-07-15 Laura VAL

SA Record: 12:33.23 S 3-2016 M. Mons

WP Record: 14:26.44 p 2-2014 Colleen Godfrey

12:32.57 65-69 SAQ

13:37.35 65-69 WPQ

1 Brewis, Judy 65 CPTW-WP 12:48.72 p WPQ

Event 1 Women 70-74 800 LC Meter Freestyle

WORLD Rec: 12:13.07 W 2009-11-01 Yoshiko OSAKI

SA Record: 13:53.12 S 3-2016 Anne Jones

WP Record: 15:48.84 p 1996 Clara Aurik

13:58.40 70-74 SAQ

15:22.23 70-74 WPQ

1 Godfrey, Colleen 70 DOLP-WP 15:19.96 p WPQ

Event 1 Men 25-29 800 LC Meter Freestyle

WORLD Rec: 8:24.67 W 1997-06-29 Alex KOSTICH

SA Record: 8:48.20 S 6-2012 Tyrone Venter

WP Record: 8:56.22 p 6-2012 Phil Emslie

9:01.35 25-29 SAQ

9:39.24 25-29 WPQ

1 Hodges, Graham 29 UNAT 10:46.98

Event 1 Men 40-44 800 LC Meter Freestyle

WORLD Rec: 8:36.41 W 2016-05-25 Samuele PAMPANA

SA Record: 9:37.23 S 1992 Tyrone Tozer

WP Record: 10:03.81 p 3-2012 Anthony Pearce

9:09.88 40-44 SAQ

9:48.37 40-44 WPQ

1 Steenkamp, Neil 42 CPTW-WP 11:47.37

Event 1 Men 45-49 800 LC Meter Freestyle

WORLD Rec: 8:40.79 W 2015-08-10 Fabio CALMASINI

SA Record: 9:08.81 S 8-2014 G. Albertyn

WP Record: 9:54.70 p 3-2003 John Dickerson

9:12.62 45-49 SAQ

9:51.30 45-49 WPQ

1 Spenceley, Gordon 48 CPTW-WP 11:29.24

Event 1 Men 60-64 800 LC Meter Freestyle

WORLD Rec: 9:29.70 W 2018-08-12 Andrew BRAY

SA Record: 10:24.34 S 3-2018 M Semple

WP Record: 10:29.14 p 3-2015 Izak Spies

10:28.92 60-64 SAQ

11:12.94 60-64 WPQ

1 Holshausen, Rod 61 CPTW-WP 11:37.24

Event 1 Men 65-69 800 LC Meter Freestyle

WORLD Rec: 10:11.30 W 2015-06-14 Jim MCCONICA

SA Record: 11:20.48 S 2-2017 Tim Shead

WP Record: 11:20.48 p 2-2017 Tim Shead

11:04.49 65-69 SAQ

12:02.66 65-69 WPQ

1 Howieson, Doug 67 CPTW-WP 11:59.22 WPQ

Event 1 Men 70-74 800 LC Meter Freestyle

WORLD Rec: 10:37.71 W 2018-07-28 Dan KIRKLAND

SA Record: 12:13.89 S 4-2008 Dave McLachlan

WP Record: 12:13.89 p 4-2008 Dave McLachlan

11:49.26 70-74 SAQ

13:11.53 70-74 WPQ

1 Sneath, Anthony 73 CPTW-WP 15:20.19

Event 2 Women 45-49 100 LC Meter Breaststroke

WORLD Rec: 1:13.49 W 2009-09-17 Marzena KULIS

SA Record: 1:19.08 S 3-2013 Heather Morris-Eyton

WP Record: 1:24.83 p 8-2010 Cecilia Stanford

1:21.92 45-49 SAQ

1:29.37 45-49 WPQ

1 Amner, Claire 45 CPTW-WP 1:35.06

Event 2 Women 55-59 100 LC Meter Breaststroke

WORLD Rec: 1:19.90 W 2017-01-29 Monica CORO

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

1:35.36 55-59 WPQ

1 Fuchs, Mandi 55 CPTW-WP 1:46.85

2 Winfield, Melinda 58 CPTW-WP 1:56.16

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Event 2 Women 60-64 100 LC Meter Breaststroke
WORLD Rec: 1:23.37 W 2018-03-17 Jenny WHITELEY
SA Record: 1:37.39 S 8-2015 Sandy Reeves
WP Record: 1:37.39 p 8-2015 Sandy Reeves
 1:33.71 60-64 SAQ
 1:41.96 60-64 WPQ
 1 Matley, Terry 62 DOLP-WP 1:39.60 WPQ
 2 Donnelly, Chris 62 CPTW-WP 1:49.26

Event 2 Women 70-74 100 LC Meter Breaststroke
WORLD Rec: 1:35.93 W 2016-10-02 Nobuko YASUDA
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
 1:56.63 70-74 WPQ
 1 Godfrey, Colleen 70 DOLP-WP 2:09.51

Event 2 Women 75-79 100 LC Meter Breaststroke
WORLD Rec: 1:38.81 W 2010-03-06 Shoko YONEZAWA
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 Rix, Tricia 76 CPTW-WP 2:46.56

Event 2 Women 80-84 100 LC Meter Breaststroke
WORLD Rec: 1:45.71 W 2015-06-14 Shoko YONEZAWA
SA Record: 2:02.25 S 1-2017 Snate van Jaarsveld
WP Record: 2:02.25 p 1-2017 Sante van Jaarsveld
 2:15.32 80-84 SAQ
 2:30.13 80-84 WPQ
 1 van Jaarsveld, Santa 82 CPTW-WP 2:07.20 SAQ

Event 2 Men 40-44 100 LC Meter Breaststroke
WORLD Rec: 1:03.60 W 2012-05-20 Vladislav BRAGIN
SA Record: 1:11.35 S 1993 Tim Shead
WP Record: 1:11.35 p 4-1994 Tim Shead
 1:08.96 40-44 SAQ
 1:13.43 40-44 WPQ
 1 Richards, Jay 42 CPTW-WP 1:20.09

Event 2 Men 45-49 100 LC Meter Breaststroke
WORLD Rec: 1:05.08 W 2018-05-25 Steven WEST
SA Record: 1:10.77 S 8-2014 Graeme Fiser
WP Record: 1:10.77 p 8-2014 Graeme Fiser
 1:10.34 45-49 SAQ
 1:15.26 45-49 WPQ
 1 Gilbert, Oliver 49 CPTW-WP 1:19.46

Event 2 Men 55-59 100 LC Meter Breaststroke
WORLD Rec: 1:07.95 W 2018-07-14 C.arturo TRAVAINI
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
 1:21.03 55-59 WPQ
 1 Olivier, Marais 56 CPTW-WP 1:43.82

Event 2 Men 60-64 100 LC Meter Breaststroke
WORLD Rec: 1:13.38 W 2013-08-08 Rick COLELLA
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
 1:25.97 60-64 WPQ
 1 Platte, Gary 63 WINE-WP 2:20.83

Event 2 Men 70-74 100 LC Meter Breaststroke
WORLD Rec: 1:23.63 W 2016-08-18 Robert STRAND
SA Record: 1:35.99 S 3-2015 B Nelson
WP Record: 1:38.12 p 2-2007 Dave McLachlan
 1:29.64 70-74 SAQ
 1:35.91 70-74 WPQ
 1 DU Toit, Francois 72 CPTW-WP 1:41.81

Event 3 Women 30-34 100 LC Meter Backstroke
WORLD Rec: 1:01.78 W 2011-08-06 Noriko INADA
SA Record: 1:11.00 S 3-2016 Tarryn Stanford
WP Record: 1:11.00 p 3-2016 Tarryn Stanford
 1:09.65 30-34 SAQ
 1:14.84 30-34 WPQ
 1 Stanford, Tarryn 33 CPTW-WP 1:17.38

Event 3 Women 35-39 100 LC Meter Backstroke
WORLD Rec: 1:01.75 W 2017-08-19 Noriko INADA
SA Record: 1:08.11 S 8-2006 Marianne Kriel
WP Record: 1:08.11 p 8-2006 Marianne Kriel
 1:11.05 35-39 SAQ
 1:17.22 35-39 WPQ
 1 Anelli, Tarryn 36 CPTW-WP 1:30.78

Event 3 Women 40-44 100 LC Meter Backstroke
WORLD Rec: 1:04.70 W 2018-07-31 Noriko INADA
SA Record: 1:11.54 S 3-2005 Bev McCarney
WP Record: 1:13.18 p 8-2017 Perry Cadiz
 1:12.28 40-44 SAQ
 1:17.34 40-44 WPQ
 1 Nurse, Kathryn 40 CPTW-WP 1:20.43

Event 3 Women 45-49 100 LC Meter Backstroke
WORLD Rec: 1:07.31 W 2016-08-20 Cindy MABEE
SA Record: 1:14.92 S 8-2006 Cecilia Stanford
WP Record: 1:14.92 p 8-2006 Cecilia Stanford
 1:13.80 45-49 SAQ
 1:18.97 45-49 WPQ
 1 Lewis, Beverley 48 UNAT 1:53.41

Event 3 Women 50-54 100 LC Meter Backstroke
WORLD Rec: 1:09.28 W 2014-08-08 Ellen REYNOLDS
SA Record: 1:14.64 S 6-2011 Cecilia Stanford
WP Record: 1:14.64 p 6-2011 Cecilia Stanford
 1:15.71 50-54 SAQ
 1:22.41 50-54 WPQ
 1 Southgate, Jennifer 52 CPTW-WP 1:31.63

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Event 3 Women 55-59 100 LC Meter Backstroke

WORLD Rec: 1:11.23 W 2017-07-09 Karlyn PIPES
SA Record: 1:18.55 S 6-2012 Heather Campbell
WP Record: 1:19.32 p 3-2018 Cecilia Stanford
 1:19.58 55-59 SAQ
 1:26.84 55-59 WPQ

1 Stanford, Cecilia 58 CPTW-WP 1:22.18 WPQ
 2 Welgemoed, Janine 58 CPTW-WP 1:38.19

Event 3 Women 60-64 100 LC Meter Backstroke

WORLD Rec: 1:14.50 W 2018-07-15 Bonnie BILICH
SA Record: 1:19.41 S 2-2016 Diane Coetzee
WP Record: 1:19.41 p 2-2016 Diane Coetzee
 1:24.65 60-64 SAQ
 1:32.99 60-64 WPQ

1 Sharkey, Therese 64 WINE-WP 1:32.38 WPQ

Event 3 Women 65-69 100 LC Meter Backstroke

WORLD Rec: 1:14.49 W 2018-07-31 Laura VAL
SA Record: 1:27.47 S 8-2015 Sanderina Kruger
WP Record: 1:27.47 p 8-2015 Sanderina Kruger
 1:31.89 65-69 SAQ
 1:41.12 65-69 WPQ

1 Brewis, Judy 65 CPTW-WP 1:36.54 WPQ

Event 3 Women 75-79 100 LC Meter Backstroke

WORLD Rec: 1:31.79 W 2017-07-15 Satoko TAKEUJI
SA Record: 1:55.83 S 3-2016 Sue Leuner
WP Record: 2:54.23 p 4-1998 Rae Smit
 1:47.36 75-79 SAQ
 1:57.99 75-79 WPQ

1 Zundorf, Lenchen 75 CPTW-WP 1:53.82S WPQ

Event 3 Men 35-39 100 LC Meter Backstroke

WORLD Rec: 57.91 W 2017-08-19 Ryan PINI
SA Record: 1:00.07 S 6-2012 Simon Thirsk
WP Record: 1:08.60 p 1994 Mike Rudolph
 1:01.62 35-39 SAQ
 1:06.14 35-39 WPQ

1 Lalin, Luke 36 CPTW-WP 1:11.47

Event 3 Men 45-49 100 LC Meter Backstroke

WORLD Rec: 1:00.13 W 2008-06-08 Steve WOOD
SA Record: 1:03.69 S 8-2015 G.Kahn
WP Record: 1:05.59 p 6-2004 Peter Storzner
 1:04.42 45-49 SAQ
 1:09.96 45-49 WPQ

1 Gilbert, Oliver 49 CPTW-WP 1:18.41

Event 3 Men 50-54 100 LC Meter Backstroke

WORLD Rec: 1:01.57 W 2017-08-06 Nicolas GRANGER
SA Record: 1:07.76 S 3-2016 Harald Ruck
WP Record: 1:09.25 p 6-2004 Tim Shead
 1:07.12 50-54 SAQ
 1:12.12 50-54 WPQ

1 McLeRoth, Greg 52 CPTW-WP 1:10.23 WPQ

Event 3 Men 55-59 100 LC Meter Backstroke

WORLD Rec: 1:03.50 W 2015-06-21 Steve WOOD
SA Record: 1:07.29 S 4-2008 Tim Shead
WP Record: 1:07.29 p 4-2008 Tim Shead
 1:09.74 55-59 SAQ
 1:14.92 55-59 WPQ

1 Orton, Nick 56 CPTW-WP 1:19.99

Event 3 Men 60-64 100 LC Meter Backstroke

WORLD Rec: 1:07.08 W 2017-06-03 Vladimir GORKOV
SA Record: 1:08.86 S 3-2016 Andre Steynberg
WP Record: 1:16.54 p 8-2015 Mike Winfield
 1:13.87 60-64 SAQ
 1:19.81 60-64 WPQ

1 Winfield, Mike 64 CPTW-WP 1:16.00 p WPQ
 2 Platte, Gary 63 WINE-WP 2:04.24

Event 3 Men 65-69 100 LC Meter Backstroke

WORLD Rec: 1:09.79 W 2012-07-08 Hugh WILDER
SA Record: 1:14.44 S 3-2017 Tim Shead
WP Record: 1:14.44 p 3-2017 Tim Shead
 1:19.02 65-69 SAQ
 1:24.55 65-69 WPQ

1 Howieson, Doug 67 CPTW-WP 1:34.35

Event 3 Men 80-84 100 LC Meter Backstroke

WORLD Rec: 1:26.44 W 2013-01-19 S.SEKIKAWA
SA Record: 1:50.01 S 3-2016 M. Cameron
WP Record: 2:53.72 p 1994 Colin Cable
 1:41.44 80-84 SAQ
 1:51.31 80-84 WPQ

1 McLachlan, Dave 82 CPTW-WP 2:01.09 p

Event 4 Women 30-34 200 LC Meter IM

WORLD Rec: 2:13.89 W 2009-07-07 Erika ERNDL
SA Record: 2:34.61 S 3-2017 Tarryn Stanford
WP Record: 2:34.61 p 3-2017 Tarryn Stanford
 2:31.18 30-34 SAQ
 2:43.61 30-34 WPQ

1 Stanford, Tarryn 33 CPTW-WP 2:48.09

Event 4 Women 45-49 200 LC Meter IM

WORLD Rec: 2:27.57 W 2008-08-16 K.PIPES-NEILSEN
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 Mallows, Bev 49 DOLP-WP 3:41.62

Event 4 Women 60-64 200 LC Meter IM

WORLD Rec: 2:47.99 W 2013-07-14 Laura VAL
SA Record: 3:16.71 S 2-2016 Therese Sharkey
WP Record: 3:16.71 p 2-2016 Therese Sharkey
 3:04.08 60-64 SAQ
 3:22.04 60-64 WPQ

1 Matley, Terry 62 DOLP-WP 4:02.28

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Event 4 Women 70-74 200 LC Meter IM

WORLD Rec: 3:10.64 W 2016-05-25 Brigitte MERTEN

SA Record: 3:40.82 S 3-2016 Elsa Craig

WP Record: 4:50.09 p 2-2013 Tricia Rix

3:45.26 70-74 SAQ

4:07.62 70-74 WPQ

1 Campbell, Jenny 70 DOLP-WP 4:32.19 p

Event 4 Women 75-79 200 LC Meter IM

WORLD Rec: 3:32.94 W 2013-07-15 Yoshiko OSAKI

SA Record: 4:33.08 S 3-2015 Sue Leuner

WP Record: 5:42.41 p 3-2002 Ruth Holshausen

4:14.15 75-79 SAQ

4:31.94 75-79 WPQ

1 Rix, Tricia 76 CPTW-WP 5:57.58

Event 4 Men 55-59 200 LC Meter IM

WORLD Rec: 2:20.83 W 2009-08-09 Michael MANN

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 3:35.54

Event 5 Women 30-34 200 LC Meter Freestyle

WORLD Rec: 2:04.05 W 2011-07-17 Dawn HECKMAN

SA Record: 2:13.44 S 6-1998 Wilma Daniel

WP Record: 2:19.71 p 1994 Aletta Momberg

2:14.28 30-34 SAQ

2:24.77 30-34 WPQ

1 Stanford, Tarryn 33 CPTW-WP 2:25.83

Event 5 Women 45-49 200 LC Meter Freestyle

WORLD Rec: 2:10.09 W 2009-06-13 K.PIPES-NEILSEN

SA Record: 2:23.73 S 2-2009 Cecilia Stanford

WP Record: 2:23.73 p 2-2009 Cecilia Stanford

2:19.14 45-49 SAQ

2:28.88 45-49 WPQ

1 Lewis, Beverley 48 UNAT 3:47.29

Event 5 Women 55-59 200 LC Meter Freestyle

WORLD Rec: 2:16.28 W 2009-08-06 Laura VAL

SA Record: 2:22.92 S 8-2017 Cecilia Stanford

WP Record: 2:22.92 p 3-2018 Cecilia Stanford

2:26.69 55-59 SAQ

2:41.85 55-59 WPQ

1 Strauss, Marcelle 55 CPTW-WP 2:40.57 WPQ

2 Degenaar, Jean 59 CPTW-WP 2:45.18

3 Clark, Jeannette 58 DOLP-WP 3:12.96

Event 5 Women 60-64 200 LC Meter Freestyle

WORLD Rec: 2:21.48 W 2012-06-12 Laura VAL

SA Record: 2:29.54 S 8-2010 Sanderina Kruger

WP Record: 2:29.54 p 8-2010 Sanderina Kruger

2:35.96 60-64 SAQ

2:52.39 60-64 WPQ

1 Coetzee, Diane 64 CPTW-WP 2:35.10 SAQ

2 Brimble, Mairi 64 DOLP-WP 3:08.35

Event 5 Women 65-69 200 LC Meter Freestyle

WORLD Rec: 2:25.29 W 2016-08-18 Laura VAL

SA Record: 2:37.63 S 8-2015 Sanderina Kruger

WP Record: 2:37.63 p 8-2015 Sanderina Kruger

2:50.31 65-69 SAQ

3:06.84 65-69 WPQ

1 Brewis, Judy 65 CPTW-WP 3:05.73 WPQ

Event 5 Women 70-74 200 LC Meter Freestyle

WORLD Rec: 2:46.63 W 2016-08-27 Diann UUSTAL

SA Record: 3:04.40 S 3-2016 Anne Jones

WP Record: 3:44.44 p 6-1998 Clara Aurik

3:10.36 70-74 SAQ

3:25.18 70-74 WPQ

1 Kruger, Sanderina 70 CPTW-WP 2:44.16 W S pSAQ

Event 5 Men 25-29 200 LC Meter Freestyle

WORLD Rec: 1:50.76 W 2017-08-16 D.DURANGO

SA Record: 1:52.82 S 6-2012 Chris King

WP Record: 1:52.82 p 6-2012 Chris King

1:58.06 25-29 SAQ

2:07.37 25-29 WPQ

1 Hodges, Graham 29 UNAT 2:26.61

Event 5 Men 40-44 200 LC Meter Freestyle

WORLD Rec: 1:53.65 W 2010-08-02 Vlad PYSHNENKO

SA Record: 2:02.13 S 3-2016 B. Reen

WP Record: 2:05.40 p 4-2008 Johan vd Merwe

2:02.66 40-44 SAQ

2:11.25 40-44 WPQ

1 Steenkamp, Neil 42 CPTW-WP 2:32.43

Event 5 Men 45-49 200 LC Meter Freestyle

WORLD Rec: 1:57.75 W 2014-08-05 Nicolas GRANGER

SA Record: 2:03.29 S 8-2014 G. Albertyn

WP Record: 2:11.07 p 3-2012 Johan vd Merwe

2:04.74 45-49 SAQ

2:13.47 45-49 WPQ

1 Turner, Andrew 46 CPTW-WP 2:17.24

Event 5 Men 55-59 200 LC Meter Freestyle

WORLD Rec: 2:04.01 W 2009-07-26 Michael MANN

SA Record: 2:10.90 S 6-2004 Terry Downes

WP Record: 2:11.99 p 3-2005 Tyrone Tozer

2:11.99 55-59 SAQ

2:23.01 55-59 WPQ

1 Steyn, Glenn 59 CPTW-WP 2:43.53

Event 5 Men 60-64 200 LC Meter Freestyle

WORLD Rec: 2:07.68 W 2017-08-06 Dan STEPHENSON

SA Record: 2:17.01 S 3-2009 Terry Downes

WP Record: 2:22.23 p 3-2010 Tyrone Tozer

2:19.90 60-64 SAQ

2:31.47 60-64 WPQ

1 Holshausen, Rod 61 CPTW-WP 2:39.64

2 Platte, Gary 63 WINE-WP 3:47.58

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Event 5 Men 65-69 200 LC Meter Freestyle

WORLD Rec: 2:09.39 W 2017-08-06 Rick COLELLA

SA Record: 2:29.83 S 3-2017 Tim Shead

WP Record: 2:29.83 p 2-2017 Tim Shead

2:28.03 65-69 SAQ

2:38.39 65-69 WPQ

1 Spies, Izak 65 CPTW-WP 2:26.87 S pSAQ
 2 Howieson, Doug 67 CPTW-WP 2:42.31

Event 5 Men 70-74 200 LC Meter Freestyle

WORLD Rec: 2:23.30 W 2018-07-31 Fred SCHLICHER

SA Record: 2:50.08 S 2-2007 Dave McLachlan

WP Record: 2:50.08 p 2-2007 Dave McLachlan

2:39.21 70-74 SAQ

2:51.15 70-74 WPQ

1 Sneath, Anthony 73 CPTW-WP 3:37.67

Event 6 Women 40-44 200 LC Meter Butterfly

WORLD Rec: 2:24.78 W 2006-07-23 S.VON DER LIPPE

SA Record: 2:40.97 S 3-2010 Rachelle Isakov

WP Record: 2:40.97 p 3-2010 Rachelle Isakov

2:41.24 40-44 SAQ

2:52.53 40-44 WPQ

1 Nurse, Kathryn 40 CPTW-WP 2:45.34 WPQ

Event 6 Women 55-59 200 LC Meter Butterfly

WORLD Rec: 2:37.99 W 2016-02-21 Lynn MARSHALL

SA Record: 2:55.88 S 3-2016 Cecilia Stanford

WP Record: 2:55.88 p 3-2016 Cecilia Stanford

3:10.13 55-59 SAQ

3:24.99 55-59 WPQ

1 Fuchs, Mandi 55 CPTW-WP 3:39.66

Event 6 Women 60-64 200 LC Meter Butterfly

WORLD Rec: 2:41.03 W 2011-08-06 Laura VAL

SA Record: 3:51.93 S 2-2015 Therese Sharkey

WP Record: 3:51.93 p 2-2015 Therese Sharkey

3:28.31 60-64 SAQ

3:42.89 60-64 WPQ

1 Sharkey, Therese 64 WINE-WP 4:15.29

Event 6 Men 70-74 200 LC Meter Butterfly

WORLD Rec: 2:53.43 W 2018-08-03 Fred SCHLICHER

SA Record: 3:14.18 S 4-2008 Dave McLachlan

WP Record: 3:14.18 p 4-2008 Dave McLachlan

3:34.37 70-74 SAQ

3:49.38 70-74 WPQ

1 Sneath, Anthony 73 CPTW-WP 5:51.73

Event 7 Women 30-34 50 LC Meter Butterfly

WORLD Rec: 27.48 W 2008-06-07 Martina MORAVCOVA

SA Record: 30.19 S 8-2015 T Victor

WP Record: 29.82 p 2-2016 Rebecca Newson

29.32 30-34 SAQ

31.37 30-34 WPQ

1 Stanford, Tarryn 33 CPTW-WP 34.04

Event 7 Women 35-39 50 LC Meter Butterfly

WORLD Rec: 27.46 W 2014-08-05 Noriko INADA

SA Record: 29.42 S 6-2004 Edith Ottermann

WP Record: 29.65 p 8-2006 Marianne Kriel

29.92 35-39 SAQ

32.25 35-39 WPQ

1 King, Simone 39 CPTW-WP 33.65

Event 7 Women 55-59 50 LC Meter Butterfly

WORLD Rec: 30.52 W 2016-07-10 Leslie LIVINGSTON

SA Record: 32.46 S 6-2012 Heather Campbell

WP Record: 34.04 p 3-2018 Cecilia Stanford

32.63 55-59 SAQ

36.25 55-59 WPQ

1 Stanford, Cecilia 58 CPTW-WP 34.69 WPQ

2 Degenaar, Jean 59 CPTW-WP 37.70

3 Welgemoed, Janine 58 CPTW-WP 46.00

Event 7 Women 70-74 50 LC Meter Butterfly

WORLD Rec: 35.02 W 2017-08-05 Diann UUSTAL

SA Record: 41.23 S 3-2015 Elsa Craig

WP Record: 58.08 p 1-2019 Jenny Campbell

43.14 70-74 SAQ

48.37 70-74 WPQ

1 Campbell, Jenny 70 DOLP-WP 56.56 p

Event 7 Men 25-29 50 LC Meter Butterfly

WORLD Rec: 23.71 W 2008-08-16 Kohei KAWAMOTO

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 Hodges, Graham 29 UNAT 32.24

Event 7 Men 35-39 50 LC Meter Butterfly

WORLD Rec: 24.14 W 2015-08-15 Kohei KAWAMOTO

SA Record: 24.69 S 3-2012 Ryk Neethling

WP Record: 24.69 p 3-2012 Ryk Neethling

25.94 35-39 SAQ

27.76 35-39 WPQ

1 Lalin, Luke 36 CPTW-WP 30.24

Event 7 Men 40-44 50 LC Meter Butterfly

WORLD Rec: 25.06 W 2015-07-20 Eiji NOMURA

SA Record: 27.40 S 11-2004 Gregg Price

WP Record: 27.85 p 1-2019 Jay Richards

26.18 40-44 SAQ

28.21 40-44 WPQ

1 Richards, Jay 42 CPTW-WP 28.14 WPQ

Event 7 Men 45-49 50 LC Meter Butterfly

WORLD Rec: 25.39 W 2018-06-17 Eiji NOMURA

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 Gilbert, Oliver 49 CPTW-WP 31.97

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Event 7 Men 50-54 50 LC Meter Butterfly

WORLD Rec: 25.88 W 2008-08-16 Paul CARTER
SA Record: 27.08 S 8-2015 Calvin Maughan
WP Record: 27.08 p 8-2015 Calvin Maughan
 27.48 50-54 SAQ
 29.79 50-54 WPQ

1 Taylor, Robbie 50 CPTW-WP 28.10 WPQ

Event 7 Men 55-59 50 LC Meter Butterfly

WORLD Rec: 26.86 W 2009-08-06 Gary HALL
SA Record: 28.35 S 3-2013 Andre Steynberg
WP Record: 28.83 p 1-2007 Tim Shead
 28.45 55-59 SAQ
 30.87 55-59 WPQ

1 Orton, Nick 56 CPTW-WP 31.27

2 Steyn, Glenn 59 CPTW-WP 35.32

Event 7 Men 60-64 50 LC Meter Butterfly

WORLD Rec: 27.65 W 2018-05-06 Hugo BREGMAN
SA Record: 28.77 S 3-2018 Andre Steynberg
WP Record: 28.77 p 3-2018 A Steynberg
 29.73 60-64 SAQ
 31.92 60-64 WPQ

1 Holshausen, Rod 61 CPTW-WP 34.29

2 Platte, Gary 63 WINE-WP 1:00.80

Event 8 Women 30-34 50 LC Meter Freestyle

WORLD Rec: 25.74 W 2008-06-06 Martina MORAVCOVA
SA Record: 27.99 S 3-2015 T. Victor
WP Record: 28.46 p 2-2016 Rebecca Newson
 27.79 30-34 SAQ
 29.74 30-34 WPQ

1 Stanford, Tarryn 33 CPTW-WP 31.07

Event 8 Women 35-39 50 LC Meter Freestyle

WORLD Rec: 25.98 W 2006-08-08 Dara TORRES
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 Anelli, Tarryn 36 CPTW-WP 32.79

Event 8 Women 45-49 50 LC Meter Freestyle

WORLD Rec: 26.59 W 2011-03-16 Edith OTTERMANN
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 36.40

2 Mallows, Bev 49 DOLP-WP 40.02

Event 8 Women 55-59 50 LC Meter Freestyle

WORLD Rec: 28.69 W 2017-07-16 Karlyn PIPES
SA Record: 30.56 S 2-2016 Cecilia Stanford
WP Record: 30.56 p 2-2016 Cecilia Stanford
 30.22 55-59 SAQ
 33.22 55-59 WPQ

1 Stanford, Cecilia 58 CPTW-WP 32.00 WPQ

2 Strauss, Marcelle 55 CPTW-WP 32.51 WPQ

3 Degenaar, Jean 59 CPTW-WP 34.44
 4 Welgemoed, Janine 58 CPTW-WP 37.05
 5 Winfield, Melinda 58 CPTW-WP 38.32
 6 Clark, Jeannette 58 DOLP-WP 38.47

Event 8 Women 60-64 50 LC Meter Freestyle

WORLD Rec: 28.90 W 2018-03-17 Jenny WHITELEY
SA Record: 30.19 S 3-2011 Sanderina Kruger
WP Record: 30.19 p 3-2011 Sanderina Kruger
 31.26 60-64 SAQ
 34.64 60-64 WPQ

1 Coetzee, Diane 64 CPTW-WP 33.24 WPQ

2 Brimble, Mairi 64 DOLP-WP 38.11

3 Donnelly, Chris 62 CPTW-WP 40.86

4 Matley, Terry 62 DOLP-WP 41.75

Event 8 Women 70-74 50 LC Meter Freestyle

WORLD Rec: 32.89 W 2018-07-22 Margaret TOPPEL
SA Record: 32.06 S 1-2019 Sanderina Kruger
WP Record: 32.06 p 1-2019 Sanderina Kruger
 35.39 70-74 SAQ
 39.33 70-74 WPQ

1 Kruger, Sanderina 70 CPTW-WP 32.44 W S p SAQ

2 Godfrey, Colleen 70 DOLP-WP 43.42

Event 8 Women 75-79 50 LC Meter Freestyle

WORLD Rec: 34.85 W 2006-03-03 Jane ASHER
SA Record: 38.28 S 8-2014 Sue Leuner
WP Record: 45.38 p 3-2013 Santa v Jaarsveld
 40.50 75-79 SAQ
 43.67 75-79 WPQ

1 Zundorf, Lenchen 75 CPTW-WP 43.45 p WPQ

Event 8 Men 25-29 50 LC Meter Freestyle

WORLD Rec: 22.30 W 2017-02-18 A.LIUKKONEN
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 Nutt, Frans 27 UNAT 29.52

Event 8 Men 40-44 50 LC Meter Freestyle

WORLD Rec: 23.25 W 2018-07-15 Hideaki HARA
SA Record: 24.41 S 3-2016 B. Reen
WP Record: 25.64 p 3-2004 Rob Manners-Wood
 24.67 40-44 SAQ
 26.42 40-44 WPQ

1 Blom, Andre 43 UNAT 31.18

Event 8 Men 45-49 50 LC Meter Freestyle

WORLD Rec: 23.98 W 2014-07-05 Vladimir PREDKIN
SA Record: 25.18 S 1994 Terry Downes
WP Record: 25.47 p 3-2008 Gregg Price
 25.04 45-49 SAQ
 27.03 45-49 WPQ

1 Spenceley, Gordon 48 CPTW-WP 27.38

2 Turner, Andrew 46 CPTW-WP 27.44

3 Gilbert, Oliver 49 CPTW-WP 30.59

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Event 8 Men 50-54 50 LC Meter Freestyle

WORLD Rec: 24.08 W 2009-06-27 Brent BARNES
SA Record: 24.34 S 3-2015 Calvin Maughan
WP Record: 24.34 p 3-2015 Calvin Maughan
 25.80 50-54 SAQ
 27.83 50-54 WPQ

1 McLeRoth, Greg 52 CPTW-WP 26.38 WPQ

Event 8 Men 55-59 50 LC Meter Freestyle

WORLD Rec: 24.45 W 2015-07-19 Brent BARNES
SA Record: 26.04 S 6-2004 Terry Downes
WP Record: 27.47 p 3-2007 Tim Shead
 26.52 55-59 SAQ
 28.55 55-59 WPQ

1 Maughan, Calvin 55 CPTW-WP 25.09 S pSAQ
 2 Steyn, Glenn 59 CPTW-WP 32.70
 3 Olivier, Marais 56 CPTW-WP 36.93

Event 8 Men 60-64 50 LC Meter Freestyle

WORLD Rec: 25.23 W 2006-08-07 Richard ABRAHAMS
SA Record: 26.31 S 3-2016 A. Steynberg
WP Record: 28.84 p 2-2016 Paul Stevenson
 27.09 60-64 SAQ
 29.47 60-64 WPQ

1 Winfield, Mike 64 CPTW-WP 31.84
 2 Holshausen, Rod 61 CPTW-WP 33.94
 3 Platte, Gary 63 WINE-WP 44.30

Event 8 Men 65-69 50 LC Meter Freestyle

WORLD Rec: 26.21 W 2018-07-06 Doug MARTIN
SA Record: 29.17 S 3-2015 Terry Downes
WP Record: 29.78 p 6-2012 Doug Wilson
 28.65 65-69 SAQ
 30.81 65-69 WPQ

1 Spies, Izak 65 CPTW-WP 30.87
 2 Howieson, Doug 67 CPTW-WP 34.54

Event 8 Men 70-74 50 LC Meter Freestyle

WORLD Rec: 27.71 W 2015-08-07 Richard ABRAHAMS
SA Record: 31.34 S 2-2017 Doug Wilson
WP Record: 31.34 p 2-2017 Doug Wilson
 30.22 70-74 SAQ
 32.57 70-74 WPQ

1 DU Toit, Francois 72 CPTW-WP 33.40

Event 8 Men 80-84 50 LC Meter Freestyle

WORLD Rec: 31.96 W 2012-05-20 Roberto ALBERICHE
SA Record: 36.96 S 3-2003 Reni Selati
WP Record: 43.02 p 1996 Mel Bartholomew
 35.51 80-84 SAQ
 38.23 80-84 WPQ

1 McLachlan, Dave 82 CPTW-WP 43.16

W = World Record

S = SAMS Record

P = WPM Record

SAQ = SAMS Colours Qualifying time

WPQ = WPM Colours qualifying time