

25th South African Masters Swimming LC Champs**Joan Harrison pool E.L. 11-14 Mar 2009****Team Roster****Amakhosi MSC-BO**

	<u>Relay</u>	<u>Sex</u>
1	Amakhosi MSC - 'A' Maree, Melize; Hill, Debbie; Dixon, Therese; Louw, Anita	F120 #39 Women 4x50 Free Relay
2	Amakhosi MSC - 'A' Hardwich, Mignonne; Gower, Lynda; Uys, Midge; MacKenzie, Carla	F240 #39 Women 4x50 Free Relay
3	Amakhosi MSC - 'A' Lottering, Anthea; Boatwright, Sally; Skinner, Tazlin; Breetzke, Nicola	F76 #39 Women 4x50 Free Relay
4	Amakhosi MSC - 'A' Reeves, Jayne; Townsend, Kirsty; Els, Zeandre; Rawlins, Samantha	F100 #39 Women 4x50 Free Relay
5	Amakhosi MSC - 'C' Hanekom, Sharon; Prentis, Catherine; Siebert, Gail; Potts, Kirsten	F120 #39 Women 4x50 Free Relay
6	Amakhosi MSC - 'C' Keen, Jacqui; McGregor, Gill; Els, Lisa; McLaren, Mare	F160 #39 Women 4x50 Free Relay
7	Amakhosi MSC - 'D' Nancarrow, Kim; Durrant, Jo-anne; Reeves, Sally; Uys, Mandy	F160 #39 Women 4x50 Free Relay
8	Amakhosi MSC - 'E' Hanger, Sheryl; van Heerden, Vicky; Hulley, Jo-Anne; Dreyer, Liz	F160 #39 Women 4x50 Free Relay
9	Amakhosi MSC - 'A' Hanekom, Sharon; Prentis, Catherine; Siebert, Gail; Potts, Kirsten	F120 #32 Women 4x50 Medley Relay
10	Amakhosi MSC - 'A' Dreyer, Liz; van Heerden, Vicky; Hulley, Jo-Anne; Hanger, Sheryl	F160 #32 Women 4x50 Medley Relay
11	Amakhosi MSC - 'A' Rawlins, Samantha; Townsend, Kirsty; Els, Zeandre; Reeves, Jayne	F100 #32 Women 4x50 Medley Relay
12	Amakhosi MSC - 'A' Lottering, Anthea; Breetzke, Nicola; Skinner, Tazlin; Boatwright, Sally	F76 #32 Women 4x50 Medley Relay
13	Amakhosi MSC - 'A' Hardwich, Mignonne; Uys, Midge; MacKenzie, Carla; Gower, Lynda	F240 #32 Women 4x50 Medley Relay
14	Amakhosi MSC - 'B' Nancarrow, Kim; Durrant, Jo-anne; Uys, Mandy; Reeves, Sally	F160 #32 Women 4x50 Medley Relay
15	Amakhosi MSC - 'B' Maree, Melize; Dixon, Therese; Hill, Debbie; vd Merwe, Althea	F120 #32 Women 4x50 Medley Relay
16	Amakhosi MSC - 'C' Els, Lisa; McLaren, Mare; McGregor, Gill; Keen, Jacqui	F160 #32 Women 4x50 Medley Relay
17	Amakhosi MSC - 'D' Louw, Anita; Kirsten, Daleen; Meyer, Gilly; Hugo, Yvette	F160 #32 Women 4x50 Medley Relay
18	Amakhosi MSC - 'A' Robertson, Kevan; Nowell, Gregg; Cohen, Roland; Coetzee, Bradley	M100 #40 Men 4x50 Free Relay
19	Amakhosi MSC - 'A' Petersen, Brett; Windell, Rory; Bourbon, Michael; Vides, Avron	M120 #40 Men 4x50 Free Relay
20	Amakhosi MSC - 'A' Jevon, Sean; Skidmore, Kerry; Jevon, Dave; Page, Derek	M160 #40 Men 4x50 Free Relay
21	Amakhosi MSC - 'A' Smith, Gordon; Wallach, Charles; Barson, Tony; Hillstrom, Joe	M240 #40 Men 4x50 Free Relay
22	Amakhosi MSC - 'A' Wallace, Ronald; Brathwaite, Hugh; Vickers, Barney; Meyer, Digby	M280 #40 Men 4x50 Free Relay
23	Amakhosi MSC - 'A' Price, GV; Stewart, Ron; Meier, Keith; Fielding, Ant	M200 #40 Men 4x50 Free Relay

25th South African Masters Swimming LC Champs**Joan Harrison pool E.L. 11-14 Mar 2009****Team Roster****Amakhosi MSC-BO**

Relay	Sex
24 Amakhosi MSC - 'B' Reeves, Gareth; Reeves, Paul; Reeves, Andy; Westgate, Rod	M120 #40 Men 4x50 Free Relay
25 Amakhosi MSC - 'B' Jevon, Bryn; Kruger, Ross; Murray, Sean; Novello, Robert	M160 #40 Men 4x50 Free Relay
26 Amakhosi MSC - 'B' Fielding, Pete; Marlow, Kevin; Delpport, Leon; van Rensburg, Neil	M200 #40 Men 4x50 Free Relay
27 Amakhosi MSC - 'C' Lotz, Joubert; Alderman, David; Townsend, Mike; Brown, Roche	M160 #40 Men 4x50 Free Relay
28 Amakhosi MSC - 'C' Burton, Rob; Broodryk, Jakes; Coetzee, Butch; Reen, Nick	M200 #40 Men 4x50 Free Relay
29 Amakhosi MSC - 'D' Coetzee, Ben; Thompson, Michael; Zambodla, Vuyo; Bosazza, Jonathan	M160 #40 Men 4x50 Free Relay
30 Amakhosi MSC - 'E' Saunders, Samuel; Keen, Sellie; Benkenstein, Mark; Wolff, Grant	M160 #40 Men 4x50 Free Relay
31 Amakhosi MSC - 'A' Reeves, Andy; Reeves, Paul; Reeves, Gareth; Westgate, Rod	M120 #31 Men 4x50 Medley Relay
32 Amakhosi MSC - 'A' Wallace, Ronald; Vickers, Barney; Meyer, Digby; Brathwaite, Hugh	M280 #31 Men 4x50 Medley Relay
33 Amakhosi MSC - 'A' Smith, Gordon; Barson, Tony; Hillstrom, Joe; Wallach, Charles	M240 #31 Men 4x50 Medley Relay
34 Amakhosi MSC - 'A' Reen, Nick; Broodryk, Jakes; Burton, Rob; Coetzee, Butch	M200 #31 Men 4x50 Medley Relay
35 Amakhosi MSC - 'A' Thompson, Michael; Coetzee, Ben; Bosazza, Jonathan; Zambodla, Vuyo	M160 #31 Men 4x50 Medley Relay
36 Amakhosi MSC - 'A' Robertson, Kevan; Cohen, Roland; Coetzee, Bradley; Nowell, Gregg	M100 #31 Men 4x50 Medley Relay
37 Amakhosi MSC - 'B' Marlow, Kevin; van Rensburg, Neil; Fielding, Pete; Delpport, Leon	M200 #31 Men 4x50 Medley Relay
38 Amakhosi MSC - 'B' Vides, Avron; Petersen, Brett; Windell, Rory; Bourbon, Michael	M120 #31 Men 4x50 Medley Relay
39 Amakhosi MSC - 'B' Alderman, David; Townsend, Mike; Brown, Roche; Lotz, Joubert	M160 #31 Men 4x50 Medley Relay
40 Amakhosi MSC - 'C' Price, GV; Stewart, Ron; Fielding, Ant; Meier, Keith	M200 #31 Men 4x50 Medley Relay
41 Amakhosi MSC - 'D' Kruger, Ross; Jevon, Bryn; Novello, Robert; Murray, Sean	M160 #31 Men 4x50 Medley Relay
42 Amakhosi MSC - 'E' Jevon, Dave; Page, Derek; Jevon, Sean; Wolff, Grant	M160 #31 Men 4x50 Medley Relay
43 Amakhosi MSC - 'A' Reeves, Paul; Reeves, Jayne; Reeves, Sally; Reeves, Andy	X160 #5 Mixed 4x50 Free Relay
44 Amakhosi MSC - 'A' Skinner, Tazlin; Breetzke, Nicola; Coetzee, Bradley; Reeves, Gareth	X76 #5 Mixed 4x50 Free Relay
45 Amakhosi MSC - 'A' Windell, Rory; Potts, Kirsten; Prentis, Catherine; Petersen, Brett	X120 #5 Mixed 4x50 Free Relay
46 Amakhosi MSC - 'A' Meyer, Digby; Hardwich, Mignonne; Uys, Midge; Hillstrom, Joe	X280 #5 Mixed 4x50 Free Relay

25th South African Masters Swimming LC Champs**Joan Harrison pool E.L. 11-14 Mar 2009****Team Roster****Amakhosi MSC-BO**

	Relay	Sex
47	Amakhosi MSC - 'B' Maree, Melize; Hill, Debbie; Brown, Roche; Kruger, Ross	X160 #5 Mixed 4x50 Free Relay
48	Amakhosi MSC - 'B' Brown, Beadri; Hugo, Yvette; Vickers, Barney; Delpont, Leon	X200 #5 Mixed 4x50 Free Relay
49	Amakhosi MSC - 'B' Robertson, Kevan; Boatwright, Sally; Townsend, Kirsty; Skidmore, Kerry	X76 #5 Mixed 4x50 Free Relay
50	Amakhosi MSC - 'B' Westgate, Rod; Hanekom, Sharon; Siebert, Gail; Vides, Avron	X120 #5 Mixed 4x50 Free Relay
51	Amakhosi MSC - 'C' Fielding, Pete; Louw, Anita; vd Merwe, Althea; Jevon, Bryn	X160 #5 Mixed 4x50 Free Relay
52	Amakhosi MSC - 'C' Nowell, Gregg; Rawlins, Samantha; Lottering, Anthea; Cohen, Roland	X100 #5 Mixed 4x50 Free Relay
53	Amakhosi MSC - 'C' MacKenzie, Carla; Coetzee, Butch; Gower, Lynda; Burton, Rob	X200 #5 Mixed 4x50 Free Relay
54	Amakhosi MSC - 'D' Marlow, Kevin; Dixon, Therese; Meyer, Gilly; Barson, Tony	X160 #5 Mixed 4x50 Free Relay
55	Amakhosi MSC - 'E' Smith, Gordon; Pedersen, Sheilah; Kirsten, Daleen; Alderman, David	X160 #5 Mixed 4x50 Free Relay
56	Amakhosi MSC - 'F' Coetzee, Ben; Keen, Jacqui; McLaren, Mare; Broodryk, Jakes	X160 #5 Mixed 4x50 Free Relay
57	Amakhosi MSC - 'G' Novello, Robert; McGregor, Gill; Els, Lisa; Murray, Sean	X160 #5 Mixed 4x50 Free Relay
58	Amakhosi MSC - 'H' Townsend, Mike; Durrant, Jo-anne; Els, Zeandre; Lotz, Joubert	X160 #5 Mixed 4x50 Free Relay
59	Amakhosi MSC - 'I' Jevon, Dave; Dreyer, Liz; van Heerden, Vicky; Wolff, Grant	X160 #5 Mixed 4x50 Free Relay
60	Amakhosi MSC - 'J' Jevon, Sean; Hanger, Sheryl; Hulley, Jo-Anne; Page, Derek	X160 #5 Mixed 4x50 Free Relay
61	Amakhosi MSC - 'K' Nancarrow, Kim; Uys, Mandy; Benkenstein, Mark; Bourbon, Michael	X160 #5 Mixed 4x50 Free Relay
62	Amakhosi MSC - 'A' Lottering, Anthea; Rawlins, Samantha; Cohen, Roland; Nowell, Gregg	X100 #17 Mixed 4x50 Medley Relay
63	Amakhosi MSC - 'A' Prentis, Catherine; Petersen, Brett; Windell, Rory; Potts, Kirsten	X120 #17 Mixed 4x50 Medley Relay
64	Amakhosi MSC - 'A' Hanger, Sheryl; Page, Derek; Hulley, Jo-Anne; Jevon, Sean	X160 #17 Mixed 4x50 Medley Relay
65	Amakhosi MSC - 'A' Hardwich, Mignonne; Uys, Midge; Hillstrom, Joe; Meyer, Digby	X280 #17 Mixed 4x50 Medley Relay
66	Amakhosi MSC - 'A' Reen, Nick; van Rensburg, Neil; Nancarrow, Kim; Uys, Mandy	X200 #17 Mixed 4x50 Medley Relay
67	Amakhosi MSC - 'A' Townsend, Kirsty; Boatwright, Sally; Robertson, Kevan; Taylor, Paul	X76 #17 Mixed 4x50 Medley Relay

25th South African Masters Swimming LC Champs**Joan Harrison pool E.L. 11-14 Mar 2009****Team Roster****Amakhosi MSC-BO**

	<u>Relay</u>	<u>Sex</u>
68	Amakhosi MSC - 'B' Hanekom, Sharon; Vides, Avron; Siebert, Gail; Bourbon, Michael	X120 #17 Mixed 4x50 Medley Relay
69	Amakhosi MSC - 'B' van Heerden, Vicky; Dreyer, Liz; Jevon, Dave; Evans, Neil	X160 #17 Mixed 4x50 Medley Relay
70	Amakhosi MSC - 'B' Burton, Rob; Gower, Lynda; MacKenzie, Carla; Coetzee, Butch	X200 #17 Mixed 4x50 Medley Relay
71	Amakhosi MSC - 'B' Reeves, Gareth; Breetzke, Nicola; Skinner, Tazlin; Coetzee, Bradley	X76 #17 Mixed 4x50 Medley Relay
72	Amakhosi MSC - 'C' Durrant, Jo-anne; Townsend, Mike; Els, Zeandre; Lotz, Joubert	X160 #17 Mixed 4x50 Medley Relay
73	Amakhosi MSC - 'C' Vickers, Barney; Hugo, Yvette; Brown, Beadri; Delport, Leon	X200 #17 Mixed 4x50 Medley Relay
74	Amakhosi MSC - 'D' McLaren, Mare; Broodryk, Jakes; Coetzee, Ben; Keen, Jacqui	X160 #17 Mixed 4x50 Medley Relay
75	Amakhosi MSC - 'E' Els, Lisa; Novello, Robert; McGregor, Gill; Murray, Sean	X160 #17 Mixed 4x50 Medley Relay
76	Amakhosi MSC - 'F' Kirsten, Daleen; Smith, Gordon; Alderman, David; Pedersen, Sheilah	X160 #17 Mixed 4x50 Medley Relay
77	Amakhosi MSC - 'G' Marlow, Kevin; Barson, Tony; Meyer, Gilly; Dixon, Therese	X160 #17 Mixed 4x50 Medley Relay
78	Amakhosi MSC - 'H' vd Merwe, Althea; Hill, Debbie; Kruger, Ross; Brown, Roche	X160 #17 Mixed 4x50 Medley Relay
79	Amakhosi MSC - 'I' Reeves, Andy; Reeves, Sally; Reeves, Paul; Reeves, Jayne	X160 #17 Mixed 4x50 Medley Relay
	Total Relays: 79	

Cape Dolphin MSC-WP

	<u>Relay</u>	<u>Sex</u>
1	Cape Dolphin MSC - 'A' Webb, Liz; Brimble, Mairi; Russell, Therese; Denny, Nicky	F160 #39 Women 4x50 Free Relay
2	Cape Dolphin MSC - 'A' Matley, Terry; Lourens, Gina; Reeves, Sandy; Fuchs, Mandi	F200 #39 Women 4x50 Free Relay
3	Cape Dolphin MSC - 'A' Denny, Nicky; Reeves, Sandy; Webb, Liz; Brimble, Mairi	F160 #32 Women 4x50 Medley Relay
4	Cape Dolphin MSC - 'A' Russell, Therese; Godfrey, Colleen; Fuchs, Mandi; Lourens, Gina	F200 #32 Women 4x50 Medley Relay
	Total Relays: 4	

25th South African Masters Swimming LC Champs**Joan Harrison pool E.L. 11-14 Mar 2009****Team Roster****Cape Town MSC-WP**

Relay	Sex
1 Cape Town MSC - 'A' Kruger, Sanderina; Coetzee, Di; McCarney, Gail; Stanford, Cecilia	F200 #39 Women 4x50 Free Relay
2 Cape Town MSC - 'A' Rix, Tricia; Truter, Renee; Geldenhuys, Jane; Boyes, Luzanne	F280 #39 Women 4x50 Free Relay
3 Cape Town MSC - 'A' Cadiz, Perry; Stanford, Tarryn; Strauss, Marcelle; Ottermann, Edith	F120 #39 Women 4x50 Free Relay
4 Cape Town MSC - 'A' Steenkamp, Aletta; Donnelly, Chris; Welgemoed, Janine; Degenaar, Jean	F160 #39 Women 4x50 Free Relay
5 Cape Town MSC - 'B' Hau, Di; Zundorf, Lenchen; Collins, Judy; Brewis, Judy	F200 #39 Women 4x50 Free Relay
6 Cape Town MSC - 'A' Stanford, Tarryn; Steenkamp, Aletta; Stanford, Cecilia; Ottermann, Edith	F120 #32 Women 4x50 Medley Relay
7 Cape Town MSC - 'A' Cadiz, Perry; Strauss, Marcelle; Degenaar, Jean; Welgemoed, Janine	F160 #32 Women 4x50 Medley Relay
8 Cape Town MSC - 'A' Coetzee, Di; McCarney, Gail; Kruger, Sanderina; Brewis, Judy	F200 #32 Women 4x50 Medley Relay
9 Cape Town MSC - 'A' Rix, Tricia; Truter, Renee; Collins, Judy; Geldenhuys, Jane	F280 #32 Women 4x50 Medley Relay
10 Cape Town MSC - 'B' Zundorf, Lenchen; Hau, Di; Donnelly, Chris; Snyman, Hester	F200 #32 Women 4x50 Medley Relay
11 Cape Town MSC - 'A' Howieson, Doug; Benade, Paul; Hendricks, Nigel; Shead, Tim	M200 #40 Men 4x50 Free Relay
12 Cape Town MSC - 'A' Hodges, Mark; McLachlan, Dave; Morrison, Allen; Tozer, Tyrone	M240 #40 Men 4x50 Free Relay
13 Cape Town MSC - 'B' Arendse, Mike; Sneath, Anthony; Holshausen, Rod; Steenkamp, Neil	M160 #40 Men 4x50 Free Relay
14 Cape Town MSC - 'B' Wentworth, Gary; Nel, Leon; Rudolph, Mike; Folscher, Danie	M200 #40 Men 4x50 Free Relay
15 Cape Town MSC - 'A' Weber, Shirwyn; Folscher, Danie; Holshausen, Rod; Howieson, Doug	M160 #31 Men 4x50 Medley Relay
16 Cape Town MSC - 'A' Rudolph, Mike; Shead, Tim; Hendricks, Nigel; Benade, Paul	M200 #31 Men 4x50 Medley Relay
17 Cape Town MSC - 'A' Morrison, Allen; Hodges, Mark; Tozer, Tyrone; McLachlan, Dave	M240 #31 Men 4x50 Medley Relay
18 Cape Town MSC - 'B' Steenkamp, Neil; Wentworth, Gary; Kloos, Rainer; Earley, Terry	M160 #31 Men 4x50 Medley Relay
19 Cape Town MSC - 'A' Hendricks, Nigel; Stanford, Cecilia; Tozer, Tyrone; Ottermann, Edith	X200 #5 Mixed 4x50 Free Relay
20 Cape Town MSC - 'A' Coetzee, Di; McLachlan, Dave; Kruger, Sanderina; Howieson, Doug	X240 #5 Mixed 4x50 Free Relay
21 Cape Town MSC - 'A' Weber, Shirwyn; Stanford, Tarryn; Strauss, Marcelle; Shead, Tim	X120 #5 Mixed 4x50 Free Relay
22 Cape Town MSC - 'A' Benade, Paul; Degenaar, Jean; Cadiz, Perry; Folscher, Danie	X160 #5 Mixed 4x50 Free Relay

25th South African Masters Swimming LC Champs**Joan Harrison pool E.L. 11-14 Mar 2009****Team Roster****Cape Town MSC-WP**

	Relay	Sex	
23	Cape Town MSC - 'B' Kloos, Rainer; Hau, Di; Steenkamp, Aletta; Holshausen, Rod	X160	#5 Mixed 4x50 Free Relay
24	Cape Town MSC - 'B' Rudolph, Mike; Welgemoed, Janine; McCarney, Gail; Hodges, Mark	X200	#5 Mixed 4x50 Free Relay
25	Cape Town MSC - 'B' Sneath, Anthony; Zundorf, Lenchen; Donnelly, Chris; Morrison, Allen	X240	#5 Mixed 4x50 Free Relay
26	Cape Town MSC - 'C' Arendse, Mike; Boyes, Luzanne; Brewis, Judy; Wentworth, Gary	X200	#5 Mixed 4x50 Free Relay
27	Cape Town MSC - 'D' Earley, Terry; Rix, Tricia; Collins, Judy; Steenkamp, Neil	X200	#5 Mixed 4x50 Free Relay
28	Cape Town MSC - 'A' Coetzee, Di; McLachlan, Dave; Hodges, Mark; Kruger, Sanderina	X240	#17 Mixed 4x50 Medley Relay
29	Cape Town MSC - 'A' Stanford, Tarryn; Steenkamp, Aletta; Weber, Shirwyn; Hendricks, Nigel	X120	#17 Mixed 4x50 Medley Relay
30	Cape Town MSC - 'A' Cadiz, Perry; Folscher, Danie; McCarney, Gail; Benade, Paul	X160	#17 Mixed 4x50 Medley Relay
31	Cape Town MSC - 'A' Stanford, Cecilia; Shead, Tim; Tozer, Tyrone; Ottermann, Edith	X200	#17 Mixed 4x50 Medley Relay
32	Cape Town MSC - 'B' Morrison, Allen; Zundorf, Lenchen; Sneath, Anthony; Boyes, Luzanne	X240	#17 Mixed 4x50 Medley Relay
33	Cape Town MSC - 'B' Welgemoed, Janine; Donnelly, Chris; Holshausen, Rod; Steenkamp, Neil	X160	#17 Mixed 4x50 Medley Relay
34	Cape Town MSC - 'B' Rudolph, Mike; Strauss, Marcelle; Degenaar, Jean; Howieson, Doug	X200	#17 Mixed 4x50 Medley Relay
35	Cape Town MSC - 'C' Brewis, Judy; Wentworth, Gary; Nel, Leon; Hau, Di	X200	#17 Mixed 4x50 Medley Relay
36	Cape Town MSC - 'D' Collins, Judy; Arendse, Mike; Kloos, Rainer; Snyman, Hester	X200	#17 Mixed 4x50 Medley Relay
	Total Relays: 36		

25th South African Masters Swimming LC Champs**Joan Harrison pool E.L. 11-14 Mar 2009****Team Roster****Coelacanth MSC-NT**

	Relay	Sex
1	Coelacanth MSC - 'A' Ueckermann, Hannah; Dressler, Annemarie; Bouwer, Marieke; Cowell, Joanne	F160 #39 Women 4x50 Free Relay
2	Coelacanth MSC - 'A' Geraty, Gail; Rip, Laura; Foster, Kim; van Dam, Carola	F200 #39 Women 4x50 Free Relay
3	Coelacanth MSC - 'A' Muir, Wendy; Hanson, Ann; Hurwitz, Salome; Grobler, Vilma	F280 #39 Women 4x50 Free Relay
4	Coelacanth MSC - 'B' Ruck, Celeste; Strydom, Juanita; Spies, Roefie; Spies, Roelien	F160 #39 Women 4x50 Free Relay
5	Coelacanth MSC - 'C' Homveld, Jade; Venter, Marli; vd Berg, Elsje; Geldard, Natalie	F160 #39 Women 4x50 Free Relay
6	Coelacanth MSC - 'D' Fyfe, Joyce; Ledbitter, Liz; Kruger, Doreth; Sandri, Angelika	F160 #39 Women 4x50 Free Relay
7	Coelacanth MSC - 'A' Dressler, Annemarie; Ueckermann, Hannah; Cowell, Joanne; Bouwer, Marieke	F160 #32 Women 4x50 Medley Relay
8	Coelacanth MSC - 'A' Rip, Laura; van Dam, Carola; Foster, Kim; Geraty, Gail	F200 #32 Women 4x50 Medley Relay
9	Coelacanth MSC - 'A' Muir, Wendy; Hanson, Ann; Hurwitz, Salome; Grobler, Vilma	F280 #32 Women 4x50 Medley Relay
10	Coelacanth MSC - 'B' Ruck, Celeste; Spies, Roefie; Strydom, Juanita; Spies, Roelien	F160 #32 Women 4x50 Medley Relay
11	Coelacanth MSC - 'B' Fyfe, Joyce; Ledbitter, Liz; Geldard, Natalie; Moller, Hesta	F200 #32 Women 4x50 Medley Relay
12	Coelacanth MSC - 'C' Venter, Marli; Sandri, Angelika; vd Berg, Elsje; Homveld, Jade	F160 #32 Women 4x50 Medley Relay
13	Coelacanth MSC - 'A' Bouwer, Shaun; Downes, Terry; Geldard, Darren; Ruck, Harald	M160 #40 Men 4x50 Free Relay
14	Coelacanth MSC - 'A' Arbuthnot, David; du Plooy, Kobus; Gray, David; Morgan, Trevor	M200 #40 Men 4x50 Free Relay
15	Coelacanth MSC - 'A' Wallach, Ralph; van Renen, Owen; Harrop-Allin, Anton; Merritt, Charlie	M240 #40 Men 4x50 Free Relay
16	Coelacanth MSC - 'A' Fyfe, Derek; Mulder, Paul; Beukes, Ted; Jv Rensburg, Henk	M280 #40 Men 4x50 Free Relay
17	Coelacanth MSC - 'A' Mann, Jeff; Vreenegoor, Matt; Thompson, Hendrik; Nel, Jan	M120 #40 Men 4x50 Free Relay
18	Coelacanth MSC - 'B' Greeff, Francois; Bester, Gustav; Tucker, Pete; Stanton, Craig	M160 #40 Men 4x50 Free Relay
19	Coelacanth MSC - 'B' Grobler, Martie; Theron, Sarel; Muir, Neville; Meyer, Koos	M280 #40 Men 4x50 Free Relay

25th South African Masters Swimming LC Champs**Joan Harrison pool E.L. 11-14 Mar 2009****Team Roster****Coelacanth MSC-NT**

	Relay	Sex
20	Coelacanth MSC - 'A' Thompson, Hendrik; Vreenegoor, Matt; Bester, Gustav; Bouwer, Shaun	M100 #31 Men 4x50 Medley Relay
21	Coelacanth MSC - 'A' Ruck, Harald; Nel, Jan; Mann, Jeff; Downes, Terry	M160 #31 Men 4x50 Medley Relay
22	Coelacanth MSC - 'A' Merritt, Charlie; Harrop-Allin, Anton; Tucker, Pete; Swanepoel, Pieter	M200 #31 Men 4x50 Medley Relay
23	Coelacanth MSC - 'A' Fyfe, Derek; Rolt, John; du Plooy, Kobus; Arbuthnot, David	M240 #31 Men 4x50 Medley Relay
24	Coelacanth MSC - 'A' Beukes, Ted; Meyer, Koos; Sundelowitz, Selwyn; Grobler, Martie	M280 #31 Men 4x50 Medley Relay
25	Coelacanth MSC - 'B' Morgan, Trevor; Geldard, Darren; Stanton, Craig; Greeff, Francois	M160 #31 Men 4x50 Medley Relay
26	Coelacanth MSC - 'B' Wallach, Ralph; Gray, David; van Renen, Owen; Haigh, Duncan	M240 #31 Men 4x50 Medley Relay
27	Coelacanth MSC - 'B' Muir, Neville; Mulder, Paul; Jv Rensburg, Henk; Theron, Sarel	M280 #31 Men 4x50 Medley Relay
28	Coelacanth MSC - 'A' Vreenegoor, Matt; Geldard, Natalie; Ruck, Celeste; Mann, Jeff	X120 #5 Mixed 4x50 Free Relay
29	Coelacanth MSC - 'A' Bouwer, Shaun; Thompson, Hendrik; Spies, Roelien; Cowell, Joanne	X76 #5 Mixed 4x50 Free Relay
30	Coelacanth MSC - 'A' Ruck, Harald; Ueckermann, Hannah; Bouwer, Marieke; Nel, Jan	X160 #5 Mixed 4x50 Free Relay
31	Coelacanth MSC - 'A' Morgan, Trevor; Foster, Kim; van Dam, Carola; Downes, Terry	X200 #5 Mixed 4x50 Free Relay
32	Coelacanth MSC - 'A' Fyfe, Derek; Sandri, Angelika; Fyfe, Joyce; Arbuthnot, David	X240 #5 Mixed 4x50 Free Relay
33	Coelacanth MSC - 'A' Haigh, Duncan; Grobler, Vilma; Hurwitz, Salome; Meyer, Koos	X280 #5 Mixed 4x50 Free Relay
34	Coelacanth MSC - 'B' Stanton, Craig; Jv Rensburg, Henk; vd Berg, Elsje; Dressler, Annemarie	X160 #5 Mixed 4x50 Free Relay
35	Coelacanth MSC - 'B' du Plooy, Kobus; Geraty, Gail; Rip, Laura; vd Westhuizen, Herman	X200 #5 Mixed 4x50 Free Relay
36	Coelacanth MSC - 'B' Hanson, Ann; Theron, Sarel; Muir, Wendy; Beukes, Ted	X280 #5 Mixed 4x50 Free Relay
37	Coelacanth MSC - 'C' Strydom, Juanita; van Renen, Owen; Harrop-Allin, Anton; Moller, Hesta	X200 #5 Mixed 4x50 Free Relay
38	Coelacanth MSC - 'C' Greeff, Francois; Spies, Roefie; Venter, Marli; Bester, Gustav	X160 #5 Mixed 4x50 Free Relay
39	Coelacanth MSC - 'C' Grobler, Martie; Ledbitter, Liz; Kruger, Doreth; Mulder, Paul	X240 #5 Mixed 4x50 Free Relay

25th South African Masters Swimming LC Champs**Joan Harrison pool E.L. 11-14 Mar 2009****Team Roster****Coelacanth MSC-NT**

	<u>Relay</u>	<u>Sex</u>	
40	Coelacanth MSC - 'A' Morgan, Trevor; van Dam, Carola; Foster, Kim; Downes, Terry	X200	#17 Mixed 4x50 Medley Relay
41	Coelacanth MSC - 'A' Fyfe, Derek; Sandri, Angelika; Arbuthnot, David; Fyfe, Joyce	X240	#17 Mixed 4x50 Medley Relay
42	Coelacanth MSC - 'A' Sundelowitz, Selwyn; Mulder, Paul; Hurwitz, Salome; Hanson, Ann	X280	#17 Mixed 4x50 Medley Relay
43	Coelacanth MSC - 'A' Thompson, Hendrik; Strydom, Juanita; Mann, Jeff; Spies, Roelien	X100	#17 Mixed 4x50 Medley Relay
44	Coelacanth MSC - 'A' Ruck, Harald; Ueckermann, Hannah; Cowell, Joanne; Bouwer, Shaun	X120	#17 Mixed 4x50 Medley Relay
45	Coelacanth MSC - 'A' Rip, Laura; Nel, Jan; Stanton, Craig; Ruck, Celeste	X160	#17 Mixed 4x50 Medley Relay
46	Coelacanth MSC - 'B' Dressler, Annemarie; Jv Rensburg, Henk; du Plooy, Kobus; Geraty, Gail	X200	#17 Mixed 4x50 Medley Relay
47	Coelacanth MSC - 'B' Geldard, Natalie; Bester, Gustav; Bouwer, Marieke; vd Westhuizen, Herman	X160	#17 Mixed 4x50 Medley Relay
48	Coelacanth MSC - 'C' Venter, Marli; Gray, David; vd Berg, Elsje; Geldard, Darren	X160	#17 Mixed 4x50 Medley Relay
49	Coelacanth MSC - 'C' Kruger, Doreth; Theron, Sarel; Ledbitter, Liz; Beukes, Ted	X200	#17 Mixed 4x50 Medley Relay
50	Coelacanth MSC - 'D' van Renen, Owen; Moller, Hesta; Vreeneoor, Matt; Spies, Roefie	X160	#17 Mixed 4x50 Medley Relay

Total Relays: 50

25th South African Masters Swimming LC Champs**Joan Harrison pool E.L. 11-14 Mar 2009****Team Roster****East Coast MSC-KZ**

Relay	Sex
1 East Coast MSC - 'A' Strydom, Caren; Snyman, Annette; Hicks, Loraine; Anderson, Deborah	F160 #39 Women 4x50 Free Relay
2 East Coast MSC - 'A' Bailey, Colleen; Tregenna, Gill; Clark, Rosemary; Bromfield, Morag	F240 #39 Women 4x50 Free Relay
3 East Coast MSC - 'A' Hicks, Loraine; Anderson, Deborah; Snyman, Annette; Strydom, Caren	F160 #32 Women 4x50 Medley Relay
4 East Coast MSC - 'A' Bromfield, Morag; Tregenna, Gill; Bailey, Colleen; Clark, Rosemary	F240 #32 Women 4x50 Medley Relay
5 East Coast MSC - 'B' Voigt, Polly; Berridge, Barbara; Bloxham, Michelle; Williams, Marina	F160 #32 Women 4x50 Medley Relay
6 East Coast MSC - 'A' Toerien, Brad; Benton, Douglas; van Rooijen, Reinhard; Coetzee, Jacques	M100 #40 Men 4x50 Free Relay
7 East Coast MSC - 'A' Lawrenson, Kieren; Reitz, Frank; Doveton, Gary; Bartholomew, Alan	M160 #40 Men 4x50 Free Relay
8 East Coast MSC - 'A' Heuff, Roland; Hadenham, Leslie; Larcombe, Peter; van Rooijen, Gerhard	M240 #40 Men 4x50 Free Relay
9 East Coast MSC - 'A' Cameron, Mike; Garson, John; Schoeman, Adrian; Saunders, Jim	M280 #40 Men 4x50 Free Relay
10 East Coast MSC - 'A' Coetzee, Jacques; Reitz, Frank; Lawrenson, Kieren; Doveton, Gary	M160 #31 Men 4x50 Medley Relay
11 East Coast MSC - 'A' Bartholomew, Alan; Miller, Trevor; Larcombe, Peter; Robinson, Graham	M200 #31 Men 4x50 Medley Relay
12 East Coast MSC - 'A' Garson, John; Heuff, Roland; Hadenham, Leslie; van Rooijen, Gerhard	M240 #31 Men 4x50 Medley Relay
13 East Coast MSC - 'A' Cameron, Mike; Cordell, Bill; Schoeman, Adrian; Saunders, Jim	M280 #31 Men 4x50 Medley Relay
14 East Coast MSC - 'A' Lawrenson, Kieren; Anderson, Deborah; Strydom, Caren; Toerien, Brad	X120 #5 Mixed 4x50 Free Relay
15 East Coast MSC - 'A' Bartholomew, Alan; Snyman, Annette; Voigt, Polly; Coetzee, Jacques	X160 #5 Mixed 4x50 Free Relay
16 East Coast MSC - 'A' Heuff, Roland; Larcombe, Peter; Bailey, Colleen; Bromfield, Morag	X240 #5 Mixed 4x50 Free Relay
17 East Coast MSC - 'B' Benton, Douglas; Bloxham, Michelle; Hicks, Loraine; Reitz, Frank	X160 #5 Mixed 4x50 Free Relay
18 East Coast MSC - 'B' van Rooijen, Gerhard; Clark, Rosemary; Tregenna, Gill; Doveton, Gary	X240 #5 Mixed 4x50 Free Relay
19 East Coast MSC - 'C' Saunders, Jim; Williams, Marina; Berridge, Barbara; Hadenham, Leslie	X240 #5 Mixed 4x50 Free Relay
20 East Coast MSC - 'A' Strydom, Caren; Toerien, Brad; Lawrenson, Kieren; Anderson, Deborah	X120 #17 Mixed 4x50 Medley Relay
21 East Coast MSC - 'A' Coetzee, Jacques; Voigt, Polly; Snyman, Annette; Benton, Douglas	X160 #17 Mixed 4x50 Medley Relay
22 East Coast MSC - 'A' Bromfield, Morag; Heuff, Roland; Hadenham, Leslie; Bailey, Colleen	X240 #17 Mixed 4x50 Medley Relay
23 East Coast MSC - 'B' Bartholomew, Alan; Berridge, Barbara; Clark, Rosemary; Saunders, Jim	X240 #17 Mixed 4x50 Medley Relay

25th South African Masters Swimming LC Champs**Joan Harrison pool E.L. 11-14 Mar 2009****Team Roster****East Coast MSC-KZ**

<u>Relay</u>	<u>Sex</u>
24 East Coast MSC - 'C' Cameron, Mike; van Rooijen, Gerhard; Tregenna, Gill; Williams, Marina	X240 #17 Mixed 4x50 Medley Relay
Total Relays: 24	

ET Stingrays MSC-ES

<u>Relay</u>	<u>Sex</u>
1 ET Stingrays MSC - 'A' Potts, Miemie; Harris, Laraine; vd Walt, Carol; de Beer, Stephanie	F240 #39 Women 4x50 Free Relay
2 ET Stingrays MSC - 'A' Wepener, Rhoda; Roets, Gillian; Segakweng, Priscilla; du Plooy, Christie	F200 #39 Women 4x50 Free Relay
3 ET Stingrays MSC - 'A' Potts, Miemie; Harris, Laraine; de Beer, Stephanie; du Plooy, Christie	F240 #32 Women 4x50 Medley Relay
4 ET Stingrays MSC - 'A' Roets, Gillian; Wepener, Rhoda; vd Walt, Carol; Booyens, Ronelle	F160 #32 Women 4x50 Medley Relay
5 ET Stingrays MSC - 'A' Miller, Sean; Gordon-Davis, Keith; Gordon-Davis, Brian; Semple, Mike	M160 #40 Men 4x50 Free Relay
6 ET Stingrays MSC - 'A' Miller, Sean; Gordon-Davis, Keith; Semple, Mike; Gordon-Davis, Brian	M160 #31 Men 4x50 Medley Relay
7 ET Stingrays MSC - 'A' Gordon-Davis, Brian; Potts, Miemie; vd Walt, Carol; Trenor, John	X240 #5 Mixed 4x50 Free Relay
8 ET Stingrays MSC - 'A' Miller, Sean; Booyens, Ronelle; de Beer, Stephanie; Semple, Mike	X160 #5 Mixed 4x50 Free Relay
9 ET Stingrays MSC - 'A' vd Walt, Carol; Harris, Laraine; Gordon-Davis, Brian; Miller, Sean	X200 #17 Mixed 4x50 Medley Relay
10 ET Stingrays MSC - 'B' Gordon-Davis, Keith; Potts, Miemie; Semple, Mike; Roets, Gillian	X200 #17 Mixed 4x50 Medley Relay
Total Relays: 10	

Fish Eagle Aquatics - Masters-SW

<u>Relay</u>	<u>Sex</u>
1 Fish Eagle Aquatics - Masters - 'A' Dando, Alan; Tops, Paul; Borstlap, Buddy; Barnhoorn, Philip	M240 #40 Men 4x50 Free Relay
2 Fish Eagle Aquatics - Masters - 'A' Tops, Paul; Dando, Alan; Borstlap, Buddy; Barnhoorn, Philip	M240 #31 Men 4x50 Medley Relay
3 Fish Eagle Aquatics - Masters - 'A' Smit, Rae; Black, Jill; Dando, Alan; Borstlap, Buddy	X280 #5 Mixed 4x50 Free Relay
4 Fish Eagle Aquatics - Masters - 'A' Smit, Jackie; Strong, Jenny; Tops, Paul; Barnhoorn, Philip	X240 #5 Mixed 4x50 Free Relay
5 Fish Eagle Aquatics - Masters - 'A' Strong, Jenny; Barnhoorn, Philip; Black, Jill; Borstlap, Buddy	X240 #17 Mixed 4x50 Medley Relay
Total Relays: 5	

25th South African Masters Swimming LC Champs**Joan Harrison pool E.L. 11-14 Mar 2009****Team Roster****Highway MSC-KZ**

	<u>Relay</u>	<u>Sex</u>
1	Highway MSC - 'A' Thompson, Terry; Shuttleworth, Bev; Goldstein, Heather; Harrison, Peta	F200 #39 Women 4x50 Free Relay
2	Highway MSC - 'A' Baker, Anthony; Baker, Raymond; Bromfield, Brendan; vd Merwe, Theo	M160 #40 Men 4x50 Free Relay
3	Highway MSC - 'A' Baker, Raymond; Baker, Anthony; Bromfield, Brendan; vd Merwe, Theo	M160 #31 Men 4x50 Medley Relay
4	Highway MSC - 'A' Harrison, Peta; Bromfield, Brendan; Thompson, Terry; vd Merwe, Theo	X160 #5 Mixed 4x50 Free Relay
5	Highway MSC - 'A' Baker, Raymond; Baker, Anthony; Thompson, Terry; Harrison, Peta	X200 #17 Mixed 4x50 Medley Relay

Total Relays: 5

25th South African Masters Swimming LC Champs**Joan Harrison pool E.L. 11-14 Mar 2009****Team Roster****Phoenix MSC-CG**

	Relay	Sex
1	Phoenix MSC - 'A' Kennedy, Karen; Johnson, Justine; Morris-Eyton, Heather; Sabiston, Jaki	F120 #39 Women 4x50 Free Relay
2	Phoenix MSC - 'A' Crawford, Linda; Wilson, Dot; Vermeulen, Junel; Curtis, Alison	F200 #39 Women 4x50 Free Relay
3	Phoenix MSC - 'A' Jones, Anne; Williamson, Gloria; Rollnick, Marissa; Davie, Clare	F240 #39 Women 4x50 Free Relay
4	Phoenix MSC - 'A' Sabiston, Jaki; Morris-Eyton, Heather; Johnson, Justine; Kennedy, Karen	F120 #32 Women 4x50 Medley Relay
5	Phoenix MSC - 'A' Curtis, Alison; Coetzee, Yvette; Vermeulen, Junel; Rollnick, Marissa	F200 #32 Women 4x50 Medley Relay
6	Phoenix MSC - 'A' Davie, Clare; Jones, Anne; Crawford, Linda; Williamson, Gloria	F240 #32 Women 4x50 Medley Relay
7	Phoenix MSC - 'A' Allner, Anton; Greaves, Gordon; Ponsonby, Peter; Searle, Alan	M160 #40 Men 4x50 Free Relay
8	Phoenix MSC - 'A' Searle, Francis; Wolpe, Russel; Johnston, Don; Maltby, Derek	M240 #40 Men 4x50 Free Relay
9	Phoenix MSC - 'A' Wilson, Doug; Hall, Gary; Garrun, Cliff; Wilson, Willie	M200 #40 Men 4x50 Free Relay
10	Phoenix MSC - 'A' Allner, Anton; Greaves, Gordon; Ponsonby, Peter; Searle, Alan	M160 #31 Men 4x50 Medley Relay
11	Phoenix MSC - 'A' Wilson, Doug; Hall, Gary; Garrun, Cliff; Wilson, Willie	M200 #31 Men 4x50 Medley Relay
12	Phoenix MSC - 'A' Searle, Francis; Wolpe, Russel; Maltby, Derek; Johnston, Don	M240 #31 Men 4x50 Medley Relay
13	Phoenix MSC - 'A' Searle, Alan; Johnson, Justine; Curtis, Alison; Allner, Anton	X120 #5 Mixed 4x50 Free Relay
14	Phoenix MSC - 'A' Morris-Eyton, Heather; Kennedy, Karen; Garrun, Cliff; Hall, Gary	X160 #5 Mixed 4x50 Free Relay
15	Phoenix MSC - 'A' Searle, Francis; Maltby, Derek; Crawford, Linda; Vermeulen, Junel	X200 #5 Mixed 4x50 Free Relay
16	Phoenix MSC - 'A' Johnston, Don; Rollnick, Marissa; Wolpe, Russel; Williamson, Gloria	X280 #5 Mixed 4x50 Free Relay
17	Phoenix MSC - 'A' Wilson, Doug; Jones, Anne; Davie, Clare; Wilson, Willie	X240 #5 Mixed 4x50 Free Relay
18	Phoenix MSC - 'B' Ponsonby, Peter; Parkins, Colleen; Bronkhorst, Liz; Greaves, Gordon	X160 #5 Mixed 4x50 Free Relay
19	Phoenix MSC - 'A' Wilson, Doug; Jones, Anne; Davie, Clare; Wilson, Willie	X240 #17 Mixed 4x50 Medley Relay
20	Phoenix MSC - 'A' Johnston, Don; Wilson, Dot; Wolpe, Russel; Williamson, Gloria	X280 #17 Mixed 4x50 Medley Relay
21	Phoenix MSC - 'A' Allner, Anton; Hall, Gary; Sabiston, Jaki; Johnson, Justine	X120 #17 Mixed 4x50 Medley Relay
22	Phoenix MSC - 'A' Kennedy, Karen; Morris-Eyton, Heather; Garrun, Cliff; Searle, Alan	X160 #17 Mixed 4x50 Medley Relay
23	Phoenix MSC - 'A' Searle, Francis; Coetzee, Yvette; Maltby, Derek; Vermeulen, Junel	X200 #17 Mixed 4x50 Medley Relay

25th South African Masters Swimming LC Champs**Joan Harrison pool E.L. 11-14 Mar 2009****Team Roster****Phoenix MSC-CG**

	<u>Relay</u>	<u>Sex</u>
24	Phoenix MSC - 'B' Rollnick, Marissa; Greaves, Gordon; Ponsonby, Peter; Curtis, Alison	X160 #17 Mixed 4x50 Medley Relay

Total Relays: 24**SuperSport Seals SC Masters-FS**

	<u>Relay</u>	<u>Sex</u>
1	SuperSport Seals SC Masters - 'A' Carson, Petro; Lordan, Beth; Craig, Elsa; Scott, Amelia	F240 #39 Women 4x50 Free Relay
2	SuperSport Seals SC Masters - 'A' Scott, Amelia; Craig, Elsa; Lordan, Beth; Carson, Petro	F240 #32 Women 4x50 Medley Relay
3	SuperSport Seals SC Masters - 'A' Stanforth, Christopher; Kropman, Derek; Snyman, Rouan; Crous, Kobus	M160 #40 Men 4x50 Free Relay
4	SuperSport Seals SC Masters - 'A' Kropman, Derek; Snyman, Rouan; Crous, Kobus; Stanforth, Christopher	M160 #31 Men 4x50 Medley Relay
5	SuperSport Seals SC Masters - 'A' Kropman, Derek; Craig, Elsa; Scott, Amelia; Stanforth, Christopher	X200 #5 Mixed 4x50 Free Relay
6	SuperSport Seals SC Masters - 'A' Scott, Amelia; Craig, Elsa; Schoeman, Danie; Kropman, Derek	X200 #17 Mixed 4x50 Medley Relay

Total Relays: 6

25th South African Masters Swimming LC Champs**Joan Harrison pool E.L. 11-14 Mar 2009****Team Roster****Wahoo MSC-CG**

	Relay	Sex
1	Wahoo MSC - 'A' Lawless, Helen; Alder, Elaine; Helps, Tracy; Adan, Marilyn	F200 #39 Women 4x50 Free Relay
2	Wahoo MSC - 'A' Marr, Tracy; Scholtz, Eurika; Zambetti, Deane; Dolkens, Jenni	F120 #39 Women 4x50 Free Relay
3	Wahoo MSC - 'A' Ferreira, Mercia; Wentzel, Tracy; Parsons, Sue; Bridges, Carole	F160 #39 Women 4x50 Free Relay
4	Wahoo MSC - 'A' Dolkens, Jenni; Zambetti, Deane; Scholtz, Eurika; Marr, Tracy	F120 #32 Women 4x50 Medley Relay
5	Wahoo MSC - 'A' Helps, Tracy; Bridges, Carole; Alder, Elaine; Parsons, Sue	F160 #32 Women 4x50 Medley Relay
6	Wahoo MSC - 'A' Adan, Marilyn; Ferreira, Mercia; Lawless, Helen; Wentzel, Tracy	F200 #32 Women 4x50 Medley Relay
7	Wahoo MSC - 'A' Steynberg, Andre; Harker, Guy; Parsons, Graeme; Nel, Mike	M160 #40 Men 4x50 Free Relay
8	Wahoo MSC - 'A' Etheredge, Rogan; Tustin, Royden; Nelson, Brian	M200 #40 Men 4x50 Free Relay
9	Wahoo MSC - 'B' Hickling, Glenn; Dolkens, Anthony; Crowther, Bobbie; vd Hoven, Hendrik	M160 #40 Men 4x50 Free Relay
10	Wahoo MSC - 'A' Nel, Mike; Hatherly, Bob; Steynberg, Andre; Parsons, Graeme	M160 #31 Men 4x50 Medley Relay
11	Wahoo MSC - 'A' vd Hoven, Hendrik; Nelson, Brian; Etheredge, Rogan; van Heerden, Carel	M240 #31 Men 4x50 Medley Relay
12	Wahoo MSC - 'B' du Bruyn, Johan; Mountjoy, Mark; Tustin, Royden; Crowther, Bobbie	M160 #31 Men 4x50 Medley Relay
13	Wahoo MSC - 'A' Parsons, Graeme; Dolkens, Jenni; Marr, Tracy; Nel, Mike	X120 #5 Mixed 4x50 Free Relay
14	Wahoo MSC - 'A' Harker, Guy; Scholtz, Eurika; Zambetti, Deane; Steynberg, Andre	X160 #5 Mixed 4x50 Free Relay
15	Wahoo MSC - 'A' Adan, Marilyn; Etheredge, Rogan; Lawless, Helen; vd Hoven, Hendrik	X200 #5 Mixed 4x50 Free Relay
16	Wahoo MSC - 'B' Parsons, Sue; van Heerden, Carel; Wentzel, Tracy; Nelson, Brian	X200 #5 Mixed 4x50 Free Relay
17	Wahoo MSC - 'B' Alder, Elaine; Crowther, Bobbie; Helps, Tracy; Dolkens, Anthony	X160 #5 Mixed 4x50 Free Relay
18	Wahoo MSC - 'C' Ferreira, Mercia; Bridges, Carole; du Bruyn, Johan; Myers, Winton	X200 #5 Mixed 4x50 Free Relay
19	Wahoo MSC - 'A' Dolkens, Jenni; Nel, Mike; Steynberg, Andre; Marr, Tracy	X120 #17 Mixed 4x50 Medley Relay
20	Wahoo MSC - 'A' Zambetti, Deane; Alder, Elaine; Parsons, Graeme; vd Hoven, Hendrik	X160 #17 Mixed 4x50 Medley Relay
21	Wahoo MSC - 'A' du Bruyn, Johan; Ferreira, Mercia; Lawless, Helen; Nelson, Brian	X200 #17 Mixed 4x50 Medley Relay
22	Wahoo MSC - 'B' Helps, Tracy; Dolkens, Anthony; Scholtz, Eurika; Harker, Guy	X160 #17 Mixed 4x50 Medley Relay
23	Wahoo MSC - 'C' Crowther, Bobbie; Bridges, Carole; Etheredge, Rogan; Parsons, Sue	X160 #17 Mixed 4x50 Medley Relay

Total Relays: 23

25th South African Masters Swimming LC Champs**Joan Harrison pool E.L. 11-14 Mar 2009****Team Roster****Winelands MSC-WP**

	<u>Relay</u>	<u>Sex</u>
1	Winelands MSC - 'A' Neethling, Priscilla; Sharkey, Therese; Stanton, Theresea; Anderson, Zona	F160 #39 Women 4x50 Free Relay
2	Winelands MSC - 'A' Sharkey, Therese; Stanton, Theresea; Neethling, Priscilla; Louw, Niki	F160 #32 Women 4x50 Medley Relay
3	Winelands MSC - 'A' Sharkey, Therese; Slabbert, Coenie; Anderson, Zona; Frost, David	X200 #5 Mixed 4x50 Free Relay
4	Winelands MSC - 'A' Sharkey, Therese; Frost, David; Louw, Attie; Neethling, Priscilla	X200 #17 Mixed 4x50 Medley Relay

Total Relays: 4**Total Athletes: 0****Total Relays: 270**