

SAMS SC Champs (Combined) - 2018-10-01 to 2018-10-31

Held at various venues in South Africa

Results**Women 18-24 50 SC Meter Freestyle**

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 27.84 S 2008-12-14 Cindy Botha (Dbn)
 26.49 18-24 SAQT SAMS Colours 2018-19

Name	Age	Team	Button 1	Button 2	Button 3	Finals Time	Points
1 Barit, Chavah	23	Wahoo MSC-JHB	39.03		38.81	39.03	12

Women 18-24 200 SC Meter Freestyle

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 2:19.10 S 2010-10-17 Tarryn Stanford (CT)
 2:09.45 18-24 SAQT SAMS Colours 2018-19

1 Barit, Chavah	23	Wahoo MSC-JHB	3:28.88		3:28.85	3:28.88	12
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Women 18-24 50 SC Meter Breaststroke

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 36.90 S 2006-10-15 Aletta Steenkamp (Stb)
 33.35 18-24 SAQT SAMS Colours 2018-19

1 Barit, Chavah	23	Wahoo MSC-JHB	49.70		49.54	49.70	12
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Women 18-24 50 SC Meter Butterfly

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 30.75 S 9-2004 Monique Beetge (Dbn)
 28.69 18-24 SAQT SAMS Colours 2018-19

1 Barit, Chavah	23	Wahoo MSC-JHB	47.96		47.82	47.96	12
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Women 25-29 50 SC Meter Freestyle

WORLD record: 25.42 W 2006-03-12 SUMIKA KOMATSU JPN
SAMS record: 26.47 S 2014-10-25 Elzanne Werth (Jhb) PHOE-CG
 26.49 25-29 SAQT SAMS Colours 2018-19

1 Abels, Fadia	26	Cape Town MSC-CPT				28.76	12
2 Kotze, Nadene	25	Coelacanth MSC-TSH	28.82		28.70	28.82	10
3 Odendaal, Dalena	25	Coelacanth MSC-TSH	31.39		31.16	31.39	8

Women 25-29 50 SC Meter Backstroke

WORLD record: 27.88 W 2015-06-14 YURIE OGA JPN
SAMS record: 30.07 S 9-1999 M Kriel (CT)
 30.18 25-29 SAQT SAMS Colours 2018-19

1 Abels, Fadia	26	Cape Town MSC-CPT				32.82	12
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Women 25-29 100 SC Meter Backstroke

WORLD record: 1:00.63 W 2015-05-10 YURIE OGA JPN
SAMS record: 1:04.05 S 9-1999 M Kriel (CT)
 1:05.51 25-29 SAQT SAMS Colours 2018-19

1 Abels, Fadia	26	Cape Town MSC-CPT				1:11.52	12
2 Odendaal, Dalena	25	Coelacanth MSC-TSH	1:17.85		1:17.74	1:17.85	10

Women 25-29 50 SC Meter Butterfly

WORLD record: 26.14 W 2018-01-19 ELINORE DE JONG NED
SAMS record: 27.42 S 2014-10-25 Elzanne Werth (Jhb) PHOE-CG
 28.69 25-29 SAQT SAMS Colours 2018-19

1 Kotze, Nadene	25	Coelacanth MSC-TSH	32.72		32.42	32.72	12
2 Abels, Fadia	26	Cape Town MSC-CPT				32.90	10
3 Odendaal, Dalena	25	Coelacanth MSC-TSH	34.56		34.43	34.56	8

Women 25-29 100 SC Meter IM

WORLD record: 1:02.29 W 2014-06-08 PETRA CHOCOVA CZE
SAMS record: 1:08.10 S 9-1999 M Kriel (CT)
 1:06.91 25-29 SAQT SAMS Colours 2018-19

1 Odendaal, Dalena	25	Coelacanth MSC-TSH	1:18.21		1:17.91	1:18.21	12
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WORLD record:	2:17.17	W	2006-04-23	HITOMI MATSUDA		JPN			
SAMS record:	2:34.41	S	2010-10-24	Rebecca Newson (CT)					
	2:25.17			25-29 SAQT SAMS Colours 2018-19					
1	Odendaal, Dalena		25	Coelacanth MSC-TSH	2:50.00		2:49.96	2:50.00	12
2	Kotze, Nadene		25	Coelacanth MSC-TSH	2:55.41		2:55.28	2:55.41	10

Women 30-34 50 SC Meter Freestyle

WORLD record:	25.17	W	2014-11-29	S.KNIAGININA		RUS			
SAMS record:	27.63	S	2012-11-24	Andrea Landau (Jhb)					
SAMS rec-eq:	27.63	S	2015-10-31	Thilde Victor (Jhb)		VASM-ES			
	26.88			30-34 SAQT SAMS Colours 2018-19					
---	Frische, Sabine		32	Unattached	36.21		36.04	X36.21	

Women 30-34 200 SC Meter Freestyle

WORLD record:	2:02.03	W	2017-10-27	SOPHIE CASSON		GBR			
SAMS record:	2:16.53	S	1997	W Daniel (Pmb)					
	2:10.61			30-34 SAQT SAMS Colours 2018-19					
1	Stanford, Tarryn		32	Cape Town MSC-CPT				2:16.37 S	12

Women 30-34 400 SC Meter Freestyle

WORLD record:	4:14.56	W	2017-10-28	SOPHIE CASSON		GBR			
SAMS record:	4:49.51	S	2016-10-16	Tarryn Stanford (Stb)		CPTW-WP			
	4:39.75			30-34 SAQT SAMS Colours 2018-19					
1	Stanford, Tarryn		32	Cape Town MSC-CPT				4:45.91 S	12

Women 30-34 50 SC Meter Backstroke

WORLD record:	27.43	W	2009-04-19	MAI NAKAMURA		JPN			
SAMS record:	33.18	S	2018-08-18	Cindi Strydom (Jhb)					
	30.69			30-34 SAQT SAMS Colours 2018-19					
1	Stanford, Tarryn		32	Cape Town MSC-CPT				33.26	12

Women 30-34 100 SC Meter Backstroke

WORLD record:	1:00.90	W	2010-03-07	KANA YAMAGUCHI		JPN			
SAMS record:	1:10.58	S	2016-10-16	Tarryn Stanford (Stb)		CPTW-WP			
	1:06.65			30-34 SAQT SAMS Colours 2018-19					
1	Strydom, Cyndi		31	Wahoo MSC-JHB	1:14.89		1:14.66	1:14.89	12

Women 30-34 50 SC Meter Butterfly

WORLD record:	27.08	W	2016-01-10	YUKA KATO		JPN			
SAMS record:	30.67	S	2015-10-31	Thilde Victor (Jhb)		VASM-ES			
	29.03			30-34 SAQT SAMS Colours 2018-19					
1	Strydom, Cyndi		31	Wahoo MSC-JHB	35.40		35.19	35.40	12
---	Frische, Sabine		32	Unattached	43.09		42.93	X43.09	

Women 30-34 100 SC Meter IM

WORLD record:	1:02.52	W	2012-10-13	ERIKA ERNDL		USA			
SAMS record:	1:13.42	S	2015-10-31	Thilde Victor (Jhb)		VASM-ES			
	1:07.03			30-34 SAQT SAMS Colours 2018-19					
1	Strydom, Cyndi		31	Wahoo MSC-JHB	1:13.42	1:13.35	1:13.38	1:13.38 S	12
---	Frische, Sabine		32	Unattached	1:35.83		1:35.68	X1:35.83	

Women 35-39 50 SC Meter Freestyle

WORLD record:	25.10	W	2006-12-03	DARA TORRES		USA			
SAMS record:	27.25	S	2004-10-31	Edith Ottermann (Jhb)					
	27.44			35-39 SAQT SAMS Colours 2018-19					
1	Victor, Thilde		36	Masters East Gauteng Aquatics-	27.30	27.34	27.31	27.31 SAQT	12
2	Hambloch, Carina		39	Synergy MSC-ETH	31.94	32.07		32.00	10
3	Irving, Done		38	Synergy MSC-ETH	32.82	32.88		32.85	8
4	Anderton, Jenny		37	PE Masters SC-NMA	33.81	33.90	33.69	33.81	7

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Results**(Women 35-39 50 SC Meter Freestyle)**

5	Smart, Joanne	38	Coelacanth MSC-TSH	43.19		42.99	43.19	6
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Women 35-39 200 SC Meter Freestyle

WORLD record:	2:03.12	W	2012-03-25	HITOMI MATSUDA		JPN		
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SAMS record:	2:15.34	S	1994	A Momberg (CT)				
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2:13.41	35-39 SAQT SAMS Colours 2018-19							
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1	Nurse, Kathryn	39	Cape Town MSC-CPT				2:16.99	12
2	Steyn, Christine	37	Synergy MSC-ETH	2:43.18	2:43.18		2:43.18	10
3	Smart, Joanne	38	Coelacanth MSC-TSH	3:30.63		3:30.52	3:30.63	8

Women 35-39 400 SC Meter Freestyle

WORLD record:	4:22.56	W	1999-12-12	K.PIPES-NEILSEN		USA		
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SAMS record:	4:46.98	S	2015-08-30	Kathryn Nurse (CT)		CPTW-WP		
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4:42.74	35-39 SAQT SAMS Colours 2018-19							
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1	Hambloch, Carina	39	Synergy MSC-ETH	5:03.54	5:04.97	5:04.97	5:04.97	12
2	Webb, Simone	39	Synergy MSC-ETH	5:35.81	5:35.72		5:35.76	10
3	Smart, Joanne	38	Coelacanth MSC-TSH	7:33.50		7:33.41	7:33.50	8

Women 35-39 50 SC Meter Backstroke

WORLD record:	27.63	W	2016-11-13	NORIKO INADA		USA		
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SAMS record:	31.24	S	7-2006	Marianne Kriel (CT)				
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31.17	35-39 SAQT SAMS Colours 2018-19							
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1	Hambloch, Carina	39	Synergy MSC-ETH	36.75	36.78		36.76	12
2	Irving, Done	38	Synergy MSC-ETH	39.00	39.16		39.08	10
3	Webb, Simone	39	Synergy MSC-ETH	39.97	40.13		40.05	8

Women 35-39 100 SC Meter Backstroke

WORLD record:	1:00.43	W	2017-11-19	NORIKO INADA		USA		
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SAMS record:	1:08.96	S	11-2006	Marianne Kriel (CT)				
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1:07.71	35-39 SAQT SAMS Colours 2018-19							
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1	Hambloch, Carina	39	Synergy MSC-ETH	1:18.44	1:18.44		1:18.44	12
2	Irving, Done	38	Synergy MSC-ETH	1:27.03	1:27.14		1:27.08	10
3	Webb, Simone	39	Synergy MSC-ETH	1:27.09	1:27.22		1:27.15	8

Women 35-39 50 SC Meter Breaststroke

WORLD record:	31.87	W	2012-03-25	HITOMI MATSUDA		JPN		
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SAMS record:	34.59	S	2018-08-18	Claire Rolt (Jhb)		COEL-TSH		
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34.65	35-39 SAQT SAMS Colours 2018-19							
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1	Victor, Thilde	36	Masters East Gauteng Aquatics-	36.72		36.45	36.72	12
2	Anderton, Jenny	37	PE Masters SC-NMA	44.63	44.66	44.57	44.63	10

Women 35-39 50 SC Meter Butterfly

WORLD record:	27.45	W	2015-11-01	NORIKO INADA		USA		
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SAMS record:	29.69	S	2009-10-24	Rachelle Isakov (Jhb)				
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29.42	35-39 SAQT SAMS Colours 2018-19							
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1	Victor, Thilde	36	Masters East Gauteng Aquatics-	29.78		29.57	29.78	12
2	Irving, Done	38	Synergy MSC-ETH	36.98	36.19		36.58	10
3	Steyn, Christine	37	Synergy MSC-ETH	36.66	36.72		36.69	8
4	Anderton, Jenny	37	PE Masters SC-NMA	42.59	42.43	42.72	42.59	7

Women 35-39 100 SC Meter IM

WORLD record:	1:03.17	W	2012-03-10	HITOMI MATSUDA		JPN		
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SAMS record:	1:10.13	S	2006-10-15	Marianne Kriel (Stb)				
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1:08.70	35-39 SAQT SAMS Colours 2018-19							
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1	Hambloch, Carina	39	Synergy MSC-ETH	1:19.63	1:19.53		1:19.58	12
2	Anderton, Jenny	37	PE Masters SC-NMA	1:29.79	1:37.66	1:37.56	1:37.56	10

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Results**Women 40-44 200 SC Meter Breaststroke****WORLD record: 2:32.37 W 2008-11-16 S.VON DER LIPPE USA****SAMS record: 2:41.87 S 2009-10-24 Heather Morris-Eyton (Jhb)****2:53.16 40-44 SAQT SAMS Colours 2018-19**

1	Kruger, Sam	40	Synergy MSC-ETH	3:08.91	3:08.91	3:08.81	3:08.91	12
2	van Rooyen, Christina	42	Masters East Gauteng Aquatics-	4:02.11		4:01.96	4:02.11	10

Women 40-44 50 SC Meter Butterfly**WORLD record: 28.19 W 2013-03-16 ERIKA BRAUN USA****SAMS record: 29.07 S 2009-10-24 Edith Ottermann (Jhb)****29.82 40-44 SAQT SAMS Colours 2018-19**

---	Reen, Kelli	40	PE Masters SC-NMA				NS	
---	Gous, Tracy	42	PE Masters SC-NMA				NS	

Women 40-44 200 SC Meter Butterfly**WORLD record: 2:20.66 W 2006-11-19 S.VON DER LIPPE USA****SAMS record: 2:38.59 S 9-2002 Cecilia Stanford (CT)****2:37.95 40-44 SAQT SAMS Colours 2018-19**

1	Kruger, Sam	40	Synergy MSC-ETH	3:23.46	3:23.41		3:23.43	12
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Women 40-44 100 SC Meter IM**WORLD record: 1:04.19 W 2015-10-10 LISA BLACKBURN USA****SAMS record: 1:12.92 S 2008-07-17 Amanda Picard (CT)****1:09.48 40-44 SAQT SAMS Colours 2018-19**

1	Young, Margie	44	PE Masters SC-NMA	1:33.60	1:33.66	1:33.47	1:33.60	12
2	van Rooyen, Christina	42	Masters East Gauteng Aquatics-		1:46.97	1:46.76	1:46.97	10
---	Gous, Tracy	42	PE Masters SC-NMA				NS	

Women 40-44 200 SC Meter IM**WORLD record: 2:19.21 W 2007-12-02 S.VON DER LIPPE USA****SAMS record: 2:39.90 S 10-2002 C. Stanford (Ctn)****2:34.40 40-44 SAQT SAMS Colours 2018-19**

1	van Breda, Bridget	43	Cape Town MSC-CPT				2:43.31	12
2	Kruger, Sam	40	Synergy MSC-ETH	3:01.75	3:01.75		3:01.75	10
---	Gous, Tracy	42	PE Masters SC-NMA				NS	

Women 45-49 50 SC Meter Freestyle**WORLD record: 26.37 W 2013-05-18 M.THERESE FUZZATI FRA****SAMS record: 26.59 S 2011-04-14 Edith Ottermann (CT)****27.96 45-49 SAQT SAMS Colours 2018-19**

1	Schaanick, Juanine	48	Synergy MSC-ETH	31.87	31.94		31.90	12
2	vd Merwe, Liz	49	PE Masters SC-NMA	33.23	33.31	33.22	33.23	10
3	Viljoen, Sharon	47	PE Masters SC-NMA	34.31	34.29	34.33	34.31	8
4	Potts, Jenny	48	PE Masters SC-NMA	37.47	37.21	37.50	37.47	7
5	Struwig, Nicky	46	Coelacanth MSC-TSH	39.71		39.83	39.71	6
6	McKay, Tracy	48	Synergy MSC-ETH	46.81	46.75		46.78	5

Women 45-49 200 SC Meter Freestyle**WORLD record: 2:05.94 W 2007-12-02 K.PIPES-NEILSEN USA****SAMS record: 2:20.90 S 2012-10-27 Heather Morris-Eyton (Jhb)****2:16.02 45-49 SAQT SAMS Colours 2018-19**

1	Viljoen, Sharon	47	PE Masters SC-NMA	2:51.28	2:51.00	2:51.34	2:51.28	12
2	Potts, Jenny	48	PE Masters SC-NMA	3:01.13	3:01.15	3:01.25	3:01.15	10
3	vd Merwe, Liz	49	PE Masters SC-NMA	3:02.94	3:02.93	3:03.04	3:02.94	8
4	McKay, Tracy	48	Synergy MSC-ETH	3:46.78	3:46.63		3:46.70	7

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Results**Women 45-49 400 SC Meter Freestyle****WORLD record:** 4:25.34 W 2009-05-16 K.PIPES-NEILSEN USA**SAMS record:** 4:54.47 S 2007-10-21 Cecilia Stanford (Stb)

4:47.95 45-49 SAQT SAMS Colours 2018-19

1	Potts, Jenny	48	PE Masters SC-NMA	6:22.41	6:22.43	6:22.22	6:22.41	12
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Women 45-49 50 SC Meter Backstroke**WORLD record:** 30.25 W 2014-04-26 CINDY MABEE CAN**SAMS record:** 34.48 S 2018-04-15 Norelle Engela (CT) CPTW-CPT

32.44 45-49 SAQT SAMS Colours 2018-19

1	Bihl, Kate	48	Cape Town MSC-CPT				37.82	12
2	Schaanick, Juanine	48	Synergy MSC-ETH	40.50	40.71		40.60	10
3	Mallows, Bev	48	Cape Dolphins MSC-CPT				42.82	8
4	vd Merwe, Liz	49	PE Masters SC-NMA	45.75	45.72	45.88	45.75	7
5	Struwig, Nicky	46	Coelacanth MSC-TSH	49.48		49.24	49.48	6
6	McKay, Tracy	48	Synergy MSC-ETH	59.25			59.25	5

Women 45-49 100 SC Meter Backstroke**WORLD record:** 1:04.46 W 2009-02-27 K.PIPES-NEILSEN FRA**SAMS record:** 1:13.16 S 7-2006 Cecilia Stanford (CT)

1:10.10 45-49 SAQT SAMS Colours 2018-19

1	Bihl, Kate	48	Cape Town MSC-CPT				1:21.05	12
2	Schaanick, Juanine	48	Synergy MSC-ETH	1:29.78	1:29.81		1:29.79	10
3	Mallows, Bev	48	Cape Dolphins MSC-CPT				1:33.75	8
4	vd Merwe, Liz	49	PE Masters SC-NMA	1:35.75	1:35.78	1:35.72	1:35.75	7
5	McKay, Tracy	48	Synergy MSC-ETH	2:02.66	2:02.66	2:02.66	2:02.66	6

Women 45-49 50 SC Meter Breaststroke**WORLD record:** 33.01 W 2017-07-16 LINLEY FRAME AUS**SAMS record:** 35.87 S 2012-10-27 Heather Morris-Eyton (Jhb)

35.92 45-49 SAQT SAMS Colours 2018-19

1	Bihl, Kate	48	Cape Town MSC-CPT				40.87	12
2	Viljoen, Sharon	47	PE Masters SC-NMA	42.66	42.74	42.59	42.66	10
3	Potts, Jenny	48	PE Masters SC-NMA	50.12	50.13	50.06	50.12	8
4	Struwig, Nicky	46	Coelacanth MSC-TSH	51.73		51.55	51.73	7
5	McKay, Tracy	48	Synergy MSC-ETH	1:09.84	1:11.54		1:10.69	6

Women 45-49 200 SC Meter Breaststroke**WORLD record:** 2:38.00 W 2010-11-21 S.VON DER LIPPE USA**SAMS record:** 2:44.60 S 2012-10-27 Heather Morris-Eyton (Jhb)

2:53.99 45-49 SAQT SAMS Colours 2018-19

1	Bihl, Kate	48	Cape Town MSC-CPT				3:16.23	12
2	Viljoen, Sharon	47	PE Masters SC-NMA	3:28.75	3:28.72	3:28.78	3:28.75	10

Women 45-49 50 SC Meter Butterfly**WORLD record:** 28.53 W 2017-10-15 YURIKO IKEDA JPN**SAMS record:** 29.37 S 2011-04-14 Edith Ottermann (CT)

30.55 45-49 SAQT SAMS Colours 2018-19

1	vd Merwe, Liz	49	PE Masters SC-NMA	40.06	39.84	40.11	40.06	12
2	Struwig, Nicky	46	Coelacanth MSC-TSH	46.45		46.32	46.45	10

Women 45-49 100 SC Meter IM**WORLD record:** 1:05.61 W 2009-02-26 K.PIPES-NEILSEN FRA**SAMS record:** 1:13.38 S 2006-10-15 Cecilia Stanford (Stb)

1:10.52 45-49 SAQT SAMS Colours 2018-19

1	Mallows, Bev	48	Cape Dolphins MSC-CPT				1:34.69	12
2	Potts, Jenny	48	PE Masters SC-NMA	1:39.16	1:36.23	1:36.13	1:36.23	10
3	Struwig, Nicky	46	Coelacanth MSC-TSH	1:45.47		1:45.26	1:45.47	8
4	McKay, Tracy	48	Synergy MSC-ETH	2:16.72	2:16.81		2:16.76	7

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WORLD record:	2:21.55	W	2009-05-17	K.PIPES-NEILSEN					USA
SAMS record:	2:35.69	S	2008-04-10	Cecilia Stanford (CT)					
	2:35.56			45-49 SAQT SAMS Colours 2018-19					
---	Potts, Jenny		48	PE Masters SC-NMA					NS

Women 50-54 50 SC Meter Freestyle

WORLD record:	26.27	W	2015-03-27	M.THERESE FUZZATI					FRA
SAMS record:	27.84	S	2017-10-28	Edith Ottermann (Jhb)					CPTW-WP
	28.52			50-54 SAQT SAMS Colours 2018-19					
1	Fraatz, Barbara		52	Coelacanth MSC-TSH	31.98		31.83	31.98	12
2	Lee, Les		54	PE Masters SC-NMA	36.16	36.25	36.00	36.16	10
3	Homveld, Jade		52	Phoenix MSC-JHB	39.09		38.91	39.09	8
4	Lohse, Mignon		52	Coelacanth MSC-TSH	53.46			53.46	7
5	Ings, Trish		50	Synergy MSC-ETH	1:31.85	1:31.63		1:31.74	6
---	Donian, Chere		54	PE Masters SC-NMA					NS

Women 50-54 200 SC Meter Freestyle

WORLD record:	2:10.72	W	2009-12-06	S.HEIM-BOWEN					USA
SAMS record:	2:19.97	S	2012-01-14	Cecilia Stanford (CT)					
	2:17.57			50-54 SAQT SAMS Colours 2018-19					
1	Fraatz, Barbara		52	Coelacanth MSC-TSH	2:41.15		2:41.11	2:41.15	12
2	Lee, Les		54	PE Masters SC-NMA	3:08.50	3:08.41	3:08.66	3:08.50	10
3	Lohse, Mignon		52	Coelacanth MSC-TSH	3:58.79		3:58.61	3:58.79	8
---	Donian, Chere		54	PE Masters SC-NMA					NS
---	Homveld, Jade		52	Phoenix MSC-JHB					NS

Women 50-54 400 SC Meter Freestyle

WORLD record:	4:34.81	W	2011-01-29	LYNN MARSHALL					CAN
SAMS record:	5:00.19	S	2012-10-14	Cecilia Stanford (CT)					
	4:54.75			50-54 SAQT SAMS Colours 2018-19					
1	Fraatz, Barbara		52	Coelacanth MSC-TSH	5:36.04		5:35.89	5:36.04	12

Women 50-54 50 SC Meter Backstroke

WORLD record:	30.27	W	2015-12-13	LESLIE LIVINGSTON					USA
SAMS record:	35.25	S	2012-10-14	Cecilia Stanford (CT)					
	32.87			50-54 SAQT SAMS Colours 2018-19					
1	Ings, Trish		50	Synergy MSC-ETH	1:26.00	1:26.25	1:26.35	1:26.25	12
---	Donian, Chere		54	PE Masters SC-NMA					NS

Women 50-54 100 SC Meter Backstroke

WORLD record:	1:05.89	W	2014-03-08	ELLEN REYMOLDS					USA
SAMS record:	1:15.06	S	2012-10-14	Cecilia Stanford (CT)					
	1:13.15			50-54 SAQT SAMS Colours 2018-19					
1	Donian, Chere		54	PE Masters SC-NMA	1:48.00	1:48.12	1:48.00	1:48.00	12

Women 50-54 50 SC Meter Breaststroke

WORLD record:	33.96	W	2012-11-24	MONICA CORO					ITA
SAMS record:	38.58	S	2017-05-20	Heather Morris-Eyton (Jhb)					WAHO-JHB
	37.12			50-54 SAQT SAMS Colours 2018-19					
1	Smith, Ruth		54	Waterborn SC-M-JHB	44.79		44.70	44.79	12
2	Lee, Les		54	PE Masters SC-NMA	53.84	53.88	53.71	53.84	10
3	Ings, Trish		50	Synergy MSC-ETH	1:47.72	1:47.53		1:47.62	8

Women 50-54 200 SC Meter Breaststroke

WORLD record:	2:46.24	W	2017-03-26	MARZENA KULIS					ITA
SAMS record:	3:02.46	S	2012-01-14	Cecilia Stanford (CT)					
	3:02.45			50-54 SAQT SAMS Colours 2018-19					
1	Smith, Ruth		54	Waterborn SC-M-JHB	3:48.52		3:48.50	3:48.52	12

SAMS SC Champs (Combined) - 2018-10-01 to 2018-10-31

Held at various venues in South Africa

Results**Women 50-54 50 SC Meter Butterfly**

WORLD record: 29.25 W 2013-03-16 **LESLIE LIVINGSTON** USA
SAMS record: 31.93 S 2016-10-29 **Edith Ottermann (Jhb)** CPTW-WP
31.25 50-54 SAQT SAMS Colours 2018-19

1	Fraatz, Barbara	52	Coelacanth MSC-TSH	37.59	37.46	37.59	12
2	Lee, Les	54	PE Masters SC-NMA	42.28	42.40	42.28	10
3	Homveld, Jade	52	Phoenix MSC-JHB		48.39	48.39	8
4	Smith, Ruth	54	Waterborn SC-M-JHB	49.69		49.69	7
5	Donian, Chere	54	PE Masters SC-NMA	51.03	50.91	51.06	6

Women 50-54 100 SC Meter IM

WORLD record: 1:07.85 W 2015-11-07 **ANETTE PHILIPSSON** SWE
SAMS record: 1:11.56 S 2011-04-14 **Cecilia Stanford (CT)**
1:12.88 50-54 SAQT SAMS Colours 2018-19

1	Fraatz, Barbara	52	Coelacanth MSC-TSH	1:23.54	1:23.54	1:23.54	12
2	Smith, Ruth	54	Waterborn SC-M-JHB	1:41.65	1:41.51	1:41.65	10
3	Donian, Chere	54	PE Masters SC-NMA	1:46.62	1:46.66	1:46.53	8
4	Ings, Trish	50	Synergy MSC-ETH	3:32.71		3:32.71	7

Women 50-54 200 SC Meter IM

WORLD record: 2:28.64 W 2014-09-28 **ELLEN REYNOLDS** USA
SAMS record: 2:34.03 S 2011-04-14 **Cecilia Stanford (CT)**
2:40.88 50-54 SAQT SAMS Colours 2018-19

1	Fraatz, Barbara	52	Coelacanth MSC-TSH	3:04.97	3:04.71	3:04.97	12
2	Smith, Ruth	54	Waterborn SC-M-JHB	3:38.60	3:38.41	3:38.60	10
3	Homveld, Jade	52	Phoenix MSC-JHB	3:47.32	3:47.16	3:47.32	8

Women 55-59 50 SC Meter Freestyle

WORLD record: 27.81 W 2016-03-05 **LESLIE LIVINGSTON** USA
SAMS record: 30.87 S 2017-04-23 **Cecilia Stanford (CT)** CPTW-WP
29.81 55-59 SAQT SAMS Colours 2018-19

1	Stanford, Cecilia	57	Cape Town MSC-CPT			31.41	12
2	Verryyn, Sabine	57	Coelacanth MSC-TSH	32.67	32.53	32.67	10
3	Bees, Boone	58	Synergy MSC-ETH	35.43	35.46	35.46	8
4	Bosman, Denise	59	PE Masters SC-NMA	35.75	35.74	35.78	7
5	Thompson, Terry	56	Synergy MSC-ETH	39.34	39.53	39.43	6
6	Schiever, Joan	57	Synergy MSC-ETH	42.47	42.28	42.37	5

Women 55-59 200 SC Meter Freestyle

WORLD record: 2:13.58 W 2016-02-28 **LYNN MARSHALL** CAN
SAMS record: 2:22.15 S 2017-06-25 **Cecilia Stanford (Stb)** CPTW-WP
2:23.14 55-59 SAQT SAMS Colours 2018-19

1	Bosman, Denise	59	PE Masters SC-NMA	2:38.35	2:38.31	2:38.38	12
2	Bees, Boone	58	Synergy MSC-ETH	2:50.38		2:50.38	10
3	Murray, Sandy	58	Wahoo MSC-JHB	3:28.20		3:28.06	8

Women 55-59 400 SC Meter Freestyle

WORLD record: 4:37.35 W 2016-01-23 **LYNN MARSHALL** CAN
SAMS record: 5:01.24 S 2016-10-16 **Cecilia Stanford (Stb)** CPTW-WP
5:06.83 55-59 SAQT SAMS Colours 2018-19

1	Bosman, Denise	59	PE Masters SC-NMA	5:26.27	5:26.28	5:26.15	12
2	Bees, Boone	58	Synergy MSC-ETH	6:00.22	6:00.00	6:00.11	10
3	Kotze, Debbie	57	Coelacanth MSC-TSH	6:43.21		6:43.00	8
4	Murray, Sandy	58	Wahoo MSC-JHB	7:17.36		7:17.21	7

SAMS SC Champs (Combined) - 2018-10-01 to 2018-10-31

Held at various venues in South Africa

Results**Women 55-59 50 SC Meter Backstroke**

WORLD record: 30.12 W 2016-03-05 **LESLIE LIVINGSTON** USA
SAMS record: 35.50 S 2013-10-20 **Diane Coetzee (Stb)** CPTW-WP

35.52 55-59 SAQT SAMS Colours 2018-19

1	Stanford, Cecilia	57	Cape Town MSC-CPT			37.37		12
2	Bees, Boone	58	Synergy MSC-ETH	43.25	43.19	43.22		10
3	Kotze, Debbie	57	Coelacanth MSC-TSH	46.94		46.77	46.94	8
4	Schiever, Joan	57	Synergy MSC-ETH	55.81	55.91	55.97	55.91	7

Women 55-59 100 SC Meter Backstroke

WORLD record: 1:08.33 W 2017-01-20 **KARLYN PIPES** USA
SAMS record: 1:17.84 S 2016-10-16 **Cecilia Stanford (Stb)** CPTW-WP

1:17.08 55-59 SAQT SAMS Colours 2018-19

1	Stanford, Cecilia	57	Cape Town MSC-CPT			1:18.18		12
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Women 55-59 50 SC Meter Breaststroke

WORLD record: 35.15 W 2017-04-09 **MONICA CORO** ITA
SAMS record: 40.61 S 2017-07-30 **Cecilia Stanford (CT)** CPTW-WP

38.79 55-59 SAQT SAMS Colours 2018-19

1	Verryn, Sabine	57	Coelacanth MSC-TSH	43.63		43.63		12
2	Bees, Boone	58	Synergy MSC-ETH	44.66	44.87	44.76		10
3	Schiever, Joan	57	Synergy MSC-ETH	48.72	48.59	48.65		8
4	Thompson, Terry	56	Synergy MSC-ETH	50.50	50.12	50.31		7

Women 55-59 200 SC Meter Breaststroke

WORLD record: 2:53.16 W 2017-04-22 **MONICA CORO** ITA
SAMS record: 3:06.75 S 2017-12-02 **Cecilia Stanford (CT)** CPTW-WP

3:08.68 55-59 SAQT SAMS Colours 2018-19

1	Schiever, Joan	57	Synergy MSC-ETH	3:50.88	3:50.69	3:50.78		12
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Women 55-59 50 SC Meter Butterfly

WORLD record: 29.39 W 2016-03-05 **LESLIE LIVINGSTON** USA
SAMS record: 33.66 S 2017-07-30 **Cecilia Stanford (CT)** CPTW-WP

32.42 55-59 SAQT SAMS Colours 2018-19

1	Stanford, Cecilia	57	Cape Town MSC-CPT			34.57		12
2	Verryn, Sabine	57	Coelacanth MSC-TSH	40.74		40.51	40.74	10

Women 55-59 100 SC Meter IM

WORLD record: 1:09.08 W 2017-01-21 **KARLYN PIPES** USA
SAMS record: 1:16.82 S 2016-04-17 **Cecilia Stanford (CT)** CPTW-WP

1:16.22 55-59 SAQT SAMS Colours 2018-19

1	Verryn, Sabine	57	Coelacanth MSC-TSH		1:30.43	1:30.28	1:30.43	12
2	Bosman, Denise	59	PE Masters SC-NMA	1:34.66	1:34.60	1:34.70	1:34.66	10
3	Thompson, Terry	56	Synergy MSC-ETH	1:39.50	1:39.60		1:39.55	8
4	Kotze, Debbie	57	Coelacanth MSC-TSH	1:40.03		1:39.75	1:40.03	7

Women 55-59 200 SC Meter IM

WORLD record: 2:31.06 W 2017-01-28 **KARLYN PIPES** FRA
SAMS record: 2:43.01 S 2017-06-25 **Cecilia Stanford (Stb)** CPTW-WP

2:46.90 55-59 SAQT SAMS Colours 2018-19

1	Stanford, Cecilia	57	Cape Town MSC-CPT			2:45.62	SAQT	12
2	Schiever, Joan	57	Synergy MSC-ETH	4:16.43	4:16.43	4:16.43		10

Women 60-64 50 SC Meter Freestyle

WORLD record: 28.50 W 2018-05-26 **JENNY WHITELEY** AUS
SAMS record: 31.03 S 2011-04-14 **Sanderina Kruger (CT)**

31.53 60-64 SAQT SAMS Colours 2018-19

1	Coetzee, Diane	63	Cape Town MSC-CPT			32.38		12
2	Reen, Pat	61	PE Masters SC-NMA	35.28	35.22	35.28		10
3	Reynecke, Pam	62	Champion SC-M-TSH	36.58		36.43	36.58	8

SAMS SC Champs (Combined) - 2018-10-01 to 2018-10-31

Held at various venues in South Africa

Results**(Women 60-64 50 SC Meter Freestyle)**

4	Bailey, Colleen	64	Synergy MSC-ETH	40.34	40.03		40.18		7
5	Rode, Dawn	60	Synergy MSC-ETH	45.09	45.22		45.15		6
6	Vorster, Merryll	62	Phoenix MSC-JHB	46.82		46.63	46.82		5
7	Robinson, Sue	61	Synergy MSC-ETH	49.15	49.10		49.12		4
8	Griffiths, Bronwen	64	Synergy MSC-ETH	51.50	51.50		51.50		3

Women 60-64 200 SC Meter Freestyle**WORLD record: 2:20.16 W 2011-12-04 LAURA VAL****USA****SAMS record: 2:26.94 S 2015-07-19 Diane Coetzee (CT)****CPTW-WP****2:34.43 60-64 SAQT SAMS Colours 2018-19**

1	Brewis, Judy	64	Cape Town MSC-CPT				2:59.89		12
2	Vorster, Merryll	62	Phoenix MSC-JHB	3:50.31		3:50.51	3:50.31		10
3	Robinson, Sue	61	Synergy MSC-ETH	3:54.59	3:54.81		3:54.70		8
4	Rode, Dawn	60	Synergy MSC-ETH	3:57.82	3:57.65		3:57.73		7
5	Goldstein, Heather	62	Synergy MSC-ETH	4:01.34	4:01.56	4:01.75	4:01.56		6
6	Griffiths, Bronwen	64	Synergy MSC-ETH	4:31.50	4:31.60		4:31.55		5
---	de Beer, Val	64	Unattached	4:08.86		4:08.84	X4:08.86		
---	Reen, Pat	61	PE Masters SC-NMA					NS	

Women 60-64 400 SC Meter Freestyle**WORLD record: 4:53.24 W 2013-08-24 LAURA VAL****USA****SAMS record: 5:12.25 S 2015-08-30 Diane Coetzee (CT)****CPTW-WP****5:25.28 60-64 SAQT SAMS Colours 2018-19**

1	Coetzee, Diane	63	Cape Town MSC-CPT				5:18.43	SAQT	12
2	Brewis, Judy	64	Cape Town MSC-CPT				6:08.20		10
3	Robinson, Sue	61	Synergy MSC-ETH	7:57.19			7:57.19		8
4	Vorster, Merryll	62	Phoenix MSC-JHB	7:57.64		7:57.63	7:57.64		7
5	Goldstein, Heather	62	Synergy MSC-ETH	8:06.00			8:06.00		6
6	Rode, Dawn	60	Synergy MSC-ETH	8:12.41	8:13.10		8:12.75		5

Women 60-64 50 SC Meter Backstroke**WORLD record: 33.01 W 2013-12-08 LAURA VAL****USA****SAMS record: 35.60 S 2015-04-19 Diane Coetzee (CT)****CPTW-WP****37.55 60-64 SAQT SAMS Colours 2018-19**

1	Sharkey, Therese	63	Winelands MSC-CPT				41.16		12
2	Reynecke, Pam	62	Champion SC-M-TSH	44.17		43.86	44.17		10
3	Bailey, Colleen	64	Synergy MSC-ETH	44.78	44.82		44.80		8
4	Griffiths, Bronwen	64	Synergy MSC-ETH	1:04.88	1:04.48		1:04.68		7

Women 60-64 100 SC Meter Backstroke**WORLD record: 1:12.72 W 2013-12-07 LAURA VAL****USA****SAMS record: 1:16.57 S 2016-10-16 Diane Coetzee (Stb)****CPTW-WP****1:22.37 60-64 SAQT SAMS Colours 2018-19**

1	Coetzee, Diane	63	Cape Town MSC-CPT				1:20.77	SAQT	12
2	Sharkey, Therese	63	Winelands MSC-CPT				1:28.62		10
3	Brewis, Judy	64	Cape Town MSC-CPT				1:31.86		8
4	Bailey, Colleen	64	Synergy MSC-ETH	1:41.82	1:41.72		1:41.77		7

Women 60-64 50 SC Meter Breaststroke**WORLD record: 37.08 W 2018-05-26 JENNY WHITELEY****AUS****SAMS record: 42.84 S 2017-04-23 Terry-Ann Matley (CT)****DOLP-WP****41.12 60-64 SAQT SAMS Colours 2018-19**

1	Goldstein, Heather	62	Synergy MSC-ETH	53.81	53.94		53.87		12
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SAMS SC Champs (Combined) - 2018-10-01 to 2018-10-31

Held at various venues in South Africa

Results**Women 60-64 200 SC Meter Breaststroke**

WORLD record: 2:57.05 W 2018-05-26 JENNY WHITELEY AUS
SAMS record: 3:37.07 S 2010-10-10 Jenny Ireland (Pmb)
 3:16.85 60-64 SAQT SAMS Colours 2018-19

1	Goldstein, Heather	62	Synergy MSC-ETH	4:11.78	4:11.85	4:11.81	12
2	Vorster, Merryll	62	Phoenix MSC-JHB	5:03.18	5:03.05	5:03.18	10

Women 60-64 50 SC Meter Butterfly

WORLD record: 32.42 W 2013-10-06 LAURA VAL USA
SAMS record: 36.46 S 2018-04-15 Diane Coetzee (CT) CPTW-CPT
 35.34 60-64 SAQT SAMS Colours 2018-19

1	Reen, Pat	61	PE Masters SC-NMA	40.67	40.69	40.65	40.67	12
2	Reynecke, Pam	62	Champion SC-M-TSH	44.25		44.09	44.25	10
3	Goldstein, Heather	62	Synergy MSC-ETH	57.38	57.19		57.28	8

Women 60-64 200 SC Meter Butterfly

WORLD record: 2:41.25 W 2011-12-03 LAURA VAL USA
SAMS record: 3:45.46 S 2015-07-19 Therese Sharkey (CT) WINE-WP
 3:18.69 60-64 SAQT SAMS Colours 2018-19

1	Sharkey, Therese	63	Winelands MSC-CPT			3:50.93	12
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Women 60-64 100 SC Meter IM

WORLD record: 1:15.07 W 2013-10-06 LAURA VAL USA
SAMS record: 1:24.06 S 2016-10-16 Diane Coetzee (Stb) CPTW-WP
 1:21.38 60-64 SAQT SAMS Colours 2018-19

1	Coetzee, Diane	63	Cape Town MSC-CPT			1:24.42	12
2	Goldstein, Heather	62	Synergy MSC-ETH	2:02.00	2:02.12	2:02.06	10
3	Rode, Dawn	60	Synergy MSC-ETH	2:05.50	2:05.94	2:05.72	8

Women 60-64 200 SC Meter IM

WORLD record: 2:41.53 W 2013-12-06 LAURA VAL USA
SAMS record: 2:57.75 S 2017-04-23 Di Coetzee (CT) CPTW-WP
 2:58.04 60-64 SAQT SAMS Colours 2018-19

1	Sharkey, Therese	63	Winelands MSC-CPT			3:15.60	12
2	Reynecke, Pam	62	Champion SC-M-TSH	3:40.24		3:40.24	10

Women 65-69 50 SC Meter Freestyle

WORLD record: 29.30 W 2016-11-19 LAURA VAL USA
SAMS record: 31.22 S 2015-08-30 Sanderina Kruger (CT) CPTW-WP
 33.12 65-69 SAQT SAMS Colours 2018-19

1	Kruger, Sanderina	69	Cape Town MSC-CPT			32.91	SAQT	12
2	Thatcher, Annette	66	Synergy MSC-ETH	34.81	34.91	34.86		10
3	Mons, Maureen	67	Phoenix MSC-JHB	37.18		37.08	37.18	8
4	Bromfield, Morag	66	Synergy MSC-ETH	37.94	37.85		37.89	7
5	Rollnick, Marissa	67	Phoenix MSC-JHB	38.10		37.94	38.10	6
6	Ferreira, Mercia	69	Wahoo MSC-JHB	50.95		50.66	50.95	5

Women 65-69 200 SC Meter Freestyle

WORLD record: 2:23.26 W 2017-11-18 LAURA VAL USA
SAMS record: 2:37.00 S 2014-10-19 Sanderina Kruger (Stb) CPTW-WP
 2:47.84 65-69 SAQT SAMS Colours 2018-19

1	Ferreira, Mercia	69	Wahoo MSC-JHB	4:12.81	4:12.90	4:12.81	12
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Women 65-69 400 SC Meter Freestyle

WORLD record: 5:02.08 W 2017-09-24 LAURA VAL USA
SAMS record: 5:59.67 S 2016-05-06 Maureen Mons (Jhb) PHOE-CG
 5:53.10 65-69 SAQT SAMS Colours 2018-19

1	Mons, Maureen	67	Phoenix MSC-JHB	6:12.73		6:12.70	6:12.73	12
2	Rollnick, Marissa	67	Phoenix MSC-JHB	6:50.64		6:50.51	6:50.64	10
3	Ferreira, Mercia	69	Wahoo MSC-JHB	8:49.64		8:49.71	8:49.64	8

SAMS SC Champs (Combined) - 2018-10-01 to 2018-10-31

Held at various venues in South Africa

Results**Women 65-69 50 SC Meter Backstroke**

WORLD record:	33.99	W	2017-12-03	LAURA VAL			USA	
SAMS record:	39.24	S	2017-12-10	Morag Bromfield (Dbn)			EACS-KZ	
	39.89			65-69 SAQT SAMS Colours 2018-19				
1	Bromfield, Morag	66	Synergy MSC-ETH	39.91	40.47		40.19	12
2	Kruger, Sanderina	69	Cape Town MSC-CPT				44.32	10
3	Thatcher, Annette	66	Synergy MSC-ETH	45.62	45.29		45.45	8
4	Stojakovic, Dael	66	Waterborn SC-M-JHB	54.53		54.50	54.53	7
5	Ferreira, Mercia	69	Wahoo MSC-JHB	1:09.03		1:09.20	1:09.03	6

Women 65-69 100 SC Meter Backstroke

WORLD record:	1:14.35	W	2017-12-02	LAURA VAL			USA	
SAMS record:	1:28.97	S	2018-01-28	Morag Bromfield (Dbn)			EACS-ETH	
	1:29.81			65-69 SAQT SAMS Colours 2018-19				
1	Bromfield, Morag	66	Synergy MSC-ETH	1:30.47	1:30.44	1:30.28	1:30.44	12

Women 65-69 50 SC Meter Breaststroke

WORLD record:	40.90	W	2010-05-09	NOBUKO YASUDA			JPN	
SAMS record:	43.63	S	2017-03-05	Annette Thatcher (Dbn)			HIGH-KZ	
	44.01			65-69 SAQT SAMS Colours 2018-19				
1	Thatcher, Annette	66	Synergy MSC-ETH	46.10	46.12	46.19	46.12	12
2	Stojakovic, Dael	66	Waterborn SC-M-JHB	50.80		50.65	50.80	10
3	Ireland, Jenny	68	Synergy MSC-ETH	52.22	52.25		52.23	8
4	Ferreira, Mercia	69	Wahoo MSC-JHB	1:05.88		1:05.65	1:05.88	7

Women 65-69 200 SC Meter Breaststroke

WORLD record:	3:10.75	W	2015-07-18	JANETTE JEFFREY			AUS	
SAMS record:	3:33.87	S	2017-04-02	Annette Thatcher (Dbn)			HIGH-KZ	
	3:37.42			65-69 SAQT SAMS Colours 2018-19				
1	Ireland, Jenny	68	Synergy MSC-ETH	3:58.13	3:58.19		3:58.16	12
2	Stojakovic, Dael	66	Waterborn SC-M-JHB	4:03.89		4:03.67	4:03.89	10

Women 65-69 50 SC Meter Butterfly

WORLD record:	33.06	W	2017-11-19	LAURA VAL			USA	
SAMS record:	38.99	S	2016-10-16	Sanderina Kruger (Stb)			CPTW-WP	
	37.58			65-69 SAQT SAMS Colours 2018-19				
1	Kruger, Sanderina	69	Cape Town MSC-CPT				39.86	12
---	Crawford, Linda	68	Phoenix MSC-JHB				NS	

Women 65-69 200 SC Meter Butterfly

WORLD record:	2:45.20	W	2016-09-18	LAURA VAL			USA	
SAMS record:	4:02.17	S	2014-09-27	Elsa Craig (PE)			BEST-EP	
	3:45.82			65-69 SAQT SAMS Colours 2018-19				
1	Crawford, Linda	68	Phoenix MSC-JHB	4:25.76	4:25.74	4:25.72	4:25.74	12

Women 65-69 100 SC Meter IM

WORLD record:	1:16.67	W	2016-11-19	LAURA VAL			USA	
SAMS record:	1:32.22	S	2017-04-02	Annette Thatcher (Dbn)			HIGH-KZ	
	1:28.96			65-69 SAQT SAMS Colours 2018-19				
1	Thatcher, Annette	66	Synergy MSC-ETH	1:36.15	1:36.10	1:35.91	1:36.10	11
1	Mons, Maureen	67	Phoenix MSC-JHB	1:36.10		1:35.87	1:36.10	11
3	Ireland, Jenny	68	Synergy MSC-ETH	1:45.12	1:45.16		1:45.14	8
4	Ferreira, Mercia	69	Wahoo MSC-JHB	2:10.52		2:09.99	2:10.52	7

Women 65-69 200 SC Meter IM

WORLD record:	2:48.15	W	2016-09-18	LAURA VAL			USA	
SAMS record:	3:25.14	S	2016-07-23	Maureen Mons (Jhb)			PHOE-CG	
	3:22.60			65-69 SAQT SAMS Colours 2018-19				
1	Mons, Maureen	67	Phoenix MSC-JHB	3:27.03		3:26.91	3:27.03	12
2	Thatcher, Annette	66	Synergy MSC-ETH	3:32.81	3:32.72	3:32.79	3:32.79	10

SAMS SC Champs (Combined) - 2018-10-01 to 2018-10-31

Held at various venues in South Africa

Results**(Women 65-69 200 SC Meter IM)**

3	Ireland, Jenny	68	Synergy MSC-ETH	3:43.10		3:43.10		8
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Women 70-74 50 SC Meter Freestyle

WORLD record:	32.38	W	2016-12-10	DIANN UUSTAL		USA		
SAMS record:	38.69	S	2017-10-28	Elsa Craig (PE)		PEMA-EP		
	36.00			70-74 SAQT SAMS Colours 2018-19				

1	Jones, Anne	73	Phoenix MSC-JHB	38.53	38.51	38.42	38.51 S	12
2	Craig, Elsa	73	PE Masters SC-NMA	39.22	39.28	39.18	39.22	10
3	Clark, Rosemary	70	Synergy MSC-ETH	43.22	43.16		43.19	8
4	Fyfe, Joyce	71	Coelacanth MSC-TSH	48.73		48.44	48.73	7
5	Angelos, Merle	73	Synergy MSC-ETH	52.50	52.59		52.54	6
6	Gray, Ann	70	Synergy MSC-ETH	58.31	58.70		58.50	5

Women 70-74 200 SC Meter Freestyle

WORLD record:	2:43.60	W	2016-11-20	DIANN UUSTAL		USA		
SAMS record:	3:15.41	S	2017-01-14	Bev Shuttleworth (Dbn)		HIGH-KZ		
	3:04.04			70-74 SAQT SAMS Colours 2018-19				

1	Shuttleworth, Bev	71	Synergy MSC-ETH	3:15.44	3:15.66		3:15.55	12
2	Clark, Rosemary	70	Synergy MSC-ETH	3:38.12	3:38.19		3:38.15	10
3	Fyfe, Joyce	71	Coelacanth MSC-TSH	4:07.80		4:07.59	4:07.80	8
4	Rees, Jane	74	Coelacanth MSC-TSH	4:20.49		4:20.32	4:20.49	7
---	Jones, Anne	73	Phoenix MSC-JHB				NS	

Women 70-74 400 SC Meter Freestyle

WORLD record:	5:50.41	W	2008-11-15	YOSHIKO OSAKI		JPN		
SAMS record:	6:37.44	S	2017-03-05	Bev Shuttleworth (Dbn)		HIGH-KZ		
	6:39.19			70-74 SAQT SAMS Colours 2018-19				

1	Shuttleworth, Bev	71	Synergy MSC-ETH	6:57.75	6:57.68		6:57.71	12
2	Clark, Rosemary	70	Synergy MSC-ETH	7:33.22	7:33.25		7:33.23	10
3	Rees, Jane	74	Coelacanth MSC-TSH	8:57.38		8:57.19	8:57.38	8
4	Gray, Ann	70	Synergy MSC-ETH	9:47.25	9:47.09		9:47.17	7

Women 70-74 50 SC Meter Backstroke

WORLD record:	37.50	W	2015-03-21	MARGIT OHLSSON		SWE		
SAMS record:	45.56	S	2016-10-22	Elsa Craig (PE)		BEST-EP		
	43.44			70-74 SAQT SAMS Colours 2018-19				

1	Craig, Elsa	73	PE Masters SC-NMA	47.41	47.40	47.44	47.41	12
2	Zundorf, Lenchen	74	Cape Town MSC-CPT				52.67	10
3	Angelos, Merle	73	Synergy MSC-ETH	56.97	56.85		56.91	8
4	Gray, Ann	70	Synergy MSC-ETH	1:16.69	1:16.88		1:16.78	7
---	Fyfe, Joyce	71	Coelacanth MSC-TSH				NS	

Women 70-74 100 SC Meter Backstroke

WORLD record:	1:22.15	W	2015-03-22	MARGIT OHLSSON		SWE		
SAMS record:	1:44.76	S	2014-07-27	Lenchen Zundorf (Stb)		CPTW-WP		
	1:37.17			70-74 SAQT SAMS Colours 2018-19				

1	Janssens, Geraldine	74	Fins SC-M-MPD	1:43.59		1:43.38	1:43.59 S	12
2	Angelos, Merle	73	Synergy MSC-ETH	2:11.00	2:10.38		2:10.69	10
3	Fyfe, Joyce	71	Coelacanth MSC-TSH	2:12.60			2:12.60	8

Women 70-74 50 SC Meter Breaststroke

WORLD record:	42.80	W	2005-02-27	SHOKO YONEZAWA		JPN		
SAMS record:	47.78	S	2017-03-05	Bev Shuttleworth (Dbn)		HIGH-KZ		
	46.88			70-74 SAQT SAMS Colours 2018-19				

1	Shuttleworth, Bev	71	Synergy MSC-ETH	50.78	50.87		50.82	12
2	Zundorf, Lenchen	74	Cape Town MSC-CPT				57.18	10
3	Angelos, Merle	73	Synergy MSC-ETH	1:09.56	1:09.69		1:09.62	8

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Held at various venues in South Africa

Results**Men 40-44 50 SC Meter Backstroke**

WORLD record: 25.53 W 2009-12-12 MICHAEL ROSS USA
SAMS record: 27.45 S 2018-04-15 Andreas le Roux (CT) CPTW-CPT
 27.97 40-44 SAQT SAMS Colours 2018-19

1	Allan, Marc	41	Synergy MSC-ETH	30.69	30.81		30.75	12
2	Steenkamp, Neil	41	Cape Town MSC-CPT				45.09	10

Men 40-44 50 SC Meter Breaststroke

WORLD record: 28.22 W 2016-11-12 JEFF COMMINGS USA
SAMS record: 32.01 S 2010-10-10 Cliff Lyne (Pmb)
 29.76 40-44 SAQT SAMS Colours 2018-19

1	Allan, Marc	41	Synergy MSC-ETH	33.78	33.47	33.71	33.71	12
2	Jacobsz, Willie	44	Coelacanth MSC-TSH	37.53		37.33	37.53	10
3	Swart, Matthys	42	Coelacanth MSC-TSH	43.67		43.47	43.67	8
4	Muller, Jacques	40	PE Masters SC-NMA	45.76	45.75	45.84	45.76	7
5	van Rensburg, Wade	43	PE Masters SC-NMA	51.89	51.93	51.84	51.89	6

Men 40-44 50 SC Meter Butterfly

WORLD record: 24.14 W 2014-03-16 LARS FROLANDER SWE
SAMS record: 25.56 S 2018-03-04 Marc Allan (Dbn) EACS-ETH
 25.74 40-44 SAQT SAMS Colours 2018-19

1	Allan, Marc	41	Synergy MSC-ETH	26.40	26.40	26.46	26.40	12
2	Reen, Brad	42	PE Masters SC-NMA	28.72	28.72	28.53	28.72	10
3	Steenkamp, Neil	41	Cape Town MSC-CPT				32.63	8

Men 40-44 100 SC Meter IM

WORLD record: 57.07 W 2016-05-05 HIDEAKI HARA JPN
SAMS record: 1:03.90 S 2018-08-19 Andreas le Roux (CT) CPTW-CPT
 1:00.84 40-44 SAQT SAMS Colours 2018-19

1	Jacobsz, Willie	44	Coelacanth MSC-TSH	1:16.17			1:16.17	12
2	Muller, Jacques	40	PE Masters SC-NMA	1:35.50	1:35.44	1:35.50	1:35.50	10

Men 40-44 200 SC Meter IM

WORLD record: 2:05.46 W 2009-12-04 ROQUE SANTOS USA
SAMS record: 2:21.78 S 2010-10-24 Cliff Lyne (Dbn)
 2:12.09 40-44 SAQT SAMS Colours 2018-19

1	Reen, Brad	42	PE Masters SC-NMA	2:22.13	2:22.10	2:20.63	2:22.10	12
2	Allan, Marc	41	Synergy MSC-ETH	2:29.41	2:29.41		2:29.41	10
3	Ford, Coillard	44	Champion SC-M-TSH	2:36.43		2:36.13	2:36.43	8
4	Steenkamp, Neil	41	Cape Town MSC-CPT				3:11.40	7

Men 45-49 50 SC Meter Freestyle

WORLD record: 23.29 W 2016-05-07 JOAKIM HOLMQUIST SWE
SAMS record: 24.90 S 2011-10-16 Bryan Tatterson (Orl)
 24.32 45-49 SAQT SAMS Colours 2018-19

1	Taylor, Robbie	49	Cape Town MSC-CPT				26.37	12
2	du Plessis, Trevor	48	Synergy MSC-ETH	28.43	28.48		28.45	10
3	vd Westhuizen, Stefan	49	Synergy MSC-ETH	29.25	29.09		29.17	8
4	Serfontein, Barry	45	PE Masters SC-NMA	29.65	29.66	29.63	29.65	7
5	Hough, Greg	46	PE Masters SC-NMA	30.00	30.03	29.94	30.00	6
6	Fubbs, Matthew	46	Wahoo MSC-JHB	30.70		30.55	30.70	5
7	Crowther, Bobbie	49	Wahoo MSC-JHB	30.85		30.49	30.85	4
8	Carstens, FC	48	Coelacanth MSC-TSH	32.47		32.29	32.47	3
---	Duffy, PJ	48	PE Masters SC-NMA				NS	

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Results**Men 45-49 200 SC Meter Freestyle**

WORLD record:	1:52.87	W	2012-03-09	NICOLAS GRANGER				FRA
SAMS record:	2:03.78	S	9-1995	T Downes (Jhb)				
	2:01.48			45-49 SAQT SAMS Colours 2018-19				
1	Lilford, Frank	49	Synergy MSC-ETH	2:22.85	2:22.43		2:22.64	12
2	Hough, Greg	46	PE Masters SC-NMA	2:34.50	2:34.54	2:34.50	2:34.50	10
3	Carstens, FC	48	Coelacanth MSC-TSH	2:55.79		2:55.95	2:55.79	8
---	Duffy, PJ	48	PE Masters SC-NMA				NS	

Men 45-49 400 SC Meter Freestyle

WORLD record:	4:03.10	W	2015-04-18	FABIO CALMASINI				ITA
SAMS record:	4:19.10	S	2014-08-30	Gary Albertyn (Jhb)				COEL-NT
	4:22.31			45-49 SAQT SAMS Colours 2018-19				
1	Carstens, FC	48	Coelacanth MSC-TSH	6:22.37			6:22.37	12
---	Duffy, PJ	48	PE Masters SC-NMA				NS	

Men 45-49 50 SC Meter Backstroke

WORLD record:	26.60	W	2017-03-26	DANIEL LONNBERG				SWE
SAMS record:	28.39	S	2015-10-24	Greg Kahn (PE)				AQUB-EP
	28.58			45-49 SAQT SAMS Colours 2018-19				
1	vd Westhuizen, Stefan	49	Synergy MSC-ETH	33.79	34.06		33.92	12
2	Serfontein, Barry	45	PE Masters SC-NMA	35.66	35.66	35.68	35.66	10
3	du Plessis, Trevor	48	Synergy MSC-ETH	37.07			37.07	8
4	Crowther, Bobbie	49	Wahoo MSC-JHB		44.21	43.89	44.21	7

Men 45-49 100 SC Meter Backstroke

WORLD record:	57.00	W	2009-12-13	CHRIS STEVENSON				USA
SAMS record:	1:06.04	S	2014-06-21	Harald Ruck (Jhb)				COEL-NT
	1:01.58			45-49 SAQT SAMS Colours 2018-19				
1	Serfontein, Barry	45	PE Masters SC-NMA	1:17.22	1:17.32	1:17.09	1:17.22	12
2	Carstens, FC	48	Coelacanth MSC-TSH		1:36.15	1:35.95	1:36.15	10
3	Crowther, Bobbie	49	Wahoo MSC-JHB	1:39.27		1:39.07	1:39.27	8

Men 45-49 50 SC Meter Breaststroke

WORLD record:	28.83	W	2018-05-20	HIDEAKI TOGO				JPN
SAMS record:	31.75	S	2010-08-19	Johan van der Merwe (CT)				
	30.56			45-49 SAQT SAMS Colours 2018-19				
1	vd Westhuizen, Stefan	49	Synergy MSC-ETH	37.22	37.35		37.28	12
---	Duffy, PJ	48	PE Masters SC-NMA				NS	

Men 45-49 200 SC Meter Breaststroke

WORLD record:	2:16.12	W	2017-12-03	STEVE WEST				USA
SAMS record:	2:36.17	S	2010-09-16	Johan van der Merwe (CT)				
	2:32.47			45-49 SAQT SAMS Colours 2018-19				
1	Lilford, Frank	49	Synergy MSC-ETH	3:00.56	3:00.53		3:00.54	12
2	vd Westhuizen, Stefan	49	Synergy MSC-ETH	3:29.16	3:29.30		3:29.23	10
---	Duffy, PJ	48	PE Masters SC-NMA				NS	

Men 45-49 50 SC Meter Butterfly

WORLD record:	24.38	W	2017-03-19	EIJI NOMURA				JPN
SAMS record:	27.25	S	2011-10-16	Bryan Tatterson (Flo-USA)				
	26.68			45-49 SAQT SAMS Colours 2018-19				
1	Taylor, Robbie	49	Cape Town MSC-CPT				28.04	12
2	Serfontein, Barry	45	PE Masters SC-NMA	31.72	31.72	31.75	31.72	10
3	du Plessis, Trevor	48	Synergy MSC-ETH	32.00	31.87		31.93	8
4	Lilford, Frank	49	Synergy MSC-ETH	32.69	32.72		32.70	7
5	Fubbs, Matthew	46	Wahoo MSC-JHB	33.28		33.05	33.28	6
6	Hough, Greg	46	PE Masters SC-NMA	34.18	34.28	34.07	34.18	5

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Held at various venues in South Africa

Results**(Men 50-54 50 SC Meter Backstroke)**

3	Taylor, Julian	54	Synergy MSC-ETH	33.42	33.19	33.30	8
---	Pattinson, Kenneth	54	PE Masters SC-NMA			NS	

Men 50-54 100 SC Meter Backstroke

WORLD record:	57.95	W	2017-03-25	NICOLAS GRANGER		FRA	
SAMS record:	1:05.80	S	2016-10-29	Harald Ruck (Jhb)		COEL-NT	
	1:01.95			50-54 SAQT SAMS Colours 2018-19			
1	Taylor, Julian	54	Synergy MSC-ETH	1:11.72	1:11.72	1:11.72	12

Men 50-54 50 SC Meter Breaststroke

WORLD record:	29.71	W	2017-04-09	C.ARTURO TRAVAINI		ITA	
SAMS record:	31.72	S	3-2002	T Shead (Syd)			
	31.50			50-54 SAQT SAMS Colours 2018-19			
1	Clark, David	51	Synergy MSC-ETH	46.12	46.16	46.14	12
---	Pattinson, Kenneth	54	PE Masters SC-NMA			NS	

Men 50-54 200 SC Meter Breaststroke

WORLD record:	2:19.36	W	2018-03-23	NICOLAS GRANGER		FRA		
SAMS record:	2:36.57	S	3-2002	T Shead (Syd)				
	2:35.76			50-54 SAQT SAMS Colours 2018-19				
1	Uitenweerde, Lourens	54	Coelacanth MSC-TSH	3:16.36		3:16.16	3:16.36	12

Men 50-54 50 SC Meter Butterfly

WORLD record:	25.49	W	2009-05-16	DAN THOMPSON		CAN	
SAMS record:	27.94	S	2014-10-19	Calvin Maughan (Stb)		CPTW-WP	
	27.31			50-54 SAQT SAMS Colours 2018-19			
1	Bromfield, Brendan	52	Synergy MSC-ETH	35.10	35.82	35.46	12
2	Luke, Eddy	53	Cape Town MSC-CPT			35.63	10

Men 50-54 200 SC Meter Butterfly

WORLD record:	2:09.19	W	2018-03-25	NICOLAS GRANGER		FRA	
SAMS record:	2:36.06	S	12-2001	J Keyter (Dbn)			
	2:24.24			50-54 SAQT SAMS Colours 2018-19			
1	Bromfield, Brendan	52	Synergy MSC-ETH	3:31.88	3:31.87	3:31.87	12

Men 55-59 50 SC Meter Freestyle

WORLD record:	24.51	W	2015-04-19	BRENT BARNES		JPN		
SAMS record:	26.19	S	2012-07-14	Andre Steynberg (Jhb)				
	26.16			55-59 SAQT SAMS Colours 2018-19				
1	Morgan, Trevor	59	Coelacanth MSC-TSH	30.31		29.98	30.31	12
2	Steyn, Glenn	58	Cape Town MSC-CPT				30.92	10
3	Smith, Rob	58	PE Masters SC-NMA	32.65	32.62	32.67	32.65	8
4	Gray, Garth	56	Waterborn SC-M-JHB	34.20		34.09	34.20	7
5	de Beer, David	56	Coelacanth MSC-TSH	35.79		35.66	35.79	6
6	Olivier, Marais	55	Cape Town MSC-CPT				36.32	5
7	Foster, Ted	58	Synergy MSC-ETH	36.12	36.81		36.46	4

Men 55-59 200 SC Meter Freestyle

WORLD record:	1:59.08	W	2009-11-21	MICHAEL MANN		USA		
SAMS record:	2:14.78	S	2008-10-25	Terry Downes (Jhb)				
	2:09.64			55-59 SAQT SAMS Colours 2018-19				
1	Finn, Joel	57	Wahoo MSC-JHB	2:28.27		2:28.07	2:28.27	12
2	du Toit, Graham	58	Cape Town MSC-CPT	2:33.35	2:33.22		2:33.28	10
3	Steyn, Glenn	58	Cape Town MSC-CPT				2:34.05	8
4	van Rensburg, Henk	58	Coelacanth MSC-TSH	2:37.85		2:37.58	2:37.85	7
5	Smith, Rob	58	PE Masters SC-NMA	2:59.72	4:59.88	2:59.60	2:59.72	6
6	Fechter, Wolfgang	57	Synergy MSC-ETH	3:06.46	3:06.37		3:06.41	5
---	Gray, Garth	56	Waterborn SC-M-JHB				NS	

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Results**Men 55-59 400 SC Meter Freestyle**

WORLD record: 4:16.03 W 2009-11-22 MICHAEL MANN USA
SAMS record: 4:46.93 S 2007-10-21 Tim Shead (Stb)
 4:40.90 55-59 SAQT SAMS Colours 2018-19

1	Finn, Joel	57	Wahoo MSC-JHB	5:07.82		5:07.69	5:07.82	12
2	van Rensburg, Henk	58	Coelacanth MSC-TSH	5:36.38		5:36.23	5:36.38	10
3	Smith, Rob	58	PE Masters SC-NMA	5:48.43	5:48.28	5:48.50	5:48.43	8
4	Gray, Garth	56	Waterborn SC-M-JHB	6:10.87		6:10.58	6:10.87	7

Men 55-59 50 SC Meter Backstroke

WORLD record: 27.96 W 2016-10-30 CRAIG NORREY GBR
SAMS record: 30.31 S 2012-11-24 Andre Steynberg (Jhb)
 30.54 55-59 SAQT SAMS Colours 2018-19

1	Morgan, Trevor	59	Coelacanth MSC-TSH	38.08		37.94	38.08	12
2	de Beer, David	56	Coelacanth MSC-TSH	1:00.62		1:00.44	1:00.62	10

Men 55-59 100 SC Meter Backstroke

WORLD record: 1:02.26 W 2015-03-15 MARCO COLOMBO ITA
SAMS record: 1:05.72 S 2012-05-19 Andre Steynberg (Jhb)
 1:06.27 55-59 SAQT SAMS Colours 2018-19

1	Morgan, Trevor	59	Coelacanth MSC-TSH	1:23.78		1:23.66	1:23.78	12
2	Gray, Garth	56	Waterborn SC-M-JHB	1:44.93		1:44.63	1:44.93	10

Men 55-59 50 SC Meter Breaststroke

WORLD record: 29.79 W 2018-04-22 C.ARTURO TRAVAINI ITA
SAMS record: 32.36 S 2009-10-18 Tim Shead (CT)
 32.76 55-59 SAQT SAMS Colours 2018-19

1	McLellan, Neil	59	PE Masters SC-NMA	38.03	38.03	38.15	38.03	12
2	du Toit, Graham	58	Cape Town MSC-CPT	39.50	39.75		39.62	10
3	Finn, Joel	57	Wahoo MSC-JHB	40.20		40.03	40.20	8
4	Foster, Ted	58	Synergy MSC-ETH	41.58	41.34		41.46	7
5	Fechter, Wolfgang	57	Synergy MSC-ETH	41.50	41.56	41.66	41.56	6
6	Olivier, Marais	55	Cape Town MSC-CPT				44.33	5
7	de Beer, David	56	Coelacanth MSC-TSH	55.94		55.77	55.94	4

Men 55-59 200 SC Meter Breaststroke

WORLD record: 2:22.91 W 2018-04-21 C.ARTURO TRAVAINI ITA
SAMS record: 2:38.90 S 2007-01-26 Tim Shead (Mad)
 2:44.19 55-59 SAQT SAMS Colours 2018-19

1	du Toit, Graham	58	Cape Town MSC-CPT	3:03.88	3:04.00		3:03.94	12
2	McLellan, Neil	59	PE Masters SC-NMA	3:16.73	3:19.75	3:19.71	3:19.71	10
3	van Rensburg, Henk	58	Coelacanth MSC-TSH		3:33.33	3:33.09	3:33.33	8
4	Fechter, Wolfgang	57	Synergy MSC-ETH	3:35.87	3:35.84	3:35.65	3:35.84	7
5	Olivier, Marais	55	Cape Town MSC-CPT				3:41.01	6

Men 55-59 50 SC Meter Butterfly

WORLD record: 26.45 W 2013-05-18 DAN THOMPSON CAN
SAMS record: 28.48 S 2012-10-27 Andre Steynberg (Jhb)
 28.12 55-59 SAQT SAMS Colours 2018-19

1	Morgan, Trevor	59	Coelacanth MSC-TSH	34.00		33.70	34.00	12
2	Steyn, Glenn	58	Cape Town MSC-CPT				34.42	10
3	Gray, Garth	56	Waterborn SC-M-JHB	41.40		41.21	41.40	8
4	Fechter, Wolfgang	57	Synergy MSC-ETH	43.16			43.16	7
5	Foster, Ted	58	Synergy MSC-ETH	46.81	46.72		46.76	6
6	de Beer, David	56	Coelacanth MSC-TSH	53.73		53.49	53.73	5

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Results**Men 55-59 200 SC Meter Butterfly**

WORLD record: 2:15.97 W 2013-01-26 HUGO BREGMAN NED
SAMS record: 2:36.87 S 4-2005 John Keyter (Dbn)
 2:34.68 55-59 SAQT SAMS Colours 2018-19

1	van Rensburg, Henk	58	Coelacanth MSC-TSH	3:34.69		3:34.43	3:34.69	12
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Men 55-59 100 SC Meter IM

WORLD record: 1:01.76 W 2015-10-10 STEVE WOOD USA
SAMS record: 1:03.53 S 2007-01-26 Tim Shead (Mad)
 1:06.49 55-59 SAQT SAMS Colours 2018-19

1	Finn, Joel	57	Wahoo MSC-JHB	1:17.37			1:17.37	12
2	du Toit, Graham	58	Cape Town MSC-CPT	1:20.93	1:21.03		1:20.98	10
3	McLellan, Neil	59	PE Masters SC-NMA	1:29.22	1:29.08	1:29.28	1:23.09	8
4	Fechter, Wolfgang	57	Synergy MSC-ETH	1:37.82	1:38.00		1:37.91	7
5	Olivier, Marais	55	Cape Town MSC-CPT				1:39.45	6

Men 55-59 200 SC Meter IM

WORLD record: 2:16.44 W 2009-11-22 MICHAEL MANN USA
SAMS record: 2:24.64 S 2007-01-27 Tim Shead (Mad)
 2:28.94 55-59 SAQT SAMS Colours 2018-19

1	du Toit, Graham	58	Cape Town MSC-CPT	2:48.13	2:48.09		2:48.11	12
2	van Rensburg, Henk	58	Coelacanth MSC-TSH	3:14.27			3:14.27	10
3	Olivier, Marais	55	Cape Town MSC-CPT				3:28.39	8
4	Gray, Garth	56	Waterborn SC-M-JHB	3:33.78		3:33.59	3:33.78	7

Men 60-64 50 SC Meter Freestyle

WORLD record: 24.90 W 2006-12-03 RICH ABRAHAMS USA
SAMS record: 27.63 S 2009-05-16 Terry Downes (Jhb)
 27.03 60-64 SAQT SAMS Colours 2018-19

1	Hendricks, Nigel	60	Cape Town MSC-CPT				29.68	12
2	Spies, Izak	64	Cape Town MSC-CPT				30.68	10
3	Burri, Markus	61	PE Masters SC-NMA	31.75	31.81	31.68	31.75	8
4	Reen, Nick	64	PE Masters SC-NMA	32.22	32.20	32.25	32.22	7
5	Holshausen, Rod	60	Cape Town MSC-CPT				33.32	6

Men 60-64 200 SC Meter Freestyle

WORLD record: 2:01.65 W 2015-11-21 RICK COLELLA USA
SAMS record: 2:17.33 S 2009-08-15 Terry Downes (Jhb)
 2:17.48 60-64 SAQT SAMS Colours 2018-19

1	Spies, Izak	64	Cape Town MSC-CPT				2:28.82	12
2	Burri, Markus	61	PE Masters SC-NMA	2:37.60	2:37.63	2:37.60	2:37.60	10
3	Holshausen, Rod	60	Cape Town MSC-CPT				2:44.33	8

Men 60-64 400 SC Meter Freestyle

WORLD record: 4:29.92 W 2017-12-02 DAN STEPHENSON USA
SAMS record: 4:54.60 S 2009-10-24 Terry Downes (Jhb)
 4:52.03 60-64 SAQT SAMS Colours 2018-19

1	Spies, Izak	64	Cape Town MSC-CPT				5:18.19	12
2	Holshausen, Rod	60	Cape Town MSC-CPT				5:37.14	10

Men 60-64 50 SC Meter Backstroke

WORLD record: 29.64 W 2014-03-29 PHILIPP DJANG USA
SAMS record: 33.47 S 2016-10-16 Tim Shead (Stb) CPTW-WP
 32.33 60-64 SAQT SAMS Colours 2018-19

1	Winfield, Mike	63	Cape Town MSC-CPT				34.44	12
2	Reen, Nick	64	PE Masters SC-NMA	39.06	39.06	38.88	39.06	10
3	Holshausen, Rod	60	Cape Town MSC-CPT				39.74	8
4	Hendricks, Nigel	60	Cape Town MSC-CPT				40.02	7

SAMS SC Champs (Combined) - 2018-10-01 to 2018-10-31

Held at various venues in South Africa

Results**Men 60-64 100 SC Meter Backstroke**

WORLD record:	1:04.13	W	2016-11-13	TOM BARTON					USA
SAMS record:	1:10.60	S	2016-12-17	Tim Shead (USA)					CPTW-WP
	1:10.86			60-64 SAQT SAMS Colours 2018-19					
1	Winfield, Mike		63	Cape Town MSC-CPT				1:15.97	12

Men 60-64 50 SC Meter Breaststroke

WORLD record:	31.51	W	2015-11-21	RICK COLELLA					USA
SAMS record:	33.37	S	2016-04-17	Tim Shead (CT)					CPTW-WP
	34.59			60-64 SAQT SAMS Colours 2018-19					
1	Hendricks, Nigel		60	Cape Town MSC-CPT				38.09	12
2	Burri, Markus		61	PE Masters SC-NMA	42.16	42.25	42.94	42.25	10

Men 60-64 50 SC Meter Butterfly

WORLD record:	26.78	W	2017-05-13	DAN THOMPSON					CAN
SAMS record:	30.41	S	2010-09-16	Halton Cheadle (CT)					
	29.65			60-64 SAQT SAMS Colours 2018-19					
1	Hendricks, Nigel		60	Cape Town MSC-CPT				34.83	12
2	Burri, Markus		61	PE Masters SC-NMA	36.94	36.97	36.79	36.94	10
3	Holshausen, Rod		60	Cape Town MSC-CPT				37.12	8
---	Reen, Nick		64	PE Masters SC-NMA				NS	

Men 60-64 100 SC Meter IM

WORLD record:	1:04.23	W	2015-03-21	RICK COLELLA					USA
SAMS record:	1:06.63	S	2016-04-17	Tim Shead (CT)					CPTW-WP
	1:10.38			60-64 SAQT SAMS Colours 2018-19					
1	Burri, Markus		61	PE Masters SC-NMA	1:23.09	1:23.06	1:23.95	1:23.09	12
2	Holshausen, Rod		60	Cape Town MSC-CPT				1:26.88	10

Men 60-64 200 SC Meter IM

WORLD record:	2:19.96	W	2015-03-21	RICK COLELLA					USA
SAMS record:	2:32.18	S	2016-10-16	Tim Shead (Stb)					CPTW-WP
	2:38.06			60-64 SAQT SAMS Colours 2018-19					
1	Burri, Markus		61	PE Masters SC-NMA	3:07.97	3:07.93	3:08.03	3:07.97	12

Men 65-69 50 SC Meter Freestyle

WORLD record:	25.42	W	2018-03-03	DOUG MARTIN					USA	
SAMS record:	29.22	S	2014-06-21	Terry Downes (Jhb)					COEL-NT	
	28.47			65-69 SAQT SAMS Colours 2018-19						
1	Downes, Terry		69	Coelacanth MSC-TSH			30.99	30.78	30.99	12
2	Bolstridge, Mike		69	Synergy MSC-ETH	32.69	32.85			32.77	10
3	van Rooijen, Gerhard		68	Synergy MSC-ETH	33.10	33.19			33.14	8
4	Howieson, Doug		66	Cape Town MSC-CPT					33.52	7
5	Bennetto, Peter		65	Cape Town MSC-CPT					34.53	6
6	Pryke, Michael		68	Wahoo MSC-JHB	37.50			37.21	37.50	5
7	Selmer-Olsen, Sam		66	Wahoo MSC-JHB	38.63			38.62	38.63	4
8	Crutchley, Anthony		68	Synergy MSC-ETH	39.28	39.31			39.29	3
9	van Heerden, Carel		68	Waterborn SC-M-JHB	45.64			45.49	45.64	2

Men 65-69 200 SC Meter Freestyle

WORLD record:	2:07.56	W	2016-11-19	RICK COLELLA					USA	
SAMS record:	2:22.15	S	2017-10-14	Tim Shead (Orl)					CPTW-WP	
	2:23.92			65-69 SAQT SAMS Colours 2018-19						
1	Howieson, Doug		66	Cape Town MSC-CPT					2:41.53	12
2	Bolstridge, Mike		69	Synergy MSC-ETH	2:43.97	2:43.97			2:43.97	10
3	van Rooijen, Gerhard		68	Synergy MSC-ETH	2:52.87	2:53.06			2:52.96	8
4	Bennetto, Peter		65	Cape Town MSC-CPT					3:03.60	7
5	Keeling, Guy		65	Coelacanth MSC-TSH	3:12.74			3:12.59	3:12.74	6
6	Crutchley, Anthony		68	Synergy MSC-ETH	3:34.63	3:34.87			3:34.75	5

SAMS SC Champs (Combined) - 2018-10-01 to 2018-10-31

Held at various venues in South Africa

Results**(Men 65-69 200 SC Meter Freestyle)**

7	Selmer-Olsen, Sam	66	Wahoo MSC-JHB	3:40.55	3:40.35	3:40.55	4
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Men 65-69 400 SC Meter Freestyle

WORLD record:	4:27.91	W	2017-11-19	RICK COLELLA	USA
SAMS record:	5:09.50	S	2017-10-14	Tim Shead (Orl)	CPTW-WP
	5:11.38			65-69 SAQT SAMS Colours 2018-19	

1	Howieson, Doug	66	Cape Town MSC-CPT			5:36.71	12
2	van Rooijen, Gerhard	68	Synergy MSC-ETH	6:24.80	6:24.80	6:24.80	10
3	Bennetto, Peter	65	Cape Town MSC-CPT			6:31.96	8
4	Pryke, Michael	68	Wahoo MSC-JHB	7:29.99	7:30.02	7:29.99	7
5	Selmer-Olsen, Sam	66	Wahoo MSC-JHB	7:44.24	7:44.04	7:44.24	6

Men 65-69 50 SC Meter Backstroke

WORLD record:	30.34	W	2012-12-02	HUGH WILDER	USA
SAMS record:	36.90	S	2011-01-23	Brian Stewart (Dbn)	
	34.04			65-69 SAQT SAMS Colours 2018-19	

1	Downes, Terry	69	Coelacanth MSC-TSH	39.20	39.05	39.20	12
2	Howieson, Doug	66	Cape Town MSC-CPT			39.98	10
---	van Heerden, Carel	68	Waterborn SC-M-JHB			NS	

Men 65-69 100 SC Meter Backstroke

WORLD record:	1:07.69	W	2012-12-01	HUGH WILDER	USA
SAMS record:	1:11.45	S	2017-03-26	Tim Shead (SWE)	CPTW-WP
	1:16.69			65-69 SAQT SAMS Colours 2018-19	

1	Downes, Terry	69	Coelacanth MSC-TSH	1:26.84	1:26.56	1:26.84	12
2	Howieson, Doug	66	Cape Town MSC-CPT			1:30.77	10

Men 65-69 50 SC Meter Breaststroke

WORLD record:	32.50	W	2016-11-20	RICK COLELLA	USA
SAMS record:	33.68	S	2017-03-26	Tim Shead (SWE)	CPTW-WP
	36.50			65-69 SAQT SAMS Colours 2018-19	

1	Keeling, Guy	65	Coelacanth MSC-TSH	47.87	47.67	47.87	12
2	van Heerden, Carel	68	Waterborn SC-M-JHB	55.93	55.70	55.93	10

Men 65-69 200 SC Meter Breaststroke

WORLD record:	2:36.85	W	2017-11-19	RICK COLELLA	USA
SAMS record:	2:48.26	S	2017-03-25	Tim Shead (SWE)	CPTW-WP
	3:06.75			65-69 SAQT SAMS Colours 2018-19	

1	van Heerden, Carel	68	Waterborn SC-M-JHB	4:45.66	4:45.44	4:45.66	12
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Men 65-69 50 SC Meter Butterfly

WORLD record:	28.65	W	2018-03-03	DOUG MARTIN	USA
SAMS record:	29.94	S	2017-03-26	Tim Shead (SWE)	CPTW-WP
	31.18			65-69 SAQT SAMS Colours 2018-19	

1	Bolstridge, Mike	69	Synergy MSC-ETH	37.25	37.00	37.12	12
2	Pryke, Michael	68	Wahoo MSC-JHB	48.12	47.95	48.12	10

Men 65-69 100 SC Meter IM

WORLD record:	1:05.43	W	2016-11-19	RICK COLELLA	USA
SAMS record:	1:09.38	S	2017-03-25	Tim Shead (SWE)	CPTW-WP
	1:13.43			65-69 SAQT SAMS Colours 2018-19	

1	Keeling, Guy	65	Coelacanth MSC-TSH	1:40.38	1:40.19	1:40.38	12
2	Selmer-Olsen, Sam	66	Wahoo MSC-JHB	1:51.99	1:51.72	1:51.99	10
3	van Heerden, Carel	68	Waterborn SC-M-JHB	2:13.36	2:13.23	2:13.36	8

SAMS SC Champs (Combined) - 2018-10-01 to 2018-10-31

Held at various venues in South Africa

Results**Men 65-69 200 SC Meter IM**

WORLD record: 2:22.60 W 2016-11-20 RICK COLELLA USA
SAMS record: 2:30.80 S 2017-03-24 Tim Shead (SWE) CPTW-WP
 2:50.57 65-69 SAQT SAMS Colours 2018-19

1	van Heerden, Carel	68	Waterborn SC-M-JHB	4:52.05		4:51.77	4:52.05	12
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Men 70-74 50 SC Meter Freestyle

WORLD record: 26.88 W 2015-10-10 RICHARD ABRAHAMS USA
SAMS record: 31.46 S 2017-04-23 Doug Wilson (CT) CPTW-WP
 30.00 70-74 SAQT SAMS Colours 2018-19

1	du Toit, Francois	71	Cape Town MSC-CPT				34.36	12
2	Larcombe, Peter	71	Synergy MSC-ETH	35.93	36.03		35.98	10
3	Wilson, Guy	71	PE Masters SC-NMA	40.87	40.87	40.74	40.87	8
4	Maynard, Ali	70	Synergy MSC-ETH	42.68	42.41		42.54	7
5	Myers, Winton	74	Wahoo MSC-JHB	43.97		43.81	43.97	6
---	Petersen, John	73	Phoenix MSC-JHB				NS	

Men 70-74 200 SC Meter Freestyle

WORLD record: 2:21.49 W 2018-02-04 DAN KIRKLAND USA
SAMS record: 2:45.97 S 2010-08-19 Gary Freeling (CT) CPTW-WP
 2:37.58 70-74 SAQT SAMS Colours 2018-19

1	Larcombe, Peter	71	Synergy MSC-ETH	3:21.06	3:21.34		3:21.20	12
2	Sneath, Anthony	72	Cape Town MSC-CPT				3:28.50	10
3	Wilson, Guy	71	PE Masters SC-NMA	3:41.69	3:41.66	3:41.69	3:41.69	8
4	Myers, Winton	74	Wahoo MSC-JHB	3:46.21		3:46.06	3:46.21	7

Men 70-74 400 SC Meter Freestyle

WORLD record: 5:01.98 W 2018-02-04 DAN KIRKLAND USA
SAMS record: 5:43.50 S 2009-10-18 Gary Freeling (CT) CPTW-WP
 5:38.52 70-74 SAQT SAMS Colours 2018-19

1	Larcombe, Peter	71	Synergy MSC-ETH	6:39.43	6:39.43		6:39.43	12
2	Sneath, Anthony	72	Cape Town MSC-CPT				7:13.59	10
3	Myers, Winton	74	Wahoo MSC-JHB	7:37.23		7:37.02	7:37.23	8

Men 70-74 50 SC Meter Backstroke

WORLD record: 33.09 W 2017-12-03 HUGH WILDER USA
SAMS record: 38.12 S 2017-04-23 Doug Wilson (CT) CPTW-WP
 36.60 70-74 SAQT SAMS Colours 2018-19

1	Wilson, Guy	71	PE Masters SC-NMA	42.78	42.81	42.69	42.78	12
2	Maynard, Ali	70	Synergy MSC-ETH	50.81	50.81		50.81	10
3	Myers, Winton	74	Wahoo MSC-JHB	55.41		54.99	55.41	8

Men 70-74 100 SC Meter Backstroke

WORLD record: 1:12.09 W 2013-12-07 RICHARD BURNS USA
SAMS record: 1:26.26 S 2013-09-15 Jimmy Hughes (Dbn) EACS-KZ
 1:22.71 70-74 SAQT SAMS Colours 2018-19

1	Wilson, Guy	71	PE Masters SC-NMA	1:36.25	1:36.30	1:36.21	1:36.25	12
2	Maynard, Ali	70	Synergy MSC-ETH	1:58.44	1:58.39		1:58.41	10

Men 70-74 50 SC Meter Breaststroke

WORLD record: 35.53 W 2016-04-10 DIETER HOFEL GER
SAMS record: 41.25 S 2017-09-10 Francois du Toit (CT) CPTW-WP
 38.66 70-74 SAQT SAMS Colours 2018-19

1	du Toit, Francois	71	Cape Town MSC-CPT				42.73	12
2	Petersen, John	73	Phoenix MSC-JHB	47.15	47.13	47.21	47.15	10
3	Myers, Winton	74	Wahoo MSC-JHB	59.92			59.92	8

SAMS SC Champs (Combined) - 2018-10-01 to 2018-10-31

Held at various venues in South Africa

Results**Men 70-74 200 SC Meter Breaststroke****WORLD record:** 2:55.87 W 2016-03-05 ROBERT STRAND USA**SAMS record:** 3:32.41 S 2010-10-24 Dave McLachlan (CT)

3:17.63 70-74 SAQT SAMS Colours 2018-19

1 du Toit, Francois 71 Cape Town MSC-CPT 3:55.87 12

Men 70-74 50 SC Meter Butterfly**WORLD record:** 29.52 W 2015-10-11 RICHARD ABRAHAMS USA**SAMS record:** 38.18 S 2009-04-01 Dave McLachlan (CT)**SAMS rec-eq:** 38.18 S 2013-09-15 Les Hadenham (Dbn)

33.30 70-74 SAQT SAMS Colours 2018-19

1 Petersen, John 73 Phoenix MSC-JHB 40.72 40.69 40.94 40.70 12

2 Larcombe, Peter 71 Synergy MSC-ETH 47.16 47.46 47.31 10

3 Sneath, Anthony 72 Cape Town MSC-CPT 1:10.20 8

Men 70-74 200 SC Meter Butterfly**WORLD record:** 2:51.32 W 2009-11-07 BARRY YOUNG NZL**SAMS record:** 3:19.00 S 2008-11-15 Dave McLachlan (CT)

3:18.78 70-74 SAQT SAMS Colours 2018-19

1 Sneath, Anthony 72 Cape Town MSC-CPT 5:31.02 12

Men 70-74 100 SC Meter IM**WORLD record:** 1:13.09 W 2015-10-10 RICHARD ABRAHAMS USA**SAMS record:** 1:28.52 S 2009-04-01 Dave McLachlan (CT)

1:20.43 70-74 SAQT SAMS Colours 2018-19

1 Petersen, John 73 Phoenix MSC-JHB 1:37.65 1:37.56 1:37.66 1:37.65 12

2 Myers, Winton 74 Wahoo MSC-JHB 1:59.73 1:59.70 1:59.73 10

3 Maynard, Ali 70 Synergy MSC-ETH 2:01.75 2:01.56 2:01.65 8

Men 75-79 50 SC Meter Freestyle**WORLD record:** 29.90 W 2016-12-03 MIKE FRESHLEY USA**SAMS record:** 35.00 S 2018-01-28 Jimmy Hughes (Dbn) EACS-ETH

32.27 75-79 SAQT SAMS Colours 2018-19

1 Hughes, Jimmy 75 Synergy MSC-ETH 36.03 35.68 36.08 36.03 12

2 Stieger, Des 75 Synergy MSC-ETH 36.09 36.18 35.16 36.09 10

3 Fyfe, Derek 78 Coelacanth MSC-TSH 36.90 36.95 36.90 8

4 Hadenham, Leslie 75 Synergy MSC-ETH 42.18 42.13 42.15 7

Men 75-79 200 SC Meter Freestyle**WORLD record:** 2:27.53 W 2009-04-18 DAVID RADCLIFF USA**SAMS record:** 3:01.01 S 2018-03-04 Jimmy Hughes (Dbn) EACS-ETH

2:50.38 75-79 SAQT SAMS Colours 2018-19

1 Stieger, Des 75 Synergy MSC-ETH 3:15.75 3:15.28 3:15.51 12

2 Hughes, Jimmy 75 Synergy MSC-ETH 3:16.28 3:16.28 10

3 Fyfe, Derek 78 Coelacanth MSC-TSH 3:17.33 3:17.33 3:17.33 8

4 Hadenham, Leslie 75 Synergy MSC-ETH 3:36.28 3:36.56 3:36.42 7

Men 75-79 400 SC Meter Freestyle**WORLD record:** 5:15.10 W 2009-04-18 DAVID RADCLIFF USA**SAMS record:** 6:20.15 S 2012-04-22 Dave McLachlan (CT)

6:17.02 75-79 SAQT SAMS Colours 2018-19

1 Fyfe, Derek 78 Coelacanth MSC-TSH 6:45.67 6:45.49 6:45.67 12

2 Stieger, Des 75 Synergy MSC-ETH 7:13.06 7:12.87 7:12.96 10

3 Hadenham, Leslie 75 Synergy MSC-ETH 7:13.63 7:13.75 7:13.69 8

Men 75-79 50 SC Meter Backstroke**WORLD record:** 35.51 W 2008-11-16 YOSHI OYAKAWA USA**SAMS record:** 41.35 S 2018-01-28 Jimmy Hughes (Dbn) EACS-ETH

39.37 75-79 SAQT SAMS Colours 2018-19

1 Hughes, Jimmy 75 Synergy MSC-ETH 41.22 41.22 S 12

SAMS SC Champs (Combined) - 2018-10-01 to 2018-10-31

Held at various venues in South Africa

Results**(Men 75-79 50 SC Meter Backstroke)**

2	Fyfe, Derek	78	Coelacanth MSC-TSH	49.71		49.53	49.71	10
3	Hadenham, Leslie	75	Synergy MSC-ETH	1:05.75	1:05.75		1:05.75	8

Men 75-79 100 SC Meter Backstroke

WORLD record:	1:18.47	W	2009-12-06	BURWELL JONES				USA
SAMS record:	1:30.25	S	2018-01-28	Jimmy Hughes (Dbn)				EACS-ETH
	1:30.31			75-79 SAQT SAMS Colours 2018-19				
1	Hughes, Jimmy	75	Synergy MSC-ETH	1:36.57	1:36.53		1:36.55	12
2	Fyfe, Derek	78	Coelacanth MSC-TSH	1:48.07		1:47.88	1:48.07	10

Men 75-79 50 SC Meter Butterfly

WORLD record:	32.93	W	2012-03-11	HIROSHI MATSUMOTO				JPN
SAMS record:	44.38	S	2016-10-16	Dave McLachlan (Stb)				CPTW-WP
	36.94			75-79 SAQT SAMS Colours 2018-19				
1	Hadenham, Leslie	75	Synergy MSC-ETH	56.56	56.59		56.57	12

Men 75-79 100 SC Meter IM

WORLD record:	1:17.58	W	2016-07-23	MIKE FRESHLEY				USA
SAMS record:	1:32.35	S	2012-01-14	David McLachlan (CT)				
	1:26.97			75-79 SAQT SAMS Colours 2018-19				
1	Hughes, Jimmy	75	Synergy MSC-ETH	1:40.25	1:40.16		1:40.20	12
2	Hadenham, Leslie	75	Synergy MSC-ETH	2:01.97	2:01.81		2:01.89	10

Men 75-79 200 SC Meter IM

WORLD record:	2:55.45	W	2016-07-24	MIKE FRESHLEY				USA
SAMS record:	3:33.78	S	2018-01-28	Jimmy Hughes (Dbn)				EACS-ETH
	3:18.18			75-79 SAQT SAMS Colours 2018-19				
1	Hughes, Jimmy	75	Synergy MSC-ETH	3:50.37	3:50.37		3:50.37	12

Men 80-84 50 SC Meter Freestyle

WORLD record:	31.25	W	2017-12-02	JEFF FARRELL				USA
SAMS record:	38.31	S	4-2003	Renato Selati (Dbn)				
	34.66			80-84 SAQT SAMS Colours 2018-19				
1	McLachlan, Dave	81	Cape Town MSC-CPT				41.90	12
2	Garson, John	80	Wahoo MSC-JHB	48.34		48.20	48.34	10
3	Saunders, Jim	81	Synergy MSC-ETH	49.16	49.06		49.11	8
4	Hutchings, Peter	83	Wahoo MSC-JHB		56.26	56.05	56.26	7

Men 80-84 200 SC Meter Freestyle

WORLD record:	2:38.25	W	2014-09-28	DAVID RADCLIFF				USA
SAMS record:	3:25.02	S	2017-04-23	Dave McLachlan (CT)				CPTW-WP
	3:10.82			80-84 SAQT SAMS Colours 2018-19				
1	McLachlan, Dave	81	Cape Town MSC-CPT				3:27.54	12
2	Hutchings, Peter	83	Wahoo MSC-JHB	5:28.00		5:27.81	5:28.00	10
---	Garson, John	80	Wahoo MSC-JHB				NS	

Men 80-84 50 SC Meter Backstroke

WORLD record:	37.82	W	2014-11-15	YOSHI OYAKAWA				USA
SAMS record:	50.47	S	1995	G May (Dbn)				
	43.94			80-84 SAQT SAMS Colours 2018-19				
1	McLachlan, Dave	81	Cape Town MSC-CPT				51.89	12
2	Garson, John	80	Wahoo MSC-JHB	58.51		58.35	58.51	10
---	Hutchings, Peter	83	Wahoo MSC-JHB				NS	

Men 80-84 100 SC Meter Backstroke

WORLD record:	1:23.24	W	2017-11-11	DAVID COSTILL				USA
SAMS record:	1:53.20	S	1995	G May (Dbn)				
	1:41.37			80-84 SAQT SAMS Colours 2018-19				
1	McLachlan, Dave	81	Cape Town MSC-CPT				1:52.31 S	12

SAMS SC Champs (Combined) - 2018-10-01 to 2018-10-31**Held at various venues in South Africa****Results****(Men 80-84 100 SC Meter Backstroke)**

2	Saunders, Jim	81	Synergy MSC-ETH	2:19.19	2:19.54	2:19.36	10
3	Garson, John	80	Wahoo MSC-JHB	2:20.98	2:20.96	2:20.98	8

Men 80-84 50 SC Meter Breaststroke

WORLD record: 41.42 W 2005-05-15 TOSHIO TAJIMA JPN

SAMS record: 55.15 S 2007-10-28 Paul Mulder (Jhb)

46.32 80-84 SAQT SAMS Colours 2018-19

1	McLachlan, Dave	81	Cape Town MSC-CPT			52.09S	12
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