

**South African Masters Swimming
2007-2008 Season**

Individual Top Times

Times since: 01-May-07 Times until: 30-Apr-08

Number of Top Times: All Show Short Course Only

Time	P/F/S	Name	Age/Yr				
Women 30-34 25 Free							
1	14.18 S	F	Cadiz, Perry	31	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops
2	14.39 S	F	Helps, Tracy	32	WAHO CG	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite)
3	15.12 S	F	Mee, Hayley	33	UN-CG CG	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite)
4	19.96 S	F	Gaydon, Irene	33	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)
Women 30-34 50 Free							
1	29.65 S	F	Cadiz, Perry	32	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street
2	30.32 S	F	Bacchini, Nadia	30	WAHO CG	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite)
3	31.36 S	F	Hancke, Elmarie	32	CPTW WP	2007-09-20	WPMSA (Cape Town) @ Long Street
4	31.62 S	F	Mee, Hayley	33	WAHO CG	2007-08-11	GMS SC Champs @ Wahoo AC
5	32.33 S	F	Denny, Nicky	34	UN-WP WP	2007-07-19	WPMSA (Cape Town) @ Long Street
6	33.27 S	F	Terblanche, Rita	30	UN-WP WP	2007-07-19	WPMSA (Cape Town) @ Long Street
7	33.48 S	F	Coetzee, Michelle	34	DOLP WP	2007-09-20	WPMSA (Cape Town) @ Long Street
8	34.42 S	F	Olivier, Idelette	31	UN-WP WP	2007-07-19	WPMSA (Cape Town) @ Long Street
9	35.82 S	F	Prentis, Catherine	31	AMAK BO	2007-10-28	SAMS (BMSA) SC Champs @ Hudsor
10	37.04 S	F	Hicks, Loraine	31	EACS KZ	2007-10-14	SAMS (KZNMSA) SC Champs @ Piet
11	38.68 S	F	Helps, Tracy	32	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)
12	45.76 S	F	Gaydon, Irene	33	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)
Women 30-34 100 Free							
1	1:04.85 S	F	Cadiz, Perry	31	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops
2	1:06.74 S	F	Bacchini, Nadia	30	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /
3	1:10.00 S	F	Koegelenberg, Mandy	30	HIGH KZ	2008-02-17	KZNMSA (East Coast) @ Gordon Roa
4	1:12.55 S	F	Terblanche, Rita	30	UN-WP WP	2007-07-19	WPMSA (Cape Town) @ Long Street
5	1:13.85 S	F	Olivier, Idelette	31	UN-WP WP	2007-07-19	WPMSA (Cape Town) @ Long Street
6	1:22.15 S	F	Prentis, Catherine	31	AMAK BO	2007-10-28	SAMS (BMSA) SC Champs @ Hudsor
7	1:29.37 S	F	Helps, Tracy	32	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)
Women 30-34 200 Free							
1	2:38.35 S	F	Mee, Hayley	33	WAHO CG	2007-08-11	GMS SC Champs @ Wahoo AC
2	3:05.53 S	F	Hicks, Loraine	31	EACS KZ	2007-12-09	KZNMSA (Highway) @ Kings Park
Women 30-34 400 Free							
1	5:14.69 S	F	Koegelenberg, Mandy	30	HIGH KZ	2008-02-17	KZNMSA (East Coast) @ Gordon Roa
2	5:15.46 S	F	Troup, Bianca	33	PHOE CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /
3	5:47.16 S	F	Terblanche, Rita	30	DOLP WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle
4	6:26.36 S	F	Prentis, Catherine	31	AMAK BO	2007-10-28	SAMS (BMSA) SC Champs @ Hudsor
Women 30-34 800 Free							
1	11:09.86 S	F	Bacchini, Nadia	30	WAHO CG	2007-11-24	GMS (Killer Whales) @ Linden
2	11:44.01 S	F	Terblanche, Rita	30	DOLP WP	2007-09-20	WPMSA (Cape Town) @ Long Street
3	12:37.28 S	F	Coetzee, Michelle	34	DOLP WP	2007-09-20	WPMSA (Cape Town) @ Long Street
4	13:24.16 S	F	Hicks, Loraine	32	EACS KZ	2008-04-06	KZNMSA (Barracuda) @ Gordon Roa
Women 30-34 1500 Free							
1	20:55.24 S	F	Bacchini, Nadia	30	WAHO CG	2007-08-11	GMS SC Champs @ Wahoo AC
Women 30-34 25 Back							
1	17.34 S	F	Cadiz, Perry	31	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops
Women 30-34 50 Back							
1	33.93 S	F	Cadiz, Perry	32	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street
2	36.08 S	F	Mee, Hayley	33	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /
3	39.44 S	F	Koegelenberg, Mandy	30	HIGH KZ	2008-02-17	KZNMSA (East Coast) @ Gordon Roa
4	41.00 S	F	Hicks, Loraine	32	EACS KZ	2008-04-06	KZNMSA (Barracuda) @ Gordon Roa
5	41.34 S	F	Olivier, Idelette	31	UN-WP WP	2007-07-19	WPMSA (Cape Town) @ Long Street
6	45.61 S	F	Prentis, Catherine	31	AMAK BO	2007-10-28	SAMS (BMSA) SC Champs @ Hudsor
7	45.96 S	F	Helps, Tracy	32	WAHO CG	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite)
Women 30-34 100 Back							
1	1:12.61 S	F	Cadiz, Perry	32	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street

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	Time	P/F/S	Name	Age/Yr				
2	1:16.08 S	F	Mee, Hayley	33	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
3	1:20.15 S	F	Bacchini, Nadia	30	WAHO CG	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite	
4	1:25.91 S	F	Koegelenberg, Mandy	30	HIGH KZ	2008-02-17	KZNMSA (East Coast) @ Gordon Roa	
5	1:29.30 S	F	Olivier, Idelette	31	UN-WP WP	2007-07-19	WPMSA (Cape Town) @ Long Street	
6	1:31.57 S	F	Hicks, Loraine	31	EACS KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	
7	1:40.34 S	F	Helps, Tracy	32	WAHO CG	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite	
Women 30-34 200 Back								
1	2:45.55 S	F	Cadiz, Perry	31	CPTW WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
2	2:45.62 S	F	Mee, Hayley	33	WAHO CG	2007-08-11	GMS SC Champs @ Wahoo AC	
3	2:49.82 S	F	Bacchini, Nadia	30	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
4	3:15.22 S	F	Hicks, Loraine	32	EACS KZ	2008-04-06	KZNMSA (Barracuda) @ Gordon Roac	
Women 30-34 50 Breast								
1	45.97 S	F	Prentis, Catherine	31	AMAK BO	2007-10-28	SAMS (BMSA) SC Champs @ Hudsor	
2	46.41 S	F	Anderson, Zona	34	WINE WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
3	58.20 S	F	Gaydon, Irene	33	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
Women 30-34 100 Breast								
1	1:39.40 S	F	Anderson, Zona	34	WINE WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
Women 30-34 25 Fly								
1	15.59 S	F	Cadiz, Perry	31	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
Women 30-34 50 Fly								
1	32.95 S	F	Hancke, Elmarie	32	CPTW WP	2007-09-20	WPMSA (Cape Town) @ Long Street	
2	36.19 S	F	Cadiz, Perry	31	CPTW WP	2007-09-20	WPMSA (Cape Town) @ Long Street	
3	37.35 S	F	Koegelenberg, Mandy	30	HIGH KZ	2008-02-17	KZNMSA (East Coast) @ Gordon Roa	
Women 30-34 100 Fly								
1	1:20.52 S	F	Bacchini, Nadia	30	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
Women 30-34 100 IM								
1	1:15.54 S	F	Hancke, Elmarie	32	CPTW WP	2007-09-20	WPMSA (Cape Town) @ Long Street	
2	1:18.36 S	F	Bacchini, Nadia	30	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
3	1:18.73 S	F	Denny, Nicky	34	UN-WP WP	2007-07-19	WPMSA (Cape Town) @ Long Street	
4	1:19.20 S	F	Mee, Hayley	33	WAHO CG	2007-11-24	GMS (Killer Whales) @ Linden	
5	1:20.30 S	F	Troup, Bianca	33	PHOE CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
6	1:34.15 S	F	Terblanche, Rita	30	DOLP WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
7	1:35.50 S	F	Hicks, Loraine	32	EACS KZ	2008-04-06	KZNMSA (Barracuda) @ Gordon Roac	
Women 30-34 200 IM								
1	2:48.23 S	F	Troup, Bianca	33	PHOE CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
2	2:49.15 S	F	Bacchini, Nadia	30	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
3	3:30.16 S	F	Hicks, Loraine	31	EACS KZ	2007-10-14	SAMS (KZNMSA) SC Champs @ Piet	