

South African Masters Swimming

Individual Top Times

Times since: 01-May-08 Times until: 30-Apr-09

Number of Top Times: All Show Short Course Only

Time	P/F/S	Name	Age/Yr				
Women 19-24 25 Free							
1	14.67 S	F	Stanford, Tarryn	22	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
Women 19-24 50 Free							
1	27.78 S	F	Botha, Cindy	24	EACS KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa
2	29.82 S	F	Stanford, Tarryn	23	CPTW WP	2009-04-01	WPMSA @ Long Street
Women 19-24 100 Free							
1	1:02.48 S	F	Botha, Cindy	24	EACS KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa
2	1:06.47 S	F	Stanford, Tarryn	22	CPTW WP	2008-09-18	WPMSA (Cape Town) @ Long Street
Women 19-24 200 Free							
1	2:22.12 S	F	Stanford, Tarryn	22	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
Women 19-24 400 Free							
1	5:11.13 S	F	Stanford, Tarryn	22	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos
Women 19-24 800 Free							
1	10:06.05 S	F	Stanford, Tarryn	22	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
Women 19-24 25 Back							
1	16.65 S	F	Stanford, Tarryn	22	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
Women 19-24 50 Back							
1	32.13 S	F	Botha, Cindy	24	EACS KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park
2	33.69 S	F	Stanford, Tarryn	23	CPTW WP	2009-04-01	WPMSA @ Long Street
Women 19-24 100 Back							
1	1:08.66 S	F	Botha, Cindy	24	EACS KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park
2	1:13.96 S	F	Stanford, Tarryn	22	CPTW WP	2008-06-19	WPMSA (Cape Town) @ Long Street
3	1:20.54 S	F	Steenkamp, Aletta	22	CPTW WP	2008-06-19	WPMSA (Cape Town) @ Long Street
Women 19-24 200 Back							
1	2:36.99 S	F	Stanford, Tarryn	22	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
Women 19-24 50 Breast							
1	37.88 S	F	Steenkamp, Aletta	22	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
Women 19-24 25 Fly							
1	15.88 S	F	Stanford, Tarryn	22	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
Women 19-24 50 Fly							
1	32.60 S	F	Steenkamp, Aletta	23	CPTW WP	2009-04-01	WPMSA @ Long Street
2	33.08 S	F	Stanford, Tarryn	23	CPTW WP	2009-04-01	WPMSA @ Long Street
Women 19-24 100 Fly							
1	1:18.87 S	F	Steenkamp, Aletta	22	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos
2	1:19.00 S	F	Stanford, Tarryn	22	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
Women 19-24 100 IM							
1	1:13.83 S	F	Stanford, Tarryn	23	CPTW WP	2009-04-01	WPMSA @ Long Street
2	1:13.84 S	F	Botha, Cindy	24	EACS KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park
3	1:14.97 S	F	Steenkamp, Aletta	23	CPTW WP	2009-04-01	WPMSA @ Long Street
Women 19-24 200 IM							
1	2:45.80 S	F	Stanford, Tarryn	22	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos