

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 45-49 25 Free							
1	14.43 S	F	Stanford, Cecilia	47	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
2	14.47 S	F	Webb, Liz	49	DOLP WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
3	14.86 S	F	Zambetti, Deane	45	WAHO CG	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit
4	15.50 S	F	Rip, Laura	48	COEL NT	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit
5	21.76 S	F	Wooding, Janet	47	COEL NT	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit
Women 45-49 50 Free							
1	28.91 S	F	Strauss, Marcelle	45	CPTW WP	2009-04-01	WPMSA @ Long Street
2	30.29 S	F	Stanford, Cecilia	47	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
3	32.17 S	F	Degenaar, Jean	48	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos
4	32.31 S	F	Bouwer, Marieke	45	COEL NT	2008-08-16	GMS SC Champs @ Wahoo AC
5	33.36 S	F	Foster, Kim	49	TUKM NT	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit
6	34.23 S	F	Zambetti, Deane	45	WAHO CG	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit
7	34.38 S	F	Rip, Laura	48	COEL NT	2008-10-01	SAMS (Consol.) SC Champs @ variou
8	34.65 S	F	Welgemoed, Janine	48	CPTW WP	2009-04-01	WPMSA @ Long Street
9	34.99 S	F	Geldard, Natalie	45	COEL NT	2008-10-01	SAMS (Consol.) SC Champs @ variou
10	35.27 S	F	Snyman, Annette	49	EACS KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou
11	35.72 S	F	Thompson, Terry	46	HIGH KZ	2009-03-29	KZNMSA (Highway) @ Gordon Road
12	36.12 S	F	Harrison, Peta	48	HIGH KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa
13	40.46 S	F	Coetzee, Yvette	45	PHOE CG	2008-11-22	GMS (Killer Whales) @ Linden
14	41.17 S	F	Lourens, Gina	45	DOLP WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
15	41.60 S	F	Bloem, Renette	45	DOLP WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos
16	43.13 S	F	Mulders, Mandy	47	COEL NT	2008-11-22	GMS (Killer Whales) @ Linden
17	47.27 S	F	Wooding, Janet	47	COEL NT	2008-11-22	GMS (Killer Whales) @ Linden
Women 45-49 100 Free							
1	1:04.49 S	F	Strauss, Marcelle	45	CPTW WP	2009-04-01	WPMSA @ Long Street
2	1:08.63 S	F	Webb, Liz	49	DOLP WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
3	1:09.93 S	F	Degenaar, Jean	48	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
4	1:13.46 S	F	Bouwer, Marieke	45	COEL NT	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit
5	1:15.87 S	F	Foster, Kim	49	TUKM NT	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit
6	1:22.72 S	F	Snyman, Annette	49	EACS KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park
7	1:33.19 S	F	Lourens, Gina	45	DOLP WP	2008-09-18	WPMSA (Cape Town) @ Long Street
Women 45-49 200 Free							
1	2:22.22 S	F	Stanford, Cecilia	47	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
2	2:26.18 S	F	McCarney, Gail	49	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
3	2:35.70 S	F	Bouwer, Marieke	45	COEL NT	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit
4	2:48.49 S	F	Foster, Kim	49	TUKM NT	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit
5	2:54.15 S	F	Ueckermann, Hannah	45	COEL NT	2008-11-22	GMS (Killer Whales) @ Linden
6	3:04.64 S	F	Geldard, Natalie	45	COEL NT	2008-10-01	SAMS (Consol.) SC Champs @ variou
7	3:05.59 S	F	Harrison, Peta	49	HIGH KZ	2009-01-18	KZNMSA (East Coast) @ Gordon Roa
8	3:08.25 S	F	Snyman, Annette	49	EACS KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou
9	3:10.91 S	F	Lourens, Gina	45	DOLP WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
10	4:03.74 S	F	Mulders, Mandy	47	COEL NT	2008-11-22	GMS (Killer Whales) @ Linden
Women 45-49 400 Free							
1	5:01.38 S	F	Stanford, Cecilia	47	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos
2	5:31.98 S	F	Bouwer, Marieke	45	COEL NT	2008-08-16	GMS SC Champs @ Wahoo AC
3	6:30.47 S	F	Harrison, Peta	48	HIGH KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa
4	7:41.96 S	F	Williams, Marina	48	EACS KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa
Women 45-49 800 Free							
1	10:23.16 S	F	Stanford, Cecilia	47	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
2	10:46.42 S	F	Webb, Liz	49	DOLP WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
3	11:56.85 S	F	Bouwer, Marieke	45	COEL NT	2008-10-01	SAMS (Consol.) SC Champs @ variou
4	12:15.40 S	F	Ueckermann, Hannah	45	COEL NT	2008-11-22	GMS (Killer Whales) @ Linden
5	12:57.88 S	F	Lourens, Gina	45	DOLP WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
6	13:15.26 S	F	Geldard, Natalie	45	COEL NT	2008-10-01	SAMS (Consol.) SC Champs @ variou
7	18:44.43 S	F	Mulders, Mandy	47	COEL NT	2008-10-01	SAMS (Consol.) SC Champs @ variou

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 45-49 1500 Free							
1	22:29.90 S	F	Bouwer, Marieke	45	COEL NT	2008-08-16	GMS SC Champs @ Wahoo AC
2	25:57.43 S	F	Lourens, Gina	45	DOLP WP	2008-09-18	WPMSA (Cape Town) @ Long Street
Women 45-49 25 Back							
1	17.18 S	F	Stanford, Cecilia	47	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
2	17.87 S	F	Degenaar, Jean	48	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
Women 45-49 50 Back							
1	35.82 S	F	Stanford, Cecilia	47	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos
2	36.68 S	F	Degenaar, Jean	48	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
3	39.15 S	F	Rip, Laura	48	COEL NT	2008-10-01	SAMS (Consol.) SC Champs @ variou
4	39.48 S	F	Bouwer, Marieke	45	COEL NT	2008-08-16	GMS SC Champs @ Wahoo AC
5	40.50 S	F	McCarney, Gail	49	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
6	40.67 S	F	Hore, Hayley	45	HIGH KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou
7	42.50 S	F	Snyman, Annette	49	EACS KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou
8	43.72 S	F	Bloxham, Michelle	48	EACS KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa
9	50.75 S	F	Bloem, Renette	45	DOLP WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos
10	1:00.85 S	F	Wooding, Janet	47	COEL NT	2008-10-01	SAMS (Consol.) SC Champs @ variou
Women 45-49 100 Back							
1	1:19.00 S	F	Degenaar, Jean	49	CPTW WP	2009-04-01	WPMSA @ Long Street
2	1:21.95 S	F	Stanford, Cecilia	47	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
3	1:28.81 S	F	Hore, Hayley	45	HIGH KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park
Women 45-49 200 Back							
1	3:19.73 S	F	Hore, Hayley	45	HIGH KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou
2	3:24.77 S	F	Bloxham, Michelle	48	EACS KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa
3	3:25.86 S	F	Rip, Laura	48	COEL NT	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit
Women 45-49 25 Breast							
1	18.16 S	F	Stanford, Cecilia	47	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
2	19.73 S	F	Degenaar, Jean	48	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
Women 45-49 50 Breast							
1	38.37 S	F	McCarney, Gail	49	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos
2	38.78 S	F	Stanford, Cecilia	47	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos
3	42.48 S	F	Ueckermann, Hannah	45	COEL NT	2008-11-22	GMS (Killer Whales) @ Linden
4	43.47 S	F	Hau, Di	48	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos
5	43.60 S	F	Thompson, Terry	46	HIGH KZ	2009-03-29	KZNMSA (Highway) @ Gordon Road
6	44.39 S	F	Zambetti, Deane	45	WAHO CG	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit
7	46.37 S	F	Bloxham, Michelle	48	EACS KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa
8	47.99 S	F	Welgemoed, Janine	48	CPTW WP	2009-04-01	WPMSA @ Long Street
9	48.69 S	F	Snyman, Annette	49	EACS KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park
10	48.81 S	F	Coetzee, Yvette	45	PHOE CG	2008-11-22	GMS (Killer Whales) @ Linden
11	49.63 S	F	Mulders, Mandy	47	COEL NT	2008-11-22	GMS (Killer Whales) @ Linden
12	50.85 S	F	Bloem, Renette	45	DOLP WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos
13	53.36 S	F	Harrison, Peta	48	HIGH KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa
14	1:08.37 S	F	Wooding, Janet	47	COEL NT	2008-11-22	GMS (Killer Whales) @ Linden
Women 45-49 100 Breast							
1	1:25.52 S	F	McCarney, Gail	49	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
2	1:29.29 S	F	Degenaar, Jean	48	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos
3	1:37.48 S	F	Thompson, Terry	46	HIGH KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou
4	1:39.19 S	F	Bloxham, Michelle	48	EACS KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa
5	1:39.38 S	F	Hau, Di	48	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos
6	1:44.92 S	F	Bloem, Renette	45	DOLP WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos
Women 45-49 200 Breast							
1	3:25.56 S	F	Ueckermann, Hannah	45	COEL NT	2008-11-22	GMS (Killer Whales) @ Linden
2	3:36.09 S	F	Thompson, Terry	46	HIGH KZ	2009-03-29	KZNMSA (Highway) @ Gordon Road

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 45-49 25 Fly								
1	15.32 S	F	Stanford, Cecilia	47	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
2	16.14 S	F	Degenaar, Jean	48	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
3	16.40 S	F	Webb, Liz	49	DOLP WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
Women 45-49 50 Fly								
1	32.51 S	F	McCarney, Gail	49	CPTW WP	2008-06-19	WPMSA (Cape Town) @ Long Street	
2	33.04 S	F	Stanford, Cecilia	47	CPTW WP	2008-06-19	WPMSA (Cape Town) @ Long Street	
3	35.16 S	F	Degenaar, Jean	48	CPTW WP	2008-07-17	WPMSA (Winelands) @ Long Street	
4	37.25 S	F	Hore, Hayley	45	HIGH KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park	
5	38.93 S	F	Snyman, Annette	49	EACS KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
6	39.60 S	F	Zambetti, Deane	45	WAHO CG	2008-10-01	SAMS (Consol.) SC Champs @ variou	
7	43.07 S	F	Thompson, Terry	46	HIGH KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
8	1:01.97 S	F	Wooding, Janet	47	COEL NT	2008-08-16	GMS SC Champs @ Wahoo AC	
Women 45-49 100 Fly								
1	1:15.03 S	F	McCarney, Gail	49	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	
2	1:17.82 S	F	Degenaar, Jean	48	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou	
3	1:32.03 S	F	Hore, Hayley	45	HIGH KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
Women 45-49 100 IM								
1	1:14.96 S	F	Stanford, Cecilia	47	CPTW WP	2008-06-19	WPMSA (Cape Town) @ Long Street	
2	1:17.79 S	F	Degenaar, Jean	49	CPTW WP	2009-04-01	WPMSA @ Long Street	
3	1:24.72 S	F	Bouwer, Marieke	45	COEL NT	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit	
4	1:26.70 S	F	Ueckermann, Hannah	45	COEL NT	2008-11-22	GMS (Killer Whales) @ Linden	
5	1:27.94 S	F	Hore, Hayley	45	HIGH KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park	
6	1:28.76 S	F	Welgemoed, Janine	48	CPTW WP	2009-04-01	WPMSA @ Long Street	
7	1:30.25 S	F	Zambetti, Deane	45	WAHO CG	2008-10-01	SAMS (Consol.) SC Champs @ variou	
8	1:31.87 S	F	Snyman, Annette	49	EACS KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
9	1:32.87 S	F	Thompson, Terry	46	HIGH KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park	
10	2:09.93 S	F	Wooding, Janet	47	COEL NT	2008-11-22	GMS (Killer Whales) @ Linden	
Women 45-49 200 IM								
1	2:47.68 S	F	Degenaar, Jean	48	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	
2	3:32.06 S	F	Hau, Di	48	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	
3	3:41.64 S	F	Bloem, Renette	45	DOLP WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	
Women 45-49 400 IM								
1	5:57.97 S	F	Degenaar, Jean	48	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou	
2	6:38.18 S	F	Bouwer, Marieke	45	COEL NT	2008-10-01	SAMS (Consol.) SC Champs @ variou	