

## **GMS Performance awards for the 2014-2015 season**

Please be aware that:

- 1) Awards that are measured against the World Records will automatically eliminate the 19-24 age group. FINA does not recognize this age group and as a result there are no World Records in this age group. Effectively, this eliminates anyone in the 19-24 age group from winning the Alf Cadenhead Trophy.
- 2) The World Records used in the calculation of the Alf Cadenhead award are those as used at the 2015 SAMS Long Course National Championships.

**Most Improved Swimmer:** (Greatest improvement in a single event comparing times swum in standard events at the 2014 Bloemfontein LC Nationals and at the 2015 Johannesburg LC Nationals.)

**Female: Anne Jones (70) Phoenix MSC**

(8.73% improvement in the 200m Freestyle. Bloemfontein: 3:28.58 → Johannesburg: 3:10.37)

**Male: Jaco Erasmus (37) Wahoo MSC**

(9.92% improvement in the 200m IM. Bloemfontein: 3:06.65 → Johannesburg: 2:48.13)

**Alf Cadenhead Trophy:** (Best Backstroke performance at the 2015 Johannesburg Nationals measured against the World Record. (Backstroke is used in the odd numbered years and Breaststroke in the even numbered years.) Donated by **Gloria Williamson**)

**Simon Thirsk (38) Wahoo MSC (2.91% above the World Record in the 100m Backstroke)**

**Swimmer of the Year (Participation):** (Most number of completed events in GMS & GMS Club hosted galas, Inter Regional galas and SAMS National galas during the season.)

**Female: Carole Bridges (53) Wahoo MSC (45 qualifying events)**

**Male: Craig Gnesin (39) Wahoo MSC (46 qualifying events)**

**Long Haul Trophy (Distance):** (Most metres swum in completed events in GMS & GMS Club hosted galas, Inter Regional galas and SAMS National galas during the season. Female trophy donated by Tracey Gardiner. Male trophy donated by Jason Wagner.)

**Female: Carole Bridges (53) Wahoo MSC (9150 metres)**

**Male: Tyron Venter (29) Phoenix MSC (7175 metres)**

**GMS Colours:** (SAMS Colours qualifying time plus 7%, achieved in any event in GMS & GMS Club hosted galas, Inter Regional galas, SAMS National galas and the FINA World Championships during the season. Must have also competed for a GMS club in 3 or more SAMS Long Course Championships.)

**Linda Crawford – Phoenix MSC**

**Jaki Fagan – Phoenix MSC**

**Armour Gittings – Phoenix MSC**

**Samantha Gunther – Phoenix MSC**

**Don Johnston – Phoenix MSC (plus SAMS Colours)**

**Anne Jones – Phoenix MSC (plus SAMS Colours)**

**Quirin Kohler – Phoenix MSC**

**Sue Leuner – Phoenix MSC (plus SAMS Colours)**

**Heather Morris-Eyton - Wahoo MSC (plus SAMS Colours)**

**Brian Nelson – Wahoo MSC**

**John Petersen – Phoenix MSC**

**Marissa Rollnick – Phoenix MSC**

**Ivan Schlapobersky – Phoenix MSC**

**Andre Steynberg – Wahoo MSC (plus SAMS Colours)**

**Simon Thirsk – Wahoo MSC (plus SAMS Colours)**

**Bianca Troup – Phoenix MSC**

**Tyron Venter – Phoenix MSC**

**Achieved qualifying times this season but have not attended 3 SAMS LC Nationals:**

**Jessica de Beer – Florida MSC**

**Adrian Goate – Aqua Athlete - Masters**

**Gerd Hipper – Wahoo MSC**

**Andrea Landau – Phoenix MSC**

**Maureen Mons – Phoenix MSC**

**Heinrich Schoeman – Wahoo MSC**

**Cassie Shear – Florida MSC**

**Gary Taylor – Phoenix MSC**

**Elzanne Werth – Phoenix MSC (GMS and SAMS)**

**Rowan Wittels – Wahoo MSC**