

GMS (Wahoo) @ Wahoo AC - FB1 - 20160507 - Com - 2016/05/06 to 2016/05/07**Wahoo Aquatic Centre 25m Indoor Pool****Results****Event 1 Women 35-39 400 SC Meter Freestyle**

SAMS record: 4:46.98 S 2015/08/30 Kathryn Nurse (CT)

CPTW-WP

GMS record: 4:57.81 G 2005/10/23 Rachele Isakov (Jhb)

Name	Age	Team	Button 1	Button 2	Button 3	Finals Time	Points
1 Johnson, Justine	39	Phoenix MSC-CG	5:54.26		5:53.90	5:54.26	12

Event 1 Women 50-54 400 SC Meter Freestyle

SAMS record: 5:00.19 S 2012/10/14 Cecilia Stanford (CT)

GMS record: 5:24.77 G 2008/08/16 Clare Davie (Jhb)

1 Kennedy, Karen	50	Phoenix MSC-CG	5:29.54			5:29.54	12
2 Homveld, Jade	50	Phoenix MSC-CG	6:22.66		6:22.81	6:22.66	10
3 Bridges, Carole	54	Wahoo MSC-CG			6:53.80	6:53.80	8

Event 1 Women 60-64 400 SC Meter Freestyle

SAMS record: 5:12.25 S 2015/08/30 Diane Coetzee (CT)

CPTW-WP

GMS record: 6:03.59 G 2011/05/15 Marissa Rollnick (Jhb)

1 Vorster, Merryll	60	Wahoo MSC-CG	7:27.92		7:27.41	7:27.92	12
2 Nell, Margaret	62	Coelacanth MSC-NT	10:55.31		10:55.30	10:55.31	10

Event 1 Women 65-69 400 SC Meter Freestyle

SAMS record: 6:29.32 S 2012/01/15 Bev Shuttleworth (Dbn)

GMS record: 7:23.20 G 1998/02/15 Dilys van der Merwe

1 Mons, Maureen	65	Phoenix MSC-CG	5:59.67	5:59.67	5:59.70	5:59.67 S	12
2 Rollnick, Marissa	65	Phoenix MSC-CG	6:25.82	6:25.85	6:25.85	6:25.85 S	10

Event 1 Women 70-74 400 SC Meter Freestyle

SAMS record: 7:12.56 S 2015/03/01 Willij Kokott (Dbn)

HIGH-KZ

GMS record: 7:37.21 G 2013/08/17 Sue Leuner (Jhb)

PHOE-CG

1 Jones, Anne	71	Phoenix MSC-CG			7:01.78	7:01.78 S	12
2 Burger, Rita	71	Coelacanth MSC-NT	8:41.41		8:41.24	8:41.41	10

Event 1 Men 25-29 400 SC Meter Freestyle

SAMS record: 4:26.91 S 2014/08/30 Tyron Venter (Jhb)

PHOE-CG

GMS record: 4:26.91 G 2014/08/30 Tyron Venter (Jhb)

PHOE-CG

1 Steyn, Kelvin	25	Wahoo MSC-CG	5:09.23		5:09.61	5:09.23	12
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Event 1 Men 30-34 400 SC Meter Freestyle

SAMS record: 4:21.76 S 2005/10/23 Paul Fryer (Jhb)

GMS record: 4:21.76 G 2005/10/23 Paul Fryer (Jhb)

1 Venter, Tyron	30	Phoenix MSC-CG	4:33.29		4:33.35	4:33.32	12
2 Grobler, Michael	34	Coelacanth MSC-NT	5:24.27	5:24.19	5:24.27	5:24.27	10

Event 1 Men 40-44 400 SC Meter Freestyle

SAMS record: 4:26.55 S 2004/10/31 Gregg Price (Jhb)

GMS record: 4:26.55 G 2004/10/31 Gregg Price (Jhb)

1 Wittels, Rowan	42	Wahoo MSC-CG	5:01.86			5:01.86	12
2 Collins, Stuart	42	Wahoo MSC-CG	5:19.19			5:19.19	10

Event 1 Men 45-49 400 SC Meter Freestyle

SAMS record: 4:19.10 S 2014/08/30 Gary Albertyn (Jhb)

COEL-NT

GMS record: 4:55.55 G 2005/08/06 Quirin Kohler (Jhb)

1 Grobler, Francois	48	Wahoo MSC-CG	5:18.12			5:18.12	12
2 Smith, Damian	49	Waterborn SC - Masters-CG	6:31.24		6:30.97	6:31.24	10

Event 1 Men 50-54 400 SC Meter Freestyle

SAMS record: 4:39.68 S 2014/12/14 Julian Taylor (Dbn)

EACS-KZ

GMS record: 5:07.14 G 1994/10/16 William Wilson

1 Greaves, Gordon	50	Phoenix MSC-CG	6:30.82		6:30.95	6:30.82	12
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GMS (Wahoo) @ Wahoo AC - FB1 - 20160507 - Com - 2016/05/06 to 2016/05/07**Wahoo Aquatic Centre 25m Indoor Pool****Results****Event 1 Men 55-59 400 SC Meter Freestyle**

SAMS record: 4:46.93 S 2007/10/21 Tim Shead (Stb)

GMS record: 5:37.88 G 2003/09/21 Martin Flekser (Jhb)

1 Finn, Joel 55 Wahoo MSC-CG 4:56.57 4:56.51 4:56.56 4:56.56 G 12

Event 1 Men 60-64 400 SC Meter Freestyle

SAMS record: 4:54.60 S 2009/10/24 Terry Downes (Jhb)

GMS record: 5:32.34 G 2008/08/16 Doug Wilson (Jhb)

1 Vile, Danny 64 ET Stingrays MSC-ES 7:09.36 7:09.93 7:09.36 12

Event 1 Men 65-69 400 SC Meter Freestyle

SAMS record: 5:27.56 S 2014/05/24 Terry Downes (Jhb)

GMS record: 5:37.53 G 2004/10/31 Mike Edwards (Jhb)

1 Burger, Francois 67 Coelacanth MSC-NT 6:52.34 6:51.60 6:52.34 12

2 van Heerden, Carel 66 Wahoo MSC-CG 7:23.69 7:23.54 7:23.69 10

Event 1 Men 75-79 400 SC Meter Freestyle

SAMS record: 6:20.15 S 2012/04/22 Dave McLachlan (CT)

GMS record: 7:27.97 G 2012/10/27 Russel Wolpe (Jhb)

1 Wolpe, Russel 79 Phoenix MSC-CG 8:22.05 8:21.87 8:22.05 12

Event 2 Women 19-24 50 SC Meter Backstroke

SAMS record: 32.13 S 2008/09/07 Cindy Botha (Dbn)

GMS record: 34.16 G 1999/09/26 Cheryl Ballard-Tremeer (Jhb)

1 Homveld, Alexis 24 Phoenix MSC-CG 40.76 40.58 40.76 12

Event 2 Women 30-34 50 SC Meter Backstroke

SAMS record: 33.59 S 2008/10/19 Perry-Ann Cadiz (Stb)

GMS record: 34.09 G 2013/05/18 Romy Altmann (Jhb)

1 Mazor, Cindy-Leigh 33 Wahoo MSC-CG 45.36 45.02 45.36 12

Event 2 Women 35-39 50 SC Meter Backstroke

SAMS record: 31.24 S 7/2006 Marianne Kriel (CT)

GMS record: 36.54 G 1989/01/01 DOT KERR-FOX

1 Coucumbros, Sam 38 Wahoo MSC-CG 44.20 44.16 44.20 12

Event 2 Women 40-44 50 SC Meter Backstroke

SAMS record: 32.78 S 12/2004 Bev McCarney (Dbn)

GMS record: 35.52 G 1987/01/01 NATHALIE BOSHOF

1 Struwig, Nicky 44 Coelacanth MSC-NT 48.30 48.03 48.30 12

Event 2 Women 45-49 50 SC Meter Backstroke

SAMS record: 34.82 S 7/2005 Jean Degenaar (CT)

GMS record: 36.95 G 1989/01/01 NATHALIE BOSHOF

1 Strydom, Caren 49 Wahoo MSC-CG 40.65 40.58 40.65 12

Event 2 Women 55-59 50 SC Meter Backstroke

SAMS record: 35.50 S 2013/10/20 Diane Coetzee (Stb)

GMS record: 40.79 G 2012/07/14 Clare Davie (Jhb)

1 Foster, Kim 57 Coelacanth MSC-NT 45.91 45.83 45.91 12

Event 2 Women 60-64 50 SC Meter Backstroke

SAMS record: 35.60 S 2015/04/19 Diane Coetzee (CT)

GMS record: 45.73 G 2005/05/15 Anne Jones (Jhb)

1 Bronkhorst, Liz 60 Phoenix MSC-CG 57.20 56.95 57.20 12

2 Brakhoven, Mieke 63 Phoenix MSC-CG 58.19 58.20 58.19 10

Event 2 Women 65-69 50 SC Meter Backstroke

SAMS record: 41.12 S 2015/07/19 Sanderina Kruger (CT)

GMS record: 50.82 G 8/1997 Dilys van der Merwe (Pta)

1 Ferreira, Mercia 67 Wahoo MSC-CG 1:04.71 1:04.89 1:04.71 12

GMS (Wahoo) @ Wahoo AC - FB1 - 20160507 - Com - 2016/05/06 to 2016/05/07**Wahoo Aquatic Centre 25m Indoor Pool****Results****Event 2 Women 70-74 50 SC Meter Backstroke**

SAMS record:	48.04	S	2014/10/19	Lenchen Zundorf (Stb)						
GMS record:	50.75	G	2015/05/16	Anne Jones (Jhb)						
1	Burger, Rita		71	Coelacanth MSC-NT	57.72			57.52	57.72	12

Event 2 Men 35-39 50 SC Meter Backstroke

SAMS record:	27.95	S	2012/05/19	Simon Thirsk (Jhb)						
GMS record:	27.95	G	2012/05/19	Simon Thirsk (Jhb)						
1	Erasmus, Jaco		38	Wahoo MSC-CG	33.97				33.97	12

Event 2 Men 45-49 50 SC Meter Backstroke

SAMS record:	28.39	S	2015/10/24	Greg Kahn (PE)						
GMS record:	30.53	G	2005/11/26	Andre Steynberg (Jhb)						
1	Crowther, Bobbie		47	Wahoo MSC-CG	43.09				43.09	12

Event 2 Men 50-54 50 SC Meter Backstroke

SAMS record:	30.05	S	2006/07/08	Andre Steynberg (Jhb)						
GMS record:	30.05	G	2006/07/08	Andre Steynberg (Jhb)						
1	Ruck, Harald		51	Coelacanth MSC-NT	30.35	30.36	30.30		30.35	12
2	de Beer, David		54	Coelacanth MSC-NT	57.82		57.59		57.82	10

Event 2 Men 55-59 50 SC Meter Backstroke

SAMS record:	30.31	S	2012/11/24	Andre Steynberg (Jhb)						
GMS record:	30.31	G	2012/11/24	Andre Steynberg (Jhb)						
1	Morgan, Trevor		57	Coelacanth MSC-NT	35.00		34.88		35.00	12
2	Scholtemayer, Kobus		59	Wahoo MSC-CG	49.10		48.95		49.10	10

Event 2 Men 60-64 50 SC Meter Backstroke

SAMS record:	33.83	S	2015/10/18	Mike Winfield (CT)						
GMS record:	35.70	G	2007/06/10	Doug Wilson (Jhb)						
1	du Plooy, Kobus		63	Coelacanth MSC-NT	41.66		41.48		41.66	12

Event 2 Men 65-69 50 SC Meter Backstroke

SAMS record:	36.90	S	2011/01/23	Brian Stewart (Dbn)						
GMS record:	44.93	G	1995/11/12	Donald Johnston						
1	Downes, Terry		67	Coelacanth MSC-NT	37.32	37.31	37.29		37.31	12
2	Burger, Francois		67	Coelacanth MSC-NT	52.84		52.70		52.84	10

Event 2 Men 75-79 50 SC Meter Backstroke

SAMS record:	43.50	S	2011/10/30	Mike Cameron (Dbn)						
GMS record:	48.83	G	2013/06/22	John Garson (Jhb)						
1	Garson, John		78	Wahoo MSC-CG	52.44		52.20		52.44	12

Event 2 Men 80-84 50 SC Meter Backstroke

SAMS record:	50.47	S	1995	G May (Dbn)						
GMS record:	57.36	G	1992/03/01	ALF CADENHEAD						
1	Hanna, Ken		81	Wahoo MSC-CG	1:48.23		1:48.13		1:48.23	12

Event 3 Women 30-34 100 SC Meter Butterfly

SAMS record:	1:10.40	S	2013/07/18	Kathryn Nurse (CT)						
GMS record:	1:11.69	G	2004/11/28	Rachelle Isakov (Jhb)						
1	Cloete, Lesa-Jo		30	Phoenix MSC-CG	1:19.02		1:20.10		1:19.02	12

Event 3 Women 50-54 100 SC Meter Butterfly

SAMS record:	1:12.89	S	2012/08/23	Cecilia Stanford (CT)						
GMS record:	1:26.25	G	2007/05/12	Clare Davie (Jhb)						
1	Smith, Ruth		52	Waterborn SC - Masters-CG	1:55.96		1:55.74		1:55.96	12
2	Bridges, Carole		54	Wahoo MSC-CG	1:59.18		1:58.97		1:59.18	10

GMS (Wahoo) @ Wahoo AC - FB1 - 20160507 - Com - 2016/05/06 to 2016/05/07**Wahoo Aquatic Centre 25m Indoor Pool****Results****Event 3 Men 30-34 100 SC Meter Butterfly**

SAMS record: 1:01.55 S 10/2003 David Hadenham (Dbn)

GMS record: 1:03.34 G 2007/05/12 Glenn Swart (Jhb)

1 Venter, Tyron 30 Phoenix MSC-CG 1:01.85 1:01.74 1:01.76 1:01.76 G 12

Event 3 Men 40-44 100 SC Meter Butterfly

SAMS record: 1:02.98 S 2009/11/28 Stephen Haupt (Jhb)

GMS record: 1:02.98 G 2009/11/28 Stephen Haupt (Jhb)

1 Wittels, Rowan 42 Wahoo MSC-CG 1:11.35 1:11.34 1:11.35 12

Event 3 Men 45-49 100 SC Meter Butterfly

SAMS record: 1:00.47 S 2010/10/16 Bryan Tatterson (Orl)

GMS record: 1:03.76 G 2006/10/29 Gregg Price (Jhb)

1 Grobler, Francois 48 Wahoo MSC-CG 1:22.82 1:22.68 1:22.82 12

Event 3 Men 55-59 100 SC Meter Butterfly

SAMS record: 1:04.78 S 2012/05/19 Andre Steynberg (Jhb)

GMS record: 1:04.78 G 2012/05/19 Andre Steynberg (Jhb)

1 Lotkin, Roy 57 Waterborn SC - Masters-CG 1:47.85 1:47.63 1:47.85 12

Event 4 Women 25-29 50 SC Meter Breaststroke

SAMS record: 35.36 S 2007/06/10 Claire Rolt (Jhb)

GMS record: 37.33 G 1996/01/14 Heather Morris-Eyton

1 Harvey, Katherine 27 Waterborn SC - Masters-CG 42.29 42.06 42.29 12

Event 4 Women 30-34 50 SC Meter Breaststroke

SAMS record: 35.80 S 2014/10/25 Andrea Landau (Jhb)

GMS record: 35.80 G 2014/10/25 Andrea Landau (Jhb)

1 Mazor, Cindy-Leigh 33 Wahoo MSC-CG 45.35 45.21 45.35 12

PHOE-CG

PHOE-CG

Event 4 Women 40-44 50 SC Meter Breaststroke

SAMS record: 34.38 S 2009/10/24 Heather Morris-Eyton (Jhb)

GMS record: 34.38 G 2009/10/24 Heather Morris-Eyton (Jhb)

1 Struwig, Nicky 44 Coelacanth MSC-NT 49.78 49.63 49.78 12

Event 4 Women 45-49 50 SC Meter Breaststroke

SAMS record: 35.87 S 2012/10/27 Heather Morris-Eyton (Jhb)

GMS record: 35.87 G 2012/10/27 Heather Morris-Eyton (Jhb)

1 Morris-Eyton, Heather 49 Wahoo MSC-CG 39.49 39.42 39.49 12

2 Russell, Marcilla 48 Coelacanth MSC-NT 55.12 54.76 55.12 10

Event 4 Women 50-54 50 SC Meter Breaststroke

SAMS record: 39.39 S 2012/08/23 Cecilia Stanford (CT)

GMS record: 39.80 G 1998/03/15 Shirley Turner

1 Callanan, Lynne 51 Phoenix MSC-CG 42.87 42.61 42.87 12

2 de Klerk, Mariette 52 Wahoo MSC-CG 52.61 52.35 52.61 10

Event 4 Women 55-59 50 SC Meter Breaststroke

SAMS record: 41.03 S 2014/10/19 Gail McCarney (Stb)

GMS record: 47.37 G 2012/08/18 Elaine Alder (Jhb)

1 Verryn, Sabine 55 Coelacanth MSC-NT 45.70 45.29 45.70 12

2 Foster, Kim 57 Coelacanth MSC-NT 47.43 47.07 47.43 10

3 Cronje, Anet 55 Wahoo MSC-CG 1:01.58 1:01.39 1:01.58 8

CPTW-WP

Event 4 Women 60-64 50 SC Meter Breaststroke

SAMS record: 43.00 S 2014/04/10 Sandra Reeves (Stb)

GMS record: 49.76 G 2006/10/29 Anne Jones (Jhb)

1 Brakhoven, Mieke 63 Phoenix MSC-CG 1:01.58 1:01.45 1:01.58 12

DOLP-WP

GMS (Wahoo) @ Wahoo AC - FB1 - 20160507 - Com - 2016/05/06 to 2016/05/07**Wahoo Aquatic Centre 25m Indoor Pool****Results****Event 4 Women 65-69 50 SC Meter Breaststroke**

SAMS record: 45.00 S 2012/10/07 Bev Shuttleworth (Pmb)

GMS record: 53.44 G 1994/03/06 Caroline Kelly

1 Ferreira, Mercia 67 Wahoo MSC-CG 1:00.57 1:00.57 12

Event 4 Men 35-39 50 SC Meter Breaststroke

SAMS record: 31.34 S 2009/12/06 Kieren Lawrenson (Dbn)

GMS record: 32.61 G 2008/10/25 Gary Hall (Jhb)

1 Erasmus, Jaco 38 Wahoo MSC-CG 42.74 42.53 42.74 12

Event 4 Men 40-44 50 SC Meter Breaststroke

SAMS record: 32.01 S 2010/10/10 Cliff Lyne (Pmb)

GMS record: 33.29 G 1994/08/20 Tim Shead

1 Gasson, Martin 43 Wahoo MSC-CG 36.78 36.34 36.78 12

Event 4 Men 45-49 50 SC Meter Breaststroke

SAMS record: 31.75 S 2010/08/19 Johan van der Merwe (CT)

GMS record: 34.08 G 2006/10/29 Gregg Price (Jhb)

1 Smith, Damian 49 Waterborn SC - Masters-CG 42.12 41.76 42.12 12

2 Crowther, Bobbie 47 Wahoo MSC-CG 48.59 48.31 48.59 10

Event 4 Men 50-54 50 SC Meter Breaststroke

SAMS record: 31.72 S 3/2002 T Shead (Syd)

GMS record: 34.94 G 2001/12/01 Robert Hatherly (Jhb)

1 Uitenweerde, Lourens 52 Coelacanth MSC-NT 41.87 41.82 41.87 12

2 Greaves, Gordon 50 Phoenix MSC-CG 45.09 44.87 45.09 10

3 de Beer, David 54 Coelacanth MSC-NT 56.91 56.76 56.91 8

Event 4 Men 65-69 50 SC Meter Breaststroke

SAMS record: 38.02 S 2014/10/19 Halton Cheadle (Stb)

GMS record: 39.41 G 2010/05/15 Brian Nelson (Jhb)

1 van Heerden, Carel 66 Wahoo MSC-CG 43.85 43.66 43.85 12

CPTW-WP

Event 4 Men 75-79 50 SC Meter Breaststroke

SAMS record: 42.32 S 2008/10/25 Patrick Galvin (Jhb)

GMS record: 42.32 G 2008/10/25 Patrick Galvin (Jhb)

1 Wolpe, Russel 79 Phoenix MSC-CG 1:00.07 1:00.07 12

Event 4 Men 80-84 50 SC Meter Breaststroke

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

GMS record: 1:12.32 G 1992/02/22 ALF CADENHEAD

1 Theron, Sarel 82 Coelacanth MSC-NT 1:15.27 1:15.12 1:15.27 12

Event 5 Women 30-34 25 SC Meter Freestyle

1 Cloete, Lesa-Jo 30 Phoenix MSC-CG 14.80 14.56 14.80 12

Event 5 Women 40-44 25 SC Meter Freestyle

1 Struwig, Nicky 44 Coelacanth MSC-NT 17.06 16.84 17.06 12

Event 5 Women 45-49 25 SC Meter Freestyle

1 Russell, Marcilla 48 Coelacanth MSC-NT 20.78 20.19 20.78 12

Event 5 Women 50-54 25 SC Meter Freestyle

1 Kennedy, Karen 50 Phoenix MSC-CG 14.98 14.80 14.98 12

Event 5 Women 55-59 25 SC Meter Freestyle

1 Cronje, Anet 55 Wahoo MSC-CG 23.29 23.07 23.29 12

Event 5 Women 60-64 25 SC Meter Freestyle

1 Vorster, Merryll 60 Wahoo MSC-CG 20.09 21.01 20.09 12

2 Brakhoven, Mieke 63 Phoenix MSC-CG 21.85 21.71 21.85 10

3 Nell, Margaret 62 Coelacanth MSC-NT 29.42 29.20 29.42 8

GMS (Wahoo) @ Wahoo AC - FB1 - 20160507 - Com - 2016/05/06 to 2016/05/07**Wahoo Aquatic Centre 25m Indoor Pool****Results****Event 5 Women 65-69 25 SC Meter Freestyle**

1	Ferreira, Mercia	67	Wahoo MSC-CG	24.80	24.38	24.80	12
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Event 5 Men 25-29 25 SC Meter Freestyle

1	Steyn, Kelvin	25	Wahoo MSC-CG	13.47	13.36	13.47	12
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Event 5 Men 35-39 25 SC Meter Freestyle

1	Erasmus, Jaco	38	Wahoo MSC-CG	12.37	11.77	12.37	12
2	Gall, Ronald	39	Wahoo MSC-CG	15.59	15.42	15.59	10

Event 5 Men 40-44 25 SC Meter Freestyle

1	Gasson, Martin	43	Wahoo MSC-CG	12.94	12.22	12.94	12
2	Collins, Stuart	42	Wahoo MSC-CG	13.30	12.88	13.30	10

Event 5 Men 45-49 25 SC Meter Freestyle

1	Crowther, Bobbie	47	Wahoo MSC-CG	14.12	13.52	14.12	12
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Event 5 Men 50-54 25 SC Meter Freestyle

1	Ruck, Harald	51	Coelacanth MSC-NT	12.04	11.88	12.04	12
2	de Beer, David	54	Coelacanth MSC-NT	16.82	16.66	16.82	10

Event 5 Men 60-64 25 SC Meter Freestyle

1	Vile, Danny	64	ET Stingrays MSC-ES	17.72	17.48	17.72	12
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Event 5 Men 65-69 25 SC Meter Freestyle

1	van Heerden, Carel	66	Wahoo MSC-CG	16.65	16.48	16.65	12
2	Burger, Francois	67	Coelacanth MSC-NT	17.03	16.79	17.03	10

Event 5 Men 75-79 25 SC Meter Freestyle

1	Garson, John	78	Wahoo MSC-CG	19.50	19.50	19.50	12
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Event 5 Men 80-84 25 SC Meter Freestyle

1	Hanna, Ken	81	Wahoo MSC-CG	43.94	43.74	43.94	12
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Event 6 Women 19-24 50 SC Meter Butterfly

SAMS record:		30.75	S	9/2004	Monique Beetge (Dbn)			
GMS record:		34.37	G	2005/08/06	Tracey Pretorius (Jhb)			
1	Kotze, Nadene	23	Unattached	33.86	33.67	33.86	12	
2	Homveld, Alexis	24	Phoenix MSC-CG	41.44	41.31	41.44	10	

Event 6 Women 30-34 50 SC Meter Butterfly

SAMS record:		30.67	S	2015/10/31	Thilde Victor (Jhb)	VASM-ES		
GMS record:		31.40	G	2003/08/16	Claire Bolton (Jhb)			
1	Cloete, Lesa-Jo	30	Phoenix MSC-CG	35.61	35.41	35.61	12	
2	Mazor, Cindy-Leigh	33	Wahoo MSC-CG	44.67	44.24	44.67	10	

Event 6 Women 35-39 50 SC Meter Butterfly

SAMS record:		29.69	S	2009/10/24	Rachelle Isakov (Jhb)			
GMS record:		31.72	G	2006/10/29	Rachelle Isakov (Jhb)			
1	Johnson, Justine	39	Phoenix MSC-CG	38.80	38.46	38.80	12	
2	Coucumbros, Sam	38	Wahoo MSC-CG	43.21	43.06	43.21	10	

Event 6 Women 40-44 50 SC Meter Butterfly

SAMS record:		29.07	S	2009/10/24	Edith Ottermann (Jhb)			
GMS record:		33.47	G	1997/02/01	Liz Spagnuolo			
1	Struwig, Nicky	44	Coelacanth MSC-NT	48.32	48.16	48.32	12	

Event 6 Women 45-49 50 SC Meter Butterfly

SAMS record:		29.37	S	2011/04/14	Edith Ottermann (CT)			
GMS record:		35.45	G	2014/07/19	Karen Kennedy (Jhb)	PHOE-CG		
1	Morris-Eyton, Heather	49	Wahoo MSC-CG	39.44	39.16	39.44	12	

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SAMS record: 32.42 S 2011/07/28 Cecilia Stanford (CT)

GMS record: 41.63 G 1994/01/09 GUDRUN VON WIMMERSPERG

1	Callanan, Lynne	51	Phoenix MSC-CG	38.28	38.77	38.28	G	12
2	Smith, Ruth	52	Waterborn SC - Masters-CG	46.48	46.23	46.48		10
3	Homveld, Jade	50	Phoenix MSC-CG	48.70	48.38	48.70		8
4	Bridges, Carole	54	Wahoo MSC-CG	53.85	53.66	53.85		7

Event 6 Women 55-59 50 SC Meter Butterfly

SAMS record: 34.35 S 2015/07/11 Kim Foster (Jhb)

COEL-NT

GMS record: 40.44 G 1998/03/15 Sue Leuner

1	Foster, Kim	57	Coelacanth MSC-NT	39.87	39.52	39.87		12
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Event 6 Men 30-34 50 SC Meter Butterfly

SAMS record: 27.24 S 4/2004 David Hadenham (Dbn)

GMS record: 27.39 G 2007/06/10 Glenn Swart (Jhb)

1	Venter, Tyron	30	Phoenix MSC-CG	28.08	27.81	28.08		12
2	Grobler, Michael	34	Coelacanth MSC-NT	32.88	32.70	32.88		10

Event 6 Men 40-44 50 SC Meter Butterfly

SAMS record: 27.91 S 2013/09/15 David Letschert (Dbn)

EACS-KZ

GMS record: 28.39 G 2004/07/24 Gregg Price (Jhb)

1	Collins, Stuart	42	Wahoo MSC-CG	32.36	32.24	32.36		12
2	Beneke, John	44	Wahoo MSC-CG	40.34	40.16	40.34		10

Event 6 Men 55-59 50 SC Meter Butterfly

SAMS record: 28.48 S 2012/10/27 Andre Steynberg (Jhb)

GMS record: 28.48 G 2012/10/27 Andre Steynberg (Jhb)

1	Morgan, Trevor	57	Coelacanth MSC-NT	32.41	32.26	32.41		12
2	Scholtemayer, Kobus	59	Wahoo MSC-CG	54.21	53.92	54.21		10

Event 6 Men 60-64 50 SC Meter Butterfly

SAMS record: 30.41 S 2010/09/16 Halton Cheadle (CT)

GMS record: 33.65 G 2005/10/23 John Petersen (Jhb)

1	du Plooy, Kobus	63	Coelacanth MSC-NT		37.34	37.34		12
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Event 7 Women 19-24 100 SC Meter Freestyle

SAMS record: 1:02.48 S 2008/12/14 Cindy Botha (Dbn)

GMS record: 1:04.98 G 1999/09/26 Cheryl Ballard-Tremeer (Jhb)

1	Kotze, Nadene	23	Unattached	1:07.57	1:07.39	1:07.57		12
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Event 7 Women 35-39 100 SC Meter Freestyle

SAMS record: 1:02.48 S 2015/10/18 Perry Cadiz (CT)

CPTW-WP

GMS record: 1:06.27 G 2006/05/14 Rachele Isakov (Jhb)

--- Coucumbros, Sam 38 Wahoo MSC-CG DQ

Event 7 Women 45-49 100 SC Meter Freestyle

SAMS record: 1:04.22 S 2012/01/15 Wilma van Niekerk (Dbn)

GMS record: 1:08.51 G 2012/11/24 Heather Morris-Eyton (Jhb)

1	Strydom, Caren	49	Wahoo MSC-CG	1:14.23	1:13.95	1:14.23		12
2	Russell, Marcilla	48	Coelacanth MSC-NT	1:48.82	1:48.66	1:48.82		10

Event 7 Women 50-54 100 SC Meter Freestyle

SAMS record: 1:05.87 S 2011/07/28 Cecilia Stanford (CT)

GMS record: 1:11.90 G 2007/05/12 Clare Davie (Jhb)

1	Callanan, Lynne	51	Phoenix MSC-CG	1:17.84	1:17.52	1:17.84		12
2	de Klerk, Mariette	52	Wahoo MSC-CG	1:24.87	1:24.77	1:24.87		10
3	Homveld, Jade	50	Phoenix MSC-CG	1:25.79	1:25.24	1:25.79		8

GMS (Wahoo) @ Wahoo AC - FB1 - 20160507 - Com - 2016/05/06 to 2016/05/07**Wahoo Aquatic Centre 25m Indoor Pool****Results****Event 7 Women 60-64 100 SC Meter Freestyle**

SAMS record:	1:08.13	S	2015/10/18	Diane Coetzee (CT)					
GMS record:	1:17.26	G	2011/05/15	Marissa Rollnick (Jhb)					
1	Vorster, Merryll	60	Wahoo MSC-CG	1:39.28		1:39.08	1:39.28		12
2	Brakhoven, Mieke	63	Phoenix MSC-CG	1:55.17		1:55.03	1:55.17		10
3	Bronkhorst, Liz	60	Phoenix MSC-CG	2:01.16		2:00.17	2:01.16		8
4	Nell, Margaret	62	Coelacanth MSC-NT	2:28.43		2:27.97	2:28.43		7

Event 7 Women 65-69 100 SC Meter Freestyle

SAMS record:	1:08.25	S	2015/09/20	Sanderina Kruger (CT)					
GMS record:	1:27.57	G	1998/11/22	Anne Jones (Jhb)					
1	Rollnick, Marissa	65	Phoenix MSC-CG	1:20.33	1:20.41	1:20.26	1:20.33 G		12

Event 7 Women 70-74 100 SC Meter Freestyle

SAMS record:	1:37.25	S	2014/01/19	Willij Kokott (Dbn)					
GMS record:	1:38.33	G	2013/08/17	Sue Leuner (Jhb)					
1	Jones, Anne	71	Phoenix MSC-CG	1:29.05	1:29.07	1:29.10	1:29.07 S		12
2	Burger, Rita	71	Coelacanth MSC-NT	1:58.11		1:57.95	1:58.11		10

Event 7 Men 25-29 100 SC Meter Freestyle

SAMS record:	51.60	S	2011/10/16	Chris King (CT)					
GMS record:	53.81	G	1991/01/13	HEINZ WEILERT					
1	Steyn, Kelvin	25	Wahoo MSC-CG	1:08.84		1:08.69	1:08.84		12

Event 7 Men 35-39 100 SC Meter Freestyle

SAMS record:	53.22	S	2015/10/24	Bradley Reen (PE)					
GMS record:	55.29	G	2013/08/17	Adrian Goate (Jhb)					
1	Erasmus, Jaco	38	Wahoo MSC-CG	1:03.83		1:03.61	1:03.83		12
2	Gall, Ronald	39	Wahoo MSC-CG	1:21.55		1:21.40	1:21.55		10
3	Turner, Mark	38	Waterborn SC - Masters-CG	1:22.94		1:22.55	1:22.94		8

Event 7 Men 40-44 100 SC Meter Freestyle

SAMS record:	56.36	S	10/2003	Rob Manners-Wood (CT)					
GMS record:	58.24	G	2013/05/18	Byron Dillon (Jhb)					
1	Wittels, Rowan	42	Wahoo MSC-CG	1:01.75		1:01.60	1:01.75		12
2	Collins, Stuart	42	Wahoo MSC-CG	1:04.34		1:03.95	1:04.34		10
3	Beneke, John	44	Wahoo MSC-CG	1:18.39		1:18.20	1:18.39		8

Event 7 Men 45-49 100 SC Meter Freestyle

SAMS record:	54.64	S	9/1995	T Downes (Jhb)					
GMS record:	1:01.87	G	2005/05/15	Quirin Kohler (Jhb)					
1	Grobler, Francois	48	Wahoo MSC-CG	1:08.35		1:08.12	1:08.35		12

Event 7 Men 50-54 100 SC Meter Freestyle

SAMS record:	55.81	S	1999/09/03	T Downes (Jhb)					
GMS record:	1:00.24	G	2006/07/08	Andre Steynberg (Jhb)					
1	Ruck, Harald	51	Coelacanth MSC-NT	59.52		59.26	59.52		12
2	de Beer, David	54	Coelacanth MSC-NT	1:29.22		1:29.06	1:29.22		10

Event 7 Men 55-59 100 SC Meter Freestyle

SAMS record:	58.94	S	2012/07/14	Andre Steynberg (Jhb)					
GMS record:	58.94	G	2012/07/14	Andre Steynberg (Jhb)					
1	Scholtemayer, Kobus	59	Wahoo MSC-CG	1:20.81		1:20.69	1:20.81		12

Event 7 Men 60-64 100 SC Meter Freestyle

SAMS record:	59.74	S	2009/10/24	Terry Downes (Jhb)					
GMS record:	1:06.51	G	2008/08/16	Doug Wilson (Jhb)					
1	Vile, Danny	64	ET Stingrays MSC-ES	1:32.62		1:32.78	1:32.62		12

GMS (Wahoo) @ Wahoo AC - FB1 - 20160507 - Com - 2016/05/06 to 2016/05/07**Wahoo Aquatic Centre 25m Indoor Pool****Results****Event 7 Men 65-69 100 SC Meter Freestyle**

SAMS record:	1:04.54	S	2014/05/24	Terry Downes (Jhb)		COEL-NT		
GMS record:	1:10.26	G	2003/10/11	Michael Edwards (Jhb)				
1	Downes, Terry	67	Coelacanth MSC-NT	1:09.08	1:08.88	1:09.08		12
2	Burger, Francois	67	Coelacanth MSC-NT	1:24.84	1:24.66	1:24.84		10

Event 7 Men 75-79 100 SC Meter Freestyle

SAMS record:	1:22.74	S	2015/10/31	Derek Fyfe (Jhb)		COEL-NT		
GMS record:	1:33.30	G	2013/10/19	John Garson (Jhb)		WAHO-CG		
1	Garson, John	78	Wahoo MSC-CG	1:44.82	1:44.63	1:44.82		12
2	Wolpe, Russel	79	Phoenix MSC-CG	1:46.90	1:46.75	1:46.90		10

Event 8 Women 50-54 100 SC Meter Breaststroke

SAMS record:	1:26.95	S	2012/11/17	Cecilia Stanford (CT)				
GMS record:	1:31.84	G	1999/09/26	Shirley Turner				
1	Callanan, Lynne	51	Phoenix MSC-CG	1:38.22	1:37.41	1:38.22		12
2	Smith, Ruth	52	Waterborn SC - Masters-CG	1:43.58	1:43.32	1:43.58		10
3	Bridges, Carole	54	Wahoo MSC-CG	2:03.88	2:04.01	2:03.88		8

Event 8 Men 40-44 100 SC Meter Breaststroke

SAMS record:	1:12.69	S	2007/11/17	Johan van der Merwe (CT)				
GMS record:	1:15.49	G	1994/08/20	Tim Shead				
1	Gasson, Martin	43	Wahoo MSC-CG	1:21.89	1:21.59	1:21.89		12

Event 8 Men 45-49 100 SC Meter Breaststroke

SAMS record:	1:09.74	S	2010/08/19	Johan van der Merwe (CT)				
GMS record:	1:25.36	G	1987/01/01	GRAHAM CUNNINGHAM				
1	Smith, Damian	49	Waterborn SC - Masters-CG	1:35.52	1:35.00	1:35.52		12

Event 8 Men 50-54 100 SC Meter Breaststroke

SAMS record:	1:09.88	S	3/2002	T Shead (Syd)				
GMS record:	1:15.96	G	2001/09/29	Robert Hatherly (Jhb)				
1	Uitenweerde, Lourens	52	Coelacanth MSC-NT	1:26.56	1:26.52	1:26.56		12
2	Greaves, Gordon	50	Phoenix MSC-CG	1:43.50	1:43.35	1:43.50		10

Event 8 Men 65-69 100 SC Meter Breaststroke

SAMS record:	1:26.55	S	2014/09/21	Halton Cheadle (Stb)		CPTW-WP		
GMS record:	1:27.27	G	2010/05/15	Brian Nelson (Jhb)				
1	van Heerden, Carel	66	Wahoo MSC-CG	1:45.48	1:45.79	1:45.48		12

Event 8 Men 80-84 100 SC Meter Breaststroke

SAMS record:	2:15.87	S	1995	G May (Dbn)				
GMS record:	59:59.99	G		Vacant				
1	Theron, Sarel	82	Coelacanth MSC-NT	3:16.28	3:15.69	3:16.28		12

Event 9 Women 19-24 50 SC Meter Freestyle

SAMS record:	27.84	S	2008/12/14	Cindy Botha (Dbn)				
GMS record:	29.68	G	1999/09/26	Cheryl Ballard-Tremeer (Jhb)				
1	Kotze, Nadene	23	Unattached	30.44	30.13	30.44		12
2	Homveld, Alexis	24	Phoenix MSC-CG	34.29	34.08	34.29		10

Event 9 Women 30-34 50 SC Meter Freestyle

SAMS record:	27.63	S	2015/10/31	Thilde Victor (Jhb)		VASM-ES		
GMS record:	27.63	G	2012/11/24	Andrea Landau (Jhb)				
1	Cloete, Lesa-Jo	30	Phoenix MSC-CG	32.46	32.58	32.46		12
2	Mazor, Cindy-Leigh	33	Wahoo MSC-CG	37.80	37.45	37.80		10

Event 9 Women 35-39 50 SC Meter Freestyle

SAMS record:	27.25	S	2004/10/31	Edith Ottermann (Jhb)				
GMS record:	30.56	G	2007/05/12	Charmaine Montanari (Jhb)				
1	Coucumbros, Sam	38	Wahoo MSC-CG	37.70	37.44	37.70		12

GMS (Wahoo) @ Wahoo AC - FB1 - 20160507 - Com - 2016/05/06 to 2016/05/07**Wahoo Aquatic Centre 25m Indoor Pool****Results****Event 9 Women 40-44 50 SC Meter Freestyle**

SAMS record: 26.67 S 2007/10/28 Edith Ottermann (Jhb)

GMS record: 30.43 G 2009/10/24 Karen Kennedy (Jhb)

1 Struwig, Nicky 44 Coelacanth MSC-NT 38.67 38.45 38.67 12

Event 9 Women 45-49 50 SC Meter Freestyle

SAMS record: 26.59 S 2011/04/14 Edith Ottermann (CT)

GMS record: 30.48 G 2007/05/12 Debbie Carroll (Jhb)

1 Strydom, Caren 49 Wahoo MSC-CG 33.97 33.79 33.97 12

Event 9 Women 50-54 50 SC Meter Freestyle

SAMS record: 30.27 S 2011/07/28 Cecilia Stanford (CT)

GMS record: 33.27 G 1996/03/17 Anne Jones

1 Kennedy, Karen 50 Phoenix MSC-CG 32.46 32.14 32.46G 12

2 de Klerk, Mariette 52 Wahoo MSC-CG 37.95 37.81 37.95 10

Event 9 Women 55-59 50 SC Meter Freestyle

SAMS record: 31.11 S 2011/10/16 Diane Coetzee (CT)

GMS record: 32.61 G 2008/06/22 Marissa Rollnick (Jhb)

1 Verryn, Sabine 55 Coelacanth MSC-NT 33.90 33.64 33.90 12

2 Cronje, Anet 55 Wahoo MSC-CG 50.63 50.63 50.63 10

Event 9 Women 60-64 50 SC Meter Freestyle

SAMS record: 31.03 S 2011/04/14 Sanderina Kruger (CT)

GMS record: 35.75 G 2005/10/23 Anne Jones (Jhb)

1 Nell, Margaret 62 Coelacanth MSC-NT 1:10.50 1:10.48 1:10.50 12

2 Brakhoven, Mieke 63 Phoenix MSC-CG 1:50.00 1:49.52 1:50.00 10

Event 9 Women 65-69 50 SC Meter Freestyle

SAMS record: 31.22 S 2015/08/30 Sanderina Kruger (CT)

GMS record: 41.31 G 1997/09/28 Dilys van der Merwe

1 Rollnick, Marissa 65 Phoenix MSC-CG 34.98 34.57 34.98G 12

2 Ferreira, Mercia 67 Wahoo MSC-CG 46.76 46.62 46.76 10

Event 9 Women 70-74 50 SC Meter Freestyle

SAMS record: 39.40 S 2014/10/19 Lenchen Zundorf (Stb)

GMS record: 41.49 G 2013/08/17 Sue Leuner (Jhb)

1 Jones, Anne 71 Phoenix MSC-CG 40.54 40.47 40.52 40.52G 12

Event 9 Men 35-39 50 SC Meter Freestyle

SAMS record: 22.48 S 2014/10/19 Ryk Neethling (Stb)

GMS record: 25.06 G 2013/08/17 Adrian Goate (Jhb)

1 Erasmus, Jaco 38 Wahoo MSC-CG 26.34 26.12 26.34 12

2 Turner, Mark 38 Waterborn SC - Masters-CG 36.17 35.99 36.17 10

3 Gall, Ronald 39 Wahoo MSC-CG 37.02 36.72 37.02 8

Event 9 Men 40-44 50 SC Meter Freestyle

SAMS record: 25.13 S 2013/10/06 David Letschert (Pmb)

GMS record: 25.89 G 2013/08/17 Byron Dillon (Jhb)

1 Gasson, Martin 43 Wahoo MSC-CG 29.07 28.79 29.07 12

2 Collins, Stuart 42 Wahoo MSC-CG 29.15 28.99 29.15 10

3 Beneke, John 44 Wahoo MSC-CG 34.95 34.74 34.95 8

Event 9 Men 45-49 50 SC Meter Freestyle

SAMS record: 24.90 S 2011/10/16 Bryan Tatterson (Orl)

GMS record: 25.37 G 2006/10/29 Gregg Price (Jhb)

1 Crowther, Bobbie 47 Wahoo MSC-CG 31.43 31.27 31.43 12

GMS (Wahoo) @ Wahoo AC - FB1 - 20160507 - Com - 2016/05/06 to 2016/05/07**Wahoo Aquatic Centre 25m Indoor Pool****Results****Event 9 Men 50-54 50 SC Meter Freestyle**

SAMS record:	24.99	S	2014/10/19	Calvin Maughan (Stb)					
GMS record:	25.82	G	2006/05/14	Andre Steynberg (Jhb)					
1	Ruck, Harald		51	Coelacanth MSC-NT	26.61	26.73	26.30	26.61	12
2	de Beer, David		54	Coelacanth MSC-NT	38.55		38.21	38.55	10

Event 9 Men 55-59 50 SC Meter Freestyle

SAMS record:	26.19	S	2012/07/14	Andre Steynberg (Jhb)					
GMS record:	26.19	G	2012/07/14	Andre Steynberg (Jhb)					
1	Morgan, Trevor		57	Coelacanth MSC-NT	30.11		29.88	30.11	12
2	Scholtemayer, Kobus		59	Wahoo MSC-CG	37.05		36.87	37.05	10

Event 9 Men 60-64 50 SC Meter Freestyle

SAMS record:	27.63	S	2009/05/16	Terry Downes (Jhb)					
GMS record:	29.04	G	2007/06/10	Doug Wilson (Jhb)					
1	Vile, Danny		64	ET Stingrays MSC-ES	42.41		42.15	42.41	12

Event 9 Men 65-69 50 SC Meter Freestyle

SAMS record:	29.22	S	2014/06/21	Terry Downes (Jhb)					
GMS record:	31.87	G	2010/11/27	John Petersen (Jhb)					
1	Downes, Terry		67	Coelacanth MSC-NT	30.23		29.99	30.23	12
2	van Heerden, Carel		66	Wahoo MSC-CG	38.21		38.06	38.21	10

Event 9 Men 75-79 50 SC Meter Freestyle

SAMS record:	36.16	S	2015/10/31	Derek Fyfe (Jhb)					
GMS record:	36.89	G	2005/05/15	Don Johnston (Jhb)					
1	Garson, John		78	Wahoo MSC-CG	43.03		42.91	43.03	12

Event 9 Men 80-84 50 SC Meter Freestyle

SAMS record:	38.31	S	4/2003	Renato Selati (Dbn)					
GMS record:	47.88	G	1992/02/22	ALF CADENHEAD					
1	Hanna, Ken		81	Wahoo MSC-CG	1:37.56		1:37.16	1:37.56	12

Event 10 Women 25-29 25 SC Meter Breaststroke

1	Harvey, Katherine		27	Waterborn SC - Masters-CG	19.17		18.64	19.17	12
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Event 10 Women 40-44 25 SC Meter Breaststroke

1	Struwig, Nicky		44	Coelacanth MSC-NT	21.36		21.05	21.36	12
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Event 10 Women 45-49 25 SC Meter Breaststroke

1	Russell, Marcilla		48	Coelacanth MSC-NT	25.62		25.39	25.62	12
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Event 10 Women 50-54 25 SC Meter Breaststroke

1	Callanan, Lynne		51	Phoenix MSC-CG	19.47		19.16	19.47	12
2	Smith, Ruth		52	Waterborn SC - Masters-CG	19.90		19.74	19.90	10

Event 10 Women 55-59 25 SC Meter Breaststroke

1	Cronje, Anet		55	Wahoo MSC-CG	28.85		28.47	28.85	12
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Event 10 Women 60-64 25 SC Meter Breaststroke

1	Brakhoven, Mieke		63	Phoenix MSC-CG	27.33		27.03	27.33	12
2	Dippenaar, Hettienne		63	Coelacanth MSC-NT	37.55		37.19	37.55	10

Event 10 Women 65-69 25 SC Meter Breaststroke

1	Ferreira, Mercia		67	Wahoo MSC-CG	27.10		26.84	27.10	12
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Event 10 Men 40-44 25 SC Meter Breaststroke

1	Gasson, Martin		43	Wahoo MSC-CG	16.88		16.43	16.88	12
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Event 10 Men 45-49 25 SC Meter Breaststroke

1	Smith, Damian		49	Waterborn SC - Masters-CG	18.99		18.81	18.99	12
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GMS (Wahoo) @ Wahoo AC - FB1 - 20160507 - Com - 2016/05/06 to 2016/05/07**Wahoo Aquatic Centre 25m Indoor Pool****Results****Event 10 Men 50-54 25 SC Meter Breaststroke**

1	Greaves, Gordon	50	Phoenix MSC-CG		19.80	19.80	12
2	de Beer, David	54	Coelacanth MSC-NT	24.71	24.52	24.71	10

Event 10 Men 60-64 25 SC Meter Breaststroke

1	Vile, Danny	64	ET Stingrays MSC-ES	26.58	26.06	26.58	12
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Event 10 Men 65-69 25 SC Meter Breaststroke

1	van Heerden, Carel	66	Wahoo MSC-CG	19.16	19.04	19.16	12
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Event 10 Men 80-84 25 SC Meter Breaststroke

1	Theron, Sarel	82	Coelacanth MSC-NT	36.27		36.27	12
2	Hanna, Ken	81	Wahoo MSC-CG	1:13.76		1:13.76	10

Event 11 Women 35-39 200 SC Meter Freestyle

SAMS record:		2:15.34	S	1994	A Momborg (CT)		
GMS record:		2:20.39	G	2006/10/29	Rachelle Isakov (Jhb)		
1	Johnson, Justine	39	Phoenix MSC-CG	2:46.58	2:46.22	2:46.58	12

Event 11 Women 45-49 200 SC Meter Freestyle

SAMS record:		2:20.90	S	2012/10/27	Heather Morris-Eyton (Jhb)		
GMS record:		2:20.90	G	2012/10/27	Heather Morris-Eyton (Jhb)		
1	Morris-Eyton, Heather	49	Wahoo MSC-CG	2:36.47	2:36.31	2:36.47	12
2	Strydom, Caren	49	Wahoo MSC-CG	2:45.79	2:45.58	2:45.79	10

Event 11 Women 50-54 200 SC Meter Freestyle

SAMS record:		2:19.97	S	2012/01/14	Cecilia Stanford (CT)		
GMS record:		2:36.38	G	2008/06/22	Clare Davie (Jhb)		
1	Homveld, Jade	50	Phoenix MSC-CG	3:02.96	3:02.70	3:02.96	12

Event 11 Women 60-64 200 SC Meter Freestyle

SAMS record:		2:26.94	S	2015/07/19	Diane Coetzee (CT)	CPTW-WP	
GMS record:		2:54.87	G	2015/06/13	Maureen Mons (Jhb)	PHOE-CG	
1	Vorster, Merryll	60	Wahoo MSC-CG	3:40.79	3:40.72	3:40.79	12
2	Nell, Margaret	62	Coelacanth MSC-NT	5:25.88	5:25.36	5:25.88	10

Event 11 Men 25-29 200 SC Meter Freestyle

SAMS record:		1:54.74	S	2012/10/14	Chris King (CT)		
GMS record:		2:03.55	G	2005/06/11	Nick Turner (Jhb)		
1	Steyn, Kelvin	25	Wahoo MSC-CG	2:27.17	2:26.98	2:27.17	12

Event 11 Men 30-34 200 SC Meter Freestyle

SAMS record:		2:04.37	S	2005/11/26	Paul Fryer (Jhb)		
GMS record:		2:04.37	G	2005/11/26	Paul Fryer (Jhb)		
1	Venter, Tyron	30	Phoenix MSC-CG	2:13.21	2:12.97	2:13.21	12
2	Grobler, Michael	34	Coelacanth MSC-NT	2:21.76	2:21.61	2:21.75	10

Event 11 Men 40-44 200 SC Meter Freestyle

SAMS record:		2:06.18	S	2014/10/19	Barend Nortje (Stb)	CPTW-WP	
GMS record:		2:06.92	G	2014/06/21	Adrian Goate (Jhb)	AQUA-CG	
1	Wittels, Rowan	42	Wahoo MSC-CG	2:19.04	2:18.70	2:19.04	12
2	Beneke, John	44	Wahoo MSC-CG	2:57.59	2:57.18	2:57.59	10

Event 11 Men 45-49 200 SC Meter Freestyle

SAMS record:		2:03.78	S	9/1995	T Downes (Jhb)		
GMS record:		2:19.62	G	2006/06/11	Quirin Kohler (Jhb)		
1	Grobler, Francois	48	Wahoo MSC-CG	2:33.83	2:33.67	2:33.83	12

Event 11 Men 55-59 200 SC Meter Freestyle

SAMS record:		2:14.78	S	2008/10/25	Terry Downes (Jhb)		
GMS record:		2:34.16	G	2006/06/11	Doug Wilson (Jhb)		
1	Finn, Joel	55	Wahoo MSC-CG	2:21.70	2:21.71	2:21.56	12

GMS (Wahoo) @ Wahoo AC - FB1 - 20160507 - Com - 2016/05/06 to 2016/05/07**Wahoo Aquatic Centre 25m Indoor Pool****Results****Event 11 Men 60-64 200 SC Meter Freestyle**

SAMS record: 2:17.33 S 2009/08/15 Terry Downes (Jhb)

GMS record: 2:41.45 G 1997/03/02 David McLachlan

1	Vile, Danny	64	ET Stingrays MSC-ES	3:29.56	3:29.38	3:29.56	12
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Event 11 Men 65-69 200 SC Meter Freestyle

SAMS record: 2:27.76 S 2014/06/21 Terry Downes (Jhb)

COEL-NT

GMS record: 3:01.79 G 1997/03/02 Peter Pirow

1	Burger, Francois	67	Coelacanth MSC-NT	3:15.40	3:15.58	3:15.40	12
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