

GMS (Wahoo) @ Wahoo AC Frostbite3-160723 - 2016-07-23**Wahoo Aquatic Centre 25m Indoor Pool****Results****Event 1 Women 18 & Under 200 SC Meter Freestyle**

SAMS record: 0.01 S 2000 Invalid SAMS age group

GMS record: 0.01 G 2000 Invalid GMS age group

Name	Age	Team	Finals Time
1 Pelsler, Femke	16	Unattached	2:44.76

Event 1 Women 19-24 200 SC Meter Freestyle

SAMS record: 2:19.10 S 2010-10-17 Tarryn Stanford (CT)

GMS record: 2:35.79 G 2004-11-28 Carmen Coetzee (Jhb)

1 Kotze, Nadene 23 Coelacanth MSC-NT 3:32.40

Event 1 Women 25-29 200 SC Meter Freestyle

SAMS record: 2:16.44 S 2012-01-14 Tarryn Stanford (CT)

GMS record: 2:19.92 G 1989-01-01 JEANETTE BRITS

1 Strydom, Cyndi 29 Wahoo MSC-CG 2:22.55

Event 1 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 Strydom, Caren 49 Wahoo MSC-CG 2:46.37

Event 1 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 Scott, Debbie 54 Wahoo MSC-CG 2:53.58

2 Bridges, Carole 54 Wahoo MSC-CG 3:12.27

Event 1 Women 55-59 200 SC Meter Freestyle

SAMS record: 2:27.22 S 2010-08-19 Diane Coetzee (CT)

GMS record: 2:39.47 G 2006-06-11 Marissa Rollnick (Jhb)

1 Kotze, Debbie 55 Coelacanth MSC-NT 3:11.99

2 Murray, Sandy 56 Wahoo MSC-CG 3:36.48

Event 1 Women 65-69 200 SC Meter Freestyle

SAMS record: 2:37.00 S 2014-10-19 Sanderina Kruger (Stb) CPTW-WP

GMS record: 59:59.99 G Vacant

1 Mons, Maureen 65 Phoenix MSC-CG 2:51.80 G

2 Rollnick, Marissa 65 Phoenix MSC-CG 2:57.30 G

Event 1 Men 19-24 200 SC Meter Freestyle

SAMS record: 2:03.12 S 2010-10-16 Tyron Venter (Jhb)

GMS record: 2:32.21 G 2006-06-11 Neil Gardiner (Jhb)

1 Marais, Ruan 24 Unattached - GAUTENG MS-CG 2:11.33 G

Event 1 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 Collins, Stuart 42 Wahoo MSC-CG 2:31.70

Event 1 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 3:17.85

Event 1 Men 75-79 200 SC Meter Freestyle

SAMS record: 3:02.88 S 2012-10-14 Dave McLachlan (CT)

GMS record: 3:40.94 G 2013-08-17 Russel Wolpe (Jhb) PHOE-CG

1 Fyfe, Derek 76 Coelacanth MSC-NT 3:15.43

2 Wolpe, Russel 79 Phoenix MSC-CG 3:51.57

GMS (Wahoo) @ Wahoo AC Frostbite3-160723 - 2016-07-23**Wahoo Aquatic Centre 25m Indoor Pool****Results****Event 2 Women 50-54 100 SC Meter Backstroke**

SAMS record: 1:15.06 S 2012-10-14 Cecilia Stanford (CT)

GMS record: 1:23.76 G 2008-06-22 Clare Davie (Jhb)

1 Scott, Debbie 54 Wahoo MSC-CG 1:33.12

Event 2 Men 75-79 100 SC Meter Backstroke

SAMS record: 1:41.01 S 1990 G May (Dbn)

GMS record: 1:54.41 G 2013-06-22 John Garson (Jhb)

1 Fyfe, Derek 76 Coelacanth MSC-NT 1:51.42

2 Garson, John 78 Wahoo MSC-CG 2:25.06

Event 3 Women 18 & Under 50 SC Meter Freestyle

SAMS record: 0.01 S 2000 Invalid SAMS age group

GMS record: 0.01 G 2000 Invalid GMS age group

1 Pelsler, Femke 16 Unattached 33.90

Event 3 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 Coelacanth MSC-NT 29.79

2 Grobbelaar, Janke 19 NR-TUKS MSC-NT 29.82

3 Maritz, Kirsty 19 Unattached 32.59

4 Marais, Nadine 23 Aqua Athlete - Masters-CG 33.75

Event 3 Women 25-29 50 SC Meter Freestyle

SAMS record: 26.47 S 2014-10-25 Elzanne Werth (Jhb)

GMS record: 26.47 G 2014-10-25 Elzanne Werth (Jhb)

1 Strydom, Cyndi 29 Wahoo MSC-CG 28.27

Event 3 Women 30-34 50 SC Meter Freestyle

SAMS record: 27.63 S 2015-10-31 Thilde Victor (Jhb)

GMS record: 27.63 G 2012-11-24 Andrea Landau (Jhb)

1 Mazor, Cindy-Leigh 33 Wahoo MSC-CG 38.97

Event 3 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 39.08

Event 3 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 33.69

Event 3 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 Kotze, Debbie 55 Coelacanth MSC-NT 38.32

2 Alder, Elaine 59 Wahoo MSC-CG 43.91

3 Murray, Sandy 56 Wahoo MSC-CG 45.28

4 Cronje, Anet 55 Wahoo MSC-CG 47.16

Event 3 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 33.85 G

2 Mons, Maureen 65 Phoenix MSC-CG 37.46 G

3 Lawless, Helen 67 Wahoo MSC-CG 47.65

4 Ferreira, Mercia 67 Wahoo MSC-CG 48.24

GMS (Wahoo) @ Wahoo AC Frostbite3-160723 - 2016-07-23**Wahoo Aquatic Centre 25m Indoor Pool****Results****Event 3 Men 18 & Under 50 SC Meter Freestyle**

SAMS record: 0.01 S 2000 Invalid SAMS age group

GMS record: 0.01 G 2000 Invalid GMS age group

1 Maritz, Carl 16 Unattached 27.27

Event 3 Men 19-24 50 SC Meter Freestyle

SAMS record: 24.93 S 2013-08-17 Justin Nicklin (Jhb) AQUA-CG

GMS record: 24.93 G 2013-08-17 Justin Nicklin (Jhb) AQUA-CG

1 Malan, Christiaan 23 Unattached 25.00

2 Marais, Ruan 24 Unattached - GAUTENG MS-CG 27.16

Event 3 Men 25-29 50 SC Meter Freestyle

SAMS record: 23.61 S 2011-10-16 Chris King (CT)

GMS record: 23.96 G 1993-09-19 Ivor Segal

1 Marais, Armand 26 Unattached - GAUTENG MS-CG 25.93

Event 3 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) AQUA-CG

1 van Hille, Mike 40 Wahoo MSC-CG 27.93

2 Collins, Stuart 42 Wahoo MSC-CG 29.55

Event 3 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 31.17

2 Whistler, Brian 46 ET Stingrays MSC-ES 31.29

3 Jay, William 46 Unattached 35.91

4 Nortje, Thienus 47 Unattached 40.18

Event 3 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 29.94

2 Scholtemayer, Kobus 59 Wahoo MSC-CG 37.04

Event 3 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 40.87

Event 3 Men 75-79 50 SC Meter Freestyle

SAMS record: 36.16 S 2015-10-31 Derek Fyfe (Jhb) COEL-NT

GMS record: 36.89 G 2005-05-15 Don Johnston (Jhb)

1 Fyfe, Derek 76 Coelacanth MSC-NT 39.39

2 Garson, John 78 Wahoo MSC-CG 51.82

Event 4 Women 19-24 50 SC Meter Breaststroke

SAMS record: 36.90 S 2006-10-15 Aletta Steenkamp (Stb)

GMS record: 38.44 G 1999-09-26 Kathy Terwey at SAMS SC Champ WITS

1 Marais, Nadine 23 Aqua Athlete - Masters-CG 40.15

Event 4 Women 30-34 50 SC Meter Breaststroke

SAMS record: 35.80 S 2014-10-25 Andrea Landau (Jhb) PHOE-CG

GMS record: 35.80 G 2014-10-25 Andrea Landau (Jhb) PHOE-CG

1 Rolt, Claire 34 Coelacanth MSC-NT 34.41 S

2 Mazor, Cindy-Leigh 33 Wahoo MSC-CG 46.20

GMS (Wahoo) @ Wahoo AC Frostbite3-160723 - 2016-07-23**Wahoo Aquatic Centre 25m Indoor Pool****Results****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 50.24

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 Russell, Marcilla 48 Coelacanth MSC-NT 55.44

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 Bridges, Carole 54 Wahoo MSC-CG 55.33

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 Alder, Elaine 59 Wahoo MSC-CG 53.00

2 Cronje, Anet 55 Wahoo MSC-CG 59.13

CPTW-WP

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 Lawless, Helen 67 Wahoo MSC-CG 59.90

2 Ferreira, Mercia 67 Wahoo MSC-CG 1:01.93

Event 4 Men 19-24 50 SC Meter Breaststroke

SAMS record: 31.26 S 2008-10-12 Reinhard van Rooijen (Pmb)

GMS record: 33.12 G 2012-08-18 Kyle Scott (Jhb)

1 Hattingh, Brandon 22 Unattached - GAUTENG MS-CG 33.72

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 Seymore, Duane 48 Coelacanth MSC-NT 41.88

2 Naude, Pierre 48 Unattached 46.70

3 Jay, William 46 Unattached 51.40

Event 4 Men 55-59 50 SC Meter Breaststroke

SAMS record: 32.36 S 2009-10-18 Tim Shead (CT)

GMS record: 34.96 G 2007-05-12 Bob Hatherly (Jhb)

1 Finn, Joel 55 Wahoo MSC-CG 37.57

Event 4 Men 60-64 50 SC Meter Breaststroke

SAMS record: 34.84 S 2015-08-30 Tim Shead (CT)

GMS record: 38.14 G 2006-06-11 Brian Nelson (Jhb)

1 Arbuthnot, Dave 63 Coelacanth MSC-NT 44.53

2 Vile, Danny 64 ET Stingrays MSC-ES 56.91

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 59.56

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 1:18.05

GMS (Wahoo) @ Wahoo AC Frostbite3-160723 - 2016-07-23**Wahoo Aquatic Centre 25m Indoor Pool****Results****Event 5 Women 18 & Under 25 SC Meter Freestyle**

1	Pelser, Femke	16	Unattached	15.75
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Event 5 Women 19-24 25 SC Meter Freestyle

1	Grobbelaar, Janke	19	NR-TUKS MSC-NT	14.14
2	Maritz, Kirsty	19	Unattached	15.11
3	Marais, Nadine	23	Aqua Athlete - Masters-CG	15.84

Event 5 Women 25-29 25 SC Meter Freestyle

1	Strydom, Cyndi	29	Wahoo MSC-CG	13.17
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Event 5 Women 40-44 25 SC Meter Freestyle

1	Struwig, Nicky	44	Coelacanth MSC-NT	16.90
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Event 5 Women 50-54 25 SC Meter Freestyle

1	Scott, Debbie	54	Wahoo MSC-CG	15.59
2	Bridges, Carole	54	Wahoo MSC-CG	18.90

Event 5 Women 55-59 25 SC Meter Freestyle

1	Alder, Elaine	59	Wahoo MSC-CG	18.42
2	Murray, Sandy	56	Wahoo MSC-CG	20.35
3	Cronje, Anet	55	Wahoo MSC-CG	20.41

Event 5 Women 65-69 25 SC Meter Freestyle

1	Mons, Maureen	65	Phoenix MSC-CG	16.98
2	Ferreira, Mercia	67	Wahoo MSC-CG	25.02

Event 5 Men 18 & Under 25 SC Meter Freestyle

1	Maritz, Carl	16	Unattached	12.74
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Event 5 Men 19-24 25 SC Meter Freestyle

1	Malan, Christiaan	23	Unattached	11.81
2	Marais, Ruan	24	Unattached - GAUTENG MS-CG	12.36

Event 5 Men 25-29 25 SC Meter Freestyle

1	Marais, Armand	26	Unattached - GAUTENG MS-CG	11.73
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Event 5 Men 40-44 25 SC Meter Freestyle

1	van Hille, Mike	40	Wahoo MSC-CG	12.65
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Event 5 Men 45-49 25 SC Meter Freestyle

1	Crowther, Bobbie	47	Wahoo MSC-CG	13.92
2	Seymore, Duane	48	Coelacanth MSC-NT	15.31
3	Whistler, Brian	46	ET Stingrays MSC-ES	15.42
4	Jay, William	46	Unattached	15.91
5	Nortje, Thienus	47	Unattached	16.83
6	Naude, Pierre	48	Unattached	17.20

Event 5 Men 55-59 25 SC Meter Freestyle

1	Scholtemayer, Kobus	59	Wahoo MSC-CG	16.97
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Event 5 Men 60-64 25 SC Meter Freestyle

1	Vile, Danny	64	ET Stingrays MSC-ES	18.02
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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	Coelacanth MSC-NT	34.71
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GMS (Wahoo) @ Wahoo AC Frostbite3-160723 - 2016-07-23**Wahoo Aquatic Centre 25m Indoor Pool****Results****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	Rolt, Claire		34	Coelacanth MSC-NT		32.89

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		47.10

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	Russell, Marcilla		48	Coelacanth MSC-NT		56.39

Event 6 Women 50-54 50 SC Meter Butterfly

SAMS record:	32.42	S	2011-07-28	Cecilia Stanford (CT)		
GMS record:	41.63	G	1994-01-09	GUDRUN VON WIMMERSPERG		
1	Bridges, Carole		54	Wahoo MSC-CG		53.83

Event 6 Men 19-24 50 SC Meter Butterfly

SAMS record:	26.88	S	2011-10-29	Chris Langenhoven (Jhb)		
GMS record:	27.54	G	2013-08-17	Justin Nicklin (Jhb)	AQUA-CG	
1	Hattingh, Brandon		22	Unattached - GAUTENG MS-CG		30.05

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		33.02
2	Beneke, John		44	Wahoo MSC-CG		37.53

Event 6 Men 45-49 50 SC Meter Butterfly

SAMS record:	27.25	S	2011-10-16	Bryan Tatterson (Orl)		
GMS record:	27.62	G	2005-11-26	Gregg Price (Jhb)		
1	Whistler, Brian		46	ET Stingrays MSC-ES		36.28
2	Seymore, Duane		48	Coelacanth MSC-NT		40.86
3	Jay, William		46	Unattached		41.48

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		32.53

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	Arbuthnot, Dave		63	Coelacanth MSC-NT		36.47

Event 7 Women 18 & Under 100 SC Meter Freestyle

SAMS record:	0.01	S	2000	Invalid SAMS age group		
GMS record:	0.01	G	2000	Invalid GMS age group		
1	Pelser, Femke		16	Unattached		1:13.32

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	Grobbelaar, Janke		19	NR-TUKS MSC-NT		1:04.70
2	Kotze, Nadene		23	Coelacanth MSC-NT		1:10.32
3	Marais, Nadine		23	Aqua Athlete - Masters-CG		1:14.91

GMS (Wahoo) @ Wahoo AC Frostbite3-160723 - 2016-07-23**Wahoo Aquatic Centre 25m Indoor Pool****Results****Event 7 Women 30-34 100 SC Meter Freestyle**

SAMS record:	1:00.66	S	2015-10-31	Thilde Victor (Jhb)	VASM-ES	
GMS record:	1:01.86	G	2012-11-24	Andrea Landau (Jhb)		
1	Rolt, Claire		34	Coelacanth MSC-NT		1:05.44

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		1:13.71
2	Russell, Marcilla		48	Coelacanth MSC-NT		1:47.00

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	Scott, Debbie		54	Wahoo MSC-CG		1:16.55

Event 7 Women 55-59 100 SC Meter Freestyle

SAMS record:	1:07.61	S	2011-10-16	Diane Coetzee (CT)		
GMS record:	1:12.90	G	2006-05-14	Marissa Rollnick (Jhb)		
1	Kotze, Debbie		55	Coelacanth MSC-NT		1:27.56
2	Alder, Elaine		59	Wahoo MSC-CG		1:39.81

Event 7 Women 60-64 100 SC Meter Freestyle

SAMS record:	1:08.13	S	2015-10-18	Diane Coetzee (CT)	CPTW-WP	
GMS record:	1:17.26	G	2011-05-15	Marissa Rollnick (Jhb)		
1	Bronkhorst, Liz		60	Phoenix MSC-CG		2:02.66

Event 7 Women 65-69 100 SC Meter Freestyle

SAMS record:	1:08.25	S	2015-09-20	Sanderina Kruger (CT)	CPTW-WP	
GMS record:	1:27.57	G	1998-11-22	Anne Jones (Jhb)	PHOE-CG	
1	Rollnick, Marissa		65	Phoenix MSC-CG		1:18.97 G
2	Lawless, Helen		67	Wahoo MSC-CG		1:41.97

Event 7 Men 18 & Under 100 SC Meter Freestyle

SAMS record:	0.01	S	2000	Invalid SAMS age group		
GMS record:	0.01	G	2000	Invalid GMS age group		
1	Maritz, Carl		16	Unattached		1:01.66

Event 7 Men 19-24 100 SC Meter Freestyle

SAMS record:	54.89	S	2013-10-19	Justin Nicklin (Jhb)		
GMS record:	54.89	G	2013-10-19	Justin Nicklin (Jhb)	AQUA-CG	
1	Malan, Christiaan		23	Unattached		54.01 S
2	Marais, Ruan		24	Unattached - GAUTENG MS-CG		58.97

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	Marais, Armand		26	Unattached - GAUTENG MS-CG		56.97

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)	AQUA-CG	
1	Collins, Stuart		42	Wahoo MSC-CG		1:05.82
2	van Hille, Mike		40	Wahoo MSC-CG		1:06.67
3	Beneke, John		44	Wahoo MSC-CG		1:16.70

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	Whistler, Brian		46	ET Stingrays MSC-ES		1:11.71

GMS (Wahoo) @ Wahoo AC Frostbite3-160723 - 2016-07-23**Wahoo Aquatic Centre 25m Indoor Pool****Results****(Event 7 Men 45-49 100 SC Meter Freestyle)**

2	Crowther, Bobbie	47	Wahoo MSC-CG	1:21.12
3	Nortje, Thienus	47	Unattached	1:30.37

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	Morgan, Trevor	57	Coelacanth MSC-NT	1:08.64
2	Scholtemayer, Kobus	59	Wahoo MSC-CG	1:20.65

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	1:34.94

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	Wolpe, Russel	79	Phoenix MSC-CG	1:45.78
2	Garson, John	78	Wahoo MSC-CG	2:06.46

Event 8 Women 40-44 25 SC Meter Backstroke

1	Struwig, Nicky	44	Coelacanth MSC-NT	22.77
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Event 8 Women 50-54 25 SC Meter Backstroke

1	Scott, Debbie	54	Wahoo MSC-CG	19.28
2	Bridges, Carole	54	Wahoo MSC-CG	25.46

Event 8 Women 55-59 25 SC Meter Backstroke

1	Murray, Sandy	56	Wahoo MSC-CG	22.49
2	Alder, Elaine	59	Wahoo MSC-CG	24.12
3	Cronje, Anet	55	Wahoo MSC-CG	26.09

Event 8 Women 65-69 25 SC Meter Backstroke

1	Ferreira, Mercia	67	Wahoo MSC-CG	30.07
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Event 8 Men 40-44 25 SC Meter Backstroke

1	van Hille, Mike	40	Wahoo MSC-CG	16.48
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Event 8 Men 45-49 25 SC Meter Backstroke

1	Crowther, Bobbie	47	Wahoo MSC-CG	22.84
2	Jay, William	46	Unattached	23.42

Event 8 Men 55-59 25 SC Meter Backstroke

1	Scholtemayer, Kobus	59	Wahoo MSC-CG	21.88
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Event 9 Women 30-34 200 SC Meter IM

SAMS record: 2:39.67 S 1988		H Campbell (Dbn)		
GMS record: 2:49.15 G 2007-10-28		Nadia Bacchini (Jhb)		
1	Rolt, Claire	34	Coelacanth MSC-NT	2:42.80

Event 9 Women 50-54 200 SC Meter IM

SAMS record: 2:34.03 S 2011-04-14		Cecilia Stanford (CT)		
GMS record: 2:58.86 G 2008-08-16		Clare Davie (Jhb)		
1	Bridges, Carole	54	Wahoo MSC-CG	3:52.12

Event 9 Women 65-69 200 SC Meter IM

SAMS record: 3:29.57 S 2014-09-27		Elsa Craig (PE)		BEST-EP
GMS record: 59:59.99 G		Vacant		
1	Mons, Maureen	65	Phoenix MSC-CG	3:25.14S

GMS (Wahoo) @ Wahoo AC Frostbite3-160723 - 2016-07-23**Wahoo Aquatic Centre 25m Indoor Pool****Results****Event 9 Men 19-24 200 SC Meter IM**

SAMS record:	2:20.28	S	12-2004	Ryan Spencer (Dbn)	
GMS record:	2:45.63	G	2006-06-11	Neil Gardiner (Jhb)	
1	Marais, Ruan		24	Unattached - GAUTENG MS-CG	2:28.46 G
2	Hattingh, Brandon		22	Unattached - GAUTENG MS-CG	2:31.62 G

Event 9 Men 40-44 200 SC Meter IM

SAMS record:	2:21.78	S	2010-10-24	Cliff Lyne (Dbn)	
GMS record:	2:24.00	G	1990-01-01	TYRONE TOZER	
1	Beneke, John		44	Wahoo MSC-CG	3:38.16

Event 9 Men 55-59 200 SC Meter IM

SAMS record:	2:24.64	S	2007-01-27	Tim Shead (Mad)	
GMS record:	3:01.19	G	1993-01-10	David McLachlan	
1	Finn, Joel		55	Wahoo MSC-CG	2:38.69 G

Event 9 Men 60-64 200 SC Meter IM

SAMS record:	2:39.50	S	2010-10-24	Halton Cheadle (CT)	
GMS record:	3:02.70	G	1997-03-02	David McLachlan	
1	Arbuthnot, Dave		63	Coelacanth MSC-NT	3:21.81

Event 10 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 BOSHOFF	
1	Struwig, Nicky		44	Coelacanth MSC-NT	51.07

Event 10 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 BOSHOFF	
1	Strydom, Caren		49	Wahoo MSC-CG	41.31

Event 10 Women 50-54 50 SC Meter Backstroke

SAMS record:	35.25	S	2012-10-14	Cecilia Stanford (CT)	
GMS record:	37.78	G	1989-01-01	MOIRA LAMONT	
1	Scott, Debbie		54	Wahoo MSC-CG	41.66

Event 10 Women 55-59 50 SC Meter Backstroke

SAMS record:	35.50	S	2013-10-20	Diane Coetzee (Stb)	CPTW-WP
GMS record:	40.79	G	2012-07-14	Clare Davie (Jhb)	
1	Murray, Sandy		56	Wahoo MSC-CG	49.03
2	Alder, Elaine		59	Wahoo MSC-CG	51.39

Event 10 Women 65-69 50 SC Meter Backstroke

SAMS record:	41.12	S	2015-07-19	Sanderina Kruger (CT)	CPTW-WP
GMS record:	50.82	G	8-1997	Dilys van der Merwe (Pta)	
1	Ferreira, Mercia		67	Wahoo MSC-CG	1:03.09

Event 10 Men 45-49 50 SC Meter Backstroke

SAMS record:	28.39	S	2015-10-24	Greg Kahn (PE)	AQUB-EP
GMS record:	30.53	G	2005-11-26	Andre Steynberg (Jhb)	
1	Crowther, Bobbie		47	Wahoo MSC-CG	53.74
2	Jay, William		46	Unattached	54.35

Event 10 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	36.04

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Event 10 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)

WAHO-CG

1 Garson, John

78 Wahoo MSC-CG

57.39