

## Western Province Masters 2017 Championships

February 2017

## Results

**Event 1 Women 40-44 50 LC Meter Breaststroke**

**World Record:** 33.09 W 2012-04-17 FRAME Linley  
**SA Record:** 35.59 S 11-2009 Heather Morris-Eyton  
**WP Record:** 38.53 p 2-2000 Gail McCarney  
 35.92 40-44 SAQ  
 38.43 40-44 WPQ

1 Van Wyk, Melanie 40 CPTW-WP 45.72

**Event 1 Women 55-59 50 LC Meter Breaststroke**

**SA Record:** 40.73 S 2-2016 Cecilia Stanford  
**WP Record:** 40.73 p 2-2016 Cecilia Stanford  
 40.00 55-59 SAQ  
 42.80 55-59 WPQ

1 Winfield, Melinda 56 CPTW-WP 49.90  
 2 Welgemoed, Janine 56 CPTW-WP 59.71

**Event 1 Women 60-64 50 LC Meter Breaststroke**

**SA Record:** 42.84 S 1-2017 Terry-Ann Matley  
**WP Record:** 42.84 p 1-2017 Terry-Ann Matley  
 42.30 60-64 SAQ  
 45.26 60-64 WPQ

1 Matley, Terry 60 DOLP-WP 42.15 SpSAQ  
 2 Routledge, Viv 60 CPTW-WP 47.41

**Event 1 Men 35-39 50 LC Meter Breaststroke**

**SA Record:** 29.73 S 3-2012 Ryk Neethling  
**WP Record:** 29.73 p 3-2012 Ryk Neethling  
 30.12 35-39 SAQ  
 32.23 35-39 WPQ

1 Manelli, Leonardo 35 CPTW-WP 42.90

**Event 1 Men 45-49 50 LC Meter Breaststroke**

**SA Record:** 32.45 S 8-2010 Johan vd Merwe  
**WP Record:** 32.45 p 8-2010 Johan vd Merwe  
 31.28 45-49 SAQ  
 33.47 45-49 WPQ

1 Gilbert, Oliver 47 CPTW-WP 35.84

**Event 1 Men 50-54 50 LC Meter Breaststroke**

**SA Record:** 32.58 S 3-2002 Tim Shead  
**WP Record:** 32.58 p 3-2002 Tim Shead  
 32.48 50-54 SAQ  
 34.75 50-54 WPQ

1 Olivier, Marais 54 CPTW-WP 42.30

**Event 1 Men 55-59 50 LC Meter Breaststroke**

**SA Record:** 32.07 S 4-2008 Tim Shead  
**WP Record:** 32.07 p 4-2008 Tim Shead  
 33.70 55-59 SAQ  
 36.06 55-59 WPQ

1 Brand, Johan 57 CPTW-WP 47.78

**Event 1 Men 60-64 50 LC Meter Breaststroke**

**SA Record:** 34.35 S 3-2016 Tim Shead  
**WP Record:** 34.35 p 3-2016 Tim Shead  
 35.10 60-64 SAQ  
 37.56 60-64 WPQ

1 Hodges, Mark 64 CPTW-WP 49.20  
 2 Platte, Gary 61 WINE-WP 55.34

**Event 1 Men 70-74 50 LC Meter Breaststroke**

**SA Record:** 41.45 S 3-2015 B.Nelson  
**WP Record:** 43.99 p 1-2007 Dave McLachlan  
 39.59 70-74 SAQ  
 42.36 70-74 WPQ

1 DU Toit, Francois 70 CPTW-WP 45.34

**Event 2 Women 45-49 400 LC Meter IM**

**SA Record:** 5:39.29 S 4-2008 Cecilia Stanford  
**WP Record:** 5:39.29 p 4-2008 Cecilia Stanford  
 5:42.52 45-49 SAQ  
 6:06.50 45-49 WPQ

1 Bihl, Kate 47 CPTW-WP 6:59.29

**Event 2 Men 55-59 400 LC Meter IM**

**SA Record:** 5:35.26 S 6-2007 Tim Shead  
**WP Record:** 5:35.26 p 6-2007 Tim Shead  
 5:35.32 55-59 SAQ  
 5:58.79 55-59 WPQ

1 Frost, David 59 WINE-WP 7:17.38

**Event 2 Men 65-69 400 LC Meter IM**

**SA Record:** 6:24.39 S 3-2002 Dave McLachlan  
**WP Record:** 6:24.39 p 3-2002 Dave McLachlan  
 6:27.84 65-69 SAQ  
 6:54.99 65-69 WPQ

1 Shead, Tim 65 CPTW-WP 6:00.61 SpSAQ

**Event 2 Men 80-84 400 LC Meter IM**

**SA Record:** 10:12.62 S 3-2000 Jack Brink  
 9:55.70 80-84 SAQ  
 10:37.40 80-84 WPQ

1 McLachlan, Dave 80 CPTW-WP 8:01.87 SpSAQ

**Event 3 Women 45-49 100 LC Meter Backstroke**

**SA Record:** 1:14.92 S 8-2006 Cecilia Stanford  
**WP Record:** 1:14.92 p 8-2006 Cecilia Stanford  
 1:13.80 45-49 SAQ  
 1:18.97 45-49 WPQ

1 Bihl, Kate 47 CPTW-WP 1:32.40

**Event 3 Women 55-59 100 LC Meter Backstroke**

**SA Record:** 1:18.55 S 6-2012 Heather Campbell  
**WP Record:** 1:20.36 p 8-2010 Diane Coetzee  
 1:21.16 55-59 SAQ  
 1:26.84 55-59 WPQ

1 Welgemoed, Janine 56 CPTW-WP 1:39.23

**Event 3 Women 60-64 100 LC Meter Backstroke**

**SA Record:** 1:19.41 S 2-2016 Diane Coetzee  
**WP Record:** 1:19.41 p 2-2016 Diane Coetzee  
 1:26.91 60-64 SAQ  
 1:32.99 60-64 WPQ

1 Coetzee, Diane 62 CPTW-WP 1:24.50 SAQ  
 2 Brewis, Judy 63 CPTW-WP 1:37.56

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**Event 3 Women 65-69 100 LC Meter Backstroke**  
**SA Record:** 1:27.47 S 8-2015 Sanderina Kruger  
**WP Record:** 1:27.47 p 8-2015 Sanderina Kruger  
 1:34.50 65-69 SAQ  
 1:41.12 65-69 WPQ  
 1 Kruger, Sanderina 68 CPTW-WP 1:33.27 SAQ

**Event 3 Women 70-74 100 LC Meter Backstroke**  
**SA Record:** 1:46.64 S 3-2016 W. Kokott  
**WP Record:** 1:47.05 p 2-2014 Lenchen Zundorf  
 1:39.89 70-74 SAQ  
 1:46.88 70-74 WPQ  
 1 Breslin, Susie 70 DOLP-WP 1:42.80 p WPQ

**Event 3 Women 80-84 100 LC Meter Backstroke**  
**SA Record:** 2:11.87 S 3-2005 Mignon Hardwich  
**WP Record:** 2:51.12 p 3-2001 Rae Smit  
 2:06.40 80-84 SAQ  
 2:15.25 80-84 WPQ  
 1 Swanepoel, Miems 82 CPTW-WP 6:58.31

**Event 3 Men 60-64 100 LC Meter Backstroke**  
**SA Record:** 1:08.86 S 3-2016 Andre Steynberg  
**WP Record:** 1:16.54 p 8-2015 Mike Winfield  
 1:14.59 60-64 SAQ  
 1:19.81 60-64 WPQ  
 1 Winfield, Mike 62 CPTW-WP 1:18.41 WPQ  
 2 Spies, Izak 63 CPTW-WP 1:33.33  
 3 Platte, Gary 61 WINE-WP 2:02.64

**Event 3 Men 65-69 100 LC Meter Backstroke**  
**SA Record:** 1:20.53 S 3-2016 Terry Downes  
**WP Record:** 1:27.03 p 6-2012 Doug Wilson  
 1:19.02 65-69 SAQ  
 1:24.55 65-69 WPQ  
 1 Howieson, Doug 65 CPTW-WP 1:29.12

**Event 3 Men 70-74 100 LC Meter Backstroke**  
**SA Record:** 1:26.12 S 2-2013 J. Hughes  
**WP Record:** 1:35.93 p 3-2011 Gary Freeling  
 1:25.45 70-74 SAQ  
 1:31.43 70-74 WPQ  
 1 Wilson, Doug 70 CPTW-WP 1:38.20

**Event 4 Women 25-29 100 LC Meter Butterfly**  
**World Record:** 1:02.73 W 2010-07-17 NAKANISHI Yuko  
**SA Record:** 1:05.58 S 3-2012 Sam Gunther  
**WP Record:** 1:10.39 p 1988 Jane Weir  
 1:05.66 25-29 SAQ  
 1:10.26 25-29 WPQ  
 1 Needham, Tersia 28 CPTW-WP 1:20.68

**Event 4 Women 30-34 100 LC Meter Butterfly**  
**World Record:** 58.81 W 2008-06-07 MORAVCOVA Martina  
**SA Record:** 1:08.86 S 3-2002 Nicky Durheim  
**WP Record:** 1:10.46 p 3-2013 Katherine Nurse  
 1:07.68 30-34 SAQ  
 1:12.42 30-34 WPQ  
 1 Gunter Moraal, Este 33 CPTW-WP 1:34.77

**Event 4 Men 55-59 100 LC Meter Butterfly**  
**SA Record:** 1:04.93 S 6-2012 Andre Steynberg  
**WP Record:** 1:06.57 p 6-2007 Tim Shead  
 1:06.18 55-59 SAQ  
 1:10.81 55-59 WPQ  
 1 Holshausen, Rod 59 CPTW-WP 1:17.80

**Event 4 Men 60-64 100 LC Meter Butterfly**  
**SA Record:** 1:05.78 S 3-2016 Andre Steynberg  
**WP Record:** 1:09.50 p 3-2012 Tim Shead  
 1:09.82 60-64 SAQ  
 1:14.71 60-64 WPQ  
 1 Roothman, Andrè 63 CPTW-WP 1:13.76 WPQ

**Event 5 Women 30-34 200 LC Meter Freestyle**  
**World Record:** 2:04.05 W 2011-07-17 HECKMAN Dawn  
**SA Record:** 2:13.44 S 6-1998 Wilma Daniel  
**WP Record:** 2:19.71 p 1994 Aletta Momberg  
 2:15.30 30-34 SAQ  
 2:24.77 30-34 WPQ  
 1 Gunter Moraal, Este 33 CPTW-WP 2:58.43

**Event 5 Women 50-54 200 LC Meter Freestyle**  
**SA Record:** 2:21.64 S 6-2012 Debbie Carroll  
**WP Record:** 2:22.07 p 3-2013 Cecilia Stanford  
 2:23.80 50-54 SAQ  
 2:33.87 50-54 WPQ  
 1 Strauss, Marcelle 53 CPTW-WP 2:38.51

**Event 5 Women 60-64 200 LC Meter Freestyle**  
**SA Record:** 2:29.54 S 8-2010 Sanderina Kruger  
**WP Record:** 2:29.54 p 8-2010 Sanderina Kruger  
 2:41.11 60-64 SAQ  
 2:52.39 60-64 WPQ  
 1 Coetzee, Diane 62 CPTW-WP 2:35.74 SAQ  
 2 Routledge, Viv 60 CPTW-WP 2:59.87  
 3 Brewis, Judy 63 CPTW-WP 3:06.92

**Event 5 Women 65-69 200 LC Meter Freestyle**  
**World Record:** 2:37.63 W 8-2015 KRUGER Sanderina  
**SA Record:** 2:37.63 S 8-2015 Sanderina Kruger  
**WP Record:** 2:37.63 p 8-2015 Sanderina Kruger  
 2:54.62 65-69 SAQ  
 3:06.84 65-69 WPQ  
 1 Kruger, Sanderina 68 CPTW-WP 2:46.19 SAQ

**Event 5 Men 35-39 200 LC Meter Freestyle**  
**SA Record:** 2:02.70 S 3-2015 B Reen  
**WP Record:** 2:08.66 p 6-2004 Alex Skinner  
 2:01.50 35-39 SAQ  
 2:10.01 35-39 WPQ  
 1 Manelli, Leonardo 35 CPTW-WP 2:40.75

**Event 5 Men 55-59 200 LC Meter Freestyle**  
**SA Record:** 2:10.90 S 6-2004 Terry Downes  
**WP Record:** 2:11.99 p 3-2005 Tyrone Tozer  
 2:13.65 55-59 SAQ  
 2:23.01 55-59 WPQ  
 1 Steyn, Glenn 57 CPTW-WP 2:48.29  
 2 Frost, David 59 WINE-WP 2:56.83

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**Event 5 Men 60-64 200 LC Meter Freestyle**

SA Record: 2:17.01 S 3-2009 Terry Downes

WP Record: 2:22.23 p 3-2010 Tyrone Tozer

2:21.56 60-64 SAQ

2:31.47 60-64 WPQ

1	Stevenson, Paul	61	CPTW-WP	2:26.17	WPQ
2	Spies, Izak	63	CPTW-WP	2:29.35	WPQ
3	Winfield, Mike	62	CPTW-WP	2:46.44	
4	Hodges, Mark	64	CPTW-WP	3:17.39	
5	Platte, Gary	61	WINE-WP	3:37.74	

**Event 5 Men 65-69 200 LC Meter Freestyle**

SA Record: 2:30.80 S 3-2015 Terry Downes

WP Record: 2:32.40 p 3-2004 Gary Freeling

2:28.03 65-69 SAQ

2:38.39 65-69 WPQ

1	Shead, Tim	65	CPTW-WP	2:29.83	S p WPQ
2	Howieson, Doug	65	CPTW-WP	2:39.06	

**Event 5 Men 70-74 200 LC Meter Freestyle**

SA Record: 2:50.08 S 2-2007 Dave McLachlan

WP Record: 2:50.08 p 2-2007 Dave McLachlan

2:39.95 70-74 SAQ

2:51.15 70-74 WPQ

1	DU Toit, Francois	70	CPTW-WP	3:18.53	
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**Event 5 Men 80-84 200 LC Meter Freestyle**

SA Record: 3:27.40 S 6-1996 George May

WP Record: 4:04.40 p 1996 Mel Bartholomew

3:17.22 80-84 SAQ

3:31.03 80-84 WPQ

1	McLachlan, Dave	80	CPTW-WP	3:26.12	S p WPQ
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**Event 6 Women 60-64 800 LC Meter Freestyle**

SA Record: 11:04.77 S 3-2016 Diane Coetzee

WP Record: 11:04.77 p 3-2016 Diane Coetzee

11:34.26 60-64 SAQ

12:22.86 60-64 WPQ

1	Coetzee, Diane	62	CPTW-WP	11:11.15	SAQ
2	Brewis, Judy	63	CPTW-WP	12:59.55	
3	Brimble, Mairi	62	DOLP-WP	13:15.12	
4	Snyman, Hester	60	DOLP-WP	15:36.63	

**Event 6 Women 65-69 800 LC Meter Freestyle**

SA Record: 12:33.23 S 3-2016 M. Mons

WP Record: 14:26.44 p 2-2014 Colleen Godfrey

12:43.88 65-69 SAQ

13:37.35 65-69 WPQ

1	Godfrey, Colleen	68	DOLP-WP	15:27.31	
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**Event 6 Men 55-59 800 LC Meter Freestyle**

SA Record: 9:52.36 S 4-2008 Doug Howieson

WP Record: 9:52.36 p 4-2008 Doug Howieson

9:59.46 55-59 SAQ

10:41.42 55-59 WPQ

1	Frost, David	59	WINE-WP	13:02.38	
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**Event 6 Men 60-64 800 LC Meter Freestyle**

SA Record: 10:29.14 S 3-2015 Izak Spies

WP Record: 10:29.14 p 3-2015 Izak Spies

10:28.92 60-64 SAQ

11:12.94 60-64 WPQ

1	Stevenson, Paul	61	CPTW-WP	11:10.75	WPQ
2	Hodges, Mark	64	CPTW-WP	14:24.10	

**Event 6 Men 65-69 800 LC Meter Freestyle**

SA Record: 11:34.50 S 3-2002 David McLachlan

WP Record: 11:34.50 p 3-2002 Dave McLachlan

11:15.38 65-69 SAQ

12:02.66 65-69 WPQ

1	Shead, Tim	65	CPTW-WP	11:20.48	S p WPQ
2	Howieson, Doug	65	CPTW-WP	11:51.82	WPQ

**Event 6 Men 80-84 800 LC Meter Freestyle**

SA Record: 16:04.54 S 1996 George May

WP Record: 18:47.50 p 1996 Mel Bartholomew

15:48.18 80-84 SAQ

16:54.92 80-84 WPQ

1	McLachlan, Dave	80	CPTW-WP	14:36.35	S p SAQ
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**Event 7 Women 25-29 50 LC Meter Butterfly**

World Record: 27.90 W 2010-08-02 KRISTIANSSEN Linda Lund

SA Record: 27.55 S 3-2015 E Werth

WP Record: 29.66 p 3-2000 Marianne Kriel

28.79 25-29 SAQ

30.81 25-29 WPQ

1	Needham, Tersia	28	CPTW-WP	34.72	
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**Event 7 Women 30-34 50 LC Meter Butterfly**

World Record: 27.48 W 2008-06-07 MORAVCOVA Martina

SA Record: 30.19 S 8-2015 T Victor

WP Record: 29.82 p 2-2016 Rebecca Newson

29.32 30-34 SAQ

31.37 30-34 WPQ

1	Wolmarans, Lezandre	30	CPTW-WP	31.91	
2	Gunter Moraal, Este	33	CPTW-WP	38.79	

**Event 7 Women 55-59 50 LC Meter Butterfly**

SA Record: 32.46 S 6-2012 Heather Campbell

WP Record: 35.21 p 2-2014 Gail McCarney

33.88 55-59 SAQ

36.25 55-59 WPQ

1	Welgemoed, Janine	56	CPTW-WP	44.13	
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**Event 7 Women 60-64 50 LC Meter Butterfly**

SA Record: 34.74 S 3-2015 Heather Campbell

WP Record: 35.01 p 8-2010 Sanderina Kruger

36.34 60-64 SAQ

38.88 60-64 WPQ

1	Routledge, Viv	60	CPTW-WP	39.43	
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**Event 7 Women 70-74 50 LC Meter Butterfly**

SA Record: 41.23 S 3-2015 Elsa Craig

WP Record: 1:06.42 p 3-1999 Ruth Holshausen

45.21 70-74 SAQ

48.37 70-74 WPQ

1	Breslin, Susie	70	DOLP-WP	57.85	p
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<b>(Event 7 Women 70-74 50 LC Meter Butterfly)</b>				2 Welgemoed, Janine	56 CPTW-WP	3:33.90
2 Rix, Tricia	74 CPTW-WP	2:01.48				
<b>Event 7 Men 35-39 50 LC Meter Butterfly</b>				<b>Event 8 Women 60-64 200 LC Meter Backstroke</b>		
SA Record:	24.69 S 3-2012	Ryk Neethling	SA Record:	2:52.05 S 8-2015	Diane Coetzee	
WP Record:	24.69 p 3-2012	Ryk Neethling	WP Record:	2:52.05 p 8-2015	Diane Coetzee	
	25.94 35-39 SAQ			3:08.30 60-64 SAQ		
	27.76 35-39 WPQ			3:21.48 60-64 WPQ		
1 Louw, Japie	38 CPTW-WP	29.65		1 Coetzee, Diane	62 CPTW-WP	3:04.52 SAQ
<b>Event 7 Men 45-49 50 LC Meter Butterfly</b>				2 Brewis, Judy	63 CPTW-WP	3:24.23
SA Record:	26.57 S 3-2008	Gregg Price	<b>Event 8 Women 70-74 200 LC Meter Backstroke</b>			
WP Record:	26.57 p 3-2008	Gregg Price	SA Record:	3:53.98 S 3-2016	W. Kokott	
	27.06 45-49 SAQ		WP Record:	3:44.59 p 1-2017	Susie Breslin	
	28.95 45-49 WPQ			3:41.30 70-74 SAQ		
1 Taylor, Robert	48 CPTW-WP	28.78 WPQ		3:56.79 70-74 WPQ		
<b>Event 7 Men 55-59 50 LC Meter Butterfly</b>				1 Breslin, Susie	70 DOLP-WP	3:52.33 p WPQ
SA Record:	28.35 S 3-2013	Andre Steynberg	2 Rix, Tricia	74 CPTW-WP	5:18.04	
WP Record:	28.83 p 1-2007	Tim Shead	<b>Event 8 Men 60-64 200 LC Meter Backstroke</b>			
	28.85 55-59 SAQ		SA Record:	2:34.00 S 3-2012	Tim Shead	
	30.87 55-59 WPQ		WP Record:	2:34.00 p 3-2012	Tim Shead	
1 Steyn, Glenn	57 CPTW-WP	44.44		2:46.37 60-64 SAQ		
<b>Event 7 Men 60-64 50 LC Meter Butterfly</b>					2:58.02 60-64 WPQ	
SA Record:	30.44 S 8-2015	Nigel Cones	1 Winfield, Mike	62 CPTW-WP	2:57.31 WPQ	
WP Record:	30.44 p 8-2015	Nigel Cones	<b>Event 8 Men 65-69 200 LC Meter Backstroke</b>			
	29.83 60-64 SAQ		SA Record:	3:00.15 S 3-2016	Terry Downes	
	31.92 60-64 WPQ		WP Record:	3:38.47 p 3-2003	Mike Clark	
1 Roothman, Andr�	63 CPTW-WP	31.59 WPQ		2:56.36 65-69 SAQ		
2 Hodges, Mark	64 CPTW-WP	39.67		3:08.71 65-69 WPQ		
3 Platte, Gary	61 WINE-WP	52.37	1 Shead, Tim	65 CPTW-WP	2:47.75 S pSAQ	
<b>Event 7 Men 80-84 50 LC Meter Butterfly</b>				2 Howieson, Doug	65 CPTW-WP	3:17.80 p
SA Record:	53.11 S 3-2014	I. Schlapobersky	<b>Event 9 Women 40-44 200 LC Meter Breaststroke</b>			
	45.50 80-84 SAQ		World Record:	2:38.44 W 2006-08-09	VON DER LIPPE Susan	
	48.69 80-84 WPQ		SA Record:	2:40.76 S 8-2010	Heather Morris-Eyton	
1 McLachlan, Dave	80 CPTW-WP	43.58 S pSAQ	WP Record:	3:05.29 p 3-2000	Gail McCarney	
<b>Event 8 Women 35-39 200 LC Meter Backstroke</b>					2:59.04 40-44 SAQ	
World Record:	2:18.20 W 1997-08-10	PIPES-NEILSEN Karlyn		3:11.57 40-44 WPQ		
SA Record:	2:37.42 S 2-2007	Marianne Kriel	1 Van Wyk, Melanie	40 CPTW-WP	3:34.53	
WP Record:	2:37.46 p 2-2007	Marianne Kriel	<b>Event 9 Women 45-49 200 LC Meter Breaststroke</b>			
	2:37.64 35-39 SAQ		SA Record:	2:43.73 S 3-2013	Heather Morris-Eyton	
	2:48.67 35-39 WPQ		WP Record:	3:03.93 p 4-2008	Gail McCarney	
1 White, Simone	37 CPTW-WP	2:58.06		3:03.21 45-49 SAQ		
<b>Event 8 Women 45-49 200 LC Meter Backstroke</b>					3:16.03 45-49 WPQ	
SA Record:	2:43.79 S 8-2006	Cecilia Stanford	1 Bihl, Kate	47 CPTW-WP	3:27.20	
WP Record:	2:43.79 p 8-2006	Cecilia Stanford	<b>Event 9 Women 60-64 200 LC Meter Breaststroke</b>			
	2:40.25 45-49 SAQ		SA Record:	3:38.28 S 2-2010	Jenny Ireland	
	2:51.47 45-49 WPQ		WP Record:	3:42.35 p 2-2014	Sandy Reeves	
1 Bihl, Kate	47 CPTW-WP	3:16.19		3:29.79 60-64 SAQ		
<b>Event 8 Women 55-59 200 LC Meter Backstroke</b>					3:44.48 60-64 WPQ	
SA Record:	2:50.77 S 1-2017	Karen van Helden	1 Matley, Terry	60 DOLP-WP	3:42.48 WPQ	
WP Record:	2:50.77 p 1-2017	Karen van Helden	<b>Event 9 Women 65-69 200 LC Meter Breaststroke</b>			
	2:57.53 55-59 SAQ		SA Record:	3:45.47 S 3-2016	Jenny Ireland	
	3:09.96 55-59 WPQ		WP Record:	4:13.12 p 4-2008	Tricia Rix	
1 van Helden, Karen	55 DOLP-WP	2:54.80 SAQ		3:43.56 65-69 SAQ		
				3:59.21 65-69 WPQ		
			1 Godfrey, Colleen	68 DOLP-WP	4:30.08	

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**Event 9 Women 70-74 200 LC Meter Breaststroke**

SA Record: 4:06.55 S 3-2012 Salome Hurwitz

WP Record: 4:40.03 p 2-2013 Tricia Rix

3:57.64 70-74 SAQ

4:14.27 70-74 WPQ

1 Rix, Tricia 74 CPTW-WP 5:45.74

**Event 9 Men 50-54 200 LC Meter Breaststroke**

SA Record: 2:39.53 S 3-2016 Graeme Fiser

WP Record: 2:39.53 p 3-2016 Graeme Fiser

2:44.68 50-54 SAQ

2:56.21 50-54 WPQ

1 Olivier, Marais 54 CPTW-WP 3:42.39

**Event 9 Men 55-59 200 LC Meter Breaststroke**

SA Record: 2:41.54 S 4-2008 Tim Shead

WP Record: 2:41.54 p 4-2008 Tim Shead

2:51.48 55-59 SAQ

3:03.48 55-59 WPQ

1 Frost, David 59 WINE-WP 3:26.06

**Event 9 Men 80-84 200 LC Meter Breaststroke**

SA Record: 4:10.75 S 3-2013 Ivan Schlapobersky

WP Record: 4:45.63 p 1996 Mel Bartholomew

4:09.15 80-84 SAQ

4:26.59 80-84 WPQ

1 McLachlan, Dave 80 CPTW-WP 4:15.41 p WPQ

**Event 10 Women 25-29 100 LC Meter Freestyle**

World Record: 57.71 W 2008-06-21 RAMM Aimee

SA Record: 59.50 S 6-2012 Sam Gunther

WP Record: 1:03.75 p 6-2004 Perry Cadiz

1:00.33 25-29 SAQ

1:04.55 25-29 WPQ

1 Needham, Tersia 28 CPTW-WP 1:12.00

**Event 10 Women 30-34 100 LC Meter Freestyle**

World Record: 55.24 W 2009-07-11 ERNDL Erika

SA Record: 1:00.84 S 6-1998 Wilma Daniel

WP Record: 1:03.27 p 4-2008 Perry Cadiz

1:01.20 30-34 SAQ

1:05.48 30-34 WPQ

1 Wolmarans, Lezandre 30 CPTW-WP 1:04.20 WPQ

**Event 10 Women 35-39 100 LC Meter Freestyle**

World Record: 58.38 W 1998-08-23 MOLL Tracie

SA Record: 1:01.60 S 6-2004 Edith Ottermann

WP Record: 1:02.04 p 8-2006 Marianne Kriel

1:01.54 35-39 SAQ

1:05.85 35-39 WPQ

1 White, Simone 37 CPTW-WP 1:12.41

**Event 10 Women 50-54 100 LC Meter Freestyle**

SA Record: 1:04.37 S 6-2012 Cecilia Stanford

WP Record: 1:04.37 p 6-2012 Cecilia Stanford

1:05.27 50-54 SAQ

1:09.84 50-54 WPQ

1 Strauss, Marcelle 53 CPTW-WP 1:11.27

**Event 10 Women 55-59 100 LC Meter Freestyle**

SA Record: 1:07.25 S 3-2016 Cecilia Stanford

WP Record: 1:07.25 p 3-2016 Cecilia Stanford

1:09.54 55-59 SAQ

1:14.41 55-59 WPQ

1 Welgemoed, Janine 56 CPTW-WP 1:22.41

2 Winfield, Melinda 56 CPTW-WP 1:34.60

**Event 10 Women 60-64 100 LC Meter Freestyle**

SA Record: 1:06.63 S 3-2009 Sanderina Kruger

WP Record: 1:06.63 p 3-2009 Sanderina Kruger

1:12.62 60-64 SAQ

1:17.70 60-64 WPQ

1 Coetzee, Diane 62 CPTW-WP 1:14.08 WPQ

2 Routledge, Viv 60 CPTW-WP 1:20.16

3 Brimble, Mairi 62 DOLP-WP 1:27.10

4 Brewis, Judy 63 CPTW-WP 1:29.22

**Event 10 Women 70-74 100 LC Meter Freestyle**

SA Record: 1:23.80 S 3-2015 Anne Jones

WP Record: 1:31.73 p 2-2014 Lenchen Zundorf

1:25.45 70-74 SAQ

1:31.43 70-74 WPQ

1 Breslin, Susie 70 DOLP-WP 1:41.09

**Event 10 Men 35-39 100 LC Meter Freestyle**

SA Record: 53.61 S 3-2015 B Reen

WP Record: 56.93 p 3-2013 Marc Moore

54.23 35-39 SAQ

58.03 35-39 WPQ

1 Manelli, Leonardo 35 CPTW-WP 1:08.38

**Event 10 Men 50-54 100 LC Meter Freestyle**

SA Record: 54.36 S 3-2015 Calvin Maughin

WP Record: 54.36 p 3-2015 Calvin Maughin

57.53 50-54 SAQ

1:01.56 50-54 WPQ

1 Maughan, Calvin 53 CPTW-WP 58.08 WPQ

2 Keet, Hennie 52 WINE-WP 1:43.27

**Event 10 Men 55-59 100 LC Meter Freestyle**

SA Record: 58.43 S 3-2004 Terry Downes

WP Record: 1:00.72 p 3-2006 Tyrone Tozer

59.66 55-59 SAQ

1:03.84 55-59 WPQ

1 Hendricks, Nigel 59 CPTW-WP 1:10.76

2 Steyn, Glenn 57 CPTW-WP 1:13.92

3 Brand, Johan 57 CPTW-WP 1:16.21

**Event 10 Men 60-64 100 LC Meter Freestyle**

SA Record: 59.76 S 3-2016 A. Steynberg

WP Record: 1:02.77 p 2-2012 Tim Shead

1:01.93 60-64 SAQ

1:06.27 60-64 WPQ

1 Roothman, Andrè 63 CPTW-WP 1:05.44 WPQ

2 Stevenson, Paul 61 CPTW-WP 1:06.36

3 Winfield, Mike 62 CPTW-WP 1:10.44

4 Hodges, Mark 64 CPTW-WP 1:25.67

5 Platte, Gary 61 WINE-WP 1:30.67

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**Event 10 Men 65-69 100 LC Meter Freestyle**

SA Record: 1:05.87 S 3-2016 Terry Downes

WP Record: 1:08.33 p 3-2004 Gary Freeling

1:05.98 65-69 SAQ

1:10.60 65-69 WPQ

1 Howieson, Doug 65 CPTW-WP 1:14.18

**Event 10 Men 70-74 100 LC Meter Freestyle**

SA Record: 1:16.12 S 3-2015 J. Hughes

WP Record: 1:16.62 p 3-2011 Gary Freeling

1:09.29 70-74 SAQ

1:14.14 70-74 WPQ

1 Wilson, Doug 70 CPTW-WP 1:20.38

**Event 10 Men 80-84 100 LC Meter Freestyle**

SA Record: 1:30.20 S 1996 George May

WP Record: 1:40.44 p 1996 Mel Bartholomew

1:26.15 80-84 SAQ

1:32.18 80-84 WPQ

1 McLachlan, Dave 80 CPTW-WP 1:34.70 p

**Event 11 Women 30-34 400 LC Meter Freestyle**

World Record: 4:18.63 W 2011-07-16 HECKMAN Dawn

SA Record: 4:50.68 S 3-2001 Sharon Tiran

WP Record: 4:57.04 p 1993 Aletta Momberg

4:46.25 30-34 SAQ

5:06.29 30-34 WPQ

1 Stanford, Tarryn 31 CPTW-WP 4:58.35 WPQ

**Event 11 Women 40-44 400 LC Meter Freestyle**

World Record: 4:22.87 W 2011-08-13 EVANS Janet

SA Record: 4:47.44 S 8-2010 Amanda Picard

WP Record: 4:47.44 p 8-2010 Amanda Picard

4:52.88 40-44 SAQ

5:13.38 40-44 WPQ

1 Amner, Claire 43 CPTW-WP 5:31.92

**Event 11 Women 60-64 400 LC Meter Freestyle**

SA Record: 5:19.86 S 8-2015 Diane Coetzee

WP Record: 5:19.86 p 8-2015 Diane Coetzee

5:34.36 60-64 SAQ

5:57.77 60-64 WPQ

1 Coetzee, Diane 62 CPTW-WP 5:22.97 SAQ

2 Sharkey, Therese 62 WINE-WP 5:57.19 WPQ

3 Brewis, Judy 63 CPTW-WP 6:18.41

4 Brimble, Mairi 62 DOLP-WP 6:27.90

5 Louw, Niki 62 WINE-WP 7:02.61

**Event 11 Women 70-74 400 LC Meter Freestyle**

SA Record: 6:40.45 S 3-2016 Anne Jones

WP Record: 7:48.38 p 6-1998 Clara Aurik

6:55.01 70-74 SAQ

7:24.16 70-74 WPQ

--- Breslin, Susie 70 DOLP-WP DNF

**Event 11 Men 35-39 400 LC Meter Freestyle**

SA Record: 4:30.71 S 3-2010 Steven Hurley

WP Record: 4:35.29 p 3-2006 Anthony Pearce

4:22.76 35-39 SAQ

4:41.15 35-39 WPQ

1 Manelli, Leonardo 35 CPTW-WP 5:53.69

**Event 11 Men 40-44 400 LC Meter Freestyle**

SA Record: 4:27.83 S 3-2016 B. Reen

WP Record: 4:33.81 p 4-2008 Gregg Price

4:22.05 40-44 SAQ

4:40.39 40-44 WPQ

1 Steenkamp, Neil 40 CPTW-WP 6:21.38

2 Louw, Jannie 41 CPTW-WP 7:02.64

**Event 11 Men 55-59 400 LC Meter Freestyle**

SA Record: 4:45.91 S 4-2008 Doug Howieson

WP Record: 4:45.91 p 4-2008 Doug Howieson

4:47.00 55-59 SAQ

5:07.09 55-59 WPQ

1 Holshausen, Rod 59 CPTW-WP 5:28.92

2 Frost, David 59 WINE-WP 6:16.37

3 Steyn, Glenn 57 CPTW-WP 6:17.52

**Event 11 Men 60-64 400 LC Meter Freestyle**

SA Record: 5:01.20 S 2-2015 Izak Spies

WP Record: 5:01.20 p 2-2015 Izak Spies

5:02.69 60-64 SAQ

5:23.88 60-64 WPQ

1 Spies, Izak 63 CPTW-WP 5:07.59 WPQ

2 Stevenson, Paul 61 CPTW-WP 5:08.42 WPQ

3 Bennetto, Peter 64 CPTW-WP 6:59.05

**Event 11 Men 65-69 400 LC Meter Freestyle**

SA Record: 5:28.22 S 3-2004 Gary Freeling

WP Record: 5:28.22 p 3-2004 Gary Freeling

5:21.05 65-69 SAQ

5:43.52 65-69 WPQ

1 Howieson, Doug 65 CPTW-WP 5:36.77 WPQ

**Event 11 Men 80-84 400 LC Meter Freestyle**

SA Record: 7:42.16 S 3-1999 George May

WP Record: 8:40.06 p 1994 Mel Bartholomew

7:05.97 80-84 SAQ

7:36.86 80-84 WPQ

1 McLachlan, Dave 80 CPTW-WP 7:01.76 S pSAQ

**Event 12 Women 45-49 100 LC Meter Breaststroke**

SA Record: 1:19.08 S 3-2013 Heather Morris-Eyton

WP Record: 1:24.83 p 8-2010 Cecilia Stanford

1:23.52 45-49 SAQ

1:29.37 45-49 WPQ

1 Bihl, Kate 47 CPTW-WP 1:29.06 WPQ

**Event 12 Women 55-59 100 LC Meter Breaststroke**

SA Record: 1:31.38 S 8-2015 Gail McCarney

WP Record: 1:31.38 p 8-2015 Gail Mc Carney

1:29.12 55-59 SAQ

1:35.36 55-59 WPQ

1 Stanford, Cecilia 56 CPTW-WP 1:28.80 S pSAQ

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**(Event 12 Women 55-59 100 LC Meter Breaststroke)**

2 Winfield, Melinda 56 CPTW-WP 1:51.03

**Event 12 Women 60-64 100 LC Meter Breaststroke**

SA Record: 1:37.39 S 8-2015 Sandy Reeves

WP Record: 1:37.39 p 8-2015 Sandy Reeves

1:35.29 60-64 SAQ

1:41.96 60-64 WPQ

1 Matley, Terry 60 DOLP-WP 1:38.32 WPQ

2 Louw, Niki 62 WINE-WP 1:54.80

**Event 12 Women 70-74 100 LC Meter Breaststroke**

SA Record: 1:52.95 S 2-2014 Lenchen Zundorf

WP Record: 1:52.99 p 2-2014 Lenchen Zundorf

1:49.00 70-74 SAQ

1:56.63 70-74 WPQ

1 Zundorf, Lenchen 73 CPTW-WP 2:01.04

2 Rix, Tricia 74 CPTW-WP 2:42.84

**Event 12 Men 35-39 100 LC Meter Breaststroke**

SA Record: 1:11.26 S 1992 Tim Shead

WP Record: 1:11.26 p 1992 Tim Shead

1:07.98 35-39 SAQ

1:12.74 35-39 WPQ

1 Manelli, Leonardo 35 CPTW-WP 1:37.10

**Event 12 Men 50-54 100 LC Meter Breaststroke**

SA Record: 1:11.69 S 3-2016 Graeme Fiser

WP Record: 1:11.69 p 3-2016 Graeme Fiser

1:13.22 50-54 SAQ

1:18.35 50-54 WPQ

1 Kruger, Harald 50 CPTW-WP 1:18.65

2 Olivier, Marais 54 CPTW-WP 1:41.45

**Event 12 Men 55-59 100 LC Meter Breaststroke**

SA Record: 1:11.13 S 4-2008 Tim Shead

WP Record: 1:11.13 p 4-2008 Tim Shead

1:15.73 55-59 SAQ

1:21.03 55-59 WPQ

1 Hendricks, Nigel 59 CPTW-WP 1:29.77

2 Frost, David 59 WINE-WP 1:35.71

**Event 12 Men 60-64 100 LC Meter Breaststroke**

SA Record: 1:16.07 S 8-2016 Tim Shead

WP Record: 1:16.07 p 3-2016 Tim Shead

1:20.35 60-64 SAQ

1:25.97 60-64 WPQ

1 Louw, Attie 64 WINE-WP 1:37.33

2 Platte, Gary 61 WINE-WP 2:07.85

**Event 13 Women 40-44 50 LC Meter Backstroke**

World Record: 31.49 W 2009-03-07 MABEE Cindy

SA Record: 31.99 S 6-2004 Bev McCarney

WP Record: 33.89 p 3-2016 Perry Cadiz

33.08 40-44 SAQ

35.40 40-44 WPQ

1 Cadiz, Perry 41 CPTW-WP 34.69 WPQ

**Event 13 Women 45-49 50 LC Meter Backstroke**

SA Record: 34.82 S 8-2010 Monique Dokter

WP Record: 34.82 p 8-2010 Monique Dokter

33.64 45-49 SAQ

35.99 45-49 WPQ

1 Bihl, Kate 47 CPTW-WP 39.85

**Event 13 Women 55-59 50 LC Meter Backstroke**

SA Record: 35.66 S 3-2013 Diane Coetzee

WP Record: 35.66 p 3-2013 Diane Coetzee

36.88 55-59 SAQ

39.46 55-59 WPQ

1 Welgemoed, Janine 56 CPTW-WP 43.56

**Event 13 Women 60-64 50 LC Meter Backstroke**

SA Record: 30.42 S 3-2016 Diane Coetzee

WP Record: 36.42 p 3-2016 Diane Coetzee

39.25 60-64 SAQ

42.00 60-64 WPQ

1 Coetzee, Diane 62 CPTW-WP 38.45 SAQ

2 Sharkey, Therese 62 WINE-WP 40.92 WPQ

3 Brewis, Judy 63 CPTW-WP 45.26

**Event 13 Women 70-74 50 LC Meter Backstroke**

SA Record: 46.22 S 3-2015 Anne Jones

WP Record: 48.19 p 2-2014 Lenchen Zundorf

44.81 70-74 SAQ

47.95 70-74 WPQ

1 Breslin, Susie 70 DOLP-WP 46.85 p WPQ

**Event 13 Men 40-44 50 LC Meter Backstroke**

SA Record: 29.51 S 3-2009 Harald Ruck

WP Record: 31.64 p 3-2012 Gary Hall

28.96 40-44 SAQ

30.99 40-44 WPQ

1 Louw, Jannie 41 CPTW-WP 38.40

**Event 13 Men 50-54 50 LC Meter Backstroke**

SA Record: 29.70 S 3-2016 Harald Ruck

WP Record: 32.07 p 3-2004 Tim Shead

30.44 50-54 SAQ

32.57 50-54 WPQ

1 McLeRoth, Greg 50 CPTW-WP 33.88

2 Orton, Nick 54 CPTW-WP 37.31

3 Keet, Hennie 52 WINE-WP 1:01.84

**Event 13 Men 60-64 50 LC Meter Backstroke**

SA Record: 30.66 S 3-2016 Andre Steynberg

WP Record: 33.61 p 8-2015 Mike Winfield

33.95 60-64 SAQ

36.33 60-64 WPQ

1 Winfield, Mike 62 CPTW-WP 34.57 WPQ

2 Platte, Gary 61 WINE-WP 53.56

**Event 13 Men 65-69 50 LC Meter Backstroke**

SA Record: 36.30 S 3-2011 Brian Stewart

WP Record: 36.36 p 6-2012 Doug Wilson

35.55 65-69 SAQ

38.04 65-69 WPQ

1 Howieson, Doug 65 CPTW-WP 40.42

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**Event 13 Men 70-74 50 LC Meter Backstroke**

SA Record: 38.49 S 3-2013 J. Hughes  
 WP Record: 42.10 p 12-2010 Gary Freeling  
 37.63 70-74 SAQ  
 40.26 70-74 WPQ

1 Wilson, Doug 70 CPTW-WP 38.58 p WPQ

**Event 14 Women 25-29 200 LC Meter IM**

World Record: 2:20.71 W 2005-10-02 MATSUDA Hitomi  
 SA Record: 2:33.33 S 1989 Bev McCarney  
 WP Record: 2:36.29 p 6-2012 Tarryn Stanford  
 2:30.76 25-29 SAQ  
 2:41.31 25-29 WPQ

1 Needham, Tersia 28 CPTW-WP 2:55.03

**Event 14 Women 30-34 200 LC Meter IM**

World Record: 2:13.89 W 2009-07-11 ERNDL Erika  
 SA Record: 2:36.27 S 6-2004 Britt Stott  
 WP Record: 2:36.27 p 6-2004 Britt Stott  
 2:32.91 30-34 SAQ  
 2:43.61 30-34 WPQ

1 Stanford, Tarryn 31 CPTW-WP 2:43.34 WPQ  
 2 Wolmarans, Lezandre 30 CPTW-WP 2:45.60  
 3 Gunter Moraal, Este 33 CPTW-WP 3:13.72

**Event 14 Women 35-39 200 LC Meter IM**

World Record: 2:21.47 W 2012-01-14 MATSUDA Hitomi  
 SA Record: 2:35.71 S 3-2008 Rachelle Isakov  
 WP Record: 2:35.71 p 3-2008 Rachelle Isakov  
 2:35.38 35-39 SAQ  
 2:46.26 35-39 WPQ

1 White, Simone 37 CPTW-WP 2:52.93

**Event 14 Women 40-44 200 LC Meter IM**

World Record: 2:25.03 W 2007-08-05 VON DER LIPPE Susan  
 SA Record: 2:33.72 S 6-2004 Bev McCarney  
 WP Record: 2:37.37 p 6-2004 Cecilia Stanford  
 2:37.02 40-44 SAQ  
 2:48.01 40-44 WPQ

1 Amner, Claire 43 CPTW-WP 2:59.64

**Event 14 Women 55-59 200 LC Meter IM**

SA Record: 2:42.29 S 3-2016 Cecilia Stanford  
 WP Record: 2:42.29 p 3-2016 Cecilia Stanford  
 2:56.53 55-59 SAQ  
 3:08.89 55-59 WPQ

1 Stanford, Cecilia 56 CPTW-WP 2:48.59 SAQ  
 2 Welgemoed, Janine 56 CPTW-WP 3:29.53

**Event 14 Women 60-64 200 LC Meter IM**

SA Record: 3:16.71 S 2-2016 Therese Sharkey  
 WP Record: 3:16.71 p 2-2016 Therese Sharkey  
 3:08.82 60-64 SAQ  
 3:22.04 60-64 WPQ

1 Routledge, Viv 60 CPTW-WP 3:23.73

**Event 14 Women 70-74 200 LC Meter IM**

SA Record: 3:40.82 S 3-2016 Elsa Craig  
 WP Record: 4:50.09 p 2-2013 Tricia Rix  
 3:51.42 70-74 SAQ  
 4:07.62 70-74 WPQ

1 Rix, Tricia 74 CPTW-WP 5:57.85

**Event 14 Men 50-54 200 LC Meter IM**

SA Record: 2:27.95 S 6-2004 Tim Shead  
 WP Record: 2:27.95 p 6-2004 Tim Shead  
 2:27.21 50-54 SAQ  
 2:37.51 50-54 WPQ

1 Olivier, Marais 54 CPTW-WP 3:26.01

**Event 14 Men 60-64 200 LC Meter IM**

SA Record: 2:38.52 S 3-2016 Tim Shead  
 WP Record: 2:38.52 p 3-2016 Tim Shead  
 2:43.03 60-64 SAQ  
 2:54.44 60-64 WPQ

1 Louw, Attie 64 WINE-WP 3:19.01  
 2 Winfield, Mike 62 CPTW-WP 3:23.01

**Event 15 Women 60-64 200 LC Meter Butterfly**

SA Record: 3:51.93 S 2-2015 Therese Sharkey  
 WP Record: 3:51.93 p 2-2015 Therese Sharkey  
 3:28.31 60-64 SAQ  
 3:42.89 60-64 WPQ

1 Sharkey, Therese 62 WINE-WP 4:03.33  
 2 Louw, Niki 62 WINE-WP 4:44.45

**Event 15 Men 55-59 200 LC Meter Butterfly**

SA Record: 2:37.86 S 3-2006 John Keyter  
 WP Record: 2:48.03 p 3-2013 Rod Holshausen  
 2:41.40 55-59 SAQ  
 2:52.70 55-59 WPQ

1 Frost, David 59 WINE-WP 4:00.92

**Event 15 Men 60-64 200 LC Meter Butterfly**

SA Record: 2:49.28 S 3-2012 Tim Shead  
 WP Record: 2:49.28 p 3-2012 Tim Shead  
 2:53.69 60-64 SAQ  
 3:05.85 60-64 WPQ

1 Louw, Attie 64 WINE-WP 3:40.53

**Event 15 Men 80-84 200 LC Meter Butterfly**

SA Record: 5:48.33 S 3-2000 Jack Brink  
 5:44.69 80-84 SAQ  
 6:08.82 80-84 WPQ

1 McLachlan, Dave 80 CPTW-WP 3:53.39 S pSAQ

**Event 16 Women 25-29 50 LC Meter Freestyle**

World Record: 25.42 W 2004-02-15 KOSTEN Annabel  
 SA Record: 27.25 S 3-2015 L. Kemp  
 WP Record: 27.44 p 4-2000 Marianne Kriel  
 27.17 25-29 SAQ  
 28.89 25-29 WPQ

1 Needham, Tersia 28 CPTW-WP 32.55

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**Event 16 Women 30-34 50 LC Meter Freestyle**

**World Record:** 25.74 W 2008-06-06 MORAVCOVA Martina  
**SA Record:** 27.99 S 3-2015 T. Victor  
**WP Record:** 28.46 p 2-2016 Rebecca Newson  
 27.79 30-34 SAQ  
 29.74 30-34 WPQ

1 Wolmarans, Lezandre 30 CPTW-WP 28.52 WPQ  
 2 Stanford, Tarryn 31 CPTW-WP 30.64

**Event 16 Women 35-39 50 LC Meter Freestyle**

**World Record:** 25.98 W 2006-08-08 TORRES Dara  
**SA Record:** 26.53 S 6-2004 Edith Ottermann  
**WP Record:** 28.28 p 8-2006 Marianne Kriel  
 28.07 35-39 SAQ  
 30.03 35-39 WPQ

1 White, Simone 37 CPTW-WP 31.55

**Event 16 Women 40-44 50 LC Meter Freestyle**

**World Record:** 26.44 W 2009-11-07 OTTERMANN Edith  
**SA Record:** 26.44 S 11-2009 Edith Ottermann  
**WP Record:** 26.44 p 11-2009 Edith Ottermann  
 28.01 40-44 SAQ  
 29.97 40-44 WPQ

1 Cadiz, Perry 41 CPTW-WP 29.09 WPQ  
 2 Amner, Claire 43 CPTW-WP 32.75

**Event 16 Women 45-49 50 LC Meter Freestyle**

**World Record:** 26.59 W 3-2011 OTTERMAN Edith  
**SA Record:** 26.59 S 3-2011 Edith Ottermann  
**WP Record:** 26.59 p 3-2011 Edith Ottermann  
 28.36 45-49 SAQ  
 30.35 45-49 WPQ

1 Bihl, Kate 47 CPTW-WP 35.58

**Event 16 Women 55-59 50 LC Meter Freestyle**

**SA Record:** 30.56 S 2-2016 Cecilia Stanford  
**WP Record:** 30.56 p 2-2016 Cecilia Stanford  
 31.05 55-59 SAQ  
 33.22 55-59 WPQ

1 Stanford, Cecilia 56 CPTW-WP 31.49 WPQ  
 2 Welgemoed, Janine 56 CPTW-WP 36.41  
 3 Winfield, Melinda 56 CPTW-WP 38.62

**Event 16 Women 60-64 50 LC Meter Freestyle**

**World Record:** 30.19 W 3-2011 KRUGER Sanderina  
**SA Record:** 30.19 S 3-2011 Sanderina Kruger  
**WP Record:** 30.19 p 3-2011 Sanderina Kruger  
 32.37 60-64 SAQ  
 34.64 60-64 WPQ

1 Coetzee, Diane 62 CPTW-WP 32.34 SAQ  
 2 Routledge, Viv 60 CPTW-WP 34.16 WPQ  
 3 Brimble, Mairi 62 DOLP-WP 36.34  
 4 Matley, Terry 60 DOLP-WP 37.20  
 5 Brewis, Judy 63 CPTW-WP 37.39

**Event 16 Women 70-74 50 LC Meter Freestyle**

**SA Record:** 35.19 S 3-2016 Anne Jones  
**WP Record:** 40.16 p 1-2014 Lenchen Zundorf  
 36.76 70-74 SAQ  
 39.33 70-74 WPQ

1 Zundorf, Lenchen 73 CPTW-WP 41.79

**Event 16 Men 35-39 50 LC Meter Freestyle**

**SA Record:** 23.28 S 3-2012 Ryk Neethling  
**WP Record:** 23.28 p 3-2012 Ryk Neethling  
 24.34 35-39 SAQ  
 26.04 35-39 WPQ

1 Louw, Japie 38 CPTW-WP 26.81  
 2 Manelli, Leonardo 35 CPTW-WP 31.87

**Event 16 Men 40-44 50 LC Meter Freestyle**

**SA Record:** 24.41 S 3-2016 B. Reen  
**WP Record:** 25.64 p 3-2004 Rob Manners-Wood  
 24.69 40-44 SAQ  
 26.42 40-44 WPQ

1 Steenkamp, Neil 40 CPTW-WP 32.00  
 2 Louw, Jannie 41 CPTW-WP 33.64

**Event 16 Men 45-49 50 LC Meter Freestyle**

**SA Record:** 25.18 S 1994 Terry Downes  
**WP Record:** 25.47 p 3-2008 Gregg Price  
 25.26 45-49 SAQ  
 27.03 45-49 WPQ

1 Taylor, Robert 48 CPTW-WP 26.86 WPQ

**Event 16 Men 50-54 50 LC Meter Freestyle**

**SA Record:** 24.34 S 3-2015 Calvin Maughan  
**WP Record:** 24.34 p 3-2015 Calvin Maughan  
 26.01 50-54 SAQ  
 27.83 50-54 WPQ

1 Kruger, Harald 50 CPTW-WP 24.91 SAQ  
 2 Maughan, Calvin 53 CPTW-WP 24.93 SAQ  
 3 McLeRoth, Greg 50 CPTW-WP 27.22 WPQ  
 4 Orton, Nick 54 CPTW-WP 28.57  
 5 Olivier, Marais 54 CPTW-WP 36.19  
 6 Keet, Hennie 52 WINE-WP 39.40

**Event 16 Men 55-59 50 LC Meter Freestyle**

**SA Record:** 26.04 S 6-2004 Terry Downes  
**WP Record:** 27.47 p 3-2007 Tim Shead  
 26.68 55-59 SAQ  
 28.55 55-59 WPQ

1 Hendricks, Nigel 59 CPTW-WP 29.71  
 2 Steyn, Glenn 57 CPTW-WP 32.06  
 3 Prentice, William 59 CPTW-WP 32.37

**Event 16 Men 60-64 50 LC Meter Freestyle**

**SA Record:** 26.31 S 3-2016 A. Steynberg  
**WP Record:** 28.84 p 2-2016 Paul Stevenson  
 27.54 60-64 SAQ  
 29.47 60-64 WPQ

1 Stevenson, Paul 61 CPTW-WP 29.08 WPQ  
 2 Spies, Izak 63 CPTW-WP 29.76  
 3 Winfield, Mike 62 CPTW-WP 30.18

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**(Event 16 Men 60-64 50 LC Meter Freestyle)**

4	Bennetto, Peter	64	CPTW-WP	33.33
5	Louw, Attie	64	WINE-WP	34.18
6	Platte, Gary	61	WINE-WP	37.38

S = SAMS RECORD

**Event 16 Men 65-69 50 LC Meter Freestyle**

SA Record: 29.17 S 3-2015 Terry Downes

P = WPM RECORD

WP Record: 29.78 p 6-2012 Doug Wilson

28.79 65-69 SAQ

SAQ = SAMS COLOURS QUALIFYING

30.81 65-69 WPQ

1	Howieson, Doug	65	CPTW-WP	32.63
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**Event 16 Men 70-74 50 LC Meter Freestyle**

SA Record: 31.86 S 3-2015 John Petersen

WPQ = WPQ COLOURS QUALIFYING

WP Record: 32.94 p 4-2011 Gary Freeling

30.44 70-74 SAQ

32.57 70-74 WPQ

1	Wilson, Doug	70	CPTW-WP	31.34	S p WPQ
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**Event 16 Men 80-84 50 LC Meter Freestyle**

SA Record: 36.96 S 3-2003 Reni Selati

WP Record: 43.02 p 1996 Mel Bartholomew

35.73 80-84 SAQ

38.23 80-84 WPQ

1	McLachlan, Dave	80	CPTW-WP	42.37	p
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