

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****Event 1 Women 30-34 200 SC Meter IM**

SAMS record: 2:32.55 S 2016-10-16 Tarryn Stanford (Stb)

CPTW-WP

GMS record: 2:49.15 G 2007-10-28 Nadia Bacchini (Jhb)

Name	Age	Team	Finals Time	Points
1 Stanford, Tarryn	30	Cape Town MSC-CPT	2:32.55 S	12
2 Rolt, Claire	34	Coelacanth MSC-TSH	2:38.10	10

Event 1 Women 35-39 200 SC Meter IM

SAMS record: 2:31.26 S 2009-10-24 Rachelle Isakov (Jhb)

GMS record: 2:50.25 G 2006-07-16 Heather Morris-Eyton (Chi)

1 White, Simone 36 Cape Town MSC-CPT 2:45.03 12

Event 1 Women 40-44 200 SC Meter IM

SAMS record: 2:39.90 S 10-2002 C. Stanford (Ctn)

GMS record: 2:43.77 G 2009-06-27 Heather Morris-Eyton (Jhb)

1 van Breda, Bridget 41 Cape Town MSC-CPT 2:47.62 12

2 Amner, Claire 42 Cape Town MSC-CPT 2:49.31 10

Event 1 Women 45-49 200 SC Meter IM

SAMS record: 2:35.69 S 2008-04-10 Cecilia Stanford (CT)

GMS record: 2:45.93 G 2012-07-14 Heather Morris-Eyton (Jhb)

1 Isakov, Rachelle 46 Wahoo MSC-JHB 3:07.83 12

Event 1 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 Dressler, Annemarie 52 Coelacanth MSC-TSH 2:59.55 12

2 Fraatz, Barbara 50 Coelacanth MSC-TSH 3:01.94 10

3 Callanan, Lynne 51 Phoenix MSC-JHB 3:09.39 8

4 Bridges, Carole 54 Wahoo MSC-JHB 3:52.57 7

Event 1 Women 55-59 200 SC Meter IM

SAMS record: 2:45.66 S 2016-07-21 Cecilia Stanford (CT)

CPTW-WP

GMS record: 3:07.54 G 2012-07-14 Clare Davie (Jhb)

1 Degenaar, Jean 56 Cape Town MSC-CPT 2:56.09 12

2 Bosman, Denise 57 Bay Eagle Swim Team-NMA 3:13.37 10

Event 1 Women 60-64 200 SC Meter IM

SAMS record: 3:13.08 S 2016-10-16 Therese Sharkey (Stb)

WINE-WP

GMS record: 3:55.62 G 1993-03-07 DILYS VAN DER MERWE

1 Sharkey, Therese 61 Winelands MSC-CED 3:13.08 S 12

2 Goldstein, Heather 60 Highway MSC-ETH 4:08.10 10

Event 1 Women 65-69 200 SC Meter IM

SAMS record: 3:25.14 S 2016-07-23 Maureen Mons (Jhb)

PHOE-CG

GMS record: 3:25.14 G 2016-07-23 Maureen Mons (Jhb)

PHOE-CG

1 Mons, Maureen 65 Phoenix MSC-JHB 3:27.11 12

Event 1 Women 70-74 200 SC Meter IM

SAMS record: 4:18.57 S 2012-04-15 Gill Tregenna (Dbn)

GMS record: 59:59.99 G Vacant

--- Craig, Elsa 71 Bay Eagle Swim Team-NMA DQ

Head did not break surface before hands turned inside at widest part of 2nd stroke - breas

Event 1 Men 30-34 200 SC Meter IM

SAMS record: 2:13.29 S 1995-03-12 G Hipper

GMS record: 2:13.29 G 1995-03-12 Gerd Hipper

1 O'Mahony, Andrew 30 Wahoo MSC-JHB 3:05.41 12

--- Theunisen, Carl 34 Coelacanth MSC-TSH DQ

Did not swim stroke specified - Misc

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****Event 1 Men 35-39 200 SC Meter IM**

SAMS record:	2:25.54	S	1988	T Shead		
GMS record:	2:25.54	G	1988-01-01	TIM SHEAD		
1	Gilchrist, Scott		39	Phoenix MSC-JHB	2:34.80	12

Event 1 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	Hough, Greg		44	Aquabear Swimming Club-NMA	2:55.25	12
2	Beneke, John		44	Wahoo MSC-JHB	3:32.93	10
---	Reen, Bradley		40	Aquabear Swimming Club-NMA	NS	

Event 1 Men 45-49 200 SC Meter IM

SAMS record:	2:22.22	S	2008-04-06	Graham du Toit (Dbn)		
GMS record:	2:55.57	G	1995-03-12	Ron Prior		
1	Carmona, Sergio		45	Phoenix MSC-JHB	2:56.25	12
---	Grobler, Francois		48	Waterborn Swimming Club-JHB	NS	

Event 1 Men 50-54 200 SC Meter IM

SAMS record:	2:22.23	S	3-2002	T Shead (Syd)		
GMS record:	2:58.19	G	1997-11-16	Ron Prior		
1	Taylor, Julian		52	East Coast MSC-ETH	2:29.32	12
2	Mottram, Guy		50	Wahoo MSC-JHB	2:49.37	10
3	Young, Roger		52	Coelacanth MSC-TSH	3:00.18	8

Event 1 Men 55-59 200 SC Meter IM

SAMS record:	2:24.64	S	2007-01-27	Tim Shead (Mad)		
GMS record:	2:38.69	G	2016-07-23	Joel Finn (Jhb)	WAHO-CG	
1	du Toit, Graham		56	Cape Town MSC-CPT	2:47.20	12

Event 1 Men 60-64 200 SC Meter IM

SAMS record:	2:32.18	S	2016-10-16	Tim Shead (Stb)	CPTW-WP	
GMS record:	3:02.70	G	1997-03-02	David McLachlan		
1	Shead, Tim		64	Cape Town MSC-CPT	2:32.18 S	12
2	Roothman, Andrè		62	Cape Town MSC-CPT	2:54.53	10
3	Baker, Anthony		60	Highway MSC-ETH	3:30.62	8

Event 1 Men 65-69 200 SC Meter IM

SAMS record:	3:15.28	S	10-2005	Dave McLachlan (CT)		
GMS record:	3:37.54	G	1995-11-12	Peter Pirow		
1	Hatherly, Bob		65	Bay Eagle Swim Team-NMA	3:20.53	12
2	van Heerden, Carel		66	Waterborn Swimming Club-JHB	3:51.89	10

Event 1 Men 70-74 200 SC Meter IM

SAMS record:	3:08.63	S	2008-04-10	Dave McLachlan (CT)		
GMS record:	3:58.42	G	2009-06-27	Russel Wolpe (Jhb)		
1	Hughes, Jimmy		73	East Coast MSC-ETH	3:30.90	12

Event 1 Men 75-79 200 SC Meter IM

SAMS record:	3:45.11	S	2016-10-16	Dave McLachlan (Stb)	CPTW-WP	
GMS record:	4:11.59	G	2012-07-14	Russel Wolpe (Jhb)		
1	McLachlan, Dave		79	Cape Town MSC-CPT	3:45.11 S	12

Event 1 Men 80-84 200 SC Meter IM

SAMS record:	5:11.50	S	12-1997	G May (Dbn)		
GMS record:	59:59.99	G		Vacant		
1	Schlapobersky, Ivan		83	Phoenix MSC-JHB	4:36.34 S	12

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****Event 2 Women 19-24 400 SC Meter Freestyle**

SAMS record: 4:46.23 S 2010-09-16 Tarryn Stanford (CT)

GMS record: 5:30.90 G 2005-08-06 Tracey Pretorius (Jhb)

1 Kotzé, Nadéne 23 Coelacanth MSC-TSH 5:32.29 12

Event 2 Women 25-29 400 SC Meter Freestyle

SAMS record: 4:42.72 S 1992 B McCarney (Dbn)

GMS record: 5:06.93 G 1996-02-03 Heather Morris-Eyton

1 Henderson, Delwen 28 Aquabear Swimming Club-NMA 5:27.23 12

Event 2 Women 30-34 400 SC Meter Freestyle

SAMS record: 4:49.51 S 2016-10-16 Tarryn Stanford (Stb)

GMS record: 5:08.36 G 1994-02-05 Chris MacKinnon

1 Stanford, Tarryn 30 Cape Town MSC-CPT 4:49.51 S 12

Event 2 Women 35-39 400 SC Meter Freestyle

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

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

1 Stewart, Pia 36 Shamu Swimming Club-MPD 5:26.62 12

2 Webb, Simone 37 East Coast MSC-ETH 5:29.41 10

--- Johnson, Justine 39 Phoenix MSC-JHB NS

Event 2 Women 40-44 400 SC Meter Freestyle

SAMS record: 4:55.71 S 2014-08-30 Megan Albertyn (Jhb)

GMS record: 5:12.41 G 2008-08-16 Heather Morris-Eyton (Jhb)

1 Clerihew, Rae 44 Coelacanth MSC-TSH 5:37.35 12

2 Mostert, Chantelle 42 Bay Eagle Swim Team-NMA 6:20.81 10

3 Macaskill, Mandy 41 Coelacanth MSC-TSH 6:36.54 8

4 Barnes, Holly 43 Aquabear Swimming Club-NMA 7:29.06 7

--- Gous, Tracy 40 Aquabear Swimming Club-NMA NS

--- Ogden, Natalie 41 Aquabear Swimming Club-NMA NS

Event 2 Women 45-49 400 SC Meter Freestyle

SAMS record: 4:54.47 S 2007-10-21 Cecilia Stanford (Stb)

GMS record: 5:06.41 G 2012-07-14 Heather Morris-Eyton (Jhb)

1 Isakov, Rachele 46 Wahoo MSC-JHB 5:31.36 12

2 Strydom, Caren 49 Wahoo MSC-JHB 5:53.60 10

Event 2 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-JHB 5:35.40 12

2 Mason, Carol 53 Phoenix MSC-JHB 5:48.31 10

3 Terblanche, Ingrid 51 Champion Swim Club Masters-TSH 6:35.01 8

--- Blatti, Jenny 50 Aquabear Swimming Club-NMA NS

Event 2 Women 55-59 400 SC Meter Freestyle

SAMS record: 5:01.24 S 2016-10-16 Cecilia Stanford (Stb)

GMS record: 5:38.28 G 2012-07-14 Clare Davie (Jhb)

1 Stanford, Cecilia 55 Cape Town MSC-CPT 5:01.20 S 12

2 Bloxham, Michelle 56 East Coast MSC-ETH 7:37.00 10

3 Robinson, Sue 59 Highway MSC-ETH 8:05.94 8

4 Rode, Dawn 58 Highway MSC-ETH 8:20.11 7

Event 2 Women 60-64 400 SC Meter Freestyle

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

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

1 Sharkey, Therese 61 Winelands MSC-CED 5:54.90 12

2 Brewis, Judy 62 Cape Town MSC-CPT 6:04.36 10

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****(Event 2 Women 60-64 400 SC Meter Freestyle)**

3	Brimble, Mairi	61	Cape Dolphins MSC-CPT	6:25.27	8
4	Vorster, Merryll	60	Phoenix MSC-JHB	8:02.81	7
5	Nell, Margaret	62	Coelacanth MSC-TSH	10:14.47	6

Event 2 Women 65-69 400 SC Meter Freestyle

SAMS record: 5:59.67 S 2016-05-06		Maureen Mons (Jhb)		PHOE-CG	
GMS record: 5:59.67 G 2016-05-07		Maureen Mons (Jhb)		PHOE-CG	
1	Mons, Maureen	65	Phoenix MSC-JHB	6:07.96	12
2	Rollnick, Marissa	65	Phoenix MSC-JHB	6:22.69	10
3	Shuttleworth, Bev	69	Highway MSC-ETH	6:41.19	8
4	Clark, Rosemary	68	East Coast MSC-ETH	8:05.16	7

Event 2 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	Hughes, Diane	70	East Coast MSC-ETH	9:45.12	12

Event 2 Women 75-79 400 SC Meter Freestyle

SAMS record: 9:37.10 S 9-2004		Clara Aurik (CT)			
GMS record: 59:59.99 G		Vacant			
1	Hanson, Ann	78	Coelacanth MSC-TSH	9:31.48 S	12

Event 2 Women 90-94 400 SC Meter Freestyle

SAMS record: 12:52.83 S 2016-10-16		Kascha Kloos (Stb)		CPTW-WP	
GMS record: 59:59.99 G		Vacant			
1	Kloos, Kascha	91	Cape Town MSC-CPT	12:52.83 S	12

Event 2 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	Manelli, Leonardo	34	Cape Town MSC-CPT	5:34.75	12

Event 2 Men 35-39 400 SC Meter Freestyle

SAMS record: 4:19.83 S 1987		L McGregor (Dbn)			
GMS record: 4:37.11 G 1994-02-05		Terry MacManus			
1	Steenkamp, Neil	39	Cape Town MSC-CPT	5:26.49	12

Event 2 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	Vorster, Arné	41	Coelacanth MSC-TSH	5:45.76	12
2	Terblanche, Lucas	42	Coelacanth MSC-TSH	6:05.00	10
3	Waters, Sam	44	East Coast MSC-ETH	6:13.00	8
4	van Rensburg, Wade	41	Aquabear Swimming Club-NMA	6:25.03	7

Event 2 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	Lilford, Frank	47	Highway MSC-ETH	5:00.38	12
2	Duffy, PJ	46	Aquabear Swimming Club-NMA	5:14.09	10
3	Carmona, Sergio	45	Phoenix MSC-JHB	5:29.58	8
4	Nortje, Thienus	47	Wahoo MSC-JHB	7:32.49	7

Event 2 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	Barnes, Mark	50	Aquabear Swimming Club-NMA	8:21.78	12
2	Townsend, Richard	50	Coelacanth MSC-TSH	10:02.57	10

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****Event 2 Men 55-59 400 SC Meter Freestyle**

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

GMS record: 4:56.56 G 2016-05-07 Joel Finn (Jhb)

WAHO-CG

1	Finn, Joel	55	Wahoo MSC-JHB	4:58.20	12
2	Holshausen, Rod	58	Cape Town MSC-CPT	5:16.32	10
3	Stonestreet, Mark	56	Wahoo MSC-JHB	5:59.92	8
4	West, Ralph	55	Aquabear Swimming Club-NMA	6:34.57	7
---	Summers, Mike	56	MEGA SC-EKU	NS	

Event 2 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	Spies, Izak	62	Cape Town MSC-CPT	5:05.54	12
2	Stevenson, Paul	60	Cape Town MSC-CPT	5:06.35	10
3	Howieson, Doug	64	Cape Town MSC-CPT	5:34.46	8
4	Reen, Nick	62	Aquabear Swimming Club-NMA	5:44.22	7
5	Vile, Danny	64	MEGA SC-EKU	7:33.86	6

Event 2 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)

COEL-NT

1	van Rooijen, Gerhard	66	East Coast MSC-ETH	6:15.00	12
2	Larcombe, Peter	69	East Coast MSC-ETH	6:16.19	10
3	Pryke, Michael	66	Wahoo MSC-JHB	7:53.63	8
4	Harley, John	69	East Coast MSC-ETH	8:13.59	7
5	Robinson, Graham	67	East Coast MSC-ETH	8:33.00	6

Event 2 Men 70-74 400 SC Meter Freestyle

SAMS record: 5:43.50 S 2009-10-18 Gary Freeling (CT)

GMS record: 6:44.98 G 2007-10-28 Russel Wolpe (Jhb)

1	Sneath, Anthony	70	Cape Town MSC-CPT	6:53.61	12
2	Hadenham, Leslie	73	East Coast MSC-ETH	7:08.90	10

Event 2 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	Fyfe, Derek	76	Coelacanth MSC-TSH	6:36.79	12
2	Wolpe, Russel	79	Phoenix MSC-JHB	8:22.28	10

Event 2 Men 80-84 400 SC Meter Freestyle

SAMS record: 7:55.88 S 1995 G May (Dbn)

GMS record: 59:59.99 G Vacant

1	Hutchings, Peter	81	Wahoo MSC-JHB	11:07.65	12
---	Hanna, Ken	81	Wahoo MSC-JHB	NS	

Event 3 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	Barit, Chavah	21	Wahoo MSC-JHB	47.83	12
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Event 3 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	Needham, Tersia	27	Cape Town MSC-CPT	40.90	12
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Event 3 Women 30-34 50 SC Meter Breaststroke

SAMS record: 34.41 S 2016-07-23 Claire Rolt (Jhb)

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

COEL-NT

PHOE-CG

1	Rolt, Claire	34	Coelacanth MSC-TSH	34.67	12
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SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****(Event 3 Women 30-34 50 SC Meter Breaststroke)**

2	Victor, Thilde	34	MEGA SC-EKU	37.21	10
3	Mazor, Cindy-Leigh	33	Wahoo MSC-JHB	45.44	8

Event 3 Women 35-39 50 SC Meter Breaststroke

SAMS record: 37.37 S 2005-08-21 Heather Morris-Eyton (CT)

GMS record: 37.37 G 2005-08-21 Heather Morris-Eyton (C.T.)

1	Garnett-Bennet, Louise	38	Champion Swim Club Masters-TSH	47.21	12
---	Roberts, Inge	39	Waterborn Swimming Club-JHB	NS	

Event 3 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	van Breda, Bridget	41	Cape Town MSC-CPT	40.53	12
2	vd Merwe Doust, Odette	40	Highway MSC-ETH	45.79	10
3	Struwig, Nicky	44	Coelacanth MSC-TSH	48.81	8

Event 3 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)

---	Olivier, Rene	45	Aquabear Swimming Club-NMA	NS	
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Event 3 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-JHB	42.69	12
2	Thompson, Terry	54	Highway MSC-ETH	46.82	10
3	Olivier, Lienkie	51	Free State MSC-JHB	48.72	8
4	Blatti, Jenny	50	Aquabear Swimming Club-NMA	50.81	7
5	Lee, Les	52	Aquabear Swimming Club-NMA	51.54	6
6	Broom, Caroline	53	Champion Swim Club Masters-TSH	52.09	5
7	Bridges, Carole	54	Wahoo MSC-JHB	57.05	4

Event 3 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)

CPTW-WP

1	Verryn, Sabine	55	Coelacanth MSC-TSH	42.48	12
2	Winfield, Melinda	55	Cape Town MSC-CPT	47.54	10
3	Schiever, Joan	55	Highway MSC-ETH	48.00	8
4	Welgemoed, Janine	55	Cape Town MSC-CPT	50.76	7
5	Jv Vuuren, Hanneljie	57	Coelacanth MSC-TSH	53.78	6
6	Bloxham, Michelle	56	East Coast MSC-ETH	54.59	5

Event 3 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)

DOLP-WP

1	Russell, Claire	60	Highway MSC-ETH	49.82	12
2	Goldstein, Heather	60	Highway MSC-ETH	50.70	10
3	Heymans, Maretha	60	Highway MSC-ETH	52.53	8
4	Vorster, Merryll	60	Phoenix MSC-JHB	59.10	7

Event 3 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	Shuttleworth, Bev	69	Highway MSC-ETH	47.41	12
---	Benjamin, Lynda	65	Aquabear Swimming Club-NMA	NS	

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****Event 3 Women 70-74 50 SC Meter Breaststroke**

SAMS record:	52.80	S	2014-10-19	Lenchen Zundorf (Stb)	CPTW-WP		
GMS record:	1:06.38	G	1994-03-06	Greta Calitz			
1	Hughes, Diane		70	East Coast MSC-ETH		1:23.50	12
---	Jones, Anne		71	Phoenix MSC-JHB		NS	

Event 3 Women 75-79 50 SC Meter Breaststroke

SAMS record:	54.49	S	2016-10-16	Santa van Jaarsveld (Stb)	CPTW-WP		
GMS record:	1:11.39	G	1996-03-17	Greta Calitz			
1	van Jaarsveld, Santa		79	Cape Town MSC-CPT		54.49 S	12
2	Hanson, Ann		78	Coelacanth MSC-TSH		1:21.67	10

Event 3 Women 80-84 50 SC Meter Breaststroke

SAMS record:	1:21.18	S	1999-08-22	E Buck (Dbn)			
GMS record:	59:59.99	G		Vacant			
1	Saunders, Wendy		81	East Coast MSC-ETH		1:54.28	12

Event 3 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	Stockenstrom, Christiaan		24	Coelacanth MSC-TSH		33.19	12
---	Harvey-Fletcher, Chris		24	Aquabear Swimming Club-NMA		NS	

Event 3 Men 30-34 50 SC Meter Breaststroke

SAMS record:	30.61	S	2002-10-13	K Cawood (Jhb)			
GMS record:	32.05	G	2007-05-12	Glenn Swart (Jhb)			
1	Joubert, Jacques		33	Cape Town MSC-CPT		31.89	12
2	Theunisen, Carl		34	Coelacanth MSC-TSH		43.07	10
3	Nikele, Zukisani		30	Aquabear Swimming Club-NMA		1:17.31	8

Event 3 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-JHB		39.76	12

Event 3 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-JHB		35.94	12
2	Terblanche, Lucas		42	Coelacanth MSC-TSH		41.73	10
3	Hough, Greg		44	Aquabear Swimming Club-NMA		42.28	8
4	Frappier, Ulrich		44	Cape Dolphins MSC-CPT		46.21	7

Event 3 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	Kruger, Harald		49	Cape Town MSC-CPT		33.33	12
2	Clark, David		49	Aquazone Swim Club-ETH		39.57	10
3	Duffy, PJ		46	Aquabear Swimming Club-NMA		40.59	8
4	Crowther, Bobbie		47	Wahoo MSC-JHB		48.05	7

Event 3 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	Taylor, Julian		52	East Coast MSC-ETH		35.68	12
2	Young, Roger		52	Coelacanth MSC-TSH		41.09	10
3	Uitenwerde, Lourens		52	Coelacanth MSC-TSH		41.12	8
4	Grobler, Christoffel		52	Aquabear Swimming Club-NMA		43.81	7
5	Olivier, Marais		53	Cape Town MSC-CPT		44.21	6

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****(Event 3 Men 50-54 50 SC Meter Breaststroke)**

6	Smit, Deon	51	Champion Swim Club Masters-TSH	48.27	5
7	de Beer, David	54	Coelacanth MSC-TSH	56.31	4

Event 3 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-JHB	37.97	12
2	Hendricks, Nigel	58	Cape Town MSC-CPT	39.17	10
3	Foster, Ted	56	East Coast MSC-ETH	41.44	8
4	Fechter, Wolfgang	55	Highway MSC-ETH	41.47	7
5	Prentice, William	58	Cape Town MSC-CPT	41.81	6

Event 3 Men 60-64 50 SC Meter Breaststroke

SAMS record: 33.37 S 2016-04-17 Tim Shead (CT)

CPTW-WP

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

1	Baker, Anthony	60	Highway MSC-ETH	39.00	12
2	Cones, Nigel	61	Cape Town MSC-CPT	39.87	10
3	Miller, Mervyn	64	Wahoo MSC-JHB	46.94	8
4	Hodges, Mark	63	Cape Town MSC-CPT	48.03	7
5	Platte, Gary	60	Winelands MSC-CED	51.32	6
6	Vile, Danny	64	MEGA SC-EKU	1:00.87	5

Event 3 Men 65-69 50 SC Meter Breaststroke

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

CPTW-WP

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

1	Hatherly, Bob	65	Bay Eagle Swim Team-NMA	38.56	12
2	van Heerden, Carel	66	Waterborn Swimming Club-JHB	43.98	10
3	du Toit, Francois	69	Cape Town MSC-CPT	44.02	8
4	Robinson, Graham	67	East Coast MSC-ETH	57.25	7

Event 3 Men 70-74 50 SC Meter Breaststroke

SAMS record: 44.02 S 2009-04-01 Dave McLachlan (CT)

GMS record: 49.62 G 2007-06-10 Russel Wolpe (Jhb)

1	Petersen, John	71	Phoenix MSC-JHB	47.81	12
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Event 3 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	McLachlan, Dave	79	Cape Town MSC-CPT	52.08	12
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Event 3 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	Schlapobersky, Ivan	83	Phoenix MSC-JHB	56.39	12
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Event 4 Women 55-59 200 SC Meter Butterfly

SAMS record: 3:04.09 S 2015-06-13 Kim Foster (Jhb)

COEL-NT

GMS record: 3:36.80 G 2006-06-11 Jenny Ireland (Jhb)

1	Foster, Kim	57	Coelacanth MSC-TSH	3:13.30	12
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Event 4 Women 70-74 200 SC Meter Butterfly

SAMS record: 59:59.99 S Vacant

GMS record: 59:59.99 G Vacant

---	Craig, Elsa	71	Bay Eagle Swim Team-NMA	NS	
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SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****Event 4 Men 30-34 200 SC Meter Butterfly**SAMS record: 2:18.43 S 2016-11-19 **Tyron Venter (CT)** **PHOE-CG**GMS record: 59:59.99 G **Vacant**

1	O'Mahony, Andrew	30	Wahoo MSC-JHB	3:19.91	12
---	Grobler, Michael	34	Coelacanth MSC-TSH	DQ	

Did not swim distance specified

Event 4 Men 40-44 200 SC Meter ButterflySAMS record: 2:25.53 S 12-2003 **Alan Blades (Dbn)**GMS record: 2:29.51 G 2004-10-31 **Gregg Price (Jhb)**

1	Collins, Stuart	42	Wahoo MSC-JHB	2:44.37	12
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Event 4 Men 60-64 200 SC Meter ButterflySAMS record: 3:05.70 S 1-1999 **D McLachlan (Jhb)**GMS record: 3:05.70 G 1998-11-22 **David McLachlan**

1	Arbuthnot, David	63	Coelacanth MSC-TSH	3:22.76	12
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Event 4 Men 65-69 200 SC Meter ButterflySAMS record: 3:00.83 S 2-2002 **D McLachlan**GMS record: 3:00.83 G 2-2002 **Dave McLachlan**

---	Hatherly, Bob	65	Bay Eagle Swim Team-NMA	NS	
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Event 4 Men 70-74 200 SC Meter ButterflySAMS record: 3:19.00 S 2008-11-15 **Dave McLachlan (CT)**GMS record: 4:39.68 G 1992-12-06 **JACK BRINK**

---	Sneath, Anthony	70	Cape Town MSC-CPT	DQ	
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Event 5 Women 25-29 100 SC Meter BackstrokeSAMS record: 1:04.05 S 9-1999 **M Kriel (CT)**GMS record: 1:17.85 G 1996-03-17 **Rachelle Isakov**

1	Henderson, Delwen	28	Aquabear Swimming Club-NMA	1:24.56	12
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Event 5 Women 30-34 100 SC Meter BackstrokeSAMS record: 1:10.58 S 2016-10-16 **Tarryn Stanford (Stb)** **CPTW-WP**GMS record: 1:11.43 G 2013-06-22 **Romy Altmann (Jhb)** **WAHO-CG**

1	Stanford, Tarryn	30	Cape Town MSC-CPT	1:10.58 S	12
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Event 5 Women 35-39 100 SC Meter BackstrokeSAMS record: 1:08.96 S 11-2006 **Marianne Kriel (CT)**GMS record: 1:21.75 G 2006-08-26 **Heather Morris-Eyton (Jhb)**

1	White, Simone	36	Cape Town MSC-CPT	1:14.89	12
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2	Webb, Simone	37	East Coast MSC-ETH	1:25.41	10
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Event 5 Women 40-44 100 SC Meter BackstrokeSAMS record: 1:10.83 S 12-2004 **Bev McCarney (Dbn)**GMS record: 1:18.65 G 1998-03-15 **Clare Davie**

1	Cadiz, Perry	40	Cape Town MSC-CPT	1:13.80	12
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2	Amner, Claire	42	Cape Town MSC-CPT	1:21.28	10
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---	Ogden, Natalie	41	Aquabear Swimming Club-NMA	NS	
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Event 5 Women 45-49 100 SC Meter BackstrokeSAMS record: 1:13.16 S 7-2006 **Cecilia Stanford (CT)**GMS record: 1:25.74 G 1986-01-01 **MOIRA LAMONT**

1	Strydom, Caren	49	Wahoo MSC-JHB	1:32.92	12
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2	Mallows, Bev	46	Cape Dolphins MSC-CPT	1:36.20	10
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Event 5 Women 50-54 100 SC Meter BackstrokeSAMS record: 1:15.06 S 2012-10-14 **Cecilia Stanford (CT)**GMS record: 1:23.76 G 2008-06-22 **Clare Davie (Jhb)**

1	Fraatz, Barbara	50	Coelacanth MSC-TSH	1:26.45	12
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SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****(Event 5 Women 50-54 100 SC Meter Backstroke)**

2	Bridges, Carole	54	Wahoo MSC-JHB	1:54.36	10
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Event 5 Women 55-59 100 SC Meter Backstroke

SAMS record:	1:17.84	S	2016-10-16	Cecilia Stanford (Stb)	CPTW-WP
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GMS record:	1:24.68	G	2012-05-19	Clare Davie (Jhb)
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1	Stanford, Cecilia	55	Cape Town MSC-CPT	1:17.84 S	12
2	Degenaar, Jean	56	Cape Town MSC-CPT	1:22.22	10
3	Welgemoed, Janine	55	Cape Town MSC-CPT	1:33.68	8
4	Rode, Dawn	58	Highway MSC-ETH	2:13.87	7

Event 5 Women 60-64 100 SC Meter Backstroke

SAMS record:	1:16.57	S	2016-10-16	Diane Coetzee (Stb)	CPTW-WP
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GMS record:	1:54.05	G	1998-11-22	Gloria Williamson
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1	Coetzee, Diane	61	Cape Town MSC-CPT	1:16.57 S	12
2	Sharkey, Therese	61	Winelands MSC-CED	1:26.51	10
3	Bromfield, Morag	64	East Coast MSC-ETH	1:29.44	8
4	Brewis, Judy	62	Cape Town MSC-CPT	1:32.54	7
5	Bailey, Colleen	62	East Coast MSC-ETH	1:39.06	6
6	Reynecke, Pamela	60	Champion Swim Club Masters-TSH	1:42.69	5
7	Hayselden, Jackie	60	Aquabear Swimming Club-NMA	1:43.22	4
8	Heymans, Maretha	60	Highway MSC-ETH	2:03.47	3
9	Griffiths, Bronwen	62	Highway MSC-ETH	2:21.94	2

Event 5 Women 65-69 100 SC Meter Backstroke

SAMS record:	1:34.72	S	2013-04-11	Therese Russell (CT)	DOLP-WP
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GMS record:	2:06.77	G	1996-02-03	Caroline Kelly
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1	Russell, Therese	68	Cape Dolphins MSC-CPT	1:42.38	12
2	Fyfe, Joyce	69	Coelacanth MSC-TSH	2:11.41	10

Event 5 Women 90-94 100 SC Meter Backstroke

SAMS record:	3:11.81	S	2016-10-16	Kascha Kloos (Stb)	CPTW-WP
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GMS record:	59:59.99	G		Vacant
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1	Kloos, Kascha	91	Cape Town MSC-CPT	3:11.81 S	12
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Event 5 Men 30-34 100 SC Meter Backstroke

SAMS record:	1:04.44	S	2005-10-23	Andrew Biram (Jhb)
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GMS record:	1:04.44	G	2005-10-23	Andrew Biram (Jhb)
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1	Grobler, Michael	34	Coelacanth MSC-TSH	1:41.32	12
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Event 5 Men 40-44 100 SC Meter Backstroke

SAMS record:	1:04.47	S	1992	L McGreggor (Dbn)
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GMS record:	1:08.52	G	2005-10-23	Mike Kritzinger (Jhb)
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1	Serfontein, Barry	43	Aquabear Swimming Club-NMA	1:18.21	12
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Event 5 Men 45-49 100 SC Meter Backstroke

SAMS record:	1:06.04	S	2014-06-21	Harald Ruck (Jhb)	COEL-NT
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GMS record:	1:10.01	G	2005-05-15	Andre Steynberg (Jhb)
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1	Crowther, Bobbie	47	Wahoo MSC-JHB	1:49.47	12
---	Grobler, Francois	48	Waterborn Swimming Club-JHB	NS	

Event 5 Men 50-54 100 SC Meter Backstroke

SAMS record:	1:05.80	S	2016-10-29	Harald Ruck (Jhb)	COEL-NT
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GMS record:	1:25.44	G	2007-10-28	Guy Harker (Jhb)
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1	Ruck, Harald	51	Coelacanth MSC-TSH	1:05.80 S	12
2	Orton, Nick	53	Cape Town MSC-CPT	1:14.93	10
3	Pattinson, Kenneth	52	Aquabear Swimming Club-NMA	1:42.84	8

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****Event 5 Men 55-59 100 SC Meter Backstroke**

SAMS record: 1:05.72 S 2012-05-19 Andre Steynberg (Jhb)

GMS record: 1:05.72 G 2012-05-19 Andre Steynberg (Jhb)

1	du Toit, Graham	56	Cape Town MSC-CPT	1:16.78	12
2	Morgan, Trevor	57	Coelacanth MSC-TSH	1:19.82	10

Event 5 Men 60-64 100 SC Meter Backstroke

SAMS record: 1:11.10 S 2016-10-16 Tim Shead (Stb)

CPTW-WP

GMS record: 1:21.00 G 2007-06-10 Doug Wilson (Jhb)

1	Shead, Tim	64	Cape Town MSC-CPT	1:11.10S	12
2	Winfield, Mike	61	Cape Town MSC-CPT	1:14.18	10
3	Howieson, Doug	64	Cape Town MSC-CPT	1:24.81	8

Event 5 Men 70-74 100 SC Meter Backstroke

SAMS record: 1:26.26 S 2013-09-15 Jimmy Hughes (Dbn)

EACS-KZ

GMS record: 1:52.11 G 2012-05-19 John Garson (Jhb)

1	Hughes, Jimmy	73	East Coast MSC-ETH	1:27.34	12
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Event 5 Men 75-79 100 SC Meter Backstroke

SAMS record: 1:36.26 S 2016-10-29 Derek Fyfe (Jhb)

COEL-NT

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

WAHOO-CG

1	Fyfe, Derek	76	Coelacanth MSC-TSH	1:36.26S	12
2	Saunders, Jim	79	East Coast MSC-ETH	2:06.78	10
3	Garson, John	78	Wahoo MSC-JHB	2:20.46	8

Event 6 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	Kotzé, Nadéne	23	Coelacanth MSC-TSH	30.52	12
2	Barit, Chavah	21	Wahoo MSC-JHB	37.23	10

Event 6 Women 25-29 50 SC Meter Freestyle

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

PHOE-CG

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

1	Needham, Tersia	27	Cape Town MSC-CPT	31.15	12
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Event 6 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	Victor, Thilde	34	MEGA SC-EKU	28.38	12
2	Candy, Nikki	34	Wahoo MSC-JHB	38.49	10
3	Mazor, Cindy-Leigh	33	Wahoo MSC-JHB	39.39	8

Event 6 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	Greyling, Cindy	39	Cape Town MSC-CPT	33.28	12
2	Jacobs, Lee-Ann	39	Coelacanth MSC-TSH	35.31	10
---	Roberts, Inge	39	Waterborn Swimming Club-JHB	NS	

Event 6 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	vd Merwe Doust, Odette	40	Highway MSC-ETH	35.03	12
2	Mostert, Chantelle	42	Bay Eagle Swim Team-NMA	36.88	10
3	Struwig, Nicky	44	Coelacanth MSC-TSH	39.03	8
4	Barnes, Holly	43	Aquabear Swimming Club-NMA	39.19	7
---	Cadiz, Perry	40	Cape Town MSC-CPT	NS	
---	Gous, Tracy	40	Aquabear Swimming Club-NMA	NS	

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****Event 6 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-JHB	34.50	12
2	McBey, Alison		45	Highway MSC-ETH	36.75	10
3	Mallows, Bev		46	Cape Dolphins MSC-CPT	37.54	8
4	Olivier, Rene		45	Aquabear Swimming Club-NMA	48.65	7
---	Isakov, Rachelle		46	Wahoo MSC-JHB	NS	

Event 6 Women 50-54 50 SC Meter Freestyle

SAMS record:	27.88	S	2016-10-29	Edith Ottermann (Jhb)	CPTW-WP	
GMS record:	31.82	G	2016-06-11	Karen Kennedy (Jhb)	PHOE-CG	
1	Ottermann, Edith		50	Cape Town MSC-CPT	27.88 S	12
2	Fraatz, Barbara		50	Coelacanth MSC-TSH	31.32	10
3	Kennedy, Karen		50	Phoenix MSC-JHB	32.62	8
4	Mason, Carol		53	Phoenix MSC-JHB	33.83	7
5	Lee, Les		52	Aquabear Swimming Club-NMA	36.19	6
6	Thompson, Terry		54	Highway MSC-ETH	37.24	5
7	Blatti, Jenny		50	Aquabear Swimming Club-NMA	37.72	4
8	Broom, Caroline		53	Champion Swim Club Masters-TSH	47.53	3

Event 6 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	Stanford, Cecilia		55	Cape Town MSC-CPT	31.19	12
2	Verryn, Sabine		55	Coelacanth MSC-TSH	31.72	10
3	Reen, Pat		59	Aquabear Swimming Club-NMA	33.84	8
4	Bosman, Denise		57	Bay Eagle Swim Team-NMA	34.84	7
5	Winfield, Melinda		55	Cape Town MSC-CPT	38.26	6
6	Bloxham, Michelle		56	East Coast MSC-ETH	44.09	5
7	Rode, Dawn		58	Highway MSC-ETH	44.60	4
8	Robinson, Sue		59	Highway MSC-ETH	49.63	3

Event 6 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	Coetzee, Diane		61	Cape Town MSC-CPT	31.55	12
2	Bromfield, Morag		64	East Coast MSC-ETH	37.50	10
3	Brimble, Mairi		61	Cape Dolphins MSC-CPT	38.10	8
4	Russell, Claire		60	Highway MSC-ETH	41.67	7
5	Vorster, Merryll		60	Phoenix MSC-JHB	47.51	6
6	Griffiths, Bronwen		62	Highway MSC-ETH	48.94	5
7	Heymans, Maretha		60	Highway MSC-ETH	49.90	4
8	Nell, Margaret		62	Coelacanth MSC-TSH	59.81	3

Event 6 Women 65-69 50 SC Meter Freestyle

SAMS record:	31.22	S	2015-08-30	Sanderina Kruger (CT)	CPTW-WP	
GMS record:	33.85	G	2016-07-23	Marissa Rollnick (Jhb)	PHOE-CG	
1	Kruger, Sanderina		67	Cape Town MSC-CPT	31.76	12
2	Rollnick, Marissa		65	Phoenix MSC-JHB	34.59	10
3	Shuttleworth, Bev		69	Highway MSC-ETH	40.31	8
4	Russell, Therese		68	Cape Dolphins MSC-CPT	41.13	7
5	Clark, Rosemary		68	East Coast MSC-ETH	43.09	6
6	Fyfe, Joyce		69	Coelacanth MSC-TSH	49.27	5
7	Gray, Ann		68	Highway MSC-ETH	57.40	4

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****Event 6 Women 70-74 50 SC Meter Freestyle**

SAMS record:	39.40	S	2014-10-19	Lenchen Zundorf (Stb)	CPTW-wp		
GMS record:	40.52	G	2016-05-07	Anne Jones (Jhb)	PHOE-CG		
1	Craig, Elsa		71	Bay Eagle Swim Team-NMA		38.15	S 12
2	Hughes, Diane		70	East Coast MSC-ETH		59.88	10
---	Jones, Anne		71	Phoenix MSC-JHB		NS	

Event 6 Women 75-79 50 SC Meter Freestyle

SAMS record:	40.26	S	2014-07-19	Sue Leuner (Jhb)	PHOE-CG		
GMS record:	40.26	G	2014-07-19	Sue Leuner (Jhb)	PHOE-CG		
1	van Jaarsveld, Santa		79	Cape Town MSC-CPT		44.16	12
2	Hanson, Ann		78	Coelacanth MSC-TSH		56.37	10

Event 6 Women 80-84 50 SC Meter Freestyle

SAMS record:	1:09.68	S	2015-01-18	Wendy Saunders (Dbn)	EACS-KZ		
GMS record:	59:59.99	G		Vacant			
1	Saunders, Wendy		81	East Coast MSC-ETH		1:18.31	12

Event 6 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	Stockenstrom, Christiaan		24	Coelacanth MSC-TSH		32.44	12
---	Harvey-Fletcher, Chris		24	Aquabear Swimming Club-NMA		NS	

Event 6 Men 30-34 50 SC Meter Freestyle

SAMS record:	23.79	S	2005-10-23	Andrew Biram (Jhb)			
GMS record:	23.79	G	2005-10-23	Andrew Biram (Jhb)			
1	Manelli, Leonardo		34	Cape Town MSC-CPT		30.71	12
2	O'Mahony, Andrew		30	Wahoo MSC-JHB		31.81	10
3	Theunisen, Carl		34	Coelacanth MSC-TSH		32.39	8
4	Nikele, Zukisani		30	Aquabear Swimming Club-NMA		49.12	7

Event 6 Men 35-39 50 SC Meter Freestyle

SAMS record:	22.48	S	2014-10-19	Ryk Neethling (Stb)	CPTW-WP		
GMS record:	25.06	G	2013-08-17	Adrian Goate (Jhb)	AQUA-CG		
1	Erasmus, Jaco		38	Wahoo MSC-JHB		26.10	12
2	Steenkamp, Neil		39	Cape Town MSC-CPT		27.35	10
3	Gilchrist, Scott		39	Phoenix MSC-JHB		28.77	8

Event 6 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	Gasson, Martin		43	Wahoo MSC-JHB		27.49	12
2	Serfontein, Barry		43	Aquabear Swimming Club-NMA		28.47	10
3	Collins, Stuart		42	Wahoo MSC-JHB		28.59	8
4	Hough, Greg		44	Aquabear Swimming Club-NMA		29.00	7
5	Pillay, Chris		43	Wahoo MSC-JHB		30.76	6
6	Vorster, Arné		41	Coelacanth MSC-TSH		30.82	5
7	Waters, Sam		44	East Coast MSC-ETH		31.50	4
8	Frappier, Ulrich		44	Cape Dolphins MSC-CPT		37.73	3
9	van Rensburg, Wade		41	Aquabear Swimming Club-NMA		38.13	2
---	Reen, Bradley		40	Aquabear Swimming Club-NMA		NS	

Event 6 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	Kruger, Harald		49	Cape Town MSC-CPT		26.01	12
2	Taylor, Robbie		47	Cape Town MSC-CPT		26.58	10
3	Duffy, PJ		46	Aquabear Swimming Club-NMA		29.03	8

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****(Event 6 Men 45-49 50 SC Meter Freestyle)**

4	Clark, David	49	Aquazone Swim Club-ETH	29.06	7
5	Carmona, Sergio	45	Phoenix MSC-JHB	30.57	6
6	May, Wayne	47	Cape Town MSC-CPT	31.25	5
7	Crowther, Bobbie	47	Wahoo MSC-JHB	31.42	4
8	Nortje, Thienus	47	Wahoo MSC-JHB	38.43	3

Event 6 Men 50-54 50 SC Meter Freestyle

SAMS record: 24.40 S 2016-04-17 Calvin Maughan (CT) CPTW-WP

GMS record: 25.82 G 2006-05-14 Andre Steynberg (Jhb)

1	Young, Roger	52	Coelacanth MSC-TSH	29.63	12
2	Grobler, Christoffel	52	Aquabear Swimming Club-NMA	34.22	10
3	Smit, Deon	51	Champion Swim Club Masters-TSH	34.77	8
4	Pattinson, Kenneth	52	Aquabear Swimming Club-NMA	36.69	7
5	de Beer, David	54	Coelacanth MSC-TSH	37.20	6
6	Barnes, Mark	50	Aquabear Swimming Club-NMA	38.53	5
---	Orton, Nick	53	Cape Town MSC-CPT	NS	
---	Ruck, Harald	51	Coelacanth MSC-TSH	NS	

Event 6 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	Hendricks, Nigel	58	Cape Town MSC-CPT	29.22	12
2	Morgan, Trevor	57	Coelacanth MSC-TSH	30.24	10
3	Steyn, Glenn	56	Cape Town MSC-CPT	31.65	8
4	Holshausen, Rod	58	Cape Town MSC-CPT	32.22	7
5	Prentice, William	58	Cape Town MSC-CPT	33.05	6
6	West, Ralph	55	Aquabear Swimming Club-NMA	35.63	5
7	Foster, Ted	56	East Coast MSC-ETH	35.88	4

Event 6 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	Stevenson, Paul	60	Cape Town MSC-CPT	28.32	12
2	Roothman, André	62	Cape Town MSC-CPT	28.84	10
3	Cones, Nigel	61	Cape Town MSC-CPT	29.02	8
4	Spies, Izak	62	Cape Town MSC-CPT	29.60	7
5	Reen, Nick	62	Aquabear Swimming Club-NMA	30.56	6
6	Barker, Richard	63	Highway MSC-ETH	31.44	5
7	Baker, Eddie	64	Highway MSC-ETH	34.56	4
8	Platte, Gary	60	Winelands MSC-CED	37.84	3
9	Vile, Danny	64	MEGA SC-EKU	43.31	2

Event 6 Men 65-69 50 SC Meter Freestyle

SAMS record: 29.22 S 2014-06-21 Terry Downes (Jhb) COEL-NT

GMS record: 31.87 G 2010-11-27 John Petersen (Jhb)

1	van Rooijen, Gerhard	66	East Coast MSC-ETH	33.65	12
2	Bolstridge, Michael Conrad	67	East Coast MSC-ETH	34.41	10
3	Larcombe, Peter	69	East Coast MSC-ETH	34.57	8
4	du Toit, Francois	69	Cape Town MSC-CPT	35.81	7
5	Pryke, Michael	66	Wahoo MSC-JHB	38.55	6
6	Robinson, Graham	67	East Coast MSC-ETH	38.94	5
7	Harley, John	69	East Coast MSC-ETH	46.75	4

Event 6 Men 70-74 50 SC Meter Freestyle

SAMS record: 32.41 S 2010-10-24 Gary Freeling (CT)

GMS record: 34.29 G 2015-08-29 John Petersen (Jhb) PHOE-CG

1	Petersen, John	71	Phoenix MSC-JHB	34.47	12
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SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****(Event 6 Men 70-74 50 SC Meter Freestyle)**

2	Hughes, Jimmy	73	East Coast MSC-ETH	35.40	10
3	Hadenham, Leslie	73	East Coast MSC-ETH	41.22	8

Event 6 Men 75-79 50 SC Meter Freestyle

SAMS record:		35.66	S	2016-10-29	Derek Fyfe (Jhb)	COEL-NT		
GMS record:		36.89	G	2005-05-15	Don Johnston (Jhb)			
1	Fyfe, Derek	76	Coelacanth MSC-TSH	35.66 S	12			
2	Garson, John	78	Wahoo MSC-JHB	44.60	10			
3	Wolpe, Russel	79	Phoenix MSC-JHB	47.20	8			
4	Saunders, Jim	79	East Coast MSC-ETH	47.22	7			

Event 6 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	Hutchings, Peter	81	Wahoo MSC-JHB	51.51	12			
---	Hanna, Ken	81	Wahoo MSC-JHB	NS				

Event 7 Women 30-34 200 SC Meter Breaststroke

SAMS record:		2:49.24	S	2016-10-29	Claire Rolt (Jhb)	COEL-CG		
GMS record:		3:12.95	G	1993-03-07	CHRIS MACKINNON			
1	Rolt, Claire	34	Coelacanth MSC-TSH	2:49.24 S	12			
2	Strauss, Amore	32	Aquabear Swimming Club-NMA	3:34.50	10			

Event 7 Women 40-44 200 SC Meter Breaststroke

SAMS record:		2:41.87	S	2009-10-24	Heather Morris-Eyton (Jhb)			
GMS record:		2:41.87	G	2009-10-24	Heather Morris-Eyton (Jhb)			
1	van Breda, Bridget	41	Cape Town MSC-CPT	3:11.08	12			
---	Macaskill, Mandy	41	Coelacanth MSC-TSH	NS				

Event 7 Women 45-49 200 SC Meter Breaststroke

SAMS record:		2:44.60	S	2012-10-27	Heather Morris-Eyton (Jhb)			
GMS record:		2:44.60	G	2012-10-27	Heather Morris-Eyton (Jhb)			
1	Isakov, Rachelle	46	Wahoo MSC-JHB	3:17.03	12			

Event 7 Women 50-54 200 SC Meter Breaststroke

SAMS record:		3:02.46	S	2012-01-14	Cecilia Stanford (CT)			
GMS record:		3:07.17	G	1998-02-15	Shirley Turner			
1	Dressler, Annemarie	52	Coelacanth MSC-TSH	3:15.90	12			
2	Olivier, Lienkie	51	Free State MSC-JHB	4:03.80	10			
3	Bridges, Carole	54	Wahoo MSC-JHB	4:20.34	8			
---	Blatti, Jenny	50	Aquabear Swimming Club-NMA	NS				

Event 7 Women 55-59 200 SC Meter Breaststroke

SAMS record:		3:16.42	S	2014-10-19	Gail McCarney (Stb)	CPTW-WP		
GMS record:		3:31.33	G	2006-05-14	Jenny Ireland (Jhb)			
1	Schiever, Joan	55	Highway MSC-ETH	3:47.28	12			
2	Bloxham, Michelle	56	East Coast MSC-ETH	4:07.20	10			

Event 7 Women 60-64 200 SC Meter Breaststroke

SAMS record:		3:37.07	S	2010-10-10	Jenny Ireland (Pmb)			
GMS record:		4:33.89	G	1992-11-01	CAROLINE KELLY			
1	Goldstein, Heather	60	Highway MSC-ETH	4:01.44	12			
2	Heymans, Maretha	60	Highway MSC-ETH	4:23.82	10			
3	Vorster, Merryll	60	Phoenix MSC-JHB	4:49.73	8			

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****Event 7 Women 65-69 200 SC Meter Breaststroke**

SAMS record: 3:46.07 S 2012-01-15 Bev Shuttleworth (Dbn)

GMS record: 4:34.19 G 1995-11-12 Caroline Kelly

--- Benjamin, Lynda 65 Aquabear Swimming Club-NMA NS

Event 7 Women 80-84 200 SC Meter Breaststroke

SAMS record: 8:37.59 S 2015-03-01 Wendy Saunders (Dbn) EACS-KZ

GMS record: 59:59.99 G Vacant

--- Saunders, Wendy 81 East Coast MSC-ETH DQ

Event 7 Women 90-94 200 SC Meter Breaststroke

SAMS record: 8:24.97 S 2016-10-16 Kascha Kloos (Stb) CPTW-WP

GMS record: 59:59.99 G Vacant

1 Kloos, Kascha 91 Cape Town MSC-CPT 8:24.97 S 12

Event 7 Men 30-34 200 SC Meter Breaststroke

SAMS record: 2:38.18 S 11-2004 Gary Coetzee (Jhb)

GMS record: 2:38.18 G 2004-11-28 Gary Coetzee (Jhb)

--- Manelli, Leonardo 34 Cape Town MSC-CPT NS

Event 7 Men 45-49 200 SC Meter Breaststroke

SAMS record: 2:36.17 S 2010-09-16 Johan van der Merwe (CT)

GMS record: 3:13.51 G 1986-01-01 GRAHAM CUNNINGHAM

1 Duffy, PJ 46 Aquabear Swimming Club-NMA 3:10.32 12

Event 7 Men 50-54 200 SC Meter Breaststroke

SAMS record: 2:36.57 S 3-2002 T Shead (Syd)

GMS record: 2:53.06 G 2001-12-01 Robert Hatherly (Jhb)

1 Uitenweerde, Lourens 52 Coelacanth MSC-TSH 3:02.57 12

2 Olivier, Marais 53 Cape Town MSC-CPT 3:31.26 10

3 Townsend, Richard 50 Coelacanth MSC-TSH 5:03.05 8

Event 7 Men 55-59 200 SC Meter Breaststroke

SAMS record: 2:38.90 S 2007-01-26 Tim Shead (Mad)

GMS record: 2:53.90 G 2007-05-12 Bob Hatherly (Jhb)

1 Finn, Joel 55 Wahoo MSC-JHB 2:59.61 12

2 du Toit, Graham 56 Cape Town MSC-CPT 3:02.81 10

3 Fechter, Wolfgang 55 Highway MSC-ETH 3:29.97 8

Event 7 Men 60-64 200 SC Meter Breaststroke

SAMS record: 2:53.28 S 2016-10-16 Tim Shead (Stb) CPTW-WP

GMS record: 3:18.07 G 1998-11-22 David McLachlan

1 Shead, Tim 64 Cape Town MSC-CPT 2:53.28 S 12

2 Baker, Anthony 60 Highway MSC-ETH 3:26.19 10

3 Arbuthnot, David 63 Coelacanth MSC-TSH 3:49.58 8

4 Vile, Danny 64 MEGA SC-EKU 4:37.84 7

Event 7 Men 65-69 200 SC Meter Breaststroke

SAMS record: 3:23.35 S 2010-06-19 Brian Nelson (Jhb)

GMS record: 3:23.35 G 2010-06-19 Brian Nelson (Jhb)

1 Hatherly, Bob 65 Bay Eagle Swim Team-NMA 3:09.75 S 12

2 van Heerden, Carel 66 Waterborn Swimming Club-JHB 3:53.42 10

3 Robinson, Graham 67 East Coast MSC-ETH 4:41.15 8

Event 7 Men 75-79 200 SC Meter Breaststroke

SAMS record: 3:36.46 S 2012-01-14 David McLachlan (CT)

GMS record: 4:20.67 G 2012-05-19 Russel Wolpe (Jhb)

1 Wolpe, Russel 79 Phoenix MSC-JHB 4:49.46 12

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****Event 8 Women 19-24 100 SC Meter IM**

SAMS record: 1:11.32 S 9-2004		Monique Beetge (Dbn)			
GMS record: 1:15.80 G 1999-09-26		Cheryl Ballard-Tremeer (Jhb)			
1	Barit, Chavah	21	Wahoo MSC-JHB	1:37.49	12

Event 8 Women 25-29 100 SC Meter IM

SAMS record: 1:08.10 S 9-1999		M Kriel (CT)			
GMS record: 1:12.49 G 2006-10-29		Tammy Souster (Jhb)			
1	Needham, Tersia	27	Cape Town MSC-CPT	1:17.94	12
2	Henderson, Delwen	28	Aquabear Swimming Club-NMA	1:22.53	10

Event 8 Women 30-34 100 SC Meter IM

SAMS record: 1:13.42 S 2015-10-31		Thilde Victor (Jhb)		VASM-ES	
GMS record: 1:18.36 G 2007-05-12		Nadia Bacchini (Jhb)			
1	Rolt, Claire	34	Coelacanth MSC-TSH	1:15.62	12
2	Mazor, Cindy-Leigh	33	Wahoo MSC-JHB	1:34.19	10
3	Strauss, Amore	32	Aquabear Swimming Club-NMA	1:37.93	8

Event 8 Women 35-39 100 SC Meter IM

SAMS record: 1:10.13 S 2006-10-15		Marianne Kriel (Stb)			
GMS record: 1:17.11 G 2006-05-14		Rachelle Isakov (Jhb)			
1	Greyling, Cindy	39	Cape Town MSC-CPT	1:28.45	12
2	Garnett-Bennet, Louise	38	Champion Swim Club Masters-TSH	1:34.56	10
---	Johnson, Justine	39	Phoenix MSC-JHB	NS	

Event 8 Women 40-44 100 SC Meter IM

SAMS record: 1:12.92 S 2008-07-17		Amanda Picard (CT)			
GMS record: 1:14.73 G 2009-10-24		Heather Morris-Eyton (Jhb)			
1	vd Merwe Doust, Odette	40	Highway MSC-ETH	1:32.13	12
2	Struwig, Nicky	44	Coelacanth MSC-TSH	1:44.83	10
---	Ogden, Natalie	41	Aquabear Swimming Club-NMA	NS	
---	Gous, Tracy	40	Aquabear Swimming Club-NMA	NS	

Event 8 Women 45-49 100 SC Meter IM

SAMS record: 1:13.38 S 2006-10-15		Cecilia Stanford (Stb)			
GMS record: 1:17.57 G 2012-11-24		Heather Morris-Eyton (Jhb)			
1	McBey, Alison	45	Highway MSC-ETH	1:33.19	12
2	Mallows, Bev	46	Cape Dolphins MSC-CPT	1:33.46	10
---	Isakov, Rachelle	46	Wahoo MSC-JHB	NS	

Event 8 Women 50-54 100 SC Meter IM

SAMS record: 1:11.56 S 2011-04-14		Cecilia Stanford (CT)			
GMS record: 1:27.81 G 2007-05-12		Clare Davie (Jhb)			
1	Fraatz, Barbara	50	Coelacanth MSC-TSH	1:23.67	12
2	Thompson, Terry	54	Highway MSC-ETH	1:35.51	10
3	Terblanche, Ingrid	51	Champion Swim Club Masters-TSH	1:52.65	8
---	Kennedy, Karen	50	Phoenix MSC-JHB	NS	

Event 8 Women 55-59 100 SC Meter IM

SAMS record: 1:16.82 S 2016-04-17		Cecilia Stanford (CT)		CPTW-WP	
GMS record: 1:28.37 G 2000-11-11		Anne Jones (Jhb)			
1	Degenaar, Jean	56	Cape Town MSC-CPT	1:23.26	12
2	Verryn, Sabine	55	Coelacanth MSC-TSH	1:28.62	10
3	Welgemoed, Janine	55	Cape Town MSC-CPT	1:32.87	8
4	Bosman, Denise	57	Bay Eagle Swim Team-NMA	1:33.12	7
5	Rode, Dawn	58	Highway MSC-ETH	2:05.34	6

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****Event 8 Women 60-64 100 SC Meter IM**

SAMS record:	1:24.06	S	2016-10-16	Diane Coetzee (Stb)	CPTW-WP		
GMS record:	1:40.35	G	2007-05-12	Anne Jones (Jhb)			
1	Coetzee, Diane		61	Cape Town MSC-CPT		1:24.06 S	12
2	Russell, Claire		60	Highway MSC-ETH		1:48.25	10
3	Hayselden, Jackie		60	Aquabear Swimming Club-NMA		1:48.72	8
4	Heymans, Maretha		60	Highway MSC-ETH		2:03.06	7

Event 8 Women 65-69 100 SC Meter IM

SAMS record:	1:36.55	S	2016-08-27	Maureen Mons (Jhb)	PHOE-CG		
GMS record:	1:36.55	G	2016-08-27	Maureen Mons (Jhb)	PHOE-CG		
1	Russell, Therese		68	Cape Dolphins MSC-CPT		1:47.55	12

Event 8 Women 70-74 100 SC Meter IM

SAMS record:	1:38.41	S	2015-10-24	Elsa Craig (PE)	BEST-EP		
GMS record:	59:59.99	G		Vacant			
1	Craig, Elsa		71	Bay Eagle Swim Team-NMA		1:36.32 S	12
2	Hughes, Diane		70	East Coast MSC-ETH		2:44.65	10
---	Jones, Anne		71	Phoenix MSC-JHB		NS	

Event 8 Men 30-34 100 SC Meter IM

SAMS record:	1:02.47	S	10-2003	Cliff Lyne (Dbn)			
GMS record:	1:03.31	G	1992-12-06	GERT HIPPER			
1	Joubert, Jacques		33	Cape Town MSC-CPT		1:05.85	12
2	O'Mahony, Andrew		30	Wahoo MSC-JHB		1:27.27	10

Event 8 Men 35-39 100 SC Meter IM

SAMS record:	1:02.64	S	2012-05-19	Simon Thirsk (Jhb)			
GMS record:	1:02.64	G	2012-05-19	Simon Thirsk (Jhb)			
1	Gilchrist, Scott		39	Phoenix MSC-JHB		1:11.79	12

Event 8 Men 40-44 100 SC Meter IM

SAMS record:	1:04.05	S	2010-10-10	Cliff Lyne (Pmb)			
GMS record:	1:06.22	G	2013-06-22	Byron Dillon (Jhb)	AQUA-CG		
1	Gasson, Martin		43	Wahoo MSC-JHB		1:12.41	12
2	Pillay, Chris		43	Wahoo MSC-JHB		1:22.85	10
3	Terblanche, Lucas		42	Coelacanth MSC-TSH		1:24.97	8
4	Waters, Sam		44	East Coast MSC-ETH		1:27.09	7

Event 8 Men 45-49 100 SC Meter IM

SAMS record:	1:05.06	S	9-2005	Gregg Price (Dbn)			
GMS record:	1:05.06	G	2005-09-11	Gregg Price (Dbn)			
1	Kruger, Harald		49	Cape Town MSC-CPT		1:08.01	12
2	Clark, David		49	Aquazone Swim Club-ETH		1:18.75	10
3	Carmona, Sergio		45	Phoenix MSC-JHB		1:18.79	8
---	Grobler, Francois		48	Waterborn Swimming Club-JHB		NS	

Event 8 Men 50-54 100 SC Meter IM

SAMS record:	1:03.54	S	3-2002	T Shead (Syd)			
GMS record:	1:06.10	G	2013-10-19	Gerd Hipper (Jhb)	WAHO-CG		
1	Taylor, Julian		52	East Coast MSC-ETH		1:09.14	12
2	Mottram, Guy		50	Wahoo MSC-JHB		1:16.34	10
3	Young, Roger		52	Coelacanth MSC-TSH		1:20.07	8
4	Olivier, Marais		53	Cape Town MSC-CPT		1:33.72	7
5	Smit, Deon		51	Champion Swim Club Masters-TSH		1:36.29	6
6	de Beer, David		54	Coelacanth MSC-TSH		1:56.53	5

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****Event 8 Men 55-59 100 SC Meter IM**

SAMS record:	1:03.53	S	2007-01-26	Tim Shead (Mad)		
GMS record:	1:07.90	G	2012-08-18	Andre Steynberg (Jhb)		
1	Finn, Joel		55	Wahoo MSC-JHB	1:15.61	12
2	du Toit, Graham		56	Cape Town MSC-CPT	1:16.90	10
3	Hendricks, Nigel		58	Cape Town MSC-CPT	1:19.95	8
4	Holshausen, Rod		58	Cape Town MSC-CPT	1:21.69	7
5	Summers, Mike		56	MEGA SC-EKU	1:35.42	6

Event 8 Men 60-64 100 SC Meter IM

SAMS record:	1:06.63	S	2016-04-17	Tim Shead (CT)	CPTW-WP	
GMS record:	1:19.45	G	1999-09-26	David McLachlan (Jhb)		
1	Cones, Nigel		61	Cape Town MSC-CPT	1:18.65	12
2	Barker, Richard		63	Highway MSC-ETH	1:24.75	10
3	Baker, Eddie		64	Highway MSC-ETH	1:33.97	8
4	Hodges, Mark		63	Cape Town MSC-CPT	1:37.15	7
5	Platte, Gary		60	Winelands MSC-CED	1:45.28	6
---	Baker, Anthony		60	Highway MSC-ETH	DQ	

Event 8 Men 65-69 100 SC Meter IM

SAMS record:	1:15.71	S	2014-10-19	Halton Cheadle (Stb)	CPTW-WP	
GMS record:	1:28.56	G	2010-10-16	John Petersen (Jhb)		
1	Bolstridge, Michael Conrad		67	East Coast MSC-ETH	1:34.85	12
2	Hatherly, Bob		65	Bay Eagle Swim Team-NMA	1:37.50	10
3	van Heerden, Carel		66	Waterborn Swimming Club-JHB	1:50.77	8
4	Harley, John		69	East Coast MSC-ETH	2:17.32	7

Event 8 Men 70-74 100 SC Meter IM

SAMS record:	1:28.52	S	2009-04-01	Dave McLachlan (CT)		
GMS record:	1:50.13	G	2008-06-22	Russel Wolpe (Jhb)		
1	Hughes, Jimmy		73	East Coast MSC-ETH	1:31.19	12

Event 8 Men 75-79 100 SC Meter IM

SAMS record:	1:32.35	S	2012-01-14	David McLachlan (CT)		
GMS record:	1:53.39	G	2012-10-27	Russel Wolpe (Jhb)		
1	McLachlan, Dave		79	Cape Town MSC-CPT	1:43.26	12

Event 8 Men 80-84 100 SC Meter IM

SAMS record:	2:06.21	S	1995	G May (Dbn)		
GMS record:	2:24.56	G	2001-09-29	Jack Brink (Jhb)		
1	Schlapobersky, Ivan		83	Phoenix MSC-JHB	2:02.74 S	12

Event 9 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	Kotzé, Nadéne		23	Coelacanth MSC-TSH	34.92	12
2	Barit, Chavah		21	Wahoo MSC-JHB	51.08	10

Event 9 Women 25-29 50 SC Meter Butterfly

SAMS record:	27.42	S	2014-10-25	Elzanne Werth (Jhb)	PHOE-CG	
GMS record:	27.42	G	2014-10-25	Elzanne Werth (Jhb)		
1	Needham, Tersia		27	Cape Town MSC-CPT	34.60	12
2	Henderson, Delwen		28	Aquabear Swimming Club-NMA	36.10	10

Event 9 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	Victor, Thilde		34	MEGA SC-EKU	31.22	12
2	Rolt, Claire		34	Coelacanth MSC-TSH	33.51	10

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****Event 9 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	White, Simone	36	Cape Town MSC-CPT	33.18	12
2	Greyling, Cindy	39	Cape Town MSC-CPT	41.09	10

Event 9 Women 40-44 50 SC Meter ButterflySAMS record: 29.07 S 2009-10-24 **Edith Ottermann (Jhb)**GMS record: 33.47 G 1997-02-01 **Liz Spagnuolo**

1	Amner, Claire	42	Cape Town MSC-CPT	35.19	12
2	Macaskill, Mandy	41	Coelacanth MSC-TSH	44.70	10
3	Struwig, Nicky	44	Coelacanth MSC-TSH	46.26	8
---	Gous, Tracy	40	Aquabear Swimming Club-NMA	NS	

Event 9 Women 45-49 50 SC Meter ButterflySAMS record: 29.37 S 2011-04-14 **Edith Ottermann (CT)**GMS record: 35.45 G 2014-07-19 **Karen Kennedy (Jhb)**

1	McBey, Alison	45	Highway MSC-ETH	44.97	12
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PHOE-CG

Event 9 Women 50-54 50 SC Meter ButterflySAMS record: 31.93 S 2016-10-29 **Edith Ottermann (Jhb)**GMS record: 37.43 G 2016-08-27 **Lynne Callanan (Jhb)**

1	Ottermann, Edith	50	Cape Town MSC-CPT	31.93 S	12
2	Fraatz, Barbara	50	Coelacanth MSC-TSH	37.17	10
3	Callanan, Lynne	51	Phoenix MSC-JHB	37.63	8
4	Lee, Les	52	Aquabear Swimming Club-NMA	39.97	7
5	Bridges, Carole	54	Wahoo MSC-JHB	52.79	6

CPTW-WP

PHOE-CG

Event 9 Women 55-59 50 SC Meter ButterflySAMS record: 34.12 S 2016-10-16 **Cecilia Stanford (Stb)**GMS record: 40.44 G 1998-03-15 **Sue Leuner**

1	Stanford, Cecilia	55	Cape Town MSC-CPT	34.12 S	12
2	Foster, Kim	57	Coelacanth MSC-TSH	35.14	10
3	Reen, Pat	59	Aquabear Swimming Club-NMA	38.07	8
4	Degenaar, Jean	56	Cape Town MSC-CPT	38.56	7
5	Verryn, Sabine	55	Coelacanth MSC-TSH	39.46	6
6	Welgemoed, Janine	55	Cape Town MSC-CPT	47.34	5

CPTW-WP

Event 9 Women 60-64 50 SC Meter ButterflySAMS record: 37.90 S 2009-10-18 **Sanderina Kruger (CT)**GMS record: 41.62 G 2009-10-24 **Helen Lawless (Jhb)**

1	Sharkey, Therese	61	Winelands MSC-CED	44.77	12
2	Bailey, Colleen	62	East Coast MSC-ETH	46.94	10
3	Goldstein, Heather	60	Highway MSC-ETH	53.10	8
---	Russell, Claire	60	Highway MSC-ETH	DQ	

Head did not break surface by 15 meters after start or turn

Event 9 Women 65-69 50 SC Meter ButterflySAMS record: 38.99 S 2016-10-16 **Sanderina Kruger (Stb)**GMS record: 52.77 G 2016-06-11 **Linda Crawford (Jhb)**

1	Kruger, Sanderina	67	Cape Town MSC-CPT	38.99 S	12
2	Clark, Rosemary	68	East Coast MSC-ETH	53.75	10

CPTW-WP

PHOE-CG

Event 9 Women 70-74 50 SC Meter ButterflySAMS record: 41.96 S 2015-10-24 **Elsa Craig (PE)**GMS record: 59:59.99 G **Vacant**

---	Craig, Elsa	71	Bay Eagle Swim Team-NMA	NS	
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BEST-EP

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****Event 9 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	O'Mahony, Andrew	30	Wahoo MSC-JHB	36.95	12
2	Theunisen, Carl	34	Coelacanth MSC-TSH	47.00	10

Event 9 Men 35-39 50 SC Meter Butterfly

SAMS record: 27.36 S 2014-10-19 Jay Richards (Stb)

CPTW-WP

GMS record: 27.68 G 2012-05-19 Simon Thirsk (Jhb)

1	Steenkamp, Neil	39	Cape Town MSC-CPT	30.56	12
2	Erasmus, Jaco	38	Wahoo MSC-JHB	30.75	10
3	Gilchrist, Scott	39	Phoenix MSC-JHB	30.99	8

Event 9 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-JHB	31.81	12
2	Serfontein, Barry	43	Aquabear Swimming Club-NMA	32.19	10
3	Hough, Greg	44	Aquabear Swimming Club-NMA	32.29	8
4	Pillay, Chris	43	Wahoo MSC-JHB	32.97	7
5	Terblanche, Lucas	42	Coelacanth MSC-TSH	36.34	6
6	Beneke, John	44	Wahoo MSC-JHB	38.26	5
7	Vorster, Arné	41	Coelacanth MSC-TSH	38.27	4
8	Waters, Sam	44	East Coast MSC-ETH	38.31	3
---	Reen, Bradley	40	Aquabear Swimming Club-NMA	NS	

Event 9 Men 45-49 50 SC Meter Butterfly

SAMS record: 27.25 S 2011-10-16 Bryan Tatterson (Flo-USA)

GMS record: 27.62 G 2005-11-26 Gregg Price (Jhb)

1	Taylor, Robbie	47	Cape Town MSC-CPT	28.74	12
2	Lilford, Frank	47	Highway MSC-ETH	31.72	10
3	May, Wayne	47	Cape Town MSC-CPT	35.71	8
4	Carmona, Sergio	45	Phoenix MSC-JHB	36.50	7

Event 9 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-TSH	32.69	12
2	Holshausen, Rod	58	Cape Town MSC-CPT	34.43	10
3	Summers, Mike	56	MEGA SC-EKU	38.59	8
4	Steyn, Glenn	56	Cape Town MSC-CPT	40.96	7
5	Fechter, Wolfgang	55	Highway MSC-ETH	43.53	6
6	Foster, Ted	56	East Coast MSC-ETH	46.31	5

Event 9 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	Roothman, André	62	Cape Town MSC-CPT	32.26	12
2	Cones, Nigel	61	Cape Town MSC-CPT	32.69	10
3	Reen, Nick	62	Aquabear Swimming Club-NMA	34.91	8
4	Barker, Richard	63	Highway MSC-ETH	36.13	7
5	Baker, Anthony	60	Highway MSC-ETH	42.78	6

Event 9 Men 65-69 50 SC Meter Butterfly

SAMS record: 32.10 S 2014-09-21 Halton Cheadle (Stb)

CPTW-WP

GMS record: 35.28 G 2010-11-06 John Petersen (Jhb)

1	Larcombe, Peter	69	East Coast MSC-ETH	44.13	12
2	Hatherly, Bob	65	Bay Eagle Swim Team-NMA	45.03	10

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****(Event 9 Men 65-69 50 SC Meter Butterfly)**

3	Pryke, Michael	66	Wahoo MSC-JHB	46.73	8
4	van Heerden, Carel	66	Waterborn Swimming Club-JHB	51.34	7

Event 9 Men 70-74 50 SC Meter Butterfly

SAMS record: 38.18 S 2009-04-01		Dave McLachlan (CT)			
GMS record: 39.45 G 2015-08-29		John Petersen (Jhb)		PHOE-CG	
1	Hadenham, Leslie	73	East Coast MSC-ETH	41.81	12
2	Petersen, John	71	Phoenix MSC-JHB	42.31	10

Event 9 Men 75-79 50 SC Meter Butterfly

SAMS record: 44.38 S 2016-10-16		Dave McLachlan (Stb)		CPTW-WP	
GMS record: 55.98 G 2012-05-19		Russel Wolpe (Jhb)			
1	McLachlan, Dave	79	Cape Town MSC-CPT	44.38 S	12

Event 9 Men 80-84 50 SC Meter Butterfly

SAMS record: 1:22.20 S 11-1997		G May (Dbn)			
GMS record: 59:59.99 G		Vacant			
1	Schlapobersky, Ivan	83	Phoenix MSC-JHB	1:01.48 S	12

Event 10 Women 25-29 50 SC Meter Backstroke

SAMS record: 30.07 S 9-1999		M Kriel (CT)			
GMS record: 33.93 G 2006-10-29		Tammy Souster (Jhb)			
1	Henderson, Delwen	28	Aquabear Swimming Club-NMA	40.47	12

Event 10 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)		WAHO-CG	
1	Rolt, Claire	34	Coelacanth MSC-TSH	39.53	12
---	Mazor, Cindy-Leigh	33	Wahoo MSC-JHB	NS	

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	Cadiz, Perry	40	Cape Town MSC-CPT	34.19	12
2	Struwig, Nicky	44	Coelacanth MSC-TSH	49.81	10
---	Ogden, Natalie	41	Aquabear Swimming Club-NMA	NS	

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-JHB	43.41	12
2	Mallows, Bev	46	Cape Dolphins MSC-CPT	44.19	10

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	Fraatz, Barbara	50	Coelacanth MSC-TSH	41.05	12
---	Blatti, Jenny	50	Aquabear Swimming Club-NMA	NS	

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	Welgemoed, Janine	55	Cape Town MSC-CPT	42.45	12
2	Winfield, Melinda	55	Cape Town MSC-CPT	50.10	10
3	Rode, Dawn	58	Highway MSC-ETH	1:01.12	8

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****Event 10 Women 60-64 50 SC Meter Backstroke**

SAMS record:	35.60	S	2015-04-19	Diane Coetzee (CT)	CPTW-WP		
GMS record:	45.73	G	2005-05-15	Anne Jones (Jhb)			
1	Coetzee, Diane		61	Cape Town MSC-CPT		35.87	12
2	Sharkey, Therese		61	Winelands MSC-CED		40.01	10
3	Bromfield, Morag		64	East Coast MSC-ETH		40.40	8
4	Bailey, Colleen		62	East Coast MSC-ETH		45.00	7
5	Reynecke, Pamela		60	Champion Swim Club Masters-TSH		45.62	6
6	Hayselden, Jackie		60	Aquabear Swimming Club-NMA		47.50	5
7	Heymans, Maretha		60	Highway MSC-ETH		57.14	4
8	Griffiths, Bronwen		62	Highway MSC-ETH		1:07.16	3

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	Russell, Therese		68	Cape Dolphins MSC-CPT		45.80	12
2	Shuttleworth, Bev		69	Highway MSC-ETH		47.91	10
3	Fyfe, Joyce		69	Coelacanth MSC-TSH		54.39	8
4	Gray, Ann		68	Highway MSC-ETH		1:12.94	7

Event 10 Women 70-74 50 SC Meter Backstroke

SAMS record:	48.04	S	2014-10-19	Lenchen Zundorf (Stb)	CPTW-WP		
GMS record:	50.75	G	2015-05-16	Anne Jones (Jhb)	PHOE-CG		
1	Craig, Elsa		71	Bay Eagle Swim Team-NMA		45.56 S	12
2	Hughes, Diane		70	East Coast MSC-ETH		1:12.57	10
---	Jones, Anne		71	Phoenix MSC-JHB		NS	

Event 10 Women 80-84 50 SC Meter Backstroke

SAMS record:	1:22.74	S	1999-08-22	E Buck (Dbn)			
GMS record:	59:59.99	G		Vacant			
1	Saunders, Wendy		81	East Coast MSC-ETH		1:41.38	12

Event 10 Men 19-24 50 SC Meter Backstroke

SAMS record:	28.75	S	2001-08-04	Schalk Malan (Jhb)			
GMS record:	28.75	G	2001-08-04	Schalk Malan (Jhb)			
---	Harvey-Fletcher, Chris		24	Aquabear Swimming Club-NMA		NS	

Event 10 Men 30-34 50 SC Meter Backstroke

SAMS record:	28.31	S	2011-06-18	Simon Thirsk (Jhb)			
GMS record:	28.31	G	2011-06-18	Simon Thirsk (Jhb)			
1	Joubert, Jacques		33	Cape Town MSC-CPT		30.09	12
2	O'Mahony, Andrew		30	Wahoo MSC-JHB		43.06	10

Event 10 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-JHB		34.98	12

Event 10 Men 40-44 50 SC Meter Backstroke

SAMS record:	29.19	S	2007-05-12	Harald Ruck (Jhb)			
GMS record:	31.29	G	1999-09-26	Andre Steynberg	VRRA-CG		
1	Serfontein, Barry		43	Aquabear Swimming Club-NMA		36.13	12
2	Gasson, Martin		43	Wahoo MSC-JHB		36.96	10

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-JHB		46.18	12

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****Event 10 Men 50-54 50 SC Meter Backstroke**

SAMS record:	29.28	S	2016-10-29	Harald Ruck (Jhb)	COEL-NT		
GMS record:	30.05	G	2006-07-08	Andre Steynberg (Jhb)			
1	Ruck, Harald		51	Coelacanth MSC-TSH		29.28 S	12
2	Taylor, Julian		52	East Coast MSC-ETH		32.10	10
3	Orton, Nick		53	Cape Town MSC-CPT		32.68	8
4	Grobler, Christoffel		52	Aquabear Swimming Club-NMA		42.56	7
5	Pattinson, Kenneth		52	Aquabear Swimming Club-NMA		44.72	6
6	de Beer, David		54	Coelacanth MSC-TSH		1:00.01	5

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-TSH		36.07	12
2	Fechter, Wolfgang		55	Highway MSC-ETH		51.44	10

Event 10 Men 60-64 50 SC Meter Backstroke

SAMS record:	33.47	S	2016-10-16	Tim Shead (Stb)	CPTW-WP		
GMS record:	35.70	G	2007-06-10	Doug Wilson (Jhb)			
1	Shead, Tim		64	Cape Town MSC-CPT		33.47 S	12
2	Winfield, Mike		61	Cape Town MSC-CPT		33.83	10
3	Howieson, Doug		64	Cape Town MSC-CPT		39.19	8
4	Baker, Eddie		64	Highway MSC-ETH		47.25	7
5	Platte, Gary		60	Winelands MSC-CED		53.17	6
---	Miller, Mervyn		64	Wahoo MSC-JHB		NS	

Event 10 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	van Heerden, Carel		66	Waterborn Swimming Club-JHB		55.40	12

Event 10 Men 70-74 50 SC Meter Backstroke

SAMS record:	39.29	S	2013-10-06	Jimmy Hughes (Dbn)	EACS-KZ		
GMS record:	47.37	G	2012-05-19	John Garson (Jhb)			
1	Hughes, Jimmy		73	East Coast MSC-ETH		40.56	12
2	Hadenham, Leslie		73	East Coast MSC-ETH		54.16	10

Event 10 Men 75-79 50 SC Meter Backstroke

SAMS record:	43.50	S	2011-10-30	Mike Cameron (Dbn)	WAHO-CG		
GMS record:	48.83	G	2013-06-22	John Garson (Jhb)			
1	Fyfe, Derek		76	Coelacanth MSC-TSH		46.30	12
2	Garson, John		78	Wahoo MSC-JHB		55.56	10

Event 10 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			
---	Hanna, Ken		81	Wahoo MSC-JHB		NS	

Event 11 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	Kotzé, Nadéne		23	Coelacanth MSC-TSH		2:40.47	12
---	Barit, Chavah		21	Wahoo MSC-JHB		NS	

Event 11 Women 30-34 200 SC Meter Freestyle

SAMS record:	2:16.53	S	1997	W Daniel (Pmb)			
GMS record:	2:27.86	G	1993-03-07	CHRIS MACKINNON			
1	Stanford, Tarryn		30	Cape Town MSC-CPT		2:19.51	12
2	Strauss, Amore		32	Aquabear Swimming Club-NMA		3:00.18	10

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****(Event 11 Women 30-34 200 SC Meter Freestyle)**

3	Candy, Nikki	34	Wahoo MSC-JHB	3:04.51	8
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Event 11 Women 35-39 200 SC Meter Freestyle

SAMS record:	2:15.34	S	1994	A Momberg (CT)	
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GMS record:	2:20.39	G	2006-10-29	Rachelle Isakov (Jhb)	
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1	White, Simone	36	Cape Town MSC-CPT	2:28.53	12
2	Stewart, Pia	36	Shamu Swimming Club-MPD	2:35.58	10
3	Webb, Simone	37	East Coast MSC-ETH	2:38.65	8

Event 11 Women 40-44 200 SC Meter Freestyle

SAMS record:	2:11.26	S	2008-07-17	Amanda Picard (CT)	
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GMS record:	2:23.49	G	2008-10-25	Heather Morris-Eyton (Jhb)	
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1	Amner, Claire	42	Cape Town MSC-CPT	2:31.62	12
2	Clerihew, Rae	44	Coelacanth MSC-TSH	2:39.26	10
3	Mostert, Chantelle	42	Bay Eagle Swim Team-NMA	2:56.90	8
4	Macaskill, Mandy	41	Coelacanth MSC-TSH	3:08.13	7
5	Barnes, Holly	43	Aquabear Swimming Club-NMA	3:11.25	6
---	Gous, Tracy	40	Aquabear Swimming Club-NMA	NS	

Event 11 Women 45-49 200 SC Meter Freestyle

SAMS record:	2:20.90	S	2012-10-27	Heather Morris-Eyton (Jhb)	
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GMS record:	2:20.90	G	2012-10-27	Heather Morris-Eyton (Jhb)	
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1	Strydom, Caren	49	Wahoo MSC-JHB	2:53.08	12
2	McBey, Alison	45	Highway MSC-ETH	3:06.47	10
---	Isakov, Rachelle	46	Wahoo MSC-JHB	NS	

Event 11 Women 50-54 200 SC Meter Freestyle

SAMS record:	2:19.97	S	2012-01-14	Cecilia Stanford (CT)	
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GMS record:	2:36.38	G	2008-06-22	Clare Davie (Jhb)	
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1	Dressler, Annemarie	52	Coelacanth MSC-TSH	2:30.82	12
2	Mason, Carol	53	Phoenix MSC-JHB	2:45.20	10
3	Bridges, Carole	54	Wahoo MSC-JHB	3:10.92	8
4	Terblanche, Ingrid	51	Champion Swim Club Masters-TSH	3:11.94	7
5	Blatti, Jenny	50	Aquabear Swimming Club-NMA	3:17.12	6

Event 11 Women 55-59 200 SC Meter Freestyle

SAMS record:	2:24.94	S	2016-10-16	Cecilia Stanford (Stb)	CPTW-WP
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GMS record:	2:39.47	G	2006-06-11	Marissa Rollnick (Jhb)	
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1	Stanford, Cecilia	55	Cape Town MSC-CPT	2:24.94 S	12
2	Bosman, Denise	57	Bay Eagle Swim Team-NMA	2:36.13	10
3	Degenaar, Jean	56	Cape Town MSC-CPT	2:39.65	8
4	Foster, Kim	57	Coelacanth MSC-TSH	2:51.55	7
5	Bloxham, Michelle	56	East Coast MSC-ETH	3:36.44	6
6	Robinson, Sue	59	Highway MSC-ETH	3:56.90	5
7	Rode, Dawn	58	Highway MSC-ETH	4:02.28	4

Event 11 Women 60-64 200 SC Meter Freestyle

SAMS record:	2:26.94	S	2015-07-19	Diane Coetzee (CT)	CPTW-WP
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GMS record:	2:54.87	G	2015-06-13	Maureen Mons (Jhb)	PHOE-CG
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1	Brimble, Mairi	61	Cape Dolphins MSC-CPT	3:04.44	12
2	Reynecke, Pamela	60	Champion Swim Club Masters-TSH	3:22.75	10
3	Hayselden, Jackie	60	Aquabear Swimming Club-NMA	3:22.85	8
4	Russell, Claire	60	Highway MSC-ETH	3:34.87	7
5	Vorster, Merryll	60	Phoenix MSC-JHB	3:46.04	6
6	Griffiths, Bronwen	62	Highway MSC-ETH	4:11.12	5
7	Nell, Margaret	62	Coelacanth MSC-TSH	4:57.37	4

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****Event 11 Women 65-69 200 SC Meter Freestyle**

SAMS record:	2:37.00	S	2014-10-19	Sanderina Kruger (Stb)	CPTW-WP		
GMS record:	2:51.80	G	2016-07-23	Maureen Mons (Jhb)	PHOE-CG		
1	Kruger, Sanderina		67	Cape Town MSC-CPT		2:41.94	12
2	Mons, Maureen		65	Phoenix MSC-JHB		2:52.83	10
3	Rollnick, Marissa		65	Phoenix MSC-JHB		3:00.62	8
4	Shuttleworth, Bev		69	Highway MSC-ETH		3:14.13	7
5	Clark, Rosemary		68	East Coast MSC-ETH		3:46.52	6
6	Gray, Ann		68	Highway MSC-ETH		4:33.19	5
---	Fyfe, Joyce		69	Coelacanth MSC-TSH		NS	

Event 11 Women 70-74 200 SC Meter Freestyle

SAMS record:	3:27.71	S	2015-01-18	Wilij Kokott (Dbn)	HIGH-KZ		
GMS record:	59:59.99	G		Vacant			
1	Hughes, Diane		70	East Coast MSC-ETH		4:43.94	12

Event 11 Women 75-79 200 SC Meter Freestyle

SAMS record:	3:39.15	S	2015-08-29	Sue Leuner (Jhb)	PHOE-CG		
GMS record:	3:39.15	G	2015-08-29	Sue Leuner (Jhb)	PHOE-CG		
1	Hanson, Ann		78	Coelacanth MSC-TSH		4:34.18	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	Manelli, Leonardo		34	Cape Town MSC-CPT		2:31.52	12

Event 11 Men 35-39 200 SC Meter Freestyle

SAMS record:	2:03.30	S	2014-09-27	Bradley Reen (PE)	AQUB-EP		
GMS record:	2:06.00	G	2012-05-19	Simon Thirsk (Jhb)			
1	Steenkamp, Neil		39	Cape Town MSC-CPT		2:16.74	12
2	Erasmus, Jaco		38	Wahoo MSC-JHB		2:26.19	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	Collins, Stuart		42	Wahoo MSC-JHB		2:27.50	12
2	Hough, Greg		44	Aquabear Swimming Club-NMA		2:31.67	10
3	Vorster, Arné		41	Coelacanth MSC-TSH		2:46.84	8
4	Waters, Sam		44	East Coast MSC-ETH		2:50.44	7
5	Beneke, John		44	Wahoo MSC-JHB		2:53.33	6
6	Terblanche, Lucas		42	Coelacanth MSC-TSH		2:54.91	5
7	van Rensburg, Wade		41	Aquabear Swimming Club-NMA		3:04.84	4
8	Frappier, Ulrich		44	Cape Dolphins MSC-CPT		3:22.41	3
---	Pillay, Chris		43	Wahoo MSC-JHB		NS	
---	Reen, Bradley		40	Aquabear Swimming Club-NMA		NS	

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	Lilford, Frank		47	Highway MSC-ETH		2:20.88	12
2	Clark, David		49	Aquazone Swim Club-ETH		2:27.47	10
3	Carmona, Sergio		45	Phoenix MSC-JHB		2:31.54	8
4	Duffy, PJ		46	Aquabear Swimming Club-NMA		2:32.18	7
5	Nortje, Thienus		47	Wahoo MSC-JHB		3:24.94	6
---	Grobler, Francois		48	Waterborn Swimming Club-JHB		NS	

SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31**Various venues in South Africa****Results****Event 11 Men 50-54 200 SC Meter Freestyle**SAMS record: 2:05.95 S 1999-09-02 **T Downes (Jhb)**GMS record: 2:21.60 G 1994-10-16 **William Wilson**

1	Mottram, Guy	50	Wahoo MSC-JHB	2:25.16	12
2	Young, Roger	52	Coelacanth MSC-TSH	2:30.35	10
3	Grobler, Christoffel	52	Aquabear Swimming Club-NMA	2:57.40	8
4	Townsend, Richard	50	Coelacanth MSC-TSH	4:42.32	7

Event 11 Men 55-59 200 SC Meter FreestyleSAMS record: 2:14.78 S 2008-10-25 **Terry Downes (Jhb)**GMS record: 2:21.70 G 2016-05-07 **Joel Finn (Jhb)****WAHO-CG**

1	du Toit, Graham	56	Cape Town MSC-CPT	2:30.02	12
2	Holshausen, Rod	58	Cape Town MSC-CPT	2:34.81	10
3	Steyn, Glenn	56	Cape Town MSC-CPT	2:44.34	8
4	Summers, Mike	56	MEGA SC-EKU	2:55.65	7
5	Fechter, Wolfgang	55	Highway MSC-ETH	2:56.12	6
6	West, Ralph	55	Aquabear Swimming Club-NMA	3:08.44	5
7	Prentice, William	58	Cape Town MSC-CPT	3:09.44	4

Event 11 Men 60-64 200 SC Meter FreestyleSAMS record: 2:17.33 S 2009-08-15 **Terry Downes (Jhb)**GMS record: 2:41.45 G 1997-03-02 **David McLachlan**

1	Spies, Izak	62	Cape Town MSC-CPT	2:23.65	12
2	Stevenson, Paul	60	Cape Town MSC-CPT	2:24.35	10
3	Howieson, Doug	64	Cape Town MSC-CPT	2:36.92	8
4	Barker, Richard	63	Highway MSC-ETH	2:46.50	7
5	Baker, Anthony	60	Highway MSC-ETH	3:01.56	6
6	Hodges, Mark	63	Cape Town MSC-CPT	3:10.37	5
7	Vile, Danny	64	MEGA SC-EKU	3:24.11	4

Event 11 Men 65-69 200 SC Meter FreestyleSAMS record: 2:27.76 S 2014-06-21 **Terry Downes (Jhb)**GMS record: 3:01.79 G 1997-03-02 **Peter Pirow****COEL-NT**

1	Downes, Terry	67	Coelacanth MSC-TSH	2:28.46	12
2	van Rooijen, Gerhard	66	East Coast MSC-ETH	2:50.59	10
3	Larcombe, Peter	69	East Coast MSC-ETH	3:01.72	8
4	Harley, John	69	East Coast MSC-ETH	3:42.56	7
5	Pryke, Michael	66	Wahoo MSC-JHB	3:44.22	6
6	Robinson, Graham	67	East Coast MSC-ETH	3:52.56	5

Event 11 Men 70-74 200 SC Meter FreestyleSAMS record: 2:45.97 S 2010-08-19 **Gary Freeling (CT)**GMS record: 3:09.45 G 2007-06-10 **Russel Wolpe (Jhb)**

1	Hughes, Jimmy	73	East Coast MSC-ETH	3:09.65	12
2	Hadenham, Leslie	73	East Coast MSC-ETH	3:19.03	10
3	Sneath, Anthony	70	Cape Town MSC-CPT	3:25.70	8

Event 11 Men 75-79 200 SC Meter FreestyleSAMS 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-TSH	3:07.98	12
2	McLachlan, Dave	79	Cape Town MSC-CPT	3:27.08	10

Event 11 Men 80-84 200 SC Meter FreestyleSAMS record: 3:38.50 S 11-1996 **G May (Dbn)**GMS record: 59:59.99 G **Vacant**

---	Hutchings, Peter	81	Wahoo MSC-JHB	NS	
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