

## SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31

## Various venues in South Africa

## Results

**Women 19-24 50 SC Meter Freestyle**

1	Kotzé, Nadéne	23	COEL-TSH	30.52	12
2	Barit, Chavah	21	WAHO-JHB	37.23	10

**Women 19-24 200 SC Meter Freestyle**

1	Kotzé, Nadéne	23	COEL-TSH	2:40.47	12
---	Barit, Chavah	21	WAHO-JHB	NS	

**Women 19-24 400 SC Meter Freestyle**

1	Kotzé, Nadéne	23	COEL-TSH	5:32.29	12
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**Women 19-24 50 SC Meter Breaststroke**

1	Barit, Chavah	21	WAHO-JHB	47.83	12
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**Women 19-24 50 SC Meter Butterfly**

1	Kotzé, Nadéne	23	COEL-TSH	34.92	12
2	Barit, Chavah	21	WAHO-JHB	51.08	10

**Women 19-24 100 SC Meter IM**

1	Barit, Chavah	21	WAHO-JHB	1:37.49	12
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**Women 25-29 50 SC Meter Freestyle**

1	Needham, Tersia	27	CPTW-CPT	31.15	12
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**Women 25-29 400 SC Meter Freestyle**

1	Henderson, Delwen	28	AQUB-NMA	5:27.23	12
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**Women 25-29 50 SC Meter Backstroke**

1	Henderson, Delwen	28	AQUB-NMA	40.47	12
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**Women 25-29 100 SC Meter Backstroke**

1	Henderson, Delwen	28	AQUB-NMA	1:24.56	12
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**Women 25-29 50 SC Meter Breaststroke**

1	Needham, Tersia	27	CPTW-CPT	40.90	12
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**Women 25-29 50 SC Meter Butterfly**

1	Needham, Tersia	27	CPTW-CPT	34.60	12
2	Henderson, Delwen	28	AQUB-NMA	36.10	10

**Women 25-29 100 SC Meter IM**

1	Needham, Tersia	27	CPTW-CPT	1:17.94	12
2	Henderson, Delwen	28	AQUB-NMA	1:22.53	10

**Women 30-34 50 SC Meter Freestyle**

1	Victor, Thilde	34	MEGA-EKU	28.38	12
2	Candy, Nikki	34	WAHO-JHB	38.49	10
3	Mazor, Cindy-Leigh	33	WAHO-JHB	39.39	8

**Women 30-34 200 SC Meter Freestyle**

1	Stanford, Tarryn	30	CPTW-CPT	2:19.51	12
2	Strauss, Amore	32	AQUB-NMA	3:00.18	10
3	Candy, Nikki	34	WAHO-JHB	3:04.51	8

**Women 30-34 400 SC Meter Freestyle**

1	Stanford, Tarryn	30	CPTW-CPT	4:49.51	12
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**Women 30-34 50 SC Meter Backstroke**

1	Rolt, Claire	34	COEL-TSH	39.53	12
---	Mazor, Cindy-Leigh	33	WAHO-JHB	NS	

**Women 30-34 100 SC Meter Backstroke**

1	Stanford, Tarryn	30	CPTW-CPT	1:10.58	12
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**Women 30-34 50 SC Meter Breaststroke**

1	Rolt, Claire	34	COEL-TSH	34.67	12
2	Victor, Thilde	34	MEGA-EKU	37.21	10
3	Mazor, Cindy-Leigh	33	WAHO-JHB	45.44	8

**Women 30-34 200 SC Meter Breaststroke**

1	Rolt, Claire	34	COEL-TSH	2:49.24	12
2	Strauss, Amore	32	AQUB-NMA	3:34.50	10

**Women 30-34 50 SC Meter Butterfly**

1	Victor, Thilde	34	MEGA-EKU	31.22	12
2	Rolt, Claire	34	COEL-TSH	33.51	10

**Women 30-34 100 SC Meter IM**

1	Rolt, Claire	34	COEL-TSH	1:15.62	12
2	Mazor, Cindy-Leigh	33	WAHO-JHB	1:34.19	10
3	Strauss, Amore	32	AQUB-NMA	1:37.93	8

**Women 30-34 200 SC Meter IM**

1	Stanford, Tarryn	30	CPTW-CPT	2:32.55	12
2	Rolt, Claire	34	COEL-TSH	2:38.10	10

**Women 35-39 50 SC Meter Freestyle**

1	Greyling, Cindy	39	CPTW-CPT	33.28	12
2	Jacobs, Lee-Ann	39	COEL-TSH	35.31	10
---	Roberts, Inge	39	WATR-JHB	NS	

**Women 35-39 200 SC Meter Freestyle**

1	White, Simone	36	CPTW-CPT	2:28.53	12
2	Stewart, Pia	36	SHAM-MPD	2:35.58	10
3	Webb, Simone	37	EACS-ETH	2:38.65	8

**Women 35-39 400 SC Meter Freestyle**

1	Stewart, Pia	36	SHAM-MPD	5:26.62	12
2	Webb, Simone	37	EACS-ETH	5:29.41	10
---	Johnson, Justine	39	PHOE-JHB	NS	

**Women 35-39 100 SC Meter Backstroke**

1	White, Simone	36	CPTW-CPT	1:14.89	12
2	Webb, Simone	37	EACS-ETH	1:25.41	10

**Women 35-39 50 SC Meter Breaststroke**

1	Garnett-Bennet, Louise	38	CSCM-TSH	47.21	12
---	Roberts, Inge	39	WATR-JHB	NS	

**Women 35-39 50 SC Meter Butterfly**

1	White, Simone	36	CPTW-CPT	33.18	12
2	Greyling, Cindy	39	CPTW-CPT	41.09	10

**Women 35-39 100 SC Meter IM**

1	Greyling, Cindy	39	CPTW-CPT	1:28.45	12
2	Garnett-Bennet, Louise	38	CSCM-TSH	1:34.56	10
---	Johnson, Justine	39	PHOE-JHB	NS	

**Women 35-39 200 SC Meter IM**

1	White, Simone	36	CPTW-CPT	2:45.03	12
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**Women 40-44 50 SC Meter Freestyle**

1	vd Merwe Doust, Odette	40	HIGH-ETH	35.03	12
2	Mostert, Chantelle	42	BEST-NMA	36.88	10
3	Struwig, Nicky	44	COEL-TSH	39.03	8
4	Barnes, Holly	43	AQUB-NMA	39.19	7
---	Cadiz, Perry	40	CPTW-CPT	NS	
---	Gous, Tracy	40	AQUB-NMA	NS	

**Women 40-44 200 SC Meter Freestyle**

1	Amner, Claire	42	CPTW-CPT	2:31.62	12
2	Clerihew, Rae	44	COEL-TSH	2:39.26	10
3	Mostert, Chantelle	42	BEST-NMA	2:56.90	8
4	Macaskill, Mandy	41	COEL-TSH	3:08.13	7
5	Barnes, Holly	43	AQUB-NMA	3:11.25	6
---	Gous, Tracy	40	AQUB-NMA	NS	

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**Women 40-44 400 SC Meter Freestyle**

1	Clerihew, Rae	44	COEL-TSH	5:37.35	12
2	Mostert, Chantelle	42	BEST-NMA	6:20.81	10
3	Macaskill, Mandy	41	COEL-TSH	6:36.54	8
4	Barnes, Holly	43	AQUB-NMA	7:29.06	7
---	Gous, Tracy	40	AQUB-NMA	NS	
---	Ogden, Natalie	41	AQUB-NMA	NS	

**Women 40-44 50 SC Meter Backstroke**

1	Cadiz, Perry	40	CPTW-CPT	34.19	12
2	Struwig, Nicky	44	COEL-TSH	49.81	10
---	Ogden, Natalie	41	AQUB-NMA	NS	

**Women 40-44 100 SC Meter Backstroke**

1	Cadiz, Perry	40	CPTW-CPT	1:13.80	12
2	Amner, Claire	42	CPTW-CPT	1:21.28	10
---	Ogden, Natalie	41	AQUB-NMA	NS	

**Women 40-44 50 SC Meter Breaststroke**

1	van Breda, Bridget	41	CPTW-CPT	40.53	12
2	vd Merwe Doust, Odette	40	HIGH-ETH	45.79	10
3	Struwig, Nicky	44	COEL-TSH	48.81	8

**Women 40-44 200 SC Meter Breaststroke**

1	van Breda, Bridget	41	CPTW-CPT	3:11.08	12
---	Macaskill, Mandy	41	COEL-TSH	NS	

**Women 40-44 50 SC Meter Butterfly**

1	Amner, Claire	42	CPTW-CPT	35.19	12
2	Macaskill, Mandy	41	COEL-TSH	44.70	10
3	Struwig, Nicky	44	COEL-TSH	46.26	8
---	Gous, Tracy	40	AQUB-NMA	NS	

**Women 40-44 100 SC Meter IM**

1	vd Merwe Doust, Odette	40	HIGH-ETH	1:32.13	12
2	Struwig, Nicky	44	COEL-TSH	1:44.83	10
---	Ogden, Natalie	41	AQUB-NMA	NS	
---	Gous, Tracy	40	AQUB-NMA	NS	

**Women 40-44 200 SC Meter IM**

1	van Breda, Bridget	41	CPTW-CPT	2:47.62	12
2	Amner, Claire	42	CPTW-CPT	2:49.31	10

**Women 45-49 50 SC Meter Freestyle**

1	Strydom, Caren	49	WAHO-JHB	34.50	12
2	McBey, Alison	45	HIGH-ETH	36.75	10
3	Mallows, Bev	46	DOLP-CPT	37.54	8
4	Olivier, Rene	45	AQUB-NMA	48.65	7
---	Isakov, Rachelle	46	WAHO-JHB	NS	

**Women 45-49 200 SC Meter Freestyle**

1	Strydom, Caren	49	WAHO-JHB	2:53.08	12
2	McBey, Alison	45	HIGH-ETH	3:06.47	10
---	Isakov, Rachelle	46	WAHO-JHB	NS	

**Women 45-49 400 SC Meter Freestyle**

1	Isakov, Rachelle	46	WAHO-JHB	5:31.36	12
2	Strydom, Caren	49	WAHO-JHB	5:53.60	10

**Women 45-49 50 SC Meter Backstroke**

1	Strydom, Caren	49	WAHO-JHB	43.41	12
2	Mallows, Bev	46	DOLP-CPT	44.19	10

**Women 45-49 100 SC Meter Backstroke**

1	Strydom, Caren	49	WAHO-JHB	1:32.92	12
2	Mallows, Bev	46	DOLP-CPT	1:36.20	10

**Women 45-49 50 SC Meter Breaststroke**

---	Olivier, Rene	45	AQUB-NMA	NS	
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**Women 45-49 200 SC Meter Breaststroke**

1	Isakov, Rachelle	46	WAHO-JHB	3:17.03	12
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**Women 45-49 50 SC Meter Butterfly**

1	McBey, Alison	45	HIGH-ETH	44.97	12
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**Women 45-49 100 SC Meter IM**

1	McBey, Alison	45	HIGH-ETH	1:33.19	12
2	Mallows, Bev	46	DOLP-CPT	1:33.46	10
---	Isakov, Rachelle	46	WAHO-JHB	NS	

**Women 45-49 200 SC Meter IM**

1	Isakov, Rachelle	46	WAHO-JHB	3:07.83	12
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**Women 50-54 50 SC Meter Freestyle**

1	Ottermann, Edith	50	CPTW-CPT	27.88	12
2	Fraatz, Barbara	50	COEL-TSH	31.32	10
3	Kennedy, Karen	50	PHOE-JHB	32.62	8
4	Mason, Carol	53	PHOE-JHB	33.83	7
5	Lee, Les	52	AQUB-NMA	36.19	6
6	Thompson, Terry	54	HIGH-ETH	37.24	5
7	Blatti, Jenny	50	AQUB-NMA	37.72	4
8	Broom, Caroline	53	CSCM-TSH	47.53	3

**Women 50-54 200 SC Meter Freestyle**

1	Dressler, Annemarie	52	COEL-TSH	2:30.82	12
2	Mason, Carol	53	PHOE-JHB	2:45.20	10
3	Bridges, Carole	54	WAHO-JHB	3:10.92	8
4	Terblanche, Ingrid	51	CSCM-TSH	3:11.94	7
5	Blatti, Jenny	50	AQUB-NMA	3:17.12	6

**Women 50-54 400 SC Meter Freestyle**

1	Kennedy, Karen	50	PHOE-JHB	5:35.40	12
2	Mason, Carol	53	PHOE-JHB	5:48.31	10
3	Terblanche, Ingrid	51	CSCM-TSH	6:35.01	8
---	Blatti, Jenny	50	AQUB-NMA	NS	

**Women 50-54 50 SC Meter Backstroke**

1	Fraatz, Barbara	50	COEL-TSH	41.05	12
---	Blatti, Jenny	50	AQUB-NMA	NS	

**Women 50-54 100 SC Meter Backstroke**

1	Fraatz, Barbara	50	COEL-TSH	1:26.45	12
2	Bridges, Carole	54	WAHO-JHB	1:54.36	10

**Women 50-54 50 SC Meter Breaststroke**

1	Callanan, Lynne	51	PHOE-JHB	42.69	12
2	Thompson, Terry	54	HIGH-ETH	46.82	10
3	Olivier, Lienkie	51	FRST-JHB	48.72	8
4	Blatti, Jenny	50	AQUB-NMA	50.81	7
5	Lee, Les	52	AQUB-NMA	51.54	6
6	Broom, Caroline	53	CSCM-TSH	52.09	5
7	Bridges, Carole	54	WAHO-JHB	57.05	4

**Women 50-54 200 SC Meter Breaststroke**

1	Dressler, Annemarie	52	COEL-TSH	3:15.90	12
2	Olivier, Lienkie	51	FRST-JHB	4:03.80	10
3	Bridges, Carole	54	WAHO-JHB	4:20.34	8
---	Blatti, Jenny	50	AQUB-NMA	NS	

**Women 50-54 50 SC Meter Butterfly**

1	Ottermann, Edith	50	CPTW-CPT	31.93	12
2	Fraatz, Barbara	50	COEL-TSH	37.17	10

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**(Women 50-54 50 SC Meter Butterfly)**

3	Callanan, Lynne	51	PHOE-JHB	37.63	8
4	Lee, Les	52	AQUB-NMA	39.97	7
5	Bridges, Carole	54	WAHO-JHB	52.79	6

**Women 50-54 100 SC Meter IM**

1	Fraatz, Barbara	50	COEL-TSH	1:23.67	12
2	Thompson, Terry	54	HIGH-ETH	1:35.51	10
3	Terblanche, Ingrid	51	CSCM-TSH	1:52.65	8
---	Kennedy, Karen	50	PHOE-JHB	NS	

**Women 50-54 200 SC Meter IM**

1	Dressler, Annemarie	52	COEL-TSH	2:59.55	12
2	Fraatz, Barbara	50	COEL-TSH	3:01.94	10
3	Callanan, Lynne	51	PHOE-JHB	3:09.39	8
4	Bridges, Carole	54	WAHO-JHB	3:52.57	7

**Women 55-59 50 SC Meter Freestyle**

1	Stanford, Cecilia	55	CPTW-CPT	31.19	12
2	Verryn, Sabine	55	COEL-TSH	31.72	10
3	Reen, Pat	59	AQUB-NMA	33.84	8
4	Bosman, Denise	57	BEST-NMA	34.84	7
5	Winfield, Melinda	55	CPTW-CPT	38.26	6
6	Bloxham, Michelle	56	EACS-ETH	44.09	5
7	Rode, Dawn	58	HIGH-ETH	44.60	4
8	Robinson, Sue	59	HIGH-ETH	49.63	3

**Women 55-59 200 SC Meter Freestyle**

1	Stanford, Cecilia	55	CPTW-CPT	2:24.94	12
2	Bosman, Denise	57	BEST-NMA	2:36.13	10
3	Degenaar, Jean	56	CPTW-CPT	2:39.65	8
4	Foster, Kim	57	COEL-TSH	2:51.55	7
5	Bloxham, Michelle	56	EACS-ETH	3:36.44	6
6	Robinson, Sue	59	HIGH-ETH	3:56.90	5
7	Rode, Dawn	58	HIGH-ETH	4:02.28	4

**Women 55-59 400 SC Meter Freestyle**

1	Stanford, Cecilia	55	CPTW-CPT	5:01.20	12
2	Bloxham, Michelle	56	EACS-ETH	7:37.00	10
3	Robinson, Sue	59	HIGH-ETH	8:05.94	8
4	Rode, Dawn	58	HIGH-ETH	8:20.11	7

**Women 55-59 50 SC Meter Backstroke**

1	Welgemoed, Janine	55	CPTW-CPT	42.45	12
2	Winfield, Melinda	55	CPTW-CPT	50.10	10
3	Rode, Dawn	58	HIGH-ETH	1:01.12	8

**Women 55-59 100 SC Meter Backstroke**

1	Stanford, Cecilia	55	CPTW-CPT	1:17.84	12
2	Degenaar, Jean	56	CPTW-CPT	1:22.22	10
3	Welgemoed, Janine	55	CPTW-CPT	1:33.68	8
4	Rode, Dawn	58	HIGH-ETH	2:13.87	7

**Women 55-59 50 SC Meter Breaststroke**

1	Verryn, Sabine	55	COEL-TSH	42.48	12
2	Winfield, Melinda	55	CPTW-CPT	47.54	10
3	Schiever, Joan	55	HIGH-ETH	48.00	8
4	Welgemoed, Janine	55	CPTW-CPT	50.76	7
5	Jv Vuuren, Hanneltjie	57	COEL-TSH	53.78	6
6	Bloxham, Michelle	56	EACS-ETH	54.59	5

**Women 55-59 200 SC Meter Breaststroke**

1	Schiever, Joan	55	HIGH-ETH	3:47.28	12
2	Bloxham, Michelle	56	EACS-ETH	4:07.20	10

**Women 55-59 50 SC Meter Butterfly**

1	Stanford, Cecilia	55	CPTW-CPT	34.12	12
2	Foster, Kim	57	COEL-TSH	35.14	10
3	Reen, Pat	59	AQUB-NMA	38.07	8
4	Degenaar, Jean	56	CPTW-CPT	38.56	7
5	Verryn, Sabine	55	COEL-TSH	39.46	6
6	Welgemoed, Janine	55	CPTW-CPT	47.34	5

**Women 55-59 200 SC Meter Butterfly**

1	Foster, Kim	57	COEL-TSH	3:13.30	12
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**Women 55-59 100 SC Meter IM**

1	Degenaar, Jean	56	CPTW-CPT	1:23.26	12
2	Verryn, Sabine	55	COEL-TSH	1:28.62	10
3	Welgemoed, Janine	55	CPTW-CPT	1:32.87	8
4	Bosman, Denise	57	BEST-NMA	1:33.12	7
5	Rode, Dawn	58	HIGH-ETH	2:05.34	6

**Women 55-59 200 SC Meter IM**

1	Degenaar, Jean	56	CPTW-CPT	2:56.09	12
2	Bosman, Denise	57	BEST-NMA	3:13.37	10

**Women 60-64 50 SC Meter Freestyle**

1	Coetzee, Diane	61	CPTW-CPT	31.55	12
2	Bromfield, Morag	64	EACS-ETH	37.50	10
3	Brimble, Mairi	61	DOLP-CPT	38.10	8
4	Russell, Claire	60	HIGH-ETH	41.67	7
5	Vorster, Merryll	60	PHOE-JHB	47.51	6
6	Griffiths, Bronwen	62	HIGH-ETH	48.94	5
7	Heymans, Maretha	60	HIGH-ETH	49.90	4
8	Nell, Margaret	62	COEL-TSH	59.81	3

**Women 60-64 200 SC Meter Freestyle**

1	Brimble, Mairi	61	DOLP-CPT	3:04.44	12
2	Reynecke, Pamela	60	CSCM-TSH	3:22.75	10
3	Hayselden, Jackie	60	AQUB-NMA	3:22.85	8
4	Russell, Claire	60	HIGH-ETH	3:34.87	7
5	Vorster, Merryll	60	PHOE-JHB	3:46.04	6
6	Griffiths, Bronwen	62	HIGH-ETH	4:11.12	5
7	Nell, Margaret	62	COEL-TSH	4:57.37	4

**Women 60-64 400 SC Meter Freestyle**

1	Sharkey, Therese	61	WINE-CED	5:54.90	12
2	Brewis, Judy	62	CPTW-CPT	6:04.36	10
3	Brimble, Mairi	61	DOLP-CPT	6:25.27	8
4	Vorster, Merryll	60	PHOE-JHB	8:02.81	7
5	Nell, Margaret	62	COEL-TSH	10:14.47	6

**Women 60-64 50 SC Meter Backstroke**

1	Coetzee, Diane	61	CPTW-CPT	35.87	12
2	Sharkey, Therese	61	WINE-CED	40.01	10
3	Bromfield, Morag	64	EACS-ETH	40.40	8
4	Bailey, Colleen	62	EACS-ETH	45.00	7
5	Reynecke, Pamela	60	CSCM-TSH	45.62	6
6	Hayselden, Jackie	60	AQUB-NMA	47.50	5
7	Heymans, Maretha	60	HIGH-ETH	57.14	4
8	Griffiths, Bronwen	62	HIGH-ETH	1:07.16	3

**Women 60-64 100 SC Meter Backstroke**

1	Coetzee, Diane	61	CPTW-CPT	1:16.57	12
2	Sharkey, Therese	61	WINE-CED	1:26.51	10
3	Bromfield, Morag	64	EACS-ETH	1:29.44	8
4	Brewis, Judy	62	CPTW-CPT	1:32.54	7
5	Bailey, Colleen	62	EACS-ETH	1:39.06	6

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**(Women 60-64 100 SC Meter Backstroke)**

6	Reynecke, Pamela	60	CSCM-TSH	1:42.69	5
7	Hayselden, Jackie	60	AQUB-NMA	1:43.22	4
8	Heymans, Maretha	60	HIGH-ETH	2:03.47	3
9	Griffiths, Bronwen	62	HIGH-ETH	2:21.94	2

**Women 60-64 50 SC Meter Breaststroke**

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

**Women 60-64 200 SC Meter Breaststroke**

1	Goldstein, Heather	60	HIGH-ETH	4:01.44	12
2	Heymans, Maretha	60	HIGH-ETH	4:23.82	10
3	Vorster, Merryll	60	PHOE-JHB	4:49.73	8

**Women 60-64 50 SC Meter Butterfly**

1	Sharkey, Therese	61	WINE-CED	44.77	12
2	Bailey, Colleen	62	EACS-ETH	46.94	10
3	Goldstein, Heather	60	HIGH-ETH	53.10	8
---	Russell, Claire	60	HIGH-ETH	DQ	

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

**Women 60-64 100 SC Meter IM**

1	Coetzee, Diane	61	CPTW-CPT	1:24.06	12
2	Russell, Claire	60	HIGH-ETH	1:48.25	10
3	Hayselden, Jackie	60	AQUB-NMA	1:48.72	8
4	Heymans, Maretha	60	HIGH-ETH	2:03.06	7

**Women 60-64 200 SC Meter IM**

1	Sharkey, Therese	61	WINE-CED	3:13.08	12
2	Goldstein, Heather	60	HIGH-ETH	4:08.10	10

**Women 65-69 50 SC Meter Freestyle**

1	Kruger, Sanderina	67	CPTW-CPT	31.76	12
2	Rollnick, Marissa	65	PHOE-JHB	34.59	10
3	Shuttleworth, Bev	69	HIGH-ETH	40.31	8
4	Russell, Therese	68	DOLP-CPT	41.13	7
5	Clark, Rosemary	68	EACS-ETH	43.09	6
6	Fyfe, Joyce	69	COEL-TSH	49.27	5
7	Gray, Ann	68	HIGH-ETH	57.40	4

**Women 65-69 200 SC Meter Freestyle**

1	Kruger, Sanderina	67	CPTW-CPT	2:41.94	12
2	Mons, Maureen	65	PHOE-JHB	2:52.83	10
3	Rollnick, Marissa	65	PHOE-JHB	3:00.62	8
4	Shuttleworth, Bev	69	HIGH-ETH	3:14.13	7
5	Clark, Rosemary	68	EACS-ETH	3:46.52	6
6	Gray, Ann	68	HIGH-ETH	4:33.19	5
---	Fyfe, Joyce	69	COEL-TSH	NS	

**Women 65-69 400 SC Meter Freestyle**

1	Mons, Maureen	65	PHOE-JHB	6:07.96	12
2	Rollnick, Marissa	65	PHOE-JHB	6:22.69	10
3	Shuttleworth, Bev	69	HIGH-ETH	6:41.19	8
4	Clark, Rosemary	68	EACS-ETH	8:05.16	7

**Women 65-69 50 SC Meter Backstroke**

1	Russell, Therese	68	DOLP-CPT	45.80	12
2	Shuttleworth, Bev	69	HIGH-ETH	47.91	10
3	Fyfe, Joyce	69	COEL-TSH	54.39	8
4	Gray, Ann	68	HIGH-ETH	1:12.94	7

**Women 65-69 100 SC Meter Backstroke**

1	Russell, Therese	68	DOLP-CPT	1:42.38	12
2	Fyfe, Joyce	69	COEL-TSH	2:11.41	10

**Women 65-69 50 SC Meter Breaststroke**

1	Shuttleworth, Bev	69	HIGH-ETH	47.41	12
---	Benjamin, Lynda	65	AQUB-NMA	NS	

**Women 65-69 200 SC Meter Breaststroke**

---	Benjamin, Lynda	65	AQUB-NMA	NS	
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**Women 65-69 50 SC Meter Butterfly**

1	Kruger, Sanderina	67	CPTW-CPT	38.99	12
2	Clark, Rosemary	68	EACS-ETH	53.75	10

**Women 65-69 100 SC Meter IM**

1	Russell, Therese	68	DOLP-CPT	1:47.55	12
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**Women 65-69 200 SC Meter IM**

1	Mons, Maureen	65	PHOE-JHB	3:27.11	12
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**Women 70-74 50 SC Meter Freestyle**

1	Craig, Elsa	71	BEST-NMA	38.15	12
2	Hughes, Diane	70	EACS-ETH	59.88	10
---	Jones, Anne	71	PHOE-JHB	NS	

**Women 70-74 200 SC Meter Freestyle**

1	Hughes, Diane	70	EACS-ETH	4:43.94	12
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**Women 70-74 400 SC Meter Freestyle**

1	Hughes, Diane	70	EACS-ETH	9:45.12	12
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**Women 70-74 50 SC Meter Backstroke**

1	Craig, Elsa	71	BEST-NMA	45.56	12
2	Hughes, Diane	70	EACS-ETH	1:12.57	10
---	Jones, Anne	71	PHOE-JHB	NS	

**Women 70-74 50 SC Meter Breaststroke**

1	Hughes, Diane	70	EACS-ETH	1:23.50	12
---	Jones, Anne	71	PHOE-JHB	NS	

**Women 70-74 50 SC Meter Butterfly**

---	Craig, Elsa	71	BEST-NMA	NS	
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**Women 70-74 200 SC Meter Butterfly**

---	Craig, Elsa	71	BEST-NMA	NS	
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**Women 70-74 100 SC Meter IM**

1	Craig, Elsa	71	BEST-NMA	1:36.32	12
2	Hughes, Diane	70	EACS-ETH	2:44.65	10
---	Jones, Anne	71	PHOE-JHB	NS	

**Women 70-74 200 SC Meter IM**

---	Craig, Elsa	71	BEST-NMA	DQ	
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Head did not break surface before hands turned inside at widest part of 2nd s

**Women 75-79 50 SC Meter Freestyle**

1	van Jaarsveld, Santa	79	CPTW-CPT	44.16	12
2	Hanson, Ann	78	COEL-TSH	56.37	10

**Women 75-79 200 SC Meter Freestyle**

1	Hanson, Ann	78	COEL-TSH	4:34.18	12
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**Women 75-79 400 SC Meter Freestyle**

1	Hanson, Ann	78	COEL-TSH	9:31.48	12
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**Women 75-79 50 SC Meter Breaststroke**

1	van Jaarsveld, Santa	79	CPTW-CPT	54.49	12
2	Hanson, Ann	78	COEL-TSH	1:21.67	10

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<b>Women 80-84 50 SC Meter Freestyle</b>					2 O'Mahony, Andrew	30	WAHO-JHB	1:27.27	10	
1	Saunders, Wendy	81	EACS-ETH	1:18.31	12	<b>Men 30-34 200 SC Meter IM</b>				
<b>Women 80-84 50 SC Meter Backstroke</b>					1 O'Mahony, Andrew	30	WAHO-JHB	3:05.41	12	
1	Saunders, Wendy	81	EACS-ETH	1:41.38	12	---	Theunisen, Carl	34	COEL-TSH	DQ
<b>Women 80-84 50 SC Meter Breaststroke</b>					Did not swim stroke specified - Misc					
1	Saunders, Wendy	81	EACS-ETH	1:54.28	12	<b>Men 35-39 50 SC Meter Freestyle</b>				
<b>Women 80-84 200 SC Meter Breaststroke</b>					1 Erasmus, Jaco	38	WAHO-JHB	26.10	12	
---	Saunders, Wendy	81	EACS-ETH		DQ	2 Steenkamp, Neil	39	CPTW-CPT	27.35	10
<b>Women 90-94 400 SC Meter Freestyle</b>					3 Gilchrist, Scott	39	PHOE-JHB	28.77	8	
1	Kloos, Kascha	91	CPTW-CPT	12:52.83	12	<b>Men 35-39 200 SC Meter Freestyle</b>				
<b>Women 90-94 100 SC Meter Backstroke</b>					1 Steenkamp, Neil	39	CPTW-CPT	2:16.74	12	
1	Kloos, Kascha	91	CPTW-CPT	3:11.81	12	2 Erasmus, Jaco	38	WAHO-JHB	2:26.19	10
<b>Women 90-94 200 SC Meter Breaststroke</b>					<b>Men 35-39 400 SC Meter Freestyle</b>					
1	Kloos, Kascha	91	CPTW-CPT	8:24.97	12	1 Steenkamp, Neil	39	CPTW-CPT	5:26.49	12
<b>Men 19-24 50 SC Meter Freestyle</b>					<b>Men 35-39 50 SC Meter Backstroke</b>					
1	Stockenstrom, Christiaan	24	COEL-TSH	32.44	12	1 Erasmus, Jaco	38	WAHO-JHB	34.98	12
---	Harvey-Fletcher, Chris	24	AQUB-NMA		NS	<b>Men 35-39 50 SC Meter Breaststroke</b>				
<b>Men 19-24 50 SC Meter Backstroke</b>					1 Erasmus, Jaco					
---	Harvey-Fletcher, Chris	24	AQUB-NMA		NS	38	WAHO-JHB	39.76	12	
<b>Men 19-24 50 SC Meter Breaststroke</b>					<b>Men 35-39 50 SC Meter Butterfly</b>					
1	Stockenstrom, Christiaan	24	COEL-TSH	33.19	12	1 Steenkamp, Neil	39	CPTW-CPT	30.56	12
---	Harvey-Fletcher, Chris	24	AQUB-NMA		NS	2 Erasmus, Jaco	38	WAHO-JHB	30.75	10
<b>Men 30-34 50 SC Meter Freestyle</b>					3 Gilchrist, Scott					
1	Manelli, Leonardo	34	CPTW-CPT	30.71	12	39	PHOE-JHB	30.99	8	
2	O'Mahony, Andrew	30	WAHO-JHB	31.81	10	<b>Men 35-39 100 SC Meter IM</b>				
3	Theunisen, Carl	34	COEL-TSH	32.39	8	1 Gilchrist, Scott	39	PHOE-JHB	1:11.79	12
4	Nikele, Zukisani	30	AQUB-NMA	49.12	7	<b>Men 35-39 200 SC Meter IM</b>				
<b>Men 30-34 200 SC Meter Freestyle</b>					1 Gilchrist, Scott					
1	Manelli, Leonardo	34	CPTW-CPT	2:31.52	12	39	PHOE-JHB	2:34.80	12	
<b>Men 30-34 400 SC Meter Freestyle</b>					<b>Men 40-44 50 SC Meter Freestyle</b>					
1	Manelli, Leonardo	34	CPTW-CPT	5:34.75	12	1 Gasson, Martin	43	WAHO-JHB	27.49	12
<b>Men 30-34 50 SC Meter Backstroke</b>					2 Serfontein, Barry					
1	Joubert, Jacques	33	CPTW-CPT	30.09	12	43	AQUB-NMA	28.47	10	
2	O'Mahony, Andrew	30	WAHO-JHB	43.06	10	3 Collins, Stuart	42	WAHO-JHB	28.59	8
<b>Men 30-34 100 SC Meter Backstroke</b>					4 Hough, Greg					
1	Grobler, Michael	34	COEL-TSH	1:41.32	12	44	AQUB-NMA	29.00	7	
<b>Men 30-34 50 SC Meter Breaststroke</b>					5 Pillay, Chris					
1	Joubert, Jacques	33	CPTW-CPT	31.89	12	43	WAHO-JHB	30.76	6	
2	Theunisen, Carl	34	COEL-TSH	43.07	10	6 Vorster, Arné	41	COEL-TSH	30.82	5
3	Nikele, Zukisani	30	AQUB-NMA	1:17.31	8	7 Waters, Sam	44	EACS-ETH	31.50	4
<b>Men 30-34 200 SC Meter Breaststroke</b>					8 Frappier, Ulrich					
---	Manelli, Leonardo	34	CPTW-CPT		NS	44	DOLP-CPT	37.73	3	
<b>Men 30-34 50 SC Meter Butterfly</b>					9 van Rensburg, Wade					
1	O'Mahony, Andrew	30	WAHO-JHB	36.95	12	41	AQUB-NMA	38.13	2	
2	Theunisen, Carl	34	COEL-TSH	47.00	10	---	Reen, Bradley	40	AQUB-NMA	NS
<b>Men 30-34 200 SC Meter Butterfly</b>					<b>Men 40-44 200 SC Meter Freestyle</b>					
1	O'Mahony, Andrew	30	WAHO-JHB	3:19.91	12	1 Collins, Stuart	42	WAHO-JHB	2:27.50	12
---	Grobler, Michael	34	COEL-TSH		DQ	2 Hough, Greg	44	AQUB-NMA	2:31.67	10
Did not swim distance specified						3 Vorster, Arné	41	COEL-TSH	2:46.84	8
<b>Men 30-34 100 SC Meter IM</b>					4 Waters, Sam					
1	Joubert, Jacques	33	CPTW-CPT	1:05.85	12	44	EACS-ETH	2:50.44	7	
						5 Beneke, John	44	WAHO-JHB	2:53.33	6
						6 Terblanche, Lucas	42	COEL-TSH	2:54.91	5
						7 van Rensburg, Wade	41	AQUB-NMA	3:04.84	4
						8 Frappier, Ulrich	44	DOLP-CPT	3:22.41	3
						---	Pillay, Chris	43	WAHO-JHB	NS
						---	Reen, Bradley	40	AQUB-NMA	NS
						<b>Men 40-44 400 SC Meter Freestyle</b>				
						1 Vorster, Arné	41	COEL-TSH	5:45.76	12
						2 Terblanche, Lucas	42	COEL-TSH	6:05.00	10
						3 Waters, Sam	44	EACS-ETH	6:13.00	8
						4 van Rensburg, Wade	41	AQUB-NMA	6:25.03	7

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**Men 40-44 50 SC Meter Backstroke**

1	Serfontein, Barry	43	AQUB-NMA	36.13	12
2	Gasson, Martin	43	WAHO-JHB	36.96	10

**Men 40-44 100 SC Meter Backstroke**

1	Serfontein, Barry	43	AQUB-NMA	1:18.21	12
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**Men 40-44 50 SC Meter Breaststroke**

1	Gasson, Martin	43	WAHO-JHB	35.94	12
2	Terblanche, Lucas	42	COEL-TSH	41.73	10
3	Hough, Greg	44	AQUB-NMA	42.28	8
4	Frappier, Ulrich	44	DOLP-CPT	46.21	7

**Men 40-44 50 SC Meter Butterfly**

1	Collins, Stuart	42	WAHO-JHB	31.81	12
2	Serfontein, Barry	43	AQUB-NMA	32.19	10
3	Hough, Greg	44	AQUB-NMA	32.29	8
4	Pillay, Chris	43	WAHO-JHB	32.97	7
5	Terblanche, Lucas	42	COEL-TSH	36.34	6
6	Beneke, John	44	WAHO-JHB	38.26	5
7	Vorster, Arné	41	COEL-TSH	38.27	4
8	Waters, Sam	44	EACS-ETH	38.31	3
---	Reen, Bradley	40	AQUB-NMA	NS	

**Men 40-44 200 SC Meter Butterfly**

1	Collins, Stuart	42	WAHO-JHB	2:44.37	12
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**Men 40-44 100 SC Meter IM**

1	Gasson, Martin	43	WAHO-JHB	1:12.41	12
2	Pillay, Chris	43	WAHO-JHB	1:22.85	10
3	Terblanche, Lucas	42	COEL-TSH	1:24.97	8
4	Waters, Sam	44	EACS-ETH	1:27.09	7

**Men 40-44 200 SC Meter IM**

1	Hough, Greg	44	AQUB-NMA	2:55.25	12
2	Beneke, John	44	WAHO-JHB	3:32.93	10
---	Reen, Bradley	40	AQUB-NMA	NS	

**Men 45-49 50 SC Meter Freestyle**

1	Kruger, Harald	49	CPTW-CPT	26.01	12
2	Taylor, Robbie	47	CPTW-CPT	26.58	10
3	Duffy, PJ	46	AQUB-NMA	29.03	8
4	Clark, David	49	AZON-ETH	29.06	7
5	Carmona, Sergio	45	PHOE-JHB	30.57	6
6	May, Wayne	47	CPTW-CPT	31.25	5
7	Crowther, Bobbie	47	WAHO-JHB	31.42	4
8	Nortje, Thienus	47	WAHO-JHB	38.43	3

**Men 45-49 200 SC Meter Freestyle**

1	Lilford, Frank	47	HIGH-ETH	2:20.88	12
2	Clark, David	49	AZON-ETH	2:27.47	10
3	Carmona, Sergio	45	PHOE-JHB	2:31.54	8
4	Duffy, PJ	46	AQUB-NMA	2:32.18	7
5	Nortje, Thienus	47	WAHO-JHB	3:24.94	6
---	Grobler, Francois	48	WATR-JHB	NS	

**Men 45-49 400 SC Meter Freestyle**

1	Lilford, Frank	47	HIGH-ETH	5:00.38	12
2	Duffy, PJ	46	AQUB-NMA	5:14.09	10
3	Carmona, Sergio	45	PHOE-JHB	5:29.58	8
4	Nortje, Thienus	47	WAHO-JHB	7:32.49	7

**Men 45-49 50 SC Meter Backstroke**

1	Crowther, Bobbie	47	WAHO-JHB	46.18	12
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**Men 45-49 100 SC Meter Backstroke**

1	Crowther, Bobbie	47	WAHO-JHB	1:49.47	12
---	Grobler, Francois	48	WATR-JHB	NS	

**Men 45-49 50 SC Meter Breaststroke**

1	Kruger, Harald	49	CPTW-CPT	33.33	12
2	Clark, David	49	AZON-ETH	39.57	10
3	Duffy, PJ	46	AQUB-NMA	40.59	8
4	Crowther, Bobbie	47	WAHO-JHB	48.05	7

**Men 45-49 200 SC Meter Breaststroke**

1	Duffy, PJ	46	AQUB-NMA	3:10.32	12
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**Men 45-49 50 SC Meter Butterfly**

1	Taylor, Robbie	47	CPTW-CPT	28.74	12
2	Lilford, Frank	47	HIGH-ETH	31.72	10
3	May, Wayne	47	CPTW-CPT	35.71	8
4	Carmona, Sergio	45	PHOE-JHB	36.50	7

**Men 45-49 100 SC Meter IM**

1	Kruger, Harald	49	CPTW-CPT	1:08.01	12
2	Clark, David	49	AZON-ETH	1:18.75	10
3	Carmona, Sergio	45	PHOE-JHB	1:18.79	8
---	Grobler, Francois	48	WATR-JHB	NS	

**Men 45-49 200 SC Meter IM**

1	Carmona, Sergio	45	PHOE-JHB	2:56.25	12
---	Grobler, Francois	48	WATR-JHB	NS	

**Men 50-54 50 SC Meter Freestyle**

1	Young, Roger	52	COEL-TSH	29.63	12
2	Grobler, Christoffel	52	AQUB-NMA	34.22	10
3	Smit, Deon	51	CSCM-TSH	34.77	8
4	Pattinson, Kenneth	52	AQUB-NMA	36.69	7
5	de Beer, David	54	COEL-TSH	37.20	6
6	Barnes, Mark	50	AQUB-NMA	38.53	5
---	Orton, Nick	53	CPTW-CPT	NS	
---	Ruck, Harald	51	COEL-TSH	NS	

**Men 50-54 200 SC Meter Freestyle**

1	Mottram, Guy	50	WAHO-JHB	2:25.16	12
2	Young, Roger	52	COEL-TSH	2:30.35	10
3	Grobler, Christoffel	52	AQUB-NMA	2:57.40	8
4	Townsend, Richard	50	COEL-TSH	4:42.32	7

**Men 50-54 400 SC Meter Freestyle**

1	Barnes, Mark	50	AQUB-NMA	8:21.78	12
2	Townsend, Richard	50	COEL-TSH	10:02.57	10

**Men 50-54 50 SC Meter Backstroke**

1	Ruck, Harald	51	COEL-TSH	29.28	12
2	Taylor, Julian	52	EACS-ETH	32.10	10
3	Orton, Nick	53	CPTW-CPT	32.68	8
4	Grobler, Christoffel	52	AQUB-NMA	42.56	7
5	Pattinson, Kenneth	52	AQUB-NMA	44.72	6
6	de Beer, David	54	COEL-TSH	1:00.01	5

**Men 50-54 100 SC Meter Backstroke**

1	Ruck, Harald	51	COEL-TSH	1:05.80	12
2	Orton, Nick	53	CPTW-CPT	1:14.93	10
3	Pattinson, Kenneth	52	AQUB-NMA	1:42.84	8

**Men 50-54 50 SC Meter Breaststroke**

1	Taylor, Julian	52	EACS-ETH	35.68	12
2	Young, Roger	52	COEL-TSH	41.09	10
3	Uitenweerde, Lourens	52	COEL-TSH	41.12	8

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**(Men 50-54 50 SC Meter Breaststroke)**

4	Grobler, Christoffel	52	AQUB-NMA	43.81	7
5	Olivier, Marais	53	CPTW-CPT	44.21	6
6	Smit, Deon	51	CSCM-TSH	48.27	5
7	de Beer, David	54	COEL-TSH	56.31	4

**Men 50-54 200 SC Meter Breaststroke**

1	Uitenweerde, Lourens	52	COEL-TSH	3:02.57	12
2	Olivier, Marais	53	CPTW-CPT	3:31.26	10
3	Townsend, Richard	50	COEL-TSH	5:03.05	8

**Men 50-54 100 SC Meter IM**

1	Taylor, Julian	52	EACS-ETH	1:09.14	12
2	Mottram, Guy	50	WAHO-JHB	1:16.34	10
3	Young, Roger	52	COEL-TSH	1:20.07	8
4	Olivier, Marais	53	CPTW-CPT	1:33.72	7
5	Smit, Deon	51	CSCM-TSH	1:36.29	6
6	de Beer, David	54	COEL-TSH	1:56.53	5

**Men 50-54 200 SC Meter IM**

1	Taylor, Julian	52	EACS-ETH	2:29.32	12
2	Mottram, Guy	50	WAHO-JHB	2:49.37	10
3	Young, Roger	52	COEL-TSH	3:00.18	8

**Men 55-59 50 SC Meter Freestyle**

1	Hendricks, Nigel	58	CPTW-CPT	29.22	12
2	Morgan, Trevor	57	COEL-TSH	30.24	10
3	Steyn, Glenn	56	CPTW-CPT	31.65	8
4	Holshausen, Rod	58	CPTW-CPT	32.22	7
5	Prentice, William	58	CPTW-CPT	33.05	6
6	West, Ralph	55	AQUB-NMA	35.63	5
7	Foster, Ted	56	EACS-ETH	35.88	4

**Men 55-59 200 SC Meter Freestyle**

1	du Toit, Graham	56	CPTW-CPT	2:30.02	12
2	Holshausen, Rod	58	CPTW-CPT	2:34.81	10
3	Steyn, Glenn	56	CPTW-CPT	2:44.34	8
4	Summers, Mike	56	MEGA-EKU	2:55.65	7
5	Fechter, Wolfgang	55	HIGH-ETH	2:56.12	6
6	West, Ralph	55	AQUB-NMA	3:08.44	5
7	Prentice, William	58	CPTW-CPT	3:09.44	4

**Men 55-59 400 SC Meter Freestyle**

1	Finn, Joel	55	WAHO-JHB	4:58.20	12
2	Holshausen, Rod	58	CPTW-CPT	5:16.32	10
3	Stonestreet, Mark	56	WAHO-JHB	5:59.92	8
4	West, Ralph	55	AQUB-NMA	6:34.57	7
---	Summers, Mike	56	MEGA-EKU	NS	

**Men 55-59 50 SC Meter Backstroke**

1	Morgan, Trevor	57	COEL-TSH	36.07	12
2	Fechter, Wolfgang	55	HIGH-ETH	51.44	10

**Men 55-59 100 SC Meter Backstroke**

1	du Toit, Graham	56	CPTW-CPT	1:16.78	12
2	Morgan, Trevor	57	COEL-TSH	1:19.82	10

**Men 55-59 50 SC Meter Breaststroke**

1	Finn, Joel	55	WAHO-JHB	37.97	12
2	Hendricks, Nigel	58	CPTW-CPT	39.17	10
3	Foster, Ted	56	EACS-ETH	41.44	8
4	Fechter, Wolfgang	55	HIGH-ETH	41.47	7
5	Prentice, William	58	CPTW-CPT	41.81	6

**Men 55-59 200 SC Meter Breaststroke**

1	Finn, Joel	55	WAHO-JHB	2:59.61	12
2	du Toit, Graham	56	CPTW-CPT	3:02.81	10
3	Fechter, Wolfgang	55	HIGH-ETH	3:29.97	8

**Men 55-59 50 SC Meter Butterfly**

1	Morgan, Trevor	57	COEL-TSH	32.69	12
2	Holshausen, Rod	58	CPTW-CPT	34.43	10
3	Summers, Mike	56	MEGA-EKU	38.59	8
4	Steyn, Glenn	56	CPTW-CPT	40.96	7
5	Fechter, Wolfgang	55	HIGH-ETH	43.53	6
6	Foster, Ted	56	EACS-ETH	46.31	5

**Men 55-59 100 SC Meter IM**

1	Finn, Joel	55	WAHO-JHB	1:15.61	12
2	du Toit, Graham	56	CPTW-CPT	1:16.90	10
3	Hendricks, Nigel	58	CPTW-CPT	1:19.95	8
4	Holshausen, Rod	58	CPTW-CPT	1:21.69	7
5	Summers, Mike	56	MEGA-EKU	1:35.42	6

**Men 55-59 200 SC Meter IM**

1	du Toit, Graham	56	CPTW-CPT	2:47.20	12
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**Men 60-64 50 SC Meter Freestyle**

1	Stevenson, Paul	60	CPTW-CPT	28.32	12
2	Roothman, André	62	CPTW-CPT	28.84	10
3	Cones, Nigel	61	CPTW-CPT	29.02	8
4	Spies, Izak	62	CPTW-CPT	29.60	7
5	Reen, Nick	62	AQUB-NMA	30.56	6
6	Barker, Richard	63	HIGH-ETH	31.44	5
7	Baker, Eddie	64	HIGH-ETH	34.56	4
8	Platte, Gary	60	WINE-CED	37.84	3
9	Vile, Danny	64	MEGA-EKU	43.31	2

**Men 60-64 200 SC Meter Freestyle**

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

**Men 60-64 400 SC Meter Freestyle**

1	Spies, Izak	62	CPTW-CPT	5:05.54	12
2	Stevenson, Paul	60	CPTW-CPT	5:06.35	10
3	Howieson, Doug	64	CPTW-CPT	5:34.46	8
4	Reen, Nick	62	AQUB-NMA	5:44.22	7
5	Vile, Danny	64	MEGA-EKU	7:33.86	6

**Men 60-64 50 SC Meter Backstroke**

1	Shead, Tim	64	CPTW-CPT	33.47	12
2	Winfield, Mike	61	CPTW-CPT	33.83	10
3	Howieson, Doug	64	CPTW-CPT	39.19	8
4	Baker, Eddie	64	HIGH-ETH	47.25	7
5	Platte, Gary	60	WINE-CED	53.17	6
---	Miller, Mervyn	64	WAHO-JHB	NS	

**Men 60-64 100 SC Meter Backstroke**

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

**Men 60-64 50 SC Meter Breaststroke**

1	Baker, Anthony	60	HIGH-ETH	39.00	12
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## SAMS SC Champs (Combined) @ Various venues - 2016-10-01 to 2016-10-31

## Various venues in South Africa

## Results

<b>(Men 60-64 50 SC Meter Breaststroke)</b>					2	van Heerden, Carel	66	WATR-JHB	43.98	10	
2	Cones, Nigel	61	CPTW-CPT	39.87	10	3	du Toit, Francois	69	CPTW-CPT	44.02	8
3	Miller, Mervyn	64	WAHO-JHB	46.94	8	4	Robinson, Graham	67	EACS-ETH	57.25	7
4	Hodges, Mark	63	CPTW-CPT	48.03	7	<b>Men 65-69 200 SC Meter Breaststroke</b>					
5	Platte, Gary	60	WINE-CED	51.32	6	1	Hatherly, Bob	65	BEST-NMA	3:09.75	12
6	Vile, Danny	64	MEGA-EKU	1:00.87	5	2	van Heerden, Carel	66	WATR-JHB	3:53.42	10
<b>Men 60-64 200 SC Meter Breaststroke</b>					3	Robinson, Graham	67	EACS-ETH	4:41.15	8	
1	Shead, Tim	64	CPTW-CPT	2:53.28	12	<b>Men 65-69 50 SC Meter Butterfly</b>					
2	Baker, Anthony	60	HIGH-ETH	3:26.19	10	1	Larcombe, Peter	69	EACS-ETH	44.13	12
3	Arbuthnot, David	63	COEL-TSH	3:49.58	8	2	Hatherly, Bob	65	BEST-NMA	45.03	10
4	Vile, Danny	64	MEGA-EKU	4:37.84	7	3	Pryke, Michael	66	WAHO-JHB	46.73	8
<b>Men 60-64 50 SC Meter Butterfly</b>					4	van Heerden, Carel	66	WATR-JHB	51.34	7	
1	Roothman, André	62	CPTW-CPT	32.26	12	<b>Men 65-69 200 SC Meter Butterfly</b>					
2	Cones, Nigel	61	CPTW-CPT	32.69	10	---	Hatherly, Bob	65	BEST-NMA	NS	
3	Reen, Nick	62	AQUB-NMA	34.91	8	<b>Men 65-69 100 SC Meter IM</b>					
4	Barker, Richard	63	HIGH-ETH	36.13	7	1	Bolstridge, Michael Conrad	67	EACS-ETH	1:34.85	12
5	Baker, Anthony	60	HIGH-ETH	42.78	6	2	Hatherly, Bob	65	BEST-NMA	1:37.50	10
<b>Men 60-64 200 SC Meter Butterfly</b>					3	van Heerden, Carel	66	WATR-JHB	1:50.77	8	
1	Arbuthnot, David	63	COEL-TSH	3:22.76	12	4	Harley, John	69	EACS-ETH	2:17.32	7
<b>Men 60-64 100 SC Meter IM</b>					<b>Men 65-69 200 SC Meter IM</b>						
1	Cones, Nigel	61	CPTW-CPT	1:18.65	12	1	Hatherly, Bob	65	BEST-NMA	3:20.53	12
2	Barker, Richard	63	HIGH-ETH	1:24.75	10	2	van Heerden, Carel	66	WATR-JHB	3:51.89	10
3	Baker, Eddie	64	HIGH-ETH	1:33.97	8	<b>Men 70-74 50 SC Meter Freestyle</b>					
4	Hodges, Mark	63	CPTW-CPT	1:37.15	7	1	Petersen, John	71	PHOE-JHB	34.47	12
5	Platte, Gary	60	WINE-CED	1:45.28	6	2	Hughes, Jimmy	73	EACS-ETH	35.40	10
---	Baker, Anthony	60	HIGH-ETH	DQ		3	Hadenham, Leslie	73	EACS-ETH	41.22	8
<b>Men 60-64 200 SC Meter IM</b>					<b>Men 70-74 200 SC Meter Freestyle</b>						
1	Shead, Tim	64	CPTW-CPT	2:32.18	12	1	Hughes, Jimmy	73	EACS-ETH	3:09.65	12
2	Roothman, André	62	CPTW-CPT	2:54.53	10	2	Hadenham, Leslie	73	EACS-ETH	3:19.03	10
3	Baker, Anthony	60	HIGH-ETH	3:30.62	8	3	Sneath, Anthony	70	CPTW-CPT	3:25.70	8
<b>Men 65-69 50 SC Meter Freestyle</b>					<b>Men 70-74 400 SC Meter Freestyle</b>						
1	van Rooijen, Gerhard	66	EACS-ETH	33.65	12	1	Sneath, Anthony	70	CPTW-CPT	6:53.61	12
2	Bolstridge, Michael Conrad	67	EACS-ETH	34.41	10	2	Hadenham, Leslie	73	EACS-ETH	7:08.90	10
3	Larcombe, Peter	69	EACS-ETH	34.57	8	<b>Men 70-74 50 SC Meter Backstroke</b>					
4	du Toit, Francois	69	CPTW-CPT	35.81	7	1	Hughes, Jimmy	73	EACS-ETH	40.56	12
5	Pryke, Michael	66	WAHO-JHB	38.55	6	2	Hadenham, Leslie	73	EACS-ETH	54.16	10
6	Robinson, Graham	67	EACS-ETH	38.94	5	<b>Men 70-74 100 SC Meter Backstroke</b>					
7	Harley, John	69	EACS-ETH	46.75	4	1	Hughes, Jimmy	73	EACS-ETH	1:27.34	12
<b>Men 65-69 200 SC Meter Freestyle</b>					<b>Men 70-74 50 SC Meter Breaststroke</b>						
1	Downes, Terry	67	COEL-TSH	2:28.46	12	1	Petersen, John	71	PHOE-JHB	47.81	12
2	van Rooijen, Gerhard	66	EACS-ETH	2:50.59	10	<b>Men 70-74 50 SC Meter Butterfly</b>					
3	Larcombe, Peter	69	EACS-ETH	3:01.72	8	1	Hadenham, Leslie	73	EACS-ETH	41.81	12
4	Harley, John	69	EACS-ETH	3:42.56	7	2	Petersen, John	71	PHOE-JHB	42.31	10
5	Pryke, Michael	66	WAHO-JHB	3:44.22	6	<b>Men 70-74 200 SC Meter Butterfly</b>					
6	Robinson, Graham	67	EACS-ETH	3:52.56	5	---	Sneath, Anthony	70	CPTW-CPT	DQ	
<b>Men 65-69 400 SC Meter Freestyle</b>					<b>Men 70-74 100 SC Meter IM</b>						
1	van Rooijen, Gerhard	66	EACS-ETH	6:15.00	12	1	Hughes, Jimmy	73	EACS-ETH	1:31.19	12
2	Larcombe, Peter	69	EACS-ETH	6:16.19	10	<b>Men 70-74 200 SC Meter IM</b>					
3	Pryke, Michael	66	WAHO-JHB	7:53.63	8	1	Hughes, Jimmy	73	EACS-ETH	3:30.90	12
4	Harley, John	69	EACS-ETH	8:13.59	7	<b>Men 75-79 50 SC Meter Freestyle</b>					
5	Robinson, Graham	67	EACS-ETH	8:33.00	6	1	Fyfe, Derek	76	COEL-TSH	35.66	12
<b>Men 65-69 50 SC Meter Backstroke</b>					2	Garson, John	78	WAHO-JHB	44.60	10	
1	van Heerden, Carel	66	WATR-JHB	55.40	12	3	Wolpe, Russel	79	PHOE-JHB	47.20	8
<b>Men 65-69 50 SC Meter Breaststroke</b>											
1	Hatherly, Bob	65	BEST-NMA	38.56	12						



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## Results

<b>(Men 75-79 50 SC Meter Freestyle)</b>				
4	Saunders, Jim	79	EACS-ETH	47.22 7
<b>Men 75-79 200 SC Meter Freestyle</b>				
1	Fyfe, Derek	76	COEL-TSH	3:07.98 12
2	McLachlan, Dave	79	CPTW-CPT	3:27.08 10
<b>Men 75-79 400 SC Meter Freestyle</b>				
1	Fyfe, Derek	76	COEL-TSH	6:36.79 12
2	Wolpe, Russel	79	PHOE-JHB	8:22.28 10
<b>Men 75-79 50 SC Meter Backstroke</b>				
1	Fyfe, Derek	76	COEL-TSH	46.30 12
2	Garson, John	78	WAHO-JHB	55.56 10
<b>Men 75-79 100 SC Meter Backstroke</b>				
1	Fyfe, Derek	76	COEL-TSH	1:36.26 12
2	Saunders, Jim	79	EACS-ETH	2:06.78 10
3	Garson, John	78	WAHO-JHB	2:20.46 8
<b>Men 75-79 50 SC Meter Breaststroke</b>				
1	McLachlan, Dave	79	CPTW-CPT	52.08 12
<b>Men 75-79 200 SC Meter Breaststroke</b>				
1	Wolpe, Russel	79	PHOE-JHB	4:49.46 12
<b>Men 75-79 50 SC Meter Butterfly</b>				
1	McLachlan, Dave	79	CPTW-CPT	44.38 12
<b>Men 75-79 100 SC Meter IM</b>				
1	McLachlan, Dave	79	CPTW-CPT	1:43.26 12
<b>Men 75-79 200 SC Meter IM</b>				
1	McLachlan, Dave	79	CPTW-CPT	3:45.11 12
<b>Men 80-84 50 SC Meter Freestyle</b>				
1	Hutchings, Peter	81	WAHO-JHB	51.51 12
---	Hanna, Ken	81	WAHO-JHB	NS
<b>Men 80-84 200 SC Meter Freestyle</b>				
---	Hutchings, Peter	81	WAHO-JHB	NS
<b>Men 80-84 400 SC Meter Freestyle</b>				
1	Hutchings, Peter	81	WAHO-JHB	11:07.65 12
---	Hanna, Ken	81	WAHO-JHB	NS
<b>Men 80-84 50 SC Meter Backstroke</b>				
---	Hanna, Ken	81	WAHO-JHB	NS
<b>Men 80-84 50 SC Meter Breaststroke</b>				
1	Schlapobersky, Ivan	83	PHOE-JHB	56.39 12
<b>Men 80-84 50 SC Meter Butterfly</b>				
1	Schlapobersky, Ivan	83	PHOE-JHB	1:01.48 12
<b>Men 80-84 100 SC Meter IM</b>				
1	Schlapobersky, Ivan	83	PHOE-JHB	2:02.74 12
<b>Men 80-84 200 SC Meter IM</b>				
1	Schlapobersky, Ivan	83	PHOE-JHB	4:36.34 12