

## South African Masters Swimming

### Individual Top Times

Times since: 01-May-08 Times until: 30-Apr-09  
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
<b>Women 25-29 50 Free</b>								
1	29.18 L	T	Marr, Tracy	29	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	30.13 L	F	Cowell, Joanne	27	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	32.69 L	F	Loots, Erika	27	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
4	32.80 L	F	Boatwright, Sally	26	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
5	33.58 L	F	Rawlins, Samantha	27	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
6	36.80 L	F	Spies, Roelien	29	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
7	41.52 L	F	Reeves, Jayne	26	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
8	44.48 L	F	Kruger, Doreth	28	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
<b>Women 25-29 100 Free</b>								
1	1:06.66 L	F	Cowell, Joanne	27	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	1:07.15 L	F	Marr, Tracy	29	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	1:12.82 L	F	Loots, Erika	27	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
4	1:17.33 L	F	Rawlins, Samantha	27	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
5	1:40.40 L	F	Reeves, Jayne	26	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
<b>Women 25-29 200 Free</b>								
1	2:38.29 L	F	Cowell, Joanne	27	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
<b>Women 25-29 400 Free</b>								
1	5:30.13 L	F	Cowell, Joanne	27	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	6:05.51 L	F	Lottering, Anthea	29	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	6:20.58 L	F	Boatwright, Sally	26	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
<b>Women 25-29 800 Free</b>								
1	11:41.43 L	F	Cowell, Joanne	27	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	12:27.17 L	F	Lottering, Anthea	29	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
<b>Women 25-29 1500 Free</b>								
1	22:50.00 L	F	Cowell, Joanne	26	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
2	25:28.00 L	F	Gardiner, Tracey	25	KWHA CG	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
3	26:29.87 L	F	Louw, Liesel	25	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
4	27:47.39 L	F	Petersen, Deidre	27	PHOE CG	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
<b>Women 25-29 50 Back</b>								
1	43.77 L	F	Lottering, Anthea	29	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	51.17 L	F	Reeves, Jayne	26	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	53.83 L	F	Kruger, Doreth	28	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
<b>Women 25-29 100 Back</b>								
1	1:27.88 L	F	Rawlins, Samantha	27	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	1:33.13 L	F	Lottering, Anthea	29	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
<b>Women 25-29 200 Back</b>								
1	3:13.10 L	F	Rawlins, Samantha	27	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	3:26.32 L	F	Lottering, Anthea	29	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
<b>Women 25-29 50 Breast</b>								
1	39.76 L	F	Marr, Tracy	29	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	43.28 L	F	Loots, Erika	27	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
3	46.91 L	F	Spies, Roelien	29	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
4	52.01 L	F	Reeves, Jayne	26	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
5	57.85 L	F	Kruger, Doreth	28	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
<b>Women 25-29 100 Breast</b>								
1	1:30.58 L	F	Marr, Tracy	29	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	1:41.93 L	F	Spies, Roelien	29	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	1:55.50 L	F	Reeves, Jayne	26	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
4	2:10.81 L	F	Kruger, Doreth	28	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
<b>Women 25-29 200 Breast</b>								
1	3:45.19 L	F	Spies, Roelien	29	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	4:32.40 L	F	Kruger, Doreth	28	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	

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### Individual Top Times

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Time	P/F/S	Name	Age/Yr			
<b>Women 25-29 50 Fly</b>						
1	32.62 L	F	Cowell, Joanne	27	COEL NT	2009-03-11 SAMS 25th LC Champs @ East Lond
<b>Women 25-29 100 Fly</b>						
1	1:46.50 L	F	Boatwright, Sally	26	AMAK BO	2009-03-11 SAMS 25th LC Champs @ East Lond
<b>Women 25-29 200 Fly</b>						
1	4:06.09 L	F	Boatwright, Sally	26	AMAK BO	2009-03-11 SAMS 25th LC Champs @ East Lond
<b>Women 25-29 200 IM</b>						
1	3:33.72 L	F	Boatwright, Sally	26	AMAK BO	2009-03-11 SAMS 25th LC Champs @ East Lond
<b>Women 25-29 400 IM</b>						
1	6:15.80 L	F	Cowell, Joanne	27	COEL NT	2009-03-11 SAMS 25th LC Champs @ East Lond
2	7:04.43 L	F	Lottering, Anthea	29	AMAK BO	2009-03-11 SAMS 25th LC Champs @ East Lond
3	7:36.08 L	F	Boatwright, Sally	26	AMAK BO	2009-03-11 SAMS 25th LC Champs @ East Lond