

South African Masters Swimming

Individual Top Times

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

Time	P/F/S	Name	Age/Yr				
Women 30-34 25 Free							
1	16.58 S	F Johnson, Justine	31	PHOE CG	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit)	
2	17.06 S	F Stanton, Theresea	33	UNAT	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
3	18.75 S	F Booyens, Ronelle	31	ETSM ES	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit)	
Women 30-34 50 Free							
1	29.13 S	F Cadiz, Perry	32	CPTW WP	2008-06-19	WPMSA (Cape Town) @ Long Street	
2	30.38 S	F Sabiston, Jaki	33	PHOE CG	2008-08-16	GMS SC Champs @ Wahoo AC	
3	31.22 S	F McCauley, Nicoleen	30	SEAL KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
4	31.51 S	F Koegelenberg, Mandy	30	HIGH KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
5	34.93 S	F Clark, Sarah	30	EACS KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
6	37.01 S	F Johnson, Justine	31	PHOE CG	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit)	
7	37.53 S	F Stanton, Theresea	33	UNAT	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	
8	39.86 S	F Booyens, Ronelle	31	ETSM ES	2008-08-16	GMS SC Champs @ Wahoo AC	
Women 30-34 100 Free							
1	1:05.32 S	F Cadiz, Perry	32	CPTW WP	2008-06-19	WPMSA (Cape Town) @ Long Street	
2	1:08.82 S	F Sabiston, Jaki	33	PHOE CG	2008-08-16	GMS SC Champs @ Wahoo AC	
3	1:11.84 S	F Koegelenberg, Mandy	30	HIGH KZ	2009-03-29	KZNMSA (Highway) @ Gordon Road	
4	1:18.34 S	F Hicks, Loraine	32	EACS KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa	
5	1:19.90 S	F Clark, Sarah	30	EACS KZ	2009-03-29	KZNMSA (Highway) @ Gordon Road	
6	1:27.99 S	F Booyens, Ronelle	31	ETSM ES	2008-08-16	GMS SC Champs @ Wahoo AC	
7	1:29.06 S	F Johnson, Justine	31	PHOE CG	2008-08-16	GMS SC Champs @ Wahoo AC	
Women 30-34 200 Free							
1	2:30.12 S	F Troup, Bianca	34	PHOE CG	2008-10-01	SAMS (Consol.) SC Champs @ variou	
2	2:34.05 S	F Koegelenberg, Mandy	30	HIGH KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
3	2:39.47 S	F McCauley, Nicoleen	30	SEAL KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
4	2:53.13 S	F Clark, Sarah	30	EACS KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
5	3:04.41 S	F Johnson, Justine	31	PHOE CG	2008-10-01	SAMS (Consol.) SC Champs @ variou	
Women 30-34 400 Free							
1	5:13.96 S	F Koegelenberg, Mandy	30	HIGH KZ	2009-03-29	KZNMSA (Highway) @ Gordon Road	
2	5:18.38 S	F Troup, Bianca	34	PHOE CG	2008-08-16	GMS SC Champs @ Wahoo AC	
3	5:21.93 S	F Cadiz, Perry	32	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	
4	6:19.45 S	F Hicks, Loraine	32	EACS KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa	
5	7:01.57 S	F Booyens, Ronelle	31	ETSM ES	2008-08-16	GMS SC Champs @ Wahoo AC	
Women 30-34 800 Free							
1	12:03.34 S	F McCauley, Nicoleen	30	SEAL KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
2	12:54.81 S	F Hicks, Loraine	32	EACS KZ	2009-03-29	KZNMSA (Highway) @ Gordon Road	
Women 30-34 50 Back							
1	33.59 S	F Cadiz, Perry	32	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou	
2	38.03 S	F Koegelenberg, Mandy	30	HIGH KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa	
3	40.47 S	F Hicks, Loraine	32	EACS KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa	
4	46.84 S	F Johnson, Justine	31	PHOE CG	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit)	
5	57.70 S	F Booyens, Ronelle	31	ETSM ES	2008-08-16	GMS SC Champs @ Wahoo AC	
Women 30-34 100 Back							
1	1:12.74 S	F Cadiz, Perry	32	CPTW WP	2008-09-18	WPMSA (Cape Town) @ Long Street	
2	1:19.62 S	F Koegelenberg, Mandy	30	HIGH KZ	2009-03-29	KZNMSA (Highway) @ Gordon Road	
3	1:31.22 S	F Hicks, Loraine	32	EACS KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park	
4	1:40.83 S	F Johnson, Justine	31	PHOE CG	2008-08-16	GMS SC Champs @ Wahoo AC	
5	2:01.51 S	F Booyens, Ronelle	31	ETSM ES	2008-08-16	GMS SC Champs @ Wahoo AC	
Women 30-34 200 Back							
1	2:36.69 S	F Cadiz, Perry	32	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou	
2	2:52.46 S	F Koegelenberg, Mandy	30	HIGH KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
3	3:10.16 S	F Hicks, Loraine	32	EACS KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa	
Women 30-34 25 Breast							
1	19.83 S	F Stanton, Theresea	33	UNAT	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	

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	Time	P/F/S	Name	Age/Yr				
Women 30-34 50 Breast								
1	41.50 S	F	Cadiz, Perry	32	CPTW WP	2008-06-19	WPMSA (Cape Town) @ Long Street	
2	43.34 S	F	Stanton, Theresea	33	UNAT	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	
3	46.63 S	F	Johnson, Justine	31	PHOE CG	2008-08-16	GMS SC Champs @ Wahoo AC	
Women 30-34 100 Breast								
1	1:35.11 S	F	Stanton, Theresea	33	UNAT	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	
2	1:41.34 S	F	Johnson, Justine	31	PHOE CG	2008-10-01	SAMS (Consol.) SC Champs @ variou	
3	1:43.65 S	F	Koegelenberg, Mandy	30	HIGH KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa	
Women 30-34 50 Fly								
1	34.03 S	F	Sabiston, Jaki	33	PHOE CG	2008-08-16	GMS SC Champs @ Wahoo AC	
2	35.29 S	F	Clark, Sarah	30	EACS KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
3	35.70 S	F	Cadiz, Perry	32	CPTW WP	2008-07-17	WPMSA (Winelands) @ Long Street	
4	37.43 S	F	Koegelenberg, Mandy	30	HIGH KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
5	38.27 S	F	Johnson, Justine	31	PHOE CG	2008-10-01	SAMS (Consol.) SC Champs @ variou	
Women 30-34 100 Fly								
1	1:17.90 S	F	Cadiz, Perry	32	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	
2	1:31.05 S	F	Johnson, Justine	31	PHOE CG	2008-11-22	GMS (Killer Whales) @ Linden	
Women 30-34 100 IM								
1	1:17.65 S	F	Cadiz, Perry	32	CPTW WP	2008-07-17	WPMSA (Winelands) @ Long Street	
2	1:25.23 S	F	Clark, Sarah	30	EACS KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
3	1:28.45 S	F	Johnson, Justine	31	PHOE CG	2008-10-01	SAMS (Consol.) SC Champs @ variou	
4	1:35.72 S	F	Hicks, Loraine	32	EACS KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
Women 30-34 400 IM								
1	6:04.52 S	F	Troup, Bianca	34	PHOE CG	2008-10-01	SAMS (Consol.) SC Champs @ variou	
2	7:23.75 S	F	Hicks, Loraine	32	EACS KZ	2009-03-29	KZNMSA (Highway) @ Gordon Road	