

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 | | | | |
|-----------------------------|-----------|-------|--------------------|--------|---------|------------|---------------------------------|--|
| Women 50-54 50 Free | | | | | | | | |
| 1 | 30.64 L | T | Campbell, Heather | 54 | SEAL KZ | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 2 | 31.16 L | F | Webb, Liz | 50 | DOLP WP | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 3 | 31.38 L | F | Coetzee, Di | 54 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 4 | 31.92 L | F | McCarney, Gail | 50 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 5 | 32.76 L | F | Foster, Kim | 50 | COEL NT | 2009-02-28 | GMS Interregional @ Ellis Park | |
| 6 | 34.15 L | F | Davie, Clare | 53 | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 7 | 34.38 L | F | Brimble, Mairi | 54 | DOLP WP | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 8 | 34.99 L | F | Sharkey, Therese | 54 | WINE WP | 2009-02-17 | WPMSA LC Champs @ UWC/Paarl/U | |
| 9 | 36.28 L | F | McLeod, Fiona | 54 | SEAL KZ | 2009-02-15 | KZNMSA LC Champs @ Kings Park | |
| 10 | 36.30 L | F | Donnelly, Chris | 52 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 11 | 36.39 L | F | Alder, Elaine | 52 | WAHO CG | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 12 | 36.47 L | F | Boyes, Luzanne | 52 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 13 | 36.88 L | F | Matley, Terry | 52 | DOLP WP | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 14 | 36.92 L | F | Bailey, Colleen | 54 | EACS KZ | 2009-02-15 | KZNMSA LC Champs @ Kings Park | |
| 15 | 36.94 L | F | Geraty, Gail | 53 | COEL NT | 2009-02-12 | TMS LC Champs @ Hillcrest | |
| 16 | 37.91 L | F | Vermeulen, Junel | 51 | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 17 | 37.97 L | F | MacKenzie, Carla | 54 | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 18 | 39.43 L | F | Louw, Anita | 52 | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 19 | 39.57 L | F | vd Berg, Elsje | 53 | COEL NT | 2009-02-12 | TMS LC Champs @ Hillcrest | |
| 20 | 41.14 L | F | Spies, Roefie | 54 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 21 | 45.10 L | F | Moller, Hesta | 50 | COEL NT | 2009-02-12 | TMS LC Champs @ Hillcrest | |
| 22 | 48.25 L | F | Spencer, Joy | 54 | EACS KZ | 2009-02-15 | KZNMSA LC Champs @ Kings Park | |
| 23 | 49.91 L | F | de Beer, Stephanie | 54 | ETSM ES | 2008-11-08 | TMS Interregional @ Hillcrest | |
| 24 | 50.37 L | F | Roets, Gillian | 52 | ETSM ES | 2009-02-12 | TMS LC Champs @ Hillcrest | |
| Women 50-54 100 Free | | | | | | | | |
| 1 | 1:06.79 L | F | Campbell, Heather | 54 | SEAL KZ | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 2 | 1:09.12 L | F | Webb, Liz | 50 | DOLP WP | 2009-02-17 | WPMSA LC Champs @ UWC/Paarl/U | |
| 3 | 1:12.62 L | F | Foster, Kim | 50 | COEL NT | 2009-02-28 | GMS Interregional @ Ellis Park | |
| 4 | 1:15.14 L | F | Brimble, Mairi | 54 | DOLP WP | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 5 | 1:16.41 L | F | Sharkey, Therese | 54 | WINE WP | 2009-01-24 | WPMSA (Cape Town) @ UWC | |
| 6 | 1:18.55 L | F | Scott, Amelia | 54 | SSHA FS | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 7 | 1:21.24 L | F | Donnelly, Chris | 52 | CPTW WP | 2009-02-17 | WPMSA LC Champs @ UWC/Paarl/U | |
| 8 | 1:25.08 L | F | Boyes, Luzanne | 52 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 9 | 1:25.15 L | F | Geraty, Gail | 53 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 10 | 1:26.02 L | F | MacKenzie, Carla | 54 | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 11 | 1:29.51 L | F | vd Berg, Elsje | 53 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 12 | 1:31.68 L | F | Louw, Anita | 52 | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 13 | 1:32.12 L | F | Bailey, Colleen | 54 | EACS KZ | 2008-11-16 | KZNMSA (Highway) @ Crawford | |
| 14 | 1:39.04 L | F | Bronkhorst, Liz | 53 | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| Women 50-54 200 Free | | | | | | | | |
| 1 | 2:26.89 L | F | Campbell, Heather | 54 | SEAL KZ | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 2 | 2:27.61 L | F | Webb, Liz | 50 | DOLP WP | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 3 | 2:29.22 L | F | Coetzee, Di | 54 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 4 | 2:37.48 L | F | Foster, Kim | 50 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 5 | 2:44.89 L | F | Sharkey, Therese | 54 | WINE WP | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 6 | 2:50.25 L | F | Brimble, Mairi | 54 | DOLP WP | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 7 | 2:58.32 L | F | Scott, Amelia | 54 | SSHA FS | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 8 | 3:00.01 L | F | Vermeulen, Junel | 51 | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 9 | 3:04.52 L | F | Boyes, Luzanne | 52 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 10 | 3:05.15 L | F | Geraty, Gail | 53 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 11 | 3:18.51 L | F | Snyman, Hester | 52 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 12 | 3:39.66 L | F | Bronkhorst, Liz | 53 | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| Women 50-54 400 Free | | | | | | | | |
| 1 | 5:11.48 L | F | Webb, Liz | 50 | DOLP WP | 2009-03-11 | SAMS 25th LC Champs @ East Lond | |
| 2 | 5:33.63 L | F | Sharkey, Therese | 54 | WINE WP | 2009-02-17 | WPMSA LC Champs @ UWC/Paarl/U | |

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| | Time | P/F/S | Name | Age/Yr | | | |
|------------------------------|--------------|-------|--------------------|--------|---------|------------|-----------------------------------|
| 3 | 5:36.82 L | F | Campbell, Heather | 53 | SEAL KZ | 2009-02-15 | KZNMSA LC Champs @ Kings Park |
| 4 | 5:46.11 L | F | Foster, Kim | 50 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 5 | 5:57.12 L | F | Brimble, Mairi | 54 | DOLP WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 6 | 6:15.12 L | F | Vermeulen, Junel | 51 | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 7 | 6:25.37 L | F | Geraty, Gail | 53 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 8 | 6:28.23 L | F | Boyes, Luzanne | 52 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 9 | 7:16.48 L | F | vd Berg, Elsje | 53 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 10 | 7:24.79 L | F | Goldstein, Heather | 53 | HIGH KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 11 | 7:27.91 L | F | Louw, Anita | 52 | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 12 | 8:10.00 L | F | Bronkhorst, Liz | 53 | PHOE CG | 2009-02-12 | TMS LC Champs @ Hillcrest |
| 13 | 8:29.32 L | F | Gower, Lynda | 50 | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 14 | 14:15.65 L | F | Ledbitter, Liz | 50 | COEL NT | 2009-02-12 | TMS LC Champs @ Hillcrest |
| 15 | 14:51.74 L | F | Pedersen, Sheilah | 50 | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| Women 50-54 800 Free | | | | | | | |
| 1 | 10:32.68 L | F | Webb, Liz | 50 | DOLP WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 2 | 11:35.54 L | F | Davie, Clare | 53 | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 3 | 12:12.43 L | F | Brimble, Mairi | 54 | DOLP WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 4 | 12:43.54 L | F | Vermeulen, Junel | 51 | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 5 | 12:45.73 L | F | Bronkhorst, Liz | 53 | PHOE CG | 2009-01-31 | GMS (Phoenix) @ Ellis Park |
| 6 | 12:57.05 L | F | Alder, Elaine | 52 | WAHO CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 7 | 13:11.65 L | F | Boyes, Luzanne | 52 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 8 | 13:30.28 L | F | Geraty, Gail | 53 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 9 | 14:33.07 L | F | Black, Jill | 52 | FISH SW | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 10 | 14:39.43 L | F | vd Berg, Elsje | 53 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 11 | 15:35.14 L | F | Bolt, Sue | 52 | COEL NT | 2009-02-12 | TMS LC Champs @ Hillcrest |
| 12 | 17:02.63 L | F | Gower, Lynda | 50 | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 13 | 30:30.06 L | F | Ledbitter, Liz | 50 | COEL NT | 2009-02-12 | TMS LC Champs @ Hillcrest |
| Women 50-54 1500 Free | | | | | | | |
| 1 | 20:03.91 L | F | Webb, Liz | 50 | DOLP WP | 2009-01-24 | WPMSA (Cape Town) @ UWC |
| 2 | 22:03.78 L | F | Davie, Clare | 52 | PHOE CG | 2008-10-04 | TMS (Coelacanth) 1500 @ Hillcrest |
| 3 | 22:32.23 L | F | Young, Cheryl | 50 | DOLP WP | 2009-01-24 | WPMSA (Cape Town) @ UWC |
| 4 | 25:52.00 L | F | Geraty, Gail | 53 | COEL NT | 2009-02-12 | TMS LC Champs @ Hillcrest |
| 5 | 31:13.00 L | F | Bronkhorst, Liz | 53 | PHOE CG | 2009-02-12 | TMS LC Champs @ Hillcrest |
| 6 | 31:53.00 L | F | Bolt, Sue | 52 | COEL NT | 2009-02-12 | TMS LC Champs @ Hillcrest |
| 7 | 40:16.00 L | F | de Beer, Stephanie | 54 | ETSM ES | 2008-10-04 | TMS (Coelacanth) 1500 @ Hillcrest |
| 8 | 43:56.00 L | F | Wepener, Rhoda | 52 | ETSM ES | 2008-10-04 | TMS (Coelacanth) 1500 @ Hillcrest |
| 9 | 1:00:01.00 L | F | Ledbitter, Liz | 50 | COEL NT | 2009-02-12 | TMS LC Champs @ Hillcrest |
| Women 50-54 50 Back | | | | | | | |
| 1 | 38.89 L | F | Coetzee, Di | 54 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 2 | 40.23 L | F | Sharkey, Therese | 54 | WINE WP | 2009-02-17 | WPMSA LC Champs @ UWC/Paarl/U |
| 3 | 41.54 L | F | Snyman, Annette | 50 | EACS KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 4 | 41.94 L | F | Alder, Elaine | 52 | WAHO CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 5 | 43.97 L | F | Bailey, Colleen | 54 | EACS KZ | 2009-02-15 | KZNMSA LC Champs @ Kings Park |
| 6 | 47.00 L | F | Black, Jill | 52 | FISH SW | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 7 | 48.97 L | F | Spies, Roefie | 54 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 8 | 50.54 L | F | Goldstein, Heather | 52 | HIGH KZ | 2008-11-16 | KZNMSA (Highway) @ Crawford |
| 9 | 55.92 L | F | Louw, Anita | 52 | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 10 | 59.56 L | F | de Beer, Stephanie | 54 | ETSM ES | 2008-11-08 | TMS Interregional @ Hillcrest |
| 11 | 1:07.28 L | F | Roets, Gillian | 52 | ETSM ES | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 12 | 1:08.90 L | F | Wepener, Rhoda | 52 | ETSM ES | 2008-11-08 | TMS Interregional @ Hillcrest |
| Women 50-54 100 Back | | | | | | | |
| 1 | 1:22.96 L | F | Coetzee, Di | 54 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 2 | 1:23.20 L | F | Davie, Clare | 53 | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 3 | 1:25.92 L | F | Sharkey, Therese | 54 | WINE WP | 2009-02-17 | WPMSA LC Champs @ UWC/Paarl/U |
| 4 | 1:32.32 L | F | Alder, Elaine | 52 | WAHO CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc |
| 5 | 1:33.35 L | F | Scott, Amelia | 54 | SSHA FS | 2009-03-11 | SAMS 25th LC Champs @ East Londc |

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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 | | | | |
|-------------------------------|-----------|-------|--------------------|--------|---------|------------|----------------------------------|--|
| 6 | 1:33.60 L | F | Snyman, Annette | 50 | EACS KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 7 | 1:33.76 L | F | Bailey, Colleen | 54 | EACS KZ | 2009-02-15 | KZNMSA LC Champs @ Kings Park | |
| 8 | 1:45.47 L | F | Black, Jill | 52 | FISH SW | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| Women 50-54 200 Back | | | | | | | | |
| 1 | 2:53.59 L | F | Davie, Clare | 53 | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 2 | 2:59.62 L | F | Coetzee, Di | 54 | CPTW WP | 2009-02-17 | WPMSA LC Champs @ UWC/Paar/U | |
| 3 | 2:59.95 L | F | Campbell, Heather | 53 | SEAL KZ | 2009-02-15 | KZNMSA LC Champs @ Kings Park | |
| 4 | 3:09.85 L | F | Sharkey, Therese | 54 | WINE WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 5 | 3:22.12 L | F | Alder, Elaine | 52 | WAHO CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 6 | 3:29.03 L | F | Bailey, Colleen | 54 | EACS KZ | 2009-02-15 | KZNMSA LC Champs @ Kings Park | |
| 7 | 3:52.00 L | F | Black, Jill | 52 | FISH SW | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| Women 50-54 50 Breast | | | | | | | | |
| 1 | 39.52 L | F | McCarney, Gail | 50 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 2 | 42.14 L | F | Matley, Terry | 52 | DOLP WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 3 | 44.34 L | F | Foster, Kim | 50 | COEL NT | 2009-02-28 | GMS Interregional @ Ellis Park | |
| 4 | 46.50 L | F | Donnelly, Chris | 52 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 5 | 47.92 L | F | MacKenzie, Carla | 54 | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 6 | 47.94 L | F | Spies, Roefie | 54 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 7 | 50.00 L | F | McLeod, Fiona | 54 | SEAL KZ | 2009-02-15 | KZNMSA LC Champs @ Kings Park | |
| 8 | 52.49 L | F | vd Berg, Elsje | 53 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 9 | 52.56 L | F | Moller, Hesta | 50 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 10 | 53.04 L | F | Skinner, Vionne | 50 | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 11 | 53.35 L | F | Louw, Niki | 54 | WINE WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 12 | 53.53 L | F | Goldstein, Heather | 52 | HIGH KZ | 2008-11-16 | KZNMSA (Highway) @ Crawford | |
| 13 | 53.77 L | F | Spencer, Joy | 54 | EACS KZ | 2009-02-15 | KZNMSA LC Champs @ Kings Park | |
| 14 | 54.00 L | F | Roets, Gillian | 52 | ETSM ES | 2009-02-12 | TMS LC Champs @ Hillcrest | |
| 15 | 54.49 L | F | Gower, Lynda | 50 | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 16 | 55.39 L | F | Bass, Adrienne | 53 | COEL NT | 2009-02-28 | GMS Interregional @ Ellis Park | |
| 17 | 1:00.03 L | F | Wepener, Rhoda | 53 | ETSM ES | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 18 | 1:20.38 L | F | Ledbitter, Liz | 50 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| Women 50-54 100 Breast | | | | | | | | |
| 1 | 1:28.23 L | F | McCarney, Gail | 50 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 2 | 1:35.49 L | F | Matley, Terry | 52 | DOLP WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 3 | 1:38.51 L | F | Donnelly, Chris | 52 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 4 | 1:49.57 L | F | McLeod, Fiona | 54 | SEAL KZ | 2009-02-15 | KZNMSA LC Champs @ Kings Park | |
| 5 | 1:50.84 L | F | MacKenzie, Carla | 54 | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 6 | 1:56.55 L | F | Boyes, Luzanne | 52 | CPTW WP | 2009-02-17 | WPMSA LC Champs @ UWC/Paar/U | |
| 7 | 1:58.86 L | F | Spencer, Joy | 54 | EACS KZ | 2009-02-15 | KZNMSA LC Champs @ Kings Park | |
| 8 | 1:59.07 L | F | Moller, Hesta | 50 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 9 | 2:00.69 L | F | Gower, Lynda | 50 | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 10 | 2:04.37 L | F | Roets, Gillian | 52 | ETSM ES | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 11 | 2:16.82 L | F | Wepener, Rhoda | 53 | ETSM ES | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| Women 50-54 200 Breast | | | | | | | | |
| 1 | 3:13.14 L | F | McCarney, Gail | 50 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 2 | 3:34.28 L | F | Matley, Terry | 52 | DOLP WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 3 | 3:58.85 L | F | McLeod, Fiona | 54 | SEAL KZ | 2008-11-16 | KZNMSA (Highway) @ Crawford | |
| 4 | 3:59.45 L | F | Louw, Niki | 54 | WINE WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 5 | 4:16.50 L | F | Goldstein, Heather | 53 | HIGH KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 6 | 4:32.70 L | F | Gower, Lynda | 50 | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 7 | 4:59.99 L | F | Roets, Gillian | 52 | ETSM ES | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 8 | 6:15.11 L | F | Ledbitter, Liz | 50 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| Women 50-54 50 Fly | | | | | | | | |
| 1 | 32.33 L | F | Campbell, Heather | 54 | SEAL KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 2 | 33.03 L | F | Foster, Kim | 50 | COEL NT | 2009-02-12 | TMS LC Champs @ Hillcrest | |
| 3 | 33.22 L | F | McCarney, Gail | 50 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 4 | 33.67 L | F | Webb, Liz | 50 | DOLP WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |

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| 5 | 35.16 L | F | Coetzee, Di | 54 | CPTW WP | 2009-02-17 | WPMSA LC Champs @ UWC/Paarl/U | |
| 6 | 41.39 L | F | Scott, Amelia | 54 | SSHA FS | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 7 | 43.03 L | F | Donnelly, Chris | 52 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 8 | 53.73 L | F | Louw, Niki | 54 | WINE WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| Women 50-54 100 Fly | | | | | | | | |
| 1 | 1:17.00 L | F | Foster, Kim | 50 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 2 | 1:29.61 L | F | Campbell, Heather | 53 | SEAL KZ | 2009-02-15 | KZNMSA LC Champs @ Kings Park | |
| 3 | 1:58.04 L | F | Goldstein, Heather | 53 | HIGH KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 4 | 2:00.15 L | F | Snyman, Hester | 52 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 5 | 2:04.93 L | F | Louw, Niki | 54 | WINE WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| Women 50-54 200 Fly | | | | | | | | |
| 1 | 3:01.15 L | F | Foster, Kim | 50 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 2 | 3:17.60 L | F | Davie, Clare | 53 | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 3 | 3:57.38 L | F | Louw, Niki | 54 | WINE WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 4 | 4:00.35 L | F | Snyman, Annette | 50 | EACS KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 5 | 4:21.79 L | F | Goldstein, Heather | 53 | HIGH KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| Women 50-54 200 IM | | | | | | | | |
| 1 | 2:49.94 L | F | Campbell, Heather | 54 | SEAL KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 2 | 2:57.28 L | F | Coetzee, Di | 54 | CPTW WP | 2009-02-17 | WPMSA LC Champs @ UWC/Paarl/U | |
| 3 | 3:00.07 L | F | Foster, Kim | 50 | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 4 | 3:20.83 L | F | Scott, Amelia | 54 | SSHA FS | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 5 | 3:22.31 L | F | Alder, Elaine | 52 | WAHO CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 6 | 3:25.20 L | F | Vermeulen, Junel | 51 | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 7 | 3:25.26 L | F | Donnelly, Chris | 52 | CPTW WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 8 | 3:41.83 L | F | Snyman, Annette | 50 | EACS KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 9 | 3:58.34 L | F | vd Berg, Elsje | 53 | COEL NT | 2009-02-12 | TMS LC Champs @ Hillcrest | |
| Women 50-54 400 IM | | | | | | | | |
| 1 | 6:30.09 L | F | Davie, Clare | 53 | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 2 | 6:57.82 L | F | Sharkey, Therese | 54 | WINE WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 3 | 7:10.00 L | F | Vermeulen, Junel | 51 | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 4 | 7:39.44 L | F | Snyman, Annette | 50 | EACS KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 5 | 8:19.01 L | F | Louw, Niki | 54 | WINE WP | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |
| 6 | 8:20.89 L | F | Goldstein, Heather | 53 | HIGH KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc | |