

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 60-64 50 Free								
1	30.79	L	F	Kruger, Sanderina	60	CPTW	WP	2009-03-11 SAMS 25th LC Champs @ East Londc
2	35.13	L	F	Russell, Therese	61	DOLP	WP	2009-02-17 WPMSA LC Champs @ UWC/Paarl/U
3	35.76	L	F	Craig, Elsa	64	SSHA	FS	2009-03-11 SAMS 25th LC Champs @ East Londc
4	36.75	L	F	Jones, Anne	64	PHOE	CG	2009-03-11 SAMS 25th LC Champs @ East Londc
5	40.02	L	F	Clark, Rosemary	61	EACS	KZ	2009-03-11 SAMS 25th LC Champs @ East Londc
6	42.18	L	F	Fyfe, Joyce	62	COEL	NT	2009-01-31 GMS (Phoenix) @ Ellis Park
7	43.42	L	F	Godfrey, Colleen	60	DOLP	WP	2009-03-11 SAMS 25th LC Champs @ East Londc
8	44.09	L	F	Angelos, Merle	63	EACS	KZ	2008-11-16 KZNMSA (Highway) @ Crawford
9	44.69	L	F	Burger, Rita	64	COEL	NT	2009-02-12 TMS LC Champs @ Hillcrest
10	49.15	L	F	Wilcox, Pat	61	PHOE	CG	2009-02-28 GMS Interregional @ Ellis Park
Women 60-64 100 Free								
1	1:06.63	L	F	Kruger, Sanderina	60	CPTW	WP	2009-03-11 SAMS 25th LC Champs @ East Londc
2	1:24.82	L	F	Jones, Anne	64	PHOE	CG	2009-03-11 SAMS 25th LC Champs @ East Londc
3	1:32.26	L	F	Clark, Rosemary	61	EACS	KZ	2009-03-11 SAMS 25th LC Champs @ East Londc
4	1:36.12	L	F	Godfrey, Colleen	60	DOLP	WP	2009-01-24 WPMSA (Cape Town) @ UWC
5	1:40.26	L	F	Fyfe, Joyce	62	COEL	NT	2009-03-11 SAMS 25th LC Champs @ East Londc
6	1:43.59	L	F	Burger, Rita	64	COEL	NT	2009-02-12 TMS LC Champs @ Hillcrest
7	1:46.95	L	F	Ferreira, Mercia	60	WAHO	CG	2009-02-28 GMS Interregional @ Ellis Park
Women 60-64 200 Free								
1	2:33.36	L	F	Kruger, Sanderina	60	CPTW	WP	2009-03-11 SAMS 25th LC Champs @ East Londc
2	2:59.82	L	F	Russell, Therese	61	DOLP	WP	2009-03-11 SAMS 25th LC Champs @ East Londc
3	3:06.47	L	F	Jones, Anne	64	PHOE	CG	2009-03-11 SAMS 25th LC Champs @ East Londc
4	3:30.41	L	F	Clark, Rosemary	61	EACS	KZ	2009-03-11 SAMS 25th LC Champs @ East Londc
5	3:32.01	L	F	Godfrey, Colleen	60	DOLP	WP	2009-03-11 SAMS 25th LC Champs @ East Londc
6	3:37.23	L	F	Strong, Jenny	61	FISH	SW	2009-03-11 SAMS 25th LC Champs @ East Londc
7	3:46.53	L	F	Fyfe, Joyce	62	COEL	NT	2009-03-11 SAMS 25th LC Champs @ East Londc
8	3:48.91	L	F	Ferreira, Mercia	60	WAHO	CG	2009-03-11 SAMS 25th LC Champs @ East Londc
9	4:09.29	L	F	Burger, Rita	64	COEL	NT	2009-02-12 TMS LC Champs @ Hillcrest
10	4:11.45	L	F	vd Walt, Carol	61	ETSM	ES	2009-03-11 SAMS 25th LC Champs @ East Londc
11	5:06.13	L	F	Smit, Jackie	61	FISH	SW	2009-03-11 SAMS 25th LC Champs @ East Londc
Women 60-64 400 Free								
1	6:37.13	L	F	Jones, Anne	64	PHOE	CG	2009-03-11 SAMS 25th LC Champs @ East Londc
2	6:49.69	L	F	Shuttleworth, Bev	61	HIGH	KZ	2009-02-15 KZNMSA LC Champs @ Kings Park
3	7:27.89	L	F	Strong, Jenny	61	FISH	SW	2009-03-11 SAMS 25th LC Champs @ East Londc
4	8:05.32	L	F	Ferreira, Mercia	60	WAHO	CG	2009-03-11 SAMS 25th LC Champs @ East Londc
5	8:33.11	L	F	vd Walt, Carol	61	ETSM	ES	2009-03-11 SAMS 25th LC Champs @ East Londc
6	10:13.63	L	F	Smit, Jackie	61	FISH	SW	2009-03-11 SAMS 25th LC Champs @ East Londc
Women 60-64 800 Free								
1	13:45.27	L	F	Shuttleworth, Bev	62	HIGH	KZ	2009-03-11 SAMS 25th LC Champs @ East Londc
2	14:00.37	L	F	Jones, Anne	64	PHOE	CG	2009-01-31 GMS (Phoenix) @ Ellis Park
3	15:06.31	L	F	Meaker, Jane	61	ETSM	ES	2009-01-31 GMS (Phoenix) @ Ellis Park
4	15:19.34	L	F	Strong, Jenny	61	FISH	SW	2009-03-11 SAMS 25th LC Champs @ East Londc
5	16:24.64	L	F	Ferreira, Mercia	60	WAHO	CG	2009-03-11 SAMS 25th LC Champs @ East Londc
6	17:27.12	L	F	vd Walt, Carol	61	ETSM	ES	2009-03-11 SAMS 25th LC Champs @ East Londc
7	21:02.36	L	F	Smit, Jackie	61	FISH	SW	2009-03-11 SAMS 25th LC Champs @ East Londc
Women 60-64 1500 Free								
1	27:54.00	L	F	Jones, Anne	63	PHOE	CG	2008-10-04 TMS (Coelacanth) 1500 @ Hillcrest
2	35:05.00	L	F	Burger, Rita	63	COEL	NT	2008-10-04 TMS (Coelacanth) 1500 @ Hillcrest
3	35:55.18	L	F	vd Walt, Carol	60	ETSM	ES	2008-10-04 TMS (Coelacanth) 1500 @ Hillcrest
Women 60-64 50 Back								
1	41.01	L	F	Kruger, Sanderina	60	CPTW	WP	2009-03-11 SAMS 25th LC Champs @ East Londc
2	44.32	L	F	Russell, Therese	61	DOLP	WP	2009-03-11 SAMS 25th LC Champs @ East Londc
3	45.93	L	F	Shuttleworth, Bev	61	HIGH	KZ	2009-02-15 KZNMSA LC Champs @ Kings Park
4	48.13	L	F	Fyfe, Joyce	62	COEL	NT	2009-02-12 TMS LC Champs @ Hillcrest

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	Time	P/F/S	Name	Age/Yr			
5	49.79 L	F	Strong, Jenny	61	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Londc
6	50.57 L	F	Lawless, Helen	60	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
7	52.63 L	F	Jones, Anne	64	PHOE CG	2009-01-31	GMS (Phoenix) @ Ellis Park
8	52.66 L	F	Angelos, Merle	63	EACS KZ	2008-11-16	KZNMSA (Highway) @ Crawford
9	1:00.75 L	F	vd Walt, Carol	60	ETSM ES	2008-11-08	TMS Interregional @ Hillcrest
10	1:16.86 L	F	Smit, Jackie	61	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Londc
Women 60-64 100 Back							
1	1:31.38 L	F	Kruger, Sanderina	60	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U
2	1:38.32 L	F	Russell, Therese	61	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc
3	1:48.58 L	F	Strong, Jenny	61	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Londc
4	1:58.12 L	F	Fyfe, Joyce	62	COEL NT	2009-02-28	GMS Interregional @ Ellis Park
5	2:13.82 L	F	vd Walt, Carol	61	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc
6	2:43.36 L	F	Smit, Jackie	61	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Londc
Women 60-64 200 Back							
1	3:30.98 L	F	Russell, Therese	61	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc
2	3:45.91 L	F	Jones, Anne	64	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc
3	3:50.27 L	F	Strong, Jenny	61	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Londc
4	4:13.85 L	F	Fyfe, Joyce	62	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
5	4:46.16 L	F	vd Walt, Carol	61	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc
6	5:46.69 L	F	Smit, Jackie	61	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Londc
Women 60-64 50 Breast							
1	45.84 L	F	Shuttleworth, Bev	61	HIGH KZ	2009-02-15	KZNMSA LC Champs @ Kings Park
2	47.66 L	F	Russell, Therese	61	DOLP WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U
3	51.20 L	F	Jones, Anne	64	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc
4	51.35 L	F	Lawless, Helen	60	WAHO CG	2009-01-31	GMS (Phoenix) @ Ellis Park
5	55.08 L	F	Godfrey, Colleen	60	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc
6	55.27 L	F	Ferreira, Mercia	60	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
7	59.90 L	F	Harris, Laraine	60	ETSM ES	2009-02-12	TMS LC Champs @ Hillcrest
Women 60-64 100 Breast							
1	1:42.04 L	F	Shuttleworth, Bev	61	HIGH KZ	2009-02-15	KZNMSA LC Champs @ Kings Park
2	2:01.41 L	F	Godfrey, Colleen	60	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc
3	2:04.72 L	F	Ferreira, Mercia	60	WAHO CG	2009-02-28	GMS Interregional @ Ellis Park
4	2:12.50 L	F	Harris, Laraine	60	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc
5	2:13.06 L	F	Wilcox, Pat	61	PHOE CG	2009-02-28	GMS Interregional @ Ellis Park
Women 60-64 200 Breast							
1	3:52.04 L	F	Shuttleworth, Bev	62	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc
2	4:24.92 L	F	Ferreira, Mercia	60	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
3	5:02.96 L	F	Harris, Laraine	60	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc
Women 60-64 50 Fly							
1	35.41 L	F	Kruger, Sanderina	60	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc
2	38.61 L	F	Craig, Elsa	64	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc
3	44.40 L	F	Lawless, Helen	60	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
4	49.83 L	F	Clark, Rosemary	61	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc
Women 60-64 100 Fly							
1	1:36.17 L	F	Craig, Elsa	64	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc
2	1:54.26 L	F	Lawless, Helen	60	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
3	2:00.85 L	F	Clark, Rosemary	61	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc
Women 60-64 200 Fly							
1	4:08.05 L	F	Craig, Elsa	64	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc
2	4:10.69 L	F	Lawless, Helen	60	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
Women 60-64 200 IM							
1	3:21.69 L	F	Craig, Elsa	64	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc
2	3:31.41 L	F	Russell, Therese	61	DOLP WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U
3	3:40.72 L	F	Jones, Anne	64	PHOE CG	2009-02-28	GMS Interregional @ Ellis Park
4	3:51.04 L	F	Lawless, Helen	60	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc

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	Time	P/F/S	Name	Age/Yr				
Women 60-64 400 IM								
1	7:21.22 L	F	Craig, Elsa	64	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	8:17.04 L	F	Lawless, Helen	60	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Lond	