

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 60-64 25 Free							
1	16.09 S	F	Russell, Therese	60	DOLP WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
Women 60-64 50 Free							
1	34.92 S	F	Russell, Therese	60	DOLP WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos
2	37.33 S	F	Jones, Anne	63	PHOE CG	2008-10-01	SAMS (Consol.) SC Champs @ variou
3	39.04 S	F	Zundorf, Lenchen	64	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
4	39.97 S	F	Clark, Rosemary	60	EACS KZ	2009-03-29	KZNMSA (Highway) @ Gordon Road
5	41.69 S	F	Fyfe, Joyce	61	COEL NT	2008-10-01	SAMS (Consol.) SC Champs @ variou
6	44.53 S	F	Angelos, Merle	64	EACS KZ	2009-01-18	KZNMSA (East Coast) @ Gordon Roa
7	45.09 S	F	Wilcox, Pat	60	PHOE CG	2008-11-22	GMS (Killer Whales) @ Linden
8	50.40 S	F	Gray, Ann	60	HIGH KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa
9	51.79 S	F	vd Walt, Carol	60	ETSM ES	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit
10	1:07.97 S	F	Smit, Jackie	60	FISH SW	2008-10-01	SAMS (Consol.) SC Champs @ variou
Women 60-64 100 Free							
1	1:22.24 S	F	Russell, Therese	60	DOLP WP	2008-09-18	WPMSA (Cape Town) @ Long Street
2	1:32.65 S	F	Clark, Rosemary	61	EACS KZ	2009-01-18	KZNMSA (East Coast) @ Gordon Roa
3	1:47.47 S	F	Angelos, Merle	64	EACS KZ	2009-01-18	KZNMSA (East Coast) @ Gordon Roa
4	1:53.91 S	F	Gray, Ann	60	HIGH KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa
Women 60-64 200 Free							
1	3:01.57 S	F	Russell, Therese	60	DOLP WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
2	3:10.73 S	F	Jones, Anne	63	PHOE CG	2008-10-01	SAMS (Consol.) SC Champs @ variou
3	3:30.29 S	F	Clark, Rosemary	61	EACS KZ	2009-01-18	KZNMSA (East Coast) @ Gordon Roa
4	3:41.42 S	F	Fyfe, Joyce	61	COEL NT	2008-10-01	SAMS (Consol.) SC Champs @ variou
5	3:51.11 S	F	Wilcox, Pat	60	PHOE CG	2008-11-22	GMS (Killer Whales) @ Linden
6	4:03.84 S	F	Gray, Ann	61	HIGH KZ	2009-01-18	KZNMSA (East Coast) @ Gordon Roa
7	5:11.06 S	F	Smit, Jackie	60	FISH SW	2008-10-01	SAMS (Consol.) SC Champs @ variou
Women 60-64 400 Free							
1	6:43.86 S	F	Shuttleworth, Bev	61	HIGH KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa
2	8:25.09 S	F	Gray, Ann	60	HIGH KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa
Women 60-64 25 Back							
1	19.64 S	F	Russell, Therese	60	DOLP WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
Women 60-64 50 Back							
1	43.69 S	F	Russell, Therese	60	DOLP WP	2008-07-17	WPMSA (Winelands) @ Long Street
2	44.90 S	F	Shuttleworth, Bev	61	HIGH KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou
3	48.96 S	F	Fyfe, Joyce	61	COEL NT	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit
4	52.78 S	F	Angelos, Merle	64	EACS KZ	2009-01-18	KZNMSA (East Coast) @ Gordon Roa
5	1:02.09 S	F	vd Walt, Carol	60	ETSM ES	2008-10-01	SAMS (Consol.) SC Champs @ variou
6	1:12.49 S	F	Smit, Jackie	60	FISH SW	2008-10-01	SAMS (Consol.) SC Champs @ variou
Women 60-64 100 Back							
1	1:35.87 S	F	Russell, Therese	61	DOLP WP	2009-04-01	WPMSA @ Long Street
2	1:58.26 S	F	Fyfe, Joyce	61	COEL NT	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit
3	2:17.49 S	F	vd Walt, Carol	60	ETSM ES	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit
Women 60-64 200 Back							
1	3:27.23 S	F	Russell, Therese	60	DOLP WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos
2	3:43.29 S	F	Jones, Anne	63	PHOE CG	2008-10-01	SAMS (Consol.) SC Champs @ variou
3	4:07.91 S	F	Fyfe, Joyce	61	COEL NT	2008-10-01	SAMS (Consol.) SC Champs @ variou
4	4:50.06 S	F	vd Walt, Carol	60	ETSM ES	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit
5	5:50.55 S	F	Smit, Jackie	60	FISH SW	2008-10-01	SAMS (Consol.) SC Champs @ variou
Women 60-64 25 Breast							
1	20.82 S	F	Russell, Therese	60	DOLP WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
Women 60-64 50 Breast							
1	45.22 S	F	Shuttleworth, Bev	61	HIGH KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou
2	50.50 S	F	Zundorf, Lenchen	64	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
3	51.12 S	F	Jones, Anne	63	PHOE CG	2008-10-01	SAMS (Consol.) SC Champs @ variou

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	Time	P/F/S	Name	Age/Yr				
4	51.13 S	F	Russell, Therese	60	DOLP WP	2008-06-19	WPMSA (Cape Town) @ Long Street	
5	1:22.78 S	F	Smit, Jackie	60	FISH SW	2008-10-01	SAMS (Consol.) SC Champs @ variou	
Women 60-64 100 Breast								
1	1:40.94 S	F	Shuttleworth, Bev	61	HIGH KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
2	1:51.83 S	F	Russell, Therese	60	DOLP WP	2008-06-19	WPMSA (Cape Town) @ Long Street	
3	1:53.00 S	F	Zundorf, Lenchen	64	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	
Women 60-64 200 Breast								
1	4:05.05 S	F	Zundorf, Lenchen	64	CPTW WP	2008-07-17	WPMSA (Winelands) @ Long Street	
2	4:27.19 S	F	Wilcox, Pat	60	PHOE CG	2008-11-22	GMS (Killer Whales) @ Linden	
Women 60-64 25 Fly								
1	19.31 S	F	Russell, Therese	60	DOLP WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
Women 60-64 50 Fly								
1	51.56 S	F	Clark, Rosemary	60	EACS KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park	
Women 60-64 100 IM								
1	1:34.66 S	F	Russell, Therese	60	DOLP WP	2008-07-17	WPMSA (Winelands) @ Long Street	
Women 60-64 200 IM								
1	3:31.49 S	F	Russell, Therese	60	DOLP WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	