

## 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 65-69 50 Free</b>								
1	38.97 L	F	Zundorf, Lenchen	65	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	39.09 L	F	Tregenna, Gill	67	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	41.77 L	F	Hurwitz, Salome	67	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	43.33 L	F	Potts, Miemie	65	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	50.89 L	F	Wilson, Dot	65	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 65-69 100 Free</b>								
1	1:28.34 L	F	Zundorf, Lenchen	65	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
2	1:31.48 L	F	Tregenna, Gill	67	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	1:33.14 L	F	Kokott, Willij	66	HIGH KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
4	1:37.65 L	F	Lordan, Beth	68	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	1:58.38 L	F	Wilson, Dot	65	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 65-69 200 Free</b>								
1	3:22.43 L	F	Kokott, Willij	67	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	3:26.57 L	F	Zundorf, Lenchen	65	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
3	3:38.20 L	F	Lordan, Beth	68	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	5:34.68 L	F	Muir, Wendy	68	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 65-69 400 Free</b>								
1	7:03.70 L	F	Kokott, Willij	66	HIGH KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
2	7:43.37 L	F	Lordan, Beth	68	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 65-69 800 Free</b>								
1	14:20.13 L	F	Kokott, Willij	67	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	15:47.18 L	F	Lordan, Beth	68	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	17:01.31 L	F	Rix, Tricia	66	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 65-69 1500 Free</b>								
1	54:18.00 L	F	Muir, Wendy	67	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
<b>Women 65-69 50 Back</b>								
1	47.89 L	F	Zundorf, Lenchen	65	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	47.93 L	F	Kokott, Willij	67	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	50.59 L	F	Potts, Miemie	65	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	53.24 L	F	Hurwitz, Salome	67	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	1:02.76 L	F	Rix, Tricia	66	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
6	1:07.50 L	F	Wilson, Dot	65	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	1:19.37 L	F	Muir, Wendy	68	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 65-69 100 Back</b>								
1	1:45.59 L	F	Zundorf, Lenchen	65	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:46.82 L	F	Kokott, Willij	67	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	2:04.23 L	F	Rix, Tricia	66	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	2:28.05 L	F	Wilson, Dot	65	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	2:44.61 L	F	Muir, Wendy	68	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 65-69 200 Back</b>								
1	3:56.81 L	F	Kokott, Willij	66	HIGH KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
2	4:18.67 L	F	Rix, Tricia	66	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	6:00.13 L	F	Muir, Wendy	68	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 65-69 50 Breast</b>								
1	47.67 L	F	Hurwitz, Salome	67	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	50.42 L	F	Zundorf, Lenchen	65	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	53.56 L	F	Potts, Miemie	65	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	53.60 L	F	Lordan, Beth	68	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	59.48 L	F	Rix, Tricia	66	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
6	1:08.90 L	F	Wilson, Dot	65	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 65-69 100 Breast</b>								
1	1:48.55 L	F	Hurwitz, Salome	67	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:51.71 L	F	Zundorf, Lenchen	65	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	

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	Time	P/F/S	Name	Age/Yr				
3	1:55.87 L	F	Potts, Miemie	65	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	1:59.32 L	F	Lordan, Beth	68	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	2:10.58 L	F	Rix, Tricia	66	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	2:29.78 L	F	Wilson, Dot	65	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 65-69 200 Breast</b>								
1	4:00.31 L	F	Hurwitz, Salome	67	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	4:14.15 L	F	Potts, Miemie	65	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	4:27.45 L	F	Rix, Tricia	66	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	5:57.55 L	F	Muir, Wendy	68	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 65-69 50 Fly</b>								
1	46.79 L	F	Hurwitz, Salome	67	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	53.55 L	F	Tregenna, Gill	66	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
3	1:34.97 L	F	Muir, Wendy	68	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
<b>Women 65-69 100 Fly</b>								
1	2:01.81 L	F	Tregenna, Gill	67	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 65-69 200 Fly</b>								
1	4:47.76 L	F	Tregenna, Gill	67	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 65-69 200 IM</b>								
1	4:01.67 L	F	Tregenna, Gill	67	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	4:38.95 L	F	Rix, Tricia	66	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
<b>Women 65-69 400 IM</b>								
1	8:25.71 L	F	Tregenna, Gill	67	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	