

FINA 13th LC Champs @ Goteborg Sweden - 2010-07-31 to 2010-08-07

Valhalla & Lunby 50m pools at Goteborg Sweden

Results

Women 35-39 200 LC Meter Freestyle

WORLD record: 2:06.94 W 1997-08-10 K.PIPES-NEILSEN USA
SAMS record: 2:15.79 S 2007-08-12 Amanda Picard (Hst)
 2:17.43 35-39 SAQT SAMS Colours 2010-11

Name	Age	Team	Finals Time
25 Amner, Claire	36	Cape Town MSC-WP	2:35.80
	36.04	1:15.62 (39.58) 1:56.07 (40.45)	2:35.80 (39.73)

Women 35-39 400 LC Meter Freestyle

WORLD record: 4:26.17 W 1997-08-10 K.PIPES-NEILSEN USA
SAMS record: 4:45.36 S 2007-08-11 Amanda Picard (Hst)
 4:49.77 35-39 SAQT SAMS Colours 2010-11

21 Amner, Claire	36	Cape Town MSC-WP	5:24.67
	1:17.03	2:39.82 (1:22.79) 4:03.19 (1:23.37)	5:24.67 (1:21.48)

Women 35-39 800 LC Meter Freestyle

WORLD record: 9:11.15 W 2008-04-18 KIRSTEN CAMERON NZL
SAMS record: 9:48.06 S 2007-08-13 Amanda Picard (Hst)
 9:55.15 35-39 SAQT SAMS Colours 2010-11

19 Amner, Claire	36	Cape Town MSC-WP	11:00.43
	1:17.01	2:40.27 (1:23.26) 4:04.91 (1:24.64)	5:29.73 (1:24.82)
	6:53.92 (1:24.19)	8:17.73 (1:23.81) 9:40.89 (1:23.16)	11:00.43 (1:19.54)

Women 35-39 3k Open Water Open Water

43:37.00 35-39 SAOW SAMS OW 2010-11

21 Amner, Claire	36	Cape Town MSC-WP	43:28.70	SAOW
46 Mills, Colleen	39	Unattached	1:00:49.60	

Women 35-39 200 LC Meter Butterfly

WORLD record: 2:20.21 W 1997-08-10 K.PIPES-NEILSEN USA
SAMS record: 2:33.00 S 2008-03-14 Rachele Isakov (Dbn)
 2:37.19 35-39 SAQT SAMS Colours 2010-11

15 Amner, Claire	36	Cape Town MSC-WP	3:07.73
	40.09	1:25.85 (45.76) 2:15.56 (49.71)	3:07.73 (52.17)

Women 35-39 400 LC Meter IM

WORLD record: 5:07.21 W 1997-06-29 K.PIPES-NEILSEN USA
SAMS record: 5:31.13 S 2008-03-13 Rachele Isakov (Dbn)
 5:41.06 35-39 SAQT SAMS Colours 2010-11

15 Amner, Claire	36	Cape Town MSC-WP	6:06.08
	1:27.10	3:00.86 (1:33.76) 4:43.55 (1:42.69)	6:06.08 (1:22.53)

Women 40-44 50 LC Meter Freestyle

WORLD record: 26.44 W 2009-11-07 EDITH OTTERMANN RSA
SAMS record: 26.44 S 2009-11-07 Edith Ottermann (Pta)
 28.01 40-44 SAQT SAMS Colours 2010-11

37 Kennedy, Karen	44	Phoenix MSC-CG	31.82
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Women 40-44 100 LC Meter Freestyle

WORLD record: 58.43 W 2003-08-17 MARIA DOELGER USA
SAMS record: 1:00.39 S 6-2004 Bev McCarney (Ric)
 1:02.55 40-44 SAQT SAMS Colours 2010-11

23 Kennedy, Karen	44	Phoenix MSC-CG	1:09.17
	31.88	1:09.17 (37.29)	

Women 40-44 200 LC Meter Freestyle

WORLD record: 2:09.28 W 2005-08-15 K.PIPES-NEILSEN USA
SAMS record: 2:15.36 S 3-2005 Bev McCarney (Grm)
 2:17.41 40-44 SAQT SAMS Colours 2010-11

2 Picard, Amanda	42	Cape Town MSC-WP	2:18.16
	31.75	1:06.56 (34.81) 1:42.39 (35.83)	2:18.16 (35.77)

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21	Kennedy, Karen	44	Phoenix MSC-CG	2:33.85
	35.09	1:14.01 (38.92)	1:54.85 (40.84)	2:33.85 (39.00)
---	Philipps, Bronwyn	41	Coelacanth MSC-NT	NS

Women 40-44 400 LC Meter Freestyle

WORLD record: 4:28.24 W 2002-08-11 K.PIPES-NEILSEN USA
SAMS record: 4:56.41 S 3-2004 Cecilia Stanford (CT)
 4:52.88 40-44 SAQT SAMS Colours 2010-11

1	Picard, Amanda	42	Cape Town MSC-WP	4:47.44 S SAQT
	1:07.60	2:20.78 (1:13.18)	3:34.75 (1:13.97)	4:47.44 (1:12.69)
9	Morris-Eyton, Heather	43	Phoenix MSC-CG	5:06.85
	1:10.81	2:26.28 (1:15.47)	3:46.03 (1:19.75)	5:06.85 (1:20.82)
12	Lavett, Barbara	42	Highway MSC-KZ	5:13.81
	1:12.64	2:31.97 (1:19.33)	3:52.94 (1:20.97)	5:13.81 (1:20.87)
24	Kennedy, Karen	44	Phoenix MSC-CG	5:31.74
	1:15.79	2:39.13 (1:23.34)	4:06.68 (1:27.55)	5:31.74 (1:25.06)
---	Philipps, Bronwyn	41	Coelacanth MSC-NT	NS

Women 40-44 800 LC Meter Freestyle

WORLD record: 9:24.77 W 2002-09-29 K.PIPES-NEILSEN USA
SAMS record: 10:17.59 S 2009-03-11 Heather Morris-Eyton (EL)
 10:05.11 40-44 SAQT SAMS Colours 2010-11

2	Picard, Amanda	42	Cape Town MSC-WP	9:55.35 S SAQT
	1:07.80	2:21.78 (1:13.98)	3:36.50 (1:14.72)	4:51.75 (1:15.25)
	6:07.05 (1:15.30)	7:23.04 (1:15.99)	8:39.47 (1:16.43)	9:55.35 (1:15.88)
10	Lavett, Barbara	42	Highway MSC-KZ	10:42.71
	1:12.95	2:32.93 (1:19.98)	3:54.01 (1:21.08)	5:16.10 (1:22.09)
	6:38.08 (1:21.98)	8:00.13 (1:22.05)	9:22.19 (1:22.06)	10:42.71 (1:20.52)
17	Kennedy, Karen	44	Phoenix MSC-CG	11:13.97
	1:17.49	2:41.33 (1:23.84)	4:08.23 (1:26.90)	5:34.56 (1:26.33)
	7:01.20 (1:26.64)	8:27.86 (1:26.66)	9:52.94 (1:25.08)	11:13.97 (1:21.03)

Women 40-44 3k Open Water Open Water

43:32.00 40-44 SAOW SAMS OW 2010-11

1	Picard, Amanda	42	Cape Town MSC-WP	37:56.00	SAOW
8	Lavett, Barbara	42	Highway MSC-KZ	40:34.30	SAOW
10	Morris-Eyton, Heather	43	Phoenix MSC-CG	41:11.50	SAOW
24	Kennedy, Karen	44	Phoenix MSC-CG	46:50.30	
---	Philipps, Bronwyn	41	Coelacanth MSC-NT		NS

Women 40-44 50 LC Meter Breaststroke

WORLD record: 33.25 W 2006-07-23 S.VON DER LIPPE USA
SAMS record: 35.59 S 2009-11-07 Heather Morris-Eyton (Pta)
 37.41 40-44 SAQT SAMS Colours 2010-11

---	Morris-Eyton, Heather	43	Phoenix MSC-CG	DQ
	False start			

Women 40-44 100 LC Meter Breaststroke

WORLD record: 1:13.78 W 2009-05-23 S.VON DER LIPPE USA
SAMS record: 1:16.33 S 2009-03-12 Heather Morris-Eyton (EL)
 1:22.43 40-44 SAQT SAMS Colours 2010-11

1	Morris-Eyton, Heather	43	Phoenix MSC-CG	1:15.83 S SAQT
	36.22	1:15.83 (39.61)		

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Women 40-44 200 LC Meter Breaststroke

WORLD record: 2:38.44 W 2006-08-09 S.VON DER LIPPE USA

SAMS record: 2:43.16 S 2010-03-19 Heather Morris-Eyton (Pta)

3:02.29 40-44 SAQT SAMS Colours 2010-11

1 Morris-Eyton, Heather 43 Phoenix MSC-CG 2:40.76 S SAQT
36.50 1:17.16 (40.66) 1:58.92 (41.76) 2:40.76 (41.84)

Women 45-49 50 LC Meter Freestyle

WORLD record: 27.44 W 2007-08-13 SUSAN WALSH USA

SAMS record: 29.39 S 2009-03-11 Marcelle Strauss (EL)

28.93 45-49 SAQT SAMS Colours 2010-11

6 Strauss, Marcelle 46 Cape Town MSC-WP 29.99

Women 45-49 100 LC Meter Freestyle

WORLD record: 59.79 W 2007-08-05 K.PIPES-NEILSEN USA

SAMS record: 1:03.40 S 2008-04-19 Cecilia Stanford (Per)

1:03.96 45-49 SAQT SAMS Colours 2010-11

2 Stanford, Cecilia 49 Cape Town MSC-WP 1:03.84 SAQT
31.58 1:03.84 (32.26)

5 Strauss, Marcelle 46 Cape Town MSC-WP 1:06.12
31.07 1:06.12 (35.05)

Women 45-49 200 LC Meter Freestyle

WORLD record: 2:10.09 W 2009-06-13 K.PIPES-NEILSEN USA

SAMS record: 2:23.73 S 2009-02-17 Cecilia Stanford (CT)

2:19.14 45-49 SAQT SAMS Colours 2010-11

4 Strauss, Marcelle 46 Cape Town MSC-WP 2:25.95
32.72 1:08.88 (36.16) 1:47.54 (38.66) 2:25.95 (38.41)

Women 45-49 3k Open Water Open Water

44:15.00 45-49 SAOW SAMS OW 2010-11

25 Bell, Shona 46 Phoenix MSC-CG 57:56.70

Women 45-49 50 LC Meter Backstroke

WORLD record: 31.71 W 2008-08-17 VALERIE JENKINS USA

SAMS record: 34.89 S 2006-03-04 Cecilia Stanford (Mal)

34.41 45-49 SAQT SAMS Colours 2010-11

2 Dokter, Monique 45 Cape Dolphin MSC-WP 34.82 S

Women 45-49 100 LC Meter Backstroke

WORLD record: 1:08.11 W 2009-05-24 K.PIPES-NEILSEN USA

SAMS record: 1:14.92 S 2006-08-09 Cecilia Stanford (San)

1:15.28 45-49 SAQT SAMS Colours 2010-11

3 Dokter, Monique 45 Cape Dolphin MSC-WP 1:15.93
35.79 1:15.93 (40.14)

Women 45-49 200 LC Meter Backstroke

WORLD record: 2:26.06 W 2009-05-22 K.PIPES-NEILSEN USA

SAMS record: 2:43.79 S 2006-08-05 Cecilia Stanford (San)

2:44.88 45-49 SAQT SAMS Colours 2010-11

5 Dokter, Monique 45 Cape Dolphin MSC-WP 2:50.65
37.39 1:19.20 (41.81) 2:05.12 (45.92) 2:50.65 (45.53)

Women 45-49 100 LC Meter Breaststroke

WORLD record: 1:13.49 W 2009-09-17 MARZENA KULIS ITA

SAMS record: 1:25.01 S 2009-03-12 Cecilia Stanford (EL)

1:24.18 45-49 SAQT SAMS Colours 2010-11

8 Stanford, Cecilia 49 Cape Town MSC-WP 1:24.83 S
40.73 1:24.83 (44.10)

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(Women 45-49 100 LC Meter Breaststroke)

19 Strauss, Marcelle 46 Cape Town MSC-WP 1:31.10
42.80 1:31.10 (48.30)

Women 45-49 200 LC Meter Breaststroke

WORLD record: 2:45.20 W 2007-08-05 CAROLINE KRATTLI USA

SAMS record: 3:03.93 S 4-2008 Gail McCarney (Per)

3:05.98 45-49 SAQT SAMS Colours 2010-11

9 Strauss, Marcelle 46 Cape Town MSC-WP 3:14.36
43.90 1:33.41 (49.51) 2:23.91 (50.50) 3:14.36 (50.45)

Women 45-49 50 LC Meter Butterfly

WORLD record: 29.37 W 2009-08-06 LAURIE DITOMMASO USA

SAMS record: 32.01 S 2008-04-20 Cecilia Stanford (Per)

30.79 45-49 SAQT SAMS Colours 2010-11

4 Stanford, Cecilia 49 Cape Town MSC-WP 31.67S

Women 45-49 100 LC Meter Butterfly

WORLD record: 1:05.69 W 2008-09-06 K.PIPES-NEILSEN USA

SAMS record: 1:09.53 S 2006-08-07 Cecilia Stanford (San)

1:11.27 45-49 SAQT SAMS Colours 2010-11

2 Stanford, Cecilia 49 Cape Town MSC-WP 1:10.17 SAQT
33.02 1:10.17 (37.15)

Women 45-49 200 LC Meter IM

WORLD record: 2:27.57 W 2008-08-16 K.PIPES-NEILSEN USA

SAMS record: 2:35.64 S 2006-08-07 Cecilia Stanford (San)

2:43.62 45-49 SAQT SAMS Colours 2010-11

2 Stanford, Cecilia 49 Cape Town MSC-WP 2:36.41 SAQT
32.48 1:11.88 (39.40) 1:59.31 (47.43) 2:36.41 (37.10)

Women 50-54 200 LC Meter Freestyle

WORLD record: 2:15.00 W 2008-04-20 S.HEIM-BOWEN USA

SAMS record: 2:23.66 S 2008-04-20 Heather Campbell (Per)

2:27.66 50-54 SAQT SAMS Colours 2010-11

13 Davie, Clare 54 Phoenix MSC-CG 2:43.08
38.10 1:18.44 (40.34) 2:00.01 (41.57) 2:43.08 (43.07)

Women 50-54 400 LC Meter Freestyle

WORLD record: 4:42.37 W 2008-04-24 S.HEIM-BOWEN USA

SAMS record: 5:11.48 S 2009-03-14 Liz Webb (EL)

5:10.53 50-54 SAQT SAMS Colours 2010-11

8 Davie, Clare 54 Phoenix MSC-CG 5:34.99
1:20.62 2:45.94 (1:25.32) 4:11.64 (1:25.70) 5:34.99 (1:23.35)

Women 50-54 800 LC Meter Freestyle

WORLD record: 9:48.81 W 2008-04-18 S.HEIM-BOWEN USA

SAMS record: 10:32.68 S 2009-03-11 Liz Webb (EL)

10:50.88 50-54 SAQT SAMS Colours 2010-11

--- Davie, Clare 54 Phoenix MSC-CG NS

Women 50-54 3k Open Water Open Water

45:58.00 50-54 SAOW SAMS OW 2010-11

6 Davie, Clare 54 Phoenix MSC-CG 45:00.00 SAOW

Women 50-54 50 LC Meter Backstroke

WORLD record: 32.87 W 2002-08-18 J.SWAGERTY-HILL USA

SAMS record: 35.93 S 3-2005 Dianne Coetzee (Grm)

36.71 50-54 SAQT SAMS Colours 2010-11

5 Degenaar, Jean 50 Cape Town MSC-WP 37.18

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Women 50-54 100 LC Meter Backstroke

WORLD record:	1:13.55	W	2008-08-17	K.ANDRUS-HUGHES	USA	
SAMS record:	1:18.30	S	3-2005	Diane Coetzee (Grm)		
	1:19.50			50-54 SAQT SAMS Colours 2010-11		
4	Degenaar, Jean			50 Cape Town MSC-WP		1:19.42 SAQT
	38.88		1:19.42 (40.54)			
9	Davie, Clare			54 Phoenix MSC-CG		1:23.61
	40.73		1:23.61 (42.88)			

Women 50-54 200 LC Meter Backstroke

WORLD record:	2:37.11	W	2010-03-06	NAOKO SHIDE	JPN	
SAMS record:	2:49.89	S	2006-08-05	Clare Davie (San)		
	2:53.90			50-54 SAQT SAMS Colours 2010-11		
5	Degenaar, Jean			50 Cape Town MSC-WP		2:54.99
	39.68		1:22.96 (43.28)	2:08.55 (45.59)	2:54.99 (46.44)	
8	Davie, Clare			54 Phoenix MSC-CG		2:58.64
	42.16		1:26.44 (44.28)	2:12.51 (46.07)	2:58.64 (46.13)	

Women 50-54 50 LC Meter Breaststroke

WORLD record:	35.61	W	2009-12-05	JENNY WHITELEY	AUS	
SAMS record:	39.52	S	2009-03-13	Gail McCarney (EL)		
	38.98			50-54 SAQT SAMS Colours 2010-11		
---	Arbuthnot, Cheryl			52 Coelacanth MSC-NT		DQ
	Swimmer did not finish					

Women 50-54 100 LC Meter Breaststroke

WORLD record:	1:19.91	W	2008-04-19	JENNY WHITELEY	AUS	
SAMS record:	1:28.05	S	4-1998	S. Turner (Blm)		
	1:27.18			50-54 SAQT SAMS Colours 2010-11		
63	Arbuthnot, Cheryl			52 Coelacanth MSC-NT		2:19.39
	1:02.39		2:19.39 (1:17.00)			

Women 50-54 200 LC Meter Breaststroke

WORLD record:	2:55.15	W	2008-04-23	JENNY WHITELEY	AUS	
SAMS record:	3:09.79	S	11-1997	S. Turner (Grm)		
	3:09.90			50-54 SAQT SAMS Colours 2010-11		
---	Arbuthnot, Cheryl			52 Coelacanth MSC-NT		NS

Women 50-54 100 LC Meter Butterfly

WORLD record:	1:07.81	W	2001-08-17	LAURA VAL	USA	
SAMS record:	1:14.37	S	3-2005	Heather Campbell (Grm)		
	1:17.19			50-54 SAQT SAMS Colours 2010-11		
7	Degenaar, Jean			50 Cape Town MSC-WP		1:19.03
	35.57		1:19.03 (43.46)			

Women 50-54 200 LC Meter IM

WORLD record:	2:38.80	W	2008-12-13	JENNY WHITELEY	AUS	
SAMS record:	2:44.37	S	2008-04-21	Heather Campbell (Per)		
	2:50.87			50-54 SAQT SAMS Colours 2010-11		
3	Degenaar, Jean			50 Cape Town MSC-WP		2:50.31 SAQT
	35.30		1:18.18 (42.88)	2:08.98 (50.80)	2:50.31 (41.33)	

Women 55-59 200 LC Meter Freestyle

WORLD record:	2:16.28	W	2009-08-06	LAURA VAL	USA	
SAMS record:	2:30.12	S	2010-02-16	Diane Coetzee (CT)		
	2:36.24			55-59 SAQT SAMS Colours 2010-11		
1	Coetzee, Di			55 Cape Town MSC-WP		2:30.55 SAQT
	35.21		1:13.40 (38.19)	1:51.84 (38.44)	2:30.55 (38.71)	

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Women 55-59 400 LC Meter Freestyle

WORLD record:	4:50.13	W	2009-07-12	LAURA VAL	USA	
SAMS record:	5:19.05	S	2010-02-18	Diane Coetzee (CT)		
	5:29.51			55-59 SAQT SAMS Colours 2010-11		
2	Coetzee, Di			55 Cape Town MSC-WP		5:15.29 S SAQT
	1:14.48		2:35.30 (1:20.82)	3:56.69 (1:21.39)	5:15.29 (1:18.60)	
7	Sharkey, Therese			55 Winelands MSC-WP		5:57.30
	1:26.12		2:57.71 (1:31.59)	4:29.31 (1:31.60)	5:57.30 (1:27.99)	

Women 55-59 800 LC Meter Freestyle

WORLD record:	10:05.28	W	2008-07-12	LAURA VAL	USA	
SAMS record:	11:02.89	S	2010-02-21	Diane Coetzee (CT)		
	11:23.70			55-59 SAQT SAMS Colours 2010-11		
2	Coetzee, Di			55 Cape Town MSC-WP		10:48.54 S SAQT
	1:14.94		2:36.76 (1:21.82)	3:59.07 (1:22.31)	5:22.12 (1:23.05)	
	6:44.42 (1:22.30)		8:07.26 (1:22.84)	9:29.84 (1:22.58)	10:48.54 (1:18.70)	

Women 55-59 50 LC Meter Backstroke

WORLD record:	33.90	W	2009-08-09	LAURA VAL	USA	
SAMS record:	36.61	S	2008-04-24	Morag Bromfield (Per)		
	37.88			55-59 SAQT SAMS Colours 2010-11		
3	Sharkey, Therese			55 Winelands MSC-WP		40.49

Women 55-59 100 LC Meter Backstroke

WORLD record:	1:14.41	W	2008-08-17	LAURA VAL	USA	
SAMS record:	1:20.98	S	2010-03-18	Heather Campbell (Pta)		
	1:22.23			55-59 SAQT SAMS Colours 2010-11		
1	Coetzee, Di			55 Cape Town MSC-WP		1:20.36 S SAQT
	40.47		1:20.36 (39.89)			
4	Sharkey, Therese			55 Winelands MSC-WP		1:25.87
	41.87		1:25.87 (44.00)			

Women 55-59 200 LC Meter Backstroke

WORLD record:	2:47.52	W	2009-08-06	N.STEADMAN MARTIN	USA	
SAMS record:	2:57.36	S	2010-02-16	Diane Coetzee (CT)		
	3:03.59			55-59 SAQT SAMS Colours 2010-11		
2	Coetzee, Di			55 Cape Town MSC-WP		2:56.16 S SAQT
	41.13		1:25.80 (44.67)	2:11.74 (45.94)	2:56.16 (44.42)	
3	Sharkey, Therese			55 Winelands MSC-WP		3:08.35
	45.76		1:33.53 (47.77)	2:22.48 (48.95)	3:08.35 (45.87)	

Women 55-59 400 LC Meter IM

WORLD record:	5:49.40	W	2009-07-10	LAURA VAL	USA	
SAMS record:	6:50.76	S	2008-03-13	Jenny Ireland (Dbn)		
	6:30.52			55-59 SAQT SAMS Colours 2010-11		
6	Sharkey, Therese			55 Winelands MSC-WP		6:57.62
	1:51.94		3:30.52 (1:38.58)	5:30.94 (2:00.42)	6:57.62 (1:26.68)	

Women 60-64 50 LC Meter Freestyle

WORLD record:	30.55	W	2009-04-18	R.DE VIVANCO	PER	
SAMS record:	30.69	S	2010-03-20	Sanderina Kruger (Pta)		
	33.50			60-64 SAQT SAMS Colours 2010-11		
2	Kruger, Sanderina			61 Cape Town MSC-WP		30.74 SAQT

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Women 60-64 100 LC Meter Freestyle

WORLD record:	1:06.63	W	2009-03-13	SANDERINA KRUGER	RSA
SAMS record:	1:06.63	S	2009-03-13	Sanderina Kruger (EL)	
	1:15.81			60-64 SAQT SAMS Colours 2010-11	
2	Kruger, Sanderina		61	Cape Town MSC-WP	1:07.39 SAQT
	33.11		1:07.39 (34.28)		

Women 60-64 200 LC Meter Freestyle

WORLD record:	2:31.50	W	2009-06-11	R.DE VIVANCO	PER
SAMS record:	2:33.36	S	2009-03-12	Sanderina Kruger (EL)	
	2:48.28			60-64 SAQT SAMS Colours 2010-11	
1	Kruger, Sanderina		61	Cape Town MSC-WP	2:29.54 W SAQT
	33.55		1:10.60 (37.05)	1:50.25 (39.65)	2:29.54 (39.29)

Women 60-64 100 LC Meter Backstroke

WORLD record:	1:18.91	W	2006-08-09	B.BARNETT-SALLEE	USA
SAMS record:	1:28.05	S	2010-03-18	Sanderina Kruger (Pta)	
	1:30.38			60-64 SAQT SAMS Colours 2010-11	
1	Kruger, Sanderina		61	Cape Town MSC-WP	1:23.96 S SAQT
	41.01		1:23.96 (42.95)		

Women 60-64 50 LC Meter Butterfly

WORLD record:	33.47	W	2004-06-04	JUDY WILSON	GBR
SAMS record:	35.41	S	2009-03-14	Sanderina Kruger (EL)	
	37.84			60-64 SAQT SAMS Colours 2010-11	
3	Kruger, Sanderina		61	Cape Town MSC-WP	35.01 S SAQT

Women 65-69 200 LC Meter Backstroke

WORLD record:	3:06.41	W	2008-04-19	BONNIE PRONK	CAN
SAMS record:	3:50.48	S	2010-03-19	Anne Jones (Pta)	
	3:26.59			65-69 SAQT SAMS Colours 2010-11	
15	Rix, Tricia		67	Cape Town MSC-WP	4:21.37
	1:03.61		2:11.29 (1:07.68)	3:19.29 (1:08.00)	4:21.37 (1:02.08)

Women 65-69 50 LC Meter Breaststroke

WORLD record:	41.52	W	2009-06-14	MONIKA SENFTLEBEN	GER
SAMS record:	47.27	S	2008-04-21	Salome Hurwitz (Per)	
	46.40			65-69 SAQT SAMS Colours 2010-11	
24	Rix, Tricia		67	Cape Town MSC-WP	56.40

Women 65-69 100 LC Meter Breaststroke

WORLD record:	1:33.69	W	2008-03-02	DIANE FORD	GBR
SAMS record:	1:47.19	S	2008-03-14	Salome Hurwitz (Dbn)	
	1:44.50			65-69 SAQT SAMS Colours 2010-11	
27	Rix, Tricia		67	Cape Town MSC-WP	2:05.17
	1:00.30		2:05.17 (1:04.87)		

Women 65-69 200 LC Meter Breaststroke

WORLD record:	3:26.88	W	2007-04-21	HANNELORE ROSE	GER
SAMS record:	3:50.84	S	2008-04-23	Salome Hurwitz (Per)	
	3:48.62			65-69 SAQT SAMS Colours 2010-11	
18	Rix, Tricia		67	Cape Town MSC-WP	4:26.29
	1:02.45		2:11.50 (1:09.05)	3:20.60 (1:09.10)	4:26.29 (1:05.69)

Women 65-69 200 LC Meter IM

WORLD record:	3:08.85	W	2006-08-07	CHRISTEL SCHULZ	GER
SAMS record:	3:37.29	S	2010-03-18	Elsa Craig (Pta)	
	3:36.67			65-69 SAQT SAMS Colours 2010-11	
14	Rix, Tricia		67	Cape Town MSC-WP	4:37.53
	1:20.45		2:30.05 (1:09.60)	3:40.42 (1:10.37)	4:37.53 (57.11)

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Women 85-89 50 LC Meter Freestyle

WORLD record:	44.70	W	2006-03-25	OLGA JOHNSON	NZL	
SAMS record:	1:08.73	S	2010-03-19	Kascha Kloos (Pta)		
	57.25			85-89 SAQT SAMS Colours 2010-11		
3	Kloos, Kascha			85 Cape Town MSC-WP		1:11.88

Women 85-89 800 LC Meter Freestyle

WORLD record:	17:09.73	W	2007-07-08	MARGERY MEYER	USA	
SAMS record:	23:40.21	S	2010-03-17	Kascha Kloos (Pta)		
1	Kloos, Kascha			85 Cape Town MSC-WP		24:34.07
	2:47.65		5:59.42 (3:11.77)	9:10.38 (3:10.96)	12:17.30 (3:06.92)	
	15:23.46 (3:06.16)		18:30.16 (3:06.70)	21:35.81 (3:05.65)	24:34.07 (2:58.26)	

Women 85-89 50 LC Meter Backstroke

WORLD record:	53.44	W	2006-08-10	BUNNY CEDERLUND	USA	
SAMS record:	1:23.93	S	3-2004	Elaine Buck (EL)		
	1:12.69			85-89 SAQT SAMS Colours 2010-11		
4	Kloos, Kascha			85 Cape Town MSC-WP		1:26.43

Women 85-89 200 LC Meter Backstroke

WORLD record:	4:29.16	W	2003-08-29	EDITH THEIN	ISR	
SAMS record:	6:38.47	S	2-2004	Elaine Buck (Dbn)		
	6:01.42			85-89 SAQT SAMS Colours 2010-11		
4	Kloos, Kascha			85 Cape Town MSC-WP		6:41.00
	1:37.99		3:20.07 (1:42.08)	5:03.51 (1:43.44)	6:41.00 (1:37.49)	

Women 85-89 50 LC Meter Breaststroke

WORLD record:	58.50	W	2009-07-25	OLGA KOKORINA	RUS	
SAMS record:	1:37.45	S	3-2005	Rae Smit (Grm)		
	1:17.94			85-89 SAQT SAMS Colours 2010-11		
3	Kloos, Kascha			85 Cape Town MSC-WP		1:30.79 S

Men 35-39 50 LC Meter Freestyle

WORLD record:	22.76	W	2005-08-20	MARK FOSTER	GBR	
SAMS record:	25.35	S	2008-03-13	Jacques Coetzee (Dbn)		
	24.34			35-39 SAQT SAMS Colours 2010-11		
18	Lawrenson, Kieren			36 East Coast MSC-KZ		26.05
38	Hall, Gary			38 Phoenix MSC-CG		27.15

Men 35-39 100 LC Meter Freestyle

WORLD record:	50.78	W	2009-09-27	HIDEAKI HARA	JPN	
SAMS record:	55.68	S	1994	P. Blackbeard (Mon)		
	54.34			35-39 SAQT SAMS Colours 2010-11		
20	Hall, Gary			38 Phoenix MSC-CG		59.27
	28.57		59.27 (30.70)			

Men 35-39 3k Open Water Open Water

	39:01.00			35-39 SAOW SAMS OW 2010-11		
26	Lawrenson, Kieren			36 East Coast MSC-KZ		43:42.70

Men 35-39 50 LC Meter Breaststroke

WORLD record:	28.47	W	2009-10-24	VLADISLAV BRAGIN	RUS	
SAMS record:	31.78	S	2009-11-15	Kieren Lawrenson (Dbn)		
	30.12			35-39 SAQT SAMS Colours 2010-11		
9	Lawrenson, Kieren			36 East Coast MSC-KZ		31.72 S
18	Hall, Gary			38 Phoenix MSC-CG		33.11

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Men 35-39 100 LC Meter Breaststroke

WORLD record:	1:02.72	W	2009-10-25	VLADISLAV BRAGIN	RUS
SAMS record:	1:11.26	S	1992	T. Shead (Ind)	
	1:08.61			35-39 SAQT SAMS Colours 2010-11	
12	Lawrenson, Kieren		36	East Coast MSC-KZ	1:11.60
	32.73			1:11.60 (38.87)	
20	Hall, Gary		38	Phoenix MSC-CG	1:14.66
	35.13			1:14.66 (39.53)	

Men 35-39 200 LC Meter Breaststroke

WORLD record:	2:20.29	W	2004-06-05	NICK GILLINGHAM	GBR
SAMS record:	2:38.23	S	1990	J. Harker (Rio)	
	2:33.18			35-39 SAQT SAMS Colours 2010-11	
5	Lawrenson, Kieren		36	East Coast MSC-KZ	2:41.44
	35.76			1:16.36 (40.60) 1:58.99 (42.63)	2:41.44 (42.45)

Men 35-39 50 LC Meter Butterfly

WORLD record:	24.70	W	2005-08-19	MARK FOSTER	GBR
SAMS record:	26.81	S	2009-11-15	Kieren Lawrenson (Dbn)	
	25.94			35-39 SAQT SAMS Colours 2010-11	
7	Lawrenson, Kieren		36	East Coast MSC-KZ	27.37

Men 40-44 50 LC Meter Freestyle

WORLD record:	23.86	W	2008-04-21	M.GIALDI	ITA
SAMS record:	25.31	S	1990	T. Downes (CT)	
	24.69			40-44 SAQT SAMS Colours 2010-11	
105	Grobler, Francois		42	Wahoo MSC-CG	29.68

Men 40-44 100 LC Meter Freestyle

WORLD record:	52.10	W	2009-07-25	ERIK HOCHSTEIN	USA
SAMS record:	55.64	S	1993	T. Downes (Per)	
	54.93			40-44 SAQT SAMS Colours 2010-11	
84	Grobler, Francois		42	Wahoo MSC-CG	1:06.18
	32.01			1:06.18 (34.17)	

Men 40-44 200 LC Meter Freestyle

WORLD record:	1:55.06	W	2009-08-06	MICHAEL ROSS	USA
SAMS record:	2:04.84	S	1993	T. Downes (Per)	
	2:02.66			40-44 SAQT SAMS Colours 2010-11	
50	Grobler, Francois		42	Wahoo MSC-CG	2:31.66
	35.68			1:15.26 (39.58) 1:54.31 (39.05)	2:31.66 (37.35)

Men 40-44 3k Open Water Open Water

	39:35.00			40-44 SAOW SAMS OW 2010-11	
55	Grobler, Francois		42	Wahoo MSC-CG	46:56.20
---	Forbes, Damon		41	Wahoo MSC-CG	NS
---	Lavett, Peter		42	Unattached	NS

Men 40-44 50 LC Meter Backstroke

WORLD record:	27.47	W	2008-08-23	MICHAEL ROSS	USA
SAMS record:	29.51	S	2009-03-12	Harald Ruck (EL)	
	29.69			40-44 SAQT SAMS Colours 2010-11	
---	Alexander, Robbie		42	Wahoo MSC-CG	NS

Men 45-49 50 LC Meter Freestyle

WORLD record:	24.26	W	2004-07-19	BRENT BARNES	JPN
SAMS record:	25.18	S	1994	T. Downes (Mon)	
	25.35			45-49 SAQT SAMS Colours 2010-11	
56	Ludick, Werner		47	Cape Town MSC-WP	29.19

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Men 45-49 100 LC Meter Freestyle

WORLD record:	53.77	W	2005-08-19	MARCO COLOMBO	ITA	
SAMS record:	55.66	S	1994	T. Downes (Mon)		
	55.74			45-49 SAQT SAMS Colours 2010-11		
6	vd Merwe, Johan			45 Cape Town MSC-WP		57.21
	27.27			57.21 (29.94)		
57	Ludick, Werner			47 Cape Town MSC-WP		1:06.03
	29.91			1:06.03 (36.12)		

Men 45-49 200 LC Meter Freestyle

WORLD record:	1:57.89	W	2009-08-06	KEITH SWITZER	USA	
SAMS record:	2:04.97	S	1994	T. Downes (Mon)		
	2:04.74			45-49 SAQT SAMS Colours 2010-11		
5	vd Merwe, Johan			45 Cape Town MSC-WP		2:06.80
	29.16			1:01.37 (32.21)		
				1:33.52 (32.15)		
				2:06.80 (33.28)		

Men 45-49 50 LC Meter Backstroke

WORLD record:	28.05	W	2008-06-07	STEVE WOOD	USA	
SAMS record:	30.25	S	2010-02-20	Harald Ruck (Pta)		
	29.79			45-49 SAQT SAMS Colours 2010-11		
33	Ludick, Werner			47 Cape Town MSC-WP		35.06

Men 45-49 100 LC Meter Backstroke

WORLD record:	1:00.13	W	2008-06-08	STEVE WOOD	USA	
SAMS record:	1:05.59	S	6-2004	Peter Storzner (Ric)		
	1:05.61			45-49 SAQT SAMS Colours 2010-11		
36	Ludick, Werner			47 Cape Town MSC-WP		1:19.08
	36.64			1:19.08 (42.44)		

Men 45-49 50 LC Meter Breaststroke

WORLD record:	29.70	W	2009-09-16	V.ZAGREBENKO	RUS	
SAMS record:	32.47	S	4-1997	T. Shead (Mel)		
	31.56			45-49 SAQT SAMS Colours 2010-11		
7	vd Merwe, Johan			45 Cape Town MSC-WP		32.45 S

Men 45-49 100 LC Meter Breaststroke

WORLD record:	1:06.35	W	2009-09-17	V.PYLYPCHENKO	UKR	
SAMS record:	1:12.38	S	4-1997	T. Shead (Mel)		
	1:10.34			45-49 SAQT SAMS Colours 2010-11		
4	vd Merwe, Johan			45 Cape Town MSC-WP		1:12.25 S
	33.50			1:12.25 (38.75)		

Men 45-49 200 LC Meter Breaststroke

WORLD record:	2:24.91	W	2009-09-19	V.PYLYPCHENKO	UKR	
SAMS record:	2:42.36	S	4-1997	T. Shead (Mel)		
	2:39.91			45-49 SAQT SAMS Colours 2010-11		
2	vd Merwe, Johan			45 Cape Town MSC-WP		2:39.20 S SAQT
	36.55			1:17.44 (40.89)		
				1:58.36 (40.92)		
				2:39.20 (40.84)		

Men 50-54 100 LC Meter Freestyle

WORLD record:	54.94	W	2009-08-07	BOB BUGG	USA	
SAMS record:	56.69	S	10-1999	T. Downes (Per)		
	58.15			50-54 SAQT SAMS Colours 2010-11		
25	Garrun, Cliff			54 Phoenix MSC-CG		1:05.42
	31.15			1:05.42 (34.27)		

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Men 50-54 200 LC Meter Freestyle

WORLD record: 2:00.34 W 2007-08-13 DAN STEPHENSON USA
SAMS record: 2:08.91 S 10-1999 T. Downes (Per)
 2:10.39 50-54 SAQT SAMS Colours 2010-11

23	Holshausen, Rod	52	Cape Town MSC-WP			2:25.18
		32.92	1:08.96 (36.04)	1:47.13 (38.17)	2:25.18 (38.05)	
31	Garrun, Cliff	54	Phoenix MSC-CG			2:31.71
		35.66	1:14.02 (38.36)	1:53.93 (39.91)	2:31.71 (37.78)	

Men 50-54 400 LC Meter Freestyle

WORLD record: 4:16.61 W 2007-08-13 DAN STEPHENSON USA
SAMS record: 4:34.62 S 2008-04-24 Paul Blackbeard (Per)
 4:37.87 50-54 SAQT SAMS Colours 2010-11

14	Holshausen, Rod	52	Cape Town MSC-WP			5:04.71
		1:10.51	2:28.27 (1:17.76)	3:47.19 (1:18.92)	5:04.71 (1:17.52)	

Men 50-54 800 LC Meter Freestyle

WORLD record: 9:03.84 W 2001-08-16 JIM MCCONICA USA
SAMS record: 9:48.91 S 6-2004 Tyrone Tozer (Ric)
 9:45.52 50-54 SAQT SAMS Colours 2010-11

11	Holshausen, Rod	52	Cape Town MSC-WP			10:31.52
		1:11.33	2:29.39 (1:18.06)	3:48.84 (1:19.45)	5:09.77 (1:20.93)	
		6:30.69 (1:20.92)	7:51.79 (1:21.10)	9:12.92 (1:21.13)	10:31.52 (1:18.60)	
31	Garrun, Cliff	54	Phoenix MSC-CG			11:46.61
		1:22.67	2:54.47 (1:31.80)	4:24.40 (1:29.93)	5:54.18 (1:29.78)	
		7:23.89 (1:29.71)	8:52.62 (1:28.73)	10:21.46 (1:28.84)	11:46.61 (1:25.15)	

Men 50-54 50 LC Meter Breaststroke

WORLD record: 30.97 W 2009-09-16 OLIVIER BORIOS FRA
SAMS record: 32.58 S 3-2002 T. Shead (Che)
 33.09 50-54 SAQT SAMS Colours 2010-11

56	Folscher, Danie	52	Cape Town MSC-WP			39.94
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Men 50-54 100 LC Meter Breaststroke

WORLD record: 1:09.36 W 2009-08-06 GARY PATTERSON USA
SAMS record: 1:12.94 S 3-2002 T. Shead (Che)
 1:14.48 50-54 SAQT SAMS Colours 2010-11

---	Folscher, Danie	52	Cape Town MSC-WP			NS
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Men 50-54 200 LC Meter Breaststroke

WORLD record: 2:35.08 W 2004-06-05 LORENZO MARUGO ITA
SAMS record: 2:45.62 S 6-2004 Tim Shead (Ric)
 2:44.68 50-54 SAQT SAMS Colours 2010-11

14	Folscher, Danie	52	Cape Town MSC-WP			2:58.10
		39.78	1:24.04 (44.26)	2:10.46 (46.42)	2:58.10 (47.64)	

Men 50-54 50 LC Meter Butterfly

WORLD record: 25.88 W 2008-08-16 PAUL CARTER USA
SAMS record: 27.80 S 2008-04-20 Paul Blackbeard (Per)
 27.84 50-54 SAQT SAMS Colours 2010-11

---	Garrun, Cliff	54	Phoenix MSC-CG			NS
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Men 50-54 100 LC Meter Butterfly

WORLD record: 57.23 W 2008-08-15 PAUL CARTER USA
SAMS record: 1:01.63 S 2008-04-21 Paul Blackbeard (Per)
 1:04.11 50-54 SAQT SAMS Colours 2010-11

18	Holshausen, Rod	52	Cape Town MSC-WP			1:12.42
		33.21	1:12.42 (39.21)			

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Men 50-54 200 LC Meter Butterfly

WORLD record:	2:15.06	W	2009-05-09	HUGO BREGMAN	NED	
SAMS record:	2:27.03	S	2008-04-23	Paul Blackbeard (Per)		
	2:31.02			50-54 SAQT SAMS Colours 2010-11		
9	Holshausen, Rod		52	Cape Town MSC-WP		2:45.77
	34.76		1:14.21 (39.45)	1:56.20 (41.99)	2:45.77 (49.57)	

Men 50-54 200 LC Meter IM

WORLD record:	2:18.05	W	2009-07-25	JAMIE FOWLER	USA	
SAMS record:	2:27.95	S	6-2004	Tim Shead (Ric)		
	2:29.89			50-54 SAQT SAMS Colours 2010-11		
---	Folscher, Danie		52	Cape Town MSC-WP		DQ
	Did not execute movement of both feet in same way - fly					

Men 50-54 400 LC Meter IM

WORLD record:	5:03.27	W	2004-06-07	LORENZO MARUGO	ITA	
SAMS record:	5:30.84	S	8-2000	T. Tozer (Mun)		
	5:28.76			50-54 SAQT SAMS Colours 2010-11		
17	Folscher, Danie		52	Cape Town MSC-WP		5:55.04
	1:20.90		2:59.25 (1:38.35)	4:35.55 (1:36.30)	5:55.04 (1:19.49)	

Men 55-59 50 LC Meter Freestyle

WORLD record:	25.01	W	2009-07-07	JACK GROSELLE	USA	
SAMS record:	26.04	S	6-2004	Terry Downes (Ric)		
	26.68			55-59 SAQT SAMS Colours 2010-11		
22	Arbuthnot, David		57	Coelacanth MSC-NT		30.52
38	Kloos, Rainer		55	Cape Town MSC-WP		32.07

Men 55-59 100 LC Meter Freestyle

WORLD record:	56.08	W	2009-07-23	JACK GROSELLE	USA	
SAMS record:	58.43	S	3-2004	Terry Downes (EL)		
	59.66			55-59 SAQT SAMS Colours 2010-11		
32	Kloos, Rainer		55	Cape Town MSC-WP		1:11.57
	34.04		1:11.57 (37.53)			

Men 55-59 200 LC Meter Freestyle

WORLD record:	2:04.01	W	2009-07-26	MICHAEL MANN	USA	
SAMS record:	2:10.90	S	6-2004	Terry Downes (Ric)		
	2:13.65			55-59 SAQT SAMS Colours 2010-11		
43	Kloos, Rainer		55	Cape Town MSC-WP		2:54.66
	38.75		1:22.61 (43.86)	2:09.88 (47.27)	2:54.66 (44.78)	

Men 55-59 3k Open Water Open Water

	43:14.00			55-59 SAOW SAMS OW 2010-11		
20	Arbuthnot, David		57	Coelacanth MSC-NT		49:06.90

Men 55-59 50 LC Meter Backstroke

WORLD record:	30.09	W	2009-08-09	GARY HALL	USA	
SAMS record:	32.07	S	2007-03-17	Tim Shead (Sas)		
	32.69			55-59 SAQT SAMS Colours 2010-11		
---	Kloos, Rainer		55	Cape Town MSC-WP		DNF
	Swimmer did not finish					

Men 55-59 100 LC Meter Backstroke

WORLD record:	1:06.14	W	2009-08-07	GARY HALL	USA	
SAMS record:	1:07.29	S	2008-04-23	Tim Shead (Per)		
	1:11.55			55-59 SAQT SAMS Colours 2010-11		
1	Shead, Tim		58	Cape Town MSC-WP		1:10.73 SAQT
	34.51		1:10.73 (36.22)			

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Men 55-59 50 LC Meter Breaststroke

WORLD record:	31.05	W	2009-09-16	WALTER KUSCH	GER		
SAMS record:	32.07	S	2008-04-21	Tim Shead (Per)			
	34.26			55-59 SAQT SAMS Colours 2010-11			
2	Shead, Tim			58 Cape Town MSC-WP		33.19	SAQT

Men 55-59 100 LC Meter Breaststroke

WORLD record:	1:11.13	W	2008-04-19	TIMOTHY SHEAD	RSA		
SAMS record:	1:11.13	S	2008-04-19	Tim Shead (Per)			
	1:17.87			55-59 SAQT SAMS Colours 2010-11			
2	Shead, Tim			58 Cape Town MSC-WP		1:14.98	SAQT
	35.16			1:14.98 (39.82)			

Men 55-59 200 LC Meter Breaststroke

WORLD record:	2:38.66	W	2008-08-17	RICK COLELLA	USA		
SAMS record:	2:41.54	S	2008-04-23	Tim Shead (Per)			
	2:55.58			55-59 SAQT SAMS Colours 2010-11			
1	Shead, Tim			58 Cape Town MSC-WP		2:49.02	SAQT
	38.69			1:21.46 (42.77)		2:05.62 (44.16)	2:49.02 (43.40)

Men 55-59 50 LC Meter Butterfly

WORLD record:	26.86	W	2009-08-06	GARY HALL	USA		
SAMS record:	28.81	S	6-2007	Tim Shead (Fln)			
	28.88			55-59 SAQT SAMS Colours 2010-11			
27	Kloos, Rainer			55 Cape Town MSC-WP		35.47	

Men 55-59 200 LC Meter Butterfly

WORLD record:	2:18.97	W	2009-08-07	BRAD HORNER	USA		
SAMS record:	2:37.86	S	2006-03-04	John Keyter (Mal)			
	2:49.61			55-59 SAQT SAMS Colours 2010-11			
10	Arbuthnot, David			57 Coelacanth MSC-NT		3:18.95	
	44.07			1:33.73 (49.66)		2:26.70 (52.97)	3:18.95 (52.25)

Men 55-59 200 LC Meter IM

WORLD record:	2:20.83	W	2009-08-09	MICHAEL MANN	USA		
SAMS record:	2:24.16	S	2008-04-21	Tim Shead (Per)			
	2:36.36			55-59 SAQT SAMS Colours 2010-11			
1	Shead, Tim			58 Cape Town MSC-WP		2:28.88	SAQT
	31.89			1:11.14 (39.25)		1:53.32 (42.18)	2:28.88 (35.56)
---	Arbuthnot, David			57 Coelacanth MSC-NT			NS

Men 55-59 400 LC Meter IM

WORLD record:	5:04.07	W	2009-07-26	MICHAEL MANN	USA		
SAMS record:	5:35.26	S	2007-06-17	Tim Shead (Man)			
	5:48.49			55-59 SAQT SAMS Colours 2010-11			
10	Arbuthnot, David			57 Coelacanth MSC-NT		6:40.85	
	1:29.04			3:14.99 (1:45.95)		5:14.49 (1:59.50)	6:40.85 (1:26.36)

Men 60-64 50 LC Meter Freestyle

WORLD record:	25.23	W	2006-08-07	RICHARD ABRAHAMS	USA		
SAMS record:	27.59	S	2009-02-22	Terry Downes (Pta)			
	28.21			60-64 SAQT SAMS Colours 2010-11			
6	Tozer, Tyrone			60 Cape Town MSC-WP		29.01	
46	van Heerden, Carel			60 Wahoo MSC-CG		35.51	

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Men 60-64 100 LC Meter Freestyle

WORLD record: 58.61 W 2005-08-15 RICHARD ABRAHAMS USA
SAMS record: 1:00.71 S 2009-03-13 Terry Downes (EL)
 1:03.31 60-64 SAQT SAMS Colours 2010-11

4 Tozer, Tyrone 60 Cape Town MSC-WP 1:03.55
 29.93 1:03.55 (33.62)

Men 60-64 200 LC Meter Freestyle

WORLD record: 2:12.69 W 2008-06-21 FRED SCHLICHER USA
SAMS record: 2:17.01 S 2009-03-12 Terry Downes (EL)
 2:23.19 60-64 SAQT SAMS Colours 2010-11

3 Tozer, Tyrone 60 Cape Town MSC-WP 2:22.09 SAQT
 33.42 1:10.31 (36.89) 1:47.55 (37.24) 2:22.09 (34.54)

--- Larcombe, Peter 63 East Coast MSC-KZ NS

Men 60-64 400 LC Meter Freestyle

WORLD record: 4:48.25 W 2008-04-24 GRAHAM CROFT AUS
SAMS record: 5:13.40 S 2006-08-10 Willie Wilson (San)
 5:09.08 60-64 SAQT SAMS Colours 2010-11

2 Tozer, Tyrone 60 Cape Town MSC-WP 5:09.68 S
 1:10.42 2:29.40 (1:18.98) 3:50.93 (1:21.53) 5:09.68 (1:18.75)

9 Sundelowitz, Selwyn 60 Coelacanth MSC-NT 5:44.20
 1:22.28 2:50.15 (1:27.87) 4:19.01 (1:28.86) 5:44.20 (1:25.19)

12 Larcombe, Peter 63 East Coast MSC-KZ 6:02.00
 1:24.83 2:56.72 (1:31.89) 4:29.99 (1:33.27) 6:02.00 (1:32.01)

Men 60-64 800 LC Meter Freestyle

WORLD record: 10:02.40 W 2005-08-16 DUNCAN MCCREADIE FRA
SAMS record: 11:02.08 S 2006-08-04 Willie Wilson (San)
 10:45.38 60-64 SAQT SAMS Colours 2010-11

9 Sundelowitz, Selwyn 60 Coelacanth MSC-NT 11:41.32
 1:23.21 2:50.56 (1:27.35) 4:19.49 (1:28.93) 5:49.29 (1:29.80)

7:18.57 (1:29.28) 8:48.10 (1:29.53) 10:17.71 (1:29.61) 11:41.32 (1:23.61)

14 Larcombe, Peter 63 East Coast MSC-KZ 12:13.75
 1:25.07 2:55.59 (1:30.52) 4:27.18 (1:31.59) 5:59.58 (1:32.40)

7:32.82 (1:33.24) 9:07.45 (1:34.63) 10:42.19 (1:34.74) 12:13.75 (1:31.56)

Men 60-64 3k Open Water Open Water

46:52.00 60-64 SAOW SAMS OW 2010-11

11 Sundelowitz, Selwyn 60 Coelacanth MSC-NT 46:51.30 SAOW

13 Larcombe, Peter 63 East Coast MSC-KZ 49:29.20

--- van Heerden, Carel 60 Wahoo MSC-CG NS

Men 60-64 200 LC Meter Backstroke

WORLD record: 2:37.20 W 2009-06-20 STEVE HECK USA
SAMS record: 2:42.75 S 2009-02-22 Terry Downes (Pta)
 2:51.13 60-64 SAQT SAMS Colours 2010-11

11 Sundelowitz, Selwyn 60 Coelacanth MSC-NT 3:14.15
 47.48 1:35.49 (48.01) 2:24.71 (49.22) 3:14.15 (49.44)

Men 60-64 50 LC Meter Breaststroke

WORLD record: 33.41 W 2008-08-15 ROBERT STRAND USA
SAMS record: 37.95 S 2-2002 H. Phielix (Oud)
 35.98 60-64 SAQT SAMS Colours 2010-11

31 van Heerden, Carel 60 Wahoo MSC-CG 42.28

FINA 13th LC Champs @ Goteborg Sweden - 2010-07-31 to 2010-08-07

Valhalla & Lunby 50m pools at Goteborg Sweden

Results

Men 60-64 100 LC Meter Breaststroke

WORLD record: 1:15.42 W 2008-08-16 ROBERT STRAND USA

SAMS record: 1:27.49 S 2008-03-14 Francois du Toit (Dbn)

1:22.53 60-64 SAQT SAMS Colours 2010-11

29 van Heerden, Carel 60 Wahoo MSC-CG 1:39.36
43.92 1:39.36 (55.44)

Men 60-64 200 LC Meter Breaststroke

WORLD record: 2:50.77 W 2008-08-03 ROBERT STRAND USA

SAMS record: 3:13.80 S 2008-04-23 Francois du Toit (Per)

3:05.67 60-64 SAQT SAMS Colours 2010-11

22 van Heerden, Carel 60 Wahoo MSC-CG 3:40.35
50.45 1:46.50 (56.05) 2:44.31 (57.81) 3:40.35 (56.04)

Men 60-64 50 LC Meter Butterfly

WORLD record: 27.92 W 2005-08-15 RICHARD ABRAHAMS USA

SAMS record: 32.57 S 2010-03-20 Halton Cheadle (Pta)

30.15 60-64 SAQT SAMS Colours 2010-11

4 Cheadle, Halton 61 Cape Town MSC-WP 31.05 S

Men 60-64 100 LC Meter Butterfly

WORLD record: 1:03.03 W 2005-08-15 RICHARD ABRAHAMS USA

SAMS record: 1:16.67 S 2010-03-19 Halton Cheadle (Pta)

1:12.88 60-64 SAQT SAMS Colours 2010-11

2 Cheadle, Halton 61 Cape Town MSC-WP 1:11.14 S SAQT
33.59 1:11.14 (37.55)

11 Larcombe, Peter 63 East Coast MSC-KZ 1:36.95
43.89 1:36.95 (53.06)

Men 60-64 200 LC Meter Butterfly

WORLD record: 2:31.58 W 2008-06-22 FRED SCHLICHER USA

SAMS record: 3:00.65 S 3-1999 D. McLachlan (EL)

3:01.70 60-64 SAQT SAMS Colours 2010-11

3 Cheadle, Halton 61 Cape Town MSC-WP 3:12.24
38.71 1:26.57 (47.86) 2:20.11 (53.54) 3:12.24 (52.13)

--- Larcombe, Peter 63 East Coast MSC-KZ NS

Men 60-64 200 LC Meter IM

WORLD record: 2:30.72 W 2008-06-22 FRED SCHLICHER USA

SAMS record: 2:46.41 S 2010-03-18 Tyrone Tozer (Pta)

2:48.09 60-64 SAQT SAMS Colours 2010-11

1 Cheadle, Halton 61 Cape Town MSC-WP 2:42.32 S SAQT
33.82 1:18.72 (44.90) 2:06.38 (47.66) 2:42.32 (35.94)

2 Tozer, Tyrone 60 Cape Town MSC-WP 2:43.50 S SAQT
34.67 1:18.47 (43.80) 2:07.34 (48.87) 2:43.50 (36.16)

Men 60-64 400 LC Meter IM

WORLD record: 5:30.99 W 2008-06-21 FRED SCHLICHER USA

SAMS record: 6:21.71 S 3-1999 D. McLachlan (EL)

6:14.86 60-64 SAQT SAMS Colours 2010-11

1 Cheadle, Halton 61 Cape Town MSC-WP 6:09.32 S SAQT
1:21.33 3:00.93 (1:39.60) 4:46.52 (1:45.59) 6:09.32 (1:22.80)

13 Sundelowitz, Selwyn 60 Coelacanth MSC-NT 7:02.72
1:49.53 3:37.46 (1:47.93) 5:33.83 (1:56.37) 7:02.72 (1:28.89)

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Results

Men 65-69 400 LC Meter Freestyle

WORLD record: 5:00.26 W 2007-03-10 TOM LANDIS USA
SAMS record: 5:28.22 S 3-2004 Gary Freeling (EL)
 5:30.08 65-69 SAQT SAMS Colours 2010-11

20 Hillstrom, Joe 66 Amakhosi MSC-BO 6:48.24
 1:34.95 3:18.30 (1:43.35) 5:03.91 (1:45.61) 6:48.24 (1:44.33)

Men 65-69 3k Open Water Open Water

49:53.00 65-69 SAOW SAMS OW 2010-11

21 Hillstrom, Joe 66 Amakhosi MSC-BO 57:10.20

Men 65-69 100 LC Meter Backstroke

WORLD record: 1:11.32 W 2009-08-07 RICHARD BURNS USA
SAMS record: 1:26.61 S 2010-02-07 James Hughes (Dbn)
 1:22.11 65-69 SAQT SAMS Colours 2010-11

11 Hillstrom, Joe 66 Amakhosi MSC-BO 1:40.47
 49.57 1:40.47 (50.90)

Men 65-69 200 LC Meter Backstroke

WORLD record: 2:40.95 W 2008-02-22 BERND HORSTMANN GER
SAMS record: 3:10.95 S 3-2005 Derek Fyfe (Grm)
 3:03.71 65-69 SAQT SAMS Colours 2010-11

17 Hillstrom, Joe 66 Amakhosi MSC-BO 3:39.15
 53.84 1:49.76 (55.92) 2:45.96 (56.20) 3:39.15 (53.19)

Men 65-69 100 LC Meter Butterfly

WORLD record: 1:07.78 W 2009-09-16 JOSEP CLARET ESP
SAMS record: 1:19.53 S 3-2002 D. McLachlan (Chc)
 1:17.78 65-69 SAQT SAMS Colours 2010-11

15 Hillstrom, Joe 66 Amakhosi MSC-BO 1:42.50
 48.48 1:42.50 (54.02)

Men 65-69 200 LC Meter Butterfly

WORLD record: 2:47.60 W 2009-06-20 DEREK PARR GBR
SAMS record: 3:03.05 S 2-2002 D. McLachlan (Oud)
 3:16.61 65-69 SAQT SAMS Colours 2010-11

10 Hillstrom, Joe 66 Amakhosi MSC-BO 3:52.59
 55.08 1:54.11 (59.03) 2:55.36 (1:01.25) 3:52.59 (57.23)