

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

Valhalla & Lunby 50m pools at Goteborg Sweden

Results

Event 1 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

Name	Age	Team	Finals Time		
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)	

Event 1 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)	

Event 1 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		
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Event 1 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)	

Event 1 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)	

Event 2 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)	

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Event 2 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)	

Event 3 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)	

Event 3 Women 50-54 200 LC Meter Backstroke

WORLD record: 2:37.11 W 2010-03-06 NAKO 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)	

Event 3 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)	

Event 3 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)	

Event 3 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)	

Event 4 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)	

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Event 4 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)

Event 5 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)

Event 5 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)

Event 5 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)

Event 6 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)

Event 6 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)

Event 6 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)

Event 6 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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Event 6 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)

Event 6 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)

Event 7 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)

Event 7 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)

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

Event 7 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)

Event 7 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)

Event 8 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)

Event 8 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)

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Event 8 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 (Chc)

1:14.48 50-54 SAQT SAMS Colours 2010-11

--- Folscher, Danie 52 Cape Town MSC-WP NS

Event 8 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)

Event 8 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)

Event 9 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 Rachelle 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)

Event 9 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)

Event 10 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)

Event 10 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)

Event 10 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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Event 11 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

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)

Event 11 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)

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

Event 11 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)

Event 11 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)

Event 11 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)

Event 11 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)

Event 12 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)

Event 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)

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Event 12 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)

Event 12 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)

Event 12 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

Event 13 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		31.67 S
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Event 13 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
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Event 14 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
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Event 14 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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Event 14 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
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Event 14 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
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Results

Event 15 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

Event 15 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

Event 15 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

Event 15 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

Event 16 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

Event 16 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

Event 16 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

Event 16 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

Event 16 Men 60-64 50 LC Meter Freestyle

WORLD record: 25.23 W 2006-08-07 RICHARD ABRAHAMUS 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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Event 17 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)

Event 17 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)

Event 17 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)

Event 18 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

Event 18 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

Event 18 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)

Event 19 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)

Event 19 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)

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Event 20 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)

Event 20 Men 60-64 100 LC Meter Butterfly

WORLD record: 1:03.03 W 2005-08-15 RICHARD ABRAHAMMS 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)

Event 20 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)

Event 21 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

Event 21 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

Event 21 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

Event 21 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

Event 22 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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Event 22 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

Event 22 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 (Chc)
 33.09 50-54 SAQT SAMS Colours 2010-11
 56 Folscher, Danie 52 Cape Town MSC-WP 39.94

Event 22 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

Event 22 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

Event 29 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)

Event 29 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)

Event 29 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

Event 29 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)

Event 30 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)

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Event 30 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)

Event 30 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)

Event 30 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)

Event 30 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)

Event 31 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)

Event 31 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)

Event 31 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)

Event 31 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)

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Event 32 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)

Event 32 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)

Event 32 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)

Event 33 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)

Event 34 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)

Event 34 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)

Event 34 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

Event 34 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)

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Event 35 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

Event 35 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

Event 35 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

Event 35 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

Event 36 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

Event 36 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

Event 36 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					

Event 37 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)

Event 37 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)

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

Valhalla & Lunby 50m pools at Goteborg Sweden

Results

(Event 37 Women 40-44 400 LC Meter Freestyle)

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

Event 37 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)	

Event 37 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)	

Event 38 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)	

Event 38 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)	

Event 38 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)	

Event 39 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

Event 39 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

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Valhalla & Lunby 50m pools at Goteborg Sweden

Results

(Event 39 Women 40-44 3k Open Water Open Water)

---	Philipps, Bronwyn	41	Coelacanth MSC-NT		NS
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Event 39 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
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Event 39 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
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Event 40 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
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Event 40 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
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---	Forbes, Damon	41	Wahoo MSC-CG		NS
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---	Lavett, Peter	42	Unattached		NS
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Event 40 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
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Event 40 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
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13	Larcombe, Peter	63	East Coast MSC-KZ		49:29.20
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---	van Heerden, Carel	60	Wahoo MSC-CG		NS
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Event 40 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
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