

GMS Long Course Records**Women****GMS record - Records**

Women 19-24 50 Free	29.60	2003-03-27	Bridgette Connell (Dbn)
Women 19-24 100 Free	1:05.15	2004-03-20	Bridgette Connell (EL)
Women 19-24 200 Free	2:25.16	2005-03-18	Katia Taylor (Grm)
Women 19-24 400 Free	5:04.56	1992-03-12	RACHELLE ISAKOV
Women 19-24 800 Free	10:14.00	1992-03-12	RACHELLE ISAKOV
Women 19-24 1500 Free	24:24.00	2006-09-23	Tracey Gardiner (Pta)
Women 19-24 50 Back	36.59	1992-03-12	RACHELLE ISAKOV
Women 19-24 100 Back	1:17.90	2010-03-18	Samantha Hunter (Pta)
Women 19-24 200 Back	2:51.84	1994-03-19	Rachelle Isakov
Women 19-24 50 Breast	41.76	2001-03-01	Caroline Vogts (Pta)
Women 19-24 100 Breast	1:33.38	2002-01-20	Bridgette Connell (Grm)
Women 19-24 200 Breast	3:11.19	1992-03-12	RACHELLE ISAKOV
Women 19-24 50 Fly	33.18	1992-03-12	RACHELLE ISAKOV
Women 19-24 100 Fly	1:12.72	1992-03-12	RACHELLE ISAKOV
Women 19-24 200 Fly	2:48.36	1992-03-12	RACHELLE ISAKOV
Women 19-24 200 IM	2:39.46	1992-03-12	RACHELLE ISAKOV
Women 19-24 400 IM	5:44.78	1992-03-12	RACHELLE ISAKOV
Women 25-29 50 Free	29.08	2011-03-16	Samantha Gunther (Oud)
Women 25-29 100 Free	1:03.63	2011-03-19	Samantha Gunther (Oud)
Women 25-29 200 Free	2:23.94	2011-03-18	Samantha Gunther (Oud)
Women 25-29 400 Free	5:13.75	2005-03-18	Tammy Souster (Grm)
Women 25-29 800 Free	10:26.84	1999-03-18	Rachelle Isakov (EL)
Women 25-29 1500 Free	21:24.44	2006-09-23	Nadia Bacchini (Pta)
Women 25-29 50 Back	35.04	2005-03-18	Tammy Souster (Grm)
Women 25-29 100 Back	1:14.90	2004-03-18	Tammy Souster (EL)
Women 25-29 200 Back	2:41.99	6-2004	Tammy Souster (Ric)
Women 25-29 50 Breast	34.97	1999-03-18	Lizelle Haupt (EL)
Women 25-29 100 Breast	1:25.38	1996-04-12	Heather Morris-Eyton
Women 25-29 200 Breast	2:53.47	1996-04-11	Heather Morris-Eyton
Women 25-29 50 Fly	32.20	6-2004	Tammy Souster (Ric)
Women 25-29 100 Fly	1:10.89	2011-03-17	Samantha Gunther (Oud)
Women 25-29 200 Fly	2:35.26	2011-03-19	Samantha Gunther (Oud)
Women 25-29 200 IM	2:40.06	2004-03-18	Tammy Souster (EL)
Women 25-29 400 IM	5:43.41	3-1999	Rachelle Isakov (EL)
Women 30-34 50 Free	29.03	2002-01-20	Claire Bolton (Grm) - SODOL
Women 30-34 100 Free	1:04.99	2006-03-04	Tania Fryer (Mal)
Women 30-34 200 Free	2:25.70	2008-03-13	Bianca Troup (Dbn)
Women 30-34 400 Free	5:05.15	2008-03-15	Bianca Troup (Dbn)
Women 30-34 800 Free	10:26.84	2004-03-18	Rachelle Isakov (EL)
Women 30-34 1500 Free	21:18.60	2007-09-29	Nadia Bacchini (Pta)
Women 30-34 50 Back	34.53	2002-01-20	Lisa Gomes (Grm)
Women 30-34 100 Back	1:18.69	2008-03-13	Hayley Mee (Dbn)
Women 30-34 200 Back	2:44.91	2008-03-14	Hayley Mee (Dbn)
Women 30-34 50 Breast	35.22	2002-02-28	Lizelle Haupt (Oud)
Women 30-34 100 Breast	1:18.55	2001-03-01	Lizelle Haupt (Pta)
Women 30-34 200 Breast	3:09.76	1993-03-20	Chris MacKinnon
Women 30-34 50 Fly	31.08	2002-01-20	Claire Bolton (Grm)
Women 30-34 100 Fly	1:12.25	2006-03-02	Tania Fryer (Mal)
Women 30-34 200 Fly	2:39.32	2004-03-18	Rachelle Isakov (EL)
Women 30-34 200 IM	2:47.60	2003-03-29	Rachelle Isakov (Dbn)
Women 30-34 400 IM	5:42.57	2004-03-20	Rachelle Isakov (EL)
Women 35-39 50 Free	30.62	2001-03-01	Chris MacKinnon (Pta)
Women 35-39 100 Free	1:05.49	2005-03-19	Natasha Panzera (Grm)
Women 35-39 200 Free	2:26.44	2010-03-20	Bianca Troup (Pta)
Women 35-39 400 Free	5:08.30	2006-08-10	Rachelle Isakov (San)
Women 35-39 800 Free	10:38.35	2005-03-17	Rachelle Isakov (Grm)
Women 35-39 1500 Free	20:47.06	2005-10-01	Rachelle Isakov (Pta)
Women 35-39 50 Back	36.78	1996-04-13	Liz Spagnuolo
Women 35-39 100 Back	1:21.18	2009-03-13	Jenni Dolkens (EL)
Women 35-39 200 Back	2:57.50	2001-03-01	Debra Carroll
Women 35-39 50 Breast	38.84	2005-02-19	Heather Morris-Eyton (Pta)

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Women 35-39 100 Breast	1:21.75	2005-02-19	Heather Morris-Eyton (Pta)
Women 35-39 200 Breast	2:52.87	2005-02-19	Heather Morris-Eyton (Pta)
Women 35-39 50 Fly	31.09	2007-02-24	Rachelle Isakov (Pta)
Women 35-39 100 Fly	1:10.41	2006-08-07	Rachelle Isakov (San)
Women 35-39 200 Fly	2:37.39	2005-03-17	Rachelle Isakov (Grm)
Women 35-39 200 IM	2:47.37	2006-03-02	Rachelle Isakov (Mal)
Women 35-39 400 IM	5:43.13	2006-08-06	Rachelle Isakov (San)
Women 40-44 50 Free	29.38	3-2002	Debbie Carroll (Chc)
Women 40-44 100 Free	1:04.38	2002-02-28	Debbie Carroll (Oud)
Women 40-44 200 Free	2:22.26	2002-02-28	Debbie Carroll (Oud)
Women 40-44 400 Free	4:59.53	2009-03-14	Heather Morris-Eyton (EL)
Women 40-44 800 Free	10:17.59	2009-03-11	Heather Morris-Eyton (EL)
Women 40-44 1500 Free	20:09.10	2009-02-12	Heather Morris-Eyton (Pta)
Women 40-44 50 Back	35.81	3-2002	Debbie Carroll (Chc)
Women 40-44 100 Back	1:20.65	2004-03-18	Debbie Carroll (EL)
Women 40-44 200 Back	2:50.53	2002-02-28	Debbie Carroll (Oud)
Women 40-44 50 Breast	35.59	2009-11-07	Heather Morris-Eyton (Pta)
Women 40-44 100 Breast	1:15.83	2010-08-01	Heather Morris-Eyton (Got)
Women 40-44 200 Breast	2:40.76	2010-08-05	Heather Morris-Eyton (Got)
Women 40-44 50 Fly	33.34	1997-03-21	Liz Spagnuolo
Women 40-44 100 Fly	1:21.31	1999-03-06	Clare Davie
Women 40-44 200 Fly	3:31.14	1994-07-09	Helen Lawless
Women 40-44 200 IM	2:46.00	2009-11-07	Heather Morris-Eyton (Pta)
Women 40-44 400 IM	6:34.19	1995-03-24	Judy MacKay
Women 45-49 50 Free	30.16	2007-03-17	Debbie Carroll (Sas)
Women 45-49 100 Free	1:06.67	2007-03-17	Debbie Carroll (Sas)
Women 45-49 200 Free	2:25.53	2008-03-13	Lesley Pedlar (Dbn)
Women 45-49 400 Free	5:04.11	2008-03-15	Lesley Pedlar (Dbn)
Women 45-49 800 Free	10:54.88	2002-02-28	Clare Davie (Oud)
Women 45-49 1500 Free	21:35.78	2005-10-01	Clare davie (Pta)
Women 45-49 50 Back	37.05	2008-03-15	Debbie Carroll (Dbn)
Women 45-49 100 Back	1:20.51	2002-02-28	Clare Davie (Oud)
Women 45-49 200 Back	2:49.80	2001-10-14	Clare Davie (Jhb)
Women 45-49 50 Breast	38.77	1994-07-09	Shirley Turner
Women 45-49 100 Breast	1:25.68	1994-07-09	Shirley Turner
Women 45-49 200 Breast	3:06.52	1995-03-23	Shirley Turner
Women 45-49 50 Fly	35.76	2002-01-20	Liz Spagnuolo (Grm)
Women 45-49 100 Fly	1:23.66	2003-03-15	Clare Davie (Grm)
Women 45-49 200 Fly	3:01.02	2002-02-28	Clare Davie (Oud)
Women 45-49 200 IM	2:59.48	2001-01-27	Clare Davie (Jhb)
Women 45-49 400 IM	6:12.19	2002-02-28	Clare Davie (Oud)
Women 50-54 50 Free	32.57	2005-03-19	Marissa Rollnick (Grm)
Women 50-54 100 Free	1:13.14	2004-03-20	Marissa Rollnick (EL)
Women 50-54 200 Free	2:40.29	2005-03-18	Marissa Rollnick (Grm)
Women 50-54 400 Free	5:27.55	2006-03-04	Clare Davie (Mal)
Women 50-54 800 Free	11:12.81	2006-08-04	Clare Davie (San)
Women 50-54 1500 Free	22:03.78	2008-10-04	Clare Davie (Pta)
Women 50-54 50 Back	37.91	1990-03-15	MOIRA LAMONT
Women 50-54 100 Back	1:21.23	2006-03-02	Clare Davie (Mal)
Women 50-54 200 Back	2:49.89	2006-08-05	Clare Davie (San)
Women 50-54 50 Breast	40.93	1998-04-04	Shirley Turner
Women 50-54 100 Breast	1:28.05	1998-04-03	Shirley Turner
Women 50-54 200 Breast	3:09.79	1998-03-07	Shirley Turner
Women 50-54 50 Fly	39.70	2001-03-01	Jenny Ireland (Pta)
Women 50-54 100 Fly	1:28.62	3-2000	Jenny Ireland (CT)
Women 50-54 200 Fly	3:04.04	2006-03-04	Clare Davie (Mal)
Women 50-54 200 IM	3:07.10	2007-03-17	Clare Davie (Sas)
Women 50-54 400 IM	6:16.44	2006-03-03	Clare Davie (Mal)
Women 55-59 50 Free	33.04	2009-03-11	Marissa Rollnick (EL)
Women 55-59 100 Free	1:13.46	2011-02-26	Clare Davie (Jhb)
Women 55-59 200 Free	2:41.93	2006-08-06	Marissa Rollnick (San)

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Women 55-59 400 Free	5:41.15	2011-03-19	Clare Davie (Oud)
Women 55-59 800 Free	11:44.43	2006-03-02	Marissa Rollnick (Mal)
Women 55-59 1500 Free	23:29.25	2006-09-23	Marissa Rollnick (Pta)
Women 55-59 50 Back	44.14	2001-03-01	Anne Jones (Pta)
Women 55-59 100 Back	1:24.97	2011-03-17	Clare Davie (Oud)
Women 55-59 200 Back	2:59.64	2011-03-18	Clare Davie (Oud)
Women 55-59 50 Breast	44.31	2006-01-28	Jenny Ireland (Jhb)
Women 55-59 100 Breast	1:39.77	2006-03-03	Jenny Ireland (Mal)
Women 55-59 200 Breast	3:32.27	2006-03-02	Jenny Ireland (Mal)
Women 55-59 50 Fly	39.69	1998-04-03	Sue Leuner
Women 55-59 100 Fly	1:31.85	2007-03-17	Jenny Ireland (Sas)
Women 55-59 200 Fly	3:54.47	2005-03-17	Helen Lawless (Grm)
Women 55-59 200 IM	3:10.93	2011-11-05	Clare Davie (Pta)
Women 55-59 400 IM	6:56.41	2006-03-03	Jenny Ireland (Mal)
Women 60-64 50 Free	33.26	2011-02-26	Marissa Rollnick (Jhb)
Women 60-64 100 Free	1:15.32	2011-02-26	Marissa Rollnick (Jhb)
Women 60-64 200 Free	2:55.53	2011-02-19	Marissa Rollnick (Pta)
Women 60-64 400 Free	5:58.00	2011-01-08	Marissa Rollnick (Jhb)
Women 60-64 800 Free	12:44.74	2011-03-17	Marissa Rollnick (Oud)
Women 60-64 1500 Free	24:36.39	2011-10-08	Marissa Rollnick (Pta)
Women 60-64 50 Back	46.27	2005-03-18	Anne Jones (Grm)
Women 60-64 100 Back	1:53.77	1998-04-02	Gloria Williamson
Women 60-64 200 Back	3:38.30	2007-03-16	Anne Jones (Sas)
Women 60-64 50 Breast	49.48	2005-03-19	Gudrun von Wimmersperg (Grm)
Women 60-64 100 Breast	1:51.54	2004-03-18	Gudrun von Wimmersperg (EL)
Women 60-64 200 Breast	4:24.92	2009-03-13	Mercia Ferreira (EL)
Women 60-64 50 Fly	40.29	8-2000	Sue Leuner (Mun)
Women 60-64 100 Fly	1:39.91	2009-11-07	Helen Lawless (Pta)
Women 60-64 200 Fly	3:53.62	2010-03-18	Helen Lawless (Pta)
Women 60-64 200 IM	3:37.75	2009-11-07	Helen Lawless (Pta)
Women 60-64 400 IM	7:39.81	2011-03-16	Marissa Rollnick (Oud)
Women 65-69 50 Free	36.69	2010-03-19	Anne Jones (Pta)
Women 65-69 100 Free	1:23.94	2010-02-20	Anne Jones (Pta)
Women 65-69 200 Free	3:12.33	2010-03-20	Anne Jones (Pta)
Women 65-69 400 Free	6:50.62	2010-03-19	Anne Jones (Pta)
Women 65-69 800 Free	14:31.46	2010-03-17	Anne Jones (Pta)
Women 65-69 1500 Free	31:46.00	2004-02-17	Gloria Williamson (Pta)
Women 65-69 50 Back	49.00	2010-02-27	Anne Jones (Jhb)
Women 65-69 100 Back	2:00.69	1994-03-19	Caroline Kelly
Women 65-69 200 Back	3:50.48	2010-03-19	Anne Jones (Pta)
Women 65-69 50 Breast	54.56	1995-03-25	Caroline Kelly
Women 65-69 100 Breast	2:01.19	2008-03-14	Gudrun von Wimmersperg (Dbn)
Women 65-69 200 Breast	4:27.35	1995-03-23	Caroline Kelly
Women 65-69 50 Fly	49.89	2008-03-13	Gudrun von Wimmersperg (Dbn)
Women 65-69 100 Fly	2:05.31	1997-02-15	Dilys van der Merwe
Women 65-69 200 Fly	59:59.99		Vacant
Women 65-69 200 IM	4:01.65	1998-04-04	Dilys van der Merwe
Women 65-69 400 IM	59:59.99		Vacant
Women 70-74 50 Free	43.15	2010-03-19	Gloria Williamson (Pta)
Women 70-74 100 Free	1:35.62	2009-03-13	Gloria Williamson (EL)
Women 70-74 200 Free	3:43.64	2009-03-12	Gloria Williamson (EL)
Women 70-74 400 Free	7:57.79	2010-03-19	Gloria Williamson (Pta)
Women 70-74 800 Free	16:11.67	2009-01-31	Gloria Williamson (Jhb)
Women 70-74 1500 Free	59:59.99		Vacant
Women 70-74 50 Back	59.71	2010-03-20	Gloria Williamson (Pta)
Women 70-74 100 Back	2:45.56	1994-03-19	Greta Calitz
Women 70-74 200 Back	59:59.99		Vacant
Women 70-74 50 Breast	1:00.57	1994-03-19	Greta Calitz
Women 70-74 100 Breast	2:29.28	2011-03-18	Angela Williams (Oud)
Women 70-74 200 Breast	5:45.53	1991-03-14	GRETA CALITZ
Women 70-74 50 Fly	59:59.99		Vacant

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Women 70-74 100 Fly	59:59.99		Vacant
Women 70-74 200 Fly	59:59.99		Vacant
Women 70-74 200 IM	59:59.99		Vacant
Women 70-74 400 IM	59:59.99		Vacant
Women 75-79 50 Free	1:14.71	1996-04-11	Greta Calitz
Women 75-79 100 Free	59:59.99		Vacant
Women 75-79 200 Free	59:59.99		Vacant
Women 75-79 400 Free	59:59.99		Vacant
Women 75-79 800 Free	59:59.99		Vacant
Women 75-79 1500 Free	59:59.99		Vacant
Women 75-79 50 Back	1:15.56	1996-04-13	Greta Calitz
Women 75-79 100 Back	2:43.19	1996-04-11	Greta Calitz
Women 75-79 200 Back	59:59.99		Vacant
Women 75-79 50 Breast	1:14.20	1996-04-13	Greta Calitz
Women 75-79 100 Breast	2:39.65	1996-04-12	Greta Calitz
Women 75-79 200 Breast	5:58.85	1996-04-11	Greta Calitz
Women 75-79 50 Fly	59:59.99		Vacant
Women 75-79 100 Fly	59:59.99		Vacant
Women 75-79 200 Fly	59:59.99		Vacant
Women 75-79 200 IM	59:59.99		Vacant
Women 75-79 400 IM	59:59.99		Vacant
Women 80-84 50 Free	59:59.99		Vacant
Women 80-84 100 Free	59:59.99		Vacant
Women 80-84 200 Free	59:59.99		Vacant
Women 80-84 400 Free	59:59.99		Vacant
Women 80-84 800 Free	59:59.99		Vacant
Women 80-84 1500 Free	59:59.99		Vacant
Women 80-84 50 Back	59:59.99		Vacant
Women 80-84 100 Back	59:59.99		Vacant
Women 80-84 200 Back	59:59.99		Vacant
Women 80-84 50 Breast	2:03.35	1991-11-16	THELMA WALTER
Women 80-84 100 Breast	59:59.99		Vacant
Women 80-84 200 Breast	59:59.99		Vacant
Women 80-84 50 Fly	59:59.99		Vacant
Women 80-84 100 Fly	59:59.99		Vacant
Women 80-84 200 Fly	59:59.99		Vacant
Women 80-84 200 IM	59:59.99		Vacant
Women 80-84 400 IM	59:59.99		Vacant
Women 85-89 50 Free	59:59.99		Vacant
Women 85-89 100 Free	59:59.99		Vacant
Women 85-89 200 Free	59:59.99		Vacant
Women 85-89 400 Free	59:59.99		Vacant
Women 85-89 800 Free	59:59.99		Vacant
Women 85-89 1500 Free	59:59.99		Vacant
Women 85-89 50 Back	59:59.99		Vacant
Women 85-89 100 Back	59:59.99		Vacant
Women 85-89 200 Back	59:59.99		Vacant
Women 85-89 50 Breast	59:59.99		Vacant
Women 85-89 100 Breast	59:59.99		Vacant
Women 85-89 200 Breast	59:59.99		Vacant
Women 85-89 50 Fly	59:59.99		Vacant
Women 85-89 100 Fly	59:59.99		Vacant
Women 85-89 200 Fly	59:59.99		Vacant
Women 85-89 200 IM	59:59.99		Vacant
Women 85-89 400 IM	59:59.99		Vacant
Women 90-94 50 Free	59:59.99		Vacant
Women 90-94 100 Free	59:59.99		Vacant
Women 90-94 200 Free	59:59.99		Vacant
Women 90-94 400 Free	59:59.99		Vacant
Women 90-94 800 Free	59:59.99		Vacant
Women 90-94 1500 Free	59:59.99		Vacant

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Women 90-94 50 Back	59:59.99	Vacant
Women 90-94 100 Back	59:59.99	Vacant
Women 90-94 200 Back	59:59.99	Vacant
Women 90-94 50 Breast	59:59.99	Vacant
Women 90-94 100 Breast	59:59.99	Vacant
Women 90-94 200 Breast	59:59.99	Vacant
Women 90-94 50 Fly	59:59.99	Vacant
Women 90-94 100 Fly	59:59.99	Vacant
Women 90-94 200 Fly	59:59.99	Vacant
Women 90-94 200 IM	59:59.99	Vacant
Women 90-94 400 IM	59:59.99	Vacant
Women 95-99 50 Free	59:59.99	Vacant
Women 95-99 100 Free	59:59.99	Vacant
Women 95-99 200 Free	59:59.99	Vacant
Women 95-99 400 Free	59:59.99	Vacant
Women 95-99 800 Free	59:59.99	Vacant
Women 95-99 1500 Free	59:59.99	Vacant
Women 95-99 50 Back	59:59.99	Vacant
Women 95-99 100 Back	59:59.99	Vacant
Women 95-99 200 Back	59:59.99	Vacant
Women 95-99 50 Breast	59:59.99	Vacant
Women 95-99 100 Breast	59:59.99	Vacant
Women 95-99 200 Breast	59:59.99	Vacant
Women 95-99 50 Fly	59:59.99	Vacant
Women 95-99 100 Fly	59:59.99	Vacant
Women 95-99 200 Fly	59:59.99	Vacant
Women 95-99 200 IM	59:59.99	Vacant
Women 95-99 400 IM	59:59.99	Vacant
Women 100-104 50 Free	59:59.99	Vacant
Women 100-104 100 Free	59:59.99	Vacant
Women 100-104 200 Free	59:59.99	Vacant
Women 100-104 400 Free	59:59.99	Vacant
Women 100-104 800 Free	59:59.99	Vacant
Women 100-104 1500 Free	59:59.99	Vacant
Women 100-104 50 Back	59:59.99	Vacant
Women 100-104 100 Back	59:59.99	Vacant
Women 100-104 200 Back	59:59.99	Vacant
Women 100-104 50 Breast	59:59.99	Vacant
Women 100-104 100 Breast	59:59.99	Vacant
Women 100-104 200 Breast	59:59.99	Vacant
Women 100-104 50 Fly	59:59.99	Vacant
Women 100-104 100 Fly	59:59.99	Vacant
Women 100-104 200 Fly	59:59.99	Vacant
Women 100-104 200 IM	59:59.99	Vacant
Women 100-104 400 IM	59:59.99	Vacant