

GMS Short Course Records**Women****GMS record - Records**

Women 19-24 50 Free	29.68	1999-09-26	Cheryl Ballard-Tremeer (Jhb)
Women 19-24 100 Free	1:04.98	1999-09-26	Cheryl Ballard-Tremeer (Jhb)
Women 19-24 200 Free	2:35.79	2004-11-28	Carmen Coetzee (Jhb)
Women 19-24 400 Free	5:30.90	2005-08-06	Tracey Pretorius (Jhb)
Women 19-24 800 Free	11:31.48	2004-11-28	Carmen Coetzee (Jhb)
Women 19-24 1500 Free	59:59.99		Vacant
Women 19-24 50 Back	34.16	1999-09-26	Cheryl Ballard-Tremeer (Jhb)
Women 19-24 100 Back	1:13.62	1999-09-26	Cheryl Ballard-Tremeer (Jhb)
Women 19-24 200 Back	3:00.35	2006-10-29	Samantha Hunter (Jhb)
Women 19-24 50 Breast	38.44	1999-09-26	Kathy Terwey at SAMS SC Champ - WITS
Women 19-24 100 Breast	1:24.16	1999-09-26	Kathy Terwey at SAMS SC Champ - WITS
Women 19-24 200 Breast	3:16.72	2005-10-23	Tracey Gardiner (Jhb)
Women 19-24 50 Fly	34.37	2005-08-06	Tracey Pretorius (Jhb)
Women 19-24 100 Fly	1:18.44	1994	Rachelle Isakov
Women 19-24 200 Fly	3:18.72	2006-06-11	Tracey Gardiner (Jhb)
Women 19-24 100 IM	1:15.80	1999-09-26	Cheryl Ballard-Tremeer (Jhb)
Women 19-24 200 IM	3:04.51	2005-10-23	Tracey Gardiner (Jhb)
Women 19-24 400 IM	6:28.10	2006-10-29	Tracey Gardiner (Jhb)
Women 25-29 50 Free	28.87	1989-01-01	JEANETTE BRITS
Women 25-29 100 Free	1:03.11	1989-01-01	SUSAN BONNEY
Women 25-29 200 Free	2:19.92	1989-01-01	JEANETTE BRITS
Women 25-29 400 Free	5:06.93	1996-02-03	Heather Morris-Eyton
Women 25-29 800 Free	10:57.41	1988-01-01	JEANETTE BRITS
Women 25-29 1500 Free	20:10.34	1996-01-14	Heather Morris-Eyton
Women 25-29 50 Back	33.93	2006-10-29	Tammy Souster (Jhb)
Women 25-29 100 Back	1:17.85	1996-03-17	Rachelle Isakov
Women 25-29 200 Back	2:38.36	2006-10-29	Tammy Souster (Jhb)
Women 25-29 50 Breast	37.33	1996-01-14	Heather Morris-Eyton
Women 25-29 100 Breast	1:21.63	1996-02-03	Heather Morris-Eyton
Women 25-29 200 Breast	3:11.55	1986-01-01	GENEVIEVE SYMONS
Women 25-29 50 Fly	30.92	2005-10-23	Tania Fryer (Jhb)
Women 25-29 100 Fly	1:11.60	2005-05-15	Tania Fryer (Jhb)
Women 25-29 200 Fly	2:38.29	2011-08-13	Samantha Gunther (Jhb)
Women 25-29 100 IM	1:12.49	2006-10-29	Tammy Souster (Jhb)
Women 25-29 200 IM	2:46.35	2006-06-11	Nadia Bacchini (Jhb)
Women 25-29 400 IM	5:57.39	1996-02-03	Rachelle Isakov
Women 30-34 50 Free	30.14	2004-11-28	Carmen Coetzee (Jhb)
Women 30-34 100 Free	1:06.74	2007-10-28	Nadia Bacchini (Jhb)
Women 30-34 200 Free	2:27.86	1993-03-07	CHRIS MACKINNON
Women 30-34 400 Free	5:08.36	1994-02-05	Chris MacKinnon
Women 30-34 800 Free	11:29.39	1988-01-01	CLAIRE TAYLOR
Women 30-34 1500 Free	20:42.91	1994-01-09	CHRIS MACKINNON
Women 30-34 50 Back	36.08	2007-10-28	Hayley Mee (Jhb)
Women 30-34 100 Back	1:16.08	2007-10-28	Hayley Mee (Jhb)
Women 30-34 200 Back	2:45.62	2007-08-11	Hayley Mee (Jhb)
Women 30-34 50 Breast	38.70	1997-10-26	Heather Morris-Eyton (Jhb)
Women 30-34 100 Breast	1:28.07	1994-03-06	Chris MacKinnon
Women 30-34 200 Breast	3:12.95	1993-03-07	CHRIS MACKINNON
Women 30-34 50 Fly	31.40	2003-08-16	Claire Bolton (Jhb)
Women 30-34 100 Fly	1:11.69	2004-11-28	Rachelle Isakov (Jhb)
Women 30-34 200 Fly	2:36.09	2004-11-28	Rachelle Isakov (Jhb)
Women 30-34 100 IM	1:18.36	2007-05-12	Nadia Bacchini (Jhb)
Women 30-34 200 IM	2:49.15	2007-10-28	Nadia Bacchini (Jhb)
Women 30-34 400 IM	5:32.60	8-2000	Rachelle Isakov (Tas)
Women 35-39 50 Free	30.56	2007-05-12	Charmaine Montanari (Jhb)
Women 35-39 100 Free	1:06.27	2006-05-14	Rachelle Isakov (Jhb)
Women 35-39 200 Free	2:20.39	2006-10-29	Rachelle Isakov (Jhb)
Women 35-39 400 Free	4:57.81	2005-10-23	Rachelle Isakov (Jhb)
Women 35-39 800 Free	59:59.99		Vacant
Women 35-39 1500 Free	20:47.06	2005-10-01	Rachelle Isakov (Pta)
Women 35-39 50 Back	36.54	1989-01-01	DOT KERR-FOX

GMS Short Course Records**Women****GMS record - Records**

Women 35-39 100 Back	1:21.75	2006-08-26	Heather Morris-Eyton (Jhb)
Women 35-39 200 Back	3:00.94	2011-06-18	Niki Lee (Jhb)
Women 35-39 50 Breast	37.37	2005-08-21	Heather Morris-Eyton (C.T.)
Women 35-39 100 Breast	1:20.03	2005-08-21	Heather Morris-Eyton (C.T.)
Women 35-39 200 Breast	2:51.12	2004-08-28	Heather Morris-Eyton (Jhb)
Women 35-39 50 Fly	31.72	2006-10-29	Rachelle Isakov (Jhb)
Women 35-39 100 Fly	1:08.40	2006-10-29	Rachelle Isakov (Jhb)
Women 35-39 200 Fly	2:31.28	2005-10-23	Rachelle Isakov (Jhb)
Women 35-39 100 IM	1:17.11	2006-05-14	Rachelle Isakov (Jhb)
Women 35-39 200 IM	2:50.25	2006-07-16	Heather Morris-Eyton (Chi)
Women 35-39 400 IM	5:38.29	2006-10-29	Rachelle Isakov (Jhb)
Women 40-44 50 Free	30.43	2009-10-24	Karen Kennedy (Jhb)
Women 40-44 100 Free	1:06.54	2009-06-27	Heather Morris-Eyton (Jhb)
Women 40-44 200 Free	2:23.49	2008-10-25	Heather Morris-Eyton (Jhb)
Women 40-44 400 Free	5:12.41	2008-08-16	Heather Morris-Eyton (Jhb)
Women 40-44 800 Free	10:04.49	2009-11-28	Heather Morris-Eyton (Jhb)
Women 40-44 1500 Free	20:24.01	2009-08-16	Heather Morris-Eyton (Jhb)
Women 40-44 50 Back	35.52	1987-01-01	NATHALIE BOSHOFF
Women 40-44 100 Back	1:18.65	1998-03-15	Clare Davie
Women 40-44 200 Back	2:51.45	1997-03-02	Clare Davie
Women 40-44 50 Breast	34.38	2009-10-24	Heather Morris-Eyton (Jhb)
Women 40-44 100 Breast	1:15.66	2008-10-25	Heather Morris-Eyton (Jhb)
Women 40-44 200 Breast	2:41.87	2009-10-24	Heather Morris-Eyton (Jhb)
Women 40-44 50 Fly	33.47	1997-02-01	Liz Spagnuolo
Women 40-44 100 Fly	1:21.54	2000-09-30	Clare Davie (Jhb)
Women 40-44 200 Fly	2:55.06	1998-11-22	Clare Davie
Women 40-44 100 IM	1:14.73	2009-10-24	Heather Morris-Eyton (Jhb)
Women 40-44 200 IM	2:43.77	2009-06-27	Heather Morris-Eyton (Jhb)
Women 40-44 400 IM	5:46.13	2008-08-16	Heather Morris-Eyton (Jhb)
Women 45-49 50 Free	30.48	2007-05-12	Debbie Carroll (Jhb)
Women 45-49 100 Free	1:10.44	2005-08-27	Clare Davie (Jhb)
Women 45-49 200 Free	2:30.77	2001-09-29	Clare Davie (Jhb)
Women 45-49 400 Free	5:14.96	2001-09-29	Clare Davie (Jhb)
Women 45-49 800 Free	10:44.11	2001-09-29	Clare Davie (Jhb)
Women 45-49 1500 Free	22:36.03	2011-08-14	Karen Kennedy (Jhb)
Women 45-49 50 Back	36.95	1989-01-01	NATHALIE BOSHOFF
Women 45-49 100 Back	1:25.74	1986-01-01	MOIRA LAMONT
Women 45-49 200 Back	2:47.98	2001-09-29	Clare Davie (Jhb)
Women 45-49 50 Breast	39.78	1994	Shirley Turner (Jhb)
Women 45-49 100 Breast	1:25.94	1994	Shirley Turner (Jhb)
Women 45-49 200 Breast	3:08.03	1995-03-12	Shirley Turner
Women 45-49 50 Fly	37.08	2005-07-09	Clare Davie (Jhb)
Women 45-49 100 Fly	1:33.30	1996-03-17	Helen Lawless
Women 45-49 200 Fly	3:01.40	2001-09-29	Clare Davie (Jhb)
Women 45-49 100 IM	1:22.81	2005-07-09	Clare Davie (Jhb)
Women 45-49 200 IM	2:55.78	2001-09-29	Clare Davie (Jhb)
Women 45-49 400 IM	6:13.35	2001-08-04	Clare Davie (Jhb)
Women 50-54 50 Free	33.27	1996-03-17	Anne Jones
Women 50-54 100 Free	1:11.90	2007-05-12	Clare Davie (Jhb)
Women 50-54 200 Free	2:36.38	2008-06-22	Clare Davie (Jhb)
Women 50-54 400 Free	5:24.77	2008-08-16	Clare Davie (Jhb)
Women 50-54 800 Free	11:34.54	2003-11-01	Marissa Rollnick (USA)
Women 50-54 1500 Free	21:15.34	2007-08-11	Clare Davie (Jhb)
Women 50-54 50 Back	37.78	1989-01-01	MOIRA LAMONT
Women 50-54 100 Back	1:23.76	2008-06-22	Clare Davie (Jhb)
Women 50-54 200 Back	2:50.27	2008-06-22	Clare Davie (Jhb)
Women 50-54 50 Breast	39.80	1998-03-15	Shirley Turner
Women 50-54 100 Breast	1:31.84	1999-09-26	Shirley Turner
Women 50-54 200 Breast	3:07.17	1998-02-15	Shirley Turner
Women 50-54 50 Fly	41.63	1994-01-09	GUDRUN VON WIMMERSPERG
Women 50-54 100 Fly	1:26.25	2007-05-12	Clare Davie (Jhb)

GMS Short Course Records**Women****GMS record - Records**

Women 50-54 200 Fly	3:07.12	2008-08-16	Clare Davie (Jhb)
Women 50-54 100 IM	1:27.81	2007-05-12	Clare Davie (Jhb)
Women 50-54 200 IM	2:58.86	2008-08-16	Clare Davie (Jhb)
Women 50-54 400 IM	6:24.11	2006-10-29	Clare Davie (Jhb)
Women 55-59 50 Free	32.61	2008-06-22	Marissa Rollnick (Jhb)
Women 55-59 100 Free	1:12.90	2006-05-14	Marissa Rollnick (Jhb)
Women 55-59 200 Free	2:39.47	2006-06-11	Marissa Rollnick (Jhb)
Women 55-59 400 Free	6:19.97	2007-10-28	Linda Crawford (Jhb)
Women 55-59 800 Free	11:37.75	2011-10-29	Clare Davie (Jhb)
Women 55-59 1500 Free	23:38.06	2009-08-16	Marissa Rollnick (Jhb)
Women 55-59 50 Back	43.63	2000-11-11	Anne Jones (Jhb)
Women 55-59 100 Back	1:34.28	2006-06-11	Jenny Ireland (Jhb)
Women 55-59 200 Back	2:56.35	2011-10-29	Clare Davie (Jhb)
Women 55-59 50 Breast	47.82	1998-03-15	Gudrun von Wimmersperg
Women 55-59 100 Breast	1:40.02	2006-06-11	Jenny Ireland (Jhb)
Women 55-59 200 Breast	3:31.33	2006-05-14	Jenny Ireland (Jhb)
Women 55-59 50 Fly	40.44	1998-03-15	Sue Leuner
Women 55-59 100 Fly	1:35.67	2006-05-14	Jenny Ireland (Jhb)
Women 55-59 200 Fly	3:36.80	2006-06-11	Jenny Ireland (Jhb)
Women 55-59 100 IM	1:28.37	2000-11-11	Anne Jones (Jhb)
Women 55-59 200 IM	3:11.35	2005-08-06	Jenny Ireland (Jhb)
Women 55-59 400 IM	6:33.06	2011-10-29	Clare Davie (Jhb)
Women 60-64 50 Free	35.75	2005-10-23	Anne Jones (Jhb)
Women 60-64 100 Free	1:17.26	2011-05-15	Marissa Rollnick (Jhb)
Women 60-64 200 Free	3:05.27	2007-08-11	Anne Jones (Jhb)
Women 60-64 400 Free	6:03.59	2011-05-15	Marissa Rollnick (Jhb)
Women 60-64 800 Free	12:20.90	2011-10-29	Marissa Rollnick (Jhb)
Women 60-64 1500 Free	25:46.20	2007-08-11	Anne Jones (Jhb)
Women 60-64 50 Back	45.73	2005-05-15	Anne Jones (Jhb)
Women 60-64 100 Back	1:54.05	1998-11-22	Gloria Williamson
Women 60-64 200 Back	3:43.29	2008-10-25	Anne Jones (Jhb)
Women 60-64 50 Breast	49.76	2006-10-29	Anne Jones (Jhb)
Women 60-64 100 Breast	1:59.80	1992-02-22	CAROLINE KELLY
Women 60-64 200 Breast	4:33.89	1992-11-01	CAROLINE KELLY
Women 60-64 50 Fly	41.62	2009-10-24	Helen Lawless (Jhb)
Women 60-64 100 Fly	1:42.57	2009-05-16	Helen Lawless (Jhb)
Women 60-64 200 Fly	3:51.85	2009-10-24	Helen Lawless (Jhb)
Women 60-64 100 IM	1:40.35	2007-05-12	Anne Jones (Jhb)
Women 60-64 200 IM	3:55.62	1993-03-07	DILYS VAN DER MERWE
Women 60-64 400 IM	59:59.99		Vacant
Women 65-69 50 Free	41.31	1997-09-28	Dilys van der Merwe
Women 65-69 100 Free	1:34.19	1998-11-22	Dilys van der Merwe
Women 65-69 200 Free	59:59.99		Vacant
Women 65-69 400 Free	7:23.20	1998-02-15	Dilys van der Merwe
Women 65-69 800 Free	15:23.06	1997-11-16	Dilys van der Merwe
Women 65-69 1500 Free	29:16.70	1997-01-12	Dilys van der Merwe
Women 65-69 50 Back	50.82	8-1997	Dilys van der Merwe (Pta)
Women 65-69 100 Back	2:06.77	1996-02-03	Caroline Kelly
Women 65-69 200 Back	4:38.43	2006-10-29	Heather Roche (Jhb)
Women 65-69 50 Breast	53.44	1994-03-06	Caroline Kelly
Women 65-69 100 Breast	2:02.05	1995	Caroline Kelly (Jhb)
Women 65-69 200 Breast	4:34.19	1995-11-12	Caroline Kelly
Women 65-69 50 Fly	55.77	1994-03-06	Caroline Kelly
Women 65-69 100 Fly	59:59.99		Vacant
Women 65-69 200 Fly	59:59.99		Vacant
Women 65-69 100 IM	1:53.82	1998-03-15	Dilys van der Merwe
Women 65-69 200 IM	59:59.99		Vacant
Women 65-69 400 IM	59:59.99		Vacant
Women 70-74 50 Free	59:59.99		Vacant
Women 70-74 100 Free	59:59.99		Vacant
Women 70-74 200 Free	59:59.99		Vacant

GMS Short Course Records**Women****GMS record - Records**

Women 70-74 400 Free	59:59.99		Vacant
Women 70-74 800 Free	59:59.99		Vacant
Women 70-74 1500 Free	59:59.99		Vacant
Women 70-74 50 Back	1:13.72	1994-08-20	Greta Calitz
Women 70-74 100 Back	59:59.99		Vacant
Women 70-74 200 Back	59:59.99		Vacant
Women 70-74 50 Breast	1:06.38	1994-03-06	Greta Calitz
Women 70-74 100 Breast	59:59.99		Vacant
Women 70-74 200 Breast	59:59.99		Vacant
Women 70-74 50 Fly	59:59.99		Vacant
Women 70-74 100 Fly	59:59.99		Vacant
Women 70-74 200 Fly	59:59.99		Vacant
Women 70-74 100 IM	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	59:59.99		Vacant
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	59:59.99		Vacant
Women 75-79 100 Back	59:59.99		Vacant
Women 75-79 200 Back	59:59.99		Vacant
Women 75-79 50 Breast	1:11.39	1996-03-17	Greta Calitz
Women 75-79 100 Breast	59:59.99		Vacant
Women 75-79 200 Breast	59:59.99		Vacant
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 75-79 100 IM	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	59:59.99		Vacant
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 80-84 100 IM	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

GMS Short Course Records**Women****GMS record - Records**

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 85-89 100 IM	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
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 90-94 100 IM	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 95-99 100 IM	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 100-104 100 IM	59:59.99	Vacant
Women 100-104 200 IM	59:59.99	Vacant

**GMS Short Course Records
Women**

GMS record - Records

Women 100-104 400 IM

59:59.99

Vacant