
RECORDS TMS LC Women
LC Meters-Women

19-24	50 Free	28.03	30-Jan-05		J. Cowell
	100 Free	1:02.28	17-Mar-05		J. Cowell
	200 Free	2:21.03	17-Mar-05		J. Cowell
	400 Free	5:06.50	2-Mar-97		M. Albertyn
	800 Free	10:38.97	20-Mar-97		M. Albertyn
	1500 Free	20:16.41	9-Oct-04		J. Cowell
	50 Back	35.67	20-Mar-04		J. Cowell
	100 Back	1:20.31	14-Feb-06		J. Cowell
	200 Back	3:04.00	12-Feb-09	COEL NT	Sandra R. Verryn at Tshwane Champs 09
	50 Breast	37.27	3-Jan-05		J. Cowell
	100 Breast	1:21.19	3-Jan-05		J. Cowell
	200 Breast	3:16.16	16-Feb-91		S. Dorlas
	50 Fly	30.89	17-Mar-05		J. Cowell
	100 Fly	1:11.19	20-Feb-04		J. Cowell
	200 Fly	1:39:59.99	9-Sep-99		Free
	200 IM	2:37.90	20-Mar-04		J. Cowell
	400 IM	1:39:59.99	9-Sep-99		Free
25-29	50 Free	28.74	31-Mar-89		M. Malan
	100 Free	1:04.38	14-Mar-07	COEL NT	JOANNE E. COWELL at SAMS 23rd LC Champs @ Sasolburg
	200 Free	2:24.19	14-Mar-91		A. Thesnaar
	400 Free	5:01.52	14-Mar-91		A. Thesnaar
	800 Free	10:17.79	14-Mar-91		A. Thesnaar
	1500 Free	22:30.96	19-Sep-09	COEL NT	JOANNE E. COWELL at Coelacanth's 1500 2009
	50 Back	35.34	16-Feb-91		M. Heim
	100 Back	1:16.71	14-Mar-91		M. Heim
	200 Back	3:06.77	12-Mar-88		N. Hepton
	50 Breast	36.03	10-Nov-07	COEL NT	Claire C. Rolt at Tshwane Inter-Regional 2007
	100 Breast	1:21.12	10-Nov-07	COEL NT	Claire C. Rolt at Tshwane Inter-Regional 2007
	200 Breast	3:11.98	23-Mar-95		S. Dorlas
	50 Fly	31.63	14-Mar-07	COEL NT	JOANNE E. COWELL at SAMS 23rd LC Champs @ Sasolburg
	100 Fly	1:12.09	18-Mar-94		S. Dorlas
	200 Fly	3:06.04	12-Mar-88		S. Jansen
	200 IM	2:42.41	14-Feb-08	COEL NT	Claire C. Rolt at TMS Champs 08
	400 IM	5:52.34	23-Mar-95		S. Dorlas
30-34	50 Free	29.59	20-Mar-93		M. Malan
	100 Free	1:06.86	20-Mar-93		M. Malan
	200 Free	2:31.19	20-Mar-93		M. Malan
	400 Free	5:24.89	20-Mar-93		M. Malan
	800 Free	10:46.82	13-Apr-96		S. Dorlas
	1500 Free	25:41.22	1-Oct-05	COEL NT	Anne KARLE at Coelacanth's 1500: 2005
	50 Back	35.64	13-Mar-90		S. Jansen
	100 Back	1:19.63	20-Mar-93		K. Gruber
	200 Back	2:51.68	20-Mar-93		K. Gruber
	50 Breast	40.18	14-Nov-98		S. Dorlas
	100 Breast	1:26.84	19-Mar-97		S. Dorlas
	200 Breast	3:11.50	20-Mar-97		S. Dorlas
	50 Fly	32.54	14-Mar-91		M. Malan
	100 Fly	1:12.76	19-Mar-97		S. Dorlas
	200 Fly	2:44.26	18-Mar-99		S. Dorlas
	200 IM	2:47.82	19-Mar-97		M. Bouwer
	400 IM	5:55.16	18-Mar-99		S. Dorlas

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35-39	50 Free	26.53	3-Jun-04		E. Ottermann
	100 Free	1:01.92	28-Mar-03		E. Ottermann
	200 Free	2:34.97	18-Mar-00		A. Dressler
	400 Free	5:21.86	18-Mar-99		C. Witteveen
	800 Free	11:04.31	28-Feb-02		S. Dorlas
	1500 Free	22:17.83	6-Oct-01		S. Dorlas
	50 Back	36.53	28-Mar-03		E. Ottermann
	100 Back	1:19.32	18-Mar-00		A. Dressler
	200 Back	2:46.07	18-Mar-00		A. Dressler
	50 Breast	39.97	27-Feb-99		C. Witteveen
	100 Breast	1:27.63	20-Nov-99		C. Witteveen
	200 Breast	3:10.87	18-Mar-99		C. Witteveen
	50 Fly	29.42	3-Jun-04		E. Ottermann
	100 Fly	1:01.60	3-Jun-04		E. Ottermann
	200 Fly	2:46.01	28-Feb-02		S. Dorlas
	200 IM	2:51.18	28-Feb-02		A. Dressler
	400 IM	6:05.95	28-Mar-03		S. Dorlas
40-44	50 Free	26.60	24-Feb-07		E. Ottermann
	100 Free	1:03.39	2-Mar-06		E. Ottermann
	200 Free	2:33.20	4-Jul-92		E. Hattingh
	400 Free	5:22.56	30-Jun-92		E. Hattingh
	800 Free	11:13.08	16-Apr-96		E. Hattingh
	1500 Free	22:16.61	2-Feb-02		G. Symonds
	50 Back	34.56	17-Mar-05		A. Dressler
	100 Back	1:15.75	19-Feb-05		A. Dressler
	200 Back	2:41.65	17-Mar-05		A. Dressler
	50 Breast	37.99	30-Jan-05		A. Dressler
	100 Breast	1:23.82	30-Jan-05		A. Dressler
	200 Breast	3:02.29	19-Feb-05		A. Dressler
	50 Fly	29.41	14-Feb-06		E. Ottermann
	100 Fly	1:16.23	2-Mar-06		S. Dorlas
	200 Fly	2:56.36	2-Mar-06		S. Dorlas
	200 IM	2:46.16	5-Mar-05		A. Dressler
	400 IM	6:24.97	16-Apr-96		M. vd Walt
45-49	50 Free	30.47	16-Mar-11	COEL NT	Babs Fraatz at SAMS 27th LC Champs @ Oudtshoorn
	100 Free	1:07.95	16-Mar-11	COEL NT	Babs Fraatz at SAMS 27th LC Champs @ Oudtshoorn
	200 Free	2:32.89	16-Mar-11	COEL NT	Babs Fraatz at SAMS 27th LC Champs @ Oudtshoorn
	400 Free	5:29.05	16-Mar-11	COEL NT	Babs Fraatz at SAMS 27th LC Champs @ Oudtshoorn
	800 Free	11:15.07	17-Mar-10	COEL NT	Hannah UECKERMANN at SAMS 26th LC Champs @ Pretoria
	1500 Free	23:05.22	9-Oct-10	COEL NT	MARIEKE BOUWER at Coelacanth's 1500 2010
	50 Back	36.78	17-Mar-10	COEL NT	ANNEMARIE H. DRESSLER at SAMS 26th LC Champs @ Pretoria
	100 Back	1:20.56	7-Nov-09	COEL NT	ANNEMARIE H. DRESSLER at Tshwane Inter Regional 2009
	200 Back	2:53.38	17-Mar-10	COEL NT	ANNEMARIE H. DRESSLER at SAMS 26th LC Champs @ Pretoria
	50 Breast	38.40	5-Mar-05		C. van Dam
	100 Breast	1:25.53	14-Feb-06		C. van Dam
	200 Breast	3:08.34	2-Feb-08	COEL NT	Hannah Ueckermann at SE Reg.Competition UK.
	50 Fly	33.24	17-Feb-11	COEL NT	Babs Fraatz at Tshwane Champs 2011
	100 Fly	1:19.39	16-Mar-11	COEL NT	SANDRA A. DORLAS at SAMS 27th LC Champs @ Oudtshoorn
	200 Fly	3:03.60	14-Feb-08	TUKM NT	KIM FOSTER at TMS Champs 08
	200 IM	2:57.30	12-Mar-08	COEL NT	Hannah UECKERMANN at SAMS 24th LC Champs @ Durban
	400 IM	6:21.02	17-Mar-10	COEL NT	Hannah UECKERMANN at SAMS 26th LC Champs @ Pretoria
50-54	50 Free	31.31	16-Mar-11	COEL NT	SABINE M. VERRYIN at SAMS 27th LC Champs @ Oudtshoorn
	100 Free	1:10.81	16-Mar-11	COEL NT	SABINE M. VERRYIN at SAMS 27th LC Champs @ Oudtshoorn

RECORDS TMS LC Women

50-54	200 Free	2:37.48	11-Mar-09	COEL NT	KIM FOSTER at SAMS 25th LC Champs @ East London
	400 Free	5:44.25	28-Feb-02		E. Hattingh
	800 Free	11:44.93	28-Feb-02		E. Hattingh
	1500 Free	22:47.56	2-Feb-02		E. Hattingh
	50 Back	41.25	12-Mar-08	COEL NT	Katie Minty at SAMS 24th LC Champs @ Durban
	100 Back	1:33.65	16-Feb-02		E. Hattingh
	200 Back	3:08.89	25-Mar-02		E. Hattingh
	50 Breast	40.79	16-Mar-11	COEL NT	Carola J. van Dam at SAMS 27th LC Champs @ Oudtshoorn
	100 Breast	1:31.96	17-Mar-10	COEL NT	CAROLA J. VAN DAM at SAMS 26th LC Champs @ Pretoria
	200 Breast	3:30.85	20-Mar-04		M. vd Walt
	50 Fly	32.86	13-Nov-10	COEL NT	KIM FOSTER at Tshwane Inter-Regional 2010
	100 Fly	1:17.00	11-Mar-09	COEL NT	KIM FOSTER at SAMS 25th LC Champs @ East London
	200 Fly	2:59.18	16-Mar-11	COEL NT	KIM FOSTER at SAMS 27th LC Champs @ Oudtshoorn
	200 IM	3:00.07	11-Mar-09	COEL NT	KIM FOSTER at SAMS 25th LC Champs @ East London
	400 IM	6:53.99	17-Mar-10	COEL NT	KIM FOSTER at SAMS 26th LC Champs @ Pretoria
	55-59	50 Free	38.03	17-Feb-11	COEL NT
100 Free		1:20.72	17-Feb-11	OLSM NT	Maggie vd Walt at Tshwane Champs 2011
200 Free		3:03.63	18-Feb-10	COEL NT	ERNA HATTINGH at Tshwane Champs 2010
400 Free		6:35.00	18-Feb-10	COEL NT	ERNA HATTINGH at Tshwane Champs 2010
800 Free		13:15.96	17-Mar-10	COEL NT	ERNA HATTINGH at SAMS 26th LC Champs @ Pretoria
1500 Free		26:21.66	17-Feb-11	COEL NT	GAIL P. GERATY at Tshwane Champs 2011
50 Back		44.65	28-Mar-03		J. Fyfe
100 Back		1:42.75	18-Feb-10	COEL NT	ERNA HATTINGH at Tshwane Champs 2010
200 Back		3:33.86	17-Mar-10	COEL NT	ERNA HATTINGH at SAMS 26th LC Champs @ Pretoria
50 Breast		46.01	16-Mar-11	COEL NT	Roefie SPIES at SAMS 27th LC Champs @ Oudtshoorn
100 Breast		1:43.92	17-Mar-10	COEL NT	Maggie VD WALT at SAMS 26th LC Champs @ Pretoria
200 Breast		3:45.84	17-Mar-10	COEL NT	Maggie VD WALT at SAMS 26th LC Champs @ Pretoria
50 Fly		46.69	18-Feb-10	COEL NT	Maggie VD WALT at Tshwane Champs 2010
100 Fly		1:42.07	17-Feb-11	OLSM NT	Maggie vd Walt at Tshwane Champs 2011
200 Fly		3:51.50	17-Mar-10	COEL NT	Maggie VD WALT at SAMS 26th LC Champs @ Pretoria
200 IM		3:32.09	17-Feb-11	OLSM NT	Maggie vd Walt at Tshwane Champs 2011
400 IM	7:18.16	17-Mar-10	COEL NT	Maggie VD WALT at SAMS 26th LC Champs @ Pretoria	
60-64	50 Free	40.00	17-Feb-01		O. Belcher
	100 Free	1:31.35	14-Mar-07	COEL NT	Joyce E. Fyfe at SAMS 23rd LC Champs @ Sasolburg
	200 Free	3:14.01	25-Mar-02		O. Belcher
	400 Free	6:49.74	25-Mar-02		O. Belcher
	800 Free	13:46.99	25-Mar-02		O. Belcher
	1500 Free	26:43.15	6-Oct-01		O. Belcher
	50 Back	46.94	20-Feb-07	COEL NT	Joyce E. Fyfe at TMS Champs.07
	100 Back	1:48.36	14-Mar-07	COEL NT	Joyce E. Fyfe at SAMS 23rd LC Champs @ Sasolburg
	200 Back	4:01.63	20-Feb-07	COEL NT	Joyce E. Fyfe at TMS Champs.07
	50 Breast	48.44	20-Mar-04		S. Hurwitz
	100 Breast	1:48.24	20-Mar-04		S. Hurwitz
	200 Breast	3:56.81	20-Mar-04		S. Hurwitz
	50 Fly	57.33	15-Feb-97		B. Pearce
	100 Fly	2:09.83	18-Mar-99		B. Pearce
	200 Fly	5:17.87	18-Mar-99		B. Pearce
	200 IM	4:02.51	17-Mar-10	COEL NT	ANGELIKA SANDRI at SAMS 26th LC Champs @ Pretoria
400 IM	9:30.15	20-Mar-97		B. Pearce	
65-69	50 Free	40.99	12-Mar-08	COEL NT	Salome HURWITZ at SAMS 24th LC Champs @ Durban
	100 Free	1:43.67	15-Mar-03		B. Pearce
	200 Free	3:21.16	14-Mar-07	COEL NT	OLIVIA BELCHER at SAMS 23rd LC Champs @ Sasolburg
	400 Free	6:46.89	2-Mar-06	COEL NT	OLIVIA BELCHER at SA Masters Swimming Nationals 2006

RECORDS TMS LC Women

65-69	800 Free	14:08.48	14-Mar-07	COEL NT	OLIVIA BELCHER at SAMS 23rd LC Champs @ Sasolburg
	1500 Free	27:36.95	29-Sep-07	COEL NT	OLIVIA BELCHER at Coel1500.2007
	50 Back	50.77	2-Feb-02		B. Pearce
	100 Back	1:55.97	25-Mar-02		B. Pearce
	200 Back	4:07.27	25-Mar-02		B. Pearce
	50 Breast	47.27	17-Apr-08	COEL NT	Salome HURWITZ at World Champs @ Perth
	100 Breast	1:47.19	12-Mar-08	COEL NT	Salome HURWITZ at SAMS 24th LC Champs @ Durban
	200 Breast	3:50.84	17-Apr-08	COEL NT	Salome Hurwitz at World Champs @ Perth
	50 Fly	44.68	17-Apr-08	COEL NT	Salome Hurwitz at World Champs @ Perth
	100 Fly	2:13.37	25-Mar-02		B. Pearce
	200 Fly	5:06.33	25-Mar-02		B. Pearce
	200 IM	4:42.77	8-Mar-03		B. Pearce
	400 IM	9:22.73	25-Mar-02		B. Pearce
70-74	50 Free	50.31	11-Nov-06		V. Grobler
	100 Free	1:53.47	17-Apr-08		Ann Hanson at World Champs @ Perth
	200 Free	4:08.49	17-Apr-08	COEL NT	Ann Hanson at World Champs @ Perth
	400 Free	8:43.35	17-Apr-08		Ann Hanson at World Champs @ Perth
	800 Free	18:03.72	17-Apr-08		Ann Hanson at World Champs @ Perth
	1500 Free	35:38.00	19-Sep-09	COEL NT	Ann HANSON at Coelacanth 1500 2009
	50 Back	1:03.58	18-Mar-00		M. Hack
	100 Back	2:18.12	18-Mar-00		M. Hack
	200 Back	5:20.57	18-Mar-00		M. Hack
	50 Breast	1:04.96	21-Feb-04		G. Wallace
	100 Breast	2:22.80	28-Feb-02		G. Wallace
	200 Breast	5:08.84	28-Feb-02		G. Wallace
	50 Fly	1:47.34	16-Mar-11	COEL NT	WENDY MUIR at SAMS 27th LC Champs @ Oudtshoorn
	100 Fly	1:39:59.99	9-Sep-99		Free
	200 Fly	1:39:59.99	9-Sep-99		Free
	200 IM	1:39:59.99	9-Sep-99		Free
	400 IM	1:39:59.99	9-Sep-99		Free
75-79	50 Free	52.11	11-Mar-09	COEL NT	VILMA GROBLER at SAMS 25th LC Champs @ East London
	100 Free	1:55.94	14-Feb-08	COEL NT	VILMA GROBLER at TMS Champs 08
	200 Free	4:24.61	11-Mar-09	COEL NT	VILMA GROBLER at SAMS 25th LC Champs @ East London
	400 Free	9:16.37	12-Mar-08	COEL NT	VILMA GROBLER at SAMS 24th LC Champs @ Durban
	800 Free	19:48.66	12-Mar-08	COEL NT	VILMA GROBLER at SAMS 24th LC Champs @ Durban
	1500 Free	38:33.41	14-Feb-08	COEL NT	VILMA GROBLER at TMS Champs 08
	50 Back	1:18.03	12-Feb-09	COEL NT	VILMA GROBLER at Tshwane Champs 09
	100 Back	2:50.46	14-Mar-07	COEL NT	GRETA E. WALLACE at SAMS 23rd LC Champs @ Sasolburg
	200 Back	1:39:59.99	31-Mar-84		Free
	50 Breast	1:10.44	20-Feb-07	COEL NT	GRETA E. WALLACE at TMS Champs.07
	100 Breast	2:39.83	14-Mar-07	COEL NT	GRETA E. WALLACE at SAMS 23rd LC Champs @ Sasolburg
	200 Breast	5:57.09	14-Mar-07	COEL NT	GRETA E. WALLACE at SAMS 23rd LC Champs @ Sasolburg
	50 Fly	1:39:59.99	31-Mar-84		Free
	100 Fly	1:39:59.99	9-Sep-99		Free
	200 Fly	1:39:59.99	9-Sep-99		Free
	200 IM	1:39:59.99	9-Sep-99		Free
	400 IM	1:39:59.99	9-Sep-99		Free
80-84	50 Free	49.75	19-Mar-97		N McAll
	100 Free	2:36.17	1-Mar-01		N. McAll
	200 Free	5:27.14	20-Mar-97		N. McAll
	400 Free	12:09.77	18-Mar-99		N. McAll
	800 Free	1:39:59.99	9-Sep-99		Free
	1500 Free	1:39:59.99	9-Sep-99		Free

RECORDS TMS LC Women

80-84	50 Back	1:11.34	20-Mar-97		N. McAll
	100 Back	2:46.19	18-Mar-99		N. McAll
	200 Back	6:11.05	18-Mar-99		N. McAll
85-89	50 Free	1:11.18	28-Feb-02		N. McAll
	100 Free	3:10.78	28-Feb-02		N. McAll
	200 Free	7:28.04	28-Mar-03		N. McAll
	50 Back	1:31.59	28-Feb-02		N. McAll
	100 Back	3:24.15	28-Feb-02		N. McAll
	200 Back	8:02.80	20-Mar-04		N. McAll
90-94	50 Free	1:41.17	14-Mar-07	COEL NT	NERINA M. MCALL at SAMS 23rd LC Champs @ Sasolburg
	100 Free	4:29.57	14-Mar-07	COEL NT	NERINA M. MCALL at SAMS 23rd LC Champs @ Sasolburg
	200 Free	1:39:59.99	9-Sep-99		Free
	50 Back	1:56.04	14-Mar-07	COEL NT	NERINA M. MCALL at SAMS 23rd LC Champs @ Sasolburg
	100 Back	4:24.72	14-Mar-07	COEL NT	NERINA M. MCALL at SAMS 23rd LC Champs @ Sasolburg
	200 Back	9:04.70	14-Mar-07	COEL NT	NERINA M. MCALL at SAMS 23rd LC Champs @ Sasolburg