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**RECORDS TM Records SC.W**
**SC Meters-Women**

19-24	50 Free	28.47	<b>23-Aug-97</b>	NT	J. Cowell
	100 Free	1:07.03	<b>21-Aug-99</b>	NT	C. Bredenkamp
	200 Free	2:29.49	<b>21-Aug-99</b>	NT	C. Bredenkamp
	400 Free	5:40.25	<b>14-Oct-01</b>	NT	T. Frank
	800 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	1500 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	50 Back	35.65	<b>8-Aug-98</b>	NT	J. Cowell
	100 Back	1:15.65	<b>11-Jun-06</b>	COEL NT	JOANNE E. COWELL at GMS (Wahoo) @ Wahoo AC
	200 Back	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	50 Breast	40.35	<b>30-Aug-03</b>	NT	J. Cowell
	100 Breast	1:32.81	<b>29-Oct-02</b>	NT	T. Frank
	200 Breast	3:18.83	<b>14-Oct-01</b>	NT	T. Frank
	50 Fly	31.75	<b>27-Aug-05</b>	COEL NT	JOANNE E. COWELL at Tshwane Short Course 2005
	100 Fly	1:13.63	<b>23-Aug-97</b>	NT	M. Albertyn
	200 Fly	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	100 IM	1:15.91	<b>27-Aug-05</b>	COEL NT	JOANNE E. COWELL at Tshwane Short Course 2005
	200 IM	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
25-29	50 Free	29.80	<b>22-Nov-08</b>	COEL NT	JOANNE E. COWELL at GMS (Killer Whales) @ Linden
	100 Free	1:10.89	<b>12-Aug-95</b>	NT	S. Dorlas
	200 Free	2:22.72	<b>10-Jun-07</b>	COEL NT	CLAIRE ROLT at GMS (Wahoo) @ Wahoo AC
	400 Free	5:31.38	<b>16-Oct-10</b>	COEL NT	Severine M. Marechal at SAMS SC Champs (Gauteng #1) @ Wahoo AC
	800 Free	11:46.00	<b>22-Nov-08</b>	COEL NT	JOANNE E. COWELL at GMS (Killer Whales) @ Linden
	1500 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	50 Back	38.48	<b>22-Nov-08</b>	COEL NT	JOANNE E. COWELL at GMS (Killer Whales) @ Linden
	100 Back	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	200 Back	3:17.45	<b>1-Oct-08</b>	COEL NT	Liesel Louw at SAMS (Consol.) SC Champs @ various venues
	50 Breast	35.36	<b>10-Jun-07</b>	COEL NT	CLAIRE ROLT at GMS (Wahoo) @ Wahoo AC
	100 Breast	1:17.10	<b>10-Jun-07</b>	COEL NT	CLAIRE ROLT at GMS (Wahoo) @ Wahoo AC
	200 Breast	3:13.46	<b>16-Oct-10</b>	COEL NT	Severine M. Marechal at SAMS SC Champs (Gauteng #1) @ Wahoo AC
	50 Fly	33.94	<b>13-Jun-94</b>	NT	S. Dorlas
	100 Fly	1:13.14	<b>13-Jun-94</b>	NT	S. Dorlas
	200 Fly	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	100 IM	1:17.71	<b>22-Nov-08</b>	COEL NT	JOANNE E. COWELL at GMS (Killer Whales) @ Linden
	200 IM	2:37.56	<b>10-Jun-07</b>	COEL NT	CLAIRE ROLT at GMS (Wahoo) @ Wahoo AC
	400 IM	6:25.38	<b>16-Oct-10</b>	COEL NT	Severine M. Marechal at SAMS SC Champs (Gauteng #1) @ Wahoo AC
30-34	50 Free	30.97	<b>13-Jun-94</b>	NT	M. Bouwer
	100 Free	1:08.13	<b>13-Jun-94</b>	NT	M. Bouwer
	200 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	400 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	800 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	1500 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	50 Back	38.69	<b>31-Oct-93</b>	NT	M. Bouwer
	100 Back	1:24.29	<b>1-Jul-95</b>	NT	S. Vettori
	200 Back	1:39:59.99	<b>31-Mar-83</b>	NT	I. Available
	50 Breast	41.47	<b>8-Aug-98</b>	NT	S. Dorlas
	100 Breast	1:30.27	<b>26-Sep-99</b>	NT	S. Dorlas
	200 Breast	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	50 Fly	34.38	<b>23-Sep-99</b>	NT	S. Dorlas
	100 Fly	1:16.09	<b>15-Nov-00</b>	NT	S. Dorlas
	200 Fly	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	100 IM	1:17.50	<b>13-Jun-94</b>	NT	M. Bouwer
	200 IM	2:58.65	<b>1-Jul-95</b>	NT	M. Bouwer

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**RECORDS TM Records SC.W**

30-34	400 IM	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
35-39	50 Free	27.25	<b>1-Oct-04</b>	NT	E. Ottermann
	100 Free	1:03.85	<b>1-Oct-05</b>	COEL NT	EDITH C. OTTERMANN at SAMS SC Champs @ Various venues
	200 Free	2:40.84	<b>23-Aug-97</b>	NT	C. Witteveen
	400 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	800 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	1500 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	50 Back	37.00	<b>21-Aug-99</b>	NT	E. Ottermann
	100 Back	1:18.91	<b>13-Feb-00</b>	NT	A. Dressler
	200 Back	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	50 Breast	40.39	<b>21-Aug-99</b>	NT	C. Witteveen
	100 Breast	1:28.74	<b>21-Aug-99</b>	NT	C. Witteveen
	200 Breast	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	50 Fly	30.14	<b>1-Oct-04</b>	NT	E. Ottermann
	100 Fly	1:16.07	<b>14-Oct-01</b>	NT	E. Ottermann
	200 Fly	1:39:59.99	<b>31-Mar-84</b>	NP	I. Available
	100 IM	1:14.99	<b>1-Oct-05</b>	COEL NT	EDITH C. OTTERMANN at SAMS SC Champs @ Various venues
200 IM	1:39:59.99	<b>31-Mar-84</b>	NP	I. Available	
400 IM	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available	
40-44	50 Free	31.43	<b>28-Nov-04</b>	NT	A. Dressler
	100 Free	1:11.95	<b>15-Oct-92</b>	NT	E. Hattingh
	200 Free	2:36.99	<b>22-Jun-08</b>	COEL NT	ANNEMARIE H. DRESSLER at GMS (Wahoo) @ Wahoo AC
	400 Free	5:33.64	<b>16-Aug-08</b>	COEL NT	ANNEMARIE H. DRESSLER at GMS SC Champs @ Wahoo AC
	800 Free	12:27.00	<b>14-Aug-10</b>	COEL NT	Jade Homveld at GMS SC Champs @ Wahoo AC
	1500 Free	20:56.99	<b>24-Nov-07</b>	NT	H. Ueckermann at Barnet Cophthall Pools London
	50 Back	35.31	<b>1-Oct-04</b>	NT	A. Dressler
	100 Back	1:17.63	<b>1-Oct-04</b>	NT	A. Dressler
	200 Back	2:40.53	<b>28-Nov-04</b>	NT	A. Dressler
	50 Breast	39.46	<b>1-Oct-04</b>	NT	A. Dressler
	100 Breast	1:27.80	<b>29-Oct-02</b>	NT	
	200 Breast	2:57.96	<b>28-Nov-04</b>	NP	A. Dressler
	50 Fly	36.21	<b>1-Oct-04</b>	NT	A. Dressler
	100 Fly	1:23.25	<b>30-Aug-03</b>	NP	K. Foster
	200 Fly	3:06.96	<b>30-Aug-03</b>	NT	K. Foster
	100 IM	1:19.93	<b>9-Jul-05</b>	NT	A. Dressler
200 IM	2:57.53	<b>16-Aug-08</b>	COEL NT	ANNEMARIE H. DRESSLER at GMS SC Champs @ Wahoo AC	
400 IM	5:55.69	<b>1-Oct-04</b>	NT	A. Dressler	
45-49	50 Free	32.09	<b>16-Oct-10</b>	COEL NT	SABINE M. VERRYIN at SAMS SC Champs (Gauteng #1) @ Wahoo AC
	100 Free	1:10.62	<b>6-Nov-10</b>	COEL NT	SABINE M. VERRYIN at SAMS SC Champs (Gauteng #2) @ Wahoo AC
	200 Free	2:34.04	<b>1-Mar-08</b>	NT	Hannah Ueckermann at Bracknell Masters UK
	400 Free	5:22.90	<b>18-Jul-09</b>	COEL NT	Hannah Ueckermann at Cophthall Masters UK
	800 Free	11:05.27	<b>18-Jul-09</b>	NT	H Ueckermann at Barnet Cophthall Masters UK
	1500 Free	22:13.37	<b>13-Aug-11</b>	COEL NT	MARIEKE BOUWER at GMS SC Champs @ Wahoo AC
	50 Back	36.74	<b>16-May-09</b>	COEL NT	ANNEMARIE H. DRESSLER at GMS (Wahoo) @ Wahoo AC (Frostbite 1)
	100 Back	1:18.37	<b>13-Aug-11</b>	COEL NT	Annemarie H. Dressler at GMS SC Champs @ Wahoo AC
	200 Back	2:45.31	<b>24-Sep-11</b>	COEL NT	Annemarie H. Dressler at SAMS SC Champs (Combined) @ Various venues
	50 Breast	38.89	<b>15-May-05</b>	NT	C. van Dam
	100 Breast	1:26.42	<b>6-Mar-10</b>	NT	Hannah Ueckermann at Bracknell Master UK
	200 Breast	3:02.21	<b>6-Mar-10</b>	NT	Hannah Ueckermann at Bracknell Masters UK
	50 Fly	35.04	<b>1-Oct-06</b>	BRKL NT	KIM FOSTER at SAMS Short Course Championships
	100 Fly	1:21.69	<b>1-Oct-06</b>	BRKL NT	KIM FOSTER at SAMS Short Course Championships
	200 Fly	3:07.35	<b>1-Oct-05</b>	BRKL NT	KIM FOSTER at SAMS SC Champs @ Various venues
	100 IM	1:20.98	<b>1-Mar-08</b>	NT	Hannah Ueckermann at Bracknell Masters UK

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**RECORDS TM Records SC.W**

45-49	200 IM	2:58.82	<b>1-Mar-08</b>	BRKL NT	Hannah Ueckermann at Braknell Masters UK	
	400 IM	6:00.02	<b>18-Jul-09</b>	COEL NT	H Ueckermann at Barnet Cophthall Masters UK	
50-54	50 Free	32.13	<b>24-Sep-11</b>	COEL NT	SABINE M. VERRYIN at SAMS SC Champs (Combined) @ Various venues	
	100 Free	1:10.44	<b>24-Sep-11</b>	COEL NT	SABINE M. VERRYIN at SAMS SC Champs (Combined) @ Various venues	
	200 Free	2:44.03	<b>15-Aug-09</b>	COEL NT	KIM FOSTER at GMS (Wahoo) @ Wahoo AC (GMS SC Champs)	
	400 Free	5:54.84	<b>16-Oct-10</b>	COEL NT	Carola J. van Dam at SAMS SC Champs (Gauteng #1) @ Wahoo AC	
	800 Free	13:26.99	<b>1-Oct-08</b>	COEL NT	GAIL P. GERATY at SAMS (Consol.) SC Champs @ various venues	
	1500 Free	23:11.26	<b>13-Aug-11</b>	COEL NT	KIM FOSTER at GMS SC Champs @ Wahoo AC	
	50 Back	43.10	<b>29-Oct-02</b>	NT	E. Hattingh	
	100 Back	1:34.86	<b>31-Aug-02</b>	NT	E. Hattingh	
	200 Back	3:28.09	<b>19-Jun-10</b>	COEL NT	KIM FOSTER at GMS (Wahoo) Frostbite #2 @ Wahoo AC	
	50 Breast	41.33	<b>14-Aug-10</b>	COEL NT	Carola J. van Dam at GMS SC Champs @ Wahoo AC	
	100 Breast	1:33.31	<b>15-Aug-09</b>	COEL NT	KIM FOSTER at GMS (Wahoo) @ Wahoo AC (GMS SC Champs)	
	200 Breast	3:17.42	<b>14-Aug-10</b>	COEL NT	Carola J. van Dam at GMS SC Champs @ Wahoo AC	
	50 Fly	33.93	<b>15-Aug-09</b>	COEL NT	KIM FOSTER at GMS (Wahoo) @ Wahoo AC (GMS SC Champs)	
	100 Fly	1:20.25	<b>16-May-09</b>	COEL NT	KIM FOSTER at GMS (Wahoo) @ Wahoo AC (Frostbite 1)	
	200 Fly	3:00.32	<b>14-Aug-10</b>	COEL NT	KIM FOSTER at GMS SC Champs @ Wahoo AC	
	100 IM	1:26.84	<b>15-May-10</b>	COEL NT	KIM FOSTER at GMS (Wahoo) Frostbite #1 @ Wahoo AC	
	200 IM	3:19.39	<b>6-Nov-10</b>	COEL NT	KIM FOSTER at SAMS SC Champs (Gauteng #2) @ Wahoo AC	
	400 IM	6:52.34	<b>15-Aug-09</b>	COEL NT	KIM FOSTER at GMS (Wahoo) @ Wahoo AC (GMS SC Champs)	
	55-59	50 Free	36.92	<b>24-Sep-11</b>	COEL NT	GAIL P. GERATY at SAMS SC Champs (Combined) @ Various venues
		100 Free	1:22.03	<b>24-Sep-11</b>	COEL NT	GAIL P. GERATY at SAMS SC Champs (Combined) @ Various venues
200 Free		3:20.25	<b>26-Aug-00</b>	NT	O. Belcher	
400 Free		6:51.00	<b>15-May-11</b>	COEL NT	GAIL P. GERATY at GMS (Wahoo) Frostbite #1 @ Wahoo AC	
800 Free		13:19.75	<b>24-Sep-11</b>	COEL NT	GAIL P. GERATY at SAMS SC Champs (Combined) @ Various venues	
1500 Free		1:39:59.99	<b>31-Mar-84</b>	NT	I. Available	
50 Back		45.14	<b>1-Oct-05</b>	COEL NT	Joyce E. Fyfe at SAMS SC Champs @ Various venues	
100 Back		1:43.79	<b>13-Oct-02</b>	NT	J. Fyfe	
200 Back		3:48.46	<b>1-Oct-06</b>	COEL NT	Joyce E. Fyfe at SAMS Short Course Championships	
50 Breast		52.27	<b>22-Nov-08</b>	COEL NT	ANGELIKA SANDRI at GMS (Killer Whales) @ Linden	
100 Breast		1:54.52	<b>1-Oct-06</b>	COEL NT	ANGELIKA SANDRI at SAMS Short Course Championships	
200 Breast		4:02.00	<b>27-Aug-05</b>	COEL NT	ANGELIKA SANDRI at Tshwane Short Course 2005	
50 Fly		52.18	<b>1-Oct-08</b>	COEL NT	ANGELIKA SANDRI at SAMS (Consol.) SC Champs @ various venues	
100 Fly		1:39:59.99	<b>31-Mar-84</b>	NT	I. Available	
200 Fly		1:39:59.99	<b>31-Mar-84</b>	NT	I. Available	
100 IM		1:45.75	<b>28-Oct-07</b>	COEL NT	ANGELIKA SANDRI at SAMS (GMS) SC Champs @ Wahoo AC	
200 IM		1:39:59.99	<b>31-Mar-84</b>	NT	I. Available	
400 IM		1:39:59.99	<b>31-Mar-84</b>	NT	I. Available	
60-64		50 Free	41.64	<b>16-May-09</b>	COEL NT	Joyce E. Fyfe at GMS (Wahoo) @ Wahoo AC (Frostbite 1)
		100 Free	1:33.31	<b>6-Nov-10</b>	COEL NT	ANGELIKA SANDRI at SAMS SC Champs (Gauteng #2) @ Wahoo AC
	200 Free	3:16.38	<b>31-Aug-02</b>	NT	O. Belcher	
	400 Free	6:49.44	<b>31-Aug-02</b>	NT	O. Belcher	
	800 Free	16:45.00	<b>24-Sep-11</b>	COEL NT	ANGELIKA SANDRI at SAMS SC Champs (Combined) @ Various venues	
	1500 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available	
	50 Back	48.34	<b>15-May-10</b>	COEL NT	JOYCE E. FYFE at GMS (Wahoo) Frostbite #1 @ Wahoo AC	
	100 Back	1:54.25	<b>21-Aug-99</b>	NT	B. Pearce	
	200 Back	4:07.91	<b>1-Oct-08</b>	COEL NT	Joyce E. Fyfe at SAMS (Consol.) SC Champs @ various venues	
	50 Breast	48.66	<b>30-Aug-03</b>	NT	S. Hurwitz	
	100 Breast	1:46.35	<b>1-Jul-95</b>	NT	S. Hurwitz	
	200 Breast	4:10.32	<b>14-Aug-10</b>	COEL NT	ANGELIKA SANDRI at GMS SC Champs @ Wahoo AC	
	50 Fly	1:00.61	<b>26-Sep-99</b>	NT	B. Pearce	
	100 Fly	2:13.77	<b>15-Nov-00</b>	NT	B. Pearce	
	200 Fly	5:28.81	<b>21-Aug-99</b>	NP	B. Pearce	

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**RECORDS TM Records SC.W**

60-64	100 IM	1:49.12	<b>16-Oct-10</b>	COEL NT	ANGELIKA SANDRI at SAMS SC Champs (Gauteng #1) @ Wahoo AC	
	200 IM	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available	
	400 IM	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available	
65-69	50 Free	46.81	<b>16-Aug-03</b>	NT	B. Pearce	
	100 Free	1:43.72	<b>30-Aug-03</b>	NT	B. Pearce	
	200 Free	3:26.67	<b>1-Oct-06</b>	COEL NT	OLIVIA BELCHER at SAMS Short Course Championships	
	400 Free	8:11.74	<b>16-Aug-03</b>	NT	B. Pearce	
	800 Free	14:13.66	<b>1-Oct-06</b>	COEL NT	OLIVIA BELCHER at SAMS Short Course Championships	
	1500 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available	
	50 Back	55.06	<b>1-Oct-04</b>		B. Pearce	
	100 Back	1:57.72	<b>31-Aug-02</b>		B. Pearce	
	200 Back	4:20.00	<b>7-Aug-02</b>		B. Pearce	
	50 Breast	47.27	<b>17-May-08</b>	COEL NT	Salome HURWITZ at GMS (Wahoo) @ Wahoo AC	
	100 Breast	2:19.06	<b>8-Aug-98</b>		G. Wallace	
	200 Breast	3:50.16	<b>17-May-08</b>	COEL NT	Salome HURWITZ at GMS (Wahoo) @ Wahoo AC	
	50 Fly	1:01.23	<b>17-Aug-02</b>		B. Pearce	
	100 Fly	2:19.72	<b>31-Aug-02</b>		B. Pearce	
	200 Fly	4:36.41	<b>16-Aug-03</b>		B. Pearce	
	100 IM	2:03.37	<b>31-Aug-02</b>		B. Pearce	
	200 IM	4:36.41	<b>16-Aug-03</b>		B. Pearce	
	400 IM	10:08.85	<b>1-Oct-04</b>		B. Pearce	
	70-74	50 Free	52.50	<b>1-Oct-08</b>	COEL NT	Ann HANSON at SAMS (Consol.) SC Champs @ various venues
		100 Free	1:59.66	<b>22-Jun-08</b>	COEL NT	Ann HANSON at GMS (Wahoo) @ Wahoo AC
200 Free		4:15.27	<b>22-Nov-08</b>	COEL NT	Ann HANSON at GMS (Killer Whales) @ Linden	
400 Free		1:39:59.99	<b>9-Sep-99</b>		Free	
800 Free		1:39:59.99	<b>9-Sep-99</b>		Free	
1500 Free		1:39:59.99	<b>9-Sep-99</b>		Free	
50 Back		1:08.80	<b>15-Nov-00</b>		M. Hack	
100 Back		2:34.80	<b>15-Nov-00</b>		M. Hack	
200 Back		1:39:59.99	<b>9-Sep-99</b>		Free	
50 Breast		1:07.09	<b>31-Aug-02</b>		G. Wallace	
100 Breast		2:32.97	<b>31-Aug-02</b>		G. Wallace	
200 Breast		1:39:59.99	<b>9-Sep-99</b>		Free	
75-79		50 Free	1:10.95	<b>28-Oct-07</b>	COEL NT	GRETA E. WALLACE at SAMS (GMS) SC Champs @ Wahoo AC
		100 Free	1:39:59.99	<b>9-Sep-99</b>		Free
	200 Free	1:39:59.99	<b>9-Sep-99</b>		Free	
	400 Free	1:39:59.99	<b>9-Sep-99</b>		Free	
	800 Free	1:39:59.99	<b>9-Sep-99</b>		Free	
	50 Back	1:19.66	<b>28-Oct-07</b>	COEL NT	GRETA E. WALLACE at SAMS (GMS) SC Champs @ Wahoo AC	
	100 Back	1:39:59.99	<b>9-Sep-99</b>		Free	
	200 Back	1:39:59.99	<b>9-Sep-99</b>		Free	
	50 Breast	1:13.29	<b>28-Oct-07</b>	COEL NT	GRETA E. WALLACE at SAMS (GMS) SC Champs @ Wahoo AC	
	100 Breast	1:39:59.99	<b>9-Sep-99</b>		Free	
	200 Breast	1:39:59.99	<b>9-Sep-99</b>		Free	
	80-84	50 Free	1:32.75	<b>1-Oct-04</b>		G. Kothe
100 Free		1:39:59.99	<b>9-Sep-99</b>		Free	
200 Free		1:39:59.99	<b>9-Sep-99</b>		Free	