

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 1 Women 25-29 400 SC Meter Freestyle**

WORLD record: 4:24.18 W 1996-03-31 SHEILA TAORMINA USA
SAMS record: 4:42.72 S 1992 B McCarney (Dbn)
 4:42.73 25-29 SAQT SAMS Colours 2010-11

Name	Age	Team	Seed Time	Finals Time	Points
1 Loots, Erika	28	Maties MSC-WP	NT	5:29.38	12
2 Marechal, Severine	27	Coelacanth MSC-NT	5:18.00	5:31.38	10

Event 1 Women 30-34 400 SC Meter Freestyle

WORLD record: 4:19.48 W 2008-11-15 HITOMI MATSUDA JPN
SAMS record: 4:54.37 S 11-1998 W Daniel (RchB)
 4:41.42 30-34 SAQT SAMS Colours 2010-11

1 Hicks, Loraine	34	East Coast MSC-KZ	NT	6:14.41	12
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Event 1 Women 35-39 400 SC Meter Freestyle

WORLD record: 4:22.56 W 1999-12-12 K.PIPES-NEILSEN USA
SAMS record: 4:57.81 S 2005-10-23 Rachele Isakov (Jhb)
 4:42.74 35-39 SAQT SAMS Colours 2010-11

1 Lee, Niki	38	Wahoo MSC-CG	6:30.00	5:59.69	12
2 Helps, Tracy	35	Wahoo MSC-CG	6:45.00	6:40.87	10
--- Wessels, Marsha	37	Cape Town MSC-WP	NT	X7:09.61	
--- Phipson, Heather	39	Wahoo MSC-CG	7:00.00	NS	

Event 1 Women 40-44 400 SC Meter Freestyle

WORLD record: 4:21.75 W 2003-12-14 K.PIPES-NEILSEN USA
SAMS record: 4:57.09 S 9-2004 Cecilia Stanford (CT)
 4:46.28 40-44 SAQT SAMS Colours 2010-11

1 Kennedy, Karen	44	Phoenix MSC-CG	5:31.00	5:30.73	12
2 Homveld, Jade	44	Coelacanth MSC-NT	6:30.00	5:54.09	10
3 Hefer, Monica	42	Coelacanth MSC-NT	7:00.00	8:29.46	8
--- Isakov, Rachele	40	Cape Town MSC-WP	5:00.00	XNS	

Event 1 Women 45-49 400 SC Meter Freestyle

WORLD record: 4:25.34 W 2009-05-16 K.PIPES-NEILSEN USA
SAMS record: 4:54.47 S 2007-10-21 Cecilia Stanford (Stb)
 4:48.07 45-49 SAQT SAMS Colours 2010-11

1 Kruger, Ingrid	45	East Coast MSC-KZ	NT	5:44.88	12
2 Bridges, Carole	48	Wahoo MSC-CG	6:00.00	5:51.66	10
3 Fuchs, Mandi	46	Cape Dolphins SC - Masters-WP	NT	6:01.11	8
4 Collignon, Denise	45	Coelacanth MSC-NT	7:00.00	7:18.56	7

Event 1 Women 50-54 400 SC Meter Freestyle

WORLD record: 4:35.54 W 2009-12-05 S.HEIM-BOWEN USA
SAMS record: 5:00.39 S 2009-10-18 Liz Webb (CT)
 5:09.39 50-54 SAQT SAMS Colours 2010-11

1 van Dam, Carola	50	Coelacanth MSC-NT	5:40.00	5:54.84	12
2 Geraty, Gail	54	Coelacanth MSC-NT	7:00.00	6:34.59	10

Event 1 Women 55-59 400 SC Meter Freestyle

WORLD record: 4:42.97 W 2009-10-04 LAURA VAL USA
SAMS record: 5:12.03 S 2010-09-16 Diane Coetzee (CT)
 5:22.28 55-59 SAQT SAMS Colours 2010-11

1 Coetzee, Di	55	Cape Town MSC-WP	NT	5:07.50 S SAQT	12
2 Rollnick, Marissa	59	Phoenix MSC-CG	6:00.00	5:53.51	10
3 Vorwerk Marren, Ingrid	59	Coelacanth MSC-NT	6:10.00	9:01.13	8
--- Collins, Judy	56	Cape Town MSC-WP	NT	NS	

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 1 Women 60-64 400 SC Meter Freestyle**

WORLD record: 5:22.47 W 2009-11-01 **BARBARA DUNBAR** USA
SAMS record: 6:19.07 S 2010-09-16 **Therese Russell (CT)**
 6:10.73 60-64 SAQT SAMS Colours 2010-11

1	Russell, Therese	62	Cape Dolphins SC - Masters-WP	NT	6:22.80	12
2	Shuttleworth, Bev	63	Highway MSC-KZ	NT	6:28.93	10
3	Crawford, Linda	60	Phoenix MSC-CG	6:25.00	6:39.31	8
4	Godfrey, Colleen	61	Cape Dolphins SC - Masters-WP	NT	7:09.96	7
5	Ferreira, Mercia	61	Wahoo MSC-CG	8:14.00	8:16.23	6

Event 2 Men 19-24 400 SC Meter Freestyle

WORLD record: 0.01 W 2000 **Invalid FINA age group**
SAMS record: 4:29.11 S 2010-08-14 **Tyron Venter (Jhb)**
 4:12.42 19-24 SAQT SAMS Colours 2010-11

1	Venter, Tyron	24	Coelacanth MSC-NT	3:56.49	4:19.39 S	12
2	Thompson, Hendrik	22	Coelacanth MSC-NT	5:40.00	5:10.33	10

Event 2 Men 25-29 400 SC Meter Freestyle

WORLD record: 3:53.60 W 2007-03-16 **SYLVAIN CROS** FRA
SAMS record: 4:30.98 S 1984 **D McCarney**
 4:12.42 25-29 SAQT SAMS Colours 2010-11

1	McGilvray, Grant	28	Cape Dolphins SC - Masters-WP	NT	4:34.44	12
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Event 2 Men 30-34 400 SC Meter Freestyle

WORLD record: 3:57.47 W 2009-10-04 **TAMAS KEREKJARTO** USA
SAMS record: 4:21.76 S 2005-10-23 **Paul Fryer (Jhb)**
 4:12.73 30-34 SAQT SAMS Colours 2010-11

1	Sheftz, Owen	33	Wahoo MSC-CG	5:30.00	4:50.13	12
2	Berk, Daniel	31	Cape Town MSC-WP	NT	5:35.61	10

Event 2 Men 35-39 400 SC Meter Freestyle

WORLD record: 3:57.77 W 2003-12-14 **ERIK HOCHSTEIN** USA
SAMS record: 4:19.83 S 1987 **L McGregor (Dbn)**
 4:10.08 35-39 SAQT SAMS Colours 2010-11

1	Collins, Stuart	36	Wahoo MSC-CG	5:20.00	5:13.04	12
---	Allott, Bryan	36	Cape Town MSC-WP	NT	NS	

Event 2 Men 40-44 400 SC Meter Freestyle

WORLD record: 4:00.67 W 2004-11-07 **KAI DITZEL** GER
SAMS record: 4:26.55 S 2004-10-31 **Gregg Price (Jhb)**
 4:16.36 40-44 SAQT SAMS Colours 2010-11

1	Grobler, Francois	42	Wahoo MSC-CG	5:30.00	5:06.26	12
---	Berning, Emil	44	Wahoo MSC-CG	5:20.00	NS	

Event 2 Men 45-49 400 SC Meter Freestyle

WORLD record: 4:05.90 W 2008-02-08 **KAI DITZEL** GER
SAMS record: 4:32.88 S 10-2004 **Alan Blades (Dbn)**
 4:24.49 45-49 SAQT SAMS Colours 2010-11

1	Ponsonby, Peter	47	Phoenix MSC-CG	6:00.00	6:19.68	12
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Event 2 Men 50-54 400 SC Meter Freestyle

WORLD record: 4:07.99 W 2000-12-10 **JIM MCCONICA** USA
SAMS record: 4:42.75 S 8-2001 **T Downes (Pta)**
 4:33.26 50-54 SAQT SAMS Colours 2010-11

1	Folscher, Danie	52	Cape Town MSC-WP	NT	5:00.45	12
2	Kohler, Quirin	51	Phoenix MSC-CG	5:30.00	5:06.95	10
3	Holshausen, Rod	52	Cape Town MSC-WP	NT	5:14.89	8
4	Stonestreet, Mark	50	Phoenix MSC-CG	5:50.00	5:23.83	7

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 2 Men 55-59 400 SC Meter Freestyle**

WORLD record: 4:16.03 W 2009-11-22 **MICHAEL MANN** USA
SAMS record: 4:46.93 S 2007-10-21 **Tim Shead (Stb)**
 4:42.26 55-59 SAQT SAMS Colours 2010-11

1	Spies, Izak	56	Cape Dolphins SC - Masters-WP	NT	5:03.88	12
2	Howieson, Doug	58	Cape Town MSC-WP	NT	5:18.34	10
3	Hatherly, Bob	59	Wahoo MSC-CG	6:22.00	6:00.78	8

Event 2 Men 60-64 400 SC Meter Freestyle

WORLD record: 4:40.45 W 2006-10-28 **DUNCAN MCCREADIE** GBR
SAMS record: 4:54.60 S 2009-10-24 **Terry Downes (Jhb)**
 5:01.18 60-64 SAQT SAMS Colours 2010-11

1	Fielding, Pete	60	Amakhosi MSC-BO	NT	8:26.59	12
2	Hanauer, Francis	63	East Coast MSC-KZ	NT	10:08.44	10
---	van Heerden, Carel	60	Wahoo MSC-CG	8:00.00	NS	

Event 2 Men 65-69 400 SC Meter Freestyle

WORLD record: 4:55.56 W 2007-02-18 **TOM LANDIS** USA
SAMS record: 5:30.59 S 9-2004 **Gary Freeling (CT)**
 5:17.88 65-69 SAQT SAMS Colours 2010-11

1	Hadenham, Leslie	67	East Coast MSC-KZ	NT	6:25.30	12
2	Heuff, Roland	67	East Coast MSC-KZ	NT	6:33.03	10
3	Stieger, Desmond	67	East Coast MSC-KZ	NT	6:38.65	8
4	Myers, Winton	66	Wahoo MSC-CG	7:45.00	7:37.57	7
5	Bath, Michael	68	Seals SC - Masters-KZ	NT	8:38.19	6

Event 2 Men 70-74 400 SC Meter Freestyle

WORLD record: 5:09.75 W 2002-03-16 **GRAHAM JOHNSTON** USA
SAMS record: 5:43.50 S 2009-10-18 **Gary Freeling (CT)**
 5:45.70 70-74 SAQT SAMS Colours 2010-11

1	Fyfe, Derek	70	Coelacanth MSC-NT	7:00.00	6:01.24	12
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Event 3 Women 18 & Under 100 SC Meter IM

WORLD record: 0.01 W 2000 **Invalid FINA age group**
SAMS record: 0.01 S 2000 **Invalid SAMS age group**

---	Homveld, Alexis	18	Coelacanth MSC-NT	1:30.00	X1:26.52	
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Event 3 Women 19-24 100 SC Meter IM

WORLD record: 0.01 W 2000 **Invalid FINA age group**
SAMS record: 1:11.32 S 9-2004 **Monique Beetge (Dbn)**
 1:08.23 19-24 SAQT SAMS Colours 2010-11

1	Stanford, Tarryn	24	Cape Town MSC-WP	NT	1:17.25	12
2	Verryn, Sandra	22	Coelacanth MSC-NT	1:18.50	1:21.59	10
3	Skinner, Tazlin	21	Amakhosi MSC-BO	1:28.24	1:21.72	8

Event 3 Women 25-29 100 SC Meter IM

WORLD record: 1:03.67 W 2005-06-19 **HITOMI MATSUDA** JPN
SAMS record: 1:08.10 S 9-1999 **M Kriel (CT)**
 1:08.23 25-29 SAQT SAMS Colours 2010-11

1	Marechal, Severine	27	Coelacanth MSC-NT	1:18.00	1:21.71	12
---	Loots, Erika	28	Maties MSC-WP	NT	NS	

Event 3 Women 30-34 100 SC Meter IM

WORLD record: 1:02.55 W 2010-02-13 **HITOMI MATSUDA** JPN
SAMS record: 1:13.70 S 9-2006 **Lucy Barlow (CT)**
 1:09.33 30-34 SAQT SAMS Colours 2010-11

1	Hicks, Loraine	34	East Coast MSC-KZ	NT	1:30.78	12
2	Johnson, Justine	33	Phoenix MSC-CG	1:30.00	1:33.75	10
3	Glass, Celeste	34	Cape Dolphins SC - Masters-WP	NT	1:38.29	8

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 3 Women 35-39 100 SC Meter IM****WORLD record: 1:04.61 W 2009-11-22 SHERI HART USA****SAMS record: 1:10.13 S 2006-10-15 Marianne Kriel (Stb)****1:10.13 35-39 SAQT SAMS Colours 2010-11**

1	Carmody, Bernadette	35	Seals SC - Masters-KZ	NT	1:18.37	12
2	Lee, Niki	38	Wahoo MSC-CG	1:30.00	1:32.15	10
3	Helps, Tracy	35	Wahoo MSC-CG	1:30.00	1:43.71	8

Event 3 Women 40-44 100 SC Meter IM**WORLD record: 1:04.25 W 2008-11-16 S.VON DER LIPPE USA****SAMS record: 1:12.92 S 2008-07-17 Amanda Picard (CT)****1:10.88 40-44 SAQT SAMS Colours 2010-11**

1	Nancarrow, Kim	44	Amakhosi MSC-BO	1:23.33	1:28.75	12
2	Bihl, Kate	40	Cape Town MSC-WP	NT	1:31.06	10
3	Hefer, Monica	42	Coelacanth MSC-NT	2:00.00	1:52.04	8
---	Isakov, Rachelle	40	Cape Town MSC-WP	1:10.00	X1:13.20	
---	Allen, Jenni	40	Winelands MSC-WP	NT	X1:45.73	

Event 3 Women 45-49 100 SC Meter IM**WORLD record: 1:05.61 W 2009-02-26 K.PIPES-NEILSEN FRA****SAMS record: 1:13.38 S 2006-10-15 Cecilia Stanford (Stb)****1:12.47 45-49 SAQT SAMS Colours 2010-11**

1	Bouwer, Marieke	47	Coelacanth MSC-NT	1:25.00	1:25.25	12
2	Thompson, Terry	48	Highway MSC-KZ	NT	1:27.06	10
3	Kruger, Ingrid	45	East Coast MSC-KZ	NT	1:28.34	8
4	Welgemoed, Janine	49	Cape Town MSC-WP	NT	1:32.88	7
5	Verryn, Sabine	49	Coelacanth MSC-NT	1:30.00	1:33.42	6
6	Fuchs, Mandi	46	Cape Dolphins SC - Masters-WP	NT	1:34.49	5
7	Bridges, Carole	48	Wahoo MSC-CG	1:35.00	1:36.22	4
---	Collignon, Denise	45	Coelacanth MSC-NT	2:00.00	DQ	

Did not touch wall with both hands simultaneously at turn and/or finish - breast

Event 3 Women 50-54 100 SC Meter IM**WORLD record: 1:09.22 W 2009-08-09 JENNY WHITELEY AUS****SAMS record: 1:17.75 S 2010-08-19 Jean Degenaar (CT)****1:16.18 50-54 SAQT SAMS Colours 2010-11**

1	Degenaar, Jean	50	Cape Town MSC-WP	NT	1:17.65 S	12
2	McCarney, Gail	51	Cape Town MSC-WP	NT	1:25.10	10
3	Snyman, Annette	51	East Coast MSC-KZ	NT	1:38.68	8

Event 3 Women 55-59 100 SC Meter IM**WORLD record: 1:12.90 W 2009-10-11 LAURA VAL USA****SAMS record: 1:28.37 S 11-2000 Anne Jones (Jhb)****1:21.20 55-59 SAQT SAMS Colours 2010-11**

1	de Villiers, Marga	57	Cape Town MSC-WP	NT	1:27.84 S	12
---	Collins, Judy	56	Cape Town MSC-WP	NT	NS	

Event 3 Women 60-64 100 SC Meter IM**WORLD record: 1:19.09 W 2006-03-04 BRIGITTE MERTEN GER****SAMS record: 1:34.66 S 2008-07-17 Therese Russell (CT)****1:28.65 60-64 SAQT SAMS Colours 2010-11**

1	Crawford, Linda	60	Phoenix MSC-CG	1:55.00	1:43.25	12
2	Sandri, Angelika	60	Coelacanth MSC-NT	1:48.67	1:49.12	10
3	Ferreira, Mercia	61	Wahoo MSC-CG	1:53.00	2:00.95	8
---	Lawless, Helen	61	Wahoo MSC-CG	2:00.00	NS	

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 3 Women 65-69 100 SC Meter IM****WORLD record: 1:22.53 W 2009-09-26 CLARY MUNNS AUS****SAMS record: 1:44.63 S 2009-09-17 Lenchen Zundorf (CT)****1:34.51 65-69 SAQT SAMS Colours 2010-11**

1 Potts, Miemie 66 ET Stingrays MSC-ES 1:57.00 1:58.20 12

Event 3 Women 70-74 100 SC Meter IM**WORLD record: 1:24.88 W 2009-10-18 YOSHIKO OSAKI JPN****SAMS record: 2:03.94 S 4-1998 L Parrington (Dbn)****1:43.30 70-74 SAQT SAMS Colours 2010-11**

1 McLachlan, Genie 71 Cape Town MSC-WP NT 2:43.34 12

Event 4 Men 19-24 100 SC Meter IM**WORLD record: 0.01 W 2000 Invalid FINA age group****SAMS record: 1:03.07 S 11-2004 Ryan Spencer (Dbn)****59.10 19-24 SAQT SAMS Colours 2010-11**

1 Venter, Tyron 24 Coelacanth MSC-NT 58.66 1:04.14 12

2 Steenkamp, Keith Vernon 24 Maties MSC-WP NT 1:07.10 10

3 Kok, Christoff 23 Coelacanth MSC-NT 1:25.00 1:12.03 8

Event 4 Men 25-29 100 SC Meter IM**WORLD record: 55.20 W 2004-11-20 STEFAN HERBST GER****SAMS record: 1:02.12 S 2006-01-22 Ryan Spencer (Dbn)****59.10 25-29 SAQT SAMS Colours 2010-11**

1 Kok, Johan 25 Coelacanth MSC-NT 1:25.00 1:11.12 12

2 Weber, Shirwyn 27 Cape Town MSC-WP NT 1:14.85 10

Event 4 Men 30-34 100 SC Meter IM**WORLD record: 55.00 W 2008-12-20 STEFAN HERBST GER****SAMS record: 1:02.47 S 10-2003 Cliff Lynne (Dbn)****59.04 30-34 SAQT SAMS Colours 2010-11**

1 Berk, Daniel 31 Cape Town MSC-WP NT 1:17.04 12

2 Steenkamp, Neil 33 Cape Town MSC-WP NT 1:26.33 10

Event 4 Men 40-44 100 SC Meter IM**WORLD record: 57.39 W 2010-01-10 ALBERTO MONTINI ITA****SAMS record: 1:05.11 S 2009-10-24 Harald Ruck (Jhb)****1:01.09 40-44 SAQT SAMS Colours 2010-11**

1 Lyne, Cliff 40 East Coast MSC-KZ NT 1:04.05 S 12

2 Kruger, Harald 43 Cape Town MSC-WP NT 1:07.06 10

3 Menzel, Michael 41 Cape Town MSC-WP NT 1:18.51 8

4 Reeves, Andrew 43 Amakhosi MSC-BO 1:28.24 1:27.12 7

5 Skidmore, Kerry 44 Amakhosi MSC-BO NT 1:27.78 6

--- Marais, Gary 42 Amakhosi MSC-BO NT NS

Event 4 Men 45-49 100 SC Meter IM**WORLD record: 1:00.13 W 2009-11-29 EDWIN VAN NORDEN NED****SAMS record: 1:05.06 S 9-2005 Gregg Price (Dbn)****1:02.44 45-49 SAQT SAMS Colours 2010-11**

1 vd Merwe, Johan 45 Cape Town MSC-WP NT 1:05.62 12

2 Olivier, Marais 47 Cape Town MSC-WP NT 1:34.59 10

3 Ponsonby, Peter 47 Phoenix MSC-CG 1:30.00 1:37.29 8

Event 4 Men 50-54 100 SC Meter IM**WORLD record: 1:01.29 W 2009-12-06 JAMIE FOWLER USA****SAMS record: 1:03.54 S 3-2002 T Shead (Syd)****1:05.92 50-54 SAQT SAMS Colours 2010-11**

1 Steynberg, Andre 54 Wahoo MSC-CG 1:20.00 1:10.69 12

2 Folscher, Danie 52 Cape Town MSC-WP NT 1:15.70 10

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****(Event 4 Men 50-54 100 SC Meter IM)**

3	Hendricks, Nigel	52	Cape Town MSC-WP	NT	1:16.38	8
4	Kohler, Quirin	51	Phoenix MSC-CG	1:20.00	1:17.70	7
5	Holshausen, Rod	52	Cape Town MSC-WP	NT	1:21.38	6
6	Carr, Mike	52	Cape Town MSC-WP	NT	1:23.09	5
7	Jacobs, Roy	51	ET Stingrays MSC-ES	1:35.00	1:25.82	4
8	Baker, Raymond	52	East Coast MSC-KZ	NT	1:28.39	3

Event 4 Men 55-59 100 SC Meter IM

WORLD record: 1:03.48 W 2009-12-12 **TIMOTHY SHEAD** USA
SAMS record: 1:03.53 S 2007-01-26 **Tim Shead (Mad)**
 1:07.60 55-59 SAQT SAMS Colours 2010-11

1	Cones, Nigel	55	Cape Town MSC-WP	NT	1:15.60	12
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Event 4 Men 60-64 100 SC Meter IM

WORLD record: 1:06.89 W 2010-02-13 **TAKEO HIRAMOTO** JPN
SAMS record: 1:13.33 S 2010-08-19 **Halton Cheadle (CT)**
 1:13.08 60-64 SAQT SAMS Colours 2010-11

1	Cheadle, Halton	61	Cape Town MSC-WP	NT	1:13.97	12
2	Harley, John	63	East Coast MSC-KZ	NT	1:39.07	10
3	Fielding, Pete	60	Amakhosi MSC-BO	NT	2:10.53	8
---	Slabbert, Coenie	61	Winelands MSC-WP	NT	NS	
---	van Heerden, Carel	60	Wahoo MSC-CG	1:50.00	NS	

Event 4 Men 65-69 100 SC Meter IM

WORLD record: 1:10.67 W 2008-10-12 **RICHARD BURNS** USA
SAMS record: 1:22.19 S 11-2005 **Gary Freeling (CT)**
 1:15.85 65-69 SAQT SAMS Colours 2010-11

1	Petersen, John	65	Phoenix MSC-CG	1:35.00	1:28.56	12
2	Hughes, Jimmy	67	East Coast MSC-KZ	NT	1:30.08	10
3	Schoeman, Adrian	69	East Coast MSC-KZ	NT	2:06.42	8
---	Myers, Winton	66	Wahoo MSC-CG	1:45.00	DQ	

Broke Stroke Cycle - breast

Event 4 Men 75-79 100 SC Meter IM

WORLD record: 1:18.80 W 2009-12-06 **BURWELL JONES** USA
SAMS record: 1:58.15 S 1992 **G May (Dbn)**
 1:30.45 75-79 SAQT SAMS Colours 2010-11

1	Garnham, Bob	75	Cape Town MSC-WP	NT	1:49.79 S	12
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Event 4 Men 85-89 100 SC Meter IM

WORLD record: 1:40.78 W 2010-01-24 **KARL HAUTER** GER
SAMS record: 3:03.56 S 2005-10-23 **Jack Brink (Jhb)**
 2:36.94 85-89 SAQT SAMS Colours 2010-11

1	Salati, Renato	87	East Coast MSC-KZ	NT	4:10.06	12
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Event 5 Women 18 & Under 50 SC Meter Freestyle

WORLD record: 0.01 W 2000 **Invalid FINA age group**
SAMS record: 0.01 S 2000 **Invalid SAMS age group**

---	Homveld, Alexis	18	Coelacanth MSC-NT	30.00	X33.27	
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Event 5 Women 19-24 50 SC Meter Freestyle

WORLD record: 0.01 W 2000 **Invalid FINA age group**
SAMS record: 27.84 S 2008-12-14 **Cindy Botha (Dbn)**
 27.28 19-24 SAQT SAMS Colours 2010-11

1	Stanford, Tarryn	24	Cape Town MSC-WP	NT	30.59	12
2	Verryn, Sandra	22	Coelacanth MSC-NT	30.50	31.78	10
3	Skinner, Tazlin	21	Amakhosi MSC-BO	0.31	31.91	8

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 5 Women 25-29 50 SC Meter Freestyle**

WORLD record: 25.42 W 2006-03-12 SUMIKA KOMATSU JPN
SAMS record: 27.72 S 2009-01-18 Cindy Botha (Dbn)
 27.28 25-29 SAQT SAMS Colours 2010-11

1	Hunt, Justine	29	Phoenix MSC-CG	29.00	28.91	12
2	Newson, Rebecca	28	Cape Town MSC-WP	NT	28.99	10
3	Loots, Erika	28	Maties MSC-WP	NT	32.01	8
4	Rawlins, Samantha	28	Amakhosi MSC-BO	NT	33.40	7
5	Reeves, Jayne	27	Amakhosi MSC-BO	NT	43.09	6

Event 5 Women 30-34 50 SC Meter Freestyle

WORLD record: 25.57 W 2009-09-27 SUMIKA KOMATSU JPN
SAMS record: 27.88 S 1999-10-23 W Daniel (Dbn)
 27.07 30-34 SAQT SAMS Colours 2010-11

1	Glass, Celeste	34	Cape Dolphins SC - Masters-WP	NT	36.80	12
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Event 5 Women 35-39 50 SC Meter Freestyle

WORLD record: 25.10 W 2006-12-03 DARA TORRES USA
SAMS record: 27.25 S 2004-10-31 Edith Ottermann (Jhb)
 27.47 35-39 SAQT SAMS Colours 2010-11

1	Carmody, Bernadette	35	Seals SC - Masters-KZ	NT	31.17	12
2	Helps, Tracy	35	Wahoo MSC-CG	37.00	38.50	10
3	Phipson, Heather	39	Wahoo MSC-CG	39.00	38.96	8
4	Leone-Allner, Rene	36	Phoenix MSC-CG	40.00	39.88	7
---	Wessels, Marsha	37	Cape Town MSC-WP	NT	X44.84	

Event 5 Women 40-44 50 SC Meter Freestyle

WORLD record: 26.40 W 2008-03-08 MARIKA JOHANSSON SWE
SAMS record: 26.67 S 2007-10-28 Edith Ottermann (Jhb)
 27.69 40-44 SAQT SAMS Colours 2010-11

1	Ottermann, Edith	44	Cape Town MSC-WP	27.20	26.78	SAQT 12
2	Strydom, Caren	43	Wahoo MSC-CG	31.00	30.79	10
3	Homveld, Jade	44	Coelacanth MSC-NT	34.00	35.84	8
4	Bihl, Kate	40	Cape Town MSC-WP	NT	36.06	7
5	Hefer, Monica	42	Coelacanth MSC-NT	50.00	42.17	6
6	Russell, Marcilla	42	Coelacanth MSC-NT	45.00	42.69	5

Event 5 Women 45-49 50 SC Meter Freestyle

WORLD record: 27.09 W 2007-12-02 K.PIPES-NEILSEN USA
SAMS record: 28.91 S 2009-04-01 Marcelle Strauss (CT)
 28.20 45-49 SAQT SAMS Colours 2010-11

1	Strauss, Marcelle	46	Cape Town MSC-WP	NT	30.21	12
2	Verryn, Sabine	49	Coelacanth MSC-NT	32.00	32.09	10
3	Welgemoed, Janine	49	Cape Town MSC-WP	NT	35.81	8
4	Fuchs, Mandi	46	Cape Dolphins SC - Masters-WP	NT	36.37	7
5	Collignon, Denise	45	Coelacanth MSC-NT	50.00	37.73	6
---	Rushton, Hayley	45	Amakhosi MSC-BO	NT	X39.78	

Event 5 Women 50-54 50 SC Meter Freestyle

WORLD record: 28.00 W 2009-08-29 JENNY WHITELEY AUS
SAMS record: 30.77 S 7-2006 Diane Coetzee (CT)
 29.81 50-54 SAQT SAMS Colours 2010-11

1	Geraty, Gail	54	Coelacanth MSC-NT	42.00	37.20	12
2	Snyman, Annette	51	East Coast MSC-KZ	NT	38.21	10
3	Roets, Gillian	53	ET Stingrays MSC-ES	50.00	51.33	8
---	Arbuthnot, Cheryl	52	Coelacanth MSC-NT	55.00	NS	

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 5 Women 55-59 50 SC Meter Freestyle**

WORLD record: 28.49 W 2009-12-05 LAURA VAL USA
SAMS record: 31.38 S 10-2005 Sanderina Kruger (CT)
 30.75 55-59 SAQT SAMS Colours 2010-11

1	Coetzee, Di	55	Cape Town MSC-WP	NT	31.69	12
2	Rollnick, Marissa	59	Phoenix MSC-CG	34.00	33.71	10
3	Bailey, Colleen	56	East Coast MSC-KZ	NT	36.51	8
---	Collins, Judy	56	Cape Town MSC-WP	NT	NS	
---	Vorwerk Marren, Ingrid	59	Coelacanth MSC-NT	35.00	NS	

Event 5 Women 60-64 50 SC Meter Freestyle

WORLD record: 30.70 W 2009-08-30 LYNETTE STEVENSON AUS
SAMS record: 31.69 S 2009-07-30 Sanderina Kruger (CT)
 32.19 60-64 SAQT SAMS Colours 2010-11

1	Kruger, Sanderina	61	Cape Town MSC-WP	NT	31.53 S SAQT	12
2	Russell, Therese	62	Cape Dolphins SC - Masters-WP	NT	36.24	10
3	Crawford, Linda	60	Phoenix MSC-CG	38.00	38.33	8
4	Clark, Rosemary	62	East Coast MSC-KZ	NT	40.95	7
5	Fyfe, Joyce	63	Coelacanth MSC-NT	45.00	42.97	6
6	Sandri, Angelika	60	Coelacanth MSC-NT	43.00	43.40	5
7	Ferreira, Mercia	61	Wahoo MSC-CG	45.81	46.72	4
---	Vorster, Riette	60	Amakhosi MSC-BO	NT	X52.66	
---	Gray, Ann	62	Highway MSC-KZ	NT	NS	

Event 5 Women 65-69 50 SC Meter Freestyle

WORLD record: 32.25 W 2005-06-11 CHRISTEL SCHULZ GER
SAMS record: 38.14 S 2010-04-15 Lenchen Zundorf (CT)
 34.90 65-69 SAQT SAMS Colours 2010-11

1	Zundorf, Lenchen	66	Cape Town MSC-WP	NT	39.03	12
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Event 5 Women 70-74 50 SC Meter Freestyle

WORLD record: 33.36 W 2009-02-15 YOSHIKO OSAKI JPN
SAMS record: 40.72 S 4-1998 L Parrington (Dbn)
 38.02 70-74 SAQT SAMS Colours 2010-11

1	McLachlan, Genie	71	Cape Town MSC-WP	NT	1:09.56	12
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Event 5 Women 75-79 50 SC Meter Freestyle

WORLD record: 35.88 W 2006-03-25 JANE ASHER GBR
SAMS record: 1:07.59 S 2006-01-22 Ruth Holshausen (CT)
 42.53 75-79 SAQT SAMS Colours 2010-11

1	du Plooy, Christie	79	ET Stingrays MSC-ES	1:17.04	1:18.36	12
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Event 6 Men 19-24 50 SC Meter Freestyle

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 25.13 S 10-2004 Ryan Spencer (Dbn)
 23.08 19-24 SAQT SAMS Colours 2010-11

1	Steenkamp, Keith Vernon	24	Maties MSC-WP	NT	25.51	12
2	Bouwer, Shaun	22	Coelacanth MSC-NT	27.05	27.63	10
3	Kok, Christoff	23	Coelacanth MSC-NT	27.80	28.63	8
---	Birch, Chester	22	Amakhosi MSC-BO	0.31	X32.69	

Event 6 Men 25-29 50 SC Meter Freestyle

WORLD record: 22.11 W 2006-03-25 STEFAN NYSTRAND SWE
SAMS record: 23.96 S 1993-09-19 I Segal (Jhb)
 23.08 25-29 SAQT SAMS Colours 2010-11

1	McGilvray, Grant	28	Cape Dolphins SC - Masters-WP	NT	26.86	12
2	Kok, Johan	25	Coelacanth MSC-NT	27.50	28.10	10
3	Weber, Shirwyn	27	Cape Town MSC-WP	NT	29.32	8

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 6 Men 30-34 50 SC Meter Freestyle**

WORLD record: 22.13 W 2009-05-16 THOMAS RUPPRATH GER
SAMS record: 23.79 S 2005-10-23 Andrew Biram (Jhb)
 23.52 30-34 SAQT SAMS Colours 2010-11

1	Erasmus, Jaco	32	Wahoo MSC-CG	27.00	27.30	12
2	Steenkamp, Neil	33	Cape Town MSC-WP	NT	28.59	10
3	Sheftz, Owen	33	Wahoo MSC-CG	30.00	28.91	8
4	Rawlins, Luke	31	Amakhosi MSC-BO	NT	34.15	7
---	Audie, Greg	33	Amakhosi MSC-BO	NT	X26.97	

Event 6 Men 35-39 50 SC Meter Freestyle

WORLD record: 21.53 W 2007-10-27 MARK FOSTER GBR
SAMS record: 25.33 S 2009-10-11 David Letschert (Pmb)
 23.89 35-39 SAQT SAMS Colours 2010-11

1	Letschert, David	39	East Coast MSC-KZ	NT	26.00	12
2	Collins, Stuart	36	Wahoo MSC-CG	28.00	28.99	10
3	Theron, Hennie	39	Coelacanth MSC-NT	31.00	32.21	8
4	Roeloffze, Alexander	39	Wahoo MSC-CG	32.99	32.90	7
---	Allott, Bryan	36	Cape Town MSC-WP	NT	NS	

Event 6 Men 40-44 50 SC Meter Freestyle

WORLD record: 23.06 W 2009-12-06 M.GIALDI ITA
SAMS record: 25.17 S 2008-10-25 Harald Ruck (Jhb)
 24.26 40-44 SAQT SAMS Colours 2010-11

1	Kruger, Harald	43	Cape Town MSC-WP	NT	25.73	12
2	Menzel, Michael	41	Cape Town MSC-WP	NT	28.25	10
3	Reeves, Andrew	43	Amakhosi MSC-BO	0.29	30.33	8
4	Marais, Gary	42	Amakhosi MSC-BO	NT	31.59	7
---	Grobler, Francois	42	Wahoo MSC-CG	29.00	NS	

Event 6 Men 45-49 50 SC Meter Freestyle

WORLD record: 23.67 W 2009-03-28 JANNE VIRTANEN FIN
SAMS record: 25.09 S 9-1995 T Downes (Jhb)
 24.51 45-49 SAQT SAMS Colours 2010-11

1	Ruck, Harald	45	Coelacanth MSC-NT	26.00	26.40	12
2	vd Merwe, Johan	45	Cape Town MSC-WP	NT	26.83	10
3	Allner, Anton	45	Phoenix MSC-CG	29.50	29.93	8
4	Kruger, Ross	47	Amakhosi MSC-BO	0.31	30.57	7
5	Truter, Anton	49	Cape Dolphins SC - Masters-WP	NT	31.35	6
6	Wilmore, Richard	45	Cape Dolphins SC - Masters-WP	NT	31.56	5
7	Forrester, Andrew	49	Wahoo MSC-CG	32.00	32.40	4
8	Brits, Rudi	46	Phoenix MSC-CG	35.00	34.09	3
9	Olivier, Marais	47	Cape Town MSC-WP	NT	34.63	2
---	Orton, Nicholas	47	Cape Town MSC-WP	NT	NS	

Event 6 Men 50-54 50 SC Meter Freestyle

WORLD record: 23.38 W 2009-10-18 ROWDY GAINES USA
SAMS record: 25.82 S 2006-05-14 Andre Steynberg (Jhb)
 25.52 50-54 SAQT SAMS Colours 2010-11

1	Kohler, Quirin	51	Phoenix MSC-CG	30.00	27.98	12
2	Steynberg, Andre	54	Wahoo MSC-CG	27.00	27.99	10
3	Morgan, Trevor	51	Coelacanth MSC-NT	30.00	29.18	8
4	Hendricks, Nigel	52	Cape Town MSC-WP	NT	29.21	7
5	Davies, Richard	50	Highway MSC-KZ	NT	29.98	6
6	Carr, Mike	52	Cape Town MSC-WP	NT	30.55	5
7	Jacobs, Roy	51	ET Stingrays MSC-ES	35.00	30.94	4
8	Jevon, Dave	50	Amakhosi MSC-BO	29.70	31.09	3
9	Reeves, Paul	52	Amakhosi MSC-BO	NT	31.72	2

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****(Event 6 Men 50-54 50 SC Meter Freestyle)**

10	Holshausen, Rod	52	Cape Town MSC-WP	NT	31.86	1
11	Baker, Raymond	52	East Coast MSC-KZ	NT	33.75	
12	Platte, Gary	54	Winelands MSC-WP	NT	35.45	
---	Coetzee, Butch	54	Amakhosi MSC-BO	0.34	NS	

Event 6 Men 55-59 50 SC Meter Freestyle

WORLD record: 24.70 W 2006-04-01 PAUL TREVISAN USA

SAMS record: 26.59 S 2004-10-31 Terry Downes (Jhb)

26.40 55-59 SAQT SAMS Colours 2010-11

1	Cones, Nigel	55	Cape Town MSC-WP	NT	28.66	12
2	Spies, Izak	56	Cape Dolphins SC - Masters-WP	NT	29.19	10
3	Howieson, Doug	58	Cape Town MSC-WP	NT	33.70	8
---	Arbuthnot, David	57	Coelacanth MSC-NT	31.00	NS	

Event 6 Men 60-64 50 SC Meter Freestyle

WORLD record: 24.90 W 2006-12-03 RICH ABRAHAMS USA

SAMS record: 27.63 S 2009-05-16 Terry Downes (Jhb)

27.53 60-64 SAQT SAMS Colours 2010-11

1	Wilson, Doug	63	Cape Town MSC-WP	NT	30.63	12
2	Morrison, Allen	62	Cape Town MSC-WP	NT	31.82	10
3	Harley, John	63	East Coast MSC-KZ	NT	33.97	8
4	Hanauer, Francis	63	East Coast MSC-KZ	NT	1:00.63	7
---	van Heerden, Carel	60	Wahoo MSC-CG	36.00	NS	

Event 6 Men 65-69 50 SC Meter Freestyle

WORLD record: 26.68 W 2008-12-06 KEEFE LODWIG USA

SAMS record: 30.25 S 9-2004 Gary Freeling (CT)

28.50 65-69 SAQT SAMS Colours 2010-11

1	Stieger, Desmond	67	East Coast MSC-KZ	NT	32.29	12
2	Petersen, John	65	Phoenix MSC-CG	34.00	32.37	10
3	Hughes, Jimmy	67	East Coast MSC-KZ	NT	35.23	8
4	Harrop-Allin, Anton	65	Coelacanth MSC-NT	45.00	36.95	7
5	Wallace, Ronald	69	Amakhosi MSC-BO	NT	39.34	6
6	Myers, Winton	66	Wahoo MSC-CG	38.00	39.99	5
7	Bath, Michael	68	Seals SC - Masters-KZ	NT	48.19	4

Event 6 Men 70-74 50 SC Meter Freestyle

WORLD record: 27.70 W 2008-12-06 JEFF FARRELL USA

SAMS record: 32.98 S 2010-09-16 Gary Freeling (CT)

30.67 70-74 SAQT SAMS Colours 2010-11

1	Freeling, Gary	71	Cape Dolphins SC - Masters-WP	NT	32.41 S	12
2	Fyfe, Derek	70	Coelacanth MSC-NT	35.00	33.24	10
3	Garson, John	72	East Coast MSC-KZ	NT	38.40	8

Event 6 Men 85-89 50 SC Meter Freestyle

WORLD record: 34.54 W 2008-04-20 KEIJIRO NAKAMURA JPN

SAMS record: 43.35 S 2008-02-17 Renato Selati (Dbn)

43.46 85-89 SAQT SAMS Colours 2010-11

1	Salati, Renato	87	East Coast MSC-KZ	NT	1:04.67	12
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Event 7 Women 25-29 200 SC Meter Breaststroke

WORLD record: 2:30.29 W 2009-10-24 KATIE HENDERSON GBR

SAMS record: 2:55.07 S 1987 L Holloway

2:46.86 25-29 SAQT SAMS Colours 2010-11

1	Marechal, Severine	27	Coelacanth MSC-NT	3:11.00	3:13.46	12
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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 7 Women 35-39 200 SC Meter Breaststroke**

WORLD record: 2:36.04 W 2000-12-10 CAROLINE KRATTLI USA
SAMS record: 2:51.12 S 8-2004 Heather Morris-Eyton (Jhb)
 2:53.29 35-39 SAQT SAMS Colours 2010-11

1 Lee, Niki 38 Wahoo MSC-CG 3:30.00 3:30.23 12

Event 7 Women 40-44 200 SC Meter Breaststroke

WORLD record: 2:32.37 W 2008-11-16 S.VON DER LIPPE USA
SAMS record: 2:41.87 S 2009-10-24 Heather Morris-Eyton (Jhb)
 2:56.74 40-44 SAQT SAMS Colours 2010-11

1 Cook, Wendy 40 East Coast MSC-KZ NT 3:24.24 12
 2 Bihl, Kate 40 Cape Town MSC-WP NT 3:31.42 10
 --- Allen, Jenni 40 Winelands MSC-WP NT X3:54.92

Event 7 Women 45-49 200 SC Meter Breaststroke

WORLD record: 2:42.10 W 2007-10-07 CAROLINE KRATTLI USA
SAMS record: 3:02.21 S 3-2010 Hannah Ueckermann (UK)
 2:59.15 45-49 SAQT SAMS Colours 2010-11

1 Thompson, Terry 48 Highway MSC-KZ NT 3:26.92 12
 --- Vettori, Stella 48 Wahoo MSC-CG 3:30.00 NS

Event 7 Women 50-54 200 SC Meter Breaststroke

WORLD record: 2:48.69 W 2009-08-29 JENNY WHITELEY AUS
SAMS record: 3:07.17 S 1998-02-15 S Turner
 3:09.92 50-54 SAQT SAMS Colours 2010-11

1 McCarney, Gail 51 Cape Town MSC-WP NT 3:11.97 12

Event 7 Women 60-64 200 SC Meter Breaststroke

WORLD record: 3:06.48 W 2002-03-16 BONNIE PRONK CAN
SAMS record: 3:45.47 S 2007-02-18 Bev Shuttleworth (Dbn)
 3:33.93 60-64 SAQT SAMS Colours 2010-11

1 Ireland, Jenny 60 Highway MSC-KZ NT 3:37.07 S 12
 2 Shuttleworth, Bev 63 Highway MSC-KZ NT 3:42.99 S 10
 3 Godfrey, Colleen 61 Cape Dolphins SC - Masters-WP NT 4:13.26 8
 --- Sandri, Angelika 60 Coelacanth MSC-NT 4:10.01 NS

Event 8 Men 19-24 200 SC Meter Breaststroke

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 2:37.05 S 11-2004 Ryan Spencer (Dbn)
 2:27.14 19-24 SAQT SAMS Colours 2010-11

1 Thompson, Hendrik 22 Coelacanth MSC-NT 3:08.00 3:05.92 12

Event 8 Men 25-29 200 SC Meter Breaststroke

WORLD record: 2:14.44 W 2007-10-27 CHRISTOPHER JONES GBR
SAMS record: 2:34.72 S 2008-02-17 Ryan Spencer (Dbn)
 2:27.14 25-29 SAQT SAMS Colours 2010-11

1 Deyi, Lwazi 29 East Coast MSC-KZ NT 2:44.11 12

Event 8 Men 35-39 200 SC Meter Breaststroke

WORLD record: 2:16.49 W 2004-10-30 NICK GILLINGHAM GBR
SAMS record: 2:36.00 S 2005-10-23 Gary Coetzee (Jhb)
 2:30.80 35-39 SAQT SAMS Colours 2010-11

1 Lawrenson, Kieren 36 East Coast MSC-KZ NT 2:40.23 12
 2 Phipson, Mark 39 Wahoo MSC-CG 3:09.00 3:12.62 10
 --- Roeloffze, Alexander 39 Wahoo MSC-CG 2:45.00 NS

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 8 Men 45-49 200 SC Meter Breaststroke**

WORLD record: 2:22.68 W 2008-06-22 GLENN MILLS USA

SAMS record: 2:36.17 S 2010-09-16 Johan van der Merwe (CT)

2:34.45 45-49 SAQT SAMS Colours 2010-11

1	Olivier, Marais	47	Cape Town MSC-WP	NT	3:31.90	12
2	Forrester, Andrew	49	Wahoo MSC-CG	3:40.00	3:32.71	10
3	Ponsonby, Peter	47	Phoenix MSC-CG	3:20.00	3:40.97	8

Event 8 Men 55-59 200 SC Meter Breaststroke

WORLD record: 2:33.79 W 2009-12-06 TIMOTHY SHEAD USA

SAMS record: 2:38.90 S 2007-01-26 Tim Shead (Mad)

2:47.66 55-59 SAQT SAMS Colours 2010-11

1	Hatherly, Bob	59	Wahoo MSC-CG	3:14.00	3:02.21	12
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Event 8 Men 60-64 200 SC Meter Breaststroke

WORLD record: 2:40.76 W 2009-12-06 ROBERT STRAND USA

SAMS record: 3:18.07 S 1-1999 D McLachlan (Jhb)

3:00.53 60-64 SAQT SAMS Colours 2010-11

---	van Heerden, Carel	60	Wahoo MSC-CG	3:50.00	NS	
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Event 8 Men 65-69 200 SC Meter Breaststroke

WORLD record: 2:56.37 W 2009-10-18 KENNETH FROST USA

SAMS record: 3:23.35 S 2010-06-19 Brian Nelson (Jhb)

3:11.03 65-69 SAQT SAMS Colours 2010-11

1	Heuff, Roland	67	East Coast MSC-KZ	NT	3:54.04	12
2	Harrop-Allin, Anton	65	Coelacanth MSC-NT	3:40.00	4:51.84	10

Event 8 Men 70-74 200 SC Meter Breaststroke

WORLD record: 3:05.27 W 2007-01-20 HANS REICHELT GER

SAMS record: 3:33.67 S 2007-10-21 Dave McLachlan (Stb)

3:22.22 70-74 SAQT SAMS Colours 2010-11

1	McLachlan, Dave	73	Cape Town MSC-WP	NT	3:32.41 S	12
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Event 8 Men 75-79 200 SC Meter Breaststroke

WORLD record: 3:20.93 W 2008-04-20 TSUTOMU KAJIHARA JPN

SAMS record: 4:52.20 S 1-1999 J Brink (Jhb)

3:42.72 75-79 SAQT SAMS Colours 2010-11

1	Theron, Sarel	76	Coelacanth MSC-NT	4:50.00	4:53.05	12
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Event 9 Women 25-29 100 SC Meter Butterfly

WORLD record: 1:01.33 W 1996-03-31 SHEILA TAORMINA USA

SAMS record: 1:11.60 S 2005-05-15 Tania Fryer (Jhb)

1:05.71 25-29 SAQT SAMS Colours 2010-11

1	Newson, Rebecca	28	Cape Town MSC-WP	NT	1:10.49 S	12
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Event 9 Women 30-34 100 SC Meter Butterfly

WORLD record: 1:00.11 W 2006-03-25 METTE JACOBSEN DEN

SAMS record: 1:10.87 S 10-1997 W Daniel (Pmb)

1:07.28 30-34 SAQT SAMS Colours 2010-11

---	Hicks, Loraine	34	East Coast MSC-KZ	NT	NS	
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Event 9 Women 35-39 100 SC Meter Butterfly

WORLD record: 1:03.07 W 2005-05-22 DEBBIE YOUNGER CAN

SAMS record: 1:08.40 S 2006-10-29 Rachele Isakov (Jhb)

1:07.81 35-39 SAQT SAMS Colours 2010-11

1	Carmody, Bernadette	35	Seals SC - Masters-KZ	NT	1:15.50	12
2	Troup, Bianca	36	Phoenix MSC-CG	1:12.00	1:15.74	10

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 9 Women 40-44 100 SC Meter Butterfly**

WORLD record:	1:01.70	W	2009-11-21	S.VON DER LIPPE		USA		
SAMS record:	1:10.68	S	11-2004	Cecilia Stanford (CT)				
	1:08.46			40-44 SAQT SAMS Colours 2010-11				
1	Ottermann, Edith			44 Cape Town MSC-WP	1:11.00		1:16.14	12
---	Isakov, Rachelle			40 Cape Town MSC-WP	1:07.00		X1:08.25 S SAQT	

Event 9 Women 50-54 100 SC Meter Butterfly

WORLD record:	1:09.05	W	2001-10-21	LAURA VAL		USA		
SAMS record:	1:16.47	S	2010-08-19	Jean Degenaar (CT)				
	1:16.26			50-54 SAQT SAMS Colours 2010-11				
---	Foster, Kim			51 Coelacanth MSC-NT	1:20.00		NS	

Event 9 Women 60-64 100 SC Meter Butterfly

WORLD record:	1:16.41	W	2004-05-16	JUDY WILSON		GBR		
SAMS record:	1:42.57	S	2009-05-16	Helen Lawless (Jhb)				
	1:32.86			60-64 SAQT SAMS Colours 2010-11				
1	Crawford, Linda			60 Phoenix MSC-CG	2:00.00		1:55.97	12

Event 10 Men 19-24 100 SC Meter Butterfly

WORLD record:	0.01	W	2000	Invalid FINA age group				
SAMS record:	1:01.37	S	9-2004	Ryan Spencer (Dbn)				
	56.68			19-24 SAQT SAMS Colours 2010-11				
1	Venter, Tyron			24 Coelacanth MSC-NT	57.10		1:00.54 S	12
---	Kok, Christoff			23 Coelacanth MSC-NT	1:26.00		NS	

Event 10 Men 30-34 100 SC Meter Butterfly

WORLD record:	52.64	W	2009-05-31	FERNANDO ALAEZ		ESP		
SAMS record:	1:01.55	S	10-2003	David Hadenham (Dbn)				
	56.18			30-34 SAQT SAMS Colours 2010-11				
1	Sheftz, Owen			33 Wahoo MSC-CG	1:30.00		1:16.83	12

Event 10 Men 35-39 100 SC Meter Butterfly

WORLD record:	54.82	W	2009-04-29	EIJI NOMURA		JPN		
SAMS record:	1:03.75	S	2009-09-20	Kieren Lawrenson (Dbn)				
	57.96			35-39 SAQT SAMS Colours 2010-11				
1	Collins, Stuart			36 Wahoo MSC-CG	1:30.00		1:15.81	12

Event 10 Men 50-54 100 SC Meter Butterfly

WORLD record:	57.29	W	2007-12-02	PAUL CARTER		USA		
SAMS record:	1:05.42	S	2006-10-29	Andre Steynberg (Jhb)				
	1:03.55			50-54 SAQT SAMS Colours 2010-11				
1	Kohler, Quirin			51 Phoenix MSC-CG	1:15.00		1:13.10	12
2	Steynberg, Andre			54 Wahoo MSC-CG	1:08.00		1:15.09	10
3	Holshausen, Rod			52 Cape Town MSC-WP	NT		1:15.93	8
4	Carr, Mike			52 Cape Town MSC-WP	NT		1:30.10	7
5	Platte, Gary			54 Winelands MSC-WP	NT		1:57.80	6

Event 10 Men 55-59 100 SC Meter Butterfly

WORLD record:	1:00.35	W	2006-12-17	GREG SHAW		USA		
SAMS record:	1:05.68	S	2008-08-17	Tim Shead (Stb)				
	1:06.52			55-59 SAQT SAMS Colours 2010-11				
1	Shead, Tim			58 Cape Town MSC-WP	NT		1:07.94	12
---	Arbuthnot, David			57 Coelacanth MSC-NT	1:26.00		NS	

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 10 Men 60-64 100 SC Meter Butterfly****WORLD record: 1:03.76 W 2006-12-03 RICH ABRAHAMS USA****SAMS record: 1:10.66 S 2010-08-19 Halton Cheadle (CT)****1:10.59 60-64 SAQT SAMS Colours 2010-11**

1	Cheadle, Halton	61	Cape Town MSC-WP	NT	1:11.83	12
2	Fielding, Pete	60	Amakhosi MSC-BO	NT	2:01.72	10

Event 10 Men 65-69 100 SC Meter Butterfly**WORLD record: 1:05.90 W 2009-03-21 JOSEP CLARET ESP****SAMS record: 1:27.95 S 11-2005 Dave McLachlan (CT)****1:13.98 65-69 SAQT SAMS Colours 2010-11**

1	Hadenham, Leslie	67	East Coast MSC-KZ	NT	1:49.29	12
2	Schoeman, Adrian	69	East Coast MSC-KZ	NT	2:10.65	10

Event 11 Women 19-24 200 SC Meter Freestyle**WORLD record: 0.01 W 2000 Invalid FINA age group****SAMS record: 2:19.44 S 2009-08-20 Tarryn Stanford (CT)****2:11.88 19-24 SAQT SAMS Colours 2010-11**

1	Stanford, Tarryn	24	Cape Town MSC-WP	NT	2:19.10S	12
2	Verryn, Sandra	22	Coelacanth MSC-NT	2:40.00	2:44.88	10

Event 11 Women 25-29 200 SC Meter Freestyle**WORLD record: 1:59.78 W 1996-03-31 SHEILA TAORMINA USA****SAMS record: 2:17.34 S 10-2006 Amanda Koegelenberg (Pmb)****2:11.88 25-29 SAQT SAMS Colours 2010-11**

1	Loots, Erika	28	Maties MSC-WP	NT	2:39.85	12
2	Rawlins, Samantha	28	Amakhosi MSC-BO	NT	2:51.78	10

Event 11 Women 30-34 200 SC Meter Freestyle**WORLD record: 2:02.70 W 2008-10-19 HITOMI MATSUDA JPN****SAMS record: 2:16.53 S 1997 W Daniel (Pmb)****2:13.69 30-34 SAQT SAMS Colours 2010-11**

1	Glass, Celeste	34	Cape Dolphins SC - Masters-WP	NT	3:00.70	12
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Event 11 Women 35-39 200 SC Meter Freestyle**WORLD record: 2:03.56 W 1998-12-14 K.PIPES-NEILSEN USA****SAMS record: 2:15.34 S 1994 A Momberg (CT)****2:14.28 35-39 SAQT SAMS Colours 2010-11**

1	Troup, Bianca	36	Phoenix MSC-CG	2:25.00	2:30.31	12
2	Carmody, Bernadette	35	Seals SC - Masters-KZ	NT	2:34.35	10
3	Helps, Tracy	35	Wahoo MSC-CG	3:10.00	3:14.42	8
---	Wessels, Marsha	37	Cape Town MSC-WP	NT	X3:34.07	
---	Phipson, Heather	39	Wahoo MSC-CG	3:55.00	NS	

Event 11 Women 40-44 200 SC Meter Freestyle**WORLD record: 2:05.26 W 2003-12-14 K.PIPES-NEILSEN USA****SAMS record: 2:11.26 S 2008-07-17 Amanda Picard (CT)****2:15.87 40-44 SAQT SAMS Colours 2010-11**

1	van Niekerk, Wilma	43	East Coast MSC-KZ	NT	2:25.72	12
2	Strydom, Caren	43	Wahoo MSC-CG	2:40.00	2:32.96	10
3	Kennedy, Karen	44	Phoenix MSC-CG	2:33.00	2:33.04	8
4	Homveld, Jade	44	Coelacanth MSC-NT	3:30.00	2:49.31	7
5	Bihl, Kate	40	Cape Town MSC-WP	NT	3:01.85	6

Event 11 Women 45-49 200 SC Meter Freestyle**WORLD record: 2:05.94 W 2007-12-02 K.PIPES-NEILSEN USA****SAMS record: 2:21.56 S 2009-08-20 Cecilia Stanford (CT)****2:18.15 45-49 SAQT SAMS Colours 2010-11**

1	Bridges, Carole	48	Wahoo MSC-CG	2:50.00	2:47.98	12
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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****(Event 11 Women 45-49 200 SC Meter Freestyle)**

2	Fuchs, Mandi	46	Cape Dolphins SC - Masters-WP	NT	2:53.11	10
3	Verryn, Sabine	49	Coelacanth MSC-NT	2:50.00	2:56.27	8

Event 11 Women 50-54 200 SC Meter Freestyle

WORLD record: 2:10.72 W 2009-12-06 S.HEIM-BOWEN USA

SAMS record: 2:25.33 S 2009-08-20 Liz Webb (CT)

2:25.33 50-54 SAQT SAMS Colours 2010-11

1	Geraty, Gail	54	Coelacanth MSC-NT	3:30.00	3:03.80	12
---	van Dam, Carola	50	Coelacanth MSC-NT	2:45.00	NS	

Event 11 Women 55-59 200 SC Meter Freestyle

WORLD record: 2:14.45 W 2009-11-21 LAURA VAL USA

SAMS record: 2:27.22 S 2010-08-19 Diane Coetzee (CT)

2:31.93 55-59 SAQT SAMS Colours 2010-11

1	Coetzee, Di	55	Cape Town MSC-WP	NT	2:28.20 SAQT	12
2	Rollnick, Marissa	59	Phoenix MSC-CG	2:55.00	2:52.26	10
---	Sharkey, Therese	55	Winelands MSC-WP	NT	NS	

Event 11 Women 60-64 200 SC Meter Freestyle

WORLD record: 2:31.69 W 2010-01-23 CONNY BOER-BUYS NED

SAMS record: 3:01.57 S 2008-10-28 Therese Russell (Stb)

2:50.58 60-64 SAQT SAMS Colours 2010-11

1	Kruger, Sanderina	61	Cape Town MSC-WP	NT	2:35.87 S SAQT	12
2	Crawford, Linda	60	Phoenix MSC-CG	3:20.00	3:12.13	10
3	Clark, Rosemary	62	East Coast MSC-KZ	NT	3:20.84	8
4	Sandri, Angelika	60	Coelacanth MSC-NT	3:42.32	3:43.07	7
5	Fyfe, Joyce	63	Coelacanth MSC-NT	4:00.00	3:45.56	6
6	Ferreira, Mercia	61	Wahoo MSC-CG	4:02.00	3:57.00	5
7	Gray, Ann	62	Highway MSC-KZ	NT	4:11.29	4
8	Hughes, Diane	64	East Coast MSC-KZ	NT	4:36.94	3
---	Vorster, Riette	60	Amakhosi MSC-BO	NT	X4:31.00	

Event 11 Women 65-69 200 SC Meter Freestyle

WORLD record: 2:42.05 W 2004-05-09 YOSHIKO OSAKI JPN

SAMS record: 3:26.58 S 2007-02-18 Willij Kokott (Dbn)

3:00.20 65-69 SAQT SAMS Colours 2010-11

1	Zundorf, Lenchen	66	Cape Town MSC-WP	NT	3:21.66 S	12
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Event 12 Men 19-24 200 SC Meter Freestyle

WORLD record: 0.01 W 2000 Invalid FINA age group

SAMS record: 2:10.31 S 9-2004 Ryan Spencer (Dbn)

1:55.77 19-24 SAQT SAMS Colours 2010-11

1	Venter, Tyron	24	Coelacanth MSC-NT	1:52.02	2:03.12 S	12
2	Bouwer, Shaun	22	Coelacanth MSC-NT	2:20.80	2:20.11	10

Event 12 Men 25-29 200 SC Meter Freestyle

WORLD record: 1:48.81 W 1995-12-10 JOHN KEPPELER USA

SAMS record: 2:03.55 S 2005-06-11 Nick Turner (Jhb)

1:55.77 25-29 SAQT SAMS Colours 2010-11

1	McGilvray, Grant	28	Cape Dolphins SC - Masters-WP	NT	2:06.22	12
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Event 12 Men 30-34 200 SC Meter Freestyle

WORLD record: 1:48.40 W 2008-01-19 JACOB CARSTENSEN DEN

SAMS record: 2:04.37 S 2005-11-26 Paul Fryer (Jhb)

1:56.93 30-34 SAQT SAMS Colours 2010-11

1	Sheftz, Owen	33	Wahoo MSC-CG	2:40.00	2:17.93	12
2	Steenkamp, Neil	33	Cape Town MSC-WP	NT	2:32.26	10

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 12 Men 35-39 200 SC Meter Freestyle**

WORLD record: 1:51.31 W 2003-12-14 **ERIK HOCHSTEIN** USA
SAMS record: 2:07.13 S 1986 **L McGregor**
 1:57.38 35-39 SAQT SAMS Colours 2010-11

1	Collins, Stuart	36	Wahoo MSC-CG	2:30.00	2:26.68	12
---	Allott, Bryan	36	Cape Town MSC-WP	NT	NS	
---	Roeloffze, Alexander	39	Wahoo MSC-CG	2:30.00	NS	

Event 12 Men 40-44 200 SC Meter Freestyle

WORLD record: 1:50.08 W 2008-12-06 **MICHAEL ROSS** USA
SAMS record: 2:07.36 S 11-2004 **Gregg Price (Jhb)**
 1:58.85 40-44 SAQT SAMS Colours 2010-11

1	Vides, Avron	42	Amakhosi MSC-BO	NT	2:30.28	12
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Event 12 Men 45-49 200 SC Meter Freestyle

WORLD record: 1:54.73 W 2008-03-08 **KAI DITZEL** GER
SAMS record: 2:03.78 S 9-1995 **T Downes (Jhb)**
 2:01.48 45-49 SAQT SAMS Colours 2010-11

1	vd Merwe, Johan	45	Cape Town MSC-WP	NT	2:05.11	12
2	Ruck, Harald	45	Coelacanth MSC-NT	2:08.00	2:13.97	10
3	Wilmore, Richard	45	Cape Dolphins SC - Masters-WP	NT	2:35.49	8
4	Kruger, Ross	47	Amakhosi MSC-BO	2:17.25	2:38.47	7
5	Forrester, Andrew	49	Wahoo MSC-CG	3:20.00	3:03.13	6
6	Brits, Rudi	46	Phoenix MSC-CG	3:00.00	3:08.05	5
---	Ponsonby, Peter	47	Phoenix MSC-CG	2:45.00	NS	

Event 12 Men 50-54 200 SC Meter Freestyle

WORLD record: 1:56.75 W 2009-10-17 **BOB BUGG** USA
SAMS record: 2:05.95 S 1999-09-02 **T Downes (Jhb)**
 2:06.50 50-54 SAQT SAMS Colours 2010-11

1	Folscher, Danie	52	Cape Town MSC-WP	NT	2:20.08	12
2	Holshausen, Rod	52	Cape Town MSC-WP	NT	2:28.82	10
3	Stonestreet, Mark	50	Phoenix MSC-CG	2:45.00	2:30.81	8
4	Davies, Richard	50	Highway MSC-KZ	NT	2:54.23	7
5	Jevon, Dave	50	Amakhosi MSC-BO	2:52.96	2:58.69	6
6	Coetzee, Butch	54	Amakhosi MSC-BO	2:56.72	3:14.00	5
---	Jacobs, Roy	51	ET Stingrays MSC-ES	3:20.00	NS	

Event 12 Men 55-59 200 SC Meter Freestyle

WORLD record: 1:59.08 W 2009-11-21 **MICHAEL MANN** USA
SAMS record: 2:14.78 S 2008-10-25 **Terry Downes (Jhb)**
 2:11.77 55-59 SAQT SAMS Colours 2010-11

1	Spies, Izak	56	Cape Dolphins SC - Masters-WP	NT	2:21.84	12
2	Cones, Nigel	55	Cape Town MSC-WP	NT	2:24.13	10
3	Howieson, Doug	58	Cape Town MSC-WP	NT	2:32.85	8

Event 12 Men 60-64 200 SC Meter Freestyle

WORLD record: 2:10.04 W 2008-12-13 **FRED SCHLICHER** USA
SAMS record: 2:17.33 S 2009-08-15 **Terry Downes (Jhb)**
 2:19.16 60-64 SAQT SAMS Colours 2010-11

1	Harley, John	63	East Coast MSC-KZ	NT	3:00.54	12
2	Fielding, Pete	60	Amakhosi MSC-BO	NT	3:59.06	10
3	Hanauer, Francis	63	East Coast MSC-KZ	NT	4:50.89	8

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 12 Men 65-69 200 SC Meter Freestyle****WORLD record: 2:15.39 W 2009-10-17 DAVID QUIGGIN USA****SAMS record: 2:33.80 S 8-2004 Gary Freeling (CT)****2:27.02 65-69 SAQT SAMS Colours 2010-11**

1	Stieger, Desmond	67	East Coast MSC-KZ	NT	2:55.46	12
2	Heuff, Roland	67	East Coast MSC-KZ	NT	3:12.85	10
3	Wallace, Ronald	69	Amakhosi MSC-BO	NT	3:27.25	8
4	Bath, Michael	68	Seals SC - Masters-KZ	NT	4:07.36	7
---	Myers, Winton	66	Wahoo MSC-CG	3:40.00	NS	

Event 12 Men 70-74 200 SC Meter Freestyle**WORLD record: 2:24.31 W 2001-12-09 GRAHAM JOHNSTON USA****SAMS record: 2:45.97 S 2010-08-19 Gary Freeling (CT)****2:38.39 70-74 SAQT SAMS Colours 2010-11**

1	Freeling, Gary	71	Cape Dolphins SC - Masters-WP	NT	2:50.05	12
2	Fyfe, Derek	70	Coelacanth MSC-NT	3:10.00	2:53.77	10
---	McLachlan, Dave	73	Cape Town MSC-WP	NT	NS	
---	Garson, John	72	East Coast MSC-KZ	NT	NS	

Event 12 Men 75-79 200 SC Meter Freestyle**WORLD record: 2:27.53 W 2009-04-18 DAVID RADCLIFF USA****SAMS record: 3:25.15 S 12-1993 G May (Dbn)****2:56.90 75-79 SAQT SAMS Colours 2010-11**

1	Garnham, Bob	75	Cape Town MSC-WP	NT	3:20.13 S	12
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Event 12 Men 85-89 200 SC Meter Freestyle**WORLD record: 3:12.85 W 2007-12-09 WILLARD LAMB USA****SAMS record: 4:15.50 S 9-2001 G May (Pmb)****4:19.41 85-89 SAQT SAMS Colours 2010-11**

---	Salati, Renato	87	East Coast MSC-KZ	NT	NS	
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Event 13 Women 18 & Under 100 SC Meter Backstroke**WORLD record: 0.01 W 2000 Invalid FINA age group****SAMS record: 0.01 S 2000 Invalid SAMS age group**

---	Homveld, Alexis	18	Coelacanth MSC-NT	1:30.00	X1:25.49	
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Event 13 Women 19-24 100 SC Meter Backstroke**WORLD record: 0.01 W 2000 Invalid FINA age group****SAMS record: 1:08.66 S 2008-09-07 Cindy Botha (Dbn)****1:07.85 19-24 SAQT SAMS Colours 2010-11**

1	Verryn, Sandra	22	Coelacanth MSC-NT	1:20.00	1:23.52	12
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Event 13 Women 25-29 100 SC Meter Backstroke**WORLD record: 1:02.32 W 2007-11-18 AKIKO MIZUMOTO JPN****SAMS record: 1:04.05 S 9-1999 M Kriel (CT)****1:07.85 25-29 SAQT SAMS Colours 2010-11**

1	Newson, Rebecca	28	Cape Town MSC-WP	NT	1:10.66	12
2	Hunt, Justine	29	Phoenix MSC-CG	1:11.00	1:12.36	10
3	Rawlins, Samantha	28	Amakhosi MSC-BO	NT	1:27.06	8

Event 13 Women 30-34 100 SC Meter Backstroke**WORLD record: 1:00.90 W 2010-03-07 KANA YAMAGUCHI JPN****SAMS record: 1:12.61 S 2008-04-10 Perry-Ann Cadiz (CT)****1:08.87 30-34 SAQT SAMS Colours 2010-11**

1	Hicks, Loraine	34	East Coast MSC-KZ	NT	1:28.92	12
2	Johnson, Justine	33	Phoenix MSC-CG	1:45.00	1:37.03	10

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 13 Women 35-39 100 SC Meter Backstroke****WORLD record: 1:02.36 W 2009-11-22 SHERI HART USA****SAMS record: 1:08.96 S 11-2006 Marianne Kriel (CT)****1:09.73 35-39 SAQT SAMS Colours 2010-11**

1	Lee, Niki	38	Wahoo MSC-CG	1:28.00	1:28.41	12
2	Helps, Tracy	35	Wahoo MSC-CG	1:40.00	1:43.96	10
---	Wessels, Marsha	37	Cape Town MSC-WP	NT	XNS	

Event 13 Women 40-44 100 SC Meter Backstroke**WORLD record: 1:04.63 W 2009-04-18 CINDY MABEE CAN****SAMS record: 1:10.83 S 12-2004 Bev McCarney (Dbn)****1:10.53 40-44 SAQT SAMS Colours 2010-11**

1	Strydom, Caren	43	Wahoo MSC-CG	1:30.00	1:29.74	12
---	Allen, Jenni	40	Winelands MSC-WP	NT	X1:47.37	
---	Hefer, Monica	42	Coelacanth MSC-NT	2:00.00	NS	

Event 13 Women 45-49 100 SC Meter Backstroke**WORLD record: 1:04.46 W 2009-02-27 K.PIPES-NEILSEN FRA****SAMS record: 1:13.16 S 7-2006 Cecilia Stanford (CT)****1:12.47 45-49 SAQT SAMS Colours 2010-11**

1	Kruger, Ingrid	45	East Coast MSC-KZ	NT	1:24.21	12
2	Welgemoed, Janine	49	Cape Town MSC-WP	NT	1:36.12	10
---	Collignon, Denise	45	Coelacanth MSC-NT	2:00.00	NS	
---	Vettori, Stella	48	Wahoo MSC-CG	1:29.00	NS	

Event 13 Women 50-54 100 SC Meter Backstroke**WORLD record: 1:10.35 W 2007-09-09 K.ANDRUS-HUGHES USA****SAMS record: 1:16.26 S 2008-04-10 Diane Coetzee (CT)****1:16.09 50-54 SAQT SAMS Colours 2010-11**

1	Degenaar, Jean	50	Cape Town MSC-WP	NT	1:16.89	12
2	Snyman, Annette	51	East Coast MSC-KZ	NT	1:38.63	10

Event 13 Women 55-59 100 SC Meter Backstroke**WORLD record: 1:12.23 W 2008-11-16 LAURA VAL USA****SAMS record: 1:19.68 S 2010-09-16 Diane Coetzee (CT)****1:22.14 55-59 SAQT SAMS Colours 2010-11**

1	Coetzee, Di	55	Cape Town MSC-WP	NT	1:21.73	SAQT	12
2	Sharkey, Therese	55	Winelands MSC-WP	NT	1:26.23		10
3	Bailey, Colleen	56	East Coast MSC-KZ	NT	1:35.80		8
4	Vorwerk Marren, Ingrid	59	Coelacanth MSC-NT	1:30.00	2:26.03		7

Event 13 Women 60-64 100 SC Meter Backstroke**WORLD record: 1:20.02 W 2006-03-26 MARGIT OHLSSON SWE****SAMS record: 1:27.03 S 2010-04-15 Sanderina Kruger (CT)****1:28.69 60-64 SAQT SAMS Colours 2010-11**

1	Kruger, Sanderina	61	Cape Town MSC-WP	NT	1:27.40	SAQT	12
2	Russell, Therese	62	Cape Dolphins SC - Masters-WP	NT	1:36.95		10
3	Fyfe, Joyce	63	Coelacanth MSC-NT	2:00.00	1:54.85		8

Event 13 Women 75-79 100 SC Meter Backstroke**WORLD record: 1:37.87 W 2006-04-02 JANE ASHER GBR****SAMS record: 2:46.19 S 11-1998 E Buck (RchB)****1:57.90 75-79 SAQT SAMS Colours 2010-11**

1	du Plooy, Christie	79	ET Stingrays MSC-ES	3:04.67	2:59.90		12
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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 14 Men 25-29 100 SC Meter Backstroke**

WORLD record: 54.82 W 1994-11-12 **MARTIN HARRIS** **GBR**
SAMS record: 1:04.03 S 1990 **M Gittings (Dbn)**
 58.43 25-29 SAQT SAMS Colours 2010-11

1 Kok, Johan 25 Coelacanth MSC-NT 1:20.00 1:14.38 12

Event 14 Men 30-34 100 SC Meter Backstroke

WORLD record: 52.68 W 2009-10-24 **DERYA BUYUKUNCU** **USA**
SAMS record: 1:04.44 S 2005-10-23 **Andrew Biram (Jhb)**
 59.55 30-34 SAQT SAMS Colours 2010-11

1 Erasmus, Jaco 32 Wahoo MSC-CG 1:30.00 1:15.31 12
 --- Malan, Schalk 30 Unattached - GAUTENG MS-CG 1:05.00 XNS

Event 14 Men 45-49 100 SC Meter Backstroke

WORLD record: 57.00 W 2009-12-13 **CHRIS STEVENSON** **USA**
SAMS record: 1:08.09 S 9-2004 **Peter Storzner (CT)**
 1:01.58 45-49 SAQT SAMS Colours 2010-11

--- Orton, Nicholas 47 Cape Town MSC-WP NT NS

Event 14 Men 50-54 100 SC Meter Backstroke

WORLD record: 1:00.38 W 2009-12-05 **JAMIE FOWLER** **USA**
SAMS record: 1:06.56 S 6-2003 **Tim Shead (CT)**
 1:06.63 50-54 SAQT SAMS Colours 2010-11

1 Steynberg, Andre 54 Wahoo MSC-CG 1:12.00 1:12.80 12
 2 Morgan, Trevor 51 Coelacanth MSC-NT 1:15.50 1:16.62 10

Event 14 Men 55-59 100 SC Meter Backstroke

WORLD record: 1:03.75 W 2009-12-05 **PHILIPP DJANG** **USA**
SAMS record: 1:07.16 S 2008-07-17 **Tim Shead (CT)**
 1:08.73 55-59 SAQT SAMS Colours 2010-11

1 Shead, Tim 58 Cape Town MSC-WP NT 1:09.32 12
 2 Howieson, Doug 58 Cape Town MSC-WP NT 1:21.60 10
 3 Harker, Guy 55 Wahoo MSC-CG 1:42.00 1:27.51 8

Event 14 Men 60-64 100 SC Meter Backstroke

WORLD record: 1:07.31 W 2009-12-05 **HUGH WILDER** **USA**
SAMS record: 1:21.00 S 2007-06-10 **Doug Wilson (Jhb)**
 1:15.27 60-64 SAQT SAMS Colours 2010-11

1 Wilson, Doug 63 Cape Town MSC-WP NT 1:25.47 12
 2 Morrison, Allen 62 Cape Town MSC-WP NT 1:34.92 10

Event 14 Men 65-69 100 SC Meter Backstroke

WORLD record: 1:10.16 W 2009-11-22 **RICHARD BURNS** **USA**
SAMS record: 1:26.13 S 2005-10-23 **Derek Fyfe (Jhb)**
 1:20.14 65-69 SAQT SAMS Colours 2010-11

1 Hughes, Jimmy 67 East Coast MSC-KZ NT 1:24.95 S 12
 2 Myers, Winton 66 Wahoo MSC-CG 1:50.00 1:53.83 10
 3 Schoeman, Adrian 69 East Coast MSC-KZ NT 2:38.26 8

Event 14 Men 70-74 100 SC Meter Backstroke

WORLD record: 1:14.31 W 2009-05-16 **BARRY YOUNG** **NZL**
SAMS record: 1:36.45 S 2007-10-14 **Mike Cameron (Pmb)**
 1:27.62 70-74 SAQT SAMS Colours 2010-11

1 Freeling, Gary 71 Cape Dolphins SC - Masters-WP NT 1:31.21 S 12
 2 Fyfe, Derek 70 Coelacanth MSC-NT 1:35.00 1:33.11 S 10
 3 McLachlan, Dave 73 Cape Town MSC-WP NT 1:42.74 8
 4 Garson, John 72 East Coast MSC-KZ NT 1:49.88 7

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 14 Men 85-89 100 SC Meter Backstroke****WORLD record: 1:28.98 W 2008-05-18 KEIJIRO NAKAMURA JPN****SAMS record: 2:10.07 S 11-2000 G May (Pmb)****2:09.28 85-89 SAQT SAMS Colours 2010-11**

1 Salati, Renato 87 East Coast MSC-KZ NT 4:58.49 12

Event 15 Women 19-24 50 SC Meter Breaststroke**WORLD record: 0.01 W 2000 Invalid FINA age group****SAMS record: 36.90 S 2006-10-15 Aletta Steenkamp (Stb)****34.76 19-24 SAQT SAMS Colours 2010-11**

1 Stanford, Tarryn 24 Cape Town MSC-WP NT 43.12 12

Event 15 Women 25-29 50 SC Meter Breaststroke**WORLD record: 31.97 W 2009-12-12 NICOLE HEIDEMANN GER****SAMS record: 35.36 S 2007-06-10 Claire Rolt (Jhb)****34.76 25-29 SAQT SAMS Colours 2010-11**

1 Marechal, Severine 27 Coelacanth MSC-NT 40.00 41.08 12

2 Rawlins, Samantha 28 Amakhosi MSC-BO NT 44.72 10

3 Reeves, Jayne 27 Amakhosi MSC-BO NT 51.54 8

Event 15 Women 30-34 50 SC Meter Breaststroke**WORLD record: 31.71 W 2010-03-14 HITOMI MATSUDA JPN****SAMS record: 38.21 S 1986 H Campbell (Dbn)****35.50 30-34 SAQT SAMS Colours 2010-11**

1 Johnson, Justine 33 Phoenix MSC-CG 47.00 48.46 12

Event 15 Women 35-39 50 SC Meter Breaststroke**WORLD record: 33.03 W 2000-12-10 CAROLINE KRATTLI USA****SAMS record: 37.37 S 2005-08-21 Heather Morris-Eyton (CT)****35.89 35-39 SAQT SAMS Colours 2010-11**

1 Lee, Niki 38 Wahoo MSC-CG 50.00 46.51 12

Event 15 Women 40-44 50 SC Meter Breaststroke**WORLD record: 32.29 W 2009-11-22 S.VON DER LIPPE USA****SAMS record: 34.38 S 2009-10-24 Heather Morris-Eyton (Jhb)****36.48 40-44 SAQT SAMS Colours 2010-11**

1 Ottermann, Edith 44 Cape Town MSC-WP 42.50 39.51 12

2 Cook, Wendy 40 East Coast MSC-KZ NT 41.00 10

3 Bihl, Kate 40 Cape Town MSC-WP NT 44.61 8

4 Hefer, Monica 42 Coelacanth MSC-NT 1:00.00 52.38 7

5 Russell, Marcilla 42 Coelacanth MSC-NT 59.00 57.35 6

--- Allen, Jenni 40 Winelands MSC-WP NT X50.44

Event 15 Women 45-49 50 SC Meter Breaststroke**WORLD record: 33.94 W 2007-06-10 CAROLINE KRATTLI USA****SAMS record: 37.64 S 2005-08-21 Gail McCarney (CT)****37.09 45-49 SAQT SAMS Colours 2010-11**

1 Thompson, Terry 48 Highway MSC-KZ NT 43.23 12

2 Verryn, Sabine 49 Coelacanth MSC-NT 47.00 44.25 10

3 Fuchs, Mandi 46 Cape Dolphins SC - Masters-WP NT 45.97 8

4 Collignon, Denise 45 Coelacanth MSC-NT 1:00.00 48.99 7

5 Welgemoed, Janine 49 Cape Town MSC-WP NT 49.32 6

6 Bridges, Carole 48 Wahoo MSC-CG 50.00 50.38 5

--- Rushton, Hayley 45 Amakhosi MSC-BO NT X55.72

--- Vettori, Stella 48 Wahoo MSC-CG 49.00 NS

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 15 Women 50-54 50 SC Meter Breaststroke**

WORLD record: 35.08 W 2008-05-17 JENNY WHITELEY AUS
SAMS record: 39.80 S 1998-03-16 S Turner (Jhb)
 38.65 50-54 SAQT SAMS Colours 2010-11

1	McCarney, Gail	51	Cape Town MSC-WP	NT	41.53	12
2	van Dam, Carola	50	Coelacanth MSC-NT	40.00	42.15	10
3	Roets, Gillian	53	ET Stingrays MSC-ES	55.00	53.27	8
---	Arbuthnot, Cheryl	52	Coelacanth MSC-NT	1:01.00	NS	

Event 15 Women 55-59 50 SC Meter Breaststroke

WORLD record: 38.32 W 2001-08-25 JAN WICKS AUS
SAMS record: 42.72 S 12-2002 B. Shuttleworth (Dbn)
 40.60 55-59 SAQT SAMS Colours 2010-11

1	de Villiers, Marga	57	Cape Town MSC-WP	NT	46.77	12
2	Vorwerk Marren, Ingrid	59	Coelacanth MSC-NT	1:20.00	1:06.31	10

Event 15 Women 60-64 50 SC Meter Breaststroke

WORLD record: 38.60 W 2002-03-18 MONIKA SENFTLEBEN GER
SAMS record: 44.69 S 2007-12-09 Bev Shuttleworth (Dbn)
 42.97 60-64 SAQT SAMS Colours 2010-11

1	Shuttleworth, Bev	63	Highway MSC-KZ	NT	44.14 S	12
2	Lawless, Helen	61	Wahoo MSC-CG	55.00	55.26	10
3	Sandri, Angelika	60	Coelacanth MSC-NT	52.89	55.96	8
4	Godfrey, Colleen	61	Cape Dolphins SC - Masters-WP	NT	55.97	7
5	Ferreira, Mercia	61	Wahoo MSC-CG	57.00	58.17	6

Event 15 Women 65-69 50 SC Meter Breaststroke

WORLD record: 40.98 W 2010-01-24 NOBUKO YASUDA JPN
SAMS record: 49.17 S 2009-10-18 Lenchen Zundorf (CT)
 46.26 65-69 SAQT SAMS Colours 2010-11

1	Potts, Miemie	66	ET Stingrays MSC-ES	54.00	53.38	12
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Event 15 Women 70-74 50 SC Meter Breaststroke

WORLD record: 42.80 W 2005-02-27 SHOKO YONEZAWA JPN
SAMS record: 57.82 S 2008-04-06 Louise Pallet (Dbn)
 48.18 70-74 SAQT SAMS Colours 2010-11

1	McLachlan, Genie	71	Cape Town MSC-WP	NT	1:03.44	12
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Event 16 Men 19-24 50 SC Meter Breaststroke

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 31.26 S 2008-10-12 Reinhard van Rooijen (Pmb)
 29.37 19-24 SAQT SAMS Colours 2010-11

1	Steenkamp, Keith Vernon	24	Maties MSC-WP	NT	36.97	12
2	Kok, Christoff	23	Coelacanth MSC-NT	45.00	39.25	10

Event 16 Men 25-29 50 SC Meter Breaststroke

WORLD record: 27.69 W 2003-03-30 RUSS PATRICK CAN
SAMS record: 30.25 S 2007-10-14 Brad Toerien (Pmb)
 29.37 25-29 SAQT SAMS Colours 2010-11

1	Deyi, Lwazi	29	East Coast MSC-KZ	NT	33.46	12
2	Weber, Shirwyn	27	Cape Town MSC-WP	NT	36.91	10
3	Kok, Johan	25	Coelacanth MSC-NT	42.00	40.57	8

Event 16 Men 30-34 50 SC Meter Breaststroke

WORLD record: 27.11 W 2009-09-26 MARCELO TOMAZINI BRA
SAMS record: 30.61 S 2002-10-13 K Cawood (Jhb)
 28.89 30-34 SAQT SAMS Colours 2010-11

1	Toerien, Brad	30	East Coast MSC-KZ	NT	31.29	12
2	Sheftz, Owen	33	Wahoo MSC-CG	45.00	39.01	10

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****(Event 16 Men 30-34 50 SC Meter Breaststroke)**

3	Steenkamp, Neil	33	Cape Town MSC-WP	NT	43.34	8
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Event 16 Men 35-39 50 SC Meter Breaststroke

WORLD record:	27.79	W	2009-12-06	JEFF COMMINGS	USA	
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SAMS record:	31.34	S	2009-12-06	Kieren Lawrenson (Dbn)		
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30.05	35-39 SAQT SAMS Colours 2010-11					
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1	Lawrenson, Kieren	36	East Coast MSC-KZ	NT	32.05	12
2	Letschert, David	39	East Coast MSC-KZ	NT	33.09	10
3	Theron, Hennie	39	Coelacanth MSC-NT	39.50	38.73	8
4	Roeloffze, Alexander	39	Wahoo MSC-CG	42.50	42.60	7

Event 16 Men 40-44 50 SC Meter Breaststroke

WORLD record:	28.86	W	2008-10-26	ALBERTO MONTINI	ITA	
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SAMS record:	32.81	S	2007-10-21	Johan van der Merwe (Stb)		
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29.95	40-44 SAQT SAMS Colours 2010-11					
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1	Lyne, Cliff	40	East Coast MSC-KZ	NT	32.01 S	12
2	Kruger, Harald	43	Cape Town MSC-WP	NT	34.71	10
3	Reeves, Andrew	43	Amakhosi MSC-BO	0.36	39.72	8
4	Marais, Gary	42	Amakhosi MSC-BO	NT	40.25	7

Event 16 Men 45-49 50 SC Meter Breaststroke

WORLD record:	28.87	W	2010-01-17	RICO ROLLI	ITA	
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SAMS record:	31.75	S	2010-08-19	Johan van der Merwe (CT)		
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31.04	45-49 SAQT SAMS Colours 2010-11					
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1	Truter, Anton	49	Cape Dolphins SC - Masters-WP	NT	39.54	12
2	Forrester, Andrew	49	Wahoo MSC-CG	45.00	41.04	10
3	Allner, Anton	45	Phoenix MSC-CG	42.00	44.97	8
4	Brits, Rudi	46	Phoenix MSC-CG	45.00	50.79	7
---	Hickling, Glenn	49	Wahoo MSC-CG	40.00	NS	
---	Olivier, Marais	47	Cape Town MSC-WP	NT	NS	

Event 16 Men 50-54 50 SC Meter Breaststroke

WORLD record:	30.91	W	2009-11-07	GLEN CHRISTIANSEN	SWE	
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SAMS record:	31.72	S	3-2002	T Shead (Syd)		
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32.02	50-54 SAQT SAMS Colours 2010-11					
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1	Steynberg, Andre	54	Wahoo MSC-CG	39.00	38.00	12
2	Reeves, Paul	52	Amakhosi MSC-BO	NT	39.19	10
3	Hendricks, Nigel	52	Cape Town MSC-WP	NT	39.92	8
4	Davies, Richard	50	Highway MSC-KZ	NT	40.34	7
5	Jacobs, Roy	51	ET Stingrays MSC-ES	45.00	43.04	6
6	Platte, Gary	54	Winelands MSC-WP	NT	48.02	5
7	Coetzee, Butch	54	Amakhosi MSC-BO	NT	52.31	4
---	Baker, Raymond	52	East Coast MSC-KZ	NT	NS	

Event 16 Men 55-59 50 SC Meter Breaststroke

WORLD record:	30.50	W	2009-09-26	WALTER KUSCH	GER	
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SAMS record:	32.36	S	2009-10-18	Tim Shead (CT)		
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33.80	55-59 SAQT SAMS Colours 2010-11					
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1	Hatherly, Bob	59	Wahoo MSC-CG	37.00	39.13	12
2	Cones, Nigel	55	Cape Town MSC-WP	NT	39.20	10
3	Harker, Guy	55	Wahoo MSC-CG	45.00	43.49	8
---	Arbuthnot, David	57	Coelacanth MSC-NT	44.00	NS	

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 16 Men 60-64 50 SC Meter Breaststroke**

WORLD record: 32.31 W 2009-12-06 **ROBERT STRAND** USA
SAMS record: 38.14 S 2006-06-11 **Brian Nelson (Jhb)**
 35.52 60-64 SAQT SAMS Colours 2010-11

1	Harley, John	63	East Coast MSC-KZ	NT	50.97	12
---	Slabbert, Coenie	61	Winelands MSC-WP	NT	NS	
---	van Heerden, Carel	60	Wahoo MSC-CG	44.00	NS	

Event 16 Men 65-69 50 SC Meter Breaststroke

WORLD record: 34.21 W 2010-01-24 **OSAMU MAEDA** JPN
SAMS record: 39.41 S 2010-05-15 **Brian Nelson (Jhb)**
 37.58 65-69 SAQT SAMS Colours 2010-11

1	Petersen, John	65	Phoenix MSC-CG	44.00	43.12	12
2	Heuff, Roland	67	East Coast MSC-KZ	NT	45.86	10
3	Harrop-Allin, Anton	65	Coelacanth MSC-NT	55.00	50.29	8
4	Schoeman, Adrian	69	East Coast MSC-KZ	NT	51.53	7

Event 16 Men 70-74 50 SC Meter Breaststroke

WORLD record: 35.85 W 2009-05-10 **YOSHIHIKO OSAKI** JPN
SAMS record: 44.02 S 2009-04-01 **Dave McLachlan (CT)**
 39.93 70-74 SAQT SAMS Colours 2010-11

1	McLachlan, Dave	73	Cape Town MSC-WP	NT	45.15	12
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Event 16 Men 75-79 50 SC Meter Breaststroke

WORLD record: 39.63 W 2010-02-14 **TETSUO NAKAMARU** JPN
SAMS record: 42.32 S 2008-10-25 **Patrick Galvin (Jhb)**
 43.34 75-79 SAQT SAMS Colours 2010-11

1	Theron, Sarel	76	Coelacanth MSC-NT	25.00	58.61	12
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Event 16 Men 85-89 50 SC Meter Breaststroke

WORLD record: 45.54 W 2010-01-24 **TOSHIO TAJIMA** JPN
SAMS record: 57.56 S 2009-10-24 **Paul Mulder (Jhb)**
 59.70 85-89 SAQT SAMS Colours 2010-11

1	Salati, Renato	87	East Coast MSC-KZ	NT	1:38.76	12
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Event 17 Women 25-29 400 SC Meter IM

WORLD record: 4:52.13 W 2006-11-19 **HITOMI MATSUDA** JPN
SAMS record: 5:57.39 S 1998-02-03 **R Isakov**
 5:21.14 25-29 SAQT SAMS Colours 2010-11

1	Marechal, Severine	27	Coelacanth MSC-NT	6:08.00	6:25.38	12
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Event 17 Women 30-34 400 SC Meter IM

WORLD record: 4:50.81 W 2009-11-15 **HITOMI MATSUDA** JPN
SAMS record: 5:32.60 S 8-2000 **R Isakov (Tas)**
 5:21.30 30-34 SAQT SAMS Colours 2010-11

1	Hicks, Loraine	34	East Coast MSC-KZ	NT	7:21.19	12
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Event 17 Women 40-44 400 SC Meter IM

WORLD record: 5:00.82 W 2002-11-24 **K.PIPES-NEILSEN** USA
SAMS record: 5:40.55 S 9-2004 **Cecilia Stanford (CT)**
 5:37.88 40-44 SAQT SAMS Colours 2010-11

---	Isakov, Rachelle	40	Cape Town MSC-WP	5:20.00	XNS	
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Event 17 Women 45-49 400 SC Meter IM

WORLD record: 5:00.29 W 2009-02-27 **K.PIPES-NEILSEN** FRA
SAMS record: 5:48.01 S 11-2005 **Jean Degenaar (CT)**
 5:43.72 45-49 SAQT SAMS Colours 2010-11

1	Bouwer, Marieke	47	Coelacanth MSC-NT	6:30.00	6:32.14	12
2	Kruger, Ingrid	45	East Coast MSC-KZ	NT	6:38.63	10

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****(Event 17 Women 45-49 400 SC Meter IM)**

3	Bridges, Carole	48	Wahoo MSC-CG	7:30.00	7:17.23	8
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Event 17 Women 50-54 400 SC Meter IM

WORLD record:	5:32.60	W	2008-08-17	JENNY WHITELEY	AUS	
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SAMS record:	6:04.10	S	2008-02-17	Heather Campbell (Dbn)		
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6:04.02	50-54 SAQT SAMS Colours 2010-11					
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1	Degenaar, Jean	50	Cape Town MSC-WP	NT	5:55.97 S SAQT	12
---	Foster, Kim	51	Coelacanth MSC-NT	6:50.00	NS	

Event 17 Women 55-59 400 SC Meter IM

WORLD record:	5:39.30	W	2009-11-21	LAURA VAL	USA	
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SAMS record:	6:52.18	S	2008-10-12	Jenny Ireland (Pmb)		
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6:27.80	55-59 SAQT SAMS Colours 2010-11					
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1	Sharkey, Therese	55	Winelands MSC-WP	NT	7:03.44	12
2	Rollnick, Marissa	59	Phoenix MSC-CG	8:00.00	7:50.63	10
3	Bailey, Colleen	56	East Coast MSC-KZ	NT	8:04.68	8

Event 17 Women 60-64 400 SC Meter IM

WORLD record:	6:15.26	W	2009-11-01	BARBARA DUNBAR	USA	
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SAMS record:	8:45.00	S	11-2005	Tricia Rix (CT)		
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7:05.10	60-64 SAQT SAMS Colours 2010-11					
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1	Ireland, Jenny	60	Highway MSC-KZ	NT	7:03.05 S SAQT	12
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Event 18 Men 19-24 400 SC Meter IM

WORLD record:	0.01	W	2000	Invalid FINA age group		
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SAMS record:	5:23.34	S	10-2004	Ryan Spencer (Pmb)		
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4:44.90	19-24 SAQT SAMS Colours 2010-11					
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1	Venter, Tyron	24	Coelacanth MSC-NT	4:23.30	4:54.41 S	12
2	Thompson, Hendrik	22	Coelacanth MSC-NT	5:57.00	5:45.30	10

Event 18 Men 35-39 400 SC Meter IM

WORLD record:	4:24.36	W	2003-12-07	RON KARNAUGH	USA	
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SAMS record:	5:18.21	S	2006-10-29	Terry Heller (Jhb)		
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4:52.16	35-39 SAQT SAMS Colours 2010-11					
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1	Phipson, Mark	39	Wahoo MSC-CG	6:55.00	6:59.91	12
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Event 18 Men 40-44 400 SC Meter IM

WORLD record:	4:32.05	W	2008-11-15	ROQUE SANTOS	USA	
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SAMS record:	5:06.18	S	4-2004	Graham du Toit (Dbn)		
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4:54.96	40-44 SAQT SAMS Colours 2010-11					
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1	Berning, Emil	44	Wahoo MSC-CG	6:00.00	6:16.40	12
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Event 18 Men 55-59 400 SC Meter IM

WORLD record:	4:51.97	W	2009-11-21	MICHAEL MANN	USA	
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SAMS record:	5:31.34	S	2007-11-17	Tim Shead (CT)		
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5:35.82	55-59 SAQT SAMS Colours 2010-11					
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1	Shead, Tim	58	Cape Town MSC-WP	NT	5:30.20 S SAQT	12
2	Hatherly, Bob	59	Wahoo MSC-CG	6:55.00	6:41.01	10

Event 18 Men 65-69 400 SC Meter IM

WORLD record:	5:50.91	W	2009-12-05	RICHARD BURNS	USA	
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SAMS record:	7:31.09	S	2009-12-06	Les Hadenham (Dbn)		
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6:37.97	65-69 SAQT SAMS Colours 2010-11					
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1	Hadenham, Leslie	67	East Coast MSC-KZ	NT	7:50.00	12
2	Schoeman, Adrian	69	East Coast MSC-KZ	NT	10:22.27	10

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 21 Men 19-24 800 SC Meter Freestyle****WORLD record: 0.01 W 2000 Invalid FINA age group****SAMS record: 9:39.53 S 2010-08-15 Tyron Venter (Jhb)****8:52.98 19-24 SAQT SAMS Colours 2010-11**

--- Venter, Tyron 24 Coelacanth MSC-NT 8:02.96 NS

Event 21 Men 30-34 800 SC Meter Freestyle**WORLD record: 8:17.06 W 2000-12-10 ALEX KOSTICH USA****SAMS record: 9:15.48 S 1991 P Blackbeard (Dbn)****8:59.50 30-34 SAQT SAMS Colours 2010-11**

1 Osborn, Terence 34 Coelacanth MSC-NT 13:00.00 12:06.73 12

Event 21 Men 35-39 800 SC Meter Freestyle**WORLD record: 8:16.19 W 2009-12-06 ALEX KOSTICH USA****SAMS record: 9:46.33 S 9-2004 Bruce Sneddon (CT)****8:59.27 35-39 SAQT SAMS Colours 2010-11**

--- Allott, Bryan 36 Cape Town MSC-WP NT NS

--- Collins, Stuart 36 Wahoo MSC-CG 12:00.00 NS

Event 21 Men 40-44 800 SC Meter Freestyle**WORLD record: 8:28.16 W 2009-11-01 A.MORENO HERNANDE MEX****SAMS record: 9:33.07 S 11-2004 Gregg Price (Jhb)****9:06.83 40-44 SAQT SAMS Colours 2010-11**

1 Grobler, Francois 42 Wahoo MSC-CG 11:45.00 10:45.33 12

2 Torr, Craig 41 Cape Dolphins SC - Masters-WP NT 11:07.25 10

3 Vides, Avron 42 Amakhosi MSC-BO NT 11:11.41 8

4 Skidmore, Kerry 44 Amakhosi MSC-BO NT 12:02.19 7

--- Greaves, Gordon 44 Phoenix MSC-CG 14:00.00 X12:33.87

Event 21 Men 45-49 800 SC Meter Freestyle**WORLD record: 8:39.81 W 2009-10-04 MICHAEL PRUFERT GER****SAMS record: 9:41.22 S 12-2000 C Quibell (Dbn)****9:12.45 45-49 SAQT SAMS Colours 2010-11**

1 Wilmore, Richard 45 Cape Dolphins SC - Masters-WP NT 10:54.57 12

Event 21 Men 50-54 800 SC Meter Freestyle**WORLD record: 8:44.51 W 2000-12-10 JIM MCCONICA USA****SAMS record: 9:44.16 S 9-2005 Doug Howieson (CT)****9:32.08 50-54 SAQT SAMS Colours 2010-11**

1 du Toit, Graham 50 East Coast MSC-KZ NT 10:33.04 12

2 Holshausen, Rod 52 Cape Town MSC-WP NT 10:46.99 10

3 Stonestreet, Mark 50 Phoenix MSC-CG 12:00.00 11:27.29 8

4 Coetzee, Butch 54 Amakhosi MSC-BO NT 13:58.00 7

Event 21 Men 55-59 800 SC Meter Freestyle**WORLD record: 8:51.34 W 2009-11-21 MICHAEL MANN USA****SAMS record: 10:04.18 S 2008-10-19 Doug Howieson (Stb)****9:46.44 55-59 SAQT SAMS Colours 2010-11**

1 Spies, Izak 56 Cape Dolphins SC - Masters-WP NT 10:40.94 12

2 Howieson, Doug 58 Cape Town MSC-WP NT 10:52.72 10

--- Harker, Guy 55 Wahoo MSC-CG 15:00.00 NS

Event 21 Men 60-64 800 SC Meter Freestyle**WORLD record: 9:43.83 W 2005-02-10 DUNCAN MCCREADIE GBR****SAMS record: 11:26.93 S 2008-04-06 Peter Larcombe (Dbn)****10:32.20 60-64 SAQT SAMS Colours 2010-11**

1 Downes, Terry 61 Coelacanth MSC-NT 11:00.00 10:50.29 S 12

2 Hanauer, Francis 63 East Coast MSC-KZ NT 20:55.34 10

--- van Heerden, Carel 60 Wahoo MSC-CG 20:00.00 NS

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****(Event 21 Men 60-64 800 SC Meter Freestyle)**

--- Mitchell, Tocher 63 Wahoo MSC-CG NT NS

Event 21 Men 65-69 800 SC Meter Freestyle

WORLD record: 10:16.06 W 2007-02-10 VITTORIO ERMIRIO ITA

SAMS record: 11:30.17 S 9-2006 Gary Freeling (CT)

11:08.81 65-69 SAQT SAMS Colours 2010-11

1 Hadenham, Leslie 67 East Coast MSC-KZ NT 12:59.36 12

2 Heuff, Roland 67 East Coast MSC-KZ NT 14:10.65 10

3 Wallace, Ronald 69 Amakhosi MSC-BO NT 16:07.31 8

Event 21 Men 70-74 800 SC Meter Freestyle

WORLD record: 10:52.68 W 2001-10-12 GRAHAM JOHNSTON USA

SAMS record: 12:36.93 S 2008-10-19 Dave McLachlan (Stb)

12:57.56 70-74 SAQT SAMS Colours 2010-11

1 Fyfe, Derek 70 Coelacanth MSC-NT 15:00.00 12:48.99 SAQT 12

--- Freeling, Gary 71 Cape Dolphins SC - Masters-WP NT NS

Event 21 Men 75-79 800 SC Meter Freestyle

WORLD record: 10:59.10 W 2009-04-17 DAVID RADCLIFF USA

SAMS record: 14:52.46 S 1993 G May (Dbn)

13:44.66 75-79 SAQT SAMS Colours 2010-11

1 Garnham, Bob 75 Cape Town MSC-WP NT 15:02.64 12

Event 22 Women 19-24 800 SC Meter Freestyle

WORLD record: 0.01 W 2000 Invalid FINA age group

SAMS record: 10:06.05 S 2008-10-19 Tarryn Stanford (Stb)

9:46.89 19-24 SAQT SAMS Colours 2010-11

1 Stanford, Tarryn 24 Cape Town MSC-WP NT 9:45.87 S SAQT 12

Event 22 Women 25-29 800 SC Meter Freestyle

WORLD record: 8:51.18 W 1996-03-31 SHEILA TAORMINA USA

SAMS record: 9:54.00 S 1990 B McCarney (Dbn)

9:46.89 25-29 SAQT SAMS Colours 2010-11

1 Waddell, Roxanne 27 ET Stingrays MSC-ES 8:00.00 13:29.60 12

Event 22 Women 30-34 800 SC Meter Freestyle

WORLD record: 8:55.90 W 2008-11-16 HITOMI MATSUDA JPN

SAMS record: 10:15.16 S 9-2006 Lucy Barlow (CT)

9:49.16 30-34 SAQT SAMS Colours 2010-11

1 Hicks, Loraine 34 East Coast MSC-KZ NT 12:35.69 12

Event 22 Women 35-39 800 SC Meter Freestyle

WORLD record: 9:12.97 W 2006-10-15 ALISON ZAMANIAN USA

SAMS record: 9:37.56 S 9-2003 Amanda Picard (CT)

10:03.20 35-39 SAQT SAMS Colours 2010-11

1 Lee, Niki 38 Wahoo MSC-CG 14:00.00 13:07.63 12

2 Andrew, Corina 39 Wahoo MSC-CG 12:30.00 13:13.32 10

3 Phipson, Heather 39 Wahoo MSC-CG 15:00.00 13:46.22 8

4 Helps, Tracy 35 Wahoo MSC-CG 15:00.00 13:52.48 7

5 van Eeden, Carmen 37 Wahoo MSC-CG 20:00.00 19:05.00 6

Event 22 Women 40-44 800 SC Meter Freestyle

WORLD record: 9:09.71 W 2003-06-20 K.PIPES-NEILSEN USA

SAMS record: 10:04.49 S 2009-11-28 Heather Morris-Eyton (Jhb)

10:09.04 40-44 SAQT SAMS Colours 2010-11

1 Kennedy, Karen 44 Phoenix MSC-CG 11:15.00 11:10.83 12

--- Russell, Marcilla 42 Coelacanth MSC-NT 22:00.00 NS

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 22 Women 45-49 800 SC Meter Freestyle****WORLD record: 9:11.37 W 2009-05-15 K.PIPES-NEILSEN USA****SAMS record: 10:23.16 S 2008-10-19 Cecilia Stanford (Stb)****10:07.24 45-49 SAQT SAMS Colours 2010-11**

1	Kruger, Ingrid	45	East Coast MSC-KZ	NT	11:28.79	12
2	Bridges, Carole	48	Wahoo MSC-CG	12:30.00	12:02.91	10
3	Collignon, Denise	45	Coelacanth MSC-NT	19:00.00	14:49.18	8

Event 22 Women 55-59 800 SC Meter Freestyle**WORLD record: 9:51.35 W 2009-10-17 LAURA VAL USA****SAMS record: 11:35.55 S 2009-09-17 Judy Brewis (CT)****11:06.22 55-59 SAQT SAMS Colours 2010-11**

1	Coetzee, Di	55	Cape Town MSC-WP	NT	10:37.18 S SAQT	12
2	Campbell, Heather	55	East Coast MSC-KZ	NT	11:19.68 S	10
3	Brewis, Judy	56	Cape Town MSC-WP	NT	12:00.86	8
4	Vorwerk Marren, Ingrid	59	Coelacanth MSC-NT	18:00.00	18:23.27	7

Event 22 Women 60-64 800 SC Meter Freestyle**WORLD record: 10:58.58 W 2009-06-14 BARBARA DUNBAR USA****SAMS record: 14:05.41 S 1998-01-11 G Williamson****12:30.68 60-64 SAQT SAMS Colours 2010-11**

1	Ireland, Jenny	60	Highway MSC-KZ	NT	12:57.12 S	12
2	Hughes, Diane	64	East Coast MSC-KZ	NT	19:34.31	10
---	Vorster, Riette	60	Amakhosi MSC-BO	NT	X19:41.49	
---	Meaker, Jane	62	ET Stingrays MSC-ES	14:30.00	NS	

Event 23 Men 19-24 200 SC Meter Backstroke**WORLD record: 0.01 W 2000 Invalid FINA age group****SAMS record: 2:31.90 S 11-2004 Ryan Spencer (Dbn)****2:11.11 19-24 SAQT SAMS Colours 2010-11**

---	Venter, Tyron	24	Coelacanth MSC-NT	2:10.01	NS	
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Event 23 Men 30-34 200 SC Meter Backstroke**WORLD record: 1:55.46 W 2009-11-01 DERYA BUYUKUNCU USA****SAMS record: 2:30.38 S 1986 O Kuyper****2:11.85 30-34 SAQT SAMS Colours 2010-11**

1	van Wyk, Dieter	31	Cape Town MSC-WP	NT	2:42.56	12
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Event 23 Men 50-54 200 SC Meter Backstroke**WORLD record: 2:11.84 W 2009-12-04 JAMIE FOWLER USA****SAMS record: 2:29.57 S 1999-09-03 T Downes (Jhb)****2:26.96 50-54 SAQT SAMS Colours 2010-11**

1	du Toit, Graham	50	East Coast MSC-KZ	NT	2:42.81	12
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Event 23 Men 55-59 200 SC Meter Backstroke**WORLD record: 2:19.42 W 2009-12-04 PHILIPP DJANG USA****SAMS record: 2:29.11 S 2007-08-19 Tim Shead (Stb)****2:33.50 55-59 SAQT SAMS Colours 2010-11**

1	Shead, Tim	58	Cape Town MSC-WP	NT	2:29.47 SAQT	12
2	Howieson, Doug	58	Cape Town MSC-WP	NT	3:04.68	10

Event 23 Men 60-64 200 SC Meter Backstroke**WORLD record: 2:30.96 W 2005-05-20 JOHN CALVERT USA****SAMS record: 2:39.52 S 2009-08-15 Terry Downes (Jhb)****2:45.84 60-64 SAQT SAMS Colours 2010-11**

1	Morrison, Allen	62	Cape Town MSC-WP	NT	3:31.46	12
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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 23 Men 65-69 200 SC Meter Backstroke**

WORLD record: 2:34.97 W 2009-12-04 RICHARD BURNS USA
SAMS record: 3:10.42 S 2006-10-29 Derek Fyfe (Jhb)
 3:00.35 65-69 SAQT SAMS Colours 2010-11

1 Hughes, Jimmy 67 East Coast MSC-KZ NT 3:11.65 12

Event 23 Men 70-74 200 SC Meter Backstroke

WORLD record: 2:38.73 W 2010-04-08 BARRY YOUNG NZL
SAMS record: 3:36.44 S 1986 G May (Dbn)
 3:14.76 70-74 SAQT SAMS Colours 2010-11

1 Fyfe, Derek 70 Coelacanth MSC-NT 3:30.00 3:14.38 S SAQT 12
 2 McLachlan, Dave 73 Cape Town MSC-WP NT 3:43.12 10
 3 Garson, John 72 East Coast MSC-KZ NT 4:08.93 8
 --- Clark, Mike 73 Cape Town MSC-WP NT NS

Event 24 Women 25-29 200 SC Meter Backstroke

WORLD record: 2:12.84 W 2005-11-20 KANA OHASHI JPN
SAMS record: 2:26.94 S 8-2000 M Kriel (Ctn)
 2:28.11 25-29 SAQT SAMS Colours 2010-11

1 Hunt, Justine 29 Phoenix MSC-CG 2:35.00 2:38.83 12

Event 24 Women 30-34 200 SC Meter Backstroke

WORLD record: 2:12.40 W 2009-11-14 KANA OHASHI JPN
SAMS record: 2:36.69 S 2008-10-19 Perry-Ann Cadiz (Stb)
 2:33.04 30-34 SAQT SAMS Colours 2010-11

1 Hicks, Loraine 34 East Coast MSC-KZ NT 3:11.25 12

Event 24 Women 35-39 200 SC Meter Backstroke

WORLD record: 2:14.10 W 1997-12-14 K.PIPES-NEILSEN USA
SAMS record: 2:40.41 S 1995 R Townsend (Dbn)
 2:33.38 35-39 SAQT SAMS Colours 2010-11

1 Lee, Niki 38 Wahoo MSC-CG 3:10.00 3:11.55 12
 2 Helps, Tracy 35 Wahoo MSC-CG 3:40.00 3:47.13 10

Event 24 Women 40-44 200 SC Meter Backstroke

WORLD record: 2:19.06 W 2009-12-04 JODY SMITH USA
SAMS record: 2:39.83 S 9-2002 C. Stanford (Ctn)
 2:34.24 40-44 SAQT SAMS Colours 2010-11

1 Strydom, Caren 43 Wahoo MSC-CG 3:20.00 3:21.23 12
 --- Allen, Jenni 40 Winelands MSC-WP NT X3:47.77

Event 24 Women 45-49 200 SC Meter Backstroke

WORLD record: 2:18.15 W 2009-02-26 K.PIPES-NEILSEN FRA
SAMS record: 2:44.57 S 2005-08-21 Jean Degenaar (CT)
 2:39.42 45-49 SAQT SAMS Colours 2010-11

1 Kruger, Ingrid 45 East Coast MSC-KZ NT 2:58.34 12
 2 Bridges, Carole 48 Wahoo MSC-CG 3:50.00 3:30.45 10

Event 24 Women 50-54 200 SC Meter Backstroke

WORLD record: 2:32.48 W 2010-02-13 NAOKO SHIDE JPN
SAMS record: 2:47.99 S 2006-10-15 Diane Coetzee (Stb)
 2:48.06 50-54 SAQT SAMS Colours 2010-11

1 Degenaar, Jean 50 Cape Town MSC-WP NT 2:44.02 S SAQT 12

Event 24 Women 55-59 200 SC Meter Backstroke

WORLD record: 2:40.05 W 2008-10-12 LAURA VAL USA
SAMS record: 2:51.41 S 2010-08-19 Diane Coetzee (CT)
 2:59.47 55-59 SAQT SAMS Colours 2010-11

1 Coetzee, Di 55 Cape Town MSC-WP NT 2:51.93 SAQT 12

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****(Event 24 Women 55-59 200 SC Meter Backstroke)**

2	Campbell, Heather	55	East Coast MSC-KZ	NT	2:56.38	SAQT	10
3	Brewis, Judy	56	Cape Town MSC-WP	NT	3:11.32		8
4	Bailey, Colleen	56	East Coast MSC-KZ	NT	3:26.63		7

Event 24 Women 60-64 200 SC Meter Backstroke

WORLD record: 2:56.06 W 2002-03-18 **BONNIE PRONK** CAN

SAMS record: 3:27.06 S 2010-08-19 **Therese Russell (CT)**

3:13.96 60-64 SAQT SAMS Colours 2010-11

1	Russell, Therese	62	Cape Dolphins SC - Masters-WP	NT	3:26.22	S	12
2	vd Walt, Carol	62	ET Stingrays MSC-ES	4:48.00	4:50.78		10
---	Fyfe, Joyce	63	Coelacanth MSC-NT	4:50.00	NS		

Event 25 Men 19-24 200 SC Meter Butterfly

WORLD record: 0.01 W 2000 **Invalid FINA age group**

SAMS record: 2:21.24 S 2010-08-14 **Tyron Venter (Jhb)**

2:09.96 19-24 SAQT SAMS Colours 2010-11

---	Venter, Tyron	24	Coelacanth MSC-NT	2:02.44	NS		
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Event 25 Men 35-39 200 SC Meter Butterfly

WORLD record: 2:03.31 W 2009-04-18 **EIJI NOMURA** JPN

SAMS record: 2:29.03 S 2009-12-06 **Kieren Lawrenson (Dbn)**

2:15.12 35-39 SAQT SAMS Colours 2010-11

---	Collins, Stuart	36	Wahoo MSC-CG	3:00.00	NS		
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Event 25 Men 45-49 200 SC Meter Butterfly

WORLD record: 2:06.40 W 2006-11-19 **DENNIS BAKER** USA

SAMS record: 2:29.75 S 2006-01-22 **Alan Blades (Dbn)**

2:24.29 45-49 SAQT SAMS Colours 2010-11

1	Arendse, Mike	48	Cape Town MSC-WP	NT	4:07.62		12
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Event 25 Men 50-54 200 SC Meter Butterfly

WORLD record: 2:12.54 W 2009-11-22 **WILLIAM SPECHT** USA

SAMS record: 2:36.06 S 12-2001 **J Keyter (Dbn)**

2:29.19 50-54 SAQT SAMS Colours 2010-11

---	Holshausen, Rod	52	Cape Town MSC-WP	NT	NS		
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Event 25 Men 55-59 200 SC Meter Butterfly

WORLD record: 2:19.72 W 2009-03-21 **JOHN CRAIG** USA

SAMS record: 2:36.87 S 4-2005 **John Keyter (Dbn)**

2:42.62 55-59 SAQT SAMS Colours 2010-11

1	Shead, Tim	58	Cape Town MSC-WP	NT	2:46.06		12
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Event 25 Men 60-64 200 SC Meter Butterfly

WORLD record: 2:30.18 W 2008-12-13 **FRED SCHLICHER** USA

SAMS record: 3:05.70 S 1-1999 **D McLachlan (Jhb)**

2:56.61 60-64 SAQT SAMS Colours 2010-11

---	Cheadle, Halton	61	Cape Town MSC-WP	NT	NS		
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Event 25 Men 65-69 200 SC Meter Butterfly

WORLD record: 2:38.71 W 2008-11-15 **ROBERT POILETMAN** USA

SAMS record: 3:00.83 S 2-2002 **D McLachlan**

3:14.63 65-69 SAQT SAMS Colours 2010-11

1	Hadenham, Leslie	67	East Coast MSC-KZ	NT	3:48.28		12
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2	Schoeman, Adrian	69	East Coast MSC-KZ	NT	5:17.50		10
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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 25 Men 75-79 200 SC Meter Butterfly**

WORLD record: 3:16.99 W 2009-01-24 TAKASHI HAYASHI JPN
SAMS record: 4:51.75 S J Brink
 4:27.48 75-79 SAQT SAMS Colours 2010-11

--- Garnham, Bob 75 Cape Town MSC-WP NT NS

Event 26 Women 19-24 200 SC Meter Butterfly

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 3:18.72 S 2006-06-11 Tracey Gardiner (Jhb)
 2:31.87 19-24 SAQT SAMS Colours 2010-11

1 Gunther, Samantha 24 Phoenix MSC-CG 2:53.00 2:37.62 S 12

Event 26 Women 35-39 200 SC Meter Butterfly

WORLD record: 2:18.41 W 1997-12-14 K.PIPES-NEILSEN USA
SAMS record: 2:26.90 S 2009-10-24 Rachele Isakov (Jhb)
 2:36.04 35-39 SAQT SAMS Colours 2010-11

1 Troup, Bianca 36 Phoenix MSC-CG 2:40.00 2:43.73 12

Event 26 Women 50-54 200 SC Meter Butterfly

WORLD record: 2:38.19 W 2009-08-09 JENNY WHITELEY AUS
SAMS record: 3:00.32 S 2010-08-14 Kim Foster (Jhb)
 2:53.46 50-54 SAQT SAMS Colours 2010-11

1 Foster, Kim 51 Coelacanth MSC-NT 3:05.00 3:00.76 12

Event 26 Women 60-64 200 SC Meter Butterfly

WORLD record: 3:00.31 W 2009-10-04 BARBARA DUNBAR USA
SAMS record: 3:51.85 S 2009-10-24 Helen Lawless (Jhb)
 3:39.14 60-64 SAQT SAMS Colours 2010-11

--- Meaker, Jane 62 ET Stingrays MSC-ES 2:40.00 NS

Event 27 Men 19-24 100 SC Meter Freestyle

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 56.31 S 2005-12-11 Ryan Spencer (Pmb)
 51.60 19-24 SAQT SAMS Colours 2010-11

1 Kok, Christoff 23 Coelacanth MSC-NT 1:04.50 1:01.47 12

2 Bouwer, Shaun 22 Coelacanth MSC-NT 1:03.78 1:02.35 10

--- Venter, Tyron 24 Coelacanth MSC-NT 53.70 NS

Event 27 Men 25-29 100 SC Meter Freestyle

WORLD record: 48.58 W 2005-11-19 S.KUNZELMANN GER
SAMS record: 53.81 S 1991 H Weilert (CT)
 51.60 25-29 SAQT SAMS Colours 2010-11

1 McGilvray, Grant 28 Cape Dolphins SC - Masters-WP NT 57.88 12

2 Kok, Johan 25 Coelacanth MSC-NT 1:01.00 1:00.22 10

Event 27 Men 30-34 100 SC Meter Freestyle

WORLD record: 49.04 W 2008-10-12 S.KUNZELMANN GER
SAMS record: 54.13 S 2005-10-23 Paul Fryer (Jhb)
 52.14 30-34 SAQT SAMS Colours 2010-11

1 van Wyk, Dieter 31 Cape Town MSC-WP NT 1:05.40 12

2 Berk, Daniel 31 Cape Town MSC-WP NT 1:05.50 10

3 Steenkamp, Neil 33 Cape Town MSC-WP NT 1:06.35 8

Event 27 Men 35-39 100 SC Meter Freestyle

WORLD record: 49.53 W 2000-03-19 JOHN MIRANDA SWE
SAMS record: 56.91 S 11-2004 Alex Skinner (CT)
 52.63 35-39 SAQT SAMS Colours 2010-11

1 Letschert, David 39 East Coast MSC-KZ NT 57.69 12

2 Roeloffze, Alexander 39 Wahoo MSC-CG 1:16.00 1:20.36 10

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****(Event 27 Men 35-39 100 SC Meter Freestyle)**

---	Allott, Bryan	36	Cape Town MSC-WP	NT		NS
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Event 27 Men 40-44 100 SC Meter Freestyle

WORLD record:	50.43	W	2008-12-06	MICHAEL ROSS		USA
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SAMS record:	56.36	S	10-2003	Rob Manners-Wood (CT)		
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53.16	40-44 SAQT SAMS Colours 2010-11					
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1	Kruger, Harald	43	Cape Town MSC-WP	NT		56.76	12
2	Lyne, Cliff	40	East Coast MSC-KZ	NT		57.32	10
3	Torr, Craig	41	Cape Dolphins SC - Masters-WP	NT		1:04.05	8
4	Grobler, Francois	42	Wahoo MSC-CG	1:06.00		1:04.07	7
5	Bromfield, Brendan	44	Highway MSC-KZ	NT		1:06.19	6
6	Marais, Gary	42	Amakhosi MSC-BO	NT		1:15.91	5
7	Crowther, Bobbie	41	Wahoo MSC-CG	1:20.00		1:16.18	4
---	Skidmore, Kerry	44	Amakhosi MSC-BO	NT		NS	

Event 27 Men 45-49 100 SC Meter Freestyle

WORLD record:	52.54	W	2007-12-02	PAUL SMITH		USA
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SAMS record:	54.64	S	9-1995	T Downes (Jhb)		
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54.66	45-49 SAQT SAMS Colours 2010-11					
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1	von Bardeleben, Theo	46	Wahoo MSC-CG	1:04.00		1:02.51	12
2	Avenant, Ben	48	Cape Dolphins SC - Masters-WP	NT		1:07.96	10
3	Kruger, Ross	47	Amakhosi MSC-BO	1:06.67		1:08.08	8
4	Wilmore, Richard	45	Cape Dolphins SC - Masters-WP	NT		1:08.23	7
5	Truter, Anton	49	Cape Dolphins SC - Masters-WP	NT		1:09.82	6
6	Forrester, Andrew	49	Wahoo MSC-CG	1:15.00		1:14.52	5
7	Brits, Rudi	46	Phoenix MSC-CG	1:15.00		1:16.93	4
8	Ponsonby, Peter	47	Phoenix MSC-CG	1:15.00		1:17.57	3
9	Dreyer, Bertus	48	Wahoo MSC-CG	1:30.00		1:20.96	2
---	Olivier, Marais	47	Cape Town MSC-WP	NT		NS	
---	Orton, Nicholas	47	Cape Town MSC-WP	NT		NS	

Event 27 Men 50-54 100 SC Meter Freestyle

WORLD record:	51.61	W	2009-10-17	ROWDY GAINES		USA
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SAMS record:	55.81	S	1999-09-03	T Downes (Jhb)		
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56.25	50-54 SAQT SAMS Colours 2010-11					
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1	Steynberg, Andre	54	Wahoo MSC-CG	1:01.00		1:00.31	12
2	Folscher, Danie	52	Cape Town MSC-WP	NT		1:04.30	10
3	Hendricks, Nigel	52	Cape Town MSC-WP	NT		1:04.46	8
4	Stonestreet, Mark	50	Phoenix MSC-CG	1:12.00		1:06.95	7
5	Jacobs, Roy	51	ET Stingrays MSC-ES	1:10.00		1:06.97	6
6	Carr, Mike	52	Cape Town MSC-WP	NT		1:08.52	5
7	Davies, Richard	50	Highway MSC-KZ	NT		1:09.06	4
8	Jevon, Dave	50	Amakhosi MSC-BO	NT		1:16.48	3
9	Bartholomew, Alan	51	East Coast MSC-KZ	NT		1:24.62	2
---	Coetzee, Butch	54	Amakhosi MSC-BO	59.07		NS	
---	Holshausen, Rod	52	Cape Town MSC-WP	NT		NS	

Event 27 Men 55-59 100 SC Meter Freestyle

WORLD record:	54.50	W	2009-04-05	JACK GROSELLE		USA
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SAMS record:	59.13	S	8-2004	Terry Downes (Jhb)		
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58.85	55-59 SAQT SAMS Colours 2010-11					
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1	Spies, Izak	56	Cape Dolphins SC - Masters-WP	NT		1:05.72	12
2	Howieson, Doug	58	Cape Town MSC-WP	NT		1:08.29	10
3	Kloos, Rainer	55	Cape Town MSC-WP	NT		1:12.32	8

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 27 Men 60-64 100 SC Meter Freestyle****WORLD record: 56.63 W 2008-12-07 RICH ABRAHAMS USA****SAMS record: 59.74 S 2009-10-24 Terry Downes (Jhb)****1:02.18 60-64 SAQT SAMS Colours 2010-11**

1	Wilson, Doug	63	Cape Town MSC-WP	NT	1:10.62	12
2	Harley, John	63	East Coast MSC-KZ	NT	1:17.28	10
3	Morrison, Allen	62	Cape Town MSC-WP	NT	1:22.18	8
4	Miller, Trevor	60	East Coast MSC-KZ	NT	1:32.03	7
5	Fielding, Pete	60	Amakhosi MSC-BO	NT	1:32.07	6
---	van Heerden, Carel	60	Wahoo MSC-CG	1:42.00	NS	

Event 27 Men 65-69 100 SC Meter Freestyle**WORLD record: 59.40 W 2009-12-06 DAVID QUIGGIN USA****SAMS record: 1:08.00 S 11-2004 Gary Freeling (CT)****1:04.71 65-69 SAQT SAMS Colours 2010-11**

1	Petersen, John	65	Phoenix MSC-CG	1:25.00	1:19.16	12
2	Heuff, Roland	67	East Coast MSC-KZ	NT	1:25.53	10
3	Myers, Winton	66	Wahoo MSC-CG	1:40.00	1:27.96	8
4	Wallace, Ronald	69	Amakhosi MSC-BO	NT	1:39.65	7
5	Bath, Michael	68	Seals SC - Masters-KZ	NT	1:49.60	6

Event 27 Men 70-74 100 SC Meter Freestyle**WORLD record: 1:03.33 W 2007-12-02 JEFF FARRELL USA****SAMS record: 1:11.02 S 2009-11-14 Gary Freeling (CT)****1:11.02 70-74 SAQT SAMS Colours 2010-11**

1	Fyfe, Derek	70	Coelacanth MSC-NT	1:22.00	1:20.40	12
---	Freeling, Gary	71	Cape Dolphins SC - Masters-WP	NT	NS	
---	Clark, Mike	73	Cape Town MSC-WP	NT	NS	

Event 27 Men 75-79 100 SC Meter Freestyle**WORLD record: 1:05.13 W 2009-04-19 DAVID RADCLIFF USA****SAMS record: 1:28.20 S 1990 G May (Dbn)****1:15.93 75-79 SAQT SAMS Colours 2010-11**

1	Hutchings, Peter	75	Wahoo MSC-CG	1:41.00	1:41.05	12
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Event 27 Men 85-89 100 SC Meter Freestyle**WORLD record: 1:19.42 W 2008-06-21 KEIJIRO NAKAMURA JPN****SAMS record: 1:48.41 S 2008-02-17 Renato Selati (Dbn)****1:50.93 85-89 SAQT SAMS Colours 2010-11**

1	Salati, Renato	87	East Coast MSC-KZ	NT	2:42.18	12
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Event 28 Women 19-24 100 SC Meter Freestyle**WORLD record: 0.01 W 2000 Invalid FINA age group****SAMS record: 1:02.48 S 2008-12-14 Cindy Botha (Dbn)****59.71 19-24 SAQT SAMS Colours 2010-11**

1	Stanford, Tarryn	24	Cape Town MSC-WP	NT	1:06.21	12
2	Skinner, Tazlin	21	Amakhosi MSC-BO	1:13.53	1:12.28	10

Event 28 Women 25-29 100 SC Meter Freestyle**WORLD record: 55.28 W 2010-01-31 HANNA SHCHERBA FRA****SAMS record: 1:02.90 S 10-2003 Perry-Ann Cadiz (CT)****59.71 25-29 SAQT SAMS Colours 2010-11**

1	Newson, Rebecca	28	Cape Town MSC-WP	NT	1:03.36	12
2	Hunt, Justine	29	Phoenix MSC-CG	1:05.00	1:03.40	10
3	Rawlins, Samantha	28	Amakhosi MSC-BO	NT	1:18.50	8
4	Waddell, Roxanne	27	ET Stingrays MSC-ES	1:10.00	1:24.69	7

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 28 Women 30-34 100 SC Meter Freestyle**

WORLD record: 55.11 W 2009-01-25 ALENA POPCHANKA FRA
SAMS record: 1:01.06 S 1999-10-23 W Daniel (Dbn)
 1:00.56 30-34 SAQT SAMS Colours 2010-11

1	Cadiz, Perry	34	Cape Town MSC-WP	NT	1:11.05	12
2	Martins, Nicola	32	East Coast MSC-KZ	NT	1:13.53	10

Event 28 Women 35-39 100 SC Meter Freestyle

WORLD record: 54.95 W 2006-12-03 DARA TORRES USA
SAMS record: 1:02.81 S 8-2003 Bev McCarney (Dbn)
 1:00.93 35-39 SAQT SAMS Colours 2010-11

1	Andrew, Corina	39	Wahoo MSC-CG	1:25.00	1:19.13	12
2	Helps, Tracy	35	Wahoo MSC-CG	1:20.00	1:25.47	10
3	Phipson, Heather	39	Wahoo MSC-CG	1:32.00	1:27.37	8
4	van Eeden, Carmen	37	Wahoo MSC-CG	2:00.00	2:08.90	7

Event 28 Women 40-44 100 SC Meter Freestyle

WORLD record: 57.55 W 2008-11-16 S.VON DER LIPPE USA
SAMS record: 1:02.55 S 12-2004 Bev McCarney (Dbn)
 1:00.81 40-44 SAQT SAMS Colours 2010-11

1	Strydom, Caren	43	Wahoo MSC-CG	1:12.00	1:10.21	12
2	Nancarrow, Kim	44	Amakhosi MSC-BO	NT	1:15.97	10
3	Bihl, Kate	40	Cape Town MSC-WP	NT	1:21.60	8
4	Hefer, Monica	42	Coelacanth MSC-NT	2:00.00	1:32.45	7
---	Allen, Jenni	40	Winelands MSC-WP	NT	X1:38.45	
---	Durrant, Jo-Anne	44	Amakhosi MSC-BO	NT	X1:39.00	

Event 28 Women 45-49 100 SC Meter Freestyle

WORLD record: 58.61 W 2007-12-02 K.PIPES-NEILSEN USA
SAMS record: 1:04.41 S 2007-07-19 Cecilia Stanford (CT)
 1:02.80 45-49 SAQT SAMS Colours 2010-11

1	Stanford, Cecilia	49	Cape Town MSC-WP	NT	1:05.09	12
2	Strauss, Marcelle	46	Cape Town MSC-WP	NT	1:06.50	10
3	Verryn, Sabine	49	Coelacanth MSC-NT	1:16.00	1:10.62	8
4	Carroll, Debbie	48	Wahoo MSC-CG	1:20.00	1:10.84	7
5	Bouwer, Marieke	47	Coelacanth MSC-NT	1:15.00	1:15.66	6
6	Welgemoed, Janine	49	Cape Town MSC-WP	NT	1:19.69	5
7	Bridges, Carole	48	Wahoo MSC-CG	1:19.00	1:19.80	4
8	Kruger, Glenys	45	ET Stingrays MSC-ES	1:20.00	1:20.95	3
9	Jardine, Caro	45	Cape Town MSC-WP	NT	1:21.03	2
10	Collignon, Denise	45	Coelacanth MSC-NT	2:00.00	1:32.43	1
---	Fuchs, Mandi	46	Cape Dolphins SC - Masters-WP	NT	NS	

Event 28 Women 50-54 100 SC Meter Freestyle

WORLD record: 1:01.49 W 2001-10-21 LAURA VAL USA
SAMS record: 1:07.62 S 10-2005 Heather Campbell (Pmb)
 1:05.60 50-54 SAQT SAMS Colours 2010-11

1	Degenaar, Jean	50	Cape Town MSC-WP	NT	1:09.50	12
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Event 28 Women 55-59 100 SC Meter Freestyle

WORLD record: 1:01.33 W 2009-12-04 LAURA VAL USA
SAMS record: 1:09.33 S 10-2005 Sanderina Kruger (CT)
 1:09.10 55-59 SAQT SAMS Colours 2010-11

1	Coetzee, Di	55	Cape Town MSC-WP	NT	1:09.25 S	12
2	Campbell, Heather	55	East Coast MSC-KZ	NT	1:13.68	10
3	Brewis, Judy	56	Cape Town MSC-WP	NT	1:21.09	8
4	Collins, Judy	56	Cape Town MSC-WP	NT	1:25.52	7
5	Vorwerk Marren, Ingrid	59	Coelacanth MSC-NT	2:30.00	2:01.73	6

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 28 Women 60-64 100 SC Meter Freestyle****WORLD record: 1:07.22 W 2009-06-16 R.DE VIVANCO PER****SAMS record: 1:09.90 S 2009-07-30 Sanderina Kruger (CT)****1:13.34 60-64 SAQT SAMS Colours 2010-11**

1	Kruger, Sanderina	61	Cape Town MSC-WP	NT	1:10.12	SAQT	12
2	Clark, Rosemary	62	East Coast MSC-KZ	NT	1:30.50		10
3	Lawless, Helen	61	Wahoo MSC-CG	1:40.00	1:32.12		8
4	Sandri, Angelika	60	Coelacanth MSC-NT	1:40.54	1:33.31		7
5	Hughes, Diane	64	East Coast MSC-KZ	NT	2:06.19		6
---	Fyfe, Joyce	63	Coelacanth MSC-NT	1:45.00	NS		
---	Russell, Therese	62	Cape Dolphins SC - Masters-WP	NT	NS		
---	McLaren, Isabel	61	Coelacanth MSC-NT	1:50.00	NS		
---	Meaker, Jane	62	ET Stingrays MSC-ES	1:45.00	NS		

Event 28 Women 65-69 100 SC Meter Freestyle**WORLD record: 1:10.97 W 2005-09-23 CHRISTEL SCHULZ GER****SAMS record: 1:25.79 S 2009-10-18 Lenchen Zundorf (CT)****1:21.47 65-69 SAQT SAMS Colours 2010-11**

1	Zundorf, Lenchen	66	Cape Town MSC-WP	NT	1:27.49		12
2	Angelos, Merle	65	East Coast MSC-KZ	NT	1:47.28		10

Event 29 Men 19-24 50 SC Meter Backstroke**WORLD record: 0.01 W 2000 Invalid FINA age group****SAMS record: 28.75 S 2001-08-04 Schalk Malan (Jhb)****26.29 19-24 SAQT SAMS Colours 2010-11**

1	Kok, Christoff	23	Coelacanth MSC-NT	35.00	35.31		12
---	Taberer, Kyle	23	Amakhosi MSC-BO	59.00	XNS		

Event 29 Men 25-29 50 SC Meter Backstroke**WORLD record: 25.05 W 2004-09-25 STEV THELOKE GER****SAMS record: 29.03 S 2008-09-07 Eugene Hulley (Dbn)****26.29 25-29 SAQT SAMS Colours 2010-11**

1	Weber, Shirwyn	27	Cape Town MSC-WP	NT	32.71		12
2	Kok, Johan	25	Coelacanth MSC-NT	33.50	35.11		10

Event 29 Men 30-34 50 SC Meter Backstroke**WORLD record: 24.81 W 2009-10-24 DERYA BUYUKUNCU USA****SAMS record: 29.23 S 2005-10-23 Andrew Biram (Jhb)****27.42 30-34 SAQT SAMS Colours 2010-11**

1	Erasmus, Jaco	32	Wahoo MSC-CG	33.00	32.02		12
2	van Wyk, Dieter	31	Cape Town MSC-WP	NT	33.02		10
3	Steenkamp, Neil	33	Cape Town MSC-WP	NT	39.53		8

Event 29 Men 35-39 50 SC Meter Backstroke**WORLD record: 25.72 W 2009-10-18 EDILSON SILVA USA****SAMS record: 30.05 S 2005-06-11 Danie Retief (Jhb)****27.57 35-39 SAQT SAMS Colours 2010-11**

---	Collins, Stuart	36	Wahoo MSC-CG	38.00	NS		
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Event 29 Men 40-44 50 SC Meter Backstroke**WORLD record: 25.53 W 2009-12-12 MICHAEL ROSS USA****SAMS record: 29.19 S 2007-05-12 Harald Ruck (Jhb)****28.25 40-44 SAQT SAMS Colours 2010-11**

1	Crowther, Bobbie	41	Wahoo MSC-CG	44.00	45.64		12
---	Greaves, Gordon	44	Phoenix MSC-CG	NT	X43.08		
---	Reeves, Andrew	43	Amakhosi MSC-BO	NT	NS		

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 29 Men 45-49 50 SC Meter Backstroke****WORLD record: 27.02 W 2009-12-12 CHRIS STEVENSON USA****SAMS record: 30.53 S 2005-11-26 Andre Steynberg (Jhb)****28.66 45-49 SAQT SAMS Colours 2010-11**

1	Allner, Anton	45	Phoenix MSC-CG	41.00	38.22	12
---	Orton, Nicholas	47	Cape Town MSC-WP	NT	NS	

Event 29 Men 50-54 50 SC Meter Backstroke**WORLD record: 28.37 W 2009-12-06 JAMIE FOWLER USA****SAMS record: 30.05 S 2006-07-08 Andre Steynberg (Jhb)****30.23 50-54 SAQT SAMS Colours 2010-11**

1	Steynberg, Andre	54	Wahoo MSC-CG	32.00	32.48	12
2	Baker, Raymond	52	East Coast MSC-KZ	NT	43.16	10
3	Bartholomew, Alan	51	East Coast MSC-KZ	NT	44.00	8
4	Reeves, Paul	52	Amakhosi MSC-BO	NT	44.12	7
5	Jevon, Dave	50	Amakhosi MSC-BO	41.07	46.16	6
---	Morgan, Trevor	51	Coelacanth MSC-NT	35.40	NS	

Event 29 Men 55-59 50 SC Meter Backstroke**WORLD record: 29.07 W 2009-11-21 PHILIPP DJANG USA****SAMS record: 31.09 S 2008-04-10 Tim Shead (CT)****31.48 55-59 SAQT SAMS Colours 2010-11**

1	Den Bakker, Arnaud	55	Coelacanth MSC-NT	35.00	35.44	12
2	Howieson, Doug	58	Cape Town MSC-WP	NT	38.38	10

Event 29 Men 60-64 50 SC Meter Backstroke**WORLD record: 30.80 W 2009-12-05 HUGH WILDER USA****SAMS record: 34.13 S 2009-05-16 Terry Downes (Jhb)****34.08 60-64 SAQT SAMS Colours 2010-11**

1	Wilson, Doug	63	Cape Town MSC-WP	NT	36.68	12
2	Morrison, Allen	62	Cape Town MSC-WP	NT	37.58	10
3	Harley, John	63	East Coast MSC-KZ	NT	46.71	8
---	van Heerden, Carel	60	Wahoo MSC-CG	55.00	NS	

Event 29 Men 65-69 50 SC Meter Backstroke**WORLD record: 31.64 W 2008-12-07 RICHARD BURNS USA****SAMS record: 38.56 S 2009-12-06 James Hughes (Dbn)****35.50 65-69 SAQT SAMS Colours 2010-11**

1	Hughes, Jimmy	67	East Coast MSC-KZ	NT	39.12	12
2	Myers, Winton	66	Wahoo MSC-CG	50.00	48.96	10
3	Wallace, Ronald	69	Amakhosi MSC-BO	NT	50.63	8
4	Schoeman, Adrian	69	East Coast MSC-KZ	NT	1:09.69	7

Event 29 Men 70-74 50 SC Meter Backstroke**WORLD record: 33.90 W 2003-12-07 YOSHI OYAKAWA USA****SAMS record: 41.25 S 2010-09-16 Gary Freeling (CT)****37.96 70-74 SAQT SAMS Colours 2010-11**

1	Fyfe, Derek	70	Coelacanth MSC-NT	43.00	43.02	12
2	Garson, John	72	East Coast MSC-KZ	NT	44.40	10
3	McLachlan, Dave	73	Cape Town MSC-WP	NT	46.78	8
---	Freeling, Gary	71	Cape Dolphins SC - Masters-WP	NT	NS	
---	Clark, Mike	73	Cape Town MSC-WP	NT	NS	

Event 29 Men 75-79 50 SC Meter Backstroke**WORLD record: 35.51 W 2008-11-16 YOSHI OYAKAWA USA****SAMS record: 46.81 S 1990 G May (Dbn)****42.29 75-79 SAQT SAMS Colours 2010-11**

1	Hutchings, Peter	75	Wahoo MSC-CG	1:00.00	1:04.26	12
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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****(Event 29 Men 75-79 50 SC Meter Backstroke)**

--- Theron, Sarel 76 Coelacanth MSC-NT 59.00 NS

Event 29 Men 85-89 50 SC Meter Backstroke

WORLD record: 40.59 W 2009-04-19 KEIJIRO NAKAMURA JPN

SAMS record: 58.38 S 8-2000 G May (Dbn)

54.02 85-89 SAQT SAMS Colours 2010-11

1 Salati, Renato 87 East Coast MSC-KZ NT 2:05.67 12

Event 30 Women 19-24 50 SC Meter Backstroke

WORLD record: 0.01 W 2000 Invalid FINA age group

SAMS record: 32.13 S 2008-09-07 Cindy Botha (Dbn)

31.36 19-24 SAQT SAMS Colours 2010-11

1 Stanford, Tarryn 24 Cape Town MSC-WP NT 35.18 12

2 Skinner, Tazlin 21 Amakhosi MSC-BO 0.36 37.57 10

Event 30 Women 25-29 50 SC Meter Backstroke

WORLD record: 28.80 W 2008-04-04 ANU KOIVISTO NOR

SAMS record: 30.07 S 9-1999 M Kriel (CT)

31.36 25-29 SAQT SAMS Colours 2010-11

1 Newson, Rebecca 28 Cape Town MSC-WP NT 31.63 12

2 Hunt, Justine 29 Phoenix MSC-CG 33.00 33.84 10

Event 30 Women 30-34 50 SC Meter Backstroke

WORLD record: 27.43 W 2009-04-19 MAI NAKAMURA JPN

SAMS record: 33.59 S 2008-10-19 Perry-Ann Cadiz (Stb)

32.10 30-34 SAQT SAMS Colours 2010-11

1 Cadiz, Perry 34 Cape Town MSC-WP NT 36.54 12

2 Martins, Nicola 32 East Coast MSC-KZ NT 37.60 10

3 Hicks, Loraine 34 East Coast MSC-KZ NT 40.38 8

Event 30 Women 35-39 50 SC Meter Backstroke

WORLD record: 28.68 W 2009-11-21 SHERI HART USA

SAMS record: 31.24 S 7-2006 Marianne Kriel (CT)

32.21 35-39 SAQT SAMS Colours 2010-11

1 Lee, Niki 38 Wahoo MSC-CG 40.00 42.26 12

2 Leone-Allner, Rene 36 Phoenix MSC-CG 49.00 44.30 10

3 Phipson, Heather 39 Wahoo MSC-CG 47.00 46.83 8

4 Andrew, Corina 39 Wahoo MSC-CG 50.00 48.53 7

5 Helps, Tracy 35 Wahoo MSC-CG 44.00 49.05 6

Event 30 Women 40-44 50 SC Meter Backstroke

WORLD record: 30.00 W 2009-04-18 CINDY MABEE CAN

SAMS record: 32.78 S 12-2004 Bev McCarney (Dbn)

32.20 40-44 SAQT SAMS Colours 2010-11

1 Ottermann, Edith 44 Cape Town MSC-WP 37.00 36.71 12

2 Kennedy, Karen 44 Phoenix MSC-CG 43.00 40.31 10

3 Strydom, Caren 43 Wahoo MSC-CG 42.00 40.52 8

4 Bihl, Kate 40 Cape Town MSC-WP NT 41.87 7

5 Hefer, Monica 42 Coelacanth MSC-NT 1:00.00 56.11 6

--- Allen, Jenni 40 Winelands MSC-WP NT X47.80

--- Durrant, Jo-Anne 44 Amakhosi MSC-BO NT X56.28

Event 30 Women 45-49 50 SC Meter Backstroke

WORLD record: 30.31 W 2009-03-01 K.PIPES-NEILSEN FRA

SAMS record: 34.82 S 7-2005 Jean Degenaar (CT)

33.32 45-49 SAQT SAMS Colours 2010-11

1 Dokter, Monique 45 Cape Dolphins SC - Masters-WP NT 35.28 12

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****(Event 30 Women 45-49 50 SC Meter Backstroke)**

2	Kruger, Ingrid	45	East Coast MSC-KZ	NT	39.13	10
3	Carroll, Debbie	48	Wahoo MSC-CG	40.00	40.14	8
4	Welgemoed, Janine	49	Cape Town MSC-WP	NT	43.07	7
5	Collignon, Denise	45	Coelacanth MSC-NT	1:00.00	52.64	6
---	Kruger, Glenys	45	ET Stingrays MSC-ES	1:00.00	NS	
---	Fuchs, Mandi	46	Cape Dolphins SC - Masters-WP	NT	NS	

Event 30 Women 50-54 50 SC Meter Backstroke

WORLD record: 32.13 W 2008-12-07 K.ANDRUS-HUGHES USA
SAMS record: 36.07 S 2010-09-16 Jean Degenaar (CT)
 35.40 50-54 SAQT SAMS Colours 2010-11

1	Alder, Elaine	53	Wahoo MSC-CG	47.00	42.75	12
2	Heymans, Maretha	54	Highway MSC-KZ	NT	56.43	10
---	Degenaar, Jean	50	Cape Town MSC-WP	NT	NS	

Event 30 Women 55-59 50 SC Meter Backstroke

WORLD record: 32.62 W 2009-10-24 LAURA VAL USA
SAMS record: 36.45 S 2010-08-19 Diane Coetzee (CT)
 37.38 55-59 SAQT SAMS Colours 2010-11

1	Coetzee, Di	55	Cape Town MSC-WP	NT	37.17	SAQT 12
2	Bailey, Colleen	56	East Coast MSC-KZ	NT	42.93	10
3	Collins, Judy	56	Cape Town MSC-WP	NT	44.49	8
4	Vorwerk Marren, Ingrid	59	Coelacanth MSC-NT	45.00	1:06.51	7

Event 30 Women 60-64 50 SC Meter Backstroke

WORLD record: 36.16 W 2008-10-26 RACHEL BARTON GBR
SAMS record: 41.37 S 2009-10-18 Sanderina Kruger (CT)
 39.98 60-64 SAQT SAMS Colours 2010-11

1	Kruger, Sanderina	61	Cape Town MSC-WP	NT	40.29	S 12
2	Russell, Therese	62	Cape Dolphins SC - Masters-WP	NT	43.06	10
3	Shuttleworth, Bev	63	Highway MSC-KZ	NT	44.13	8
4	vd Walt, Carol	62	ET Stingrays MSC-ES	1:04.00	1:02.88	7
---	McLaren, Isabel	61	Coelacanth MSC-NT	1:05.00	NS	
---	Fyfe, Joyce	63	Coelacanth MSC-NT	50.00	NS	
---	Meaker, Jane	62	ET Stingrays MSC-ES	1:00.00	NS	

Event 30 Women 65-69 50 SC Meter Backstroke

WORLD record: 36.58 W 2010-03-21 MARGIT OHLSSON SWE
SAMS record: 46.23 S 2010-04-15 Lenchen Zundorf (CT)
 42.69 65-69 SAQT SAMS Colours 2010-11

1	Zundorf, Lenchen	66	Cape Town MSC-WP	NT	46.60	12
2	Potts, Miemie	66	ET Stingrays MSC-ES	51.00	48.52	10
3	Angelos, Merle	65	East Coast MSC-KZ	NT	54.37	8

Event 30 Women 70-74 50 SC Meter Backstroke

WORLD record: 40.49 W 2009-10-24 MARGARET WILDING GBR
SAMS record: 56.53 S 2008-04-06 Louise Pallet (Dbn)
 46.02 70-74 SAQT SAMS Colours 2010-11

---	McLachlan, Genie	71	Cape Town MSC-WP	NT	NS	
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Event 31 Men 19-24 50 SC Meter Butterfly

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 27.81 S 9-2004 Ryan Spencer (Dbn)
 25.16 19-24 SAQT SAMS Colours 2010-11

1	Kok, Christoff	23	Coelacanth MSC-NT	32.00	33.03	12
---	Birch, Chester	22	Amakhosi MSC-BO	0.35	X42.78	

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 31 Men 25-29 50 SC Meter Butterfly**

WORLD record: 23.66 W 2009-04-29 **DAISUKE ABE** JPN
SAMS record: 26.77 S 2007-10-14 **Ryan Spencer (Pmb)**
25.16 25-29 SAQT SAMS Colours 2010-11

1	McGilvray, Grant	28	Cape Dolphins SC - Masters-WP	NT	30.58	12
2	Weber, Shirwyn	27	Cape Town MSC-WP	NT	31.38	10
3	Kok, Johan	25	Coelacanth MSC-NT	31.50	31.81	8

Event 31 Men 30-34 50 SC Meter Butterfly

WORLD record: 22.87 W 2009-05-16 **THOMAS RUPPRATH** GER
SAMS record: 27.24 S 4-2004 **David Hadenham (Dbn)**
25.26 30-34 SAQT SAMS Colours 2010-11

1	Erasmus, Jaco	32	Wahoo MSC-CG	33.00	30.75	12
2	Steenkamp, Neil	33	Cape Town MSC-WP	NT	32.72	10
3	Rawlins, Luke	31	Amakhosi MSC-BO	NT	40.71	8

Event 31 Men 35-39 50 SC Meter Butterfly

WORLD record: 24.48 W 2003-03-23 **JAN KARLSSON** SWE
SAMS record: 27.56 S 2009-12-06 **Kieren Lawrenson (Dbn)**
25.70 35-39 SAQT SAMS Colours 2010-11

1	Letschert, David	39	East Coast MSC-KZ	NT	29.28	12
---	Collins, Stuart	36	Wahoo MSC-CG	32.00	NS	

Event 31 Men 40-44 50 SC Meter Butterfly

WORLD record: 24.91 W 2008-12-06 **MICHAEL ROSS** USA
SAMS record: 27.92 S 2009-06-27 **Harald Ruck (Jhb)**
26.36 40-44 SAQT SAMS Colours 2010-11

1	Kruger, Harald	43	Cape Town MSC-WP	NT	30.25	12
2	Torr, Craig	41	Cape Dolphins SC - Masters-WP	NT	32.04	10
3	Reeves, Andrew	43	Amakhosi MSC-BO	0.33	34.31	8
4	Skidmore, Kerry	44	Amakhosi MSC-BO	NT	35.68	7
---	Menzel, Michael	41	Cape Town MSC-WP	NT	NS	

Event 31 Men 45-49 50 SC Meter Butterfly

WORLD record: 25.74 W 2009-12-13 **FRITZ BEDFORD** USA
SAMS record: 27.62 S 2005-11-26 **Gregg Price (Jhb)**
26.83 45-49 SAQT SAMS Colours 2010-11

1	von Bardeleben, Theo	46	Wahoo MSC-CG	30.00	31.71	12
2	Avenant, Ben	48	Cape Dolphins SC - Masters-WP	NT	34.20	10
3	Allner, Anton	45	Phoenix MSC-CG	38.00	35.51	8
4	Ponsonby, Peter	47	Phoenix MSC-CG	35.00	37.20	7
5	Dreyer, Bertus	48	Wahoo MSC-CG	45.00	42.74	6
---	Olivier, Marais	47	Cape Town MSC-WP	NT	NS	

Event 31 Men 50-54 50 SC Meter Butterfly

WORLD record: 25.49 W 2009-05-16 **DAN THOMPSON** CAN
SAMS record: 28.05 S 2006-07-08 **Andre Steynberg (Jhb)**
27.72 50-54 SAQT SAMS Colours 2010-11

1	Steynberg, Andre	54	Wahoo MSC-CG	29.00	30.05	12
2	Hendricks, Nigel	52	Cape Town MSC-WP	NT	33.69	10
3	Carr, Mike	52	Cape Town MSC-WP	NT	34.23	8
4	Davies, Richard	50	Highway MSC-KZ	NT	35.50	7
5	Reeves, Paul	52	Amakhosi MSC-BO	NT	40.00	6
6	Bartholomew, Alan	51	East Coast MSC-KZ	NT	43.29	5
---	Holshausen, Rod	52	Cape Town MSC-WP	NT	NS	
---	Jacobs, Roy	51	ET Stingrays MSC-ES	40.00	NS	
---	Morgan, Trevor	51	Coelacanth MSC-NT	33.00	NS	

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 31 Men 55-59 50 SC Meter Butterfly**

WORLD record: 26.93 W 2009-12-13 GREG SHAW USA
SAMS record: 29.53 S 2007-10-21 Tim Shead (Stb)
 29.00 55-59 SAQT SAMS Colours 2010-11

1	Den Bakker, Arnaud	55	Coelacanth MSC-NT	31.50	31.23	12
2	Kloos, Rainer	55	Cape Town MSC-WP	NT	36.47	10
3	Harker, Guy	55	Wahoo MSC-CG	40.00	41.18	8
---	Spies, Izak	56	Cape Dolphins SC - Masters-WP	NT	DQ	

Event 31 Men 60-64 50 SC Meter Butterfly

WORLD record: 27.87 W 2008-12-06 RICH ABRAHAMS USA
SAMS record: 30.41 S 2010-09-16 Halton Cheadle (CT)
 30.13 60-64 SAQT SAMS Colours 2010-11

1	Cheadle, Halton	61	Cape Town MSC-WP	NT	31.03	12
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Event 31 Men 65-69 50 SC Meter Butterfly

WORLD record: 28.91 W 2009-05-30 JOSEP CLARET ESP
SAMS record: 35.83 S 2010-08-14 John Petersen (Jhb)
 31.18 65-69 SAQT SAMS Colours 2010-11

1	Petersen, John	65	Phoenix MSC-CG	37.00	35.28 S	12
2	Schoeman, Adrian	69	East Coast MSC-KZ	NT	48.94	10

Event 32 Women 19-24 50 SC Meter Butterfly

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 30.75 S 9-2004 Monique Beetge (Dbn)
 29.39 19-24 SAQT SAMS Colours 2010-11

1	Steenkamp, Aletta	24	Cape Town MSC-WP	NT	33.08	12
2	Skinner, Tazlin	21	Amakhosi MSC-BO	0.31	33.35	10

Event 32 Women 25-29 50 SC Meter Butterfly

WORLD record: 27.88 W 2004-10-30 NADINE ROLLAND CAN
SAMS record: 29.50 S 1992 L Barnet (Dbn)
 29.39 25-29 SAQT SAMS Colours 2010-11

1	Newson, Rebecca	28	Cape Town MSC-WP	NT	30.60	12
2	Hunt, Justine	29	Phoenix MSC-CG	32.00	34.79	10
3	Waddell, Roxanne	27	ET Stingrays MSC-ES	38.00	48.34	8

Event 32 Women 30-34 50 SC Meter Butterfly

WORLD record: 27.81 W 2006-03-26 METTE JACOBSEN DEN
SAMS record: 30.86 S 8-1997 W Daniel (Dbn)
 29.92 30-34 SAQT SAMS Colours 2010-11

1	Hicks, Loraine	34	East Coast MSC-KZ	NT	43.03	12
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Event 32 Women 35-39 50 SC Meter Butterfly

WORLD record: 28.37 W 2009-09-26 GISELI PEREIRA BRA
SAMS record: 29.69 S 2009-10-24 Rachelle Isakov (Jhb)
 29.85 35-39 SAQT SAMS Colours 2010-11

1	Andrew, Corina	39	Wahoo MSC-CG	50.00	46.58	12
2	Helps, Tracy	35	Wahoo MSC-CG	40.00	49.94	10

Event 32 Women 40-44 50 SC Meter Butterfly

WORLD record: 28.21 W 2005-12-11 S.VON DER LIPPE USA
SAMS record: 29.07 S 2009-10-24 Edith Ottermann (Jhb)
 30.37 40-44 SAQT SAMS Colours 2010-11

1	Ottermann, Edith	44	Cape Town MSC-WP	29.00	30.06	SAQT 12
2	Nancarrow, Kim	44	Amakhosi MSC-BO	0.38	39.10	10

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 32 Women 45-49 50 SC Meter Butterfly**

WORLD record: 29.21 W 2008-12-06 LAURIE DITOMMASO USA
SAMS record: 32.21 S 9-2006 Cecilia Stanford (CT)
 30.88 45-49 SAQT SAMS Colours 2010-11

1	Stanford, Cecilia	49	Cape Town MSC-WP	NT	32.85	12
2	Thompson, Terry	48	Highway MSC-KZ	NT	38.50	10
3	Verryn, Sabine	49	Coelacanth MSC-NT	38.00	38.68	8
4	Kruger, Glenys	45	ET Stingrays MSC-ES	NT	41.29	7
5	Bridges, Carole	48	Wahoo MSC-CG	45.00	44.66	6
---	Fuchs, Mandi	46	Cape Dolphins SC - Masters-WP	NT	NS	

Event 32 Women 50-54 50 SC Meter Butterfly

WORLD record: 30.60 W 2008-12-06 TRACI GRANGER USA
SAMS record: 33.57 S 2007-10-14 Heather Campbell (Pmb)
 32.87 50-54 SAQT SAMS Colours 2010-11

1	Foster, Kim	51	Coelacanth MSC-NT	34.00	35.25	12
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Event 32 Women 55-59 50 SC Meter Butterfly

WORLD record: 31.13 W 2009-10-17 LAURA VAL USA
SAMS record: 35.99 S 2010-01-24 Heather Campbell (Dbn)
 35.45 55-59 SAQT SAMS Colours 2010-11

1	Campbell, Heather	55	East Coast MSC-KZ	NT	36.68	12
2	Collins, Judy	56	Cape Town MSC-WP	NT	45.69	10

Event 32 Women 60-64 50 SC Meter Butterfly

WORLD record: 33.38 W 2004-10-30 JUDY WILSON GBR
SAMS record: 37.90 S 2009-10-18 Sanderina Kruger (CT)
 38.39 60-64 SAQT SAMS Colours 2010-11

1	Lawless, Helen	61	Wahoo MSC-CG	44.00	47.22	12
2	Clark, Rosemary	62	East Coast MSC-KZ	NT	50.78	10
---	Meaker, Jane	62	ET Stingrays MSC-ES	1:00.00	NS	

Event 33 Men 19-24 100 SC Meter Breaststroke

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 1:07.93 S 9-2005 Ryan Spencer (Dbn)
 1:04.97 19-24 SAQT SAMS Colours 2010-11

---	Taberer, Kyle	23	Amakhosi MSC-BO	2:15.00	XNS	
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Event 33 Men 25-29 100 SC Meter Breaststroke

WORLD record: 1:00.28 W 2005-07-10 EDUARDO FISCHER BRA
SAMS record: 1:07.22 S 3-2006 Ryan Spencer (Dbn)
 1:04.97 25-29 SAQT SAMS Colours 2010-11

1	Deyi, Lwazi	29	East Coast MSC-KZ	NT	1:15.34	12
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Event 33 Men 35-39 100 SC Meter Breaststroke

WORLD record: 1:01.47 W 2009-12-20 JEFF COMMINGS USA
SAMS record: 1:12.06 S 1990 J Harker (Dbn)
 1:05.68 35-39 SAQT SAMS Colours 2010-11

1	Lawrenson, Kieren	36	East Coast MSC-KZ	NT	1:11.19S	12
2	Phipson, Mark	39	Wahoo MSC-CG	1:25.00	1:27.37	10
3	Roeloffze, Alexander	39	Wahoo MSC-CG	1:43.00	1:38.69	8

Event 33 Men 40-44 100 SC Meter Breaststroke

WORLD record: 1:02.42 W 2008-11-30 ALBERTO MONTINI ITA
SAMS record: 1:12.69 S 2007-11-17 Johan van der Merwe (CT)
 1:06.20 40-44 SAQT SAMS Colours 2010-11

---	Greaves, Gordon	44	Phoenix MSC-CG	1:32.00	X1:30.42	
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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 33 Men 45-49 100 SC Meter Breaststroke****WORLD record: 1:04.69 W 2009-12-05 CHRIS WEISSMAN USA****SAMS record: 1:09.74 S 2010-08-19 Johan van der Merwe (CT)****1:09.38 45-49 SAQT SAMS Colours 2010-11**

1	Truter, Anton	49	Cape Dolphins SC - Masters-WP	NT	1:31.34	12
2	Forrester, Andrew	49	Wahoo MSC-CG	1:40.00	1:31.56	10
3	Ponsonby, Peter	47	Phoenix MSC-CG	1:30.00	1:37.20	8
---	Olivier, Marais	47	Cape Town MSC-WP	NT	NS	

Event 33 Men 50-54 100 SC Meter Breaststroke**WORLD record: 1:08.27 W 2008-12-06 BENN DOYLE USA****SAMS record: 1:09.88 S 3-2002 T Shead (Syd)****1:11.05 50-54 SAQT SAMS Colours 2010-11**

1	Folscher, Danie	52	Cape Town MSC-WP	NT	1:26.49	12
2	Reeves, Paul	52	Amakhosi MSC-BO	NT	1:29.03	10
3	Davies, Richard	50	Highway MSC-KZ	NT	1:37.09	8

Event 33 Men 55-59 100 SC Meter Breaststroke**WORLD record: 1:08.13 W 2009-09-25 WALTER KUSCH GER****SAMS record: 1:10.50 S 2007-01-28 Tim Shead (Mad)****1:15.14 55-59 SAQT SAMS Colours 2010-11**

1	Miller, Mervyn	58	Wahoo MSC-CG	1:50.00	1:47.97	12
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Event 33 Men 60-64 100 SC Meter Breaststroke**WORLD record: 1:12.09 W 2009-12-05 ROBERT STRAND USA****SAMS record: 1:27.43 S 2006-06-11 Brian Nelson (Jhb)****1:20.41 60-64 SAQT SAMS Colours 2010-11**

---	van Heerden, Carel	60	Wahoo MSC-CG	1:50.00	NS	
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Event 33 Men 65-69 100 SC Meter Breaststroke**WORLD record: 1:17.01 W 2008-10-11 DAVID GILDEA USA****SAMS record: 1:27.27 S 2010-05-15 Brian Nelson (Jhb)****1:24.35 65-69 SAQT SAMS Colours 2010-11**

1	Heuff, Roland	67	East Coast MSC-KZ	NT	1:44.24	12
2	Schoeman, Adrian	69	East Coast MSC-KZ	NT	2:17.65	10

Event 33 Men 70-74 100 SC Meter Breaststroke**WORLD record: 1:23.70 W 2007-01-21 HANS REICHELT GER****SAMS record: 1:41.60 S 2010-04-15 Dave McLachlan (CT)****1:29.51 70-74 SAQT SAMS Colours 2010-11**

1	McLachlan, Dave	73	Cape Town MSC-WP	NT	1:37.08 S	12
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Event 33 Men 75-79 100 SC Meter Breaststroke**WORLD record: 1:28.38 W 2010-02-14 TETSUO NAKAMARU JPN****SAMS record: 2:00.34 S M Bartholomew****1:39.18 75-79 SAQT SAMS Colours 2010-11**

---	Theron, Sarel	76	Coelacanth MSC-NT	2:15.00	DNF	
Swimmer did not finish						

Event 33 Men 85-89 100 SC Meter Breaststroke**WORLD record: 1:43.72 W 2010-01-24 KARL HAUTER GER****SAMS record: 2:33.59 S 2010-05-15 Paul Mulder (Jhb)****2:33.46 85-89 SAQT SAMS Colours 2010-11**

1	Salati, Renato	87	East Coast MSC-KZ	NT	3:55.00	12
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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 34 Women 19-24 100 SC Meter Breaststroke****WORLD record: 0.01 W 2000 Invalid FINA age group****SAMS record: 1:20.47 S 2006-10-15 Aletta Steenkamp (Stb)****1:15.38 19-24 SAQT SAMS Colours 2010-11**

1 Steenkamp, Aletta 24 Cape Town MSC-WP NT 1:24.18 12

Event 34 Women 30-34 100 SC Meter Breaststroke**WORLD record: 1:07.39 W 2009-11-14 HITOMI MATSUDA JPN****SAMS record: 1:27.18 S 1994 G McCarney (Dbn)****1:16.65 30-34 SAQT SAMS Colours 2010-11**

1 Martins, Nicola 32 East Coast MSC-KZ NT 1:28.22 12

Event 34 Women 35-39 100 SC Meter Breaststroke**WORLD record: 1:11.97 W 2000-12-10 CAROLINE KRATTLI USA****SAMS record: 1:20.03 S 2005-08-21 Heather Morris-Eyton (CT)****1:19.56 35-39 SAQT SAMS Colours 2010-11**

1 Lee, Niki 38 Wahoo MSC-CG 1:38.00 1:40.54 12

2 Andrew, Corina 39 Wahoo MSC-CG 1:45.00 1:42.37 10

3 van Eeden, Carmen 37 Wahoo MSC-CG 2:50.00 2:51.21 8

Event 34 Women 40-44 100 SC Meter Breaststroke**WORLD record: 1:10.55 W 2007-12-02 S.VON DER LIPPE USA****SAMS record: 1:15.66 S 2008-10-25 Heather Morris-Eyton (Jhb)****1:20.41 40-44 SAQT SAMS Colours 2010-11**

1 Ottermann, Edith 44 Cape Town MSC-WP 1:32.00 1:28.75 12

2 Cook, Wendy 40 East Coast MSC-KZ NT 1:31.58 10

3 Bihl, Kate 40 Cape Town MSC-WP NT 1:37.53 8

4 Hefer, Monica 42 Coelacanth MSC-NT 2:50.00 1:54.31 7

--- Allen, Jenni 40 Winelands MSC-WP NT X1:50.08

--- Russell, Marcilla 42 Coelacanth MSC-NT 2:55.00 NS

Event 34 Women 45-49 100 SC Meter Breaststroke**WORLD record: 1:13.38 W 2007-06-10 CAROLINE KRATTLI USA****SAMS record: 1:22.17 S 7-2006 Cecilia Stanford (CT)****1:21.33 45-49 SAQT SAMS Colours 2010-11**

1 Thompson, Terry 48 Highway MSC-KZ NT 1:34.75 12

2 Verryn, Sabine 49 Coelacanth MSC-NT 1:45.00 1:38.17 10

3 Bridges, Carole 48 Wahoo MSC-CG 1:50.00 1:50.94 8

4 Collignon, Denise 45 Coelacanth MSC-NT 2:30.00 1:55.75 7

Event 34 Women 50-54 100 SC Meter Breaststroke**WORLD record: 1:16.49 W 2009-08-30 JENNY WHITELEY AUS****SAMS record: 1:31.40 S 2008-09-07 Heather Campbell (Dbn)****1:25.61 50-54 SAQT SAMS Colours 2010-11**

1 Alder, Elaine 53 Wahoo MSC-CG 1:45.00 1:44.04 12

2 Roets, Gillian 53 ET Stingrays MSC-ES 2:05.00 2:01.72 10

3 Heymans, Maretha 54 Highway MSC-KZ NT 2:05.56 8

Event 34 Women 55-59 100 SC Meter Breaststroke**WORLD record: 1:25.18 W 2009-03-14 REGULA STEIGER SUI****SAMS record: 1:34.62 S 10-2002 B. Shuttleworth (Pmb)****1:28.92 55-59 SAQT SAMS Colours 2010-11**

1 de Villiers, Marga 57 Cape Town MSC-WP NT 1:45.17 12

2 Berridge, Barbara 59 East Coast MSC-KZ NT 1:47.84 10

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 34 Women 60-64 100 SC Meter Breaststroke****WORLD record: 1:26.43 W 2002-10-06 HANNELORE ROSE GER****SAMS record: 1:40.94 S 2008-10-12 Bev Shuttleworth (Pmb)****1:35.54 60-64 SAQT SAMS Colours 2010-11**

1	Shuttleworth, Bev	63	Highway MSC-KZ	NT	1:38.47 S	12
2	Ireland, Jenny	60	Highway MSC-KZ	NT	1:43.03	10
3	Sandri, Angelika	60	Coelacanth MSC-NT	1:53.00	1:54.56	8
---	McLaren, Isabel	61	Coelacanth MSC-NT	2:06.00	NS	

Event 34 Women 65-69 100 SC Meter Breaststroke**WORLD record: 1:28.73 W 2010-01-24 NOBUKO YASUDA JPN****SAMS record: 1:50.37 S 2009-08-20 Lenchen Zundorf (CT)****1:43.49 65-69 SAQT SAMS Colours 2010-11**

1	Potts, Miemie	66	ET Stingrays MSC-ES	1:58.00	1:57.70	12
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Event 34 Women 70-74 100 SC Meter Breaststroke**WORLD record: 1:35.58 W 2005-09-18 SHOKO YONEZAWA JPN****SAMS record: 2:10.41 S 2008-04-06 Louise Pallet (Dbn)****1:48.24 70-74 SAQT SAMS Colours 2010-11**

---	McLachlan, Genie	71	Cape Town MSC-WP	NT	NS	
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Event 35 Men 19-24 200 SC Meter IM**WORLD record: 0.01 W 2000 Invalid FINA age group****SAMS record: 2:20.28 S 12-2004 Ryan Spencer (Dbn)****2:10.18 19-24 SAQT SAMS Colours 2010-11**

1	Bouwer, Shaun	22	Coelacanth MSC-NT	2:35.15	2:40.13	12
2	Kok, Christoff	23	Coelacanth MSC-NT	2:55.00	2:46.57	10
---	Venter, Tyron	24	Coelacanth MSC-NT	2:09.13	NS	

Event 35 Men 25-29 200 SC Meter IM**WORLD record: 1:59.70 W 2010-01-31 K.GILCHRIST FRA****SAMS record: 2:16.76 S 2007-10-14 Ryan Spencer (Pmb)****2:10.18 25-29 SAQT SAMS Colours 2010-11**

1	Kok, Johan	25	Coelacanth MSC-NT	2:50.00	2:50.83	12
---	Weber, Shirwyn	27	Cape Town MSC-WP	NT	NS	

Event 35 Men 30-34 200 SC Meter IM**WORLD record: 1:57.68 W 2009-12-04 TAMAS KEREKJARTO USA****SAMS record: 2:13.29 S 1995-03-12 G Hipper****2:12.05 30-34 SAQT SAMS Colours 2010-11**

1	Berk, Daniel	31	Cape Town MSC-WP	NT	3:03.50	12
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Event 35 Men 35-39 200 SC Meter IM**WORLD record: 2:03.29 W 2002-12-08 RON KARNAUGH USA****SAMS record: 2:25.54 S 1988 T Shead****2:12.22 35-39 SAQT SAMS Colours 2010-11**

---	Collins, Stuart	36	Wahoo MSC-CG	3:00.00	NS	
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Event 35 Men 40-44 200 SC Meter IM**WORLD record: 2:05.46 W 2009-12-04 ROQUE SANTOS USA****SAMS record: 2:24.00 S 1990 T Tozer****2:14.11 40-44 SAQT SAMS Colours 2010-11**

1	Lyne, Cliff	40	East Coast MSC-KZ	NT	2:21.78 S	12
2	Vides, Avron	42	Amakhosi MSC-BO	NT	3:03.22	10

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Event 35 Men 45-49 200 SC Meter IM****WORLD record: 2:09.71 W 2010-03-20 JEROME FRENTSOS USA****SAMS record: 2:22.22 S 2008-04-06 Graham du Toit (Dbn)****2:18.29 45-49 SAQT SAMS Colours 2010-11**

1	Dreyer, Bertus	48	Wahoo MSC-CG	3:45.00	3:40.74	12
2	Arendse, Mike	48	Cape Town MSC-WP	NT	4:11.08	10
---	Kruger, Ross	47	Amakhosi MSC-BO	NT	NS	
---	von Bardeleben, Theo	46	Wahoo MSC-CG	3:00.00	NS	

Event 35 Men 50-54 200 SC Meter IM**WORLD record: 2:13.40 W 2009-12-04 JAMIE FOWLER USA****SAMS record: 2:22.23 S 3-2002 T Shead (Syd)****2:25.88 50-54 SAQT SAMS Colours 2010-11**

1	Folscher, Danie	52	Cape Town MSC-WP	NT	2:39.17	12
2	Steynberg, Andre	54	Wahoo MSC-CG	2:49.90	2:58.01	10
3	Holshausen, Rod	52	Cape Town MSC-WP	NT	3:02.77	8
4	Bartholomew, Alan	51	East Coast MSC-KZ	NT	3:58.38	7

Event 35 Men 60-64 200 SC Meter IM**WORLD record: 2:30.48 W 2005-05-21 JOHN CALVERT USA****SAMS record: 2:41.84 S 2010-09-16 Halton Cheadle (CT)****2:42.84 60-64 SAQT SAMS Colours 2010-11**

1	Cheadle, Halton	61	Cape Town MSC-WP	NT	2:39.50 S SAQT	12
2	Fielding, Pete	60	Amakhosi MSC-BO	NT	4:23.94	10
---	van Heerden, Carel	60	Wahoo MSC-CG	4:00.00	NS	

Event 35 Men 65-69 200 SC Meter IM**WORLD record: 2:38.42 W 2009-12-04 RICHARD BURNS USA****SAMS record: 3:15.28 S 10-2005 Dave McLachlan (CT)****2:55.56 65-69 SAQT SAMS Colours 2010-11**

1	Hadenham, Leslie	67	East Coast MSC-KZ	NT	3:30.56	12
2	Hughes, Jimmy	67	East Coast MSC-KZ	NT	3:31.62	10
3	Schoeman, Adrian	69	East Coast MSC-KZ	NT	4:42.72	8

Event 36 Women 19-24 200 SC Meter IM**WORLD record: 0.01 W 2000 Invalid FINA age group****SAMS record: 2:36.71 S 2009-10-18 Tarryn Stanford (CT)****2:28.19 19-24 SAQT SAMS Colours 2010-11**

1	Gunther, Samantha	24	Phoenix MSC-CG	3:15.00	2:42.61	12
---	Skinner, Tazlin	21	Amakhosi MSC-BO	NT	NS	

Event 36 Women 25-29 200 SC Meter IM**WORLD record: 2:17.17 W 2006-04-23 HITOMI MATSUDA JPN****SAMS record: 2:37.56 S 2007-06-10 Claire Rolt (Jhb)****2:28.19 25-29 SAQT SAMS Colours 2010-11**

1	Newson, Rebecca	28	Cape Town MSC-WP	NT	2:34.41 S	12
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Event 36 Women 30-34 200 SC Meter IM**WORLD record: 2:13.41 W 2009-11-14 HITOMI MATSUDA JPN****SAMS record: 2:39.67 S 1988 H Campbell (Dbn)****2:28.57 30-34 SAQT SAMS Colours 2010-11**

1	Martins, Nicola	32	East Coast MSC-KZ	NT	3:00.25	12
2	Hicks, Loraine	34	East Coast MSC-KZ	NT	3:21.81	10

Event 36 Women 35-39 200 SC Meter IM**WORLD record: 2:19.08 W 2000-12-10 K.PIPES-NEILSEN USA****SAMS record: 2:31.26 S 2009-10-24 Rachele Isakov (Jhb)****2:34.36 35-39 SAQT SAMS Colours 2010-11**

1	Troup, Bianca	36	Phoenix MSC-CG	2:45.00	2:46.33	12
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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****(Event 36 Women 35-39 200 SC Meter IM)**

2	Lee, Niki	38	Wahoo MSC-CG	3:18.00	3:26.98	10
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Event 36 Women 40-44 200 SC Meter IM

WORLD record:	2:19.21	W	2007-12-02	S.VON DER LIPPE	USA	
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SAMS record:	2:39.90	S	10-2002	C. Stanford (Ctn)		
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2:34.46	40-44 SAQT SAMS Colours 2010-11					
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1	Kennedy, Karen	44	Phoenix MSC-CG	3:10.00	3:02.18	12
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2	Bihl, Kate	40	Cape Town MSC-WP	NT	3:18.92	10
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Event 36 Women 45-49 200 SC Meter IM

WORLD record:	2:21.55	W	2009-05-17	K.PIPES-NEILSEN	USA	
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SAMS record:	2:35.69	S	2008-04-10	Cecilia Stanford (CT)		
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2:37.33	45-49 SAQT SAMS Colours 2010-11					
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1	Stanford, Cecilia	49	Cape Town MSC-WP	NT	2:41.53	12
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2	Kruger, Ingrid	45	East Coast MSC-KZ	NT	3:09.60	10
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3	Bouwer, Marieke	47	Coelacanth MSC-NT	3:05.00	3:10.92	8
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4	Welgemoed, Janine	49	Cape Town MSC-WP	NT	3:18.56	7
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---	Collignon, Denise	45	Coelacanth MSC-NT	5:00.00	NS	
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Event 36 Women 50-54 200 SC Meter IM

WORLD record:	2:30.98	W	2009-09-19	JENNY WHITELEY	AUS	
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SAMS record:	2:45.90	S	2010-09-16	Jean Degenaar (CT)		
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2:48.00	50-54 SAQT SAMS Colours 2010-11					
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1	Foster, Kim	51	Coelacanth MSC-NT	3:15.00	3:19.39	12
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Event 36 Women 55-59 200 SC Meter IM

WORLD record:	2:36.98	W	2009-12-04	LAURA VAL	USA	
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SAMS record:	2:59.45	S	2010-04-11	Heather Campbell (Dbn)		
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2:59.55	55-59 SAQT SAMS Colours 2010-11					
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1	de Villiers, Marga	57	Cape Town MSC-WP	NT	3:11.03	12
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Event 36 Women 60-64 200 SC Meter IM

WORLD record:	2:55.72	W	2002-03-17	BONNIE PRONK	CAN	
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SAMS record:	3:23.50	S	2010-04-11	Jenny Ireland (Dbn)		
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3:18.91	60-64 SAQT SAMS Colours 2010-11					
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1	Ireland, Jenny	60	Highway MSC-KZ	NT	3:21.85 S	12
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