

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****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

Name	Age	Team	Seed Time	Finals Time	Points
--- Homveld, Alexis	18	Coelacanth MSC-NT	30.00	X33.27	

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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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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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

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

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

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	9:45.87S SAQT	12
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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

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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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****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
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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
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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

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
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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

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	

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

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****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

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

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

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
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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

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

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
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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

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****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

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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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	

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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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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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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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

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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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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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****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

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

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

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

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

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

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

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

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****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

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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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	

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

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	

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 Rachelle 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	

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

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****(Women 35-39 800 SC Meter Freestyle)**

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

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

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	

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

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
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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

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
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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

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****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 **Rachelle 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

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 **Rachelle 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
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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

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 **Rachelle 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
2	Lee, Niki	38	Wahoo MSC-CG	3:18.00	3:26.98	10

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

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		

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

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****(Women 40-44 200 SC Meter Freestyle)**

5	Bihl, Kate	40	Cape Town MSC-WP	NT	3:01.85	6
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Women 40-44 400 SC Meter Freestyle

WORLD record:	4:21.75	W	2003-12-14	K.PIPES-NEILSEN	USA
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SAMS record:	4:57.09	S	9-2004	Cecilia Stanford (CT)
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4:46.28	40-44 SAQT SAMS Colours 2010-11
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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, Rachelle	40	Cape Town MSC-WP	5:00.00	XNS	

Women 40-44 800 SC Meter Freestyle

WORLD record:	9:09.71	W	2003-06-20	K.PIPES-NEILSEN	USA
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SAMS record:	10:04.49	S	2009-11-28	Heather Morris-Eyton (Jhb)
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10:09.04	40-44 SAQT SAMS Colours 2010-11
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1	Kennedy, Karen	44	Phoenix MSC-CG	11:15.00	11:10.83	12
---	Russell, Marcilla	42	Coelacanth MSC-NT	22:00.00	NS	

Women 40-44 50 SC Meter Backstroke

WORLD record:	30.00	W	2009-04-18	CINDY MABEE	CAN
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SAMS record:	32.78	S	12-2004	Bev McCarney (Dbn)
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32.20	40-44 SAQT SAMS Colours 2010-11
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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	

Women 40-44 100 SC Meter Backstroke

WORLD record:	1:04.63	W	2009-04-18	CINDY MABEE	CAN
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SAMS record:	1:10.83	S	12-2004	Bev McCarney (Dbn)
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1:10.53	40-44 SAQT SAMS Colours 2010-11
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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	

Women 40-44 200 SC Meter Backstroke

WORLD record:	2:19.06	W	2009-12-04	JODY SMITH	USA
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SAMS record:	2:39.83	S	9-2002	C. Stanford (Ctn)
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2:34.24	40-44 SAQT SAMS Colours 2010-11
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1	Strydom, Caren	43	Wahoo MSC-CG	3:20.00	3:21.23	12
---	Allen, Jenni	40	Winelands MSC-WP	NT	X3:47.77	

Women 40-44 50 SC Meter Breaststroke

WORLD record:	32.29	W	2009-11-22	S.VON DER LIPPE	USA
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SAMS record:	34.38	S	2009-10-24	Heather Morris-Eyton (Jhb)
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36.48	40-44 SAQT SAMS Colours 2010-11
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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	

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****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	

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	

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

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

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	

Women 40-44 200 SC Meter IM**WORLD record: 2:19.21 W 2007-12-02 S.VON DER LIPPE USA****SAMS record: 2:39.90 S 10-2002 C. Stanford (Ctn)****2:34.46 40-44 SAQT SAMS Colours 2010-11**

1	Kennedy, Karen	44	Phoenix MSC-CG	3:10.00	3:02.18	12
2	Bihl, Kate	40	Cape Town MSC-WP	NT	3:18.92	10

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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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****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	

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	

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
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

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

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

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
2	Kruger, Ingrid	45	East Coast MSC-KZ	NT	39.13	10

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

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	

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	

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

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	

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

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	

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

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

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	

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

Women 45-49 200 SC Meter IM

WORLD record: 2:21.55 W 2009-05-17 K.PIPES-NEILSEN USA

SAMS record: 2:35.69 S 2008-04-10 Cecilia Stanford (CT)

2:37.33 45-49 SAQT SAMS Colours 2010-11

1	Stanford, Cecilia	49	Cape Town MSC-WP	NT	2:41.53	12
2	Kruger, Ingrid	45	East Coast MSC-KZ	NT	3:09.60	10
3	Bouwer, Marieke	47	Coelacanth MSC-NT	3:05.00	3:10.92	8
4	Welgemoed, Janine	49	Cape Town MSC-WP	NT	3:18.56	7
---	Collignon, Denise	45	Coelacanth MSC-NT	5:00.00	NS	

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
3	Bridges, Carole	48	Wahoo MSC-CG	7:30.00	7:17.23	8

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	

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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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
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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****(Women 50-54 200 SC Meter Freestyle)**

--- van Dam, Carola 50 Coelacanth MSC-NT 2:45.00 NS

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

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

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

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

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

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

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

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

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****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

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

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

Women 50-54 200 SC Meter IM**WORLD record: 2:30.98 W 2009-09-19 JENNY WHITELEY AUS****SAMS record: 2:45.90 S 2010-09-16 Jean Degenaar (CT)****2:48.00 50-54 SAQT SAMS Colours 2010-11**

1 Foster, Kim 51 Coelacanth MSC-NT 3:15.00 3:19.39 12

Women 50-54 400 SC Meter IM**WORLD record: 5:32.60 W 2008-08-17 JENNY WHITELEY AUS****SAMS record: 6:04.10 S 2008-02-17 Heather Campbell (Dbn)****6:04.02 50-54 SAQT SAMS Colours 2010-11**

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

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

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

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

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

---	Sharkey, Therese	55	Winelands MSC-WP	NT		NS	
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Women 55-59 400 SC Meter Freestyle

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

Women 55-59 800 SC Meter Freestyle

WORLD record:	9:51.35	W	2009-10-17	LAURA VAL		USA	
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SAMS record:	11:35.55	S	2009-09-17	Judy Brewis (CT)			
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11:06.22	55-59 SAQT SAMS Colours 2010-11						
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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

Women 55-59 50 SC Meter Backstroke

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

Women 55-59 100 SC Meter Backstroke

WORLD record:	1:12.23	W	2008-11-16	LAURA VAL		USA	
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SAMS record:	1:19.68	S	2010-09-16	Diane Coetzee (CT)			
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1:22.14	55-59 SAQT SAMS Colours 2010-11						
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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

Women 55-59 200 SC Meter Backstroke

WORLD record:	2:40.05	W	2008-10-12	LAURA VAL		USA	
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SAMS record:	2:51.41	S	2010-08-19	Diane Coetzee (CT)			
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2:59.47	55-59 SAQT SAMS Colours 2010-11						
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1	Coetzee, Di	55	Cape Town MSC-WP	NT		2:51.93 SAQT	12
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

Women 55-59 50 SC Meter Breaststroke

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

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****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

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

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	

Women 55-59 200 SC Meter IM**WORLD record: 2:36.98 W 2009-12-04 LAURA VAL USA****SAMS record: 2:59.45 S 2010-04-11 Heather Campbell (Dbn)****2:59.55 55-59 SAQT SAMS Colours 2010-11**

1	de Villiers, Marga	57	Cape Town MSC-WP	NT	3:11.03	12
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Women 55-59 400 SC Meter IM**WORLD record: 5:39.30 W 2009-11-21 LAURA VAL USA****SAMS record: 6:52.18 S 2008-10-12 Jenny Ireland (Pmb)****6:27.80 55-59 SAQT SAMS Colours 2010-11**

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

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	

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

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****(Women 60-64 100 SC Meter Freestyle)**

---	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

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	

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

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	

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	

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

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****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	

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

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	

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	

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	

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
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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	
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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****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	

Women 60-64 200 SC Meter IM

WORLD record: 2:55.72 W 2002-03-17 **BONNIE PRONK** CAN

SAMS record: 3:23.50 S 2010-04-11 **Jenny Ireland (Dbn)**

3:18.91 60-64 SAQT SAMS Colours 2010-11

1	Ireland, Jenny	60	Highway MSC-KZ	NT	3:21.85 S	12
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Women 60-64 400 SC Meter IM

WORLD record: 6:15.26 W 2009-11-01 **BARBARA DUNBAR** USA

SAMS record: 8:45.00 S 11-2005 **Tricia Rix (CT)**

7:05.10 60-64 SAQT SAMS Colours 2010-11

1	Ireland, Jenny	60	Highway MSC-KZ	NT	7:03.05 S SAQT	12
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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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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

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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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

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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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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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****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

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

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

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

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

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

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

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