

South African Masters Swimming 2007-2008 Season

Individual Top Times

Times since: 01-May-07 Times until: 30-Apr-08
Number of Top Times: All Show Short Course Only

	Time	P/F/S	Name	Age/Yr				
Women 45-49 25 Free								
1	14.75 S	F	Carroll, Debbie	45	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
2	14.96 S	F	McCarney, Gail	48	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
3	15.78 S	F	Foster, Kim	48	BRKL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
4	16.65 S	F	Stein, Sue	49	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
5	16.80 S	F	Bridges, Carole	45	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
6	17.08 S	F	Hau, Di	47	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
Women 45-49 50 Free								
1	30.02 S	F	Stanford, Cecilia	46	CPTW WP	2007-07-19	WPMSA (Cape Town) @ Long Street	
2	30.48 S	F	Carroll, Debbie	45	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
3	31.94 S	F	McCarney, Gail	49	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
4	32.78 S	F	Young, Cheryl	48	DOLP WP	2007-09-20	WPMSA (Cape Town) @ Long Street	
5	32.98 S	F	Snyman, Annette	48	EACS KZ	2007-10-14	SAMS (KZNMSA) SC Champs @ Piet	
6	33.60 S	F	Webb, Liz	48	DOLP WP	2007-07-19	WPMSA (Cape Town) @ Long Street	
7	34.91 S	F	Harrison, Peta	47	HIGH KZ	2007-09-09	KZNMSA (East Coast) @ Kings Park	
8	35.80 S	F	Bargate, Karen	49	EACS KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	
9	35.88 S	F	Thompson, Terry	45	HIGH KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	
10	37.18 S	F	Bridges, Carole	45	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
11	38.50 S	F	vd Walt, Cheryl	47	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
12	38.90 S	F	Freeman, Nadine	49	WAHO CG	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite	
13	40.32 S	F	Lourens, Gina	45	DOLP WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
14	42.23 S	F	Moller, Hesta	48	BRKL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
15	45.88 S	F	Wooding, Janet	46	COEL NT	2007-11-24	GMS (Killer Whales) @ Linden	
Women 45-49 100 Free								
1	1:04.41 S	F	Stanford, Cecilia	46	CPTW WP	2007-07-19	WPMSA (Cape Town) @ Long Street	
2	1:11.10 S	F	McCarney, Gail	48	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
3	1:16.22 S	F	Webb, Liz	48	DOLP WP	2007-07-19	WPMSA (Cape Town) @ Long Street	
4	1:19.72 S	F	Harrison, Peta	47	HIGH KZ	2007-09-09	KZNMSA (East Coast) @ Kings Park	
5	1:21.16 S	F	Snyman, Annette	48	EACS KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	
6	1:21.67 S	F	Hau, Di	47	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
7	1:22.38 S	F	Bargate, Karen	49	EACS KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	
8	1:22.73 S	F	Bridges, Carole	45	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
9	1:23.62 S	F	Hore, Hayley	45	HIGH KZ	2008-02-17	KZNMSA (East Coast) @ Gordon Roa	
10	1:26.35 S	F	Lourens, Gina	45	DOLP WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
11	1:26.70 S	F	Freeman, Nadine	49	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
Women 45-49 200 Free								
1	2:21.82 S	F	Stanford, Cecilia	46	CPTW WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
2	2:41.58 S	F	Carroll, Debbie	45	WAHO CG	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite	
3	2:57.16 S	F	Harrison, Peta	47	HIGH KZ	2007-09-09	KZNMSA (East Coast) @ Kings Park	
4	3:00.62 S	F	Bridges, Carole	45	WAHO CG	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite	
5	3:02.99 S	F	Freeman, Nadine	49	WAHO CG	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite	
Women 45-49 400 Free								
1	4:54.47 S	F	Stanford, Cecilia	46	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
2	5:18.63 S	F	Webb, Liz	48	DOLP WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
3	6:02.64 S	F	van Dam, Carola	47	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
4	6:15.46 S	F	Bridges, Carole	45	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
5	6:38.75 S	F	Freeman, Nadine	49	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
Women 45-49 800 Free								
1	10:50.59 S	F	Webb, Liz	48	DOLP WP	2007-09-20	WPMSA (Cape Town) @ Long Street	
2	11:02.88 S	F	Young, Cheryl	48	DOLP WP	2007-09-20	WPMSA (Cape Town) @ Long Street	
Women 45-49 1500 Free								
1	19:48.82 S	F	Stanford, Cecilia	46	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	

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Women 45-49 50 Back								
1	34.91 S	F	Stanford, Cecilia	46	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stell	
2	38.89 S	F	Carroll, Debbie	45	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
3	40.66 S	F	Snyman, Annette	48	EACS KZ	2007-10-14	SAMS (KZNMSA) SC Champs @ Piet	
4	41.25 S	F	Hore, Hayley	45	HIGH KZ	2008-04-06	KZNMSA (Barracuda) @ Gordon Roa	
5	44.12 S	F	Bloxham, Michelle	47	EACS KZ	2007-10-14	SAMS (KZNMSA) SC Champs @ Piet	
6	57.52 S	F	Wooding, Janet	46	COEL NT	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
Women 45-49 100 Back								
1	1:13.75 S	F	Stanford, Cecilia	46	CPTW WP	2007-07-19	WPMSA (Cape Town) @ Long Street	
2	1:28.02 S	F	Snyman, Annette	48	EACS KZ	2007-10-14	SAMS (KZNMSA) SC Champs @ Piet	
3	1:31.87 S	F	Hore, Hayley	45	HIGH KZ	2008-02-17	KZNMSA (East Coast) @ Gordon Roa	
4	1:36.28 S	F	Bloxham, Michelle	47	EACS KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	
Women 45-49 25 Breast								
1	18.32 S	F	McCarney, Gail	48	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
2	19.94 S	F	Hau, Di	47	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
Women 45-49 50 Breast								
1	38.64 S	F	McCarney, Gail	49	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
2	40.73 S	F	van Dam, Carola	47	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
3	42.44 S	F	Hau, Di	48	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
4	44.28 S	F	Thompson, Terry	45	HIGH KZ	2007-10-14	SAMS (KZNMSA) SC Champs @ Piet	
5	44.70 S	F	Bloxham, Michelle	47	EACS KZ	2007-10-14	SAMS (KZNMSA) SC Champs @ Piet	
6	45.57 S	F	Snyman, Annette	48	EACS KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	
7	45.94 S	F	Foster, Kim	48	BRKL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
8	46.33 S	F	Stein, Sue	49	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
9	51.62 S	F	Moller, Hesta	48	BRKL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
Women 45-49 100 Breast								
1	1:22.78 S	F	Stanford, Cecilia	47	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
2	1:25.25 S	F	McCarney, Gail	48	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
3	1:33.26 S	F	Hau, Di	48	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
4	1:36.24 S	F	van Dam, Carola	47	WAHO CG	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite	
Women 45-49 200 Breast								
1	3:06.77 S	F	McCarney, Gail	48	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stell	
2	3:29.15 S	F	Bloxham, Michelle	48	EACS KZ	2008-02-17	KZNMSA (East Coast) @ Gordon Roa	
3	3:29.37 S	F	Hau, Di	47	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stell	
4	3:48.00 S	F	Stein, Sue	49	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
Women 45-49 25 Fly								
1	15.68 S	F	McCarney, Gail	48	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
Women 45-49 50 Fly								
1	32.40 S	F	Stanford, Cecilia	47	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
2	32.87 S	F	McCarney, Gail	49	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
3	34.94 S	F	Webb, Liz	48	DOLP WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stell	
4	36.80 S	F	Snyman, Annette	48	EACS KZ	2007-10-14	SAMS (KZNMSA) SC Champs @ Piet	
5	36.91 S	F	Young, Cheryl	48	DOLP WP	2007-09-20	WPMSA (Cape Town) @ Long Street	
6	37.25 S	F	Foster, Kim	48	BRKL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
7	37.57 S	F	Hore, Hayley	45	HIGH KZ	2008-04-06	KZNMSA (Barracuda) @ Gordon Roa	
8	39.58 S	F	Carroll, Debbie	45	WAHO CG	2007-11-24	GMS (Killer Whales) @ Linden	
9	40.55 S	F	Thompson, Terry	45	HIGH KZ	2007-10-14	SAMS (KZNMSA) SC Champs @ Piet	
10	44.28 S	F	Bargate, Karen	49	EACS KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	
11	46.11 S	F	Bridges, Carole	45	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
Women 45-49 100 Fly								
1	1:23.00 S	F	McCarney, Gail	48	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
2	1:23.63 S	F	Foster, Kim	48	BRKL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
3	1:25.60 S	F	Snyman, Annette	48	EACS KZ	2007-09-09	KZNMSA (East Coast) @ Kings Park	

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4	1:36.91 S	F	Hore, Hayley	45	HIGH KZ	2008-04-06	KZNMSA (Barracuda) @ Gordon Roac
Women 45-49 200 Fly							
1	2:41.77 S	F	Stanford, Cecilia	46	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle
2	3:43.25 S	F	Snyman, Annette	49	EACS KZ	2008-02-17	KZNMSA (East Coast) @ Gordon Roa
Women 45-49 100 IM							
1	1:21.67 S	F	McCarney, Gail	48	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle
2	1:29.22 S	F	Hore, Hayley	45	HIGH KZ	2008-04-06	KZNMSA (Barracuda) @ Gordon Roac
3	1:30.87 S	F	Thompson, Terry	45	HIGH KZ	2007-10-14	SAMS (KZNMSA) SC Champs @ Piet
4	1:32.02 S	F	Carroll, Debbie	45	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite
5	1:36.68 S	F	Bridges, Carole	45	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /
6	1:36.98 S	F	Hau, Di	47	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle
7	1:38.50 S	F	Stein, Sue	49	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite
8	2:05.98 S	F	Wooding, Janet	46	COEL NT	2007-11-24	GMS (Killer Whales) @ Linden
Women 45-49 200 IM							
1	2:35.69 S	F	Stanford, Cecilia	47	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street
2	3:16.76 S	F	Snyman, Annette	48	EACS KZ	2007-10-14	SAMS (KZNMSA) SC Champs @ Piet
3	3:17.14 S	F	Hau, Di	48	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street
4	3:35.07 S	F	Bridges, Carole	45	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /