

## 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				
<b>Women 55-59 25 Free</b>							
1	16.72 S	F	Russell, Therese	59	DOLP WP	2007-11-17	WPMSA (Dolphin) @ Bishops
2	19.69 S	F	Adan, Marilyn	56	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)
3	23.71 S	F	vd Walt, Carol	59	ETSM ES	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite)
<b>Women 55-59 50 Free</b>							
1	32.06 S	F	Kruger, Sanderina	58	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle
2	35.09 S	F	Bromfield, Morag	55	EACS KZ	2007-09-09	KZNMSA (East Coast) @ Kings Park
3	36.41 S	F	Russell, Therese	59	DOLP WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle
4	36.74 S	F	Crawford, Linda	57	PHOE CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /
5	40.49 S	F	Sandri, Angelika	57	COEL NT	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /
6	41.43 S	F	Gerber, Catherine	57	KWHA CG	2007-08-11	GMS SC Champs @ Wahoo AC
7	43.06 S	F	Adan, Marilyn	56	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)
8	43.57 S	F	Ferreira, Mercia	58	WAHO CG	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite)
9	50.45 S	F	Gray, Ann	59	HIGH KZ	2007-10-14	SAMS (KZNMSA) SC Champs @ Piet
10	56.13 S	F	Harris, Laraine	58	ETSM ES	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /
<b>Women 55-59 100 Free</b>							
1	1:11.52 S	F	Kruger, Sanderina	58	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle
2	1:23.50 S	F	Russell, Therese	59	DOLP WP	2007-11-17	WPMSA (Dolphin) @ Bishops
3	1:35.72 S	F	Clark, Rosemary	59	EACS KZ	2007-09-09	KZNMSA (East Coast) @ Kings Park
4	1:36.25 S	F	Sandri, Angelika	57	COEL NT	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /
5	1:38.85 S	F	Koen, Ina	55	HIGH KZ	2007-09-09	KZNMSA (East Coast) @ Kings Park
6	1:39.15 S	F	Ferreira, Mercia	58	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /
7	1:52.56 S	F	Gray, Ann	59	HIGH KZ	2007-12-09	KZNMSA (Highway) @ Kings Park
8	2:14.78 S	F	Nicolas, Maeve	57	SEAL KZ	2007-09-09	KZNMSA (East Coast) @ Kings Park
<b>Women 55-59 200 Free</b>							
1	3:05.69 S	F	Russell, Therese	59	DOLP WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo
2	3:19.53 S	F	Crawford, Linda	57	PHOE CG	2007-08-11	GMS SC Champs @ Wahoo AC
3	4:00.37 S	F	Gray, Ann	59	HIGH KZ	2007-12-09	KZNMSA (Highway) @ Kings Park
<b>Women 55-59 400 Free</b>							
1	6:19.97 S	F	Crawford, Linda	57	PHOE CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /
2	6:22.93 S	F	Russell, Therese	59	DOLP WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle
3	7:29.51 S	F	Sandri, Angelika	57	COEL NT	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /
4	8:58.68 S	F	vd Walt, Carol	59	ETSM ES	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /
<b>Women 55-59 800 Free</b>							
1	13:09.01 S	F	Russell, Therese	59	DOLP WP	2007-09-20	WPMSA (Cape Town) @ Long Street
2	13:41.10 S	F	Crawford, Linda	57	PHOE CG	2007-11-24	GMS (Killer Whales) @ Linden
3	15:37.41 S	F	Rollnick, Marissa	56	PHOE CG	2007-11-24	GMS (Killer Whales) @ Linden
4	16:36.82 S	F	Gerber, Catherine	57	KWHA CG	2007-11-24	GMS (Killer Whales) @ Linden
<b>Women 55-59 25 Back</b>							
1	22.45 S	F	Russell, Therese	59	DOLP WP	2007-11-17	WPMSA (Dolphin) @ Bishops
<b>Women 55-59 50 Back</b>							
1	37.81 S	F	Bromfield, Morag	55	EACS KZ	2007-09-09	KZNMSA (East Coast) @ Kings Park
2	42.13 S	F	Kruger, Sanderina	58	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle
3	45.85 S	F	Russell, Therese	59	DOLP WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle
4	49.05 S	F	Adan, Marilyn	56	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)
5	57.02 S	F	Gerber, Catherine	57	KWHA CG	2007-11-24	GMS (Killer Whales) @ Linden
6	59.85 S	F	Ferreira, Mercia	58	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /
7	1:00.39 S	F	vd Walt, Carol	59	ETSM ES	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite)
<b>Women 55-59 100 Back</b>							
1	1:25.96 S	F	Bromfield, Morag	55	EACS KZ	2007-12-09	KZNMSA (Highway) @ Kings Park
2	2:12.20 S	F	vd Walt, Carol	59	ETSM ES	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite)
<b>Women 55-59 200 Back</b>							
1	3:28.40 S	F	Bromfield, Morag	56	EACS KZ	2008-04-06	KZNMSA (Barracuda) @ Gordon Roac

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<b>Women 55-59 25 Breast</b>								
1	22.66 S	F	Russell, Therese	59	DOLP WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
<b>Women 55-59 50 Breast</b>								
1	46.18 S	F	Ireland, Jenny	57	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)	
2	50.30 S	F	Stirrat, Denise	55	DOLP WP	2007-07-19	WPMSA (Cape Town) @ Long Street	
3	52.41 S	F	Sandri, Angelika	57	COEL NT	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
4	53.03 S	F	Ferreira, Mercia	58	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
5	54.79 S	F	Odendaal, Anne-Marie	57	CPTW WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
6	55.16 S	F	Rollnick, Marissa	56	PHOE CG	2007-11-24	GMS (Killer Whales) @ Linden	
7	55.55 S	F	Gerber, Catherine	57	KWHA CG	2007-11-24	GMS (Killer Whales) @ Linden	
8	56.89 S	F	Adan, Marilyn	56	WAHO CG	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite)	
9	1:00.29 S	F	Harris, Laraine	58	ETSM ES	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
<b>Women 55-59 100 Breast</b>								
1	1:52.60 S	F	Stirrat, Denise	55	DOLP WP	2007-07-19	WPMSA (Cape Town) @ Long Street	
2	1:54.65 S	F	Ferreira, Mercia	58	WAHO CG	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite)	
3	2:00.39 S	F	Odendaal, Anne-Marie	57	CPTW WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
<b>Women 55-59 200 Breast</b>								
1	3:31.06 S	F	Ireland, Jenny	57	HIGH KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	
2	4:17.74 S	F	Rollnick, Marissa	56	PHOE CG	2007-11-24	GMS (Killer Whales) @ Linden	
<b>Women 55-59 25 Fly</b>								
1	22.09 S	F	Russell, Therese	59	DOLP WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
<b>Women 55-59 50 Fly</b>								
1	37.62 S	F	Kruger, Sanderina	58	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stell	
2	43.22 S	F	Lawless, Helen	58	WAHO CG	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite)	
3	44.53 S	F	Crawford, Linda	57	PHOE CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
4	50.43 S	F	Clark, Rosemary	59	EACS KZ	2007-09-09	KZNMSA (East Coast) @ Kings Park	
5	57.15 S	F	Gerber, Catherine	57	KWHA CG	2007-11-24	GMS (Killer Whales) @ Linden	
6	59.78 S	F	Koen, Ina	55	HIGH KZ	2007-09-09	KZNMSA (East Coast) @ Kings Park	
7	1:12.97 S	F	Gray, Ann	59	HIGH KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	
<b>Women 55-59 100 Fly</b>								
1	1:32.98 S	F	Ireland, Jenny	57	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)	
2	1:50.13 S	F	Lawless, Helen	58	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)	
<b>Women 55-59 200 Fly</b>								
1	3:54.59 S	F	Lawless, Helen	58	WAHO CG	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite)	
2	3:56.32 S	F	Crawford, Linda	57	PHOE CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
<b>Women 55-59 100 IM</b>								
1	1:31.52 S	F	Ireland, Jenny	57	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)	
2	1:40.98 S	F	Lawless, Helen	58	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)	
3	1:41.25 S	F	Russell, Therese	59	DOLP WP	2007-07-19	WPMSA (Cape Town) @ Long Street	
4	1:41.38 S	F	Crawford, Linda	57	PHOE CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
5	1:42.19 S	F	Bromfield, Morag	56	EACS KZ	2008-04-06	KZNMSA (Barracuda) @ Gordon Roa	
6	1:45.75 S	F	Sandri, Angelika	57	COEL NT	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
7	1:50.57 S	F	Ferreira, Mercia	58	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
8	1:59.25 S	F	Koen, Ina	55	HIGH KZ	2007-09-09	KZNMSA (East Coast) @ Kings Park	
<b>Women 55-59 200 IM</b>								
1	3:17.06 S	F	Ireland, Jenny	57	HIGH KZ	2007-10-14	SAMS (KZNMSA) SC Champs @ Piet	
2	3:39.54 S	F	Russell, Therese	59	DOLP WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
3	3:39.62 S	F	Lawless, Helen	58	WAHO CG	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite)	
<b>Women 55-59 400 IM</b>								
1	6:54.85 S	F	Ireland, Jenny	57	HIGH KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	