

## South African Masters Swimming

### Individual Top Times

Times since: 01-May-08 Times until: 30-Apr-09  
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
<b>Women 35-39 50 Free</b>								
1	28.48 L	F	Anderson, Deborah	38	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	29.94 L	F	Denny, Nicky	36	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	31.93 L	F	Dolkens, Jenni	38	WAHO CG	2009-02-12	TMS LC Champs @ Hillcrest	
4	33.82 L	F	Scholtz, Eurika	36	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	35.97 L	F	Neethling, Priscilla	39	WINE WP	2009-01-24	WPMSA (Cape Town) @ UWC	
6	36.41 L	F	Anderson, Zona	36	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	41.77 L	F	Maree, Melize	36	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	45.27 L	F	vd Merwe, Althea	38	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	45.66 L	F	Hill, Debbie	35	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	46.27 L	F	Dixon, Therese	36	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	51.88 L	F	Kirsten, Daleen	35	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
12	52.83 L	F	Meyer, Gilly	37	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
13	1:03.75 L	F	Wentzel, Tracy	38	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 35-39 100 Free</b>								
1	1:02.89 L	F	Anderson, Deborah	38	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:05.65 L	F	Denny, Nicky	36	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	1:07.42 L	F	Isakov, Rachelle	39	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
4	1:18.44 L	F	Neethling, Priscilla	39	WINE WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
5	1:27.79 L	F	Maree, Melize	36	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	1:42.91 L	F	Hill, Debbie	35	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	1:53.41 L	F	Dixon, Therese	36	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 35-39 200 Free</b>								
1	2:21.55 L	F	Anderson, Deborah	38	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	2:28.81 L	F	Denny, Nicky	36	DOLP WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
3	2:32.86 L	F	Troup, Bianca	35	PHOE CG	2009-01-31	GMS (Phoenix) @ Ellis Park	
4	2:44.12 L	F	Hanekom, Sharon	37	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	2:54.39 L	F	Neethling, Priscilla	39	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	3:20.26 L	F	Maree, Melize	36	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	3:45.11 L	F	Hill, Debbie	35	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	4:55.66 L	F	Kirsten, Daleen	35	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 35-39 400 Free</b>								
1	5:34.57 L	F	Hanekom, Sharon	37	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	6:06.31 L	F	Neethling, Priscilla	39	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	7:07.53 L	F	Maree, Melize	36	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	7:51.76 L	F	Hill, Debbie	35	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	10:53.14 L	F	Kirsten, Daleen	35	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 35-39 800 Free</b>								
1	11:10.49 L	F	Hanekom, Sharon	37	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	11:54.84 L	F	Dolkens, Jenni	38	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	12:36.57 L	F	Neethling, Priscilla	39	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	13:05.95 L	F	Siebert, Gail	37	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	15:32.63 L	F	Maree, Melize	36	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	16:16.71 L	F	Hill, Debbie	35	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 35-39 50 Back</b>								
1	36.62 L	F	Dolkens, Jenni	38	WAHO CG	2009-02-12	TMS LC Champs @ Hillcrest	
2	38.85 L	F	Denny, Nicky	36	DOLP WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
3	54.64 L	F	Hill, Debbie	35	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	1:04.65 L	F	Kirsten, Daleen	35	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 35-39 100 Back</b>								
1	1:21.18 L	F	Dolkens, Jenni	38	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	2:24.17 L	F	Kirsten, Daleen	35	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 35-39 50 Breast</b>								
1	38.93 L	F	Denny, Nicky	36	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	39.61 L	F	Scholtz, Eurika	36	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	

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	Time	P/F/S	Name	Age/Yr				
3	40.40 L	F	Anderson, Deborah	38	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	45.88 L	F	Anderson, Zona	36	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	46.74 L	F	Neethling, Priscilla	39	WINE WP	2009-01-24	WPMSA (Cape Town) @ UWC	
6	57.33 L	F	Dixon, Therese	36	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	2:19.87 L	F	Wentzel, Tracy	38	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 35-39 100 Breast</b>								
1	1:25.92 L	F	Denny, Nicky	36	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:31.68 L	F	Scholtz, Eurika	36	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	1:43.62 L	F	Anderson, Zona	36	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	1:44.07 L	F	Neethling, Priscilla	39	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	1:58.20 L	F	Maree, Melize	36	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	2:15.99 L	F	Dixon, Therese	36	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 35-39 200 Breast</b>								
1	3:08.86 L	F	Denny, Nicky	36	DOLP WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
2	3:32.33 L	F	Siebert, Gail	37	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	3:41.64 L	F	Anderson, Zona	36	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	3:48.08 L	F	Neethling, Priscilla	39	WINE WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
<b>Women 35-39 50 Fly</b>								
1	30.16 L	F	Anderson, Deborah	38	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	32.13 L	F	Isakov, Rachelle	39	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
3	34.30 L	F	Dolkens, Jenni	38	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	37.79 L	F	Scholtz, Eurika	36	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	38.98 L	F	Hanekom, Sharon	37	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	58.84 L	F	Meyer, Gilly	37	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	1:07.90 L	F	Dixon, Therese	36	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 35-39 100 Fly</b>								
1	1:10.56 L	F	Isakov, Rachelle	39	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
2	1:39.02 L	F	Siebert, Gail	37	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	2:22.60 L	F	Meyer, Gilly	37	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 35-39 200 Fly</b>								
1	3:46.39 L	F	Siebert, Gail	37	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	5:16.73 L	F	Meyer, Gilly	37	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 35-39 200 IM</b>								
1	2:39.81 L	F	Anderson, Deborah	38	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	2:44.69 L	F	Denny, Nicky	36	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	2:48.59 L	F	Isakov, Rachelle	39	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
4	3:04.78 L	F	Hanekom, Sharon	37	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	3:17.14 L	F	Siebert, Gail	37	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	5:10.87 L	F	Meyer, Gilly	37	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 35-39 400 IM</b>								
1	5:45.27 L	F	Isakov, Rachelle	39	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
2	6:09.67 L	F	Troup, Bianca	35	PHOE CG	2009-01-31	GMS (Phoenix) @ Ellis Park	
3	6:22.96 L	F	Hanekom, Sharon	37	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	6:58.61 L	F	Siebert, Gail	37	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	11:12.89 L	F	Meyer, Gilly	37	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	