

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				
Women 45-49 50 Free								
1	29.39 L	T	Strauss, Marcelle	45	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	29.64 L	F	Stanford, Cecilia	48	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	33.73 L	F	Zambetti, Deane	46	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	34.50 L	F	Verryn, Sabine	47	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
5	34.65 L	F	Curtis, Alison	45	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	35.51 L	F	Uys, Mandy	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	35.63 L	F	Rip, Laura	49	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
8	35.88 L	F	Geldard, Natalie	46	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	36.50 L	F	Welgemoed, Janine	48	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	36.59 L	F	Thompson, Terry	46	HIGH KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
11	36.96 L	F	Hau, Di	49	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
12	39.08 L	F	Lourens, Gina	46	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
13	39.47 L	F	Symonds, Genevieve	48	SWAH NT	2009-02-12	TMS LC Champs @ Hillcrest	
14	39.71 L	F	Keen, Jacqui	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
15	40.63 L	F	McLaren, Mare	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
16	41.16 L	F	Lindhorst, Merle	47	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
17	42.64 L	F	Coetzee, Yvette	46	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
18	49.37 L	F	Wooding, Janet	47	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
Women 45-49 100 Free								
1	1:04.87 L	F	Strauss, Marcelle	45	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:13.00 L	F	Bouwer, Marieke	46	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
3	1:16.12 L	F	Fuchs, Mandi	45	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	1:17.55 L	F	Curtis, Alison	45	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	1:18.77 L	F	Uys, Mandy	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	1:19.31 L	F	Welgemoed, Janine	48	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
7	1:20.09 L	F	Harrison, Peta	49	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	1:23.50 L	F	Lourens, Gina	46	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	1:23.98 L	F	Geldard, Natalie	46	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	1:30.39 L	F	Keen, Jacqui	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	1:46.87 L	F	Lindhorst, Merle	47	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
12	2:02.56 L	F	Brown, Beadri	45	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 45-49 200 Free								
1	2:23.73 L	F	Stanford, Cecilia	48	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
2	2:26.95 L	F	Strauss, Marcelle	45	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	2:45.00 L	F	Bouwer, Marieke	45	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
4	2:45.04 L	F	Fuchs, Mandi	45	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	2:52.46 L	F	Uys, Mandy	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	2:53.34 L	F	Curtis, Alison	45	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	2:57.78 L	F	Lourens, Gina	46	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	2:58.75 L	F	Symonds, Genevieve	47	SWAH NT	2008-11-08	TMS Interregional @ Hillcrest	
9	2:59.50 L	F	Harrison, Peta	49	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	3:01.35 L	F	Welgemoed, Janine	48	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
11	3:01.73 L	F	Bridges, Carole	47	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
12	3:04.34 L	F	Geldard, Natalie	46	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
13	3:20.78 L	F	Keen, Jacqui	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
14	3:36.14 L	F	Williams, Marina	49	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 45-49 400 Free								
1	5:06.50 L	F	Stanford, Cecilia	48	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
2	5:22.26 L	F	Strauss, Marcelle	45	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	5:36.91 L	F	Ueckermann, Hannah	46	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	5:44.48 L	F	Bouwer, Marieke	46	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	5:46.00 L	F	Fuchs, Mandi	45	DOLP WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
6	6:05.78 L	F	Lourens, Gina	46	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	6:11.20 L	F	Uys, Mandy	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	6:22.07 L	F	Bridges, Carole	47	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	

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	Time	P/F/S	Name	Age/Yr				
9	6:29.37 L	F	Harrison, Peta	49	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	6:33.03 L	F	van Dam, Carola	49	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	6:41.44 L	F	Curtis, Alison	45	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
12	6:42.99 L	F	Geldard, Natalie	46	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
13	7:11.39 L	F	Keen, Jacqui	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
14	7:51.36 L	F	Williams, Marina	49	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
15	9:32.34 L	F	Brown, Beadri	45	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 45-49 800 Free								
1	11:56.04 L	F	Dressler, Annemarie	45	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	11:57.18 L	F	Fuchs, Mandi	45	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	12:02.06 L	F	Bouwer, Marieke	46	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	12:22.35 L	F	Uys, Mandy	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	12:25.29 L	F	Lourens, Gina	46	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	13:14.40 L	F	Bridges, Carole	47	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	13:26.15 L	F	van Dam, Carola	49	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	13:28.79 L	F	Curtis, Alison	45	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	14:04.05 L	F	Geldard, Natalie	46	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	14:35.16 L	F	Keen, Jacqui	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	19:31.54 L	F	Brown, Beadri	45	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 45-49 1500 Free								
1	23:22.72 L	F	Fuchs, Mandi	45	DOLP WP	2009-01-24	WPMSA (Cape Town) @ UWC	
2	23:48.74 L	F	Bouwer, Marieke	45	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
3	24:02.31 L	F	Lourens, Gina	46	DOLP WP	2009-01-24	WPMSA (Cape Town) @ UWC	
4	24:36.72 L	F	Foster, Kim	49	TUKM NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
5	27:17.56 L	F	Geldard, Natalie	45	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
6	29:50.43 L	F	Lindhorst, Merle	48	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
7	32:03.00 L	F	Rip, Laura	48	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
8	32:59.00 L	F	Verryn, Sabine	47	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
9	33:56.00 L	F	Wooding, Janet	47	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
10	35:10.00 L	F	Mulders, Mandy	47	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
Women 45-49 50 Back								
1	38.14 L	F	Dressler, Annemarie	45	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	38.67 L	F	Degenaar, Jean	49	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	40.05 L	F	Rip, Laura	49	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	42.84 L	F	Bouwer, Marieke	46	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	44.23 L	F	Curtis, Alison	45	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	44.62 L	F	Welgemoed, Janine	48	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	45.59 L	F	Zambetti, Deane	46	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	46.84 L	F	Hau, Di	49	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	47.06 L	F	Harrison, Peta	49	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	49.77 L	F	McLaren, Mare	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	50.66 L	F	Geldard, Natalie	46	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
12	53.99 L	F	Coetzee, Yvette	46	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
13	1:06.53 L	F	Wooding, Janet	47	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
Women 45-49 100 Back								
1	1:22.57 L	F	Degenaar, Jean	49	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:23.93 L	F	Dressler, Annemarie	45	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	1:25.89 L	F	Bloxham, Michelle	48	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
4	1:29.94 L	F	Rip, Laura	49	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	1:33.38 L	F	Hore, Hayley	45	HIGH KZ	2008-11-16	KZNMSA (Highway) @ Crawford	
6	1:36.30 L	F	Welgemoed, Janine	48	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	1:43.10 L	F	Curtis, Alison	45	PHOE CG	2009-01-31	GMS (Phoenix) @ Ellis Park	
Women 45-49 200 Back								
1	2:54.04 L	F	Degenaar, Jean	49	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	2:58.73 L	F	Dressler, Annemarie	45	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	3:02.32 L	F	Ueckermann, Hannah	46	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	

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Times since: 01-May-08 Times until: 30-Apr-09
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	Time	P/F/S	Name	Age/Yr				
4	3:34.45 L	F	Bloxham, Michelle	48	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
5	3:42.19 L	F	Rip, Laura	49	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 45-49 50 Breast								
1	39.21 L	F	Stanford, Cecilia	48	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	40.66 L	F	Strauss, Marcelle	45	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
3	41.25 L	F	Ueckermann, Hannah	46	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	43.00 L	F	Zambetti, Deane	46	WAHO CG	2009-01-31	GMS (Phoenix) @ Ellis Park	
5	44.56 L	F	Hau, Di	49	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
6	44.63 L	F	Thompson, Terry	47	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	45.21 L	F	Fuchs, Mandi	45	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	47.84 L	F	Bloxham, Michelle	48	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
9	48.10 L	F	Symonds, Genevieve	48	SWAH NT	2009-02-12	TMS LC Champs @ Hillcrest	
10	50.42 L	F	Coetzee, Yvette	46	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	50.72 L	F	Verryn, Sabine	47	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
12	51.70 L	F	Bridges, Carole	47	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
13	53.55 L	F	Harrison, Peta	49	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
14	1:11.90 L	F	Wooding, Janet	47	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
15	1:30.15 L	F	Ledbitter, Liz	49	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
Women 45-49 100 Breast								
1	1:25.01 L	F	Stanford, Cecilia	48	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:29.01 L	F	Ueckermann, Hannah	46	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	1:29.11 L	F	Strauss, Marcelle	45	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	1:34.84 L	F	Dressler, Annemarie	45	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	1:38.59 L	F	Hau, Di	49	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	1:38.76 L	F	Thompson, Terry	47	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	1:40.95 L	F	Zambetti, Deane	46	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	1:50.78 L	F	Verryn, Sabine	47	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
Women 45-49 200 Breast								
1	3:06.08 L	F	Stanford, Cecilia	48	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
2	3:11.63 L	F	Ueckermann, Hannah	46	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	3:13.25 L	F	Strauss, Marcelle	45	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	3:16.87 L	F	Dressler, Annemarie	45	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
5	3:35.29 L	F	Hau, Di	49	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
6	3:36.75 L	F	Thompson, Terry	46	HIGH KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
7	3:41.01 L	F	Bloxham, Michelle	48	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
8	3:45.84 L	F	Zambetti, Deane	46	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 45-49 50 Fly								
1	32.51 L	F	Stanford, Cecilia	48	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	39.06 L	F	Hore, Hayley	45	HIGH KZ	2008-11-16	KZNMSA (Highway) @ Crawford	
3	39.17 L	F	Zambetti, Deane	46	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	40.45 L	F	Thompson, Terry	47	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	42.24 L	F	Welgemoed, Janine	48	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	45.22 L	F	Verryn, Sabine	48	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
7	50.52 L	F	Lourens, Gina	46	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 45-49 100 Fly								
1	1:13.13 L	F	Stanford, Cecilia	48	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:18.83 L	F	Degenaar, Jean	49	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	1:54.76 L	F	Bridges, Carole	47	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 45-49 200 Fly								
1	3:25.99 L	F	Bouwer, Marieke	46	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 45-49 200 IM								
1	2:43.89 L	F	Stanford, Cecilia	48	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	2:55.02 L	F	Degenaar, Jean	49	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	3:10.00 L	F	Bouwer, Marieke	46	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
4	3:25.32 L	F	Welgemoed, Janine	48	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	

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	Time	P/F/S	Name	Age/Yr				
5	3:32.74 L	F	Uys, Mandy	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	3:34.53 L	F	Bridges, Carole	47	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	4:00.27 L	F	McLaren, Mare	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Women 45-49 400 IM								
1	6:10.14 L	F	Degenaar, Jean	49	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	6:48.31 L	F	Bouwer, Marieke	46	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	7:09.88 L	F	Hore, Hayley	45	HIGH KZ	2008-11-16	KZNMSA (Highway) @ Crawford	