

## 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 50-54 50 Free</b>								
1	30.64	L	T	Campbell, Heather	54	SEAL	KZ	2009-03-11 SAMS 25th LC Champs @ East Lond
2	31.16	L	F	Webb, Liz	50	DOLP	WP	2009-03-11 SAMS 25th LC Champs @ East Lond
3	31.38	L	F	Coetzee, Di	54	CPTW	WP	2009-03-11 SAMS 25th LC Champs @ East Lond
4	31.92	L	F	McCarney, Gail	50	CPTW	WP	2009-03-11 SAMS 25th LC Champs @ East Lond
5	32.76	L	F	Foster, Kim	50	COEL	NT	2009-02-28 GMS Interregional @ Ellis Park
6	34.15	L	F	Davie, Clare	53	PHOE	CG	2009-03-11 SAMS 25th LC Champs @ East Lond
7	34.38	L	F	Brimble, Mairi	54	DOLP	WP	2009-03-11 SAMS 25th LC Champs @ East Lond
8	34.99	L	F	Sharkey, Therese	54	WINE	WP	2009-02-17 WPMSA LC Champs @ UWC/Paarl/U
9	36.28	L	F	McLeod, Fiona	54	SEAL	KZ	2009-02-15 KZNMSA LC Champs @ Kings Park
10	36.30	L	F	Donnelly, Chris	52	CPTW	WP	2009-03-11 SAMS 25th LC Champs @ East Lond
11	36.39	L	F	Alder, Elaine	52	WAHO	CG	2009-03-11 SAMS 25th LC Champs @ East Lond
12	36.47	L	F	Boyes, Luzanne	52	CPTW	WP	2009-03-11 SAMS 25th LC Champs @ East Lond
13	36.88	L	F	Matley, Terry	52	DOLP	WP	2009-03-11 SAMS 25th LC Champs @ East Lond
14	36.92	L	F	Bailey, Colleen	54	EACS	KZ	2009-02-15 KZNMSA LC Champs @ Kings Park
15	36.94	L	F	Geraty, Gail	53	COEL	NT	2009-02-12 TMS LC Champs @ Hillcrest
16	37.91	L	F	Vermeulen, Junel	51	PHOE	CG	2009-03-11 SAMS 25th LC Champs @ East Lond
17	37.97	L	F	MacKenzie, Carla	54	AMAK	BO	2009-03-11 SAMS 25th LC Champs @ East Lond
18	39.43	L	F	Louw, Anita	52	AMAK	BO	2009-03-11 SAMS 25th LC Champs @ East Lond
19	39.57	L	F	vd Berg, Elsje	53	COEL	NT	2009-02-12 TMS LC Champs @ Hillcrest
20	41.14	L	F	Spies, Roefie	54	COEL	NT	2009-03-11 SAMS 25th LC Champs @ East Lond
21	45.10	L	F	Moller, Hesta	50	COEL	NT	2009-02-12 TMS LC Champs @ Hillcrest
22	48.25	L	F	Spencer, Joy	54	EACS	KZ	2009-02-15 KZNMSA LC Champs @ Kings Park
23	49.91	L	F	de Beer, Stephanie	54	ETSM	ES	2008-11-08 TMS Interregional @ Hillcrest
24	50.37	L	F	Roets, Gillian	52	ETSM	ES	2009-02-12 TMS LC Champs @ Hillcrest
<b>Women 50-54 100 Free</b>								
1	1:06.79	L	F	Campbell, Heather	54	SEAL	KZ	2009-03-11 SAMS 25th LC Champs @ East Lond
2	1:09.12	L	F	Webb, Liz	50	DOLP	WP	2009-02-17 WPMSA LC Champs @ UWC/Paarl/U
3	1:12.62	L	F	Foster, Kim	50	COEL	NT	2009-02-28 GMS Interregional @ Ellis Park
4	1:15.14	L	F	Brimble, Mairi	54	DOLP	WP	2009-03-11 SAMS 25th LC Champs @ East Lond
5	1:16.41	L	F	Sharkey, Therese	54	WINE	WP	2009-01-24 WPMSA (Cape Town) @ UWC
6	1:18.55	L	F	Scott, Amelia	54	SSHA	FS	2009-03-11 SAMS 25th LC Champs @ East Lond
7	1:21.24	L	F	Donnelly, Chris	52	CPTW	WP	2009-02-17 WPMSA LC Champs @ UWC/Paarl/U
8	1:25.08	L	F	Boyes, Luzanne	52	CPTW	WP	2009-03-11 SAMS 25th LC Champs @ East Lond
9	1:25.15	L	F	Geraty, Gail	53	COEL	NT	2009-03-11 SAMS 25th LC Champs @ East Lond
10	1:26.02	L	F	MacKenzie, Carla	54	AMAK	BO	2009-03-11 SAMS 25th LC Champs @ East Lond
11	1:29.51	L	F	vd Berg, Elsje	53	COEL	NT	2009-03-11 SAMS 25th LC Champs @ East Lond
12	1:31.68	L	F	Louw, Anita	52	AMAK	BO	2009-03-11 SAMS 25th LC Champs @ East Lond
13	1:32.12	L	F	Bailey, Colleen	54	EACS	KZ	2008-11-16 KZNMSA (Highway) @ Crawford
14	1:39.04	L	F	Bronkhorst, Liz	53	PHOE	CG	2009-03-11 SAMS 25th LC Champs @ East Lond
<b>Women 50-54 200 Free</b>								
1	2:26.89	L	F	Campbell, Heather	54	SEAL	KZ	2009-03-11 SAMS 25th LC Champs @ East Lond
2	2:27.61	L	F	Webb, Liz	50	DOLP	WP	2009-03-11 SAMS 25th LC Champs @ East Lond
3	2:29.22	L	F	Coetzee, Di	54	CPTW	WP	2009-03-11 SAMS 25th LC Champs @ East Lond
4	2:37.48	L	F	Foster, Kim	50	COEL	NT	2009-03-11 SAMS 25th LC Champs @ East Lond
5	2:44.89	L	F	Sharkey, Therese	54	WINE	WP	2009-03-11 SAMS 25th LC Champs @ East Lond
6	2:50.25	L	F	Brimble, Mairi	54	DOLP	WP	2009-03-11 SAMS 25th LC Champs @ East Lond
7	2:58.32	L	F	Scott, Amelia	54	SSHA	FS	2009-03-11 SAMS 25th LC Champs @ East Lond
8	3:00.01	L	F	Vermeulen, Junel	51	PHOE	CG	2009-03-11 SAMS 25th LC Champs @ East Lond
9	3:04.52	L	F	Boyes, Luzanne	52	CPTW	WP	2009-03-11 SAMS 25th LC Champs @ East Lond
10	3:05.15	L	F	Geraty, Gail	53	COEL	NT	2009-03-11 SAMS 25th LC Champs @ East Lond
11	3:18.51	L	F	Snyman, Hester	52	CPTW	WP	2009-03-11 SAMS 25th LC Champs @ East Lond
12	3:39.66	L	F	Bronkhorst, Liz	53	PHOE	CG	2009-03-11 SAMS 25th LC Champs @ East Lond
<b>Women 50-54 400 Free</b>								
1	5:11.48	L	F	Webb, Liz	50	DOLP	WP	2009-03-11 SAMS 25th LC Champs @ East Lond
2	5:33.63	L	F	Sharkey, Therese	54	WINE	WP	2009-02-17 WPMSA LC Champs @ UWC/Paarl/U

## 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			
3	5:36.82 L	F	Campbell, Heather	53	SEAL KZ	2009-02-15	KZNMSA LC Champs @ Kings Park
4	5:46.11 L	F	Foster, Kim	50	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
5	5:57.12 L	F	Brimble, Mairi	54	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc
6	6:15.12 L	F	Vermeulen, Junel	51	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc
7	6:25.37 L	F	Geraty, Gail	53	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
8	6:28.23 L	F	Boyes, Luzanne	52	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc
9	7:16.48 L	F	vd Berg, Elsje	53	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
10	7:24.79 L	F	Goldstein, Heather	53	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc
11	7:27.91 L	F	Louw, Anita	52	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
12	8:10.00 L	F	Bronkhorst, Liz	53	PHOE CG	2009-02-12	TMS LC Champs @ Hillcrest
13	8:29.32 L	F	Gower, Lynda	50	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
14	14:15.65 L	F	Ledbitter, Liz	50	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest
15	14:51.74 L	F	Pedersen, Sheilah	50	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
<b>Women 50-54 800 Free</b>							
1	10:32.68 L	F	Webb, Liz	50	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc
2	11:35.54 L	F	Davie, Clare	53	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc
3	12:12.43 L	F	Brimble, Mairi	54	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc
4	12:43.54 L	F	Vermeulen, Junel	51	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc
5	12:45.73 L	F	Bronkhorst, Liz	53	PHOE CG	2009-01-31	GMS (Phoenix) @ Ellis Park
6	12:57.05 L	F	Alder, Elaine	52	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
7	13:11.65 L	F	Boyes, Luzanne	52	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc
8	13:30.28 L	F	Geraty, Gail	53	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
9	14:33.07 L	F	Black, Jill	52	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Londc
10	14:39.43 L	F	vd Berg, Elsje	53	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
11	15:35.14 L	F	Bolt, Sue	52	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest
12	17:02.63 L	F	Gower, Lynda	50	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
13	30:30.06 L	F	Ledbitter, Liz	50	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest
<b>Women 50-54 1500 Free</b>							
1	20:03.91 L	F	Webb, Liz	50	DOLP WP	2009-01-24	WPMSA (Cape Town) @ UWC
2	22:03.78 L	F	Davie, Clare	52	PHOE CG	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest
3	22:32.23 L	F	Young, Cheryl	50	DOLP WP	2009-01-24	WPMSA (Cape Town) @ UWC
4	25:52.00 L	F	Geraty, Gail	53	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest
5	31:13.00 L	F	Bronkhorst, Liz	53	PHOE CG	2009-02-12	TMS LC Champs @ Hillcrest
6	31:53.00 L	F	Bolt, Sue	52	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest
7	40:16.00 L	F	de Beer, Stephanie	54	ETSM ES	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest
8	43:56.00 L	F	Wepener, Rhoda	52	ETSM ES	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest
9	1:00:01.00 L	F	Ledbitter, Liz	50	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest
<b>Women 50-54 50 Back</b>							
1	38.89 L	F	Coetzee, Di	54	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc
2	40.23 L	F	Sharkey, Therese	54	WINE WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U
3	41.54 L	F	Snyman, Annette	50	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc
4	41.94 L	F	Alder, Elaine	52	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
5	43.97 L	F	Bailey, Colleen	54	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park
6	47.00 L	F	Black, Jill	52	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Londc
7	48.97 L	F	Spies, Roefie	54	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
8	50.54 L	F	Goldstein, Heather	52	HIGH KZ	2008-11-16	KZNMSA (Highway) @ Crawford
9	55.92 L	F	Louw, Anita	52	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
10	59.56 L	F	de Beer, Stephanie	54	ETSM ES	2008-11-08	TMS Interregional @ Hillcrest
11	1:07.28 L	F	Roets, Gillian	52	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc
12	1:08.90 L	F	Wepener, Rhoda	52	ETSM ES	2008-11-08	TMS Interregional @ Hillcrest
<b>Women 50-54 100 Back</b>							
1	1:22.96 L	F	Coetzee, Di	54	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc
2	1:23.20 L	F	Davie, Clare	53	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc
3	1:25.92 L	F	Sharkey, Therese	54	WINE WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U
4	1:32.32 L	F	Alder, Elaine	52	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
5	1:33.35 L	F	Scott, Amelia	54	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc

## 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				
6	1:33.60 L	F	Snyman, Annette	50	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	1:33.76 L	F	Bailey, Colleen	54	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
8	1:45.47 L	F	Black, Jill	52	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 50-54 200 Back</b>								
1	2:53.59 L	F	Davie, Clare	53	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	2:59.62 L	F	Coetzee, Di	54	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
3	2:59.95 L	F	Campbell, Heather	53	SEAL KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
4	3:09.85 L	F	Sharkey, Therese	54	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	3:22.12 L	F	Alder, Elaine	52	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	3:29.03 L	F	Bailey, Colleen	54	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
7	3:52.00 L	F	Black, Jill	52	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 50-54 50 Breast</b>								
1	39.52 L	F	McCarney, Gail	50	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	42.14 L	F	Matley, Terry	52	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	44.34 L	F	Foster, Kim	50	COEL NT	2009-02-28	GMS Interregional @ Ellis Park	
4	46.50 L	F	Donnelly, Chris	52	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	47.92 L	F	MacKenzie, Carla	54	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	47.94 L	F	Spies, Roefie	54	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	50.00 L	F	McLeod, Fiona	54	SEAL KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
8	52.49 L	F	vd Berg, Elsje	53	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	52.56 L	F	Moller, Hesta	50	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	53.04 L	F	Skinner, Vionne	50	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	53.35 L	F	Louw, Niki	54	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
12	53.53 L	F	Goldstein, Heather	52	HIGH KZ	2008-11-16	KZNMSA (Highway) @ Crawford	
13	53.77 L	F	Spencer, Joy	54	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
14	54.00 L	F	Roets, Gillian	52	ETSM ES	2009-02-12	TMS LC Champs @ Hillcrest	
15	54.49 L	F	Gower, Lynda	50	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
16	55.39 L	F	Bass, Adrienne	53	COEL NT	2009-02-28	GMS Interregional @ Ellis Park	
17	1:00.03 L	F	Wepener, Rhoda	53	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
18	1:20.38 L	F	Ledbitter, Liz	50	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 50-54 100 Breast</b>								
1	1:28.23 L	F	McCarney, Gail	50	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:35.49 L	F	Matley, Terry	52	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	1:38.51 L	F	Donnelly, Chris	52	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	1:49.57 L	F	McLeod, Fiona	54	SEAL KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
5	1:50.84 L	F	MacKenzie, Carla	54	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	1:56.55 L	F	Boyes, Luzanne	52	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
7	1:58.86 L	F	Spencer, Joy	54	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
8	1:59.07 L	F	Moller, Hesta	50	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	2:00.69 L	F	Gower, Lynda	50	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	2:04.37 L	F	Roets, Gillian	52	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	2:16.82 L	F	Wepener, Rhoda	53	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 50-54 200 Breast</b>								
1	3:13.14 L	F	McCarney, Gail	50	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	3:34.28 L	F	Matley, Terry	52	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	3:58.85 L	F	McLeod, Fiona	54	SEAL KZ	2008-11-16	KZNMSA (Highway) @ Crawford	
4	3:59.45 L	F	Louw, Niki	54	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	4:16.50 L	F	Goldstein, Heather	53	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	4:32.70 L	F	Gower, Lynda	50	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	4:59.99 L	F	Roets, Gillian	52	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	6:15.11 L	F	Ledbitter, Liz	50	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 50-54 50 Fly</b>								
1	32.33 L	F	Campbell, Heather	54	SEAL KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	33.03 L	F	Foster, Kim	50	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
3	33.22 L	F	McCarney, Gail	50	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	33.67 L	F	Webb, Liz	50	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc	

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### Individual Top Times

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Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
5	35.16 L	F	Coetzee, Di	54	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
6	41.39 L	F	Scott, Amelia	54	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	43.03 L	F	Donnelly, Chris	52	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	53.73 L	F	Louw, Niki	54	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 50-54 100 Fly</b>								
1	1:17.00 L	F	Foster, Kim	50	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:29.61 L	F	Campbell, Heather	53	SEAL KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
3	1:58.04 L	F	Goldstein, Heather	53	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	2:00.15 L	F	Snyman, Hester	52	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	2:04.93 L	F	Louw, Niki	54	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 50-54 200 Fly</b>								
1	3:01.15 L	F	Foster, Kim	50	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	3:17.60 L	F	Davie, Clare	53	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	3:57.38 L	F	Louw, Niki	54	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	4:00.35 L	F	Snyman, Annette	50	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	4:21.79 L	F	Goldstein, Heather	53	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Women 50-54 200 IM</b>								
1	2:49.94 L	F	Campbell, Heather	54	SEAL KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	2:57.28 L	F	Coetzee, Di	54	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
3	3:00.07 L	F	Foster, Kim	50	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	3:20.83 L	F	Scott, Amelia	54	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	3:22.31 L	F	Alder, Elaine	52	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	3:25.20 L	F	Vermeulen, Junel	51	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	3:25.26 L	F	Donnelly, Chris	52	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	3:41.83 L	F	Snyman, Annette	50	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	3:58.34 L	F	vd Berg, Elsje	53	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
<b>Women 50-54 400 IM</b>								
1	6:30.09 L	F	Davie, Clare	53	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	6:57.82 L	F	Sharkey, Therese	54	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	7:10.00 L	F	Vermeulen, Junel	51	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	7:39.44 L	F	Snyman, Annette	50	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	8:19.01 L	F	Louw, Niki	54	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	8:20.89 L	F	Goldstein, Heather	53	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	