

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 60-64 50 Free								
1	30.79 L	F	Kruger, Sanderina	60	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	35.13 L	F	Russell, Therese	61	DOLP WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
3	35.76 L	F	Craig, Elsa	64	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Lond	
4	36.75 L	F	Jones, Anne	64	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Lond	
5	40.02 L	F	Clark, Rosemary	61	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Lond	
6	42.18 L	F	Fyfe, Joyce	62	COEL NT	2009-01-31	GMS (Phoenix) @ Ellis Park	
7	43.42 L	F	Godfrey, Colleen	60	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
8	44.09 L	F	Angelos, Merle	63	EACS KZ	2008-11-16	KZNMSA (Highway) @ Crawford	
9	44.69 L	F	Burger, Rita	64	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
10	49.15 L	F	Wilcox, Pat	61	PHOE CG	2009-02-28	GMS Interregional @ Ellis Park	
Women 60-64 100 Free								
1	1:06.63 L	F	Kruger, Sanderina	60	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	1:24.82 L	F	Jones, Anne	64	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	1:32.26 L	F	Clark, Rosemary	61	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Lond	
4	1:36.12 L	F	Godfrey, Colleen	60	DOLP WP	2009-01-24	WPMSA (Cape Town) @ UWC	
5	1:40.26 L	F	Fyfe, Joyce	62	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
6	1:43.59 L	F	Burger, Rita	64	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
7	1:46.95 L	F	Ferreira, Mercia	60	WAHO CG	2009-02-28	GMS Interregional @ Ellis Park	
Women 60-64 200 Free								
1	2:33.36 L	F	Kruger, Sanderina	60	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	2:59.82 L	F	Russell, Therese	61	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	3:06.47 L	F	Jones, Anne	64	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Lond	
4	3:30.41 L	F	Clark, Rosemary	61	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Lond	
5	3:32.01 L	F	Godfrey, Colleen	60	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
6	3:37.23 L	F	Strong, Jenny	61	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Lond	
7	3:46.53 L	F	Fyfe, Joyce	62	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
8	3:48.91 L	F	Ferreira, Mercia	60	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Lond	
9	4:09.29 L	F	Burger, Rita	64	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
10	4:11.45 L	F	vd Walt, Carol	61	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Lond	
11	5:06.13 L	F	Smit, Jackie	61	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 60-64 400 Free								
1	6:37.13 L	F	Jones, Anne	64	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	6:49.69 L	F	Shuttleworth, Bev	61	HIGH KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
3	7:27.89 L	F	Strong, Jenny	61	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Lond	
4	8:05.32 L	F	Ferreira, Mercia	60	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Lond	
5	8:33.11 L	F	vd Walt, Carol	61	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Lond	
6	10:13.63 L	F	Smit, Jackie	61	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 60-64 800 Free								
1	13:45.27 L	F	Shuttleworth, Bev	62	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	14:00.37 L	F	Jones, Anne	64	PHOE CG	2009-01-31	GMS (Phoenix) @ Ellis Park	
3	15:06.31 L	F	Meaker, Jane	61	ETSM ES	2009-01-31	GMS (Phoenix) @ Ellis Park	
4	15:19.34 L	F	Strong, Jenny	61	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Lond	
5	16:24.64 L	F	Ferreira, Mercia	60	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Lond	
6	17:27.12 L	F	vd Walt, Carol	61	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Lond	
7	21:02.36 L	F	Smit, Jackie	61	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 60-64 1500 Free								
1	27:54.00 L	F	Jones, Anne	63	PHOE CG	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
2	35:05.00 L	F	Burger, Rita	63	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
3	35:55.18 L	F	vd Walt, Carol	60	ETSM ES	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
Women 60-64 50 Back								
1	41.01 L	F	Kruger, Sanderina	60	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	44.32 L	F	Russell, Therese	61	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	45.93 L	F	Shuttleworth, Bev	61	HIGH KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
4	48.13 L	F	Fyfe, Joyce	62	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	

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	Time	P/F/S	Name	Age/Yr			
5	49.79 L	F	Strong, Jenny	61	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Londc
6	50.57 L	F	Lawless, Helen	60	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
7	52.63 L	F	Jones, Anne	64	PHOE CG	2009-01-31	GMS (Phoenix) @ Ellis Park
8	52.66 L	F	Angelos, Merle	63	EACS KZ	2008-11-16	KZNMSA (Highway) @ Crawford
9	1:00.75 L	F	vd Walt, Carol	60	ETSM ES	2008-11-08	TMS Interregional @ Hillcrest
10	1:16.86 L	F	Smit, Jackie	61	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Londc
Women 60-64 100 Back							
1	1:31.38 L	F	Kruger, Sanderina	60	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U
2	1:38.32 L	F	Russell, Therese	61	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc
3	1:48.58 L	F	Strong, Jenny	61	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Londc
4	1:58.12 L	F	Fyfe, Joyce	62	COEL NT	2009-02-28	GMS Interregional @ Ellis Park
5	2:13.82 L	F	vd Walt, Carol	61	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc
6	2:43.36 L	F	Smit, Jackie	61	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Londc
Women 60-64 200 Back							
1	3:30.98 L	F	Russell, Therese	61	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc
2	3:45.91 L	F	Jones, Anne	64	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc
3	3:50.27 L	F	Strong, Jenny	61	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Londc
4	4:13.85 L	F	Fyfe, Joyce	62	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
5	4:46.16 L	F	vd Walt, Carol	61	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc
6	5:46.69 L	F	Smit, Jackie	61	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Londc
Women 60-64 50 Breast							
1	45.84 L	F	Shuttleworth, Bev	61	HIGH KZ	2009-02-15	KZNMSA LC Champs @ Kings Park
2	47.66 L	F	Russell, Therese	61	DOLP WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U
3	51.20 L	F	Jones, Anne	64	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc
4	51.35 L	F	Lawless, Helen	60	WAHO CG	2009-01-31	GMS (Phoenix) @ Ellis Park
5	55.08 L	F	Godfrey, Colleen	60	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc
6	55.27 L	F	Ferreira, Mercia	60	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
7	59.90 L	F	Harris, Laraine	60	ETSM ES	2009-02-12	TMS LC Champs @ Hillcrest
Women 60-64 100 Breast							
1	1:42.04 L	F	Shuttleworth, Bev	61	HIGH KZ	2009-02-15	KZNMSA LC Champs @ Kings Park
2	2:01.41 L	F	Godfrey, Colleen	60	DOLP WP	2009-03-11	SAMS 25th LC Champs @ East Londc
3	2:04.72 L	F	Ferreira, Mercia	60	WAHO CG	2009-02-28	GMS Interregional @ Ellis Park
4	2:12.50 L	F	Harris, Laraine	60	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc
5	2:13.06 L	F	Wilcox, Pat	61	PHOE CG	2009-02-28	GMS Interregional @ Ellis Park
Women 60-64 200 Breast							
1	3:52.04 L	F	Shuttleworth, Bev	62	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc
2	4:24.92 L	F	Ferreira, Mercia	60	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
3	5:02.96 L	F	Harris, Laraine	60	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc
Women 60-64 50 Fly							
1	35.41 L	F	Kruger, Sanderina	60	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc
2	38.61 L	F	Craig, Elsa	64	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc
3	44.40 L	F	Lawless, Helen	60	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
4	49.83 L	F	Clark, Rosemary	61	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc
Women 60-64 100 Fly							
1	1:36.17 L	F	Craig, Elsa	64	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc
2	1:54.26 L	F	Lawless, Helen	60	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
3	2:00.85 L	F	Clark, Rosemary	61	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc
Women 60-64 200 Fly							
1	4:08.05 L	F	Craig, Elsa	64	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc
2	4:10.69 L	F	Lawless, Helen	60	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
Women 60-64 200 IM							
1	3:21.69 L	F	Craig, Elsa	64	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc
2	3:31.41 L	F	Russell, Therese	61	DOLP WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U
3	3:40.72 L	F	Jones, Anne	64	PHOE CG	2009-02-28	GMS Interregional @ Ellis Park
4	3:51.04 L	F	Lawless, Helen	60	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc

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	Time	P/F/S	Name	Age/Yr				
Women 60-64 400 IM								
1	7:21.22 L	F	Craig, Elsa	64	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	8:17.04 L	F	Lawless, Helen	60	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Lond	