

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 70-74 50 Free								
1	43.22 L	F	Williamson, Gloria	71	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	52.89 L	F	Hanson, Ann	71	COEL NT	2009-01-31	GMS (Phoenix) @ Ellis Park	
Women 70-74 100 Free								
1	1:35.62 L	F	Williamson, Gloria	71	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	2:00.50 L	F	Hanson, Ann	70	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
Women 70-74 200 Free								
1	3:43.64 L	F	Williamson, Gloria	71	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	4:18.35 L	F	Hanson, Ann	71	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 70-74 400 Free								
1	8:01.48 L	F	Williamson, Gloria	71	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	9:19.00 L	F	Hanson, Ann	71	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
Women 70-74 800 Free								
1	16:11.67 L	F	Williamson, Gloria	71	PHOE CG	2009-01-31	GMS (Phoenix) @ Ellis Park	
2	18:23.58 L	F	Hanson, Ann	71	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 70-74 1500 Free								
1	37:09.71 L	F	Hanson, Ann	70	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
Women 70-74 50 Back								
1	1:03.93 L	F	Williamson, Gloria	71	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	1:52.91 L	F	Swanepoel, Miems	74	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
Women 70-74 100 Back								
1	4:02.27 L	F	Swanepoel, Miems	74	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
Women 70-74 200 Back								
1	8:01.26 L	F	Swanepoel, Miems	74	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
Women 70-74 50 Breast								
1	1:11.25 L	F	Hanson, Ann	71	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
2	1:58.32 L	F	Swanepoel, Miems	74	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
Women 70-74 100 Breast								
1	2:43.55 L	F	Hanson, Ann	71	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	4:06.54 L	F	Swanepoel, Miems	74	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
Women 70-74 200 Breast								
1	5:49.63 L	F	Hanson, Ann	71	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	