

**South African Masters Swimming 35th LC Champs
20-23 March 2019 at the Newton Park pool Port Elizabeth
Meet Program - Thursday morning**

Event 6 Men 400 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

1	Townsend, Richard	53	Coelacanth-TSH	11:30.00
2	Neu-Ner, Mike	72	Wahoo-JHB	10:00.00
3	van Reenen, Tyrel	38	Synergy-ETH	9:00.00
4	Jevon, Bryn	56	Amakhosi-BUF	8:00.00
5	van Heerden, Carel	69	Waterborn-JHB	8:20.00
6	vd Zee, Huib	72	Amakhosi-BUF	9:40.00
7	Jay, Willie	49	Coelacanth-TSH	10:00.00
8	Rowe, Daryan	34	Amakhosi-BUF	12:00.00

Heat 2 of 4 Finals

1	McLachlan, Dave	82	Cape Town-CPT	7:55.00
2	Fubbs, Matthew	47	Wahoo-JHB	7:40.00
3	Baker, Tony	63	Synergy-ETH	7:30.00
4	Gray, Garth	57	Waterborn-JHB	7:20.30
5	Olivier, Marais	56	Cape Town-CPT	7:23.00
6	Arbutnot, Dave	66	Coelacanth-TSH	7:30.00
7	van Lingen, Franco	70	Coelacanth-TSH	7:50.00
8	Skidmore, Kerry	53	Amakhosi-BUF	8:00.00

Heat 3 of 4 Finals

1	Louw, Attie	66	Winelands-CPT	7:17.00
2	Hatherly, Bob	68	PE Masters-NMA	7:15.00
3	Turner, Mark	41	Waterborn-JHB	7:10.00
4	Searle, Alan	45	PE Masters-NMA	7:00.00
5	Clark, Tyrone	48	Cape Town-CPT	7:00.00
6	O'Mahony, Andrew	33	Wahoo-JHB	7:15.00
7	Jv Rensburg, Henk	59	Coelacanth-TSH	7:17.00
8	Lotkin, Roy	60	Waterborn-JHB	7:20.00

Heat 4 of 4 Finals

1	Grobler, Francois	51	Waterborn-JHB	6:25.00
2	Yazbek, Victor	44	Free State-MAN	6:10.00
3	Albertyn, Gary	50	Coelacanth-TSH	5:50.50
4	Barson, Shaun	37	Florida-JHB	5:20.00
5	Parkin, Terence	39	Wahoo-JHB	5:45.00
6	Lilford, Frank	50	Synergy-ETH	5:51.00
7	Reen, Brad	43	PE Masters-NMA	6:14.00
8	Frost, David	61	Winelands-CPT	6:30.00

Event 7 Women 400 LC Meter IM

Lane	Name	Age	Team	Seed Time
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Heat 1 of 4 Finals

1				
2	Burbidge, Flo	55	Amakhosi-BUF	12:30.00
3	vd Berg, Elsje	63	Coelacanth-TSH	9:25.00
4	Homveld, Jade	53	Coelacanth-TSH	9:15.00
5	van Niekerk, Antoinette	71	Free State-MAN	9:15.00
6	Coetzer, Sharon	46	Amakhosi-BUF	9:30.00
7	Tottle, Kay	71	Amakhosi-BUF	16:00.00
8				

Heat 2 of 4 Finals

1	Louw, Niki	64	Winelands-CPT	8:40.00
2	Craig, Elsa	74	Bay Eagle-NMA	8:20.00
3	Collignon, Denise	54	Coelacanth-TSH	8:15.00
4	Finlay, Angela	45	Bay Eagle-NMA	7:45.00
5	Scheepers, Erika	35	PE Masters-NMA	8:00.00
6	Smith, Ruth	55	Waterborn-JHB	8:20.00
7	van Nierop, Nicky	56	Amakhosi-BUF	8:30.00
8	Black, Jill	62	Fish Eagles-EDD	8:55.00

Heat 3 of 4 Finals

1	Fuchs, Mandi	55	Cape Town-CPT	7:30.00
2	Sharkey, Therese	64	Winelands-CPT	7:26.00
3	Bishop, Pippy	37	Fish Eagles-EDD	7:00.00
4	Bosman, Denise	60	Bay Eagle-NMA	7:00.00
5	Odendaal, Dalena	26	Coelacanth-TSH	7:00.00
6	Bouwer, Marieke	56	Coelacanth-TSH	7:15.00
7	Mons, Maureen	68	Phoenix-JHB	7:27.00
8	Garnett-Bennett, Louise	41	Champion-TSH	7:32.00

Heat 4 of 4 Finals

1	Young, Cheryl	60	Cape Dolphins-CPT	6:15.00
2	Troup, Bianca	45	Wahoo-JHB	6:10.00
3	Scott, Lucy	25	Cape Town-CPT	5:45.00
4	Stanford, Tarryn	33	Cape Town-CPT	5:35.00
5	Nurse, Kathryn	40	Cape Town-CPT	5:40.00
6	Kruger, Sam	41	Synergy-ETH	5:50.00
7	Osborne, Tanya	46	Fish Eagles-EDD	6:11.10
8	Isakov, Rachele	49	Coelacanth-TSH	6:45.00

Event 8 Men 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 21 Finals

1				
2	Hutchings, Peter	84	Wahoo-JHB	1:00.00
3	Garson, John	81	Wahoo-JHB	48.00
4	Cameron, Mike	83	Synergy-ETH	44.00
5	Saunders, Jim	82	Synergy-ETH	49.00
6	Briceland, Terry	88	Amakhosi-BUF	1:00.00
7	Beukes, Ted	89	Coelacanth-TSH	1:10.00
8				

Heat 2 of 21 Finals

1				
2	Wallace, Ronald	78	Amakhosi-BUF	49.00
3	Fyfe, Derek	79	Coelacanth-TSH	36.50
4	Hughes, Jimmy	76	Synergy-ETH	36.00
5	Saunders, Brian	76	PE Masters-NMA	36.50
6	Braithwaite, Hugh	78	Amakhosi-BUF	38.50
7	Parkin, Bernard	75	Florida-JHB	55.00
8				

Heat 3 of 21 Finals

1				
2	Barson, Tony	70	Amakhosi-BUF	56.00
3	Jennings, Ross	74	Coelacanth-TSH	48.00
4	Rivers, Andy	73	Phoenix-JHB	40.00
5	Swanepoel, Pieter	70	Coelacanth-TSH	41.00
6	de Lange, Stef	71	Coelacanth-TSH	55.00
7				
8				

Heat 4 of 21 Finals

1	Morrison, Allen	71	Cape Town-CPT	38.78
2	Petersen, John	74	Phoenix-JHB	35.00
3	Cheadle, Halton	70	Cape Town-CPT	32.00
4	Downes, Terry	70	Coelacanth-TSH	30.00
5	du Toit, Francois	72	Cape Town-CPT	32.00
6	Bolstridge, Mike	70	Synergy-ETH	34.00
7	Searle, Francis	70	PE Masters-NMA	38.00
8	Burger, Francois	70	Coelacanth-TSH	40.00

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Heat 5 Finals (#8 Men 50 LC Meter Freestyle)

1	Knoetze, Hugo	66	Coelacanths-TSH	48.00
2	Vile, Danny	67	MEGA-EKU	44.00
3	van Heerden, Carel	69	Waterborn-JHB	40.00
4	Crutchley, Anthony	69	Synergy-ETH	38.00
5	Gordon-Davis, Brian	66	MEGA-EKU	40.00
6	Hadley, Tony	67	Amakhosi-BUF	41.00
7	von Geysso, Carl	67	Coelacanths-TSH	45.00
8				

Heat 6 of 21 Finals

1	Hodges, Mark	66	Cape Town-CPT	37.00
2	van Rooijen, Gerhard	69	Synergy-ETH	36.20
3	Arbutnot, Dave	66	Coelacanths-TSH	32.00
4	Tozer, Tyrone	69	Cape Town-CPT	29.80
5	Reen, Nick	65	PE Masters-NMA	30.00
6	van Niekerk, Johan	66	Coelacanths-TSH	35.00
7	Selmer-Olsen, Sam	67	Wahoo-JHB	36.50
8	Pryke, Michael	69	Wahoo-JHB	38.00

Heat 7 of 21 Finals

1	Nel, Andre	56	MEGA-EKU	40.00
2	Henry, Marty	55	PE Masters-NMA	40.00
3	de Beer, David	57	Coelacanths-TSH	37.80
4	Olivier, Marais	56	Cape Town-CPT	36.00
5	Hougaard, Emil	55	PE Masters-NMA	38.00
6	Pattinson, Kenneth	55	PE Masters-NMA	40.00
7	Coetzer, Hendrik	64	Coelacanths-TSH	45.00
8	Slabbert, Stanford	61	PE Masters-NMA	1:10.00

Heat 8 of 21 Finals

1	Kaspers, Harry	61	MEGA-EKU	39.00
2	Fourie, Deon	61	Fish Eagles-EDD	36.14
3	Kloos, Rainer	64	Cape Town-CPT	34.00
4	Wessels, Gordon	63	PE Masters-NMA	32.00
5	Dodkins, Keith	62	Florida-JHB	33.00
6	Felix, Martin	63	Wahoo-JHB	35.00
7	Gordon-Davis, Colin	64	MEGA-EKU	38.00
8	Scholtemayer, Kobus	62	Wahoo-JHB	40.00

Heat 9 of 21 Finals

1	Burri, Markus	62	PE Masters-NMA	31.00
2	Gittings, Armour	60	Coelacanths-TSH	30.00
3	Cones, Nigel	64	Cape Town-CPT	29.00
4	Steynberg, Andre	63	Cape Town-CPT	26.90
5	Semple, Mike	62	MEGA-EKU	28.00
6	Hendricks, Nigel	61	Cape Town-CPT	29.50
7	Winfield, Mike	64	Cape Town-CPT	31.00
8	Salamon, Gabor	63	Marlins-FOR	X31.16

Heat 10 of 21 Finals

1	Briceland, Gary	59	Amakhosi-BUF	35.00
2	Summers, Mike	59	MEGA-EKU	34.00
3	Foster, Ted	59	Synergy-ETH	34.00
4	Steyn, Glenn	59	Cape Town-CPT	32.00
5	Grobler, Stoffel	55	PE Masters-NMA	33.53
6	Kruger, Ross	56	Amakhosi-BUF	34.00
7	Gordon-Davis, Keith	59	MEGA-EKU	35.00
8	West, Ralph	58	PE Masters-NMA	35.22

Heat 11 of 21 Finals

1	Rankin, Bruce	55	Coelacanths-TSH	31.00
2	Brinkmann, Carl	57	Marlins-FOR	X29.80
3	Orton, Nick	56	Cape Town-CPT	28.50
4	Taylor, Gary	56	Cape Town-CPT	26.90
5	von Bardeleben, Theo	55	Wahoo-JHB	28.00
6	Clarke, Brian	55	PE Masters-NMA	29.00
7	van Dyk, Eric	57	Coelacanths-TSH	30.00
8	Tustin, Royden	57	Wahoo-JHB	31.00

Heat 12 of 21 Finals

1	Houlie, Samuel	51	Cape Dolphins-CPT	35.00
2	Tucker, Greg	52	Infinity-NMA	32.00
3	Clark, David	52	Synergy-ETH	31.00
4	Bromfield, Brendan	53	Synergy-ETH	31.00
5	Bouille, Juan	52	Synergy-ETH	31.00
6	Morgan, Colin	53	Coelacanths-TSH	32.00
7	Durrant, Gary	53	Coelacanths-TSH	35.00
8	Barnes, Mark	53	PE Masters-NMA	53.00

Heat 13 of 21 Finals

1	vd Watt, Riaan	52	Coelacanths-TSH	30.00
2	Grobler, Francois	51	Waterborn-JHB	30.00
3	vd Westhuizen, Stefan	50	Synergy-ETH	28.00
4	Ruck, Harald	54	Coelacanths-TSH	26.00
5	McLeRoth, Greg	52	Cape Town-CPT	26.80
6	Collins, Tom	52	Waterborn-JHB	30.00
7	Potgieter, Wim	51	Coelacanths-TSH	30.00
8	Crowther, Bobbie	50	Wahoo-JHB	30.80

Heat 14 of 21 Finals

1				
2	Novello, Robert	49	Amakhosi-BUF	37.00
3	Weideman, Andre	48	Fish Eagles-EDD	32.87
4	Carmona, Sergio	48	Phoenix-JHB	32.00
5	Westgate, Rod	47	Amakhosi-BUF	32.00
6	Carstens, FC	49	Coelacanths-TSH	33.00
7	Joubert, Charles	46	Aqua Athlete-JHB	48.17
8				

Heat 15 of 21 Finals

1	Collins, Stuart	45	Wahoo-JHB	31.00
2	Whistler, Brian	49	MEGA-EKU	30.00
3	Serfontein, Barry	46	PE Masters-NMA	30.00
4	Hough, Greg	47	PE Masters-NMA	29.00
5	Gasson, Martin	46	Wahoo-JHB	29.50
6	Neumann, Andy	49	Coelacanths-TSH	30.00
7	Theron, Hennie	48	Coelacanths-TSH	31.00
8	Fubbs, Matthew	47	Wahoo-JHB	31.00

Heat 16 of 21 Finals

1	Pieters, Jacques	46	Wahoo-JHB	28.00
2	Spenceley, Gordon	48	Cape Town-CPT	28.00
3	du Plessis, Trevor	49	Synergy-ETH	27.50
4	Turner, Andrew	46	Cape Town-CPT	27.00
5	Duffy, PJ	49	PE Masters-NMA	27.50
6	Clark, Tyrone	48	Cape Town-CPT	27.50
7	Lock, Brendan	49	PE Masters-NMA	28.00
8	Jacobsz, Willie	45	Coelacanths-TSH	29.00

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Heat 17 Finals (#8 Men 50 LC Meter Freestyle)

1	Swart, Matthys	43	Coelacanth-TSH	37.00
2	Muller, Jacques	41	PE Masters-NMA	31.00
3	Mowbray, Nick	40	PE Masters-NMA	31.00
4	Welsh, John	41	Coelacanth-TSH	29.38
5	Forsythe, Nicholas	42	PE Masters-NMA	30.00
6	van Wyk, Adriaan	42	Coelacanth-TSH	31.00
7	Browning, Sias	43	Free State-MAN	33.00
8	van Rensburg, Wade	44	PE Masters-NMA	44.00

Heat 18 of 21 Finals

1	Yazbek, Victor	44	Free State-MAN	29.00
2	Crous, Francois	41	Coelacanth-TSH	26.20
3	Erasmus, Jaco	41	Wahoo-JHB	26.00
4	Reen, Brad	43	PE Masters-NMA	24.40
5	Allan, Marc	42	Synergy-ETH	24.50
6	Richards, Jay	42	Cape Town-CPT	26.00
7	van Olst, Marc	44	Waterborn-JHB	29.00
8	Muller, Mark	44	Cape Town-CPT	29.00

Heat 19 of 21 Finals

1	Aken, Warren	36	Wahoo-JHB	34.00
2	Heath, Johan	39	PE Masters-NMA	29.00
3	Bailes, Murray	37	PE Masters-NMA	27.00
4	Joubert, Jacques	36	Cape Town-CPT	25.74
5	Lalin, Luke	36	Cape Town-CPT	26.10
6	Gale, Brad	39	Cape Town-CPT	27.00
7	Crous, Kobus	37	Coelacanth-TSH	30.00
8				

Heat 20 of 21 Finals

1				
2				
3	van Rooy, Corneille	30	Coelacanth-TSH	29.44
4	Botes, Romeo	31	Wahoo-JHB	28.00
5	Swartz, Lambert	34	Coelacanth-TSH	28.00
6	Coetzer, Coenraad	32	Coelacanth-TSH	43.00
7				
8				

Heat 21 of 21 Finals

1				
2	Potgieter, Marku	27	Coelacanth-TSH	28.00
3	Guy, Jonathan	28	Cape Town-CPT	26.50
4	Meth, Meth	27	Cape Town-CPT	25.00
5	Meyer, Arno	27	Coelacanth-TSH	26.00
6	Winfield, Philip	25	Cape Town-CPT	27.00
7				
8				

Event 9 Women 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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Heat 1 of 21 Finals

1	Dixon, Judy	78	Fish Eagles-EDD	1:03.00
2	Janssens, Geraldine	75	Fins-MPD	58.00
3	Rosser, Wendy	79	PE Masters-NMA	39.55
4	Hulley, Jane	77	Phoenix-JHB	45.00
5	Hurwitz, Salome	77	Coelacanth-TSH	1:00.00
6	Hanson, Ann	81	Coelacanth-TSH	55.00
7	Saunders, Wendy	84	Synergy-ETH	1:08.00
8				

Heat 2 of 21 Finals

1	Hughes, Di	73	Synergy-ETH	1:20.00
2	Ferreira, Mercia	70	Wahoo-JHB	51.19
3	Lawless, Helen	70	Wahoo-JHB	50.00
4	Fyfe, Joyce	72	Coelacanth-TSH	55.00
5	Thompson, Jean	68	Wahoo-JHB	1:18.00
6	Loxton, Shani	69	Free State-MAN	53.00
7	Nell, Margaret	65	Coelacanth-TSH	1:03.89
8				

Heat 3 of 21 Finals

1	Godfrey, Colleen	70	Cape Dolphins-CPT	45.00
2	Campbell, Jenny	70	Cape Dolphins-CPT	43.00
3	Jones, Anne	74	Phoenix-JHB	38.00
4	Kruger, Sanderina	70	Cape Town-CPT	32.90
5	Craig, Elsa	74	Bay Eagle-NMA	38.00
6	Meaker, Jane	71	MEGA-EKU	42.00
7	Clark, Rosemary	71	Synergy-ETH	43.43
8	Angelos, Merle	74	Synergy-ETH	46.88

Heat 4 of 21 Finals

1	Adan, Marilyn	68	Wahoo-JHB	50.00
2	Bailey, Coleen	65	Synergy-ETH	40.15
3	Rollnick, Marissa	68	Phoenix-JHB	37.00
4	Thatcher, Annette	67	Synergy-ETH	33.50
5	Bromfield, Morag	67	Synergy-ETH	36.00
6	Crawford, Linda	69	Phoenix-JHB	40.00
7	Harrington, Ren	66	PE Masters-NMA	40.50
8	Griffiths, Bronwen	65	Synergy-ETH	52.75

Heat 5 of 21 Finals

1	Schiever, Joan	58	Synergy-ETH	46.00
2	Thompson, Terry	57	Synergy-ETH	41.00
3	Clark, Jeannette	58	Cape Dolphins-CPT	40.00
4	Kotze, Debbie	58	Coelacanth-TSH	36.12
5	Bruining, Carol	59	Coelacanth-TSH	39.52
6	Winfield, Melinda	58	Cape Town-CPT	40.00
7	Galloway, Marion	56	Amakhosi-BUF	45.20
8	Jv Vuuren, Hannatjie	60	Coelacanth-TSH	1:09.00

Heat 6 of 21 Finals

1	Arbuthnot, Cheryl	61	Coelacanth-TSH	55.00
2	Moller, Hesta	60	Coelacanth-TSH	50.00
3	Gilmartin, Theresa	61	Wahoo-JHB	47.00
4	Hayselden, Jax	63	PE Masters-NMA	45.00
5	Snyman, Hester	62	Cape Dolphins-CPT	45.00
6	Llyod, Dawn	61	Synergy-ETH	47.31
7	Robinson, Sue	62	Synergy-ETH	51.00
8	Roets, Gillian	62	MEGA-EKU	59.00

Heat 7 of 21 Finals

1	Richards, Lynette	61	Free State-MAN	43.26
2	vd Berg, Elsje	63	Coelacanth-TSH	42.46
3	Matley, Terry	62	Cape Dolphins-CPT	42.00
4	MacKenzie, Carla	64	Amakhosi-BUF	37.20
5	Alder, Elaine	62	Wahoo-JHB	38.00
6	du Rand, Dawn	60	Waterborn-JHB	42.00
7	Donnelly, Chris	62	Cape Town-CPT	43.00
8	Wild, Gail	63	Coelacanth-TSH	45.00

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Heat 8 Finals (#9 Women 50 LC Meter Freestyle)

1	Lion-Cachet, Amelia	64	Free State-MAN	35.55
2	Reen, Pat	62	PE Masters-NMA	35.00
3	Davie, Clare	63	Phoenix-JHB	34.00
4	Trusler, Ingrid	60	Coelacanth-TSH	32.00
5	Campbell, Heather	64	Synergy-ETH	32.00
6	Reynecke, Pam	63	Champion-TSH	35.00
7	Foster, Kim	60	Coelacanth-TSH	35.00
8	Brimble, Mairi	64	Cape Dolphins-CPT	36.00

Heat 9 of 21 Finals

1	Lee, Les	55	PE Masters-NMA	36.00
2	Ritter, Anja	55	SG Stadtwerke-FOR	X34.00
3	Verryn, Sabine	58	Coelacanth-TSH	32.00
4	Stanford, Cecilia	58	Cape Town-CPT	31.00
5	Strauss, Marcelle	55	Cape Town-CPT	31.80
6	Mason, Carol	56	Waterborn-JHB	33.00
7	Degenaar, Jean	59	Cape Town-CPT	35.00
8	Welgemoed, Janine	58	Cape Town-CPT	36.00

Heat 10 of 21 Finals

1				
2	Gibbon, Heather	46	PE Masters-NMA	53.00
3	le Grange, Jacqui	48	Coelacanth-TSH	42.51
4	van Biljon, Deidre	47	MEGA-EKU	40.00
5	Venter, Karen	45	Coelacanth-TSH	40.00
6	Derbyshire, Sue	48	PE Masters-NMA	49.00
7	Wallace, Bev	53	Coelacanth-TSH	1:10.00
8				

Heat 11 of 21 Finals

1	Sharp, Debbie	52	Coelacanth-TSH	42.00
2	Grobler, Jana	54	Coelacanth-TSH	42.00
3	Gerber, Brenda	52	DMSS Gators-FOR	X40.42
4	Blatti, Jenny	53	PE Masters-NMA	38.49
5	Boden, Tracey	54	PE Masters-NMA	39.00
6	McLellan, Jill	51	PE Masters-NMA	41.00
7	Mitchell, Zoe	52	Marlins-FOR	X42.00
8	Skidmore, Sue	51	Amakhosi-BUF	45.00

Heat 12 of 21 Finals

1	Frenzel, Petra	50	Synergy-ETH	35.00
2	Naude, Caren	52	Wahoo-JHB	34.00
3	vd Merwe, Liz	50	PE Masters-NMA	33.22
4	Ottermann, Edith	53	Cape Town-CPT	27.50
5	Fraatz, Barbara	53	Coelacanth-TSH	30.00
6	Samson, Jane	53	Marlins-FOR	X33.70
7	Botha, Monica	53	Coelacanth-TSH	34.50
8	Dreyer, Liz	51	Amakhosi-BUF	36.05

Heat 13 of 21 Finals

1	Struwig, Nicky	47	Coelacanth-TSH	38.00
2	Potts, Jenny	49	PE Masters-NMA	38.00
3	Meintjes, Liese	47	PE Masters-NMA	35.00
4	Viljoen, Sharon	48	PE Masters-NMA	34.00
5	Anderssen, Kim	47	Waterborn-JHB	35.00
6	Cleriehow, Rae	47	Coelacanth-TSH	37.00
7	Hulley, Charlotte	49	Phoenix-JHB	38.00
8	Barnes, Holly	46	PE Masters-NMA	39.30

Heat 14 of 21 Finals

1	Osborne, Lisa	49	Wahoo-JHB	34.00
2	Schaanick, Juanine	49	Synergy-ETH	31.00
3	Cook, Wendy	49	Synergy-ETH	31.00
4	Ralfe, Sally	46	Synergy-ETH	29.48
5	Engela, Norelle	47	Cape Town-CPT	29.50
6	Gannon, Leigh	46	Cape Town-CPT	31.00
7	Hains, Kerry	45	PE Masters-NMA	32.00
8	Young, Margie	45	PE Masters-NMA	34.00

Heat 15 of 21 Finals

1				
2				
3	Magang, Ruth	42	DMSS Gators-FOR	X41.76
4	Prentis, Catherine	43	Amakhosi-BUF	40.00
5	Louw, Adrilize	43	Amakhosi-BUF	40.50
6	Mew, Lerryn	44	PE Masters-NMA	1:00.00
7				
8				

Heat 16 of 21 Finals

1	van Wyk, Lee	43	Coelacanth-TSH	35.00
2	Fagan, Jaki	44	Wahoo-JHB	29.80
3	Reen, Kelli	41	PE Masters-NMA	29.71
4	Victor-vd Berg, Yvette	40	Coelacanth-TSH	29.02
5	Cadiz, Perry	43	Cape Town-CPT	29.50
6	Gous, Tracy	43	PE Masters-NMA	29.80
7	vd Merwe, Odette	43	Synergy-ETH	35.00
8	Botha, Ingrid	42	Coelacanth-TSH	36.01

Heat 17 of 21 Finals

1				
2				
3	Vermeulen, Estee	26	PE Masters-NMA	NT
4	Coetzer, Danielle	34	Coelacanth-TSH	43.00
5	Smart, Joanne	39	Coelacanth-TSH	44.00
6				
7				
8				

Heat 18 of 21 Finals

1	Khumalo, Emily	38	Fins-MPD	39.47
2	Anelli, Tarryn	36	Cape Town-CPT	32.00
3	Vreenegoor, Joanne	37	Coelacanth-TSH	30.00
4	Rolt, Claire	37	Coelacanth-TSH	29.00
5	Saporta, Antonelle	39	PE Masters-NMA	30.00
6	Irving, Done	39	Synergy-ETH	31.64
7	Bishop, Pippy	37	Fish Eagles-EDD	33.00
8	Woods, Keri	37	PE Masters-NMA	40.00

Heat 19 of 21 Finals

1	Simpson, Christine	34	PE Masters-NMA	37.00
2	Jamieson, Kelly	31	Wahoo-JHB	35.00
3	Humphreys, Lindi	34	PE Masters-NMA	33.00
4	Strydom, Cyndi	32	Wahoo-JHB	28.00
5	Henderson, Delwen	31	PE Masters-NMA	33.00
6	Birch, Tazlin	30	Amakhosi-BUF	34.00
7	Koller, Maxine	30	Coelacanth-TSH	35.00
8	Fogg, Tarryn	32	Coelacanth-TSH	42.00

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Heat 20 Finals (#9 Women 50 LC Meter Freestyle)

1	Homveld, Alexis	27	Coelacanth-TSH	40.00
2	Semple, Kalan	26	MEGA-EKU	37.00
3	Smith, Carmen	29	PE Masters-NMA	32.00
4	Baikie, Rivelle	27	Wahoo-JHB	29.00
5	Abels, Fadia	27	Cape Town-CPT	29.85
6	McNaught, Lisa	27	Wahoo-JHB	32.00
7	Coetzer, Dida	27	Coelacanth-TSH	39.00
8	Nienaber, Madeleine	25	PE Masters-NMA	45.00

Heat 21 of 21 Finals

1				
2				
3	Barit, Chavah	24	Wahoo-JHB	38.00
4	Rasmussen, Heidi	19	Amakhosi-BUF	34.43
5	Skidmore, Pippa	24	Amakhosi-BUF	35.00
6	Coetzee, Jess	24	PE Masters-NMA	44.00
7				
8				

Event 10 Men 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 7 Finals

1	McDonald, Mike	74	Fish Eagles-EDD	5:10.00
2	Harrop-Allin, Anton	74	Coelacanth-TSH	4:15.00
3	van Lingen, Franco	70	Coelacanth-TSH	3:50.00
4	O'Dea, Dermot	73	Fish Eagles-EDD	3:40.00
5	du Toit, Francois	72	Cape Town-CPT	3:50.00
6	vd Zee, Huib	72	Amakhosi-BUF	4:45.00
7	Phielix, Huibert	77	Coelacanth-TSH	5:00.00
8				

Heat 2 of 7 Finals

1				
2				
3	Louw, Attie	66	Winelands-CPT	3:40.00
4	Hatherly, Bob	68	PE Masters-NMA	3:20.00
5	Pretorius, Boet	66	Coelacanth-TSH	3:35.00
6	van Heerden, Carel	69	Waterborn-JHB	3:59.00
7				
8				

Heat 3 of 7 Finals

1				
2	Baker, Tony	63	Synergy-ETH	3:35.00
3	Dodkins, Keith	62	Florida-JHB	3:15.00
4	Frost, David	61	Winelands-CPT	3:10.00
5	McLellan, Neil	60	PE Masters-NMA	3:19.00
6	Foster, Ted	59	Synergy-ETH	3:45.00
7	Schoeman, Danie	58	Free State-MAN	4:05.00
8				

Heat 4 of 7 Finals

1	Olivier, Marais	56	Cape Town-CPT	3:42.00
2	Uitenweerde, Lourens	55	Coelacanth-TSH	3:18.00
3	van Dyk, Eric	57	Coelacanth-TSH	3:15.00
4	du Toit, Graham	59	Cape Town-CPT	3:05.00
5	Webster, Craig	55	Amakhosi-BUF	3:13.76
6	Fechter, Wolfgang	58	Synergy-ETH	3:16.94
7	Burger, Piet	56	Winelands-CPT	3:25.00
8	Jv Rensburg, Henk	59	Coelacanth-TSH	3:44.00

Heat 5 of 7 Finals

1				
2				
3	Smith, Damian	52	Waterborn-JHB	3:25.00
4	Lilford, Frank	50	Synergy-ETH	3:05.00
5	vd Watt, Riaan	52	Coelacanth-TSH	3:22.00
6	Greaves, Gordon	53	Phoenix-JHB	3:49.00
7				
8				

Heat 6 of 7 Finals

1	Venter, Henk	45	Free State-MAN	4:20.00
2	Jacobsz, Willie	45	Coelacanth-TSH	3:25.00
3	Duffy, PJ	49	PE Masters-NMA	3:15.00
4	Gilbert, Oliver	49	Cape Town-CPT	2:54.00
5	Lock, Brendan	49	PE Masters-NMA	3:10.54
6	Gasson, Martin	46	Wahoo-JHB	3:20.00
7	Theron, Hennie	48	Coelacanth-TSH	3:26.00
8				

Heat 7 of 7 Finals

1	van Reenen, Tyrel	38	Synergy-ETH	4:00.00
2	Joubert, Jacques	36	Cape Town-CPT	2:39.01
3	Parkin, Terence	39	Wahoo-JHB	2:50.00
4	Browning, Sias	43	Free State-MAN	4:06.00
5	Ackermann, Kevin	43	PE Masters-NMA	3:15.00
6	Welsh, John	41	Coelacanth-TSH	3:23.35
7	Meth, Meth	27	Cape Town-CPT	3:07.00
8				

Event 11 Women 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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Heat 1 of 8 Finals

1	Rees, Jane	75	Coelacanth-TSH	7:00.00
2	Lordan, Beth	78	Free State-MAN	5:10.00
3	Tregenna, Gill	77	Synergy-ETH	5:00.00
4	Hurwitz, Salome	77	Coelacanth-TSH	5:00.00
5	Rix, Tricia	76	Cape Town-CPT	6:09.10
6	Shuttleworth, Bev	72	Synergy-ETH	4:18.00
7	Godfrey, Colleen	70	Cape Dolphins-CPT	4:30.00
8				

Heat 2 of 8 Finals

1	Thompson, Jean	68	Wahoo-JHB	6:25.00
2	Benjamin, Lynda	68	PE Masters-NMA	5:27.00
3	Sandri, Angelika	69	Coelacanth-TSH	4:22.31
4	Thatcher, Annette	67	Synergy-ETH	3:45.00
5	Stojakovic, Dael	67	Waterborn-JHB	4:03.90
6	Berridge, Barbara	68	Synergy-ETH	4:30.00
7	Vorwerk Marren, Ingrid	68	Coelacanth-TSH	5:30.00
8				

Heat 3 of 8 Finals

1				
2	Moller, Hesta	60	Coelacanth-TSH	4:44.00
3	Goldstein, Heather	63	Synergy-ETH	4:20.00
4	Matley, Terry	62	Cape Dolphins-CPT	3:55.00
5	Louw, Niki	64	Winelands-CPT	4:00.00
6	Vorster, Merryll	63	Phoenix-JHB	4:20.00
7	Keys, Elmarie	60	Coelacanth-TSH	5:17.00
8				

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Heat 4 Finals (#11 Women 200 LC Meter Breaststroke)

1	van Nierop, Nicky	56	Amakhosi-BUF	4:10.00
2	Sheehy, Jenny	55	Fish Eagles-EDD	3:53.00
3	Fuchs, Mandi	55	Cape Town-CPT	3:50.00
4	Smith, Ruth	55	Waterborn-JHB	3:31.00
5	Schiever, Joan	58	Synergy-ETH	3:48.00
6	Verryn, Sabine	58	Coelacanth-TSH	3:50.00
7	Thompson, Terry	57	Synergy-ETH	3:54.00
8				

Heat 5 of 8 Finals

1				
2				
3	Olivier, Lienkie	54	Free State-MAN	4:03.00
4	McLellan, Jill	51	PE Masters-NMA	4:00.00
5	Coetzer, Sharon	46	Amakhosi-BUF	4:00.00
6				
7				
8				

Heat 6 of 8 Finals

1	van Niekerk, Carolyn	46	Free State-MAN	3:42.86
2	Viljoen, Sharon	48	PE Masters-NMA	3:28.00
3	Bihl, Kate	49	Cape Town-CPT	3:20.00
4	Cook, Wendy	49	Synergy-ETH	3:08.00
5	Ralfe, Sally	46	Synergy-ETH	3:10.00
6	Amner, Claire	45	Cape Town-CPT	3:20.50
7	Isakov, Rachelle	49	Coelacanth-TSH	3:40.00
8	Derbyshire, Sue	48	PE Masters-NMA	3:58.00

Heat 7 of 8 Finals

1	O'Mahony, Pearl	42	Wahoo-JHB	5:00.00
2	van Breda, Bridget	44	Cape Town-CPT	3:08.00
3	Kruger, Sam	41	Synergy-ETH	3:03.00
4	vd Merwe, Odette	43	Synergy-ETH	3:48.00
5	Anderton, Jenny	38	PE Masters-NMA	3:50.00
6	Rolt, Claire	37	Coelacanth-TSH	2:46.00
7	Roos, Moneque	36	Fish Eagles-EDD	3:31.00
8	Scheepers, Erika	35	PE Masters-NMA	4:30.00

Heat 8 of 8 Finals

1				
2	Ledbitter, Dawn	26	Coelacanth-TSH	3:45.00
3	Baikie, Rivelle	27	Wahoo-JHB	2:38.00
4	Vermeulen, Estee	26	PE Masters-NMA	2:54.00
5	Steenkamp, Aletta	33	Cape Town-CPT	3:10.00
6	Schoeman-Struwig, Nina	30	Wahoo-JHB	3:35.00
7				
8				