

GMS Championships 2019 - 24/08/2019 to 25/08/2019

Results

Event 1 Women 18-24 200 SC Meter IM

WORLD record: 0.01 W 2000 Invalid FINA age group
 SAMS record: 2:36.71 S 18/10/2009 Tarryn Stanford (CT)
 GMS record: 3:04.51 G 23/10/2005 Tracey Gardiner (Jhb)
 2:25.17 18-24 SAQT SAMS Colours 2018-19
 2:35.33 18-24 CGQT GMS Colours 2018-19

Name	Age	Team	Button 1	Button 2	Button 3	Finals Time	Points
1 Scheuble, Courtney	19	Dragons Swimming Club Maste	2:56.71		2:56.57	2:56.71	12

Event 1 Women 55-59 200 SC Meter IM

WORLD record: 2:31.06 W 28/01/2017 Karlyn PIPES FRA
 SAMS record: 2:43.01 S 25/06/2017 Cecilia Stanford (Stb) CPTW-WP
 GMS record: 3:07.54 G 14/07/2012 Clare Davie (Jhb)
 2:46.90 55-59 SAQT SAMS Colours 2018-19
 2:58.58 55-59 CGQT GMS Colours 2018-19

1 Smith, Ruth	55	Waterborn SC - Masters-JH	3:49.23		3:49.09	3:49.23	12
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Event 1 Women 65-69 200 SC Meter IM

WORLD record: 2:48.15 W 18/09/2016 Laura VAL USA
 SAMS record: 3:25.14 S 23/07/2016 Maureen Mons (Jhb) PHOE-CG
 GMS record: 3:25.14 G 23/07/2016 Maureen Mons (Jhb) PHOE-CG
 3:22.60 65-69 SAQT SAMS Colours 2018-19
 3:36.78 65-69 CGQT GMS Colours 2018-19

1 Mons, Maureen	68	Phoenix MSC-JH	3:25.75		3:25.52	3:25.75 CGQT	12
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Event 1 Men 45-49 200 SC Meter IM

WORLD record: 2:04.64 W 08/03/2012 Nicolas GRANGER FRA
 SAMS record: 2:22.22 S 06/04/2008 Graham du Toit (Dbn)
 GMS record: 2:55.57 G 12/03/1995 Ron Prior
 2:17.57 45-49 SAQT SAMS Colours 2018-19
 2:27.20 45-49 CGQT GMS Colours 2018-19

1 Ford, Coillard	45	Coelacanth MSC-TS	2:37.62		2:37.68	2:37.62	12
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Event 1 Men 55-59 200 SC Meter IM

WORLD record: 2:16.44 W 22/11/2009 Michael MANN USA
 SAMS record: 2:24.64 S 27/01/2007 Tim Shead (Mad)
 GMS record: 2:38.69 G 23/07/2016 Joel Finn (Jhb) WAHO-CG
 2:28.94 55-59 SAQT SAMS Colours 2018-19
 2:39.37 55-59 CGQT GMS Colours 2018-19

1 Finn, Joel	58	Wahoo Masters-JH	2:51.20		2:51.04	2:51.20	12
2 Gray, Garth	57	Waterborn SC - Masters-JH	3:21.52		3:21.30	3:21.52	10

Event 1 Men 75-79 200 SC Meter IM

WORLD record: 2:50.79 W 30/11/2018 Richard BURNS USA
 SAMS record: 3:33.78 S 28/01/2018 Jimmy Hughes (Dbn) EACS-ETH
 GMS record: 4:11.59 G 14/07/2012 Russel Wolpe (Jhb)
 3:18.18 75-79 SAQT SAMS Colours 2018-19
 3:32.05 75-79 CGQT GMS Colours 2018-19

1 MYERS, WINTON	75	Wahoo Masters-JH	4:13.91	4:13.95	4:13.87	4:13.91	12
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Event 2 Women 18-24 400 SC Meter Freestyle

WORLD record: 0.01 W 2000 Invalid FINA age group
 SAMS record: 4:46.23 S 16/09/2010 Tarryn Stanford (CT)
 GMS record: 5:30.90 G 06/08/2005 Tracey Pretorius (Jhb)
 4:35.24 18-24 SAQT SAMS Colours 2018-19
 4:54.51 18-24 CGQT GMS Colours 2018-19

1 Hyslop, Kirsty	24	Aqua Athlete-JH	5:31.81			5:31.81	12
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GMS Championships 2019 - 24/08/2019 to 25/08/2019

Results

Event 2 Women 40-44 400 SC Meter Freestyle

WORLD record: 4:21.75 W 14/12/2003 K.PIPES-NEILSEN USA
 SAMS record: 4:55.71 S 30/08/2014 Megan Albertyn (Jhb) COEL-NT
 GMS record: 5:12.41 G 16/08/2008 Heather Morris-Eyton (Jhb)

4:45.45 40-44 SAQT SAMS Colours 2018-19
 5:05.43 40-44 CGQT GMS Colours 2018-19

1 Fagan, Jaki 44 Wahoo Masters-JH 5:30.16 5:30.16 12

Event 2 Women 55-59 400 SC Meter Freestyle

WORLD record: 4:37.35 W 23/01/2016 Lynn MARSHALL CAN
 SAMS record: 5:01.24 S 16/10/2016 Cecilia Stanford (Stb) CPTW-WP
 GMS record: 5:38.28 G 14/07/2012 Clare Davie (Jhb)

5:06.83 55-59 SAQT SAMS Colours 2018-19
 5:28.31 55-59 CGQT GMS Colours 2018-19

1 Kotzé, Debbie 58 Coelacanth MSC-TS 6:40.06 6:39.83 6:40.06 12

Event 2 Women 60-64 400 SC Meter Freestyle

WORLD record: 4:53.24 W 24/08/2013 Laura VAL USA
 SAMS record: 5:12.25 S 30/08/2015 Diane Coetzee (CT) CPTW-WP
 GMS record: 6:03.59 G 15/05/2011 Marissa Rollnick (Jhb)

5:25.28 60-64 SAQT SAMS Colours 2018-19
 5:48.05 60-64 CGQT GMS Colours 2018-19

1 Trusler, Ingrid 60 Coelacanth MSC-TS 5:55.95 5:55.95 12

2 Vorster, Merryll 63 Phoenix MSC-JH 8:26.64 8:26.37 8:26.64 10

Event 2 Women 65-69 400 SC Meter Freestyle

WORLD record: 5:02.08 W 24/09/2017 Laura VAL USA
 SAMS record: 5:59.67 S 06/05/2016 Maureen Mons (Jhb) PHOE-CG
 GMS record: 5:59.67 G 07/05/2016 Maureen Mons (Jhb) PHOE-CG

5:53.10 65-69 SAQT SAMS Colours 2018-19
 6:17.82 65-69 CGQT GMS Colours 2018-19

1 Mons, Maureen 68 Phoenix MSC-JH 6:11.49 6:11.32 6:11.49 CGQT 12

Event 2 Women 70-74 400 SC Meter Freestyle

WORLD record: 5:50.41 W 15/11/2008 Yoshiko OSAKI JPN
 SAMS record: 6:37.44 S 05/03/2017 Bev Shuttleworth (Dbn) HIGH-KZ
 GMS record: 7:37.21 G 17/08/2013 Sue Leuner (Jhb) PHOE-CG

6:39.19 70-74 SAQT SAMS Colours 2018-19
 7:07.13 70-74 CGQT GMS Colours 2018-19

1 JONES, ANNE 74 Phoenix MSC-JH 7:04.10 7:03.91 7:04.10 CGQT 12

Event 2 Women 80-84 400 SC Meter Freestyle

WORLD record: 6:34.92 W 08/04/2011 Jane ASHER GBR
 SAMS record: 59:59.99 S Vacant
 GMS record: 59:59.99 G Vacant

8:50.59 80-84 SAQT SAMS Colours 2018-19
 9:27.73 80-84 CGQT GMS Colours 2018-19

1 Leuner, Sue 80 Phoenix MSC-JH 8:01.97 8:01.96 8:02.05 8:01.97 S SAQT 12

Event 2 Men 45-49 400 SC Meter Freestyle

WORLD record: 4:03.10 W 18/04/2015 Fabio CALMASINI ITA
 SAMS record: 4:19.10 S 30/08/2014 Gary Albertyn (Jhb) COEL-NT
 GMS record: 4:55.55 G 06/08/2005 Quirin Kohler (Jhb)

4:22.31 45-49 SAQT SAMS Colours 2018-19
 4:40.67 45-49 CGQT GMS Colours 2018-19

1 Ford, Coillard 45 Coelacanth MSC-TS 4:41.02 4:41.02 12

2 Carstens, FC 49 Coelacanth MSC-TS 6:21.50 6:21.50 10

GMS Championships 2019 - 24/08/2019 to 25/08/2019

Results

Event 2 Men 50-54 400 SC Meter Freestyle

WORLD record:	4:04.48	W	29/01/2017	Nicholas GRANGER		FRA		
SAMS record:	4:39.68	S	14/12/2014	Julian Taylor (Dbn)		EACS-KZ		
GMS record:	5:07.14	G	16/10/1994	William Wilson				
	4:23.00			50-54 SAQT SAMS Colours 2018-19				
	4:41.41			50-54 CGQT GMS Colours 2018-19				
1	Morgan, Colin		53	Coelacanth MSC-TS	5:57.87		5:57.87	12

Event 2 Men 55-59 400 SC Meter Freestyle

WORLD record:	4:16.03	W	22/11/2009	Michael MANN		USA		
SAMS record:	4:46.93	S	21/10/2007	Tim Shead (Stb)				
GMS record:	4:56.56	G	07/05/2016	Joel Finn (Jhb)		WAHO-CG		
	4:40.90			55-59 SAQT SAMS Colours 2018-19				
	5:00.56			55-59 CGQT GMS Colours 2018-19				
1	Finn, Joel		58	Wahoo Masters-JH	5:10.27		5:10.27	12
2	Stonestreet, Mark		59	Wahoo Masters-JH	6:14.95	6:14.59	6:14.95	10
3	Uitenweerde, Lourens		55	Coelacanth MSC-TS	6:36.86	6:36.66	6:36.86	8

Event 2 Men 75-79 400 SC Meter Freestyle

WORLD record:	5:15.10	W	18/04/2009	David RADCLIFF		USA		
SAMS record:	6:20.15	S	22/04/2012	Dave McLachlan (CT)				
GMS record:	7:27.97	G	27/10/2012	Russel Wolpe (Jhb)				
	6:17.02			75-79 SAQT SAMS Colours 2018-19				
	6:43.41			75-79 CGQT GMS Colours 2018-19				
1	MYERS, WINTON		75	Wahoo Masters-JH	9:08.01	9:08.62	9:08.01	12

Event 3 Women 18-24 50 SC Meter Breaststroke

WORLD record:	0.01	W	2000	Invalid FINA age group				
SAMS record:	36.90	S	15/10/2006	Aletta Steenkamp (Stb)				
GMS record:	38.44	G	26/09/1999	Kathy Terwey at SAMS SC Champ		WITS		
	33.35			18-24 SAQT SAMS Colours 2018-19				
	35.68			18-24 CGQT GMS Colours 2018-19				
1	Carlisle, Caylin		19	Florida SC - Masters-JH	39.82		39.82	12
2	Scheuble, Courtney		19	Dragons Swimming Club Maste	40.09		40.09	10
3	Hyslop, Kirsty		24	Aqua Athlete-JH	47.99		47.99	8
4	Barit, Chavah		24	Wahoo Masters-JH	48.96		48.96	7

Event 3 Women 30-34 50 SC Meter Breaststroke

WORLD record:	31.35	W	29/11/2015	Nicole HEIDEMANN		GER		
SAMS record:	34.41	S	23/07/2016	Claire Rolt (Jhb)		COEL-NT		
GMS record:	35.80	G	25/10/2014	Andrea Landau (Jhb)		PHOE-CG		
	34.02			30-34 SAQT SAMS Colours 2018-19				
	36.40			30-34 CGQT GMS Colours 2018-19				
1	Conradie, Melissa		33	Coelacanth MSC-TS	41.64		41.64	12

Event 3 Women 35-39 50 SC Meter Breaststroke

WORLD record:	31.66	W	10/11/2018	Nicole HEIDEMANN		GER		
SAMS record:	34.59	S	18/08/2018	Claire Rolt (Jhb)		COEL-TSH		
GMS record:	37.37	G	21/08/2005	Heather Morris-Eyton (C.T.)				
	34.65			35-39 SAQT SAMS Colours 2018-19				
	37.08			35-39 CGQT GMS Colours 2018-19				
1	de Souza, Charlene		37	Coelacanth MSC-TS	45.21		45.21	12

Event 3 Women 40-44 50 SC Meter Breaststroke

WORLD record:	32.16	W	02/12/2018	Katie GLENN		USA			
SAMS record:	34.38	S	24/10/2009	Heather Morris-Eyton (Jhb)					
GMS record:	34.38	G	24/10/2009	Heather Morris-Eyton (Jhb)					
	35.44			40-44 SAQT SAMS Colours 2018-19					
	37.92			40-44 CGQT GMS Colours 2018-19					
1	Victor-vd Berg, Yvette		40	Coelacanth MSC-TS	34.84	34.89	35.69	34.84 SAQT	12

GMS Championships 2019 - 24/08/2019 to 25/08/2019**Results****(Event 3 Women 40-44 50 SC Meter Breaststroke)**

2	Harrop-Allin, Suzanne	40	Coelacanth MSC-TS	40.79	40.79	10
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Event 3 Women 45-49 50 SC Meter Breaststroke

WORLD record:	33.01	W	16/07/2017	Linley FRAME	AUS
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SAMS record:	35.87	S	27/10/2012	Heather Morris-Eyton (Jhb)
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GMS record:	35.87	G	27/10/2012	Heather Morris-Eyton (Jhb)
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	35.92	45-49 SAQT SAMS Colours 2018-19
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	38.43	45-49 CGQT GMS Colours 2018-19
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1	Struwig, Nicky	47	Coelacanth MSC-TS	48.77	48.77	12
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Event 3 Women 55-59 50 SC Meter Breaststroke

WORLD record:	35.15	W	09/04/2017	Monica CORO	ITA
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SAMS record:	40.61	S	30/07/2017	Cecilia Stanford (CT)	CPTW-WP
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GMS record:	47.37	G	18/08/2012	Elaine Alder (Jhb)
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	38.79	55-59 SAQT SAMS Colours 2018-19
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	41.51	55-59 CGQT GMS Colours 2018-19
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1	Smith, Ruth	55	Waterborn SC - Masters-JH	46.26	46.26	12
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Event 3 Women 60-64 50 SC Meter Breaststroke

WORLD record:	37.08	W	26/05/2018	Jenny WHITELEY	AUS
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SAMS record:	42.84	S	23/04/2017	Terry-Ann Matley (CT)	DOLP-WP
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GMS record:	49.76	G	29/10/2006	Anne Jones (Jhb)
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	41.12	60-64 SAQT SAMS Colours 2018-19
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	44.00	60-64 CGQT GMS Colours 2018-19
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1	Rex, Veronica	61	Wahoo Masters-JH	53.31	53.31	12
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Event 3 Women 70-74 50 SC Meter Breaststroke

WORLD record:	42.80	W	27/02/2005	Shoko YONEZAWA	JPN
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SAMS record:	47.78	S	05/03/2017	Bev Shuttleworth (Dbn)	HIGH-KZ
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GMS record:	1:06.38	G	06/03/1994	Greta Calitz
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	46.88	70-74 SAQT SAMS Colours 2018-19
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	50.16	70-74 CGQT GMS Colours 2018-19
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1	LAWLESS, HELEN	70	Wahoo Masters-JH	59.81	59.81	12
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2	FERREIRA, MERCIA	70	Wahoo Masters-JH	1:05.42	1:05.42	10
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Event 3 Women 80-84 50 SC Meter Breaststroke

WORLD record:	46.48	W	08/03/2015	Shoko YONEZAWA	JPN
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SAMS record:	54.07	S	25/06/2017	Santa van Jaarsveld (Stb)	CPTW-WP
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GMS record:	59:59.99	G		Vacant
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	58.64	80-84 SAQT SAMS Colours 2018-19
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	1:02.74	80-84 CGQT GMS Colours 2018-19
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1	HANSON, Ann	81	Coelacanth MSC-TS	1:28.45	1:28.45	12
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Event 3 Men 30-34 50 SC Meter Breaststroke

WORLD record:	26.72	W	05/05/2018	Felipe LIMA	BRA
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SAMS record:	30.61	S	13/10/2002	K Cawood (Jhb)
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GMS record:	32.05	G	12/05/2007	Glenn Swart (Jhb)
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	28.89	30-34 SAQT SAMS Colours 2018-19
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	30.91	30-34 CGQT GMS Colours 2018-19
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1	Swartz, Lambert	34	Coelacanth MSC-TS	36.18	36.18	12
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2	Kok, Christoff	32	Coelacanth MSC-TS	38.45	38.45	10
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Event 3 Men 50-54 50 SC Meter Breaststroke

WORLD record:	29.71	W	09/04/2017	C.Arturo TRAVAINI	ITA
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SAMS record:	31.72	S	3/2002	T Shead (Syd)
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GMS record:	34.94	G	01/12/2001	Robert Hatherly (Jhb)
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	31.50	50-54 SAQT SAMS Colours 2018-19
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	33.71	50-54 CGQT GMS Colours 2018-19
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1	Smith, Damian	52	Waterborn SC - Masters-JH	42.90	42.90	12
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GMS Championships 2019 - 24/08/2019 to 25/08/2019**Results****(Event 3 Men 50-54 50 SC Meter Breaststroke)**

2	Morgan, Colin	53	Coelacanth MSC-TS	43.23		43.23	10
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Event 3 Men 55-59 50 SC Meter Breaststroke

WORLD record:	29.79	W	22/04/2018	C.Arturo TRAVAINI		ITA	
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SAMS record:	32.36	S	18/10/2009	Tim Shead (CT)			
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GMS record:	34.96	G	12/05/2007	Bob Hatherly (Jhb)			
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	32.76			55-59 SAQT SAMS Colours 2018-19			
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	35.05			55-59 CGQT GMS Colours 2018-19			
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1	van Dyk, Eric	57	Coelacanth MSC-TS	37.25		37.25	12
2	Uitenweerde, Lourens	55	Coelacanth MSC-TS	42.53		42.53	10
3	Gray, Garth	57	Waterborn SC - Masters-JH	46.56		46.56	8
4	de Beer, David	57	Coelacanth MSC-TS	54.20		54.20	7

Event 3 Men 65-69 50 SC Meter Breaststroke

WORLD record:	32.50	W	20/11/2016	Rick COLELLA		USA	
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SAMS record:	33.68	S	26/03/2017	Tim Shead (SWE)		CPTW-WP	
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GMS record:	39.41	G	15/05/2010	Brian Nelson (Jhb)			
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	36.50			65-69 SAQT SAMS Colours 2018-19			
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	39.06			65-69 CGQT GMS Colours 2018-19			
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1	Keeling, Guy	66	Coelacanth MSC-TS	46.41		46.41	12
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Event 4 Women 18-24 200 SC Meter Butterfly

WORLD record:	0.01	W	2000	Invalid FINA age group			
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SAMS record:	2:59.40	S	22/09/2012	Rebecca Newman (PE)			
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GMS record:	3:18.72	G	11/06/2006	Tracey Gardiner (Jhb)			
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	2:25.39			18-24 SAQT SAMS Colours 2018-19			
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	2:35.57			18-24 CGQT GMS Colours 2018-19			
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1	Carlisle, Caylin	19	Florida SC - Masters-JH	3:23.64		3:23.64	12
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Event 4 Women 65-69 200 SC Meter Butterfly

WORLD record:	2:45.20	W	18/09/2016	Laura VAL		USA	
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SAMS record:	4:02.17	S	27/09/2014	Elsa Craig (PE)		BEST-EP	
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GMS record:	4:08.91	G	26/08/2017	Linda Crawford (Jhb)		PHOE-CG	
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	3:45.82			65-69 SAQT SAMS Colours 2018-19			
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	4:01.63			65-69 CGQT GMS Colours 2018-19			
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1	CRAWFORD, LINDA	69	Phoenix MSC-JH	4:34.18		4:34.18	12
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Event 4 Men 45-49 200 SC Meter Butterfly

WORLD record:	2:05.01	W	17/03/2018	Eiji NOMURA		JPN	
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SAMS record:	2:23.07	S	16/10/2010	Bryan Tatterson (Orl)			
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GMS record:	3:14.99	G	12/03/1995	Ron Prior			
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	2:17.66			45-49 SAQT SAMS Colours 2018-19			
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	2:27.30			45-49 CGQT GMS Colours 2018-19			
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1	Fubbs, Matthew	47	Wahoo Masters-JH	3:16.97	3:16.83	3:16.90	12
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Event 5 Women 30-34 100 SC Meter Backstroke

WORLD record:	1:00.90	W	07/03/2010	Kana YAMAGUCHI		JPN	
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SAMS record:	1:10.58	S	16/10/2016	Tarryn Stanford (Stb)		CPTW-WP	
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GMS record:	1:11.43	G	22/06/2013	Romy Altmann (Jhb)		WAHO-CG	
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	1:06.65			30-34 SAQT SAMS Colours 2018-19			
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	1:11.32			30-34 CGQT GMS Colours 2018-19			
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---	Hamman, Isabel	30	Unattached	1:36.11		X1:36.11	
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GMS Championships 2019 - 24/08/2019 to 25/08/2019

Results

Event 5 Women 55-59 100 SC Meter Backstroke

WORLD record: 1:08.33 W 20/01/2017 Karlyn PIPES USA
 SAMS record: 1:17.84 S 16/10/2016 Cecilia Stanford (Stb) CPTW-WP
 GMS record: 1:24.68 G 19/05/2012 Clare Davie (Jhb)
 1:17.08 55-59 SAQT SAMS Colours 2018-19
 1:22.48 55-59 CGQT GMS Colours 2018-19

1 Scott, Deb 57 Wahoo Masters-JH 1:29.88 1:29.88 12

Event 5 Women 70-74 100 SC Meter Backstroke

WORLD record: 1:22.15 W 22/03/2015 Margit OHLSSON SWE
 SAMS record: 1:44.76 S 27/07/2014 Lenchen Zundorf (Stb) CPTW-WP
 GMS record: 59:59.99 G Vacant
 1:37.17 70-74 SAQT SAMS Colours 2018-19
 1:43.97 70-74 CGQT GMS Colours 2018-19

1 FYFE, JOYCE 72 Coelacanth MSC-TS 2:13.79 2:13.79 12

Event 5 Men 40-44 100 SC Meter Backstroke

WORLD record: 54.85 W 07/12/2008 Michael ROSS USA
 SAMS record: 1:01.87 S 15/04/2018 Andreas le Roux (CT) CPTW-CPT
 GMS record: 1:08.52 G 23/10/2005 Mike Kritzinger (Jhb)
 59.78 40-44 SAQT SAMS Colours 2018-19
 1:03.96 40-44 CGQT GMS Colours 2018-19

1 Morris, Nic 41 Wahoo Masters-JH 1:14.20 1:14.20 12

Event 5 Men 50-54 100 SC Meter Backstroke

WORLD record: 57.95 W 25/03/2017 Nicolas GRANGER FRA
 SAMS record: 1:05.80 S 29/10/2016 Harald Ruck (Jhb) COEL-NT
 GMS record: 1:25.44 G 28/10/2007 Guy Harker (Jhb)
 1:01.95 50-54 SAQT SAMS Colours 2018-19
 1:06.29 50-54 CGQT GMS Colours 2018-19

1 CROWTHER, Bobbie 50 Wahoo Masters-JH 1:46.15 1:46.15 12

Event 5 Men 70-74 100 SC Meter Backstroke

WORLD record: 1:12.09 W 07/12/2013 Richard BURNS USA
 SAMS record: 1:26.26 S 15/09/2013 Jimmy Hughes (Dbn) EACS-KZ
 GMS record: 1:52.11 G 19/05/2012 John Garson (Jhb)
 1:22.71 70-74 SAQT SAMS Colours 2018-19
 1:28.50 70-74 CGQT GMS Colours 2018-19

1 DOWNES, Terry 70 Coelacanth MSC-TS 1:23.91 1:23.88 1:24.01 1:23.91 S CGQT 12

Event 5 Men 75-79 100 SC Meter Backstroke

WORLD record: 1:14.79 W 01/12/2018 Richard BURNS USA
 SAMS record: 1:30.25 S 28/01/2018 Jimmy Hughes (Dbn) EACS-ETH
 GMS record: 1:54.41 G 22/06/2013 John Garson (Jhb) WAHOO-CG
 1:30.31 75-79 SAQT SAMS Colours 2018-19
 1:36.63 75-79 CGQT GMS Colours 2018-19

1 FYFE, DEREK 79 Coelacanth MSC-TS 1:53.91 1:53.91 12

Event 6 Women 18-24 50 SC Meter Freestyle

WORLD record: 0.01 W 2000 Invalid FINA age group
 SAMS record: 27.84 S 14/12/2008 Cindy Botha (Dbn)
 GMS record: 29.68 G 26/09/1999 Cheryl Ballard-Tremeer (Jhb)
 26.49 18-24 SAQT SAMS Colours 2018-19
 28.34 18-24 CGQT GMS Colours 2018-19

1 Scheuble, Courtney 19 Dragons Swimming Club Maste 30.35 30.35 12

2 Hyslop, Kirsty 24 Aqua Athlete-JH 36.01 36.01 10

3 Barit, Chavah 24 Wahoo Masters-JH 39.75 39.75 8

GMS Championships 2019 - 24/08/2019 to 25/08/2019**Results****(Event 6 Women 70-74 50 SC Meter Freestyle)**

2	LAWLESS, HELEN	70	Wahoo Masters-JH	48.50	48.50	10
3	FERREIRA, MERCIA	70	Wahoo Masters-JH	52.04	52.04	8
4	FYFE, JOYCE	72	Coelacanth MSC-TS	52.49	52.49	7

Event 6 Women 80-84 50 SC Meter Freestyle

WORLD record:	36.08	W	20/05/2018	Yoshiko OSAKI	JPN	
SAMS record:	1:00.59	S	18/08/2018	Ann Hanson (Jhb)	COEL-TSH	
GMS record:	59:59.99	G		Vacant		
	44.27			80-84 SAQT SAMS Colours 2018-19		
	47.37			80-84 CGQT GMS Colours 2018-19		
1	Leuner, Sue	80	Phoenix MSC-JH	44.15	44.15 S SAQT	12
2	HANSON, Ann	81	Coelacanth MSC-TS	57.60	57.60 S	10

Event 6 Men 30-34 50 SC Meter Freestyle

WORLD record:	21.59	W	28/11/2015	Evgeniy LAGUNOV	RUS	
SAMS record:	23.79	S	23/10/2005	Andrew Biram (Jhb)		
GMS record:	23.79	G	23/10/2005	Andrew Biram (Jhb)		
	23.11			30-34 SAQT SAMS Colours 2018-19		
	24.73			30-34 CGQT GMS Colours 2018-19		
1	Kok, Christoff	32	Coelacanth MSC-TS	26.89	26.89	12
2	Swartz, Lambert	34	Coelacanth MSC-TS	27.28	27.28	10

Event 6 Men 40-44 50 SC Meter Freestyle

WORLD record:	22.75	W	08/05/2016	Hideaki HARA	JPN	
SAMS record:	23.62	S	04/03/2018	Marc Allan (Dbn)	EACS-ETH	
GMS record:	25.89	G	17/08/2013	Byron Dillon (Jhb)	AQUA-CG	
	24.19			40-44 SAQT SAMS Colours 2018-19		
	25.88			40-44 CGQT GMS Colours 2018-19		
1	Morris, Nic	41	Wahoo Masters-JH	27.68	27.68	12

Event 6 Men 45-49 50 SC Meter Freestyle

WORLD record:	23.29	W	07/05/2016	Joakim HOLMQUIST	SWE	
SAMS record:	24.90	S	16/10/2011	Bryan Tatterson (Orl)		
GMS record:	25.37	G	29/10/2006	Gregg Price (Jhb)		
	24.32			45-49 SAQT SAMS Colours 2018-19		
	26.02			45-49 CGQT GMS Colours 2018-19		
1	Fubbs, Matthew	47	Wahoo Masters-JH	30.86	30.86	12
2	Carstens, FC	49	Coelacanth MSC-TS	31.54	31.54	10

Event 6 Men 50-54 50 SC Meter Freestyle

WORLD record:	23.38	W	18/10/2009	Rowdy GAINES	USA	
SAMS record:	24.40	S	17/04/2016	Calvin Maughan (CT)	CPTW-WP	
SAMS rec-eq:	24.40	S	14/10/2018	Calvin Maughan (CT)	CPTW-CPT	
GMS record:	25.82	G	14/05/2006	Andre Steynberg (Jhb)		
	25.18			50-54 SAQT SAMS Colours 2018-19		
	26.94			50-54 CGQT GMS Colours 2018-19		
1	RUCK, HARALD	54	Coelacanth MSC-TS	26.27	26.27 CGQT	12
2	CROWTHER, Bobbie	50	Wahoo Masters-JH	31.45	31.45	10
3	Morgan, Colin	53	Coelacanth MSC-TS	34.17	34.17	8

Event 6 Men 55-59 50 SC Meter Freestyle

WORLD record:	24.51	W	19/04/2015	Brent BARNES	JPN	
SAMS record:	26.19	S	14/07/2012	Andre Steynberg (Jhb)		
GMS record:	26.19	G	14/07/2012	Andre Steynberg (Jhb)		
	26.16			55-59 SAQT SAMS Colours 2018-19		
	27.99			55-59 CGQT GMS Colours 2018-19		
1	van Dyk, Eric	57	Coelacanth MSC-TS	30.77	30.77	12
2	Stonestreet, Mark	59	Wahoo Masters-JH	32.13	32.13	10
3	de Beer, David	57	Coelacanth MSC-TS	35.30	35.30	8

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Results

Event 6 Men 60-64 50 SC Meter Freestyle

WORLD record: 24.90 W 03/12/2006 Rich ABRAHAMS USA
SAMS record: 27.63 S 16/05/2009 Terry Downes (Jhb)
GMS record: 29.04 G 10/06/2007 Doug Wilson (Jhb)
 27.03 60-64 SAQT SAMS Colours 2018-19
 28.92 60-64 CGQT GMS Colours 2018-19

1 MORGAN, TREVOR 60 Coelacanth MSC-TS 30.45 30.45 12

Event 6 Men 70-74 50 SC Meter Freestyle

WORLD record: 26.88 W 10/10/2015 Richard ABRAHAMS USA
SAMS record: 31.46 S 23/04/2017 Doug Wilson (CT) CPTW-WP
GMS record: 34.29 G 29/08/2015 John Petersen (Jhb) PHOE-CG
 30.00 70-74 SAQT SAMS Colours 2018-19
 32.10 70-74 CGQT GMS Colours 2018-19

1 DOWNES, Terry 70 Coelacanth MSC-TS 30.50 30.91 30.66 30.66 S CGQT 12

Event 6 Men 75-79 50 SC Meter Freestyle

WORLD record: 29.90 W 03/12/2016 Mike FRESHLEY USA
SAMS record: 34.69 S 13/04/2019 Des Stieger (Dbn) SYN-ETH
GMS record: 36.89 G 15/05/2005 Don Johnston (Jhb)
 32.27 75-79 SAQT SAMS Colours 2018-19
 34.53 75-79 CGQT GMS Colours 2018-19

1 FYFE, DEREK 79 Coelacanth MSC-TS 39.41 39.41 12

2 MYERS, WINTON 75 Wahoo Masters-JH 40.43 40.43 10

Event 7 Women 18-24 200 SC Meter Breaststroke

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 2:56.01 S 11/2004 Mia van Biljon (Jhb)
GMS record: 3:16.72 G 23/10/2005 Tracey Gardiner (Jhb)
 2:41.29 18-24 SAQT SAMS Colours 2018-19
 2:52.58 18-24 CGQT GMS Colours 2018-19

1 Carlisle, Caylin 19 Florida SC - Masters-JH 3:14.13 3:14.13 12

Event 7 Women 35-39 200 SC Meter Breaststroke

WORLD record: 2:30.63 W 10/03/2012 Hitomi MATSUDA JPN
SAMS record: 2:45.20 S 23/06/2018 Claire Rolt (Jhb) COEL-TSH
GMS record: 2:51.12 G 28/08/2004 Heather Morris-Eyton (Jhb)
 2:48.26 35-39 SAQT SAMS Colours 2018-19
 3:00.04 35-39 CGQT GMS Colours 2018-19

1 de Souza, Charlene 37 Coelacanth MSC-TS 3:42.94 3:42.94 12

Event 7 Women 40-44 200 SC Meter Breaststroke

WORLD record: 2:32.37 W 16/11/2008 S.VON DER LIPPE USA
SAMS record: 2:41.87 S 24/10/2009 Heather Morris-Eyton (Jhb)
GMS record: 2:41.87 G 24/10/2009 Heather Morris-Eyton (Jhb)
 2:53.16 40-44 SAQT SAMS Colours 2018-19
 3:05.28 40-44 CGQT GMS Colours 2018-19

1 Harrop-Allin, Suzanne 40 Coelacanth MSC-TS 3:25.63 3:25.63 12

Event 7 Women 55-59 200 SC Meter Breaststroke

WORLD record: 2:53.16 W 22/04/2017 Monica CORO ITA
SAMS record: 3:06.75 S 02/12/2017 Cecilia Stanford (CT) CPTW-WP
GMS record: 3:31.33 G 14/05/2006 Jenny Ireland (Jhb)
 3:08.68 55-59 SAQT SAMS Colours 2018-19
 3:21.89 55-59 CGQT GMS Colours 2018-19

1 Smith, Ruth 55 Waterborn SC - Masters-JH 3:51.01 3:51.01 12

GMS Championships 2019 - 24/08/2019 to 25/08/2019**Results****Event 7 Men 50-54 200 SC Meter Breaststroke**

WORLD record: 2:19.36 W 23/03/2018 Nicolas GRANGER FRA
SAMS record: 2:36.57 S 3/2002 T Shead (Syd)
GMS record: 2:53.06 G 01/12/2001 Robert Hatherly (Jhb)
 2:35.76 50-54 SAQT SAMS Colours 2018-19
 2:46.06 50-54 CGQT GMS Colours 2018-19

1 Smith, Damian 52 Waterborn SC - Masters-JH 3:32.39 3:32.39 12

Event 7 Men 55-59 200 SC Meter Breaststroke

WORLD record: 2:22.91 W 21/04/2018 C.Arturo TRAVAINI ITA
SAMS record: 2:38.90 S 26/01/2007 Tim Shead (Mad)
GMS record: 2:53.90 G 12/05/2007 Bob Hatherly (Jhb)
 2:44.19 55-59 SAQT SAMS Colours 2018-19
 2:55.68 55-59 CGQT GMS Colours 2018-19

1 Finn, Joel 58 Wahoo Masters-JH 3:07.16 3:07.16 12

2 Uitenweerde, Lourens 55 Coelacanth MSC-TS 3:14.28 3:14.28 10

Event 8 Women 35-39 100 SC Meter IM

WORLD record: 1:03.17 W 10/03/2012 Hitomi MATSUDA JPN
SAMS record: 1:10.13 S 15/10/2006 Marianne Kriel (Stb)
GMS record: 1:17.11 G 14/05/2006 Rachelle Isakov (Jhb)
 1:08.70 35-39 SAQT SAMS Colours 2018-19
 1:13.51 35-39 CGQT GMS Colours 2018-19

1 de Souza, Charlene 37 Coelacanth MSC-TS 1:36.29 1:36.29 12

Event 8 Women 45-49 100 SC Meter IM

WORLD record: 1:05.61 W 26/02/2009 K.PIPES-NEILSEN FRA
SAMS record: 1:13.38 S 15/10/2006 Cecilia Stanford (Stb)
GMS record: 1:17.57 G 24/11/2012 Heather Morris-Eyton (Jhb)
 1:10.52 45-49 SAQT SAMS Colours 2018-19
 1:15.46 45-49 CGQT GMS Colours 2018-19

1 Struwig, Nicky 47 Coelacanth MSC-TS 1:45.44 1:45.44 12

Event 8 Women 55-59 100 SC Meter IM

WORLD record: 1:09.08 W 21/01/2017 Karlyn PIPES USA
SAMS record: 1:16.82 S 17/04/2016 Cecilia Stanford (CT) CPTW-WP
GMS record: 1:28.37 G 11/11/2000 Anne Jones (Jhb)
 1:16.22 55-59 SAQT SAMS Colours 2018-19
 1:21.62 55-59 CGQT GMS Colours 2018-19

1 Smith, Ruth 55 Waterborn SC - Masters-JH 1:49.06 1:49.06 12

Event 8 Women 65-69 100 SC Meter IM

WORLD record: 1:16.67 W 19/11/2016 Laura VAL USA
SAMS record: 1:32.22 S 02/04/2017 Annette Thatcher (Dbn) HIGH-KZ
GMS record: 1:34.76 G 28/10/2017 Maureen Mons (Jhb) PHOE-CG
 1:28.96 65-69 SAQT SAMS Colours 2018-19
 1:35.19 65-69 CGQT GMS Colours 2018-19

1 Mons, Maureen 68 Phoenix MSC-JH 1:36.19 1:36.19 12

Event 8 Women 70-74 100 SC Meter IM

WORLD record: 1:23.23 W 10/12/2016 Diann UUSTAL USA
SAMS record: 1:36.32 S 22/10/2016 Elsa Craig (PE) BEST-EP
GMS record: 59:59.99 G Vacant
 1:36.32 70-74 SAQT SAMS Colours 2018-19
 1:43.06 70-74 CGQT GMS Colours 2018-19

1 JONES, ANNE 74 Phoenix MSC-JH 1:48.26 1:48.26 12

2 FERREIRA, MERCIA 70 Wahoo Masters-JH 2:09.66 2:09.66 10

GMS Championships 2019 - 24/08/2019 to 25/08/2019**Results****Event 8 Women 80-84 100 SC Meter IM**

WORLD record: 1:38.45 W 20/01/2018 Yoshiko OSAKI JPN
SAMS record: 59:59.99 S Vacant
GMS record: 59:59.99 G Vacant

2:08.24 80-84 SAQT SAMS Colours 2018-19

2:17.22 80-84 CGQT GMS Colours 2018-19

1 Leuner, Sue 80 Phoenix MSC-JH 2:06.31 2:06.34 2:06.18 2:06.31 S SAQT 12

Event 8 Men 45-49 100 SC Meter IM

WORLD record: 57.68 W 09/03/2012 Nicolas GRANGER FRA
SAMS record: 1:05.06 S 9/2005 Gregg Price (Dbn)
GMS record: 1:05.06 G 11/09/2005 Gregg Price (Dbn)

1:01.77 45-49 SAQT SAMS Colours 2018-19

1:06.09 45-49 CGQT GMS Colours 2018-19

1 Fubbs, Matthew 47 Wahoo Masters-JH 1:21.72 1:21.72 12

2 Carstens, FC 49 Coelacanth MSC-TS 1:34.05 1:34.05 10

Event 8 Men 50-54 100 SC Meter IM

WORLD record: 57.69 W 24/03/2017 Nicolas GRANGER FRA
SAMS record: 1:03.54 S 3/2002 T Shead (Syd)
GMS record: 1:06.10 G 19/10/2013 Gerd Hipper (Jhb) WAHO-CG

1:03.63 50-54 SAQT SAMS Colours 2018-19

1:08.28 50-54 CGQT GMS Colours 2018-19

1 Smith, Damian 52 Waterborn SC - Masters-JH 1:46.85 1:46.85 12

Event 8 Men 55-59 100 SC Meter IM

WORLD record: 1:01.76 W 10/10/2015 Steve WOOD USA
SAMS record: 1:03.53 S 26/01/2007 Tim Shead (Mad)
GMS record: 1:07.90 G 18/08/2012 Andre Steynberg (Jhb)

1:06.49 55-59 SAQT SAMS Colours 2018-19

1:11.14 55-59 CGQT GMS Colours 2018-19

1 Gray, Garth 57 Waterborn SC - Masters-JH 1:31.31 1:31.31 12

Event 8 Men 65-69 100 SC Meter IM

WORLD record: 1:05.43 W 19/11/2016 Rick COLELLA USA
SAMS record: 1:09.38 S 25/03/2017 Tim Shead (SWE) CPTW-WP
GMS record: 1:28.56 G 16/10/2010 John Petersen (Jhb)

1:13.43 65-69 SAQT SAMS Colours 2018-19

1:18.57 65-69 CGQT GMS Colours 2018-19

1 Keeling, Guy 66 Coelacanth MSC-TS 1:42.04 1:42.04 12

Event 9 Women 18-24 50 SC Meter Butterfly

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 30.75 S 9/2004 Monique Beetge (Dbn)
GMS record: 34.37 G 06/08/2005 Tracey Pretorius (Jhb)

28.69 18-24 SAQT SAMS Colours 2018-19

30.70 18-24 CGQT GMS Colours 2018-19

1 Scheuble, Courtney 19 Dragons Swimming Club Mast 35.15 35.15 12

2 Carlisle, Caylin 19 Florida SC - Masters-JH 36.12 36.12 10

3 Barit, Chavah 24 Wahoo Masters-JH 47.09 47.09 8

Event 9 Women 30-34 50 SC Meter Butterfly

WORLD record: 27.08 W 10/01/2016 Yuka KATO JPN
SAMS record: 30.67 S 31/10/2015 Thilde Victor (Jhb) VASM-ES
GMS record: 31.40 G 16/08/2003 Claire Bolton (Jhb)

29.03 30-34 SAQT SAMS Colours 2018-19

31.06 30-34 CGQT GMS Colours 2018-19

--- Hamman, Isabel 30 Unattached 45.65 X45.65

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Event 9 Women 45-49 50 SC Meter Butterfly

WORLD record:	28.53	W	15/10/2017	Yuriko IKEDA					JPN
SAMS record:	29.37	S	14/04/2011	Edith Ottermann (CT)					
GMS record:	35.45	G	19/07/2014	Karen Kennedy (Jhb)					PHOE-CG
	30.55			45-49 SAQT SAMS Colours 2018-19					
	32.69			45-49 CGQT GMS Colours 2018-19					
1	Struwig, Nicky		47	Coelacanth MSC-TS	53.85		53.85		12

Event 9 Women 65-69 50 SC Meter Butterfly

WORLD record:	33.06	W	19/11/2017	Laura VAL					USA
SAMS record:	38.99	S	16/10/2016	Sanderina Kruger (Stb)					CPTW-WP
GMS record:	52.77	G	11/06/2016	Linda Crawford (Jhb)					PHOE-CG
	37.58			65-69 SAQT SAMS Colours 2018-19					
	40.21			65-69 CGQT GMS Colours 2018-19					
1	CRAWFORD, LINDA		69	Phoenix MSC-JH	53.84	53.91	54.06	53.91	12

Event 9 Men 45-49 50 SC Meter Butterfly

WORLD record:	24.38	W	19/03/2017	Eiji NOMURA					JPN
SAMS record:	27.25	S	16/10/2011	Bryan Tatterson (Flo-USA)					
GMS record:	27.62	G	26/11/2005	Gregg Price (Jhb)					
	26.68			45-49 SAQT SAMS Colours 2018-19					
	28.55			45-49 CGQT GMS Colours 2018-19					
1	Fubbs, Matthew		47	Wahoo Masters-JH	34.28			34.28	12

Event 9 Men 50-54 50 SC Meter Butterfly

WORLD record:	25.49	W	16/05/2009	Dan THOMPSON					CAN
SAMS record:	27.94	S	19/10/2014	Calvin Maughan (Stb)					CPTW-WP
GMS record:	28.05	G	08/07/2006	Andre Steynberg (Jhb)					
	27.31			50-54 SAQT SAMS Colours 2018-19					
	29.22			50-54 CGQT GMS Colours 2018-19					
1	Smith, Damian		52	Waterborn SC - Masters-JH	49.06			49.06	12

Event 9 Men 55-59 50 SC Meter Butterfly

WORLD record:	26.45	W	18/05/2013	Dan THOMPSON					CAN
SAMS record:	28.48	S	27/10/2012	Andre Steynberg (Jhb)					
GMS record:	28.48	G	27/10/2012	Andre Steynberg (Jhb)					
	28.12			55-59 SAQT SAMS Colours 2018-19					
	30.09			55-59 CGQT GMS Colours 2018-19					
1	Uitenweerde, Lourens		55	Coelacanth MSC-TS	42.41			42.41	12
2	de Beer, David		57	Coelacanth MSC-TS	53.29			53.29	10

Event 9 Men 60-64 50 SC Meter Butterfly

WORLD record:	26.78	W	13/05/2017	Dan THOMPSON					CAN
SAMS record:	30.41	S	16/09/2010	Halton Cheadle (CT)					
GMS record:	33.65	G	23/10/2005	John Petersen (Jhb)					
	29.65			60-64 SAQT SAMS Colours 2018-19					
	31.73			60-64 CGQT GMS Colours 2018-19					
1	MORGAN, TREVOR		60	Coelacanth MSC-TS	34.91			34.91	12

Event 10 Women 18-24 50 SC Meter Backstroke

WORLD record:	0.01	W	2000	Invalid FINA age group					
SAMS record:	32.13	S	07/09/2008	Cindy Botha (Dbn)					
GMS record:	34.16	G	26/09/1999	Cheryl Ballard-Tremeer (Jhb)					
	30.18			18-24 SAQT SAMS Colours 2018-19					
	32.29			18-24 CGQT GMS Colours 2018-19					
1	Scheuble, Courtney		19	Dragons Swimming Club Maste	35.77			35.77	12

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Event 10 Women 30-34 50 SC Meter Backstroke

WORLD record:	27.43	W	19/04/2009	Mai NAKAMURA				JPN
SAMS record:	33.18	S	18/08/2018	Cindi Strydom (Jhb)				WAHO-JHB
GMS record:	33.18	G	18/08/2018	Cindi Strydom (Jhb)				WAHO-JHB
	30.69			30-34 SAQT SAMS Colours 2018-19				
	32.84			30-34 CGQT GMS Colours 2018-19				
---	Hamman, Isabel		30	Unattached	46.85			X46.85

Event 10 Women 35-39 50 SC Meter Backstroke

WORLD record:	27.63	W	13/11/2016	Noriko INADA				USA	
SAMS record:	31.24	S	7/2006	Marianne Kriel (CT)					
GMS record:	36.54	G	01/01/1989	DOT KERR-FOX					
	31.17			35-39 SAQT SAMS Colours 2018-19					
	33.35			35-39 CGQT GMS Colours 2018-19					
1	Morris, Shirley		37	Wahoo Masters-JH	34.88	34.50	34.83	34.83	12

Event 10 Women 40-44 50 SC Meter Backstroke

WORLD record:	28.86	W	14/01/2017	R.Johanna LUOTO				FIN	
SAMS record:	32.78	S	12/2004	Bev McCarney (Dbn)					
GMS record:	35.52	G	01/01/1987	NATHALIE BOSHOFF					
	32.20			40-44 SAQT SAMS Colours 2018-19					
	34.45			40-44 CGQT GMS Colours 2018-19					
1	Wiehahn, Jana		42	Coelacanth MSC-TS	36.56			36.56	12
2	Harrop-Allin, Suzanne		40	Coelacanth MSC-TS	39.80			39.80	10

Event 10 Women 45-49 50 SC Meter Backstroke

WORLD record:	30.25	W	26/04/2014	Cindy MABEE				CAN	
SAMS record:	34.48	S	15/04/2018	Norelle Engela (CT)				CPTW-CPT	
GMS record:	36.95	G	01/01/1989	NATHALIE BOSHOFF					
	32.44			45-49 SAQT SAMS Colours 2018-19					
	34.71			45-49 CGQT GMS Colours 2018-19					
1	Struwig, Nicky		47	Coelacanth MSC-TS	52.60			52.60	12

Event 10 Women 70-74 50 SC Meter Backstroke

WORLD record:	37.50	W	21/03/2015	Margit OHLSSON				SWE	
SAMS record:	42.34	S	14/04/2019	Sanderina Kruger (CT)				CPTW-CPT	
GMS record:	50.75	G	16/05/2015	Anne Jones (Jhb)				PHOE-CG	
	43.44			70-74 SAQT SAMS Colours 2018-19					
	46.48			70-74 CGQT GMS Colours 2018-19					
1	FERREIRA, MERCIA		70	Wahoo Masters-JH	1:10.21			1:10.21	12

Event 10 Women 80-84 50 SC Meter Backstroke

WORLD record:	44.82	W	01/04/2018	Yoshiko OSAKI				JPN	
SAMS record:	1:22.74	S	8/1999	Elaine Buck (Dbn)					
GMS record:	59:59.99	G		Vacant					
	55.29			80-84 SAQT SAMS Colours 2018-19					
	59.16			80-84 CGQT GMS Colours 2018-19					
1	Leuner, Sue		80	Phoenix MSC-JH	54.01			54.01 S SAQT	12

Event 10 Men 30-34 50 SC Meter Backstroke

WORLD record:	23.86	W	07/05/2017	Nelson SILVA Jr.				BRA	
SAMS record:	28.31	S	18/06/2011	Simon Thirsk (Jhb)					
GMS record:	28.31	G	18/06/2011	Simon Thirsk (Jhb)					
	25.67			30-34 SAQT SAMS Colours 2018-19					
	27.47			30-34 CGQT GMS Colours 2018-19					
1	Kok, Christoff		32	Coelacanth MSC-TS	33.89			33.89	12

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Event 11 Women 40-44 200 SC Meter Freestyle

WORLD record: 2:05.26 W 14/12/2003 K.PIPES-NEILSEN USA
 SAMS record: 2:11.26 S 17/07/2008 Amanda Picard (CT)
 GMS record: 2:23.49 G 25/10/2008 Heather Morris-Eyton (Jhb)

2:14.99 40-44 SAQT SAMS Colours 2018-19

2:24.44 40-44 CGQT GMS Colours 2018-19

1 Victor-vd Berg, Yvette 40 Coelacanth MSC-TS 2:19.21 2:19.37 2:19.32 2:19.32 CGQT 12

Event 11 Women 55-59 200 SC Meter Freestyle

WORLD record: 2:13.58 W 28/02/2016 Lynn MARSHALL CAN
 SAMS record: 2:22.15 S 25/06/2017 Cecilia Stanford (Stb) CPTW-WP
 GMS record: 2:39.47 G 11/06/2006 Marissa Rollnick (Jhb)

2:23.14 55-59 SAQT SAMS Colours 2018-19

2:33.16 55-59 CGQT GMS Colours 2018-19

1 Scott, Deb 57 Wahoo Masters-JH 2:42.39 2:42.39 12

2 Dressler, Annemarie 55 Coelacanth MSC-TS 2:46.06 2:45.89 2:46.13 2:46.06 10

3 Kotzé, Debbie 58 Coelacanth MSC-TS 3:11.00 3:11.00 8

Event 11 Women 60-64 200 SC Meter Freestyle

WORLD record: 2:15.93 W 13/10/2018 Jenny WHITELEY AUS
 SAMS record: 2:26.94 S 19/07/2015 Diane Coetzee (CT) CPTW-WP
 GMS record: 2:54.87 G 13/06/2015 Maureen Mons (Jhb) PHOE-CG

2:34.43 60-64 SAQT SAMS Colours 2018-19

2:45.24 60-64 CGQT GMS Colours 2018-19

1 Trusler, Ingrid 60 Coelacanth MSC-TS 2:49.00 2:49.00 12

2 Vorster, Merryll 63 Phoenix MSC-JH 3:40.97 3:40.94 10

3 Rex, Veronica 61 Wahoo Masters-JH 4:01.00 4:01.00 8

Event 11 Women 70-74 200 SC Meter Freestyle

WORLD record: 2:43.60 W 20/11/2016 Diann UUSTAL USA
 SAMS record: 3:15.41 S 14/01/2017 Bev Shuttleworth (Dbn) HIGH-KZ
 GMS record: 59:59.99 G Vacant

3:04.04 70-74 SAQT SAMS Colours 2018-19

3:16.92 70-74 CGQT GMS Colours 2018-19

1 JONES, ANNE 74 Phoenix MSC-JH 3:21.76 3:21.76 12

2 FYFE, JOYCE 72 Coelacanth MSC-TS 4:14.29 4:14.29 10

Event 11 Women 80-84 200 SC Meter Freestyle

WORLD record: 3:00.43 W 10/02/2018 Yoshiko OSAKI JPN
 SAMS record: 59:59.99 S Vacant
 GMS record: 59:59.99 G Vacant

3:58.79 80-84 SAQT SAMS Colours 2018-19

4:15.51 80-84 CGQT GMS Colours 2018-19

1 HANSON, Ann 81 Coelacanth MSC-TS 4:44.63 4:44.59 4:44.60 4:44.60 S 12

Event 11 Men 30-34 200 SC Meter Freestyle

WORLD record: 1:46.12 W 27/09/2014 Darian TOWNSEND USA
 SAMS record: 2:04.37 S 26/11/2005 Paul Fryer (Jhb)
 GMS record: 2:04.37 G 26/11/2005 Paul Fryer (Jhb)

1:55.16 30-34 SAQT SAMS Colours 2018-19

2:03.22 30-34 CGQT GMS Colours 2018-19

1 Swartz, Lambert 34 Coelacanth MSC-TS 2:20.72 2:20.72 12

Event 11 Men 40-44 200 SC Meter Freestyle

WORLD record: 1:50.08 W 06/12/2008 Michael ROSS USA
 SAMS record: 2:06.18 S 19/10/2014 Barend Nortje (Stb) CPTW-WP
 GMS record: 2:06.92 G 21/06/2014 Adrian Goate (Jhb) AQUA-CG

1:58.52 40-44 SAQT SAMS Colours 2018-19

2:06.82 40-44 CGQT GMS Colours 2018-19

1 Morris, Nic 41 Wahoo Masters-JH 2:24.62 2:24.62 12

GMS Championships 2019 - 24/08/2019 to 25/08/2019**Results****Event 11 Men 45-49 200 SC Meter Freestyle**

WORLD record: 1:52.87 W 09/03/2012 Nicolas GRANGER FRA
SAMS record: 2:03.78 S 9/1995 T Downes (Jhb)
GMS record: 2:19.62 G 11/06/2006 Quirin Kohler (Jhb)
 2:01.48 45-49 SAQT SAMS Colours 2018-19
 2:09.98 45-49 CGQT GMS Colours 2018-19

1	Fubbs, Matthew	47	Wahoo Masters-JH	2:41.36		2:41.36	12
2	Carstens, FC	49	Coelacanth MSC-TS	2:59.01		2:59.01	10

Event 11 Men 50-54 200 SC Meter Freestyle

WORLD record: 1:54.61 W 14/10/2011 Ambrose GAINES USA
SAMS record: 2:05.95 S 02/09/1999 T Downes (Jhb)
GMS record: 2:21.60 G 16/10/1994 William Wilson
 2:02.34 50-54 SAQT SAMS Colours 2018-19
 2:10.90 50-54 CGQT GMS Colours 2018-19

1	Morgan, Colin	53	Coelacanth MSC-TS	2:46.72		2:46.72	12
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Event 11 Men 55-59 200 SC Meter Freestyle

WORLD record: 1:59.08 W 21/11/2009 Michael MANN USA
SAMS record: 2:14.78 S 25/10/2008 Terry Downes (Jhb)
GMS record: 2:21.70 G 07/05/2016 Joel Finn (Jhb) WAHO-CG
 2:09.64 55-59 SAQT SAMS Colours 2018-19
 2:18.71 55-59 CGQT GMS Colours 2018-19

1	Pretorius, Grant	57	Wahoo Masters-JH	2:18.31	2:18.10	2:18.09	2:18.10	CGQT	12
2	Stonestreet, Mark	59	Wahoo Masters-JH	2:46.81			2:46.81		10
3	Gray, Garth	57	Waterborn SC - Masters-JH	2:48.57			2:48.57		8

Event 11 Men 75-79 200 SC Meter Freestyle

WORLD record: 2:27.53 W 18/04/2009 David RADCLIFF USA
SAMS record: 3:01.01 S 04/03/2018 Jimmy Hughes (Dbn) EACS-ETH
GMS record: 3:40.94 G 17/08/2013 Russel Wolpe (Jhb) PHOE-CG
 2:50.38 75-79 SAQT SAMS Colours 2018-19
 3:02.31 75-79 CGQT GMS Colours 2018-19

1	FYFE, DEREK	79	Coelacanth MSC-TS	3:51.10			3:51.10		12
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Event 12 Women 18-24 1500 SC Meter Freestyle

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 18:50.28 S 13/11/2010 Tarryn Stanford (CT)
GMS record: 59:59.99 G Vacant
 18:45.86 18-24 SAQT SAMS Colours 2018-19
 20:04.67 18-24 CGQT GMS Colours 2018-19

1	Hyslop, Kirsty	24	Aqua Athlete-JH	22:11.36			22:11.36		12
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Event 12 Women 35-39 1500 SC Meter Freestyle

WORLD record: 16:52.94 W 27/09/2015 Heidi GEORGE USA
SAMS record: 19:15.43 S 24/08/2014 Kathryn Nurse (Stb) CPTW-WP
GMS record: 20:47.06 G 01/10/2005 Rachele Isakov (Pta)
 19:11.97 35-39 SAQT SAMS Colours 2018-19
 20:32.61 35-39 CGQT GMS Colours 2018-19

1	Vreenegoor, Joanne	37	Coelacanth MSC-TS	23:30.16			23:30.16		12
---	Heynes, Roxy	36	Unattached	30:00.55			X30:00.55		

Event 12 Women 40-44 1500 SC Meter Freestyle

WORLD record: 16:50.92 W 01/12/2017 Heidi GEORGE USA
SAMS record: 20:17.58 S 17/08/2008 Barbara Bowley (Dbn)
GMS record: 20:24.01 G 16/08/2009 Heather Morris-Eyton (Jhb)
 19:29.01 40-44 SAQT SAMS Colours 2018-19
 20:50.84 40-44 CGQT GMS Colours 2018-19

1	Fagan, Jaki	44	Wahoo Masters-JH	22:26.95			22:26.95		12
2	Johnson, Justine	42	Waterborn SC - Masters-JH	27:04.60			27:04.60		10

GMS Championships 2019 - 24/08/2019 to 25/08/2019**Results****(Event 12 Women 40-44 1500 SC Meter Freestyle)**

3	van Wyk, Lee	43	Coelacanth MSC-TS	27:21.75	27:21.75	8
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Event 12 Women 45-49 1500 SC Meter Freestyle

WORLD record:	17:22.01	W	24/01/2015	Alison ZAMANIAN	USA
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SAMS record:	19:48.82	S	17/11/2007	Cecilia Stanford (CT)
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GMS record:	22:10.14	G	19/08/2012	Karen Kennedy (Jhb)
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	19:18.40			45-49 SAQT SAMS Colours 2018-19
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	20:39.49			45-49 CGQT GMS Colours 2018-19
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1	Boshoff, Anneke	47	Coelacanth MSC-TS	23:40.75	23:40.75	12
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Event 12 Women 50-54 1500 SC Meter Freestyle

WORLD record:	17:49.23	W	02/03/2013	Lynn MARSHALL	CAN
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SAMS record:	19:12.30	S	19/11/2011	Cecilia Stanford (CT)
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GMS record:	21:15.34	G	11/08/2007	Clare Davie (Jhb)
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	19:31.02			50-54 SAQT SAMS Colours 2018-19
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	20:52.99			50-54 CGQT GMS Colours 2018-19
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1	Naude, Caren	52	Wahoo Masters-JH	23:30.00	23:30.00	12
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Event 12 Women 55-59 1500 SC Meter Freestyle

WORLD record:	18:01.79	W	23/04/2017	Lynn MARSHALL	CAN
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SAMS record:	19:58.62	S	19/11/2016	Cecilia Stanford (CT)	CPTW-WP
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GMS record:	21:49.44	G	19/08/2012	Clare Davie (Jhb)
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	20:58.98			55-59 SAQT SAMS Colours 2018-19
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	22:27.02			55-59 CGQT GMS Colours 2018-19
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1	BRIDGES, CAROLE	57	Wahoo Masters-JH	30:21.20	30:21.20	12
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Event 12 Women 60-64 1500 SC Meter Freestyle

WORLD record:	19:38.63	W	15/01/2011	Laura VAL	USA
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SAMS record:	21:19.67	S	02/12/2017	Di Coetzee (CT)	CPTW-WP
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GMS record:	24:48.64	G	31/08/2014	Marissa Rollnick (Jhb)
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	21:48.90			60-64 SAQT SAMS Colours 2018-19
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	23:20.52			60-64 CGQT GMS Colours 2018-19
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1	van Niekerk, Theresa	60	Phoenix MSC-JH	39:22.84	39:22.84	12
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Event 12 Men 50-54 1500 SC Meter Freestyle

WORLD record:	16:25.96	W	11/02/2018	Fabio CALMASINI	ITA
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SAMS record:	19:05.30	S	31/10/2015	Julian Taylor (Dbn)	EACS-KZ
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GMS record:	20:33.85	G	18/09/2008	Roger Finch (CT)
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	18:01.36			50-54 SAQT SAMS Colours 2018-19
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	19:17.06			50-54 CGQT GMS Colours 2018-19
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1	GREAVES, GORDON	53	Phoenix MSC-JH	28:11.18	28:11.18	12
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Event 12 Men 55-59 1500 SC Meter Freestyle

WORLD record:	17:14.15	W	02/10/2005	Jim MCCONICA	USA
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SAMS record:	19:33.72	S	17/11/2007	Tim Shead (CT)
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GMS record:	20:21.62	G	26/08/2017	Joel Finn (Jhb)	WAHO-CG
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	18:58.83			55-59 SAQT SAMS Colours 2018-19
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	20:18.55			55-59 CGQT GMS Colours 2018-19
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1	Gray, Garth	57	Waterborn SC - Masters-JH	25:18.88	25:18.88	12
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2	Stonestreet, Mark	59	Wahoo Masters-JH	26:45.02	26:45.02	10
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Event 12 Men 65-69 1500 SC Meter Freestyle

WORLD record:	18:53.75	W	02/04/2015	Jim MCCONICA	USA
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SAMS record:	21:19.08	S	13/10/2017	Tim Shead (Orl)	CPTW-WP
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GMS record:	27:05.89	G	12/01/1997	Peter Pirow
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	21:14.14			65-69 SAQT SAMS Colours 2018-19
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	22:43.33			65-69 CGQT GMS Colours 2018-19
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1	Vile, Danny	67	Masters Eastern Gauteng Aqua-	32:46.00	32:46.00	12
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GMS Championships 2019 - 24/08/2019 to 25/08/2019**Results****Event 12 Men 75-79 1500 SC Meter Freestyle**

WORLD record: 20:39.50 W 17/04/2009 David RADCLIFF USA
SAMS record: 26:51.03 S 20/09/2015 Dave McLachlan (CT) CPTW-WP
GMS record: 30:18.49 G 18/08/2013 Russel Wolpe (Jhb) PHOE-CG
 25:58.11 75-79 SAQT SAMS Colours 2018-19
 27:47.18 75-79 CGQT GMS Colours 2018-19

1 MYERS, WINTON 75 Wahoo Masters-JH 31:30.90 31:30.20 31:30.00 31:30.20 12

Combined Team ScoresCombined Team Scores - Through Event 12

1. Coelacanth Msc	810	2. Wahoo Masters	509
3. Phoenix Msc	210	4. Waterborn SC - Masters	156
5. Dragons Swimming Club Masters	58	6. Aqua Athlete	54
7. Florida SC - Masters	46	8. Masters Eastern Gauteng Aqua	12

Scores - WomenWomen - Team Rankings - Through Event 12

1. Coelacanth Msc	379	2. Wahoo Masters	225
3. Phoenix Msc	198	4. Waterborn SC - Masters	58
4. Dragons Swimming Club Masters	58	6. Aqua Athlete	54
7. Florida SC - Masters	46		

Scores - MenMen - Team Rankings - Through Event 12

1. Coelacanth Msc	431	2. Wahoo Masters	284
3. Waterborn SC - Masters	98	4. Phoenix Msc	12
4. Masters Eastern Gauteng Aqua	12		