

SAMS SC Championships 2020_2021**Various venues in the RSA****Results****Women 25-29 50 SC Meter Backstroke**

	ID#	Name	Age	Team	Finals Time	Points
1	920713FAD*ABEL	Abels, Fadia	29	CPTW-CPT	33.44	12

Women 25-29 100 SC Meter Backstroke

1	920713FAD*ABEL	Abels, Fadia	29	CPTW-CPT	1:12.87	12
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Women 25-29 50 SC Meter Butterfly

1	920713FAD*ABEL	Abels, Fadia	29	CPTW-CPT	33.57	12
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Women 30-34 50 SC Meter Freestyle

1	890830KRIASULL	Sullivan, Kristen	32	WAHO-JHB	29.55	12
2	870911CYN*STRY	Strydom, Cyndi	34	WAHO-JHB	30.15	10
3	900308VIN*VDME	vd Merwe, Vinette	31	SYNR-ETH	34.06	8
4	890119ISACHAMM	Hamman, Isabel	32	WAHO-JHB	42.39	7

Women 30-34 200 SC Meter Freestyle

1	900308VIN*VDME	vd Merwe, Vinette	31	SYNR-ETH	2:54.84	12
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Women 30-34 400 SC Meter Freestyle

1	900308VIN*VDME	vd Merwe, Vinette	31	SYNR-ETH	6:14.25	12
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Women 30-34 50 SC Meter Backstroke

1	890119ISACHAMM	Hamman, Isabel	32	WAHO-JHB	51.03	12
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Women 30-34 50 SC Meter Breaststroke

1	890830KRIASULL	Sullivan, Kristen	32	WAHO-JHB	36.83	12
2	900308VIN*VDME	vd Merwe, Vinette	31	SYNR-ETH	45.85	10
3	890119ISACHAMM	Hamman, Isabel	32	WAHO-JHB	58.07	8

Women 30-34 50 SC Meter Butterfly

1	890830KRIASULL	Sullivan, Kristen	32	WAHO-JHB	32.03	12
2	900308VIN*VDME	vd Merwe, Vinette	31	SYNR-ETH	42.97	10

Women 30-34 100 SC Meter IM

---	890830KRIASULL	Sullivan, Kristen	32	WAHO-JHB	NS	
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Women 35-39 50 SC Meter Freestyle

1	861020MEL*CONR	Conradie, Melissa	35	COEL-TSH	33.37	12
2	820115HES*VAND	van Deventer, Hesmari	39	WINE-CPT	40.80	10

Women 35-39 400 SC Meter Freestyle

1	860814TARMSTAN	Stanford, Tarryn	35	CPTW-CPT	4:44.10	12
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Women 35-39 50 SC Meter Backstroke

1	820115HES*VAND	van Deventer, Hesmari	39	WINE-CPT	49.03	12
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Women 35-39 50 SC Meter Breaststroke

1	861020MEL*CONR	Conradie, Melissa	35	COEL-TSH	40.40	12
2	820115HES*VAND	van Deventer, Hesmari	39	WINE-CPT	56.05	10

Women 35-39 50 SC Meter Butterfly

1	861020MEL*CONR	Conradie, Melissa	35	COEL-TSH	44.02	12
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Women 40-44 50 SC Meter Freestyle

---	770925JAN*WIEH	Wiehahn, Jana	44	COEL-TSH	NS	
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Women 40-44 200 SC Meter Freestyle

1	790818CAR*HAMB	Hambloch, Carina	42	SYNR-ETH	2:34.59	12
2	791024SIMCWEBB	Webb, Simone	42	SYNR-ETH	2:48.00	10

SAMS SC Championships 2020_2021**Various venues in the RSA****Results****Women 40-44 50 SC Meter Backstroke**

1	791024SIMCWEBB	Webb, Simone	42	SYNR-ETH	41.61	12
---	770925JAN*WIEH	Wiehahn, Jana	44	COEL-TSH	NS	
---	790310SUZ*HARR	Harrop-Allin, Suzanne	42	COEL-TSH	NS	

Women 40-44 100 SC Meter Backstroke

1	790818CAR*HAMB	Hambloch, Carina	42	SYNR-ETH	1:16.80	12
2	791024SIMCWEBB	Webb, Simone	42	SYNR-ETH	1:28.66	10

Women 40-44 50 SC Meter Breaststroke

---	790310SUZ*HARR	Harrop-Allin, Suzanne	42	COEL-TSH	NS	
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Women 40-44 200 SC Meter Breaststroke

---	790310SUZ*HARR	Harrop-Allin, Suzanne	42	COEL-TSH	NS	
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Women 40-44 100 SC Meter IM

1	790818CAR*HAMB	Hambloch, Carina	42	SYNR-ETH	1:19.80	12
---	790310SUZ*HARR	Harrop-Allin, Suzanne	42	COEL-TSH	NS	

Women 40-44 200 SC Meter IM

1	790818CAR*HAMB	Hambloch, Carina	42	SYNR-ETH	2:45.18	12
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Women 45-49 50 SC Meter Freestyle

1	760224PERJCADI	Cadiz, Perry	45	CPTW-CPT	30.01	12
2	730219TANMOSBO	Osborne, Tanya	48	FEMS-EDD	30.83	10
3	740317MAR*YOUN	Young, Margie	47	PEMA-NMA	37.38	8
4	721104JOA*NEWE	Newell, Joanne	49	CPTW-CPT	38.64	7
5	721214NICJSTRU	Struwig, Nicky	49	COEL-TSH	40.05	6

Women 45-49 200 SC Meter Freestyle

1	720801NORLENGE	Engela, Norelle	49	CPTW-CPT	2:25.34	12
2	730219TANMOSBO	Osborne, Tanya	48	FEMS-EDD	2:25.93	10
3	740419CLANAMNE	Amner, Claire	47	CPTW-CPT	2:34.18	8
4	721104JOA*NEWE	Newell, Joanne	49	CPTW-CPT	3:11.80	7

Women 45-49 400 SC Meter Freestyle

1	721104JOA*NEWE	Newell, Joanne	49	CPTW-CPT	6:36.85	12
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Women 45-49 50 SC Meter Backstroke

1	760224PERJCADI	Cadiz, Perry	45	CPTW-CPT	33.01	12
2	720801NORLENGE	Engela, Norelle	49	CPTW-CPT	33.73	10
3	750208BRIKVANB	van Breda, Bridget	46	CPTW-CPT	36.05	8
4	751025SUZ*FROS	Frost, Suzanne	46	CPTW-CPT	40.03	7
5	740317MAR*YOUN	Young, Margie	47	PEMA-NMA	44.81	6
6	721104JOA*NEWE	Newell, Joanne	49	CPTW-CPT	46.11	5
7	721214NICJSTRU	Struwig, Nicky	49	COEL-TSH	48.31	4

Women 45-49 100 SC Meter Backstroke

1	760224PERJCADI	Cadiz, Perry	45	CPTW-CPT	1:11.57	12
2	720801NORLENGE	Engela, Norelle	49	CPTW-CPT	1:14.65	10
3	751025SUZ*FROS	Frost, Suzanne	46	CPTW-CPT	1:24.42	8
4	740317MAR*YOUN	Young, Margie	47	PEMA-NMA	1:38.16	7

Women 45-49 50 SC Meter Breaststroke

1	730219TANMOSBO	Osborne, Tanya	48	FEMS-EDD	38.57	12
2	740419CLANAMNE	Amner, Claire	47	CPTW-CPT	41.15	10
3	740317MAR*YOUN	Young, Margie	47	PEMA-NMA	46.40	8
4	721104JOA*NEWE	Newell, Joanne	49	CPTW-CPT	49.88	7

SAMS SC Championships 2020_2021**Various venues in the RSA****Results****(Women 45-49 50 SC Meter Breaststroke)**

5	721214NICJSTRU	Struwig, Nicky	49	COEL-TSH	49.93	6
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Women 45-49 200 SC Meter Breaststroke

1	750208BRIKVANB	van Breda, Bridget	46	CPTW-CPT	3:03.62	12
2	740419CLANAMNE	Amner, Claire	47	CPTW-CPT	3:08.86	10

Women 45-49 50 SC Meter Butterfly

1	740419CLANAMNE	Amner, Claire	47	CPTW-CPT	35.37	12
2	751025SUZ*FROS	Frost, Suzanne	46	CPTW-CPT	37.00	10
3	721214NICJSTRU	Struwig, Nicky	49	COEL-TSH	47.06	8

Women 45-49 100 SC Meter IM

1	730219TANMOSBO	Osborne, Tanya	48	FEMS-EDD	1:19.85	12
2	740317MAR*YOUN	Young, Margie	47	PEMA-NMA	1:37.68	10
3	721104JOA*NEWE	Newell, Joanne	49	CPTW-CPT	1:37.96	8

Women 45-49 200 SC Meter IM

1	750208BRIKVANB	van Breda, Bridget	46	CPTW-CPT	2:41.42	12
2	720801NORLENGE	Engela, Norelle	49	CPTW-CPT	2:48.94	10
3	740419CLANAMNE	Amner, Claire	47	CPTW-CPT	2:52.74	8

Women 50-54 50 SC Meter Freestyle

1	670920CAR*NAUD	Naude, Caren	54	WATR-JHB	37.51	12
2	690121PETEFREN	Frenzel, Petra	52	SYNR-ETH	38.87	10
3	670713CATBPIET	Pietrobon, Cate	54	FEMS-EDD	42.16	8
---	701115JAN*STEY	Steyn, Janine	51	UNAT	X35.78	

Women 50-54 200 SC Meter Freestyle

---	701115JAN*STEY	Steyn, Janine	51	UNAT	X3:04.22	
---	670920CAR*NAUD	Naude, Caren	54	WATR-JHB	NS	

Women 50-54 400 SC Meter Freestyle

1	670920CAR*NAUD	Naude, Caren	54	WATR-JHB	6:06.43	12
2	670713CATBPIET	Pietrobon, Cate	54	FEMS-EDD	8:29.28	10

Women 50-54 50 SC Meter Backstroke

1	700307KAT*BIHL	Bihl, Kate	51	CPTW-CPT	38.29	12
2	670920CAR*NAUD	Naude, Caren	54	WATR-JHB	44.01	10
3	690121PETEFREN	Frenzel, Petra	52	SYNR-ETH	47.09	8
---	701115JAN*STEY	Steyn, Janine	51	UNAT	XNS	

Women 50-54 100 SC Meter Backstroke

1	700307KAT*BIHL	Bihl, Kate	51	CPTW-CPT	1:24.45	12
2	670920CAR*NAUD	Naude, Caren	54	WATR-JHB	1:36.79	10

Women 50-54 50 SC Meter Breaststroke

1	700524WENJCOOK	Cook, Wendy	51	SYNR-ETH	37.69	12
2	700307KAT*BIHL	Bihl, Kate	51	CPTW-CPT	41.07	10
3	670713CATBPIET	Pietrobon, Cate	54	FEMS-EDD	51.57	8
---	701115JAN*STEY	Steyn, Janine	51	UNAT	X48.32	

Women 50-54 200 SC Meter Breaststroke

1	700524WENJCOOK	Cook, Wendy	51	SYNR-ETH	3:11.91	12
2	700307KAT*BIHL	Bihl, Kate	51	CPTW-CPT	3:16.11	10

Women 50-54 50 SC Meter Butterfly

1	690121PETEFREN	Frenzel, Petra	52	SYNR-ETH	47.85	12
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SAMS SC Championships 2020_2021**Various venues in the RSA****Results****(Women 50-54 50 SC Meter Butterfly)**

---	701115JAN*STEY	Steyn, Janine	51	UNAT	X42.63	
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Women 50-54 100 SC Meter IM

1	690121PETEFREN	Frenzel, Petra	52	SYNR-ETH	1:44.20	12
2	670713CATBPIET	Pietrobon, Cate	54	FEMS-EDD	1:59.00	10
---	701115JAN*STEY	Steyn, Janine	51	UNAT	X1:33.76	

Women 55-59 50 SC Meter Freestyle

1	660524KARGKENN	Kennedy, Karen	55	WATR-JHB	33.87	12
2	641108LESJLEE*	Lee, Les	57	PEMA-NMA	36.78	10

Women 55-59 200 SC Meter Freestyle

1	660524KARGKENN	Kennedy, Karen	55	WATR-JHB	2:41.70	12
2	641010CARAVANB	van Bassen, Carryl	57	SYNR-ETH	2:48.08	10
3	630608MAR*BOUW	Bouwer, Marieke	58	COEL-TSH	2:59.56	8
4	641108LESJLEE*	Lee, Les	57	PEMA-NMA	3:12.47	7

Women 55-59 400 SC Meter Freestyle

1	660524KARGKENN	Kennedy, Karen	55	WATR-JHB	5:36.10	12
2	620516CARABRID	Bridges, Carole	59	WAHO-JHB	7:23.16	10

Women 55-59 50 SC Meter Breaststroke

1	641010CARAVANB	van Bassen, Carryl	57	SYNR-ETH	46.03	12
2	641108LESJLEE*	Lee, Les	57	PEMA-NMA	51.75	10

Women 55-59 200 SC Meter Breaststroke

1	641010CARAVANB	van Bassen, Carryl	57	SYNR-ETH	3:30.53	12
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Women 55-59 50 SC Meter Butterfly

1	641108LESJLEE*	Lee, Les	57	PEMA-NMA	41.47	12
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Women 55-59 200 SC Meter Butterfly

1	630608MAR*BOUW	Bouwer, Marieke	58	COEL-TSH	3:38.09	12
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Women 55-59 100 SC Meter IM

1	620516CARABRID	Bridges, Carole	59	WAHO-JHB	1:56.78	12
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Women 55-59 200 SC Meter IM

1	630608MAR*BOUW	Bouwer, Marieke	58	COEL-TSH	3:21.58	12
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Women 60-64 50 SC Meter Freestyle

1	600329JEAEDGE	Degenaar, Jean	61	CPTW-CPT	33.16	12
2	570818TER*MATL	Matley, Terry	64	CPTW-CPT	39.07	10
3	601011CARABRUI	Bruining, Carol	61	COEL-TSH	39.82	8
4	610423MELJWINF	Winfield, Melinda	60	CPTW-CPT	39.95	7
5	570706CHRWDONN	Donnelly, Chris	64	CPTW-CPT	40.87	6
6	610413AMA*WALL	Wallace, Mandi	60	FEMS-EDD	42.04	5
7	580906DAWPLLOY	Lloyd, Dawn	63	SYNR-ETH	48.64	4
8	610828STEBUPNE	Upneck, Stella	60	SYNR-ETH	1:06.33	3

Women 60-64 200 SC Meter Freestyle

1	610610CECASTAN	Stanford, Cecilia	60	CPTW-CPT	2:26.28	12
2	600329JEAEDGE	Degenaar, Jean	61	CPTW-CPT	2:44.66	10
3	580906DAWPLLOY	Lloyd, Dawn	63	SYNR-ETH	4:14.22	8

Women 60-64 400 SC Meter Freestyle

1	610610CECASTAN	Stanford, Cecilia	60	CPTW-CPT	5:03.77	12
2	601011CARABRUI	Bruining, Carol	61	COEL-TSH	6:43.11	10

SAMS SC Championships 2020_2021**Various venues in the RSA****Results****(Women 60-64 400 SC Meter Freestyle)**

3	570718JILKBLAC	Black, Jill	64	FEMS-EDD	7:34.27	8
4	610413AMA*WALL	Wallace, Mandi	60	FEMS-EDD	7:42.00	7
5	580906DAWPLLOY	Lloyd, Dawn	63	SYNR-ETH	8:46.79	6

Women 60-64 50 SC Meter Backstroke

1	600329JEAEDGE	Degenaar, Jean	61	CPTW-CPT	39.84	12
2	570718JILKBLAC	Black, Jill	64	FEMS-EDD	47.74	10
3	610423MELJWINF	Winfield, Melinda	60	CPTW-CPT	51.01	8
4	601011CARABRUI	Bruining, Carol	61	COEL-TSH	52.68	7
5	580906DAWPLLOY	Lloyd, Dawn	63	SYNR-ETH	1:07.14	6

Women 60-64 100 SC Meter Backstroke

1	570718JILKBLAC	Black, Jill	64	FEMS-EDD	1:50.87	12
---	580906DAWPLLOY	Lloyd, Dawn	63	SYNR-ETH	DQ DQ	

Women 60-64 50 SC Meter Breaststroke

1	570818TER*MATL	Matley, Terry	64	CPTW-CPT	47.18	12
2	610423MELJWINF	Winfield, Melinda	60	CPTW-CPT	50.01	10
*3	570706CHRWDONN	Donnelly, Chris	64	CPTW-CPT	50.18	7.50
*3	590130SUSJVVU	Jv Vuuren, Hannatjie	62	COEL-TSH	50.18	7.50
5	610828STEBUPNE	Upneck, Stella	60	SYNR-ETH	1:07.51	6

Women 60-64 200 SC Meter Breaststroke

1	590130SUSJVVU	Jv Vuuren, Hannatjie	62	COEL-TSH	4:18.67	12
2	610828STEBUPNE	Upneck, Stella	60	SYNR-ETH	5:44.89	10

Women 60-64 50 SC Meter Butterfly

1	600329JEAEDGE	Degenaar, Jean	61	CPTW-CPT	39.10	12
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Women 60-64 100 SC Meter IM

1	610610CECASTAN	Stanford, Cecilia	60	CPTW-CPT	1:20.29	12
2	600329JEAEDGE	Degenaar, Jean	61	CPTW-CPT	1:25.21	10
3	601011CARABRUI	Bruining, Carol	61	COEL-TSH	1:44.55	8
4	570818TER*MATL	Matley, Terry	64	CPTW-CPT	1:51.21	7
5	570718JILKBLAC	Black, Jill	64	FEMS-EDD	1:57.15	6

Women 60-64 200 SC Meter IM

1	600329JEAEDGE	Degenaar, Jean	61	CPTW-CPT	3:03.06	12
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Women 65-69 50 SC Meter Freestyle

1	551112DIABCOET	Coetzee, Diane	66	CPTW-CPT	33.68	12
2	520118ANNLTHAT	Thatcher, Annette	69	SYNR-ETH	35.30	10
3	550306THE*SHAR	Sharkey, Therese	66	WINE-CPT	38.94	8
4	521110MORLBROM	Bromfield, Morag	69	SYNR-ETH	39.64	7
5	541120COLMBAIL	Bailey, Colleen	67	SYNR-ETH	41.02	6
6	520111MAREORRE	Orren, Mo	69	FEMS-EDD	41.50	5
7	560914SALAJOHN	John, Sally	65	AZON-ETH	50.39	4
8	520117SUZ*BOLS	Bolstridge, Sue	69	SYNR-ETH	51.20	3

Women 65-69 200 SC Meter Freestyle

1	551112DIABCOET	Coetzee, Diane	66	CPTW-CPT	2:34.11	12
2	520118ANNLTHAT	Thatcher, Annette	69	SYNR-ETH	3:24.81	10
3	550429NICMLOUW	Louw, Niki	66	WINE-CPT	3:39.36	8
4	520111MAREORRE	Orren, Mo	69	FEMS-EDD	3:53.59	7

Women 65-69 400 SC Meter Freestyle

1	551112DIABCOET	Coetzee, Diane	66	CPTW-CPT	5:27.68	12
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SAMS SC Championships 2020_2021**Various venues in the RSA****Results****Women 65-69 50 SC Meter Backstroke**

1	521110MORLBROM	Bromfield, Morag	69	SYNR-ETH	42.36	12
2	550306THE*SHAR	Sharkey, Therese	66	WINE-CPT	45.29	10
3	520118ANNLTHAT	Thatcher, Annette	69	SYNR-ETH	46.14	8
4	541120COLMBAIL	Bailey, Colleen	67	SYNR-ETH	46.36	7
5	520111MAREORRE	Orren, Mo	69	FEMS-EDD	51.38	6
6	520117SUZ*BOLS	Bolstridge, Sue	69	SYNR-ETH	58.64	5
7	560914SALAJOHN	John, Sally	65	AZON-ETH	59.79	4

Women 65-69 100 SC Meter Backstroke

1	521110MORLBROM	Bromfield, Morag	69	SYNR-ETH	1:35.89	12
2	550306THE*SHAR	Sharkey, Therese	66	WINE-CPT	1:40.01	10
3	541120COLMBAIL	Bailey, Colleen	67	SYNR-ETH	1:44.74	8
4	520111MAREORRE	Orren, Mo	69	FEMS-EDD	1:59.84	7
5	560914SALAJOHN	John, Sally	65	AZON-ETH	2:11.97	6

Women 65-69 50 SC Meter Breaststroke

1	520118ANNLTHAT	Thatcher, Annette	69	SYNR-ETH	47.38	12
2	520111MAREORRE	Orren, Mo	69	FEMS-EDD	1:03.02	10

Women 65-69 200 SC Meter Breaststroke

1	550429NICMLOUW	Louw, Niki	66	WINE-CPT	4:13.28	12
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Women 65-69 200 SC Meter Butterfly

1	550306THE*SHAR	Sharkey, Therese	66	WINE-CPT	4:17.67	12
2	550429NICMLOUW	Louw, Niki	66	WINE-CPT	4:25.90	10

Women 65-69 100 SC Meter IM

1	551112DIABCOET	Coetzee, Diane	66	CPTW-CPT	1:25.93	12
2	520118ANNLTHAT	Thatcher, Annette	69	SYNR-ETH	1:38.32	10
3	550429NICMLOUW	Louw, Niki	66	WINE-CPT	1:58.57	8
4	560914SALAJOHN	John, Sally	65	AZON-ETH	2:09.35	7

Women 65-69 200 SC Meter IM

1	550306THE*SHAR	Sharkey, Therese	66	WINE-CPT	3:36.07	12
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Women 70-74 50 SC Meter Freestyle

1	511113MARSROLL	Rollnick, Marissa	70	PHOE-JHB	37.87	12
2	481205ROSCCLAR	Clark, Rosemary	73	SYNR-ETH	42.97	10
3	500530ANG*SAND	Sandri, Angelika	71	COEL-TSH	44.53	8
4	470412JOYEFYFE	Fyfe, Joyce	74	COEL-TSH	51.86	7
5	510219LYNJBENJ	Benjamin, Lyn	70	PEMA-NMA	54.53	6
---	500406LINECRAW	Crawford, Linda	71	PHOE-JHB	NS	

Women 70-74 200 SC Meter Freestyle

1	510516MAUEMONS	Mons, Maureen	70	PHOE-JHB	2:53.79	12
2	511113MARSROLL	Rollnick, Marissa	70	PHOE-JHB	3:10.09	10
3	481205ROSCCLAR	Clark, Rosemary	73	SYNR-ETH	3:33.77	8
4	500530ANG*SAND	Sandri, Angelika	71	COEL-TSH	3:47.73	7
5	470412JOYEFYFE	Fyfe, Joyce	74	COEL-TSH	4:18.28	6

Women 70-74 400 SC Meter Freestyle

1	510516MAUEMONS	Mons, Maureen	70	PHOE-JHB	6:06.54	12
2	511113MARSROLL	Rollnick, Marissa	70	PHOE-JHB	6:36.02	10
3	481205ROSCCLAR	Clark, Rosemary	73	SYNR-ETH	7:25.72	8
4	500530ANG*SAND	Sandri, Angelika	71	COEL-TSH	7:59.67	7
5	480630WINAGRAY	Gray, Ann	73	SYNR-ETH	10:00.06	6

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1	470412JOYEFYFE	Fyfe, Joyce	74	COEL-TSH	53.84	12
2	500406LINECRAW	Crawford, Linda	71	PHOE-JHB	55.59	10
3	480630WINAGRAY	Gray, Ann	73	SYNR-ETH	1:17.14	8

Women 70-74 100 SC Meter Backstroke

1	470412JOYEFYFE	Fyfe, Joyce	74	COEL-TSH	2:04.73	12
2	480630WINAGRAY	Gray, Ann	73	SYNR-ETH	2:53.89	10
---	500923JENAIREL	Ireland, Jenny	71	SYNR-ETH	DQ DQ	

Women 70-74 50 SC Meter Breaststroke

1	510219LYNJBENJ	Benjamin, Lyn	70	PEMA-NMA	57.45	12
2	500530ANG*SAND	Sandri, Angelika	71	COEL-TSH	58.37	10

Women 70-74 50 SC Meter Butterfly

1	500406LINECRAW	Crawford, Linda	71	PHOE-JHB	55.52	12
2	481205ROSCCLAR	Clark, Rosemary	73	SYNR-ETH	56.08	10

Women 70-74 200 SC Meter Butterfly

1	500406LINECRAW	Crawford, Linda	71	PHOE-JHB	4:32.36	12
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Women 70-74 100 SC Meter IM

1	510516MAUEMONS	Mons, Maureen	70	PHOE-JHB	1:35.50	12
2	500923JENAIREL	Ireland, Jenny	71	SYNR-ETH	1:49.59	10
3	500530ANG*SAND	Sandri, Angelika	71	COEL-TSH	1:58.84	8

Women 70-74 200 SC Meter IM

1	500923JENAIREL	Ireland, Jenny	71	SYNR-ETH	3:57.47	12
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Women 75-79 50 SC Meter Freestyle

1	450610ANNKJONE	Jones, Anne	76	PHOE-JHB	40.81	12
2	450226ELI*CRAI	Craig, Elsa	76	PEMA-NMA	41.78	10
3	441120CHEPGRIF	Griffiths, Cheryl	77	FEMS-EDD	1:05.50	8
4	460630DIAEHUGH	Hughes, Di	75	SYNR-ETH	1:19.17	7

Women 75-79 200 SC Meter Freestyle

1	441217JANCREES	Rees, Jane	77	COEL-TSH	4:18.87	12
2	460630DIAEHUGH	Hughes, Di	75	SYNR-ETH	6:06.61	10

Women 75-79 400 SC Meter Freestyle

1	450610ANNKJONE	Jones, Anne	76	PHOE-JHB	7:25.38	12
2	441217JANCREES	Rees, Jane	77	COEL-TSH	8:58.03	10
3	460630DIAEHUGH	Hughes, Di	75	SYNR-ETH	11:55.33	8

Women 75-79 50 SC Meter Backstroke

1	441120CHEPGRIF	Griffiths, Cheryl	77	FEMS-EDD	1:17.71	12
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Women 75-79 100 SC Meter Backstroke

1	441120CHEPGRIF	Griffiths, Cheryl	77	FEMS-EDD	2:53.49	12
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Women 75-79 50 SC Meter Breaststroke

1	440918LEN*ZUND	Zundorf, Lenchen	77	CPTW-CPT	59.56	12
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Women 75-79 200 SC Meter Breaststroke

1	441217JANCREES	Rees, Jane	77	COEL-TSH	6:56.78	12
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Women 75-79 50 SC Meter Butterfly

1	450226ELI*CRAI	Craig, Elsa	76	PEMA-NMA	49.47	12
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SAMS SC Championships 2020_2021**Various venues in the RSA****Results****Women 75-79 100 SC Meter IM**

1	450226ELI*CRAI	Craig, Elsa	76	PEMA-NMA	1:46.17	12
2	450610ANNKJONE	Jones, Anne	76	PHOE-JHB	1:55.59	10

Women 75-79 200 SC Meter IM

1	450226ELI*CRAI	Craig, Elsa	76	PEMA-NMA	3:58.22	12
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Women 80-84 50 SC Meter Freestyle

1	390421SUSELEUN	Leuner, Sue	82	PHOE-JHB	52.08	12
2	380129PATAHANS	Hanson, Ann	83	COEL-TSH	1:00.55	10

Women 80-84 200 SC Meter Freestyle

1	380129PATAHANS	Hanson, Ann	83	COEL-TSH	5:08.50	12
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Women 80-84 400 SC Meter Freestyle

1	390421SUSELEUN	Leuner, Sue	82	PHOE-JHB	8:45.44	12
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Women 80-84 50 SC Meter Backstroke

1	390421SUSELEUN	Leuner, Sue	82	PHOE-JHB	57.66	12
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Women 80-84 100 SC Meter Backstroke

1	390421SUSELEUN	Leuner, Sue	82	PHOE-JHB	2:09.26	12
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Women 85-89 50 SC Meter Freestyle

1	350913WEN*SAUN	Saunders, Wendy	86	SYNR-ETH	1:17.67	12
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Women 85-89 50 SC Meter Backstroke

1	350913WEN*SAUN	Saunders, Wendy	86	SYNR-ETH	1:34.51	12
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Women 85-89 50 SC Meter Breaststroke

1	350913WEN*SAUN	Saunders, Wendy	86	SYNR-ETH	2:13.40	12
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Women 85-89 200 SC Meter Breaststroke

1	350913WEN*SAUN	Saunders, Wendy	86	SYNR-ETH	10:56.69	12
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Men 25-29 200 SC Meter Freestyle

---	961109SAN*PAKA	Pakamile, Sandile	25	WAHO-JHB	X3:19.93	
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Men 25-29 50 SC Meter Breaststroke

---	961109SAN*PAKA	Pakamile, Sandile	25	WAHO-JHB	X57.00	
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Men 25-29 100 SC Meter IM

---	961109SAN*PAKA	Pakamile, Sandile	25	WAHO-JHB	X1:46.08	
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Men 30-34 50 SC Meter Freestyle

1	900105PIERSPIE	Spies, Pierre	31	WATR-JHB	26.86	12
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Men 30-34 50 SC Meter Backstroke

1	900105PIERSPIE	Spies, Pierre	31	WATR-JHB	36.24	12
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Men 30-34 50 SC Meter Breaststroke

1	900105PIERSPIE	Spies, Pierre	31	WATR-JHB	36.42	12
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Men 30-34 50 SC Meter Butterfly

---	900105PIERSPIE	Spies, Pierre	31	WATR-JHB	NS	
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Men 30-34 100 SC Meter IM

1	900105PIERSPIE	Spies, Pierre	31	WATR-JHB	1:10.70	12
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Men 35-39 50 SC Meter Freestyle

1	8503235079089	Swartz, Lambert	36	COEL-TSH	27.53	12
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SAMS SC Championships 2020_2021**Various venues in the RSA****Results****Men 35-39 200 SC Meter Freestyle**

1	8503235079089	Swartz, Lambert	36	COEL-TSH	2:24.19	12
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Men 35-39 50 SC Meter Backstroke

1	830217LUKRLALI	Lalin, Luke	38	CPTW-CPT	29.28	12
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Men 35-39 100 SC Meter Backstroke

1	830217LUKRLALI	Lalin, Luke	38	CPTW-CPT	1:05.40	12
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Men 35-39 50 SC Meter Breaststroke

1	8503235079089	Swartz, Lambert	36	COEL-TSH	37.54	12
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Men 40-44 50 SC Meter Freestyle

1	771226MARKALLA	Allan, Marc	44	SYNR-ETH	24.18	12
2	810329MAT*TYSO	Tyson, Matthew	40	CPTW-CPT	25.91	10
3	780926JACPERAS	Erasmus, Jaco	43	WAHO-JHB	26.68	8
4	810619BRE*ALLA	Allan, Brett	40	SYNR-ETH	30.08	7
5	780113ERH*GERB	Gerber, Erhardt	43	FEMS-EDD	32.05	6

Men 40-44 200 SC Meter Freestyle

1	810619BRE*ALLA	Allan, Brett	40	SYNR-ETH	2:39.73	12
2	780113ERH*GERB	Gerber, Erhardt	43	FEMS-EDD	2:46.88	10

Men 40-44 400 SC Meter Freestyle

1	810619BRE*ALLA	Allan, Brett	40	SYNR-ETH	5:45.54	12
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Men 40-44 50 SC Meter Backstroke

1	771102JAY*RICH	Richards, Jay	44	CPTW-CPT	30.76	12
2	771226MARKALLA	Allan, Marc	44	SYNR-ETH	31.50	10
3	780926JACPERAS	Erasmus, Jaco	43	WAHO-JHB	34.52	8

Men 40-44 100 SC Meter Backstroke

1	810329MAT*TYSO	Tyson, Matthew	40	CPTW-CPT	1:03.62	12
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Men 40-44 50 SC Meter Breaststroke

1	771226MARKALLA	Allan, Marc	44	SYNR-ETH	31.96	12
2	771102JAY*RICH	Richards, Jay	44	CPTW-CPT	34.15	10
3	780926JACPERAS	Erasmus, Jaco	43	WAHO-JHB	37.06	8
4	810619BRE*ALLA	Allan, Brett	40	SYNR-ETH	40.48	7

Men 40-44 50 SC Meter Butterfly

1	771226MARKALLA	Allan, Marc	44	SYNR-ETH	27.08	12
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Men 40-44 100 SC Meter IM

1	771226MARKALLA	Allan, Marc	44	SYNR-ETH	1:04.98	12
2	771102JAY*RICH	Richards, Jay	44	CPTW-CPT	1:08.16	10
3	780926JACPERAS	Erasmus, Jaco	43	WAHO-JHB	1:16.81	8

Men 40-44 200 SC Meter IM

1	770527ANTDHANA	Hanauer, Anthony	44	WAHO-JHB	5:01.33	12
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Men 45-49 50 SC Meter Freestyle

1	750207WAD*VANR	Van Rensburg, Wade	46	PEMA-NMA	49.65	12
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Men 45-49 200 SC Meter Freestyle

1	750101AND*THIA	Thiart, Andre	46	CPTW-CPT	2:14.62	12
2	721124MATJFUBB	Fubbs, Matt	49	WAHO-JHB	2:23.96	10
3	760131TERJOSBO	Osborn, Terry	45	WAHO-JHB	2:38.20	8
4	750207WAD*VANR	Van Rensburg, Wade	46	PEMA-NMA	4:11.69	7
---	730703MARSGASS	Gasson, Martin	48	WAHO-JHB	NS	

SAMS SC Championships 2020_2021**Various venues in the RSA****Results****Men 45-49 400 SC Meter Freestyle**

1	750101AND*THIA	Thiart, Andre	46	CPTW-CPT	4:54.21	12
2	721124MATJFUBB	Fubbs, Matt	49	WAHO-JHB	5:03.91	10
3	760131TERJOSBO	Osborn, Terry	45	WAHO-JHB	5:42.10	8

Men 45-49 50 SC Meter Backstroke

---	730703MARSGASS	Gasson, Martin	48	WAHO-JHB	NS	
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Men 45-49 200 SC Meter Breaststroke

1	730703MARSGASS	Gasson, Martin	48	WAHO-JHB	2:54.74	12
2	721124MATJFUBB	Fubbs, Matt	49	WAHO-JHB	3:04.35	10

Men 45-49 50 SC Meter Butterfly

1	721124MATJFUBB	Fubbs, Matt	49	WAHO-JHB	34.39	12
---	730703MARSGASS	Gasson, Martin	48	WAHO-JHB	NS	

Men 45-49 200 SC Meter Butterfly

1	721124MATJFUBB	Fubbs, Matt	49	WAHO-JHB	2:58.33	12
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Men 45-49 100 SC Meter IM

1	721124MATJFUBB	Fubbs, Matt	49	WAHO-JHB	1:18.22	12
2	730703MARSGASS	Gasson, Martin	48	WAHO-JHB	1:20.74	10

Men 50-54 50 SC Meter Freestyle

1	670609GREMMCLE	McLeRoth, Greg	54	CPTW-CPT	26.71	12
2	700721DUNAMAYN	Mayne, Duncan	51	CPTW-CPT	28.58	10
3	691031GARJBRAD	Bradshaw, Gary	52	WATR-JHB	29.18	8
4	710528PHITCOLL	Collier, Philip	50	CPTW-CPT	30.10	7
5	671121THOPCOLL	Collins, Tom	54	WATR-JHB	31.47	6
6	701104GERBVANH	van Huyssteen, Gerhardus	51	COEL-TSH	35.89	5
---	711123TERDHELL	Heller, Terry	50	WAHO-JHB	NS	

Men 50-54 200 SC Meter Freestyle

1	700721DUNAMAYN	Mayne, Duncan	51	CPTW-CPT	2:19.34	12
2	690228FRAALILF	Lilford, Frank	52	SYNR-ETH	2:28.09	10
3	671121THOPCOLL	Collins, Tom	54	WATR-JHB	2:37.37	8
4	701104GERBVANH	van Huyssteen, Gerhardus	51	COEL-TSH	3:00.31	7
---	711123TERDHELL	Heller, Terry	50	WAHO-JHB	NS	

Men 50-54 400 SC Meter Freestyle

1	711123TERDHELL	Heller, Terry	50	WAHO-JHB	4:41.52	12
2	690228FRAALILF	Lilford, Frank	52	SYNR-ETH	5:06.37	10
3	671121THOPCOLL	Collins, Tom	54	WATR-JHB	5:21.45	8

Men 50-54 50 SC Meter Backstroke

1	670609GREMMCLE	McLeRoth, Greg	54	CPTW-CPT	31.37	12
2	700406OLIRGILB	Gilbert, Oliver	51	CPTW-CPT	33.92	10
---	711123TERDHELL	Heller, Terry	50	WAHO-JHB	NS	

Men 50-54 100 SC Meter Backstroke

1	700406OLIRGILB	Gilbert, Oliver	51	CPTW-CPT	1:12.34	12
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Men 50-54 50 SC Meter Breaststroke

1	700406OLIRGILB	Gilbert, Oliver	51	CPTW-CPT	34.69	12
2	691031GARJBRAD	Bradshaw, Gary	52	WATR-JHB	36.59	10
3	701104GERBVANH	van Huyssteen, Gerhardus	51	COEL-TSH	45.34	8

Men 50-54 200 SC Meter Breaststroke

1	690228FRAALILF	Lilford, Frank	52	SYNR-ETH	3:04.39	12
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SAMS SC Championships 2020_2021**Various venues in the RSA****Results****Men 50-54 50 SC Meter Butterfly**

1	690508ROBJTAYL	Taylor, Robbie	52	CPTW-CPT	28.42	12
2	700721DUNAMAYN	Mayne, Duncan	51	CPTW-CPT	31.51	10
3	691031GARJBRAD	Bradshaw, Gary	52	WATR-JHB	33.86	8
4	690228FRAALILF	Lilford, Frank	52	SYNR-ETH	34.32	7

Men 50-54 200 SC Meter Butterfly

1	690228FRAALILF	Lilford, Frank	52	SYNR-ETH	2:49.20	12
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Men 50-54 100 SC Meter IM

1	711123TERDHELL	Heller, Terry	50	WAHO-JHB	1:12.19	12
2	700406OLIRGILB	Gilbert, Oliver	51	CPTW-CPT	1:13.48	10
3	691031GARJBRAD	Bradshaw, Gary	52	WATR-JHB	1:16.11	8

Men 50-54 200 SC Meter IM

1	700406OLIRGILB	Gilbert, Oliver	51	CPTW-CPT	2:38.97	12
2	690228FRAALILF	Lilford, Frank	52	SYNR-ETH	2:45.30	10
3	691031GARJBRAD	Bradshaw, Gary	52	WATR-JHB	2:48.46	8

Men 55-59 50 SC Meter Freestyle

1	651123HARWRUCK	Ruck, Harald	56	COEL-TSH	25.96	12
2	630130KEVJDAVY	Davy, Kevin	58	WAHO-JHB	33.13	10
3	661107COLNMORG	Morgan, Colin	55	COEL-TSH	33.54	8
4	640424PAUMHENR	Henry, Marty	57	PEMA-NMA	35.28	7

Men 55-59 200 SC Meter Freestyle

1	661107COLNMORG	Morgan, Colin	55	COEL-TSH	2:44.00	12
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Men 55-59 400 SC Meter Freestyle

1	661107COLNMORG	Morgan, Colin	55	COEL-TSH	5:36.33	12
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Men 55-59 50 SC Meter Backstroke

1	651123HARWRUCK	Ruck, Harald	56	COEL-TSH	29.93	12
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Men 55-59 50 SC Meter Breaststroke

1	661107COLNMORG	Morgan, Colin	55	COEL-TSH	42.78	12
2	630130KEVJDAVY	Davy, Kevin	58	WAHO-JHB	42.79	10

Men 55-59 200 SC Meter Breaststroke

1	661107COLNMORG	Morgan, Colin	55	COEL-TSH	3:48.63	12
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Men 55-59 100 SC Meter IM

1	640424PAUMHENR	Henry, Marty	57	PEMA-NMA	1:30.90	12
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Men 60-64 50 SC Meter Freestyle

1	580315EUGESCHO	Schoombie, Eugene	63	FEMS-EDD	31.90	12
2	581129GIDSFOUR	Fourie, Deon	63	FEMS-EDD	32.24	10
3	580607DANJHITG	Hitge, Daniel	63	PHOE-JHB	32.64	8
4	590207CLIPWALL	Wallace, Cliff	62	FEMS-EDD	35.57	7
5	600318JAMEFOST	Foster, Ted	61	SYNR-ETH	36.03	6
---	590525QUIWKOHL	Kohler, Quirin	62	PHOE-JHB	NS	

Men 60-64 200 SC Meter Freestyle

1	590525QUIWKOHL	Kohler, Quirin	62	PHOE-JHB	2:29.52	12
2	580918DAVVFROS	Frost, David	63	WINE-CPT	2:52.27	10
3	590207CLIPWALL	Wallace, Cliff	62	FEMS-EDD	2:54.86	8
4	610813WOLLFECH	Fechter, Wolfgang	60	SYNR-ETH	3:00.51	7
5	600318JAMEFOST	Foster, Ted	61	SYNR-ETH	3:32.28	6

SAMS SC Championships 2020_2021**Various venues in the RSA****Results****Men 60-64 400 SC Meter Freestyle**

1	580507ROD*HOLS	Holshausen, Rod	63	CPTW-CPT	5:52.11	12
2	580918DAVVFROS	Frost, David	63	WINE-CPT	6:01.74	10
3	590207CLIPWALL	Wallace, Cliff	62	FEMS-EDD	6:30.31	8

Men 60-64 50 SC Meter Backstroke

1	580607DANJHITG	Hitge, Daniel	63	PHOE-JHB	41.66	12
2	580315EUGESCHO	Schoombie, Eugene	63	FEMS-EDD	48.28	10
3	610813WOLLFECH	Fechter, Wolfgang	60	SYNR-ETH	49.73	8
4	590207CLIPWALL	Wallace, Cliff	62	FEMS-EDD	53.94	7

Men 60-64 100 SC Meter Backstroke

1	580315EUGESCHO	Schoombie, Eugene	63	FEMS-EDD	1:34.04	12
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Men 60-64 50 SC Meter Breaststroke

1	580607DANJHITG	Hitge, Daniel	63	PHOE-JHB	43.16	12
2	580315EUGESCHO	Schoombie, Eugene	63	FEMS-EDD	43.17	10
3	580918DAVVFROS	Frost, David	63	WINE-CPT	43.18	8
4	600318JAMEFOST	Foster, Ted	61	SYNR-ETH	43.64	7
5	610813WOLLFECH	Fechter, Wolfgang	60	SYNR-ETH	43.79	6
6	581129GIDSFOUR	Fourie, Deon	63	FEMS-EDD	47.95	5

Men 60-64 200 SC Meter Breaststroke

1	601011GRAADUTO	du Toit, Graham	61	CPTW-CPT	3:01.68	12
2	580918DAVVFROS	Frost, David	63	WINE-CPT	3:21.94	10
3	610813WOLLFECH	Fechter, Wolfgang	60	SYNR-ETH	3:49.58	8
4	600318JAMEFOST	Foster, Ted	61	SYNR-ETH	3:52.78	7

Men 60-64 50 SC Meter Butterfly

1	580507ROD*HOLS	Holshausen, Rod	63	CPTW-CPT	39.73	12
2	580918DAVVFROS	Frost, David	63	WINE-CPT	43.81	10

Men 60-64 100 SC Meter IM

1	580607DANJHITG	Hitge, Daniel	63	PHOE-JHB	1:26.26	12
2	580507ROD*HOLS	Holshausen, Rod	63	CPTW-CPT	1:31.26	10
3	610813WOLLFECH	Fechter, Wolfgang	60	SYNR-ETH	1:39.98	8
4	580315EUGESCHO	Schoombie, Eugene	63	FEMS-EDD	1:49.59	7
5	581129GIDSFOUR	Fourie, Deon	63	FEMS-EDD	1:55.68	6

Men 60-64 200 SC Meter IM

1	601011GRAADUTO	du Toit, Graham	61	CPTW-CPT	2:47.62	12
2	590525QUIWKOHL	Kohler, Quirin	62	PHOE-JHB	2:52.99	10

Men 65-69 50 SC Meter Freestyle

1	541120ANDJROOT	Roothman, Andre	67	CPTW-CPT	29.64	12
2	561211RUSGUPNE	Upneck, Russell	65	SYNR-ETH	31.57	10
3	560919PAUJBENA	Benade, Paul	65	CPTW-CPT	32.39	8
4	530916DAVEARBU	Arbuthnot, David	68	COEL-TSH	34.15	7
5	560905ARTGPLAT	Platte, Gary	65	WINE-CPT	39.62	6

Men 65-69 200 SC Meter Freestyle

1	561211RUSGUPNE	Upneck, Russell	65	SYNR-ETH	2:29.54	12
2	520709DOUJHOWI	Howieson, Doug	69	CPTW-CPT	2:46.28	10
3	550427MICDWINF	Winfield, Mike	66	CPTW-CPT	2:54.12	8

Men 65-69 400 SC Meter Freestyle

1	561211RUSGUPNE	Upneck, Russell	65	SYNR-ETH	5:13.82	12
2	520709DOUJHOWI	Howieson, Doug	69	CPTW-CPT	5:52.29	10

SAMS SC Championships 2020_2021**Various venues in the RSA****Results****Men 65-69 50 SC Meter Backstroke**

1	550427MICDWINF	Winfield, Mike	66	CPTW-CPT	36.86	12
2	551123CHR*JVUU	Jv Vuuren, Christo	66	COEL-TSH	47.71	10
3	560905ARTGPLAT	Platte, Gary	65	WINE-CPT	57.14	8

Men 65-69 100 SC Meter Backstroke

1	550427MICDWINF	Winfield, Mike	66	CPTW-CPT	1:17.70	12
2	520709DOUJHOWI	Howieson, Doug	69	CPTW-CPT	1:32.61	10

Men 65-69 50 SC Meter Breaststroke

1	561211RUSGUPNE	Upneck, Russell	65	SYNR-ETH	42.88	12
2	560905ARTGPLAT	Platte, Gary	65	WINE-CPT	55.92	10
3	551123CHR*JVUU	Jv Vuuren, Christo	66	COEL-TSH	56.13	8

Men 65-69 200 SC Meter Breaststroke

1	561211RUSGUPNE	Upneck, Russell	65	SYNR-ETH	3:22.22	12
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Men 65-69 50 SC Meter Butterfly

1	541120ANDJROOT	Roothman, Andre	67	CPTW-CPT	35.28	12
2	530916DAVEARBU	Arbuthnot, David	68	COEL-TSH	38.81	10

Men 65-69 200 SC Meter Butterfly

1	530916DAVEARBU	Arbuthnot, David	68	COEL-TSH	3:31.41	12
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Men 65-69 100 SC Meter IM

1	541120ANDJROOT	Roothman, Andre	67	CPTW-CPT	1:25.12	12
2	561211RUSGUPNE	Upneck, Russell	65	SYNR-ETH	1:29.10	10
3	560905ARTGPLAT	Platte, Gary	65	WINE-CPT	1:56.33	8

Men 65-69 200 SC Meter IM

1	530916DAVEARBU	Arbuthnot, David	68	COEL-TSH	3:29.35	12
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Men 70-74 50 SC Meter Freestyle

1	490627MICCBOLS	Bolstridge, Mike	72	SYNR-ETH	34.97	12
2	470928PETJLARC	Larcombe, Peter	74	SYNR-ETH	37.95	10
3	491113GRABROBI	Robinson, Graham	72	SYNR-ETH	41.12	8

Men 70-74 200 SC Meter Freestyle

1	490627MICCBOLS	Bolstridge, Mike	72	SYNR-ETH	3:01.07	12
2	500119GERJVANR	Van Rooijen, Gerhard	71	SYNR-ETH	3:04.92	10
3	510501ROBSHATH	Hatherly, Bob	70	PEMA-NMA	3:10.16	8
4	470928PETJLARC	Larcombe, Peter	74	SYNR-ETH	3:15.86	7
5	491113GRABROBI	Robinson, Graham	72	SYNR-ETH	4:17.97	6
---	471006DERMMALT	Maltby, Derek	74	PHOE-JHB	NS	

Men 70-74 400 SC Meter Freestyle

1	500119GERJVANR	Van Rooijen, Gerhard	71	SYNR-ETH	6:37.06	12
2	470928PETJLARC	Larcombe, Peter	74	SYNR-ETH	6:54.53	10
---	471006DERMMALT	Maltby, Derek	74	PHOE-JHB	NS	

Men 70-74 50 SC Meter Backstroke

1	491113GRABROBI	Robinson, Graham	72	SYNR-ETH	1:01.31	12
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Men 70-74 50 SC Meter Breaststroke

1	510501ROBSHATH	Hatherly, Bob	70	PEMA-NMA	40.75	12
2	491113GRABROBI	Robinson, Graham	72	SYNR-ETH	55.89	10
3	470928PETJLARC	Larcombe, Peter	74	SYNR-ETH	57.64	8

SAMS SC Championships 2020_2021**Various venues in the RSA****Results****Men 70-74 200 SC Meter Breaststroke**

1	510501ROBSHATH	Hatherly, Bob	70	PEMA-NMA	3:19.46	12
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Men 70-74 50 SC Meter Butterfly

1	470928PETJLARC	Larcombe, Peter	74	SYNR-ETH	52.44	12
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---	490627MICCBOLS	Bolstridge, Mike	72	SYNR-ETH	DQ DQ	
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Alternating movement of legs or feet

Men 70-74 100 SC Meter IM

1	490627MICCBOLS	Bolstridge, Mike	72	SYNR-ETH	1:37.91	12
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2	491113GRABROBI	Robinson, Graham	72	SYNR-ETH	2:11.35	10
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Men 70-74 200 SC Meter IM

1	510501ROBSHATH	Hatherly, Bob	70	PEMA-NMA	3:31.28	12
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Men 75-79 50 SC Meter Freestyle

1	431006JAMKHUGH	Hughes, Jimmy	78	SYNR-ETH	37.68	12
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2	451109MICDMCDO	McDonald, Mike	76	FEMS-EDD	43.33	10
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3	440823WINNMYER	Myers, Winton	77	WAHO-JHB	44.95	8
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Men 75-79 200 SC Meter Freestyle

1	431006JAMKHUGH	Hughes, Jimmy	78	SYNR-ETH	3:31.58	12
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---	510313RONKPRI	Prior, Ronald	76	WAHO-JHB	NS	
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Men 75-79 400 SC Meter Freestyle

1	440823WINNMYER	Myers, Winton	77	WAHO-JHB	8:02.86	12
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Men 75-79 50 SC Meter Backstroke

1	431006JAMKHUGH	Hughes, Jimmy	78	SYNR-ETH	42.44	12
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2	451109MICDMCDO	McDonald, Mike	76	FEMS-EDD	51.54	10
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3	440823WINNMYER	Myers, Winton	77	WAHO-JHB	56.80	8
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Men 75-79 100 SC Meter Backstroke

1	431006JAMKHUGH	Hughes, Jimmy	78	SYNR-ETH	1:37.00	12
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2	451109MICDMCDO	McDonald, Mike	76	FEMS-EDD	1:57.65	10
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---	510313RONKPRI	Prior, Ronald	76	WAHO-JHB	NS	
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Men 75-79 50 SC Meter Breaststroke

1	451109MICDMCDO	McDonald, Mike	76	FEMS-EDD	53.55	12
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Men 75-79 100 SC Meter IM

1	431006JAMKHUGH	Hughes, Jimmy	78	SYNR-ETH	1:42.42	12
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Men 75-79 200 SC Meter IM

1	431006JAMKHUGH	Hughes, Jimmy	78	SYNR-ETH	3:55.05	12
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2	510313RONKPRI	Prior, Ronald	76	WAHO-JHB	4:06.77	10
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Men 80-84 50 SC Meter Freestyle

1	401122DERJFYFE	Fyfe, Derek	81	COEL-TSH	41.13	12
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Men 80-84 200 SC Meter Freestyle

1	401122DERJFYFE	Fyfe, Derek	81	COEL-TSH	3:30.39	12
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2	371022DAVSMCLA	McLachlan, Dave	84	CPTW-CPT	3:40.29	10
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Men 80-84 400 SC Meter Freestyle

1	371022DAVSMCLA	McLachlan, Dave	84	CPTW-CPT	7:36.63	12
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Men 80-84 50 SC Meter Backstroke

1	401122DERJFYFE	Fyfe, Derek	81	COEL-TSH	48.91	12
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2	370316JAMASAUN	Saunders, Jim	84	SYNR-ETH	1:38.12	10
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SAMS SC Championships 2020_2021**Various venues in the RSA****Results****Men 80-84 100 SC Meter Backstroke**

1	401122DERJFYFE	Fyfe, Derek	81	COEL-TSH	1:44.25	12
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Men 80-84 100 SC Meter IM

1	371022DAVSMCLA	McLachlan, Dave	84	CPTW-CPT	1:56.01	12
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Men 80-84 200 SC Meter IM

1	371022DAVSMCLA	McLachlan, Dave	84	CPTW-CPT	4:11.20	12
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Men 85-89 50 SC Meter Freestyle

1	361017MICJCAME	Cameron, Mike	85	SYNR-ETH	48.17	12
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2	330221CORWBORS	Borstlap, Buddy	88	FEMS-EDD	1:11.00	10
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Men 85-89 200 SC Meter Freestyle

1	350912PET*HUTC	Hutchings, Peter	86	WAHO-JHB	5:52.89	12
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Men 85-89 50 SC Meter Backstroke

1	361017MICJCAME	Cameron, Mike	85	SYNR-ETH	53.37	12
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2	330221CORWBORS	Borstlap, Buddy	88	FEMS-EDD	1:20.20	10
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3	320811RICAHILL	Hills, Dick	89	PEMA-NMA	1:23.74	8
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Men 85-89 100 SC Meter Backstroke

1	361017MICJCAME	Cameron, Mike	85	SYNR-ETH	2:13.09	12
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2	330221CORWBORS	Borstlap, Buddy	88	FEMS-EDD	2:59.41	10
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Men 85-89 50 SC Meter Breaststroke

1	361017MICJCAME	Cameron, Mike	85	SYNR-ETH	1:03.59	12
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2	320811RICAHILL	Hills, Dick	89	PEMA-NMA	1:42.31	10
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