
RECORDS TMS LC Women
LC Meters-Women

19-24	50 Free	28.03	30-Jan-05		J. Cowell
	100 Free	1:02.28	17-Mar-05		J. Cowell
	200 Free	2:21.03	17-Mar-05		J. Cowell
	400 Free	5:06.50	2-Mar-97		M. Albertyn
	800 Free	10:38.97	20-Mar-97		M. Albertyn
	1500 Free	20:16.41	9-Oct-04		J. Cowell
	50 Back	34.48	11-Mar-20	COEL- TSH	Robin Terblanche at SAMS 36th LC Champs @ Germiston 2020
	100 Back	1:16.31	11-Mar-20	COEL- TSH	Robin Terblanche at SAMS 36th LC Champs @ Germiston 2020
	200 Back	3:04.00	12-Feb-09	COEL- NT	Sandra R. Verryn at Tshwane Champs 09
	50 Breast	37.27	3-Jan-05		J. Cowell
	100 Breast	1:21.19	3-Jan-05		J. Cowell
	200 Breast	3:16.16	16-Feb-91		S. Dorlas
	50 Fly	30.89	17-Mar-05		J. Cowell
	100 Fly	1:11.19	20-Feb-04		J. Cowell
	200 Fly	1:39:59.99	9-Sep-99		Free
	200 IM	2:37.90	20-Mar-04		J. Cowell
	400 IM	1:39:59.99	9-Sep-99		Free
25-29	50 Free	27.25	18-Mar-15	PLAM- NT	Lehesta Kemp at SAMS 31st LC Champs @ Johannesburg
	100 Free	1:04.38	14-Mar-07	COEL- NT	JOANNE E. COWELL at SAMS 23rd LC Champs @ Sasolburg
	200 Free	2:24.19	14-Mar-91		A. Thesnaar
	400 Free	5:01.52	14-Mar-91		A. Thesnaar
	800 Free	10:17.79	14-Mar-91		A. Thesnaar
	1500 Free	22:30.96	19-Sep-09	COEL- NT	JOANNE E. COWELL at Coelacanth 1500 2009
	50 Back	35.34	16-Feb-91		M. Heim
	100 Back	1:16.71	14-Mar-91		M. Heim
	200 Back	2:52.23	20-Mar-19	COEL- TSH	Dalena Odendaal at SAMS 35th LC Champs @ Port Elizabeth
	50 Breast	35.04	18-Mar-15	COEL- NT	Vidette Coetzee at SAMS 31st LC Champs @ Johannesburg
	100 Breast	1:21.12	10-Nov-07	COEL- NT	Claire C. Rolt at Tshwane Inter-Regional 2007
	200 Breast	3:11.98	23-Mar-95		S. Dorlas
	50 Fly	29.65	18-Mar-15	PLAM- NT	Lehesta Kemp at SAMS 31st LC Champs @ Johannesburg
	100 Fly	1:12.09	18-Mar-94		S. Dorlas
	200 Fly	2:55.76	20-Mar-19	COEL- TSH	Dalena Odendaal at SAMS 35th LC Champs @ Port Elizabeth
	200 IM	2:42.41	14-Feb-08	COEL- NT	Claire C. Rolt at TMS Champs 08
	400 IM	5:52.34	23-Mar-95		S. Dorlas
30-34	50 Free	28.68	11-Mar-20	COEL- TSH	Esthé Bester at SAMS 36th LC Champs @ Germiston 2020
	100 Free	1:06.16	12-Nov-16	COEL- TS	Claire C. Rolt at Tshwane Masters Inter Regional Gala
	200 Free	2:25.88	16-Mar-16	COEL- NT	Claire C. Rolt at SAMS 32nd LC Champs @ Durban
	400 Free	5:24.89	20-Mar-93		M. Malan
	800 Free	10:46.82	13-Apr-96		S. Dorlas
	1500 Free	23:23.00	2-Oct-16	COEL- TS	Claire C. Rolt at Coelacanth 1500 2016
	50 Back	35.01	18-Mar-15	COEL- NT	Lizette Muller at SAMS 31st LC Champs @ Johannesburg
	100 Back	1:17.63	18-Mar-15	COEL- NT	Lizette Muller at SAMS 31st LC Champs @ Johannesburg
	200 Back	2:50.23	12-Feb-15	COEL- NT	Lizette Muller at Tshwane Masters Long Course Champs. 2015
	50 Breast	33.78	16-Mar-16	COEL- NT	Claire C. Rolt at SAMS 32nd LC Champs @ Durban
	100 Breast	1:14.55	16-Mar-16	COEL- NT	Claire C. Rolt at SAMS 32nd LC Champs @ Durban
	200 Breast	2:44.90	16-Mar-16	COEL- NT	Claire C. Rolt at SAMS 32nd LC Champs @ Durban
	50 Fly	31.99	16-Mar-16	COEL- NT	Claire C. Rolt at SAMS 32nd LC Champs @ Durban
	100 Fly	1:12.76	19-Mar-97		S. Dorlas
	200 Fly	2:44.26	18-Mar-99		S. Dorlas
	200 IM	2:47.82	19-Mar-97		M. Bouwer
	400 IM	5:55.16	18-Mar-99		S. Dorlas

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35-39	50 Free	26.53	3-Jun-04		E. Ottermann
	100 Free	1:01.92	28-Mar-03		E. Ottermann
	200 Free	2:26.48	20-Mar-19	COEL- TSH	Claire C. Rolt at SAMS 35th LC Champs @ Port Elizabeth
	400 Free	5:21.86	18-Mar-99		C. Witteveen
	800 Free	11:04.31	28-Feb-02		S. Dorlas
	1500 Free	22:17.83	6-Oct-01		S. Dorlas
	50 Back	36.53	28-Mar-03		E. Ottermann
	100 Back	1:19.32	18-Mar-00		A. Dressler
	200 Back	2:46.07	18-Mar-00		A. Dressler
	50 Breast	33.44	15-Mar-17	COEL- TSH	Claire C. Rolt at SAMS 33rd LC Champs @ East London
	100 Breast	1:14.50	15-Mar-17	COEL- TSH	Claire C. Rolt at SAMS 33rd LC Champs @ East London
	200 Breast	2:45.52	15-Mar-17	COEL- TSH	Claire C. Rolt at SAMS 33rd LC Champs @ East London
	50 Fly	29.42	3-Jun-04		E. Ottermann
	100 Fly	1:01.60	3-Jun-04		E. Ottermann
	200 Fly	2:46.01	28-Feb-02		S. Dorlas
	200 IM	2:36.48	15-Mar-17	COEL- TSH	Claire C. Rolt at SAMS 33rd LC Champs @ East London
	400 IM	5:58.17	14-Mar-18	COEL- TSH	Claire C. Rolt at SAMS 34th LC Champs @ Pretoria
40-44	50 Free	26.60	24-Feb-07		E. Ottermann
	100 Free	1:01.26	11-Mar-20	COEL- TSH	Yvette Victor-vd Berg at SAMS 36th LC Champs @ Germiston 2020
	200 Free	2:21.81	11-Mar-20	COEL- TSH	Yvette Victor-vd Berg at SAMS 36th LC Champs @ Germiston 2020
	400 Free	4:59.37	16-Mar-16	COEL- NT	Megan E. Albertyn at SAMS 32nd LC Champs @ Durban
	800 Free	10:16.55	16-Mar-16	COEL- NT	Megan E. Albertyn at SAMS 32nd LC Champs @ Durban
	1500 Free	20:21.47	4-Oct-14	COEL- NT	Megan E. Albertyn at Coelacanth 1500: 2014
	50 Back	34.56	17-Mar-05		A. Dressler
	100 Back	1:15.75	19-Feb-05		A. Dressler
	200 Back	2:41.65	17-Mar-05		A. Dressler
	50 Breast	35.51	11-Mar-20	COEL- TSH	Yvette Victor-vd Berg at SAMS 36th LC Champs @ Germiston 2020
	100 Breast	1:18.72	11-Mar-20	COEL- TSH	Yvette Victor-vd Berg at SAMS 36th LC Champs @ Germiston 2020
	200 Breast	3:02.29	19-Feb-05		A. Dressler
	50 Fly	29.41	14-Feb-06		E. Ottermann
	100 Fly	1:16.10	15-Nov-14	COEL- NT	Megan E. Albertyn at Tshwane Masters Inter regional 2014
	200 Fly	2:56.36	2-Mar-06		S. Dorlas
	200 IM	2:46.16	5-Mar-05		A. Dressler
	400 IM	6:24.97	16-Apr-96		M. vd Walt
45-49	50 Free	30.30	14-Mar-12	COEL- NT	Barbara Fraatz at SAMS 28th LC Champs @ Cape Town
	100 Free	1:05.78	14-Mar-18	COEL- TSH	Megan E. Albertyn at SAMS 34th LC Champs @ Pretoria
	200 Free	2:24.74	14-Mar-18	COEL- TSH	Megan E. Albertyn at SAMS 34th LC Champs @ Pretoria
	400 Free	5:04.53	14-Mar-18	COEL- TSH	Megan E. Albertyn at SAMS 34th LC Champs @ Pretoria
	800 Free	10:33.27	14-Mar-18	COEL- TSH	Megan E. Albertyn at SAMS 34th LC Champs @ Pretoria
	1500 Free	22:05.69	16-Feb-12	COEL- NT	Barbara Fraatz at Tshwane Champs 2012
	50 Back	35.56	13-Mar-13	COEL- NT	Annemarie H. Dressler at SAMS 29th LC Champs @ Port Elizabeth
	100 Back	1:17.36	13-Mar-13	COEL- NT	Annemarie H. Dressler at SAMS 29th LC Champs @ Port Elizabeth
	200 Back	2:45.09	13-Mar-13	COEL- NT	Annemarie H. Dressler at SAMS 29th LC Champs @ Port Elizabeth
	50 Breast	38.40	5-Mar-05		C. van Dam
	100 Breast	1:25.53	14-Feb-06		C. van Dam
	200 Breast	3:08.34	2-Feb-08	COEL- NT	Hannah Ueckermann at SE Reg.Competition UK.
	50 Fly	33.24	17-Feb-11	COEL- NT	Babs Fraatz at Tshwane Champs 2011
	100 Fly	1:18.53	13-Mar-13	COEL- NT	Barbara Fraatz at SAMS 29th LC Champs @ Port Elizabeth
	200 Fly	3:03.60	14-Feb-08	TUKM- NT	KIM FOSTER at TMS Champs 08
	200 IM	2:53.74	14-Mar-18	COEL- TSH	Megan E. Albertyn at SAMS 34th LC Champs @ Pretoria
	400 IM	6:14.81	14-Mar-18	COEL- TSH	Megan E. Albertyn at SAMS 34th LC Champs @ Pretoria
50-54	50 Free	30.46	16-Mar-16	COEL- NT	Barbara Fraatz at SAMS 32nd LC Champs @ Durban
	100 Free	1:08.13	16-Mar-16	COEL- NT	Barbara Fraatz at SAMS 32nd LC Champs @ Durban

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50-54	200 Free	2:33.44	16-Mar-16	COEL- NT	Barbara Fraatz at SAMS 32nd LC Champs @ Durban	
	400 Free	5:23.75	13-Mar-13	COEL- NT	Hannah UECKERMANN at SAMS 29th LC Champs @ Port Elizabeth	
	800 Free	11:30.90	15-Mar-17	COEL- TSH	Annemarie H. Dressler at SAMS 33rd LC Champs @ East London	
	1500 Free	22:47.00	12-Feb-15	COEL- NT	Annemarie H. Dressler at Tshwane Masters Long Course Champs. 2015	
	50 Back	36.28	15-Mar-17	COEL- TSH	Annemarie H. Dressler at SAMS 33rd LC Champs @ East London	
	100 Back	1:18.52	16-Mar-16	COEL- NT	Annemarie H. Dressler at SAMS 32nd LC Champs @ Durban	
	200 Back	2:47.85	16-Mar-16	COEL- NT	Annemarie H. Dressler at SAMS 32nd LC Champs @ Durban	
	50 Breast	38.96	18-Mar-15	COEL- NT	Annemarie H. Dressler at SAMS 31st LC Champs @ Johannesburg	
	100 Breast	1:28.01	7-Mar-15	COEL- NT	Annemarie H. Dressler at GMS LC Interregional @ WEC	
	200 Breast	3:05.24	13-Mar-13	COEL- NT	Hannah UECKERMANN at SAMS 29th LC Champs @ Port Elizabeth	
	50 Fly	32.86	13-Nov-10	COEL- NT	KIM FOSTER at Tshwane Inter-Regional 2010	
	100 Fly	1:17.00	11-Mar-09	COEL- NT	KIM FOSTER at SAMS 25th LC Champs @ East London	
	200 Fly	2:59.18	16-Mar-11	COEL- NT	KIM FOSTER at SAMS 27th LC Champs @ Oudtshoorn	
	200 IM	2:58.48	16-Mar-16	COEL- NT	Barbara Fraatz at SAMS 32nd LC Champs @ Durban	
	400 IM	6:23.89	13-Mar-13	COEL- NT	MARIEKE BOUWER at SAMS 29th LC Champs @ Port Elizabeth	
	55-59	50 Free	31.38	16-Jan-16	COEL- NT	SABINE M. VERRYIN at GMS LC (Phoenix) @ WEC
		100 Free	1:11.67	16-Jan-16	COEL- NT	SABINE M. VERRYIN at GMS LC (Phoenix) @ WEC
200 Free		2:44.59	18-Mar-15	COEL- NT	KIM FOSTER at SAMS 31st LC Champs @ Johannesburg	
400 Free		5:36.47	20-Mar-19	COEL- TSH	Annemarie H. Dressler at SAMS 35th LC Champs @ Port Elizabeth	
800 Free		11:47.11	20-Mar-19	COEL- TSH	Annemarie H. Dressler at SAMS 35th LC Champs @ Port Elizabeth	
1500 Free		24:11.88	10-Oct-20	COEL- TSH	Annemarie H. Dressler at Tshwane Masters Coelananths 1500: 2020	
50 Back		37.04	20-Mar-19	COEL- TSH	Annemarie H. Dressler at SAMS 35th LC Champs @ Port Elizabeth	
100 Back		1:19.51	20-Mar-19	COEL- TSH	Annemarie H. Dressler at SAMS 35th LC Champs @ Port Elizabeth	
200 Back		2:50.57	20-Mar-19	COEL- TSH	Annemarie H. Dressler at SAMS 35th LC Champs @ Port Elizabeth	
50 Breast		42.44	11-Mar-20	COEL- TSH	Annemarie H. Dressler at SAMS 36th LC Champs @ Germiston 2020	
100 Breast		1:39.33	15-Mar-17	COEL- TSH	SABINE M. VERRYIN at SAMS 33rd LC Champs @ East London	
200 Breast		3:34.69	27-Mar-21	COEL- TSH	Annemarie H. Dressler at Tshwane Championships 2021	
50 Fly		34.28	15-Nov-14	COEL- NT	KIM FOSTER at Tshwane Masters Inter regional 2014	
100 Fly		1:23.19	18-Mar-15	COEL- NT	KIM FOSTER at SAMS 31st LC Champs @ Johannesburg	
200 Fly		3:12.88	20-Feb-14	COEL- NT	KIM FOSTER at Tshwane Masters Champs: 2014	
200 IM		3:16.43	16-Mar-16	COEL- NT	KIM FOSTER at SAMS 32nd LC Champs @ Durban	
400 IM		6:58.15	20-Mar-19	COEL- TSH	MARIEKE BOUWER at SAMS 35th LC Champs @ Port Elizabeth	
60-64	50 Free	33.53	11-Mar-20	COEL- TSH	Ingrid M. Trusler at SAMS 36th LC Champs @ Germiston 2020	
	100 Free	1:12.05	11-Mar-20	COEL- TSH	Ingrid M. Trusler at SAMS 36th LC Champs @ Germiston 2020	
	200 Free	2:34.69	27-Mar-21	COEL- TSH	Ingrid M. Trusler at Tshwane Championships 2021	
	400 Free	5:28.19	27-Mar-21	COEL- TSH	Ingrid M. Trusler at Tshwane Championships 2021	
	800 Free	11:17.55	11-Mar-20	COEL- TSH	Ingrid M. Trusler at SAMS 36th LC Champs @ Germiston 2020	
	1500 Free	21:33.22	13-Feb-20	COEL- TSH	Ingrid M. Trusler at Tshwane.LC Champs 2020	
	50 Back	43.61	14-Mar-18	CSCM- TSH	Pam Reynecke at SAMS 34th LC Champs @ Pretoria	
	100 Back	1:34.42	15-Mar-17	CSCM- TSH	Pam Reynecke at World Masters Budapest	
	200 Back	3:30.59	10-Aug-17	CSCM- TSH	Pam Reynecke at World Mastes Budapest	
	50 Breast	42.97	11-Mar-20	COEL- TSH	Ingrid M. Trusler at SAMS 36th LC Champs @ Germiston 2020	
	100 Breast	1:45.10	11-Mar-20	COEL- TSH	KIM FOSTER at SAMS 36th LC Champs @ Germiston 2020	
	200 Breast	3:56.37	12-Feb-15	ALCA- NT	Maggie vd Walt at Tshwane Masters Long Course Champs. 2015	
	50 Fly	35.15	20-Mar-19	COEL- TSH	KIM FOSTER at SAMS 35th LC Champs @ Port Elizabeth	
	100 Fly	1:27.41	14-Feb-19	COEL- TSH	KIM FOSTER at Tshwane Masters Long Course Champs 2019	
	200 Fly	3:22.48	20-Mar-19	COEL- TSH	KIM FOSTER at SAMS 35th LC Champs @ Port Elizabeth	
	200 IM	3:29.91	16-Nov-19	COEL- TSH	Ingrid M. Trusler at Tshwane.Inter - Regional 2019	
	400 IM	7:34.05	18-Mar-15	ALCA- NT	Maggie vd Walt at SAMS 31st LC Champs @ Johannesburg	
65-69	50 Free	40.99	12-Mar-08	COEL- NT	Salome HURWITZ at SAMS 24th LC Champs @ Durban	
	100 Free	1:35.57	18-Mar-15	COEL- NT	ANGELIKA SANDRI at SAMS 31st LC Champs @ Johannesburg	
	200 Free	3:21.16	14-Mar-07	COEL- NT	OLIVIA BELCHER at SAMS 23rd LC Champs @ Sasolburg	
	400 Free	6:46.89	2-Mar-06	COEL- NT	OLIVIA BELCHER at SA Masters Swimming Nationals 2006	

RECORDS TMS LC Women

65-69	800 Free	14:08.48	14-Mar-07	COEL- NT	OLIVIA BELCHER at SAMS 23rd LC Champs @ Sasolburg
	1500 Free	27:36.95	29-Sep-07	COEL- NT	OLIVIA BELCHER at Coel1500.2007
	50 Back	49.78	3-Mar-12	COEL- NT	JOYCE E. FYFE at GMS Interregional @ Ellis Park
	100 Back	1:55.97	25-Mar-02		B. Pearce
	200 Back	4:07.27	25-Mar-02		B. Pearce
	50 Breast	47.27	17-Apr-08	COEL- NT	Salome HURWITZ at World Champs @ Perth
	100 Breast	1:47.19	12-Mar-08	COEL- NT	Salome HURWITZ at SAMS 24th LC Champs @ Durban
	200 Breast	3:50.84	17-Apr-08	COEL- NT	Salome Hurwitz at World Champs @ Perth
	50 Fly	44.68	17-Apr-08	COEL- NT	Salome Hurwitz at World Champs @ Perth
	100 Fly	2:13.37	25-Mar-02		B. Pearce
	200 Fly	5:06.33	25-Mar-02		B. Pearce
	200 IM	4:42.77	8-Mar-03		B. Pearce
	400 IM	9:22.73	25-Mar-02		B. Pearce
70-74	50 Free	43.25	14-Mar-12	COEL- NT	Salome HURWITZ at SAMS 28th LC Champs @ Cape Town
	100 Free	1:41.22	11-Mar-20	COEL- TSH	ANGELIKA SANDRI at SAMS 36th LC Champs @ Germiston 2020
	200 Free	3:53.43	13-Feb-20	COEL- TSH	ANGELIKA SANDRI at Tshwane.LC Champs 2020
	400 Free	8:14.46	11-Mar-20	COEL- TSH	ANGELIKA SANDRI at SAMS 36th LC Champs @ Germiston 2020
	800 Free	16:57.44	13-Feb-20	COEL- TSH	ANGELIKA SANDRI at Tshwane.LC Champs 2020
	1500 Free	35:04.00	6-Oct-18	COEL- TSH	JOYCE E. FYFE at Coelacanth 1500 2018
	50 Back	52.95	15-Mar-17	COEL- TSH	JOYCE E. FYFE at SAMS 33rd LC Champs @ East London
	100 Back	1:58.66	16-Mar-16	COEL- NT	Rita BURGER at SAMS 32nd LC Champs @ Durban
	200 Back	4:18.55	16-Mar-16	COEL- NT	Rita BURGER at SAMS 32nd LC Champs @ Durban
	50 Breast	48.88	14-Mar-12	COEL- NT	Salome HURWITZ at SAMS 28th LC Champs @ Cape Town
	100 Breast	1:54.52	14-Mar-12	COEL- NT	Salome HURWITZ at SAMS 28th LC Champs @ Cape Town
	200 Breast	4:06.55	14-Mar-12	COEL- NT	Salome HURWITZ at SAMS 28th LC Champs @ Cape Town
	50 Fly	50.71	14-Mar-12	COEL- NT	Salome HURWITZ at SAMS 28th LC Champs @ Cape Town
	100 Fly	1:39:59.99	9-Sep-99		Free
	200 Fly	1:39:59.99	9-Sep-99		Free
	200 IM	1:39:59.99	9-Sep-99		Free
	400 IM	1:39:59.99	9-Sep-99		Free
75-79	50 Free	48.74	15-Mar-17	COEL- TSH	Salome HURWITZ at SAMS 33rd LC Champs @ East London
	100 Free	1:55.94	14-Feb-08	COEL- NT	VILMA GROBLER at TMS Champs 08
	200 Free	4:08.37	16-Nov-19	COEL- TSH	Jane C. Rees at Tshwane.Inter - Regional 2019
	400 Free	8:52.95	11-Mar-20	COEL- TSH	Jane C. Rees at SAMS 36th LC Champs @ Germiston 2020
	800 Free	18:32.11	11-Mar-20	COEL- TSH	Jane C. Rees at SAMS 36th LC Champs @ Germiston 2020
	1500 Free	36:03.92	27-Mar-21	COEL- TSH	Jane C. Rees at Tshwane Championships 2021
	50 Back	55.71	11-Mar-20	COEL- TSH	Rita BURGER at SAMS 36th LC Champs @ Germiston 2020
	100 Back	2:10.38	11-Mar-20	COEL- TSH	Rita BURGER at SAMS 36th LC Champs @ Germiston 2020
	200 Back	4:36.00	13-Feb-20	COEL- TSH	Rita BURGER at Tshwane.LC Champs 2020
	50 Breast	53.17	4-Mar-17	COEL- TS	Salome Hurwitz at GMS LC Wits Ed campus
	100 Breast	2:01.60	15-Mar-17	COEL- TSH	Salome HURWITZ at SAMS 33rd LC Champs @ East London
	200 Breast	4:29.05	15-Mar-17	COEL- TSH	Salome HURWITZ at SAMS 33rd LC Champs @ East London
	50 Fly	53.27	15-Mar-17	COEL- TSH	Salome HURWITZ at SAMS 33rd LC Champs @ East London
	100 Fly	1:39:59.99	9-Sep-99		Free
	200 Fly	1:39:59.99	9-Sep-99		Free
	200 IM	1:39:59.99	9-Sep-99		Free
	400 IM	1:39:59.99	9-Sep-99		Free
80-84	50 Free	49.75	19-Mar-97		N McAll
	100 Free	2:04.39	13-Mar-13	COEL- NT	VILMA GROBLER at SAMS 29th LC Champs @ Port Elizabeth
	200 Free	4:33.83	14-Mar-18	COEL- TSH	Ann HANSON at SAMS 34th LC Champs @ Pretoria
	400 Free	9:34.61	14-Mar-18	COEL- TSH	Ann HANSON at SAMS 34th LC Champs @ Pretoria
	800 Free	19:50.66	14-Mar-18	COEL- TSH	Ann HANSON at SAMS 34th LC Champs @ Pretoria
	1500 Free	39:08.00	14-Feb-19	COEL- TSH	Ann HANSON at Tshwane Masters Long Course Champs 2019

RECORDS TMS LC Women

80-84	50 Back	1:11.34	20-Mar-97		N. McAll
	100 Back	2:46.19	18-Mar-99		N. McAll
	200 Back	6:11.05	18-Mar-99		N. McAll
	50 Breast	1:18.83	14-Mar-12	COEL- NT	GRETA E. WALLACE at SAMS 28th LC Champs @ Cape Town
	100 Breast	3:00.12	14-Mar-12	COEL- NT	GRETA E. WALLACE at SAMS 28th LC Champs @ Cape Town
	200 Breast	6:36.16	16-Feb-12	COEL- NT	GRETA E. WALLACE at Tshwane Champs 2012
85-89	50 Free	1:09.73	14-Mar-18	COEL- TSH	VILMA GROBLER at SAMS 34th LC Champs @ Pretoria
	100 Free	2:36.36	14-Mar-18	COEL- TSH	VILMA GROBLER at SAMS 34th LC Champs @ Pretoria
	200 Free	7:28.04	28-Mar-03		N. McAll
	50 Back	1:31.59	28-Feb-02		N. McAll
	100 Back	3:24.15	28-Feb-02		N. McAll
	200 Back	8:02.80	20-Mar-04		N. McAll
90-94	50 Free	1:41.17	14-Mar-07	COEL- NT	NERINA M. MCALL at SAMS 23rd LC Champs @ Sasolburg
	100 Free	4:29.57	14-Mar-07	COEL- NT	NERINA M. MCALL at SAMS 23rd LC Champs @ Sasolburg
	200 Free	1:39:59.99	9-Sep-99		Free
	50 Back	1:56.04	14-Mar-07	COEL- NT	NERINA M. MCALL at SAMS 23rd LC Champs @ Sasolburg
	100 Back	4:24.72	14-Mar-07	COEL- NT	NERINA M. MCALL at SAMS 23rd LC Champs @ Sasolburg
	200 Back	9:04.70	14-Mar-07	COEL- NT	NERINA M. MCALL at SAMS 23rd LC Champs @ Sasolburg