

## RECORDS TM Records SC.W

### SC Meters-Women

19-24	50 Free	28.47	<b>23-Aug-97</b>	NT	J. Cowell
	100 Free	1:06.88	<b>19-Oct-19</b>	COEL- TSH	Robin Terblanche at SAMS SC Championships Gauteng
	200 Free	2:29.49	<b>21-Aug-99</b>	NT	C. Bredenkamp
	400 Free	5:32.29	<b>1-Oct-16</b>	COEL- TSH	Nadéne G. Kotzé at SAMS SC Champs (Combined) @ Various venues
	800 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	1500 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	50 Back	34.60	<b>19-Oct-19</b>	COEL- TSH	Robin Terblanche at SAMS SC Championships Gauteng
	100 Back	1:15.65	<b>11-Jun-06</b>	COEL- NT	JOANNE E. COWELL at GMS (Wahoo) @ Wahoo AC
	200 Back	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	50 Breast	39.42	<b>16-May-15</b>	COEL- NT	Taryn Kotze at GMS (Wahoo Frostbite 1) @ Wahoo AC
	100 Breast	1:32.81	<b>29-Oct-02</b>	NT	T. Frank
	200 Breast	3:18.83	<b>14-Oct-01</b>	NT	T. Frank
	50 Fly	31.75	<b>27-Aug-05</b>	COEL- NT	JOANNE E. COWELL at Tshwane Short Course 2005
	100 Fly	1:13.63	<b>23-Aug-97</b>	NT	M. Albertyn
	200 Fly	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	100 IM	1:15.91	<b>27-Aug-05</b>	COEL- NT	JOANNE E. COWELL at Tshwane Short Course 2005
	200 IM	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
25-29	50 Free	27.29	<b>13-Jun-15</b>	PLAM- NT	Lehesta Kemp at GMS (Wahoo Frostbite 2) @ Wahoo AC
	100 Free	1:09.56	<b>1-Oct-15</b>	COEL- NT	Sandra R. Verryn at SAMS SC Champs (Combined) @ Various venues
	200 Free	2:22.72	<b>10-Jun-07</b>	COEL- NT	CLAIRE ROLT at GMS (Wahoo) @ Wahoo AC
	400 Free	5:31.38	<b>16-Oct-10</b>	COEL- NT	Severine M. Marechal at SAMS SC Champs (Gauteng #1) @ Wahoo AC
	800 Free	11:33.38	<b>13-Jul-19</b>	COEL- TSH	Dalena Odendaal at FB3 2019-07-13
	1500 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	50 Back	30.78	<b>13-Jun-15</b>	PLAM- NT	Lehesta Kemp at GMS (Wahoo Frostbite 2) @ Wahoo AC
	100 Back	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	200 Back	2:47.79	<b>19-Oct-19</b>	COEL- TSH	Dalena Odendaal at SAMS SC Championships Gauteng
	50 Breast	35.36	<b>10-Jun-07</b>	COEL- NT	CLAIRE ROLT at GMS (Wahoo) @ Wahoo AC
	100 Breast	1:17.10	<b>10-Jun-07</b>	COEL- NT	CLAIRE ROLT at GMS (Wahoo) @ Wahoo AC
	200 Breast	3:13.46	<b>16-Oct-10</b>	COEL- NT	Severine M. Marechal at SAMS SC Champs (Gauteng #1) @ Wahoo AC
	50 Fly	30.07	<b>13-Jun-15</b>	PLAM- NT	Lehesta Kemp at GMS (Wahoo Frostbite 2) @ Wahoo AC
	100 Fly	1:13.14	<b>13-Jun-94</b>	NT	S. Dorlas
	200 Fly	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	100 IM	1:17.71	<b>22-Nov-08</b>	COEL- NT	JOANNE E. COWELL at GMS (Killer Whales) @ Linden
	200 IM	2:37.56	<b>10-Jun-07</b>	COEL- NT	CLAIRE ROLT at GMS (Wahoo) @ Wahoo AC
	400 IM	6:25.38	<b>16-Oct-10</b>	COEL- NT	Severine M. Marechal at SAMS SC Champs (Gauteng #1) @ Wahoo AC
30-34	50 Free	29.57	<b>16-Jan-21</b>	COEL- TSH	Esthé Bester at SAMS SC Championships 2020-2021
	100 Free	1:05.44	<b>23-Jul-16</b>	COEL- NT	Claire C. Rolt at GMS (Wahoo) @ Wahoo AC Frostbite3-160723
	200 Free	2:25.26	<b>19-May-12</b>	COEL- NT	Claire C. Rolt at GMS (Wahoo) Frostbite 1 @ Wahoo AC
	400 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	800 Free	13:47.64	<b>13-Jul-19</b>	COEL- TSH	San-Mari Louw at FB3 2019-07-13
	1500 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	50 Back	35.75	<b>27-Sep-14</b>	COEL- NT	Lizette Muller at SAMS SC Champs (Combined) @ various venues
	100 Back	1:15.58	<b>27-Sep-14</b>	COEL- NT	Lizette Muller at SAMS SC Champs (Combined) @ various venues
	200 Back	3:15.58	<b>20-Jul-13</b>	COEL- NT	Liesel Louw at GMS (Wahoo) @ Wahoo AC
	50 Breast	34.41	<b>23-Jul-16</b>	COEL- NT	Claire C. Rolt at GMS (Wahoo) @ Wahoo AC Frostbite3-160723
	100 Breast	1:16.99	<b>27-Aug-16</b>	COEL- NT	Claire C. Rolt at GMS @ Wahoo AC - GMS ShortCourse-270816
	200 Breast	2:49.24	<b>1-Oct-16</b>	COEL- TSH	Claire C. Rolt at SAMS SC Champs (Combined) @ Various venues
	50 Fly	32.89	<b>23-Jul-16</b>	COEL- NT	Claire C. Rolt at GMS (Wahoo) @ Wahoo AC Frostbite3-160723
	100 Fly	1:16.09	<b>15-Nov-00</b>	NT	S. Dorlas
	200 Fly	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available
	100 IM	1:15.62	<b>1-Oct-16</b>	COEL- TSH	Claire C. Rolt at SAMS SC Champs (Combined) @ Various venues
	200 IM	2:38.10	<b>1-Oct-16</b>	COEL- TSH	Claire C. Rolt at SAMS SC Champs (Combined) @ Various venues

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30-34	400 IM	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available	
35-39	50 Free	27.25	<b>1-Oct-04</b>	NT	E. Ottermann	
	100 Free	1:03.85	<b>1-Oct-05</b>	COEL- NT	EDITH C. OTTERMANN at SAMS SC Champs @ Various venues	
	200 Free	2:40.84	<b>23-Aug-97</b>	NT	C. Witteveen	
	400 Free	5:10.87	<b>23-Jun-18</b>	COEL- TSH	Claire C. Rolt at Frostbite 2	
	800 Free	12:17.26	<b>19-Oct-19</b>	COEL- TSH	Joanne E. Vreenegoor at SAMS SC Championships Gauteng	
	1500 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available	
	50 Back	37.00	<b>21-Aug-99</b>	NT	E. Ottermann	
	100 Back	1:18.91	<b>13-Feb-00</b>	NT	A. Dressler	
	200 Back	2:56.79	<b>19-Oct-19</b>	COEL- TSH	Joanne E. Vreenegoor at SAMS SC Championships Gauteng	
	50 Breast	34.95	<b>14-Jul-18</b>	COEL- TSH	Claire C. Rolt at Frostbite 3 2018	
	100 Breast	1:16.11	<b>14-Jul-18</b>	COEL- TSH	Claire C. Rolt at Frostbite 3 2018	
	200 Breast	2:45.20	<b>23-Jun-18</b>	COEL- TSH	Claire C. Rolt at Frostbite 2	
	50 Fly	30.14	<b>1-Oct-04</b>	NT	E. Ottermann	
	100 Fly	1:16.07	<b>14-Oct-01</b>	NT	E. Ottermann	
	200 Fly	1:39:59.99	<b>31-Mar-84</b>	NP	I. Available	
	100 IM	1:14.99	<b>1-Oct-05</b>	COEL- NT	EDITH C. OTTERMANN at SAMS SC Champs @ Various venues	
	200 IM	1:39:59.99	<b>31-Mar-84</b>	NP	I. Available	
	400 IM	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available	
	40-44	50 Free	27.78	<b>2-Oct-20</b>	COEL- TSH	Yvette Victor-vd Berg at GMS Spring Gala
		100 Free	1:00.80	<b>8-May-21</b>	COEL- TSH	Yvette Victor-vd Berg at Vasbyt 2 2021
200 Free		2:21.44	<b>30-Aug-14</b>	COEL- NT	Megan E. Albertyn at GMS SC Champs @ Wahoo AC	
400 Free		4:55.19	<b>19-Jul-14</b>	COEL- NT	Megan E. Albertyn at GMS (Wahoo Frostbite 3) @ Wahoo AC	
800 Free		12:27.00	<b>14-Aug-10</b>	COEL- NT	Jade Homveld at GMS SC Champs @ Wahoo AC	
1500 Free		20:56.99	<b>24-Nov-07</b>	NT	H. Ueckermann at Barnet Cophthall Pools London	
50 Back		35.31	<b>1-Oct-04</b>	NT	A. Dressler	
100 Back		1:17.63	<b>1-Oct-04</b>	NT	A. Dressler	
200 Back		2:40.53	<b>28-Nov-04</b>	NT	A. Dressler	
50 Breast		35.05	<b>8-May-21</b>	COEL- TSH	Yvette Victor-vd Berg at Vasbyt 2 2021	
100 Breast		1:23.88	<b>2-Oct-20</b>	COEL- TSH	Suzanne Harrop-Allin at GMS Spring Gala	
200 Breast		2:57.96	<b>28-Nov-04</b>	NP	A. Dressler	
50 Fly		32.31	<b>13-Jul-19</b>	COEL- TSH	Yvette Victor-vd Berg at FB3 2019-07-13	
100 Fly		1:23.25	<b>30-Aug-03</b>	NP	K. Foster	
200 Fly		3:06.96	<b>30-Aug-03</b>	NT	K. Foster	
100 IM		1:10.97	<b>13-Jul-19</b>	COEL- TSH	Yvette Victor-vd Berg at FB3 2019-07-13	
200 IM		2:56.68	<b>2-Oct-20</b>	COEL- TSH	Suzanne Harrop-Allin at GMS Spring Gala	
400 IM		5:55.69	<b>1-Oct-04</b>	NT	A. Dressler	
45-49		50 Free	30.20	<b>19-Oct-13</b>	COEL- NT	Barbara Fraatz at SAMS SC Champs (GMS) @ St Benedicts
		100 Free	1:06.88	<b>19-Oct-13</b>	COEL- NT	Barbara Fraatz at SAMS SC Champs (GMS) @ St Benedicts
	200 Free	2:34.04	<b>1-Mar-08</b>	NT	Hannah Ueckermann at Bracknell Masters UK	
	400 Free	5:22.90	<b>18-Jul-09</b>	COEL- NT	Hannah Ueckermann at Cophthall Masters UK	
	800 Free	11:05.27	<b>18-Jul-09</b>	NT	H Uekermann at Barnet Cophthall Masters UK	
	1500 Free	22:13.37	<b>13-Aug-11</b>	COEL- NT	MARIEKE BOUWER at GMS SC Champs @ Wahoo AC	
	50 Back	35.11	<b>19-Oct-13</b>	COEL- NT	Annemarie H. Dressler at SAMS SC Champs (GMS) @ St Benedicts	
	100 Back	1:18.37	<b>13-Aug-11</b>	COEL- NT	Annemarie H. Dressler at GMS SC Champs @ Wahoo AC	
	200 Back	2:41.53	<b>20-Jul-13</b>	COEL- NT	Annemarie H. Dressler at GMS (Wahoo) @ Wahoo AC	
	50 Breast	38.89	<b>15-May-05</b>	NT	C. van Dam	
	100 Breast	1:26.42	<b>6-Mar-10</b>	NT	Hannah Ueckermann at Bracknell Master UK	
	200 Breast	3:02.21	<b>6-Mar-10</b>	NT	Hannah Ueckermann at Bracknell Masters UK	
	50 Fly	34.38	<b>19-Oct-13</b>	COEL- NT	Barbara Fraatz at SAMS SC Champs (GMS) @ St Benedicts	
	100 Fly	1:17.60	<b>19-Oct-13</b>	COEL- NT	Barbara Fraatz at SAMS SC Champs (GMS) @ St Benedicts	
	200 Fly	3:07.35	<b>1-Oct-05</b>	BRKL- NT	KIM FOSTER at SAMS SC Champs @ Various venues	
	100 IM	1:18.97	<b>19-Oct-13</b>	COEL- NT	Annemarie H. Dressler at SAMS SC Champs (GMS) @ St Benedicts	

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45-49	200 IM	2:55.86	<b>22-Sep-12</b>	COEL- NT	Barbara Fraatz at SAMS SC Champs - Combined	
	400 IM	6:00.02	<b>18-Jul-09</b>	COEL- NT	H Ueckermann at Barnet Copthall Masters UK	
50-54	50 Free	30.88	<b>19-Jul-14</b>	COEL- NT	SABINE M. VERRYIN at GMS (Wahoo Frostbite 3) @ Wahoo AC	
	100 Free	1:09.04	<b>1-Oct-15</b>	COEL- NT	SABINE M. VERRYIN at SAMS SC Champs (Combined) @ Various venues	
	200 Free	2:30.82	<b>1-Oct-16</b>	COEL- TSH	Annemarie H. Dressler at SAMS SC Champs (Combined) @ Various venues	
	400 Free	5:25.07	<b>17-Aug-13</b>	COEL- NT	MARIEKE BOUWER at GMS SC Champs @ Wahoo AC	
	800 Free	11:06.29	<b>1-Oct-15</b>	COEL- NT	Annemarie H. Dressler at SAMS SC Champs (Combined) @ Various venues	
	1500 Free	21:51.00	<b>17-Aug-13</b>	COEL- NT	MARIEKE BOUWER at GMS SC Champs @ Wahoo AC	
	50 Back	35.27	<b>19-Jul-14</b>	COEL- NT	Annemarie H. Dressler at GMS (Wahoo Frostbite 3) @ Wahoo AC	
	100 Back	1:15.62	<b>21-Jun-14</b>	COEL- NT	Annemarie H. Dressler at GMS (Wahoo Frostbite 2) @ Wahoo AC	
	200 Back	2:39.46	<b>19-Jul-14</b>	COEL- NT	Annemarie H. Dressler at GMS (Wahoo Frostbite 3) @ Wahoo AC	
	50 Breast	39.53	<b>13-Jun-15</b>	COEL- NT	Annemarie H. Dressler at GMS (Wahoo Frostbite 2) @ Wahoo AC	
	100 Breast	1:27.48	<b>1-Oct-15</b>	COEL- NT	Annemarie H. Dressler at SAMS SC Champs (Combined) @ Various venues	
	200 Breast	3:15.90	<b>1-Oct-16</b>	COEL- TSH	Annemarie H. Dressler at SAMS SC Champs (Combined) @ Various venues	
	50 Fly	33.93	<b>15-Aug-09</b>	COEL- NT	KIM FOSTER at GMS (Wahoo) @ Wahoo AC (GMS SC Champs)	
	100 Fly	1:20.25	<b>16-May-09</b>	COEL- NT	KIM FOSTER at GMS (Wahoo) @ Wahoo AC (Frostbite 1)	
	200 Fly	3:00.32	<b>14-Aug-10</b>	COEL- NT	KIM FOSTER at GMS SC Champs @ Wahoo AC	
	100 IM	1:20.88	<b>21-Jun-14</b>	COEL- NT	Annemarie H. Dressler at GMS (Wahoo Frostbite 2) @ Wahoo AC	
	200 IM	2:59.55	<b>1-Oct-16</b>	COEL- TSH	Annemarie H. Dressler at SAMS SC Champs (Combined) @ Various venues	
	400 IM	6:23.26	<b>17-Aug-13</b>	COEL- NT	MARIEKE BOUWER at GMS SC Champs @ Wahoo AC	
	55-59	50 Free	31.72	<b>1-Oct-16</b>	COEL- TSH	SABINE M. VERRYIN at SAMS SC Champs (Combined) @ Various venues
		100 Free	1:12.39	<b>11-Jul-15</b>	COEL- NT	KIM FOSTER at GMS (Wahoo Frostbite 3) @ Wahoo AC
200 Free		2:46.22	<b>27-Sep-14</b>	COEL- NT	KIM FOSTER at SAMS SC Champs (Combined) @ various venues	
400 Free		6:04.57	<b>19-Jul-14</b>	COEL- NT	KIM FOSTER at GMS (Wahoo Frostbite 3) @ Wahoo AC	
800 Free		11:42.77	<b>13-Jul-19</b>	COEL- TSH	Annemarie H. Dressler at FB3 2019-07-13	
1500 Free		23:47.94	<b>27-Aug-16</b>	COEL- NT	KIM FOSTER at GMS @ Wahoo AC - GMS ShortCourse-270816	
50 Back		37.19	<b>8-Jun-19</b>	COEL- TSH	Annemarie H. Dressler at Frostbite 2	
100 Back		1:18.43	<b>8-Jun-19</b>	COEL- TSH	Annemarie H. Dressler at Frostbite 2	
200 Back		3:25.41	<b>1-Oct-15</b>	COEL- NT	KIM FOSTER at SAMS SC Champs (Combined) @ Various venues	
50 Breast		42.48	<b>1-Oct-16</b>	COEL- TSH	SABINE M. VERRYIN at SAMS SC Champs (Combined) @ Various venues	
100 Breast		1:37.78	<b>21-Nov-20</b>	COEL- TSH	Annemarie H. Dressler at GMS SC Championships 2020	
200 Breast		4:02.00	<b>27-Aug-05</b>	COEL- NT	ANGELIKA SANDRI at Tshwane Short Course 2005	
50 Fly		34.35	<b>11-Jul-15</b>	COEL- NT	KIM FOSTER at GMS (Wahoo Frostbite 3) @ Wahoo AC	
100 Fly		1:22.66	<b>30-Aug-14</b>	COEL- NT	KIM FOSTER at GMS SC Champs @ Wahoo AC	
200 Fly		3:04.09	<b>13-Jun-15</b>	COEL- NT	KIM FOSTER at GMS (Wahoo Frostbite 2) @ Wahoo AC	
100 IM		1:28.23	<b>21-Jun-14</b>	COEL- NT	KIM FOSTER at GMS (Wahoo Frostbite 2) @ Wahoo AC	
200 IM		3:23.06	<b>19-Jul-14</b>	COEL- NT	KIM FOSTER at GMS (Wahoo Frostbite 3) @ Wahoo AC	
400 IM		6:55.26	<b>30-Aug-14</b>	COEL- NT	KIM FOSTER at GMS SC Champs @ Wahoo AC	
60-64		50 Free	32.81	<b>18-Sep-21</b>	COEL- TSH	SABINE M. VERRYIN at GMS SC Championships 2021/2022
		100 Free	1:16.24	<b>18-Sep-21</b>	COEL- TSH	SABINE M. VERRYIN at GMS SC Championships 2021/2022
	200 Free	2:27.60	<b>16-Jan-21</b>	COEL- TSH	Ingrid M. Trusler at SAMS SC Championships 2020-2021	
	400 Free	5:11.53	<b>16-Jan-21</b>	COEL- TSH	Ingrid M. Trusler at SAMS SC Championships 2020-2021	
	800 Free	16:45.00	<b>24-Sep-11</b>	COEL- NT	ANGELIKA SANDRI at SAMS SC Champs (Combined) @ Various venues	
	1500 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available	
	50 Back	45.62	<b>1-Oct-16</b>	CSCM- TSH	Pamela Reynecke at SAMS SC Champs (Combined) @ Various venues	
	100 Back	1:37.87	<b>23-Jun-18</b>	CSCM- TSH	Pam Reynecke at Frostbite 2	
	200 Back	3:36.20	<b>17-Jun-17</b>	CSCM- TSH	Pam Reynecke at GMS (Wahoo) @ Wahoo AC	
	50 Breast	44.88	<b>18-Sep-21</b>	COEL- TSH	SABINE M. VERRYIN at GMS SC Championships 2021/2022	
	100 Breast	1:46.35	<b>1-Jul-95</b>	NT	S. Hurwitz	
	200 Breast	4:10.32	<b>14-Aug-10</b>	COEL- NT	ANGELIKA SANDRI at GMS SC Champs @ Wahoo AC	
	50 Fly	35.84	<b>18-May-19</b>	COEL- TSH	KIM FOSTER at Frostbite 1	
	100 Fly	1:26.27	<b>19-Oct-19</b>	COEL- TSH	KIM FOSTER at SAMS SC Championships Gauteng	
	200 Fly	5:28.81	<b>21-Aug-99</b>	NP	B. Pearce	

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**RECORDS TM Records SC.W**

60-64	100 IM	1:31.65	<b>8-May-21</b>	COEL- TSH	Ingrid M. Trusler at Vasbyt 2 2021	
	200 IM	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available	
	400 IM	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available	
65-69	50 Free	42.04	<b>1-Oct-15</b>	COEL- NT	ANGELIKA SANDRI at SAMS SC Champs (Combined) @ Various venues	
	100 Free	1:34.86	<b>1-Oct-15</b>	COEL- NT	ANGELIKA SANDRI at SAMS SC Champs (Combined) @ Various venues	
	200 Free	3:26.67	<b>1-Oct-06</b>	COEL- NT	OLIVIA BELCHER at SAMS Short Course Championships	
	400 Free	8:11.74	<b>16-Aug-03</b>	NT	B. Pearce	
	800 Free	13:55.82	<b>1-Oct-17</b>	COEL- TSH	Ingrid Vorwerk Marren at SAMS SC Champs (Combined) @ Various venues	
	1500 Free	1:39:59.99	<b>31-Mar-84</b>	NT	I. Available	
	50 Back	50.33	<b>18-May-13</b>	COEL- NT	JOYCE E. FYFE at GMS (Wahoo Frostbite #1) @ Wahoo AC	
	50 Back	51.45	<b>22-Jun-13</b>	COEL- NT	JOYCE E. FYFE at GMS SC (Wahoo) Frostbite #2 @ Wahoo AC	
	100 Back	1:57.72	<b>31-Aug-02</b>		B. Pearce	
	200 Back	4:20.00	<b>7-Aug-02</b>		B. Pearce	
	50 Breast	47.27	<b>17-May-08</b>	COEL- NT	Salome HURWITZ at GMS (Wahoo) @ Wahoo AC	
	100 Breast	1:55.55	<b>1-Oct-15</b>	COEL- NT	ANGELIKA SANDRI at SAMS SC Champs (Combined) @ Various venues	
	200 Breast	3:50.16	<b>17-May-08</b>	COEL- NT	Salome HURWITZ at GMS (Wahoo) @ Wahoo AC	
	50 Fly	1:01.23	<b>17-Aug-02</b>		B. Pearce	
	100 Fly	2:19.72	<b>31-Aug-02</b>		B. Pearce	
	200 Fly	4:36.41	<b>16-Aug-03</b>		B. Pearce	
	100 IM	1:50.87	<b>1-Oct-17</b>	COEL- TSH	ANGELIKA SANDRI at SAMS SC Champs (Combined) @ Various venues	
	200 IM	4:36.41	<b>16-Aug-03</b>		B. Pearce	
	400 IM	10:08.85	<b>1-Oct-04</b>		B. Pearce	
	70-74	50 Free	47.59	<b>13-Jul-19</b>	COEL- TSH	JOYCE E. FYFE at FB3 2019-07-13
100 Free		1:51.24	<b>14-Jul-18</b>	COEL- TSH	JOYCE E. FYFE at Frostbite 3 2018	
200 Free		3:59.46	<b>14-Jul-18</b>	COEL- TSH	JOYCE E. FYFE at Frostbite 3 2018	
400 Free		8:39.15	<b>18-May-19</b>	COEL- TSH	JOYCE E. FYFE at Frostbite 1	
800 Free		18:47.74	<b>26-May-18</b>	COEL- TSH	Jane C. Rees at Frostbite 1	
1500 Free		1:39:59.99	<b>9-Sep-99</b>		Free	
50 Back		52.74	<b>13-Jul-19</b>	COEL- TSH	JOYCE E. FYFE at FB3 2019-07-13	
100 Back		2:04.88	<b>8-Jun-19</b>	COEL- TSH	JOYCE E. FYFE at Frostbite 2	
200 Back		4:29.54	<b>1-Oct-15</b>	COEL- NT	Rita BURGER at SAMS SC Champs (Combined) @ Various venues	
50 Breast		1:07.09	<b>31-Aug-02</b>		G. Wallace	
100 Breast		2:32.97	<b>31-Aug-02</b>		G. Wallace	
200 Breast		1:39:59.99	<b>9-Sep-99</b>		Free	
75-79		50 Free	53.93	<b>19-Jul-14</b>	COEL- NT	Ann HANSON at GMS (Wahoo Frostbite 3) @ Wahoo AC
	100 Free	1:59.13	<b>8-Jun-19</b>	COEL- TSH	Jane C. Rees at Frostbite 2	
	200 Free	4:16.63	<b>8-May-21</b>	COEL- TSH	Jane C. Rees at Vasbyt 2 2021	
	400 Free	8:51.31	<b>18-May-19</b>	COEL- TSH	Jane C. Rees at Frostbite 1	
	800 Free	18:31.74	<b>19-Oct-19</b>	COEL- TSH	Jane C. Rees at SAMS SC Championships Gauteng	
	50 Back	1:18.27	<b>18-May-19</b>	COEL- TSH	Jane C. Rees at Frostbite 1	
	100 Back	1:39:59.99	<b>9-Sep-99</b>		Free	
	200 Back	5:47.27	<b>21-Nov-20</b>	COEL- TSH	Jane C. Rees at GMS SC Championships 2020	
	50 Breast	1:13.29	<b>28-Oct-07</b>	COEL- NT	GRETA E. WALLACE at SAMS (GMS) SC Champs @ Wahoo AC	
	100 Breast	2:55.06	<b>1-Oct-15</b>	COEL- NT	Ann HANSON at SAMS SC Champs (Combined) @ Various venues	
	200 Breast	1:39:59.99	<b>9-Sep-99</b>		Free	
	80-84	50 Free	59.04	<b>13-Jul-19</b>	COEL- TSH	Ann HANSON at FB3 2019-07-13
		100 Free	2:11.19	<b>21-Nov-20</b>	COEL- TSH	Ann HANSON at GMS SC Championships 2020
200 Free		4:50.99	<b>2-Oct-20</b>	COEL- TSH	Ann HANSON at GMS Spring Gala	