

SAMS SC Championships October 2021**Various venues in the RSA****Results****Women 18-24 50 SC Meter Freestyle**

	Name	Age	Team	Finals Time	Points
1	Kupfer, Kristy	24	Wahoo Msc-JHB	29.32	12
2	Edwards, Kristen	21	Masters Eastern Gauteng Aqua-EKU	30.09	10
3	Kupfer, Marjean	19	Wahoo Msc-JHB	30.54	8
4	Hepplewhite, Nicole	19	Wahoo Msc-JHB	31.82	7
5	Levin, Ariella	22	Wahoo Msc-JHB	35.46	6
---	Dowries, Abigail	19	Wahoo Msc-JHB	X35.89	
---	Vd Schyf, Hannah	23	Unattached	X48.57	

Women 18-24 100 SC Meter Freestyle

1	Kupfer, Kristy	24	Wahoo Msc-JHB	59.77	12
2	Edwards, Kristen	21	Masters Eastern Gauteng Aqua-EKU	1:05.79	10
3	Hepplewhite, Nicole	19	Wahoo Msc-JHB	1:10.75	8
4	Levin, Ariella	22	Wahoo Msc-JHB	1:16.95	7
---	Dowries, Abigail	19	Wahoo Msc-JHB	X1:24.67	

Women 18-24 50 SC Meter Backstroke

1	Kupfer, Kristy	24	Wahoo Msc-JHB	31.32	12
2	Hepplewhite, Nicole	19	Wahoo Msc-JHB	34.81	10
3	Edwards, Kristen	21	Masters Eastern Gauteng Aqua-EKU	34.98	8
4	Kupfer, Marjean	19	Wahoo Msc-JHB	36.92	7
5	Levin, Ariella	22	Wahoo Msc-JHB	44.07	6
---	Vd Schyf, Hannah	23	Unattached	X56.54	

Women 18-24 200 SC Meter Backstroke

1	Kupfer, Kristy	24	Wahoo Msc-JHB	2:27.42	12
2	Hepplewhite, Nicole	19	Wahoo Msc-JHB	2:39.90	10

Women 18-24 50 SC Meter Breaststroke

1	Hepplewhite, Nicole	19	Wahoo Msc-JHB	41.50	12
2	Kupfer, Marjean	19	Wahoo Msc-JHB	42.56	10
3	Levin, Ariella	22	Wahoo Msc-JHB	44.96	8
---	Dowries, Abigail	19	Wahoo Msc-JHB	XDQ 47.87	

At the turn or finish did not touch with both hands simultaneously/separated

Women 18-24 100 SC Meter Breaststroke

1	Levin, Ariella	22	Wahoo Msc-JHB	1:40.17	12
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Women 18-24 50 SC Meter Butterfly

1	Kupfer, Marjean	19	Wahoo Msc-JHB	32.26	12
2	Kupfer, Kristy	24	Wahoo Msc-JHB	32.61	10
3	Edwards, Kristen	21	Masters Eastern Gauteng Aqua-EKU	35.46	8
---	Vd Schyf, Hannah	23	Unattached	XDQ 1:05.86	

Arm movements did not continue throughout race

Women 18-24 100 SC Meter IM

1	Kupfer, Kristy	24	Wahoo Msc-JHB	1:09.18	12
2	Hepplewhite, Nicole	19	Wahoo Msc-JHB	1:17.80	10
3	Edwards, Kristen	21	Masters Eastern Gauteng Aqua-EKU	1:18.09	8
4	Levin, Ariella	22	Wahoo Msc-JHB	1:30.08	7

Women 18-24 400 SC Meter IM

1	Kupfer, Marjean	19	Wahoo Msc-JHB	6:02.66	12
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Women 25-29 50 SC Meter Freestyle

1	Abels, Fadia	29	Cape Town Msc-CPT	29.44	12
2	Hendersen, Robyn	25	Wahoo Msc-JHB	35.63	10

Women 25-29 100 SC Meter Freestyle

1	Hendersen, Robyn	25	Wahoo Msc-JHB	1:22.14	12
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SAMS SC Championships October 2021**Various venues in the RSA****Results****(Women 25-29 100 SC Meter Freestyle)**

2	Msomi, Thando	25	Synergy Msc-ETH	1:26.41	10
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Women 25-29 800 SC Meter Freestyle

1	Msomi, Thando	25	Synergy Msc-ETH	13:58.25	12
---	Ledbitter, Dawn	28	Coelacanth Msc-TSH	NS	

Women 25-29 50 SC Meter Backstroke

1	Abels, Fadia	29	Cape Town Msc-CPT	33.00	12
2	Hendersen, Robyn	25	Wahoo Msc-JHB	39.79	10
---	Ledbitter, Dawn	28	Coelacanth Msc-TSH	NS	

Women 25-29 200 SC Meter Backstroke

---	Ledbitter, Dawn	28	Coelacanth Msc-TSH	NS	
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Women 25-29 50 SC Meter Breaststroke

1	Hendersen, Robyn	25	Wahoo Msc-JHB	50.23	12
---	Ledbitter, Dawn	28	Coelacanth Msc-TSH	NS	

Women 25-29 100 SC Meter Breaststroke

1	Msomi, Thando	25	Synergy Msc-ETH	1:53.22	12
---	Ledbitter, Dawn	28	Coelacanth Msc-TSH	NS	

Women 25-29 50 SC Meter Butterfly

1	Abels, Fadia	29	Cape Town Msc-CPT	33.04	12
2	Hendersen, Robyn	25	Wahoo Msc-JHB	43.87	10

Women 25-29 100 SC Meter IM

1	Hendersen, Robyn	25	Wahoo Msc-JHB	1:31.60	12
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Women 30-34 50 SC Meter Freestyle

1	Strydom, Cyndi	34	Wahoo Msc-JHB	27.88	12
2	Harvey, Kat	32	Wahoo Msc-JHB	35.80	10
---	Sullivan, Kristen	32	Alcatraz Masters-TSH	X30.32	

Women 30-34 100 SC Meter Freestyle

1	Strydom, Cyndi	34	Wahoo Msc-JHB	1:00.07	12
---	Sullivan, Kristen	32	Alcatraz Masters-TSH	X1:05.96	

Women 30-34 50 SC Meter Backstroke

1	Hamman, Isabel	32	Wahoo Msc-JHB	45.43	12
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Women 30-34 200 SC Meter Backstroke

1	Strydom, Cyndi	34	Wahoo Msc-JHB	2:45.40	12
2	Hamman, Isabel	32	Wahoo Msc-JHB	3:59.69	10

Women 30-34 50 SC Meter Breaststroke

1	Harvey, Kat	32	Wahoo Msc-JHB	46.07	12
2	Hamman, Isabel	32	Wahoo Msc-JHB	50.50	10
---	Sullivan, Kristen	32	Alcatraz Masters-TSH	X37.19	

Women 30-34 100 SC Meter Breaststroke

1	Strydom, Cyndi	34	Wahoo Msc-JHB	1:28.70	12
2	Harvey, Kat	32	Wahoo Msc-JHB	1:42.12	10
---	Sullivan, Kristen	32	Alcatraz Masters-TSH	X1:21.84	

Women 30-34 50 SC Meter Butterfly

1	Strydom, Cyndi	34	Wahoo Msc-JHB	31.86	12
2	Hamman, Isabel	32	Wahoo Msc-JHB	47.02	10
---	Sullivan, Kristen	32	Alcatraz Masters-TSH	X32.83	

SAMS SC Championships October 2021**Various venues in the RSA****Results****Women 30-34 100 SC Meter Butterfly**

---	Sullivan, Kristen	32	Alcatraz Masters-TSH	X1:19.52	
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Women 30-34 100 SC Meter IM

1	Harvey, Kat	32	Wahoo Msc-JHB	1:31.59	12
2	Hamman, Isabel	32	Wahoo Msc-JHB	1:39.46	10

Women 35-39 50 SC Meter Freestyle

1	Stanford, Tarryn	35	Cape Town Msc-CPT	31.49	12
2	Conradie, Melissa	35	Coelacanth Msc-TSH	32.87	10
3	Candy, Nikki	39	Wahoo Msc-JHB	39.23	8
4	Foot, Lynsey	38	Wahoo Msc-JHB	39.44	7
5	Mokoena, Portia	39	Wahoo Msc-JHB	48.59	6
---	Theron, Sashi	37	Coelacanth Msc-TSH	NS	

Women 35-39 100 SC Meter Freestyle

1	Candy, Nikki	39	Wahoo Msc-JHB	1:26.26	12
2	Foot, Lynsey	38	Wahoo Msc-JHB	1:29.81	10
3	Mokoena, Portia	39	Wahoo Msc-JHB	1:54.61	8
---	Theron, Sashi	37	Coelacanth Msc-TSH	NS	

Women 35-39 800 SC Meter Freestyle

1	Candy, Nikki	39	Wahoo Msc-JHB	13:04.20	12
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Women 35-39 50 SC Meter Backstroke

1	Mokoena, Portia	39	Wahoo Msc-JHB	1:05.58	12
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Women 35-39 200 SC Meter Backstroke

1	Stanford, Tarryn	35	Cape Town Msc-CPT	2:36.23	12
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Women 35-39 50 SC Meter Breaststroke

1	Conradie, Melissa	35	Coelacanth Msc-TSH	40.48	12
2	Foot, Lynsey	38	Wahoo Msc-JHB	46.02	10
3	Theron, Sashi	37	Coelacanth Msc-TSH	49.26	8
4	Candy, Nikki	39	Wahoo Msc-JHB	52.35	7

Women 35-39 100 SC Meter Breaststroke

1	Conradie, Melissa	35	Coelacanth Msc-TSH	1:29.69	12
2	Foot, Lynsey	38	Wahoo Msc-JHB	1:43.35	10
3	Candy, Nikki	39	Wahoo Msc-JHB	1:53.43	8

Women 35-39 400 SC Meter IM

1	Stanford, Tarryn	35	Cape Town Msc-CPT	5:23.45	12
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Women 40-44 50 SC Meter Freestyle

1	Webb, Simone	42	Synergy Msc-ETH	36.16	12
2	Peters, Gwynedd	42	Coelacanth Msc-TSH	39.30	10

Women 40-44 100 SC Meter Freestyle

1	Hambloch, Carina	42	Synergy Msc-ETH	1:12.19	12
2	Peters, Gwynedd	42	Coelacanth Msc-TSH	1:29.00	10

Women 40-44 50 SC Meter Backstroke

1	Hambloch, Carina	42	Synergy Msc-ETH	38.50	12
2	Webb, Simone	42	Synergy Msc-ETH	40.69	10
3	Peters, Gwynedd	42	Coelacanth Msc-TSH	46.04	8

Women 40-44 200 SC Meter Backstroke

1	Hambloch, Carina	42	Synergy Msc-ETH	2:55.97	12
2	Webb, Simone	42	Synergy Msc-ETH	3:08.72	10

SAMS SC Championships October 2021**Various venues in the RSA****Results****Women 40-44 100 SC Meter Butterfly**

1	Hambloch, Carina	42	Synergy Msc-ETH	1:24.78	12
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Women 40-44 100 SC Meter IM

1	Hambloch, Carina	42	Synergy Msc-ETH	1:22.31	12
2	Peters, Gwynedd	42	Coelacanth Msc-TSH	1:48.24	10

Women 45-49 50 SC Meter Freestyle

1	Engela, Norelle	49	Cape Town Msc-CPT	30.18	12
2	Jacobs, Taryn	45	Cape Town Msc-CPT	31.20	10
3	Young, Margie	47	PE Masters Aquatics-NMA	36.54	8
---	van Rooyen, Christina	45	Masters Eastern Gauteng Aqua-EKU	NS	
---	Carver, Gail	45	Wahoo Msc-JHB	NS	

Women 45-49 100 SC Meter Freestyle

1	de Montille, Nicole	45	Masters Eastern Gauteng Aqua-EKU	1:23.96	12
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Women 45-49 50 SC Meter Backstroke

1	Engela, Norelle	49	Cape Town Msc-CPT	34.09	12
2	Jacobs, Taryn	45	Cape Town Msc-CPT	35.50	10
3	Carver, Gail	45	Wahoo Msc-JHB	41.31	8
4	Young, Margie	47	PE Masters Aquatics-NMA	44.17	7

Women 45-49 200 SC Meter Backstroke

1	Engela, Norelle	49	Cape Town Msc-CPT	2:45.30	12
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Women 45-49 50 SC Meter Breaststroke

1	de Montille, Nicole	45	Masters Eastern Gauteng Aqua-EKU	46.34	12
2	van Rooyen, Christina	45	Masters Eastern Gauteng Aqua-EKU	48.91	10
3	Young, Margie	47	PE Masters Aquatics-NMA	50.00	8

Women 45-49 100 SC Meter Breaststroke

---	van Rooyen, Christina	45	Masters Eastern Gauteng Aqua-EKU	NS	
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Women 45-49 50 SC Meter Butterfly

1	Carver, Gail	45	Wahoo Msc-JHB	38.62	12
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Women 45-49 100 SC Meter IM

1	Carver, Gail	45	Wahoo Msc-JHB	1:29.60	12
2	de Montille, Nicole	45	Masters Eastern Gauteng Aqua-EKU	1:34.15	10
3	Young, Margie	47	PE Masters Aquatics-NMA	1:37.82	8
4	van Rooyen, Christina	45	Masters Eastern Gauteng Aqua-EKU	1:43.82	7

Women 50-54 50 SC Meter Freestyle

1	Horsley, Bondi	52	Synergy Msc-ETH	34.22	12
2	Mallows, Bev	51	Cape Town Msc-CPT	38.65	10
---	Hayes, Alison	52	Wahoo Msc-JHB	NS	
---	De Bruyn, Sandy	53	Wahoo Msc-JHB	XNS	

Women 50-54 100 SC Meter Freestyle

1	Hayes, Alison	52	Wahoo Msc-JHB	1:20.11	12
2	Mallows, Bev	51	Cape Town Msc-CPT	1:25.74	10
---	De Bruyn, Sandy	53	Wahoo Msc-JHB	XNS	

Women 50-54 800 SC Meter Freestyle

1	Hayes, Alison	52	Wahoo Msc-JHB	12:58.62	12
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Women 50-54 50 SC Meter Backstroke

1	Horsley, Bondi	52	Synergy Msc-ETH	37.09	12
2	Mallows, Bev	51	Cape Town Msc-CPT	42.13	10
---	De Bruyn, Sandy	53	Wahoo Msc-JHB	X49.36	

SAMS SC Championships October 2021**Various venues in the RSA****Results****(Women 50-54 50 SC Meter Backstroke)**

---	Hayes, Alison	52	Wahoo Msc-JHB	DQ 49.04	
Past vertical at turn: non continuous turning action					

Women 50-54 200 SC Meter Backstroke

---	Horsley, Bondi	52	Synergy Msc-ETH	NS	
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Women 50-54 50 SC Meter Breaststroke

1	Cook, Wendy	51	Synergy Msc-ETH	38.81	12
2	Hayes, Alison	52	Wahoo Msc-JHB	45.52	10
---	De Bruyn, Sandy	53	Wahoo Msc-JHB	X48.36	

Women 50-54 100 SC Meter Breaststroke

1	Cook, Wendy	51	Synergy Msc-ETH	1:26.59	12
2	Hayes, Alison	52	Wahoo Msc-JHB	1:41.84	10
---	De Bruyn, Sandy	53	Wahoo Msc-JHB	XNS	

Women 50-54 50 SC Meter Butterfly

1	Horsley, Bondi	52	Synergy Msc-ETH	44.46	12
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Women 50-54 100 SC Meter IM

1	Mallows, Bev	51	Cape Town Msc-CPT	1:35.77	12
2	Horsley, Bondi	52	Synergy Msc-ETH	1:38.84	10
---	De Bruyn, Sandy	53	Wahoo Msc-JHB	X1:44.51	

Women 55-59 50 SC Meter Freestyle

1	Van Bassen, CarrylA	57	Synergy Msc-ETH	35.97	12
2	Lee, Lesley	57	PE Masters Aquatics-NMA	36.78	10
3	Bridges, Carole	59	Wahoo Msc-JHB	44.41	8

Women 55-59 100 SC Meter Freestyle

1	Lee, Lesley	57	PE Masters Aquatics-NMA	1:21.62	12
2	Van Bassen, CarrylA	57	Synergy Msc-ETH	1:23.12	10

Women 55-59 800 SC Meter Freestyle

1	Van Bassen, CarrylA	57	Synergy Msc-ETH	12:03.00	12
2	Bridges, Carole	59	Wahoo Msc-JHB	14:32.54	10

Women 55-59 50 SC Meter Backstroke

1	Breitenbach, Maritza	57	Cape Town Msc-CPT	48.51	12
2	Van Bassen, CarrylA	57	Synergy Msc-ETH	51.47	10

Women 55-59 200 SC Meter Backstroke

1	Ruck, Celeste	56	Coelacanth Msc-TSH	4:04.33	12
2	Smith, Ruth	57	Waterborn SC - Masters-JHB	4:07.60	10
3	Bridges, Carole	59	Wahoo Msc-JHB	4:17.07	8

Women 55-59 50 SC Meter Breaststroke

1	Van Bassen, CarrylA	57	Synergy Msc-ETH	45.49	12
2	Smith, Ruth	57	Waterborn SC - Masters-JHB	47.48	10
3	Lee, Lesley	57	PE Masters Aquatics-NMA	52.48	8

Women 55-59 100 SC Meter Breaststroke

1	Van Bassen, CarrylA	57	Synergy Msc-ETH	1:43.18	12
2	Smith, Ruth	57	Waterborn SC - Masters-JHB	1:50.34	10
3	Bridges, Carole	59	Wahoo Msc-JHB	2:12.83	8

Women 55-59 50 SC Meter Butterfly

1	Lee, Lesley	57	PE Masters Aquatics-NMA	42.53	12
2	Breitenbach, Maritza	57	Cape Town Msc-CPT	51.56	10

SAMS SC Championships October 2021**Various venues in the RSA****Results****Women 55-59 100 SC Meter IM**

1	Smith, Ruth	57	Waterborn SC - Masters-JHB	1:42.95	12
2	Breitenbach, Maritza	57	Cape Town Msc-CPT	1:44.03	10
3	Bridges, Carole	59	Wahoo Msc-JHB	1:55.57	8

Women 55-59 400 SC Meter IM

1	Smith, Ruth	57	Waterborn SC - Masters-JHB	8:18.40	12
2	Bridges, Carole	59	Wahoo Msc-JHB	8:27.31	10

Women 60-64 50 SC Meter Freestyle

1	Reen, Pat	64	PE Masters Aquatics-NMA	35.08	12
2	Welgemoed, Janine	60	Cape Town Msc-CPT	37.77	10
3	Donnelly, Chris	64	Cape Town Msc-CPT	39.53	8
4	Matley, Terry	64	Cape Town Msc-CPT	41.40	7
5	Murray, Sandy	61	Wahoo Msc-JHB	47.26	6
6	Cronje, Anet	60	Wahoo Msc-JHB	50.29	5
7	Lloyd, Dawn	63	Synergy Msc-ETH	53.19	4
---	Jv Vuuren, Hannatjie	62	Coelacanth Msc-TSH	NS	

Women 60-64 100 SC Meter Freestyle

1	Reen, Pat	64	PE Masters Aquatics-NMA	1:18.48	12
2	Welgemoed, Janine	60	Cape Town Msc-CPT	1:23.31	10
3	Kotzé, Debbie	60	Coelacanth Msc-TSH	1:26.29	8
4	Donnelly, Chris	64	Cape Town Msc-CPT	1:29.57	7
5	Lloyd, Dawn	63	Synergy Msc-ETH	1:34.79	6
6	Murray, Sandy	61	Wahoo Msc-JHB	1:44.73	5
7	Cronje, Anet	60	Wahoo Msc-JHB	1:57.36	4

Women 60-64 800 SC Meter Freestyle

1	Stanford, Cecilia	60	Cape Town Msc-CPT	10:26.30	12
2	Trusler, Ingrid	62	Coelacanth Msc-TSH	11:53.48	10
3	Murray, Sandy	61	Wahoo Msc-JHB	14:32.19	8
4	Lloyd, Dawn	63	Synergy Msc-ETH	18:15.60	7

Women 60-64 50 SC Meter Backstroke

1	Welgemoed, Janine	60	Cape Town Msc-CPT	44.56	12
2	Kotzé, Debbie	60	Coelacanth Msc-TSH	48.98	10
3	Cronje, Anet	60	Wahoo Msc-JHB	1:01.35	8
4	Lloyd, Dawn	63	Synergy Msc-ETH	1:05.40	7

Women 60-64 200 SC Meter Backstroke

1	Stanford, Cecilia	60	Cape Town Msc-CPT	2:51.27	12
2	Lloyd, Dawn	63	Synergy Msc-ETH	4:56.47	10

Women 60-64 50 SC Meter Breaststroke

1	Matley, Terry	64	Cape Town Msc-CPT	45.43	12
2	Donnelly, Chris	64	Cape Town Msc-CPT	48.46	10
3	Jv Vuuren, Hannatjie	62	Coelacanth Msc-TSH	50.80	8
4	Cronje, Anet	60	Wahoo Msc-JHB	1:02.28	7

Women 60-64 100 SC Meter Breaststroke

1	Matley, Terry	64	Cape Town Msc-CPT	1:42.23	12
2	Donnelly, Chris	64	Cape Town Msc-CPT	1:46.25	10
3	Cronje, Anet	60	Wahoo Msc-JHB	2:21.16	8
---	Jv Vuuren, Hannatjie	62	Coelacanth Msc-TSH	NS	

Women 60-64 50 SC Meter Butterfly

1	Reen, Pat	64	PE Masters Aquatics-NMA	39.78	12
2	Welgemoed, Janine	60	Cape Town Msc-CPT	45.73	10

SAMS SC Championships October 2021**Various venues in the RSA****Results****Women 60-64 100 SC Meter IM**

1	Welgemoed, Janine	60	Cape Town Msc-CPT	1:38.71	12
2	Kotzé, Debbie	60	Coelacanth Msc-TSH	1:46.53	10
3	Matley, Terry	64	Cape Town Msc-CPT	1:50.08	8

Women 60-64 400 SC Meter IM

1	Stanford, Cecilia	60	Cape Town Msc-CPT	5:58.59	12
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Women 65-69 50 SC Meter Freestyle

1	Coetzee, Diane	66	Cape Town Msc-CPT	34.08	12
2	Thatcher, Annette	69	Synergy Msc-ETH	38.75	10
3	Harrington, Ren	68	PE Masters Aquatics-NMA	43.66	8
4	Griffiths, Bronwen	67	Synergy Msc-ETH	55.31	7
5	de Beer, Stephanie	67	Masters Eastern Gauteng Aqua-EKU	1:05.37	6
6	Cooper, Ann	65	Synergy Msc-ETH	1:09.97	5
---	Bailey, Colleen	67	Synergy Msc-ETH	NS	
---	Bromfield, Morag	69	Synergy Msc-ETH	NS	

Women 65-69 100 SC Meter Freestyle

1	Brewis, Judy	67	Cape Town Msc-CPT	1:29.47	12
2	Thatcher, Annette	69	Synergy Msc-ETH	1:38.47	10
3	Harrington, Ren	68	PE Masters Aquatics-NMA	1:39.20	8
4	Vorster, Merryll	65	Phoenix Msc-JHB	1:53.04	7
5	Griffiths, Bronwen	67	Synergy Msc-ETH	2:01.03	6
---	Bailey, Colleen	67	Synergy Msc-ETH	NS	

Women 65-69 800 SC Meter Freestyle

1	Coetzee, Diane	66	Cape Town Msc-CPT	11:13.40	12
2	Brewis, Judy	67	Cape Town Msc-CPT	13:15.64	10
3	Vorster, Merryll	65	Phoenix Msc-JHB	18:26.93	8

Women 65-69 50 SC Meter Backstroke

1	Coetzee, Diane	66	Cape Town Msc-CPT	37.91	12
2	Brewis, Judy	67	Cape Town Msc-CPT	45.71	10
3	Harrington, Ren	68	PE Masters Aquatics-NMA	46.40	8
4	Thatcher, Annette	69	Synergy Msc-ETH	48.10	7
5	Griffiths, Bronwen	67	Synergy Msc-ETH	1:07.53	6
6	de Beer, Stephanie	67	Masters Eastern Gauteng Aqua-EKU	1:11.90	5
7	Cooper, Ann	65	Synergy Msc-ETH	1:12.76	4
---	Bailey, Colleen	67	Synergy Msc-ETH	NS	
---	Bromfield, Morag	69	Synergy Msc-ETH	NS	

Women 65-69 200 SC Meter Backstroke

1	Coetzee, Diane	66	Cape Town Msc-CPT	2:55.16	12
2	Brewis, Judy	67	Cape Town Msc-CPT	3:23.24	10

Women 65-69 50 SC Meter Breaststroke

1	Thatcher, Annette	69	Synergy Msc-ETH	43.15	12
2	Cooper, Ann	65	Synergy Msc-ETH	1:32.14	10

Women 65-69 100 SC Meter Breaststroke

1	Thatcher, Annette	69	Synergy Msc-ETH	1:52.31	12
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Women 65-69 50 SC Meter Butterfly

---	Bromfield, Morag	69	Synergy Msc-ETH	NS	
---	Bailey, Colleen	67	Synergy Msc-ETH	NS	

Women 65-69 100 SC Meter IM

1	Thatcher, Annette	69	Synergy Msc-ETH	1:39.78	12
2	de Beer, Stephanie	67	Masters Eastern Gauteng Aqua-EKU	2:58.92	10

SAMS SC Championships October 2021**Various venues in the RSA****Results****(Women 65-69 100 SC Meter IM)**

---	Bromfield, Morag	69	Synergy Msc-ETH		NS
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Women 70-74 50 SC Meter Freestyle

1	Rollnick, Marissa	70	Phoenix Msc-JHB	39.04	12
2	Lawless, Helen	72	Wahoo Msc-JHB	45.72	10
3	Clark, Rosemary	73	Synergy Msc-ETH	46.85	8
4	Sandri, Angelika	71	Coelacanth Msc-TSH	47.09	7
5	Ferreira, Mercia	72	Wahoo Msc-JHB	56.90	6

Women 70-74 100 SC Meter Freestyle

1	Crawford, Linda	71	Phoenix Msc-JHB	1:37.37	12
2	Lawless, Helen	72	Wahoo Msc-JHB	1:38.10	10
3	Clark, Rosemary	73	Synergy Msc-ETH	1:40.53	8
4	Sandri, Angelika	71	Coelacanth Msc-TSH	1:44.56	7
5	Fyfe, Joyce	74	Coelacanth Msc-TSH	1:57.16	6
6	Ferreira, Mercia	72	Wahoo Msc-JHB	2:06.40	5
7	Gray, Ann	73	Synergy Msc-ETH	2:33.53	4

Women 70-74 800 SC Meter Freestyle

1	Mons, Maureen	70	Phoenix Msc-JHB	12:35.46	12
2	Rollnick, Marissa	70	Phoenix Msc-JHB	13:33.51	10
3	Ireland, Jenny	71	Synergy Msc-ETH	14:28.96	8
4	Clark, Rosemary	73	Synergy Msc-ETH	15:20.75	7
5	Sandri, Angelika	71	Coelacanth Msc-TSH	16:24.09	6
6	Ferreira, Mercia	72	Wahoo Msc-JHB	18:52.74	5
7	Gray, Ann	73	Synergy Msc-ETH	22:04.22	4

Women 70-74 50 SC Meter Backstroke

1	Fyfe, Joyce	74	Coelacanth Msc-TSH	55.22	12
2	Lawless, Helen	72	Wahoo Msc-JHB	58.46	10
3	Ferreira, Mercia	72	Wahoo Msc-JHB	1:10.52	8
4	Gray, Ann	73	Synergy Msc-ETH	1:23.37	7

Women 70-74 200 SC Meter Backstroke

---	Fyfe, Joyce	74	Coelacanth Msc-TSH		NS
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Women 70-74 50 SC Meter Breaststroke

1	Sandri, Angelika	71	Coelacanth Msc-TSH	57.24	12
2	Clark, Rosemary	73	Synergy Msc-ETH	1:14.87	10

Women 70-74 100 SC Meter Breaststroke

1	Sandri, Angelika	71	Coelacanth Msc-TSH	2:10.92	12
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Women 70-74 50 SC Meter Butterfly

1	Lawless, Helen	72	Wahoo Msc-JHB	51.83	12
2	Crawford, Linda	71	Phoenix Msc-JHB	1:00.49	10
3	Clark, Rosemary	73	Synergy Msc-ETH	1:00.66	8
4	Gray, Ann	73	Synergy Msc-ETH	1:35.04	7

Women 70-74 100 SC Meter Butterfly

1	Lawless, Helen	72	Wahoo Msc-JHB	2:04.83	12
2	Crawford, Linda	71	Phoenix Msc-JHB	2:08.91	10

Women 70-74 100 SC Meter IM

1	Lawless, Helen	72	Wahoo Msc-JHB	1:54.37	12
2	Crawford, Linda	71	Phoenix Msc-JHB	1:59.34	10

Women 70-74 400 SC Meter IM

1	Mons, Maureen	70	Phoenix Msc-JHB	7:21.21	12
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SAMS SC Championships October 2021**Various venues in the RSA****Results****(Women 70-74 400 SC Meter IM)**

2	Rollnick, Marissa	70	Phoenix Msc-JHB	9:02.69	10
---	Ireland, Jenny	71	Synergy Msc-ETH	NS	

Women 75-79 50 SC Meter Freestyle

1	Craig, Elsa	76	PE Masters Aquatics-NMA	40.46	12
2	Rees, Jane	77	Coelacanth Msc-TSH	54.41	10
3	Hughes, Di	75	Synergy Msc-ETH	1:22.87	8
---	Jones, Anne	76	Phoenix Msc-JHB	NS	
---	Zundorf, Lenchen	77	Cape Town Msc-CPT	NS	

Women 75-79 100 SC Meter Freestyle

1	Rees, Jane	77	Coelacanth Msc-TSH	1:58.78	12
2	Hughes, Di	75	Synergy Msc-ETH	2:54.34	10
---	Jones, Anne	76	Phoenix Msc-JHB	NS	

Women 75-79 800 SC Meter Freestyle

1	Jones, Anne	76	Phoenix Msc-JHB	15:04.37	12
2	Rees, Jane	77	Coelacanth Msc-TSH	18:18.56	10
3	Hughes, Di	75	Synergy Msc-ETH	23:58.00	8

Women 75-79 50 SC Meter Backstroke

1	Zundorf, Lenchen	77	Cape Town Msc-CPT	51.63	12
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Women 75-79 200 SC Meter Backstroke

1	Zundorf, Lenchen	77	Cape Town Msc-CPT	4:03.13	12
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Women 75-79 50 SC Meter Butterfly

1	Craig, Elsa	76	PE Masters Aquatics-NMA	50.08	12
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Women 75-79 100 SC Meter IM

1	Craig, Elsa	76	PE Masters Aquatics-NMA	1:47.97	12
2	Jones, Anne	76	Phoenix Msc-JHB	1:54.91	10

Women 80-84 50 SC Meter Freestyle

1	Leuner, Sue	82	Phoenix Msc-JHB	48.80	12
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Women 80-84 100 SC Meter Freestyle

1	Leuner, Sue	82	Phoenix Msc-JHB	1:50.02	12
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Women 80-84 800 SC Meter Freestyle

1	Leuner, Sue	82	Phoenix Msc-JHB	18:28.57	12
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Women 80-84 50 SC Meter Backstroke

1	Leuner, Sue	82	Phoenix Msc-JHB	56.23	12
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Women 85-89 50 SC Meter Freestyle

1	Saunders, Wendy	86	Synergy Msc-ETH	1:24.66	12
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Women 85-89 50 SC Meter Backstroke

1	Saunders, Wendy	86	Synergy Msc-ETH	1:33.97	12
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Women 85-89 50 SC Meter Breaststroke

1	Saunders, Wendy	86	Synergy Msc-ETH	2:14.03	12
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Women 85-89 100 SC Meter Breaststroke

---	Saunders, Wendy	86	Synergy Msc-ETH	NS	
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Women 95-99 50 SC Meter Freestyle

1	Kloos, Kascha	96	Cape Town Msc-CPT	1:39.15	12
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SAMS SC Championships October 2021**Various venues in the RSA****Results****Women 95-99 100 SC Meter Freestyle**

1	Kloos, Kascha	96	Cape Town Msc-CPT	3:37.37	12
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Women 95-99 50 SC Meter Backstroke

1	Kloos, Kascha	96	Cape Town Msc-CPT	1:44.65	12
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Women 95-99 200 SC Meter Backstroke

1	Kloos, Kascha	96	Cape Town Msc-CPT	7:45.68	12
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Women 95-99 50 SC Meter Breaststroke

1	Kloos, Kascha	96	Cape Town Msc-CPT	2:03.90	12
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Men 18-24 50 SC Meter Freestyle

1	Dellieu, Pierre	23	Wahoo Msc-JHB	27.74	12
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Men 18-24 100 SC Meter Freestyle

1	Dellieu, Pierre	23	Wahoo Msc-JHB	1:00.01	12
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Men 18-24 50 SC Meter Backstroke

1	Dellieu, Pierre	23	Wahoo Msc-JHB	32.27	12
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Men 18-24 50 SC Meter Breaststroke

1	Dellieu, Pierre	23	Wahoo Msc-JHB	33.87	12
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Men 18-24 50 SC Meter Butterfly

1	Dellieu, Pierre	23	Wahoo Msc-JHB	34.94	12
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Men 18-24 100 SC Meter IM

1	Dellieu, Pierre	23	Wahoo Msc-JHB	1:08.76	12
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Men 25-29 50 SC Meter Freestyle

1	Opperman, Johannes Naude	28	Cape Town Msc-CPT	26.50	12
2	Marchi, Roberto	25	Wahoo Msc-JHB	26.92	10
3	Vincent, David	29	Wahoo Msc-JHB	29.99	8
4	Dressler, Etienne	25	Coelacanth Msc-TSH	33.99	7
---	Gericke, Curtis	27	Wahoo Msc-JHB	NS	

Men 25-29 100 SC Meter Freestyle

1	Opperman, Johannes Naude	28	Cape Town Msc-CPT	54.99	12
2	Dressler, Etienne	25	Coelacanth Msc-TSH	1:21.73	10

Men 25-29 800 SC Meter Freestyle

1	Marchi, Roberto	25	Wahoo Msc-JHB	9:30.04	12
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Men 25-29 50 SC Meter Backstroke

1	Opperman, Johannes Naude	28	Cape Town Msc-CPT	28.50	12
2	Adamson, Hayden	28	Synergy Msc-ETH	32.00	10
3	Gericke, Curtis	27	Wahoo Msc-JHB	33.10	8
4	Vincent, David	29	Wahoo Msc-JHB	38.43	7

Men 25-29 200 SC Meter Backstroke

1	Opperman, Johannes Naude	28	Cape Town Msc-CPT	2:39.59	12
2	Adamson, Hayden	28	Synergy Msc-ETH	2:52.31	10
3	Vincent, David	29	Wahoo Msc-JHB	3:26.30	8

Men 25-29 50 SC Meter Breaststroke

1	Marchi, Roberto	25	Wahoo Msc-JHB	34.27	12
2	Gericke, Curtis	27	Wahoo Msc-JHB	34.71	10
3	Adamson, Hayden	28	Synergy Msc-ETH	36.67	8
4	Vincent, David	29	Wahoo Msc-JHB	39.81	7
5	Dressler, Etienne	25	Coelacanth Msc-TSH	41.10	6

SAMS SC Championships October 2021**Various venues in the RSA****Results****Men 25-29 100 SC Meter Breaststroke**

1	Marchi, Roberto	25	Wahoo Msc-JHB	1:17.69	12
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Men 25-29 50 SC Meter Butterfly

1	Gericke, Curtis	27	Wahoo Msc-JHB	26.57	12
2	Marchi, Roberto	25	Wahoo Msc-JHB	28.85	10
3	Adamson, Hayden	28	Synergy Msc-ETH	31.25	8
4	Opperman, Johannes Naude	28	Cape Town Msc-CPT	31.97	7
5	Vincent, David	29	Wahoo Msc-JHB	35.15	6

Men 25-29 100 SC Meter Butterfly

1	Gericke, Curtis	27	Wahoo Msc-JHB	1:07.57	12
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Men 25-29 100 SC Meter IM

1	Gericke, Curtis	27	Wahoo Msc-JHB	1:05.07	12
2	Marchi, Roberto	25	Wahoo Msc-JHB	1:09.10	10
3	Adamson, Hayden	28	Synergy Msc-ETH	1:12.25	8
4	Vincent, David	29	Wahoo Msc-JHB	1:17.49	7

Men 30-34 50 SC Meter Freestyle

1	Kok, Christoff	34	Coelacanth Msc-TSH	27.00	12
2	Hodges, Graham	31	Cape Town Msc-CPT	27.15	10
---	Howes, Craig	32	Unattached	X35.29	
---	Nicklin, Justin	31	Unattached	XNS	

Men 30-34 100 SC Meter Freestyle

1	Hodges, Graham	31	Cape Town Msc-CPT	59.11	12
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Men 30-34 800 SC Meter Freestyle

1	Hodges, Graham	31	Cape Town Msc-CPT	9:44.79	12
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Men 30-34 50 SC Meter Backstroke

---	Howes, Craig	32	Unattached	X47.08	
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Men 30-34 50 SC Meter Breaststroke

---	Howes, Craig	32	Unattached	X43.35	
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Men 30-34 100 SC Meter Breaststroke

---	Nicklin, Justin	31	Unattached	X1:12.74	
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Men 30-34 50 SC Meter Butterfly

1	Kok, Christoff	34	Coelacanth Msc-TSH	28.89	12
2	Hodges, Graham	31	Cape Town Msc-CPT	30.76	10
---	Howes, Craig	32	Unattached	X41.56	

Men 30-34 100 SC Meter Butterfly

1	Kok, Christoff	34	Coelacanth Msc-TSH	1:07.22	12
2	Hodges, Graham	31	Cape Town Msc-CPT	1:09.06	10

Men 30-34 100 SC Meter IM

---	Nicklin, Justin	31	Unattached	X1:06.22	
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Men 35-39 50 SC Meter Freestyle

1	Geldenhuis, Jeandre	35	Cape Town Msc-CPT	27.72	12
2	Lalin, Luke	38	Cape Town Msc-CPT	28.08	10
3	Parsons, Adam	37	Wahoo Msc-JHB	30.57	8
4	Sassen, Greg	39	Synergy Msc-ETH	31.22	7
5	Buckley, Eldrid	38	Wahoo Msc-JHB	35.49	6
6	Hunt, Stephen	38	Synergy Msc-ETH	38.25	5
---	Baker, John	36	Wahoo Msc-JHB	X32.01	

SAMS SC Championships October 2021**Various venues in the RSA****Results****Men 35-39 100 SC Meter Freestyle**

1	Parsons, Adam	37	Wahoo Msc-JHB	1:07.46	12
2	Sassen, Greg	39	Synergy Msc-ETH	1:09.03	10
3	Hunt, Stephen	38	Synergy Msc-ETH	1:23.41	8
---	Baker, John	36	Wahoo Msc-JHB	X1:09.51	

Men 35-39 800 SC Meter Freestyle

1	Sassen, Greg	39	Synergy Msc-ETH	11:45.00	12
---	Baker, John	36	Wahoo Msc-JHB	X11:13.31	

Men 35-39 50 SC Meter Backstroke

1	Lalin, Luke	38	Cape Town Msc-CPT	29.04	12
2	Geldenhuis, Jeandre	35	Cape Town Msc-CPT	31.38	10
3	Parsons, Adam	37	Wahoo Msc-JHB	36.09	8

Men 35-39 200 SC Meter Backstroke

1	Lalin, Luke	38	Cape Town Msc-CPT	2:29.19	12
2	Parsons, Adam	37	Wahoo Msc-JHB	2:51.03	10

Men 35-39 50 SC Meter Breaststroke

1	Geldenhuis, Jeandre	35	Cape Town Msc-CPT	33.95	12
2	Parsons, Adam	37	Wahoo Msc-JHB	37.09	10
3	Buckley, Eldrid	38	Wahoo Msc-JHB	48.43	8
4	Hunt, Stephen	38	Synergy Msc-ETH	50.56	7
---	Baker, John	36	Wahoo Msc-JHB	X40.54	

Men 35-39 100 SC Meter Breaststroke

1	Parsons, Adam	37	Wahoo Msc-JHB	1:21.61	12
2	Hunt, Stephen	38	Synergy Msc-ETH	1:57.44	10
---	Baker, John	36	Wahoo Msc-JHB	X1:29.32	

Men 35-39 50 SC Meter Butterfly

1	Geldenhuis, Jeandre	35	Cape Town Msc-CPT	29.32	12
2	Sassen, Greg	39	Synergy Msc-ETH	34.69	10
3	Buckley, Eldrid	38	Wahoo Msc-JHB	46.41	8
4	Hunt, Stephen	38	Synergy Msc-ETH	50.09	7

Men 35-39 100 SC Meter IM

1	Sassen, Greg	39	Synergy Msc-ETH	1:23.09	12
2	Hunt, Stephen	38	Synergy Msc-ETH	1:39.90	10
---	Baker, John	36	Wahoo Msc-JHB	X1:21.65	

Men 40-44 50 SC Meter Freestyle

1	Erasmus, Jaco	43	Wahoo Msc-JHB	25.83	12
2	Richards, Jay	44	Cape Town Msc-CPT	26.37	10
3	Parkin, Terence	41	Wahoo Msc-JHB	28.48	8
4	Steenkamp, Neil	44	Cape Town Msc-CPT	28.52	7
5	Allan, Brett	40	Synergy Msc-ETH	29.66	6
6	Tyson, Matthew	40	Cape Town Msc-CPT	31.54	5
---	Allan, Marc	44	Synergy Msc-ETH	NS	

Men 40-44 100 SC Meter Freestyle

1	Allan, Marc	44	Synergy Msc-ETH	56.18	12
2	Erasmus, Jaco	43	Wahoo Msc-JHB	1:00.48	10
3	Parkin, Terence	41	Wahoo Msc-JHB	1:04.09	8
4	Steenkamp, Neil	44	Cape Town Msc-CPT	1:05.67	7
5	Allan, Brett	40	Synergy Msc-ETH	1:09.44	6
6	Hanauer, Anthony	44	Wahoo Msc-JHB	1:51.57	5

SAMS SC Championships October 2021**Various venues in the RSA****Results****Men 40-44 800 SC Meter Freestyle**

1	Sheftz, Owen	44	Wahoo Msc-JHB	10:08.15	12
2	Hanauer, Anthony	44	Wahoo Msc-JHB	19:08.61	10

Men 40-44 50 SC Meter Backstroke

1	Allan, Marc	44	Synergy Msc-ETH	31.50	12
2	Parkin, Terence	41	Wahoo Msc-JHB	33.54	10
3	Erasmus, Jaco	43	Wahoo Msc-JHB	34.38	8
4	Steenkamp, Neil	44	Cape Town Msc-CPT	38.39	7
5	Hanauer, Anthony	44	Wahoo Msc-JHB	1:06.27	6
---	Allan, Brett	40	Synergy Msc-ETH	NS	

Men 40-44 200 SC Meter Backstroke

1	Tyson, Matthew	40	Cape Town Msc-CPT	2:19.48	12
2	Sheftz, Owen	44	Wahoo Msc-JHB	3:03.11	10

Men 40-44 50 SC Meter Breaststroke

1	Parkin, Terence	41	Wahoo Msc-JHB	33.10	12
2	Allan, Marc	44	Synergy Msc-ETH	33.60	10
3	Richards, Jay	44	Cape Town Msc-CPT	34.98	8
4	Steenkamp, Neil	44	Cape Town Msc-CPT	37.97	7
5	Erasmus, Jaco	43	Wahoo Msc-JHB	38.16	6
6	Allan, Brett	40	Synergy Msc-ETH	40.28	5
7	Sheftz, Owen	44	Wahoo Msc-JHB	43.09	4

Men 40-44 100 SC Meter Breaststroke

1	Parkin, Terence	41	Wahoo Msc-JHB	1:13.41	12
2	Allan, Brett	40	Synergy Msc-ETH	1:33.91	10

Men 40-44 50 SC Meter Butterfly

1	Allan, Marc	44	Synergy Msc-ETH	28.40	12
2	Richards, Jay	44	Cape Town Msc-CPT	28.84	10
3	Sheftz, Owen	44	Wahoo Msc-JHB	33.20	8
4	Steenkamp, Neil	44	Cape Town Msc-CPT	33.41	7
5	Erasmus, Jaco	43	Wahoo Msc-JHB	36.29	6

Men 40-44 100 SC Meter Butterfly

1	Sheftz, Owen	44	Wahoo Msc-JHB	1:19.73	12
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Men 40-44 100 SC Meter IM

1	Richards, Jay	44	Cape Town Msc-CPT	1:08.04	12
2	Parkin, Terence	41	Wahoo Msc-JHB	1:10.82	10
3	Allan, Brett	40	Synergy Msc-ETH	1:19.51	8
---	Allan, Marc	44	Synergy Msc-ETH	DQ DQ	
	False start - Misc				
---	Erasmus, Jaco	43	Wahoo Msc-JHB	DQ 1:11.78	
	Swimmer did not finish whilst on the back - back				

Men 40-44 400 SC Meter IM

1	Sheftz, Owen	44	Wahoo Msc-JHB	6:11.34	12
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Men 45-49 50 SC Meter Freestyle

1	Mastenbroek, Riaan	45	Cape Town Msc-CPT	26.94	12
2	Gasson, Martin	48	Wahoo Msc-JHB	27.34	10
3	Kreuger, Shamus	49	Wahoo Msc-JHB	28.42	8
4	Ford, Andrew	46	Wahoo Msc-JHB	28.89	7
5	van Hille, Mike	45	Wahoo Msc-JHB	28.97	6
6	Sponneck, Mark	45	Synergy Msc-ETH	29.68	5
7	Pieters, Jacques	48	Wahoo Msc-JHB	29.81	4
8	Riccardi, Roberto	49	Masters Eastern Gauteng Aqua-EKU	30.15	3

SAMS SC Championships October 2021**Various venues in the RSA****Results****(Men 45-49 50 SC Meter Freestyle)**

9	Joubert, Charles	48	Wahoo Msc-JHB	52.61	2
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Men 45-49 100 SC Meter Freestyle

1	Kreuger, Shamus	49	Wahoo Msc-JHB	1:04.55	12
2	Sponneck, Mark	45	Synergy Msc-ETH	1:05.00	10
3	Riccardi, Roberto	49	Masters Eastern Gauteng Aqua-EKU	1:05.10	8
4	Pieters, Jacques	48	Wahoo Msc-JHB	1:05.69	7
5	van Hille, Mike	45	Wahoo Msc-JHB	1:07.13	6
6	Ford, Andrew	46	Wahoo Msc-JHB	1:10.18	5
7	Joubert, Charles	48	Wahoo Msc-JHB	1:58.08	4
---	Vd Schyf, Donovan	45	Unattached	X1:28.94	

Men 45-49 800 SC Meter Freestyle

1	Kreuger, Shamus	49	Wahoo Msc-JHB	10:30.00	12
2	Sponneck, Mark	45	Synergy Msc-ETH	10:33.72	10
3	Riccardi, Roberto	49	Masters Eastern Gauteng Aqua-EKU	10:48.26	8
4	Fubbs, Matt	49	Wahoo Msc-JHB	11:12.12	7
5	Abdo, Dave	49	Coelacanth Msc-TSH	13:25.39	6
6	Joubert, Charles	48	Wahoo Msc-JHB	17:46.70	5

Men 45-49 50 SC Meter Backstroke

1	Mastenbroek, Riaan	45	Cape Town Msc-CPT	34.39	12
2	van Hille, Mike	45	Wahoo Msc-JHB	37.24	10
3	Pieters, Jacques	48	Wahoo Msc-JHB	37.74	8
4	Riccardi, Roberto	49	Masters Eastern Gauteng Aqua-EKU	38.20	7
5	Gasson, Martin	48	Wahoo Msc-JHB	38.28	6
6	Ford, Andrew	46	Wahoo Msc-JHB	40.28	5
7	Joubert, Charles	48	Wahoo Msc-JHB	1:11.52	4

Men 45-49 200 SC Meter Backstroke

1	Gasson, Martin	48	Wahoo Msc-JHB	3:06.84	12
2	Fubbs, Matt	49	Wahoo Msc-JHB	3:12.40	10

Men 45-49 50 SC Meter Breaststroke

1	Gasson, Martin	48	Wahoo Msc-JHB	35.13	12
2	Ford, Andrew	46	Wahoo Msc-JHB	37.78	10
3	van Hille, Mike	45	Wahoo Msc-JHB	39.33	8
4	Sponneck, Mark	45	Synergy Msc-ETH	40.09	7
5	Pieters, Jacques	48	Wahoo Msc-JHB	43.93	6

Men 45-49 100 SC Meter Breaststroke

1	Gasson, Martin	48	Wahoo Msc-JHB	1:17.41	12
2	Sponneck, Mark	45	Synergy Msc-ETH	1:26.59	10
3	Fubbs, Matt	49	Wahoo Msc-JHB	1:26.79	8

Men 45-49 50 SC Meter Butterfly

1	Mastenbroek, Riaan	45	Cape Town Msc-CPT	31.07	12
2	Ford, Andrew	46	Wahoo Msc-JHB	31.90	10
3	Fubbs, Matt	49	Wahoo Msc-JHB	33.72	8
4	Riccardi, Roberto	49	Masters Eastern Gauteng Aqua-EKU	33.91	7
5	Pieters, Jacques	48	Wahoo Msc-JHB	37.38	6
---	Vd Schyf, Donovan	45	Unattached	X49.84	
---	Kreuger, Shamus	49	Wahoo Msc-JHB	DQ 32.65	

Alternating movement of legs or feet

Men 45-49 100 SC Meter Butterfly

1	Fubbs, Matt	49	Wahoo Msc-JHB	1:19.18	12
---	Vd Schyf, Donovan	45	Unattached	X2:05.89	

SAMS SC Championships October 2021**Various venues in the RSA****Results****(Men 45-49 100 SC Meter Butterfly)**

--- Kreuger, Shamus 49 Wahoo Msc-JHB DQ 1:14.38
 Touch at the finish or turn was not made with both hands simultaneously/separated

Men 45-49 100 SC Meter IM

1	Mastenbroek, Riaan	45	Cape Town Msc-CPT	1:12.30	12
2	van Hille, Mike	45	Wahoo Msc-JHB	1:17.32	10
3	Pieters, Jacques	48	Wahoo Msc-JHB	1:18.34	8
4	Gasson, Martin	48	Wahoo Msc-JHB	1:19.22	7
5	Sponneck, Mark	45	Synergy Msc-ETH	1:20.28	6
6	Ford, Andrew	46	Wahoo Msc-JHB	1:24.07	5

Men 45-49 400 SC Meter IM

1	Fubbs, Matt	49	Wahoo Msc-JHB	6:19.09	12
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Men 50-54 50 SC Meter Freestyle

1	McLeRoth, Greg	54	Cape Town Msc-CPT	26.60	12
2	du Plessis, Trevor	51	Synergy Msc-ETH	28.60	10
3	Raccanello, Giorgio	51	Masters Eastern Gauteng Aqua-EKU	28.62	8
4	Thompson, Glen	50	Swim First Masters-JHB	28.73	7
5	Mayne, Duncan	51	Cape Town Msc-CPT	28.74	6
6	vd Merwe, Andre	50	Masters Eastern Gauteng Aqua-EKU	29.43	5
7	Van der Westhuizen, Stefan	52	Synergy Msc-ETH	29.78	4
8	Collier, Philip	50	Cape Town Msc-CPT	30.58	3
9	Gilbert, Oliver	51	Cape Town Msc-CPT	31.47	2
10	Carstens, FC	51	Coelacanth Msc-TSH	33.75	1
11	Crowther, Bobbie	52	Wahoo Msc-JHB	36.99	
12	Kupfer, Konrad	54	Wahoo Msc-JHB	42.80	
---	Lilford, Frank	52	Synergy Msc-ETH	NS	
---	Heller, Terry	50	Wahoo Msc-JHB	NS	

Men 50-54 100 SC Meter Freestyle

1	Heller, Terry	50	Wahoo Msc-JHB	1:01.04	12
2	Mayne, Duncan	51	Cape Town Msc-CPT	1:02.61	10
3	Raccanello, Giorgio	51	Masters Eastern Gauteng Aqua-EKU	1:02.71	8
4	vd Merwe, Andre	50	Masters Eastern Gauteng Aqua-EKU	1:06.66	7
5	Carstens, FC	51	Coelacanth Msc-TSH	1:14.75	6
6	Crowther, Bobbie	52	Wahoo Msc-JHB	1:29.22	5
7	Kupfer, Konrad	54	Wahoo Msc-JHB	1:31.25	4
---	Van der Westhuizen, Stefan	52	Synergy Msc-ETH	NS	

Men 50-54 800 SC Meter Freestyle

1	Heller, Terry	50	Wahoo Msc-JHB	9:30.30	12
2	Collins, Tom	54	Waterborn SC - Masters-JHB	10:53.29	10
---	Lilford, Frank	52	Synergy Msc-ETH	NS	

Men 50-54 50 SC Meter Backstroke

1	Kahn, Greg	51	Cape Town Msc-CPT	28.97	12
2	McLeRoth, Greg	54	Cape Town Msc-CPT	31.23	10
3	Thompson, Glen	50	Swim First Masters-JHB	35.64	8
4	du Plessis, Trevor	51	Synergy Msc-ETH	35.69	7
5	Van der Westhuizen, Stefan	52	Synergy Msc-ETH	36.34	6
6	Heller, Terry	50	Wahoo Msc-JHB	36.47	5
7	Carstens, FC	51	Coelacanth Msc-TSH	39.40	4
8	Kupfer, Konrad	54	Wahoo Msc-JHB	54.62	3
9	Crowther, Bobbie	52	Wahoo Msc-JHB	57.89	2
---	vd Merwe, Andre	50	Masters Eastern Gauteng Aqua-EKU	NS	

SAMS SC Championships October 2021**Various venues in the RSA****Results****Men 50-54 200 SC Meter Backstroke**

1	Carstens, FC	51	Coelacanth Msc-TSH	3:33.86	12
2	Crowther, Bobbie	52	Wahoo Msc-JHB	4:24.97	10

Men 50-54 50 SC Meter Breaststroke

1	Gilbert, Oliver	51	Cape Town Msc-CPT	36.77	12
2	Van der Westhuizen, Stefan	52	Synergy Msc-ETH	39.19	10
3	vd Merwe, Andre	50	Masters Eastern Gauteng Aqua-EKU	40.33	8
4	Smith, Damian	54	Waterborn SC - Masters-JHB	44.35	7
5	Crowther, Bobbie	52	Wahoo Msc-JHB	54.03	6
---	Kupfer, Konrad	54	Wahoo Msc-JHB	DQ 53.25	

At the turn or finish did not touch with both hands simultaneously/separated

Men 50-54 100 SC Meter Breaststroke

1	Gilbert, Oliver	51	Cape Town Msc-CPT	1:24.50	12
2	vd Merwe, Andre	50	Masters Eastern Gauteng Aqua-EKU	1:33.06	10
3	Smith, Damian	54	Waterborn SC - Masters-JHB	1:38.17	8

Men 50-54 50 SC Meter Butterfly

1	Kahn, Greg	51	Cape Town Msc-CPT	28.10	12
2	Taylor, Robbie	52	Cape Town Msc-CPT	28.22	10
3	du Plessis, Trevor	51	Synergy Msc-ETH	32.50	8
4	Raccanello, Giorgio	51	Masters Eastern Gauteng Aqua-EKU	33.09	7
5	Collier, Philip	50	Cape Town Msc-CPT	35.60	6
6	Smith, Damian	54	Waterborn SC - Masters-JHB	42.76	5

Men 50-54 100 SC Meter Butterfly

1	Taylor, Robbie	52	Cape Town Msc-CPT	1:02.62	12
2	Mayne, Duncan	51	Cape Town Msc-CPT	1:09.11	10
3	Smith, Damian	54	Waterborn SC - Masters-JHB	1:45.81	8

Men 50-54 100 SC Meter IM

1	McLeRoth, Greg	54	Cape Town Msc-CPT	1:11.50	12
2	Heller, Terry	50	Wahoo Msc-JHB	1:13.35	10
3	Raccanello, Giorgio	51	Masters Eastern Gauteng Aqua-EKU	1:17.47	8
4	Thompson, Glen	50	Swim First Masters-JHB	1:23.35	7
5	vd Merwe, Andre	50	Masters Eastern Gauteng Aqua-EKU	1:23.90	6
6	Smith, Damian	54	Waterborn SC - Masters-JHB	1:36.19	5

Men 50-54 400 SC Meter IM

---	Lilford, Frank	52	Synergy Msc-ETH	NS	
---	Smith, Damian	54	Waterborn SC - Masters-JHB	NS	

Men 55-59 50 SC Meter Freestyle

1	Maughan, Calvin	57	Cape Town Msc-CPT	25.92	12
2	Ruck, Harald	56	Coelacanth Msc-TSH	26.12	10
3	Duncan, Ross	59	Wahoo Msc-JHB	30.44	8
---	Morgan, Colin	55	Coelacanth Msc-TSH	NS	
---	Glover, John	55	Wahoo Msc-JHB	NS	

Men 55-59 100 SC Meter Freestyle

1	Ruck, Harald	56	Coelacanth Msc-TSH	57.70	12
2	Maughan, Calvin	57	Cape Town Msc-CPT	58.94	10
3	Duncan, Ross	59	Wahoo Msc-JHB	1:06.97	8
4	Luke, Eddy	56	Cape Town Msc-CPT	1:11.66	7
5	Morgan, Colin	55	Coelacanth Msc-TSH	1:14.04	6
6	Glover, John	55	Wahoo Msc-JHB	1:17.10	5

Men 55-59 800 SC Meter Freestyle

1	Taylor, Julian	57	Synergy Msc-ETH	10:13.75	12
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SAMS SC Championships October 2021**Various venues in the RSA****Results****(Men 55-59 800 SC Meter Freestyle)**

2	Duncan, Ross	59	Wahoo Msc-JHB	12:04.41	10
3	Glover, John	55	Wahoo Msc-JHB	12:07.48	8

Men 55-59 50 SC Meter Backstroke

1	Ruck, Harald	56	Coelacanth Msc-TSH	29.74	12
2	Duncan, Ross	59	Wahoo Msc-JHB	38.55	10
---	Taylor, Julian	57	Synergy Msc-ETH	NS	

Men 55-59 200 SC Meter Backstroke

1	Duncan, Ross	59	Wahoo Msc-JHB	3:12.28	12
---	Taylor, Julian	57	Synergy Msc-ETH	NS	

Men 55-59 50 SC Meter Breaststroke

1	Morgan, Colin	55	Coelacanth Msc-TSH	41.62	12
2	Uitenweerde, Lourens	57	Coelacanth Msc-TSH	42.62	10
3	Olivier, Marais	58	Cape Town Msc-CPT	45.18	8
4	Glover, John	55	Wahoo Msc-JHB	45.58	7

Men 55-59 100 SC Meter Breaststroke

1	Uitenweerde, Lourens	57	Coelacanth Msc-TSH	1:32.80	12
2	Morgan, Colin	55	Coelacanth Msc-TSH	1:35.35	10
3	Glover, John	55	Wahoo Msc-JHB	1:37.77	8
4	Olivier, Marais	58	Cape Town Msc-CPT	1:40.38	7

Men 55-59 50 SC Meter Butterfly

1	Olivier, Marais	58	Cape Town Msc-CPT	43.37	12
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Men 55-59 100 SC Meter Butterfly

1	Luke, Eddy	56	Cape Town Msc-CPT	1:20.64	12
2	Olivier, Marais	58	Cape Town Msc-CPT	1:39.79	10

Men 55-59 100 SC Meter IM

1	Olivier, Marais	58	Cape Town Msc-CPT	1:35.71	12
2	Duncan, Ross	59	Wahoo Msc-JHB	1:43.95	10
---	Taylor, Julian	57	Synergy Msc-ETH	NS	

Men 60-64 50 SC Meter Freestyle

1	Kohler, Quirin	62	Phoenix Msc-JHB	29.28	12
2	Hendricks, Nigel	63	Cape Town Msc-CPT	30.44	10
3	Holshausen, Rod	63	Cape Town Msc-CPT	35.37	8
4	Foster, Ted	61	Synergy Msc-ETH	39.50	7

Men 60-64 800 SC Meter Freestyle

1	Finn, Joel	60	Wahoo Msc-JHB	10:33.31	12
2	Holshausen, Rod	63	Cape Town Msc-CPT	11:59.51	10

Men 60-64 50 SC Meter Backstroke

1	Holshausen, Rod	63	Cape Town Msc-CPT	41.24	12
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Men 60-64 200 SC Meter Backstroke

1	Du Toit, Graham	61	Cape Town Msc-CPT	2:59.93	12
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Men 60-64 50 SC Meter Breaststroke

1	Du Toit, Graham	61	Cape Town Msc-CPT	39.87	12
2	Finn, Joel	60	Wahoo Msc-JHB	40.57	10
3	Hendricks, Nigel	63	Cape Town Msc-CPT	41.35	8
4	Foster, Ted	61	Synergy Msc-ETH	46.06	7

Men 60-64 100 SC Meter Breaststroke

1	Du Toit, Graham	61	Cape Town Msc-CPT	1:25.46	12
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SAMS SC Championships October 2021**Various venues in the RSA****Results****(Men 60-64 100 SC Meter Breaststroke)**

2 Foster, Ted	61 Synergy Msc-ETH	1:47.10	10
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Men 60-64 50 SC Meter Butterfly

1 Kohler, Quirin	62 Phoenix Msc-JHB	32.27	12
2 Hendricks, Nigel	63 Cape Town Msc-CPT	34.92	10
3 Holshausen, Rod	63 Cape Town Msc-CPT	37.90	8

Men 60-64 100 SC Meter Butterfly

--- Holshausen, Rod	63 Cape Town Msc-CPT	NS	
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Men 60-64 100 SC Meter IM

1 Kohler, Quirin	62 Phoenix Msc-JHB	1:18.57	12
2 Du Toit, Graham	61 Cape Town Msc-CPT	1:19.19	10
3 Hendricks, Nigel	63 Cape Town Msc-CPT	1:20.01	8
4 Finn, Joel	60 Wahoo Msc-JHB	1:21.10	7
5 Holshausen, Rod	63 Cape Town Msc-CPT	1:29.75	6

Men 65-69 50 SC Meter Freestyle

1 Roothman, Andrè	67 Cape Town Msc-CPT	29.46	12
2 Spies, Izak	67 Dolphin Msc-CPT	30.66	10
3 Cones, Nigel	66 Cape Town Msc-CPT	30.82	8
4 Winfield, Mike	66 Cape Town Msc-CPT	32.96	7
5 Kloos, Rainer	66 Cape Town Msc-CPT	33.58	6
6 Upneck, Russell	65 Synergy Msc-ETH	35.41	5
7 Platte, Gary	65 Winelands Msc-CPT	42.08	4

Men 65-69 100 SC Meter Freestyle

1 Roothman, Andrè	67 Cape Town Msc-CPT	1:06.39	12
2 Spies, Izak	67 Dolphin Msc-CPT	1:08.46	10
3 Cones, Nigel	66 Cape Town Msc-CPT	1:10.25	8
4 Upneck, Russell	65 Synergy Msc-ETH	1:12.13	7
5 Howieson, Doug	69 Cape Town Msc-CPT	1:17.86	6
6 Kloos, Rainer	66 Cape Town Msc-CPT	1:19.71	5
7 Platte, Gary	65 Winelands Msc-CPT	1:35.41	4

Men 65-69 800 SC Meter Freestyle

1 Upneck, Russell	65 Synergy Msc-ETH	11:45.64	12
2 Spies, Izak	67 Dolphin Msc-CPT	11:53.79	10
3 Howieson, Doug	69 Cape Town Msc-CPT	12:11.54	8

Men 65-69 50 SC Meter Backstroke

1 Winfield, Mike	66 Cape Town Msc-CPT	34.72	12
2 Howieson, Doug	69 Cape Town Msc-CPT	41.25	10
3 Tepper, Manfred	67 Masters Eastern Gauteng Aqua-EKU	44.72	8
4 Upneck, Russell	65 Synergy Msc-ETH	44.84	7
5 Kloos, Rainer	66 Cape Town Msc-CPT	46.33	6
6 Platte, Gary	65 Winelands Msc-CPT	56.00	5
--- Miller, Mervyn	69 Wahoo Msc-JHB	NS	

Men 65-69 200 SC Meter Backstroke

1 Winfield, Mike	66 Cape Town Msc-CPT	2:52.44	12
2 Howieson, Doug	69 Cape Town Msc-CPT	3:13.41	10
3 Tepper, Manfred	67 Masters Eastern Gauteng Aqua-EKU	3:26.32	8

Men 65-69 50 SC Meter Breaststroke

1 Upneck, Russell	65 Synergy Msc-ETH	43.88	12
2 Miller, Mervyn	69 Wahoo Msc-JHB	51.82	10
3 Kloos, Rainer	66 Cape Town Msc-CPT	53.21	8

SAMS SC Championships October 2021**Various venues in the RSA****Results****(Men 65-69 50 SC Meter Breaststroke)**

4	Platte, Gary	65	Winelands Msc-CPT	1:02.29	7
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Men 65-69 100 SC Meter Breaststroke

1	Upneck, Russell	65	Synergy Msc-ETH	1:38.53	12
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Men 65-69 50 SC Meter Butterfly

1	Cones, Nigel	66	Cape Town Msc-CPT	34.52	12
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2	Platte, Gary	65	Winelands Msc-CPT	1:00.16	10
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---	Upneck, Russell	65	Synergy Msc-ETH	NS	
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Men 65-69 100 SC Meter Butterfly

1	Roothman, André	67	Cape Town Msc-CPT	1:18.20	12
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Men 65-69 100 SC Meter IM

1	Cones, Nigel	66	Cape Town Msc-CPT	1:26.32	12
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2	Tepper, Manfred	67	Masters Eastern Gauteng Aqua-EKU	1:36.73	10
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3	Platte, Gary	65	Winelands Msc-CPT	2:00.51	8
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Men 70-74 50 SC Meter Freestyle

1	Bolstridge, Mike	72	Synergy Msc-ETH	35.78	12
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2	DU Toit, Francois	74	Cape Town Msc-CPT	35.85	10
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3	Van Rooijen, Gerhard	71	Synergy Msc-ETH	37.75	8
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4	Larcombe, Peter	74	Synergy Msc-ETH	38.81	7
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5	Hanauer, Francis	74	Wahoo Msc-JHB	1:05.46	6
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Men 70-74 100 SC Meter Freestyle

1	Bolstridge, Mike	72	Synergy Msc-ETH	1:19.72	12
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2	DU Toit, Francois	74	Cape Town Msc-CPT	1:27.55	10
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3	Larcombe, Peter	74	Synergy Msc-ETH	1:32.84	8
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4	Wilson, Guy	74	PE Masters Aquatics-NMA	1:48.00	7
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5	Hanauer, Francis	74	Wahoo Msc-JHB	2:47.22	6
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---	Maltby, Derek	74	Phoenix Msc-JHB	NS	
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Men 70-74 800 SC Meter Freestyle

1	Bolstridge, Mike	72	Synergy Msc-ETH	12:44.31	12
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2	Van Rooijen, Gerhard	71	Synergy Msc-ETH	13:35.00	10
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3	Larcombe, Peter	74	Synergy Msc-ETH	13:47.27	8
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4	Maltby, Derek	74	Phoenix Msc-JHB	14:48.38	7
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Men 70-74 50 SC Meter Backstroke

1	Wilson, Guy	74	PE Masters Aquatics-NMA	48.03	12
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Men 70-74 200 SC Meter Backstroke

1	Hatherly, Bob	70	Wahoo Msc-JHB	3:35.30	12
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2	Wilson, Guy	74	PE Masters Aquatics-NMA	3:49.48	10
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Men 70-74 50 SC Meter Breaststroke

1	Hatherly, Bob	70	Wahoo Msc-JHB	41.08	12
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2	DU Toit, Francois	74	Cape Town Msc-CPT	45.74	10
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3	Larcombe, Peter	74	Synergy Msc-ETH	58.25	8
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---	Hanauer, Francis	74	Wahoo Msc-JHB	DQ 1:50.55	
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At the turn or finish did not touch with both hands simultaneously/separated

Men 70-74 100 SC Meter Breaststroke

1	Hatherly, Bob	70	Wahoo Msc-JHB	1:31.45	12
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2	DU Toit, Francois	74	Cape Town Msc-CPT	1:47.80	10
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Men 70-74 50 SC Meter Butterfly

1	Larcombe, Peter	74	Synergy Msc-ETH	47.50	12
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SAMS SC Championships October 2021**Various venues in the RSA****Results****Men 70-74 100 SC Meter Butterfly**

1 Larcombe, Peter	74 Synergy Msc-ETH	1:53.00	12
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Men 70-74 100 SC Meter IM

1 Hatherly, Bob	70 Wahoo Msc-JHB	1:42.06	12
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Men 70-74 400 SC Meter IM

1 Hatherly, Bob	70 Wahoo Msc-JHB	7:43.29	12
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Men 75-79 50 SC Meter Freestyle

1 May, Walter	76 Wahoo Msc-JHB	36.42	12
2 Hughes, Jimmy	78 Synergy Msc-ETH	37.91	10
3 Petersen, John	76 Phoenix Msc-JHB	38.28	8
4 Myers, Winton	77 Wahoo Msc-JHB	51.73	7
--- Jennings, Ross	76 Coelacanth Msc-TSH	NS	

Men 75-79 100 SC Meter Freestyle

1 May, Walter	76 Wahoo Msc-JHB	1:24.83	12
2 Hughes, Jimmy	78 Synergy Msc-ETH	1:29.94	10
3 Myers, Winton	77 Wahoo Msc-JHB	1:45.45	8
4 Jennings, Ross	76 Coelacanth Msc-TSH	2:08.95	7

Men 75-79 800 SC Meter Freestyle

1 May, Walter	76 Wahoo Msc-JHB	16:28.69	12
2 Jennings, Ross	76 Coelacanth Msc-TSH	20:18.67	10

Men 75-79 50 SC Meter Backstroke

1 Hughes, Jimmy	78 Synergy Msc-ETH	41.87	12
2 May, Walter	76 Wahoo Msc-JHB	49.33	10
3 Myers, Winton	77 Wahoo Msc-JHB	55.53	8

Men 75-79 200 SC Meter Backstroke

1 Hughes, Jimmy	78 Synergy Msc-ETH	3:31.38	12
2 May, Walter	76 Wahoo Msc-JHB	4:01.57	10
3 Myers, Winton	77 Wahoo Msc-JHB	4:53.33	8

Men 75-79 50 SC Meter Breaststroke

1 Petersen, John	76 Phoenix Msc-JHB	52.30	12
2 Jennings, Ross	76 Coelacanth Msc-TSH	1:13.49	10

Men 75-79 50 SC Meter Butterfly

1 Petersen, John	76 Phoenix Msc-JHB	50.48	12
2 Myers, Winton	77 Wahoo Msc-JHB	1:00.17	10

Men 75-79 100 SC Meter IM

1 Petersen, John	76 Phoenix Msc-JHB	1:45.57	12
2 Hughes, Jimmy	78 Synergy Msc-ETH	1:45.65	10
3 Myers, Winton	77 Wahoo Msc-JHB	2:01.25	8

Men 80-84 50 SC Meter Freestyle

--- Saunders, Jim	84 Synergy Msc-ETH	NS	
--- Fyfe, Derek	81 Coelacanth Msc-TSH	NS	

Men 80-84 100 SC Meter Freestyle

1 Fyfe, Derek	81 Coelacanth Msc-TSH	1:31.45	12
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Men 80-84 800 SC Meter Freestyle

1 Fyfe, Derek	81 Coelacanth Msc-TSH	15:22.47	12
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Men 80-84 50 SC Meter Backstroke

1 Fyfe, Derek	81 Coelacanth Msc-TSH	51.17	12
--- Saunders, Jim	84 Synergy Msc-ETH	NS	

SAMS SC Championships October 2021**Various venues in the RSA****Results****Men 85-89 50 SC Meter Freestyle**

1	Cameron, Mike	85	Synergy Msc-ETH	57.25	12
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Men 85-89 100 SC Meter Freestyle

1	Cameron, Mike	85	Synergy Msc-ETH	2:11.34	12
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Men 85-89 50 SC Meter Backstroke

1	Cameron, Mike	85	Synergy Msc-ETH	57.68	12
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2	Hills, Dick	89	PE Masters Aquatics-NMA	1:28.75	10
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Men 85-89 50 SC Meter Breaststroke

1	Cameron, Mike	85	Synergy Msc-ETH	1:04.94	12
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2	Hills, Dick	89	PE Masters Aquatics-NMA	1:44.43	10
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Men 85-89 100 SC Meter Breaststroke

1	Hills, Dick	89	PE Masters Aquatics-NMA	4:24.40	12
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