

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

## Event 1 Women 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 5 Finals</b>				
1	Griffiths, C	78	Fish Eagles-EDD	5:59.00
2	FYFE, J	75	Coelacanth-TSH	5:10.00
3	Janssens, G	78	Coelacanth-TSH	3:40.00
4	Rees, J	78	Coelacanth-TSH	5:40.00
5	Tottle, K	74	Amakhosi-BUF	6:01.00
6	Vorwerk Marren, I	71	Coelacanth-TSH	5:15.00
7	GRAY, A	74	Synergy-ETH	5:59.00
8	Kloos, K	97	Cape Town Master-CP	7:45.00
<b>Heat 2 of 5 Finals</b>				
1	Black, J	65	Fish Eagles-EDD	4:36.00
2	Brewis, J	68	Cape Town Master-CP	3:25.00
3	Coetzee, D	67	Cape Town Master-CP	3:00.00
4	Sharkey, T	67	Winelands-CPT	3:26.00
5	Farrelly, L	60	Fish Eagles-EDD	4:50.00
6	Welgemoed, J	61	Cape Town Master-CP	3:28.00
7	de Kock, L	64	Cape Town Master-CP	4:00.00
8	Lloyd, D	64	Synergy-ETH	5:05.00
<b>Heat 3 of 5 Finals</b>				
1	Ruck, C	57	Coelacanth-TSH	4:00.00
2	Naude, C	55	Waterborn-JHB	3:35.00
3	Southgate, J	55	Cape Town Master-CP	3:20.00
4	Dressler, A	58	Coelacanth-TSH	3:10.00
5	DORLAS, S	56	Coelacanth-TSH	3:20.00
6	Landman, I	55	Cape Town Master-CP	3:30.00
7	Donian, C	58	PE Masters-NMA	4:00.00
8	Venter, M	56	Coelacanth-TSH	5:00.00
<b>Heat 4 of 5 Finals</b>				
1				
2				
3	McBey, A	51	Synergy-ETH	3:18.00
4	Engela, N	50	Cape Town Master-CP-RSA	2:49.00
5	Bihl, K	52	Cape Town Master-CP	3:08.00
6	Mallows, B	52	Cape Town Master-CP	3:45.00
7				
8				
<b>Heat 5 of 5 Finals</b>				
1	Peters, G	43	Coelacanth-TSH	3:28.47
2	Vreenegoor, J	40	Waterborn-JHB	3:20.00
3	Coetzee, I	43	Coelacanth-TSH	3:15.00
4	Harrop-Allin, S	43	Coelacanth-TSH	3:25.00
5	Stanford, T	36	Cape Town Master-CP	2:30.00
6	Smith, M	37	Cape Town Master-CP	2:35.00
7	Kupfer, K	25	Wahoo-JHB	2:50.00
8	Frost, S	47	Cape Town Master-CP	3:15.00

## Event 2 Men 200 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 5 Finals</b>				
1	Mitchell, T	75	Wahoo-JHB	5:30.00
2	HARROP-ALLIN, A	77	Coelacanth-TSH	4:15.00
3	Wilson, G	75	PE Masters-NMA	3:50.00
4	Hughes, J	79	Synergy-ETH	3:28.00
5	Parkin, B	78	Amakhosi-BUF	4:00.00
6	Myers, W	78	Wahoo-JHB	4:30.00
7	FYFE, D	82	Coelacanth-TSH	4:00.00
8				
<b>Heat 2 of 5 Finals</b>				
1				
2				
3	Sundelowitz, S	72	Coelacanth-TSH	4:10.00
4	DOWNES, T	73	Coelacanth-TSH	3:05.00
5	Howieson, D	70	Cape Town Master-CP	3:20.00
6	Morrison, A	74	Cape Town Master-CP	4:10.00
7				
8				
<b>Heat 3 of 5 Finals</b>				
1	Gordon-Davis, C	67	MEGA-EKU	4:25.00
2	Tepper, M	68	MEGA-EKU	3:25.00
3	Winfield, M	67	Cape Town Master-CP	2:55.00
4	Knoetze, H	69	Coelacanth-TSH	3:20.00
5	Louw, A	69	Winelands-CPT	3:35.00
6	Duncan, R	60	Wahoo-JHB	2:59.00
7	GORDON-DAVIS, K	62	MEGA-EKU	3:40.00
8				
<b>Heat 4 of 5 Finals</b>				
1	Kupfer, K	55	Wahoo-JHB	4:30.00
2	Orton, N	59	Cape Town Master-CP	2:55.00
3	McLeRoth, G	55	Cape Town Master-CP	2:40.00
4	Rankin, B	58	Coelacanth-TSH	3:10.00
5	vd Westhuizen, S	53	Synergy-ETH	3:00.00
6	Gilbert, O	52	Cape Town Master-CP	2:38.00
7	Alexander, R	54	Cape Town Master-CP	2:50.00
8	Carstens, F	52	Coelacanth-TSH	3:40.00
<b>Heat 5 of 5 Finals</b>				
1	van Reenen, T	41	Synergy-ETH	3:50.00
2	Tyson, M	41	Cape Town Master-CP	2:22.00
3	Pieters, J	49	Wahoo-JHB	2:53.00
4	Gasson, M	49	Wahoo-JHB	3:00.00
5	Adamson, H	29	Synergy-ETH	2:30.00
6	Parsons, A	38	Wahoo-JHB	3:00.00
7	Botes, R	34	Wahoo-JHB	3:00.00
8				

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

## Event 3 Women 50 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 10 Finals

1				
2				
3	Zundorf, L	78	Cape Town Master-CP	1:05.00
4	Saunders, W	87	Synergy-ETH	2:14.00
5	Kloos, K	97	Cape Town Master-CP	2:05.00
6				
7				
8				

## Heat 2 of 10 Finals

1	FERREIRA, M	73	Wahoo-JHB	1:11.00
2	Godfrey, C	73	Cape Town Master-CP	57.00
3	Thatcher, A	70	Synergy-ETH	47.00
4	Orren, M	70	Fish Eagles-EDD	55.00
5	Benjamin, L	71	PE Masters-NMA	58.00
6	HURWITZ, S	80	Coelacanth-TSH	59.00
7	Hulley, J	80	Phoenix-JHB	2:00.00
8				

## Heat 3 of 10 Finals

1				
2				
3	Donnelly, C	65	Cape Town Master-CP	51.00
4	Matley, T	65	Cape Town Master-CP	43.00
5	ALDER, E	65	Wahoo-JHB	49.00
6	LEDBITTER, L	63	Coelacanth-TSH	1:20.00
7				
8				

## Heat 4 of 10 Finals

1	Gibson, K	61	Coelacanth-TSH	1:00.00
2	Winfield, M	61	Cape Town Master-CP	50.00
3	FOSTER, K	63	Coelacanth-TSH	50.00
4	Trusler, I	63	Coelacanth-TSH	44.00
5	VERRYN, S	61	Coelacanth-TSH	45.00
6	Jv Vuuren, H	63	Coelacanth-TSH	50.00
7	MOLLER, H	63	Coelacanth-TSH	59.40
8	Keys, E	63	Coelacanth-TSH	1:05.00

## Heat 5 of 10 Finals

1	Pietrobon, C	55	Fish Eagles-EDD	49.00
2	Dressler, A	58	Coelacanth-TSH	45.00
3	Landman, I	55	Cape Town Master-CP	45.00
4	Samson, J	56	FO-Marlins-FOR-NAM	42.00
5	van Bassen, C	58	Synergy-ETH	45.00
6	Mason, C	59	Waterborn-JHB	45.00
7	Smith, R	58	Waterborn-JHB	47.00
8	Fuchs, M	58	Cape Town Master-CP	50.00

## Heat 6 of 10 Finals

1	Struwig, N	50	Coelacanth-TSH	48.00
2	Bihl, K	52	Cape Town Master-CP	41.00
3				
4	Labuschagne, P	50	Curro-EZD	39.00
5	Viljoen, S	51	PE Masters-NMA	42.00
6	Venter, K	48	Coelacanth-TSH	50.00
7	van Niekerk, C	49	Aqua Athlete-JHB	58.00
8				

## Heat 7 of 10 Finals

1	Macaskill, M	47	Coelacanth-TSH	47.00
2	Young, M	48	PE Masters-NMA	45.00
3	Cairns, J	49	Coelacanth-TSH	44.00
4	Van Breda, B	47	Cape Town Master-CP-RSA	38.00
5	Ralfe, S	49	Synergy-ETH	38.00
6	Osborne, T	49	Fish Eagles-EDD	44.00
7	Louw, W	45	Ellisras-WB	45.00
8	Botha, I	45	Coelacanth-TSH	47.00

## Heat 8 of 10 Finals

1	Van Deventer, H	40	Winelands-CPT	56.00
2	Nurse, K	43	Cape Town Master-CP	40.00
3	Harrop-Allin, S	43	Coelacanth-TSH	38.00
4	Ambrose, N	42	Waterborn-JHB	45.00
5	Theron, S	38	Coelacanth-TSH	49.00
6	Conradie, M	36	Coelacanth-TSH	40.00
7	Maritz, J	37	Synergy-ETH	41.00
8	Foot, L	39	Wahoo-JHB	50.00

## Heat 9 of 10 Finals

1				
2	Shead, M	34	Cape Town Master-CP	2:00.00
3	Westphal, J	31	Amakhosi-BUF	47.00
4	Bester, E	34	Coelacanth-TSH	40.00
5	Botes, N	33	Wahoo-JHB	43.00
6	McFarlane, R	33	Cape Town Master-CP	55.00
7				
8				

## Heat 10 of 10 Finals

1				
2	Barit, C	27	Wahoo-JHB	50.00
3	Gillis, N	27	Wahoo-JHB	42.00
4	Wolff, M	29	Coelacanth-TSH	42.00
5	Ledbitter, D	29	Wahoo-JHB	47.00
6	Levin, A	23	Wahoo-JHB	43.00
7				
8				

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

## Event 4 Men 50 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 11 Finals

1				
2				
3	WOLPE, R	85	Phoenix-JHB	1:30.00
4	Romer, J	91	Cape Town Master-CP	1:50.00
5	Hills, D	90	PE Masters-NMA	1:42.00
6				
7				
8				

## Heat 2 of 11 Finals

1	HARROP-ALLIN, A	77	Coelacanths-TSH	1:24.00
2	McDonald, M	77	Fish Eagles-EDD	59.00
3	PETERSEN, J	77	Phoenix-JHB	54.00
4	Du Toit, F	75	Cape Town Master-CP	46.00
5	Parkin, B	78	Amakhosi-BUF	59.00
6	Jennings, R	77	Coelacanths-TSH	1:15.00
7				
8				

## Heat 3 of 11 Finals

1				
2				
3	Cheadle, H	73	Cape Town Master-CP	45.00
4	Shead, T	70	Cape Town Master-CP	36.00
5	Tozer, T	72	Cape Town Master-CP	42.00
6	Miller, M	70	Wahoo-JHB	48.00
7				
8				

## Heat 4 of 11 Finals

1				
2	Coetzer, H	67	Coelacanths-TSH	1:30.00
3	Gordon-Davis, C	67	MEGA-EKU	56.00
4	Knoetze, H	69	Coelacanths-TSH	50.00
5	Kloos, R	67	Cape Town Master-CP	55.00
6	Jv Vuuren, C	67	Coelacanths-TSH	57.00
7				
8				

## Heat 5 of 11 Finals

1	Stevens, D	61	Cape Town Master-CP	50.00
2	O'Brien, G	62	Aqua Ahlete-JHB	47.00
3	Fechter, W	61	Synergy-ETH	40.14
4	van Dyk, e	60	Coelacanths-TSH	36.00
5	Mc Lellan, N	63	Fish Eagles-EDD	40.00
6	Hendricks, N	64	Cape Town Master-CP	41.00
7	Kok, J	60	Fish Eagles-EDD	48.00
8				

## Heat 6 of 11 Finals

1	Kupfer, K	55	Wahoo-JHB	1:00.00
2	Grobler, S	58	PE Masters-NMA	49.00
3	Olivier, M	59	Cape Town Master-CP	45.00
4	Davy, K	59	Wahoo-JHB	45.00
5	GREAVES, G	56	Phoenix-JHB	55.00
6	Raccanello, G	52	MEGA-EKU	45.00
7	Duffy, P	52	PE Masters-NMA	40.00
8	CROWTHER, B	53	Wahoo-JHB	50.00

## Heat 7 of 11 Finals

1	Uitenweerde, L	58	Coelacanths-TSH	44.00
2	Smith, D	55	Waterborn-JHB	42.00
3	Vd Merwe, J	57	Cape Town Master-CP	38.00
4	Kruger, H	55	Cape Town Master-CP	35.06
5	Seale, M	58	Cape Town Master-CP	37.00
6	Orton, N	59	Cape Town Master-CP	40.00
7	Young, R	58	Cape Town Master-CP	42.00
8	Morgan, C	56	Coelacanths-TSH	45.00

## Heat 8 of 11 Finals

1	vd Westhuizen, S	53	Synergy-ETH	38.00
2	Fubbs, M	50	Wahoo-JHB	37.00
3	vd Westhuizen, T	50	Curro-EZD	35.00
4	Baleka Bey, S	52	FO-Marlins-FOR-NAM	31.00
5	Gilbert, O	52	Cape Town Master-CP	35.00
6	van der Merwe, A	51	MEGA-EKU	36.00
7	Bradshaw, G	53	Waterborn-JHB	38.00
8	Theron, H	51	Coelacanths-TSH	39.00

## Heat 9 of 11 Finals

1				
2	Burger, J	49	Cape Town Master-CP	42.00
3	Gasson, M	49	Wahoo-JHB	36.00
4	Allan, M	45	Synergy-ETH	33.00
5	Richards, J	45	Cape Town Master-CP	34.00
6	Ford, A	47	Wahoo-JHB	37.00
7	Swart, M	46	Coelacanths-TSH	45.00
8				

## Heat 10 of 11 Finals

1	Parsons, A	38	Wahoo-JHB	39.00
2	O'Rahilly, R	36	Cape Town Master-CP	37.00
3	Geldenhuis, J	36	Cape Town Master-CP	33.00
4	Lalin, L	39	Cape Town Master-CP	34.00
5	Kok, C	35	Coelacanths-TSH	39.00
6	Allan, B	41	Synergy-ETH	38.00
7	Parkin, T	42	Wahoo-JHB	33.00
8	Gerber, E	44	Fish Eagles-EDD	40.00

## Heat 11 of 11 Finals

1				
2	Adamson, H	29	Synergy-ETH	37.00
3	Bowers, M	27	Cape Town Master-CP	35.00
4	Rothschild, B	29	Wahoo-JHB	34.00
5	Winfield, P	28	Cape Town Master-CP	37.00
6	Dellieu, P	24	Wahoo-JHB	30.00
7				
8				

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

**Event 5 Women 100 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Finals**

1				
2				
3	CRAWFORD, L	72	Phoenix-JHB	2:10.00
4	IRELAND, J	72	Synergy-ETH	1:58.00
5	Lawless, H	73	Wahoo-JHB	2:10.00
6	Craig, E	77	PE Masters-NMA	2:10.00
7				
8				

**Heat 2 of 4 Finals**

1	BAILEY, C	68	Synergy-ETH	1:59.00
2	Lion-Cachet, A	67	Aqua Ahlete-JHB	1:51.00
3	Hayselden, J	66	PE Masters-NMA	1:40.00
4	Reen, P	65	PE Masters-NMA	1:53.00
5	Farrelly, L	60	Fish Eagles-EDD	2:20.00
6	Stanford, C	61	Cape Town Master-CP	1:17.00
7	O'Brien, C	62	Aqua Ahlete-JHB	2:00.00
8	BRIDGES, C	60	Wahoo-JHB	2:30.00

**Heat 3 of 4 Finals**

1				
2	Burbidge, F	58	Amakhosi-BUF	4:25.00
3	Donian, C	58	PE Masters-NMA	2:00.00
4	DORLAS, S	56	Coelacanth-TSH	1:26.00
5	Sheehy, J	58	Fish Eagles-EDD	1:37.00
6	Breitenbach, M	58	Cape Town Master-CP	2:10.00
7				
8				

**Heat 4 of 4 Finals**

1	Cairns, J	49	Coelacanth-TSH	1:37.00
2	Troup, B	48	Wahoo-JHB	1:20.00
3	King, S	42	Cape Town Master-CP	1:20.00
4	Vreenegoor, J	40	Waterborn-JHB	1:50.00
5	Egner, K	26	Cape Town Master-CP	1:25.00
6	McBey, A	51	Synergy-ETH	1:44.00
7	Henderson, D	34	PE Masters-NMA	1:15.00
8				

**Event 6 Men 100 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 4 Finals**

1				
2	Brinkman, C	60	FO-Marlins-FOR-NAM	1:30.00
3	Holshausen, R	64	Cape Town Master-CP	1:20.00
4	LARCOMBE, P	75	Synergy-ETH	2:00.00
5	Neu-Ner, M	75	Wahoo-JHB	2:40.00
6				
7				
8				

**Heat 2 of 4 Finals**

1	ARBUTHNOT, D	69	Coelacanth-TSH	1:40.00
2	Semple, M	65	MEGA-EKU	1:17.00
3	Steynberg, A	66	Cape Town Master-CP	1:10.00
4	Roothman, A	68	Cape Town Master-CP	1:15.00
5	Salamon, G	66	FO-Marlins-FOR-NAM	1:30.00
6				
7				
8				

**Heat 3 of 4 Finals**

1	Papadopoulos, T	50	Coelacanth-TSH	1:30.00
2	Clark, T	51	Cape Town Master-CP	1:16.00
3	Taylor, R	53	Cape Town Master-CP	1:03.00
4	Riccardi, R	50	MEGA-EKU	1:12.00
5	Bradshaw, G	53	Waterborn-JHB	1:20.00
6	Smith, D	55	Waterborn-JHB	1:42.00
7	Olivier, M	59	Cape Town Master-CP	1:39.00
8	Skidmore, K	56	Amakhosi-BUF	1:50.00

**Heat 4 of 4 Finals**

1	van Reenen, T	41	Synergy-ETH	1:40.00
2	Sassen, G	40	Synergy-ETH	1:20.00
3	Kok, C	35	Coelacanth-TSH	1:11.00
4	Jv Vuuren, I	39	BLSS-MAN-MA	1:23.00
5	Bowers, M	27	Cape Town Master-CP	1:15.00
6	Allan, M	45	Synergy-ETH	58.00
7	Hodges, G	32	Cape Town Master-CP	1:08.00
8				

**Event 7 Women 100 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 15 Finals**

1				
2				
3	Dixon, J	81	Fish Eagles-EDD	2:23.00
4	Rosser, W	82	PE Masters-NMA	1:39.00
5	Hulley, J	80	Phoenix-JHB	2:10.00
6	Saunders, W	87	Synergy-ETH	2:39.00
7				
8				

**Heat 2 of 15 Finals**

1				
2	Hughes, D	76	Synergy-ETH	2:50.00
3	Rees, J	78	Coelacanth-TSH	1:59.00
4	Pieters, L	75	Wahoo-JHB	1:50.00
5	Zundorf, L	78	Cape Town Master-CP	1:50.00
6	FYFE, J	75	Coelacanth-TSH	2:08.00
7				
8				

## South African Masters Swimming 37th LC Champs

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## Meet Program

**Heat 3 Finals (#7 Women 100 LC Meter Freestyle)**

1	Tottle, K	74	Amakhosi-BUF	2:58.00
2	CLARK, R	74	Synergy-ETH	1:42.00
3	Orren, M	70	Fish Eagles-EDD	1:32.00
4	Kruger, S	73	Cape Town Master-CP	1:15.00
5	Thatcher, A	70	Synergy-ETH	1:29.00
6	CRAWFORD, L	72	Phoenix-JHB	1:35.00
7	Meaker, J	74	MEGA-EKU	2:00.00
8				

**Heat 4 of 15 Finals**

1				
2	Harington, R	69	PE Masters-NMA	2:00.00
3	Griffiths, B	68	Synergy-ETH	1:54.00
4	Matley, T	65	Cape Town Master-CP	1:40.00
5	vd Berg, E	66	Coelacanths-TSH	1:40.00
6	Vorster, M	66	Phoenix-JHB	1:55.00
7				
8				

**Heat 5 of 15 Finals**

1	FOSTER, N	65	Cape Town Master-CP	1:32.00
2	Hayselden, J	66	PE Masters-NMA	1:30.00
3	Sharkey, T	67	Winelands-CPT	1:25.00
4	Lion-Cachet, A	67	Aqua Ahlete-JHB	1:19.00
5	Reen, P	65	PE Masters-NMA	1:23.00
6	Donnelly, C	65	Cape Town Master-CP	1:30.00
7	ALDER, E	65	Wahoo-JHB	1:30.00
8	BAILEY, C	68	Synergy-ETH	1:35.00

**Heat 6 of 15 Finals**

1	Lloyd, D	64	Synergy-ETH	2:19.00
2	Murray, S	62	Wahoo-JHB	1:55.00
3	Gibson, K	61	Coelacanths-TSH	1:50.00
4	Winfield, M	61	Cape Town Master-CP	1:36.00
5	de Kock, L	64	Cape Town Master-CP	1:45.00
6	Jv Vuuren, H	63	Coelacanths-TSH	1:50.00
7	MOLLER, H	63	Coelacanths-TSH	1:56.00
8				

**Heat 7 of 15 Finals**

1	FOSTER, K	63	Coelacanths-TSH	1:30.00
2	Bruining, C	62	Coelacanths-TSH	1:28.00
3	Clarke, J	61	Cape Town Master-CP	1:25.00
4	Trusler, I	63	Coelacanths-TSH	1:11.00
5	VERRYN, S	61	Coelacanths-TSH	1:15.00
6	Fitzpatrick, M	60	FO-Marlins-FOR-NAM	1:26.00
7	O'Brien, C	62	Aqua Ahlete-JHB	1:30.00
8	Wallace, M	61	Fish Eagles-EDD	1:35.00

**Heat 8 of 15 Finals**

1	vd Merwe, R	58	Coelacanths-TSH	2:00.00
2	Fuchs, M	58	Cape Town Master-CP	1:45.00
3	Boden, T	57	PE Masters-NMA	1:25.00
4	Grobler, J	57	Coelacanths-TSH	1:30.00
5	Pietrobon, C	55	Fish Eagles-EDD	1:52.00
6	Rouessart, T	52	Waterborn-JHB	1:40.00
7	Jankelow, K	52	Wahoo-JHB	1:40.00
8	Munnik, E	54	Coelacanths-TSH	2:05.00

**Heat 9 of 15 Finals**

1	Mason, C	59	Waterborn-JHB	1:20.00
2	Naude, C	55	Waterborn-JHB	1:16.00
3	Strauss, M	58	Cape Town Master-CP	1:15.00
4	Ottermann, E	56	Cape Town Master-CP	1:07.00
5	Fraatz, B	56	Coelacanths-TSH	1:12.00
6	Samson, J	56	FO-Marlins-FOR-NAM	1:15.00
7	Ruck, C	57	Coelacanths-TSH	1:20.00
8	van Bassen, C	58	Synergy-ETH	1:21.00

**Heat 10 of 15 Finals**

1	Hayes, A	53	Wahoo-JHB	1:30.00
2	Dreyer, L	54	Amakhosi-BUF	1:23.00
3	Louw, L	54	FO-Marlins-FOR-NAM	1:16.00
4	Engela, N	50	Cape Town Master-CP-RSA	1:06.00
5	Bihl, K	52	Cape Town Master-CP	1:14.00
6	Viljoen, S	51	PE Masters-NMA	1:18.00
7	Mallows, B	52	Cape Town Master-CP	1:25.00
8	Martin, T	53	Waterborn-JHB	1:30.00

**Heat 11 of 15 Finals**

1	Venter, K	48	Coelacanths-TSH	1:40.00
2	Louw, W	45	Ellisras-WB	1:25.00
3	Fagan, J	47	Wahoo-JHB	1:07.00
4	Cadiz, P	46	Cape Town Master-CP-RSA	1:06.00
5	Ralfe, S	49	Synergy-ETH	1:06.00
6	Jacobs, T	46	Cape Town Master-CP	1:12.00
7	Botha, I	45	Coelacanths-TSH	1:27.00
8				

**Heat 12 of 15 Finals**

1				
2	Van Deventer, H	40	Winelands-CPT	1:20.00
3	Saporta, A	42	PE Masters-NMA	1:11.00
4	Bruwer, C	42	FO-Marlins-FOR-NAM	1:06.00
5	Harrop-Allin, S	43	Coelacanths-TSH	1:08.00
6	Ambrose, N	42	Waterborn-JHB	1:15.00
7	Peters, G	43	Coelacanths-TSH	1:20.64
8				

**Heat 13 of 15 Finals**

1	Foot, L	39	Wahoo-JHB	1:40.00
2	Hudson, S	36	Coelacanths-TSH	1:25.00
3	Conradie, M	36	Coelacanths-TSH	1:15.00
4	Strydom, C	35	Wahoo-JHB	1:02.00
5	Wolmarans, L	35	Cape Town Master-CP	1:05.00
6	Maritz, J	37	Synergy-ETH	1:19.00
7	Theron, S	38	Coelacanths-TSH	1:25.00
8				

**Heat 14 of 15 Finals**

1				
2				
3	Enslin, D	30	Coelacanths-TSH	1:29.00
4	Bester, E	34	Coelacanths-TSH	1:08.00
5	Henderson, D	34	PE Masters-NMA	1:10.00
6	McFarlane, R	33	Cape Town Master-CP	1:35.00
7				
8				

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

## Heat 15 Finals (#7 Women 100 LC Meter Freestyle)

1	Barit, C	27	Wahoo-JHB	1:30.00
2	Wolff, M	29	Coelacanth-TSH	1:23.00
3	Gillis, N	27	Wahoo-JHB	1:12.00
4	Kupfer, K	25	Wahoo-JHB	1:05.00
5	Egner, K	26	Cape Town Master-CP	1:09.00
6	Botha, C	27	Cape Town Master-CP	1:17.00
7	Msomi, T	26	Synergy-ETH	1:29.00
8	Levin, A	23	Wahoo-JHB	1:20.00

## Event 8 Men 100 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 14 Finals

1	Borstlap, B	89	Fish Eagles-EDD	2:45.00
2	Saunders, J	85	Synergy-ETH	2:30.00
3	McLachlan, D	85	Cape Town Master-CP	1:45.00
4	WOLPE, R	85	Phoenix-JHB	2:30.00
5	Schwartz, R	83	Wahoo-JHB	4:00.00
6	FYFE, D	82	Coelacanth-TSH	1:35.00
7	WALLACE, R	81	Waterborn-JHB	1:51.00
8				

## Heat 2 of 14 Finals

1	McDonald, M	77	Fish Eagles-EDD	1:55.00
2	Hughes, J	79	Synergy-ETH	1:30.00
3	PETERSEN, J	77	Phoenix-JHB	1:30.00
4	Matisonn, C	77	Cape Town Master-CP	1:25.00
5	Wilson, D	75	Cape Town Master-CP	1:26.00
6	Du Toit, F	75	Cape Town Master-CP	1:30.00
7	MALTBY, D	75	Phoenix-JHB	1:40.00
8	Jennings, R	77	Coelacanth-TSH	2:05.00

## Heat 3 of 14 Finals

1	SWANEPOEL, P	73	Coelacanth-TSH	1:40.00
2	Selmer-Olsen, S	70	Wahoo-JHB	1:32.00
3	Bolstridge, M	73	Synergy-ETH	1:20.00
4	Tozer, T	72	Cape Town Master-CP	1:05.00
5	DOWNES, T	73	Coelacanth-TSH	1:08.00
6	Howieson, D	70	Cape Town Master-CP	1:20.00
7	Pieterse, T	73	Fish Eagles-EDD	1:33.00
8	O'Brien, G	62	Aqua Ahlete-JHB	1:25.00

## Heat 4 of 14 Finals

1	GORDON-DAVIS, B	69	MEGA-EKU	1:50.00
2	Harker, G	67	Wahoo-JHB	1:25.00
3	van Niekerk, J	69	Coelacanth-TSH	1:19.00
4	Bennetto, P	69	Cape Town Master-CP	1:15.00
5	Kloos, R	67	Cape Town Master-CP	1:18.00
6	Knoetze, H	69	Coelacanth-TSH	1:20.00
7	Hodges, M	69	Cape Town Master-CP	1:40.00
8	GORDON-DAVIS, K	62	MEGA-EKU	1:25.00

## Heat 5 of 14 Finals

1	Winfield, M	67	Cape Town Master-CP	1:12.00
2	Spies, I	68	Cape Town Master-CP	1:07.00
3	Roothman, A	68	Cape Town Master-CP	1:06.00
4	Steynberg, A	66	Cape Town Master-CP	1:03.00
5	Semple, M	65	MEGA-EKU	1:06.00
6	Cones, K	67	Cape Town Master-CP	1:06.00
7	Upneck, R	66	Synergy-ETH	1:08.00
8	Salamon, G	66	FO-Marlins-FOR-NAM	1:15.00

## Heat 6 of 14 Finals

1	Fechter, W	61	Synergy-ETH	1:21.00
2	Stevens, D	61	Cape Town Master-CP	1:15.00
3	Hendricks, N	64	Cape Town Master-CP	1:12.00
4	Duncan, R	60	Wahoo-JHB	1:05.00
5	Brinkman, C	60	FO-Marlins-FOR-NAM	1:12.00
6	Swart, X	62	Coelacanth-TSH	1:14.00
7	Wallace, C	63	Fish Eagles-EDD	1:20.00
8	Kok, J	60	Fish Eagles-EDD	1:23.00

## Heat 7 of 14 Finals

1	Kupfer, K	55	Wahoo-JHB	1:50.00
2	Uitenweerde, L	58	Coelacanth-TSH	1:25.00
3	Davy, K	59	Wahoo-JHB	1:16.00
4	Grobler, S	58	PE Masters-NMA	1:45.00
5	Swart, M	46	Coelacanth-TSH	1:30.00
6	van Olst, M	47	Waterborn-JHB	1:08.00
7	Burger, J	49	Cape Town Master-CP	1:15.00
8				

## Heat 8 of 14 Finals

1	Young, R	58	Cape Town Master-CP	1:10.00
2	Vd Merwe, J	57	Cape Town Master-CP	1:01.00
3	von Bardeleben, T	58	Wahoo-JHB	1:00.00
4	Ruck, H	57	Coelacanth-TSH	58.00
5	Kruger, H	55	Cape Town Master-CP	59.23
6	McLeRoth, G	55	Cape Town Master-CP	1:00.00
7	Clark, D	55	Synergy-ETH	1:07.00
8	Rankin, B	58	Coelacanth-TSH	1:11.00

## Heat 9 of 14 Finals

1	CROWTHER, B	53	Wahoo-JHB	1:19.00
2	Theissen, A	52	FO-Marlins-FOR-NAM	1:11.00
3	Thompson, G	51	Aqua Ahlete-JHB	1:07.00
4	Riccardi, R	50	MEGA-EKU	1:05.00
5	Clark, T	51	Cape Town Master-CP	1:06.00
6	Grobler, F	54	Waterborn-JHB	1:10.00
7	Weideman, A	51	Fish Eagles-EDD	1:14.00
8	Carstens, F	52	Coelacanth-TSH	1:20.00

## Heat 10 of 14 Finals

1	Raccanello, G	52	MEGA-EKU	1:03.00
2	du Plessis, T	52	Synergy-ETH	1:02.00
3	Taylor, R	53	Cape Town Master-CP	59.00
4	Baleka Bey, S	52	FO-Marlins-FOR-NAM	56.00
5	Cloete-Hopkins, A	51	Cape Town Master-CP-RSA	58.00
6	van der Merwe, A	51	MEGA-EKU	1:01.00
7	Duffy, P	52	PE Masters-NMA	1:03.00
8	Bradshaw, G	53	Waterborn-JHB	1:05.00

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

**Heat 11 Finals (#8 Men 100 LC Meter Freestyle)**

1	Steenkamp, N	45	Cape Town Master-CP	1:05.00
2	Gasson, M	49	Wahoo-JHB	1:03.00
3	Pieters, J	49	Wahoo-JHB	1:02.00
4	Allan, M	45	Synergy-ETH	54.00
5	Markgraaff, R	48	Wahoo-JHB	57.00
6	Mastenbroek, R	46	Cape Town Master-CP	1:02.00
7	Groenevelt, J	46	Cape Town Master-CP	1:05.00
8	Ford, A	47	Wahoo-JHB	1:07.00

**Heat 12 of 14 Finals**

1	Sassen, G	40	Synergy-ETH	1:10.00
2	Allan, B	41	Synergy-ETH	1:05.00
3	Tyson, M	41	Cape Town Master-CP	58.00
4	WOODS, D	44	Cape Town Master-CP-RSA	1:02.00
5	Gerber, E	44	Fish Eagles-EDD	1:10.00
6	Parsons, A	38	Wahoo-JHB	1:10.00
7	Krull, R	35	Waterborn-JHB	1:40.00
8				

**Heat 13 of 14 Finals**

1	Jv Vuuren, I	39	BLSS-MAN-MA	1:09.00
2	Kok, C	35	Coelacanth-TSH	1:03.00
3	Louw, D	39	FO-Marlins-FOR-NAM	1:01.00
4	Lalin, L	39	Cape Town Master-CP	59.00
5	Geldenhuis, J	36	Cape Town Master-CP	1:00.00
6	Prodehl, M	36	Cape Town Master-CP	1:02.00
7	O'Rahilly, R	36	Cape Town Master-CP	1:03.00
8	Honiball, M	39	FO-Marlins-FOR-NAM	1:10.00

**Heat 14 of 14 Finals**

1				
2	Tallie, F	29	Fish Eagles-EDD	1:10.00
3	Opperman, N	29	Cape Town Master-CP	55.00
4	Winfield, P	28	Cape Town Master-CP	1:03.00
5	Dellieu, P	24	Wahoo-JHB	1:00.00
6	Weideman, R	24	Fish Eagles-EDD	1:14.00
7	Hodges, G	32	Cape Town Master-CP	59.00
8				

**Event 9 Women 400 LC Meter IM**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 3 Finals**

1				
2				
3	Burbidge, F	58	Amakhosi-BUF	12:34.00
4	Louw, N	67	Winelands-CPT	9:30.00
5	Lawless, H	73	Wahoo-JHB	9:40.00
6				
7				
8				

**Heat 2 of 3 Finals**

1	Westphal, J	31	Amakhosi-BUF	9:29.00
2	Craig, E	77	PE Masters-NMA	8:50.00
3	Breitenbach, M	58	Cape Town Master-CP	8:20.00
4	Donian, C	58	PE Masters-NMA	8:08.00
5	IRELAND, J	72	Synergy-ETH	8:10.00
6	Smith, R	58	Waterborn-JHB	8:30.00
7	Black, J	65	Fish Eagles-EDD	9:20.00
8	BRIDGES, C	60	Wahoo-JHB	9:30.00

**Heat 3 of 3 Finals**

1	Sheehy, J	58	Fish Eagles-EDD	7:30.00
2	Troup, B	48	Wahoo-JHB	6:15.00
3	Smith, M	37	Cape Town Master-CP	6:00.00
4	Stanford, T	36	Cape Town Master-CP	5:30.00
5	Stanford, C	61	Cape Town Master-CP	5:57.00
6	Van Breda, B	47	Cape Town Master-CP-RSA	6:00.00
7	McBey, A	51	Synergy-ETH	7:10.00
8	Mons, M	71	Phoenix-JHB	7:40.00

**Event 10 Men 400 LC Meter IM**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 2 Finals**

1				
2	LARCOMBE, P	75	Synergy-ETH	9:30.00
3	Olivier, M	59	Cape Town Master-CP	7:33.00
4	Louw, A	69	Winelands-CPT	7:28.00
5	Skidmore, K	56	Amakhosi-BUF	7:30.00
6	van Reenen, T	41	Synergy-ETH	8:30.00
7	Neu-Ner, M	75	Wahoo-JHB	10:00.00
8				

**Heat 2 of 2 Finals**

1	Frost, D	64	Winelands-CPT	7:20.00
2	STANTON, C	54	Coelacanth-TSH	6:40.00
3	Fubbs, M	50	Wahoo-JHB	6:20.00
4	Parkin, T	42	Wahoo-JHB	4:50.00
5	Shead, T	70	Cape Town Master-CP	6:00.00
6	Papadopoulos, T	50	Coelacanth-TSH	6:30.00
7	Tepper, M	68	MEGA-EKU	7:00.00
8	ARBUTHNOT, D	69	Coelacanth-TSH	7:25.00

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

## Event 11 Mixed 4x100 LC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
<b>Heat 1 of 4 Finals</b>			
1	Waterborn-JHB	X200 B-RSA	7:56.00
	1) WALLACE, R M81	2) Rouessart, T W52	
	3) Smith, R W58	4) Krull, R M35	
2	Synergy-ETH	X280 B-RSA	6:41.00
	1) van Bassen, C W58	2) CLARK, R W74	
	3) LARCOMBE, P M75	4) Bolstridge, M M73	
3	Wahoo-JHB	X200 H-RSA	6:30.00
	1) Neu-Ner, M M75	2) Kupfer, K M55	
	3) Botes, N W33	4) Murray, S W62	
4	Coelacanth-TSH	X160 A-RSA	5:45.00
	1) Uitenweerde, L M58	2) Hudson, S W36	
	3) Swart, M M46	4) Dressler, A W58	
5	Wahoo-JHB	X280 C-RSA	6:15.00
	1) ALDER, E W65	2) Lawless, H W73	
	3) Myers, W M78	4) Harker, G M67	
6	Wahoo-JHB	X200 I-RSA	6:30.00
	1) Pieters, L W75	2) FERREIRA, M W73	
	3) Botes, R M34	4) CROWTHER, B M53	
7	Coelacanth-TSH	X280 B-RSA	7:07.00
	1) Knoetze, H M69	2) Rees, J W78	
	3) vd Berg, E W66	4) Sundelowitz, S M72	
8			
<b>Heat 2 of 4 Finals</b>			
1	Synergy-ETH	X280 A-RSA	5:43.00
	1) Hughes, J M79	2) Thatcher, A W70	
	3) BAILEY, C W68	4) Upneck, R M66	
2	Coelacanth-TSH	X280 A-RSA	5:31.00
	1) Trusler, I W63	2) FYFE, D M82	
	3) Bruining, C W62	4) DOWNES, T M73	
3	Coelacanth-TSH	X200 A-RSA	5:13.00
	1) STANTON, C M54	2) Cairns, J W49	
	3) Macaskill, M W47	4) Swart, X M62	
4	Synergy-ETH	X160 B-RSA	5:06.00
	1) McBey, A W51	2) Msomi, T W26	
	3) Allan, B M41	4) du Plessis, T M52	
5	Wahoo-JHB	X120 G-RSA	5:10.00
	1) Ledbitter, D W29	2) Barit, C W27	
	3) Pieters, J M49	4) Parsons, A M38	
6	Fish Eagles-EDD	X200 A-RSA	5:30.00
	1) Pieterse, T M73	2) Farrelly, L W60	
	3) Osborne, T W49	4) Gerber, E M44	
7	Waterborn-JHB	X200 C-RSA	5:40.00
	1) Smith, D M55	2) Mason, C W59	
	3) Martin, T W53	4) Grobler, F M54	
8	Wahoo-JHB	X240 D-RSA	5:45.00
	1) Jankelow, K W52	2) BRIDGES, C W60	
	3) Selmer-Olsen, S M70	4) Duncan, R M60	

## Heat 3 of 4 Finals

1	Wahoo-JHB	X160 E-RSA	4:45.00
	1) Gasson, M M49	2) Fubbs, M M50	
	3) Fagan, J W47	4) Hayes, A W53	
2	Waterborn-JHB	X160 A-RSA	4:44.00
	1) Vreenegoor, J W40	2) Bradshaw, G M53	
	3) Ambrose, N W42	4) van Olst, M M47	
3	Cape Town Master-CP	X240 A-RSA	4:35.00
	1) Steynberg, A M66	2) Roothman, A M68	
	3) Bihl, K W52	4) Strauss, M W58	
4	Wahoo-JHB	X100 B-RSA	4:30.00
	1) Strydom, C W35	2) Kupfer, K W25	
	3) Markgraaff, R M48	4) Parkin, T M42	
5	Coelacanth-TSH	X120 A-RSA	4:33.00
	1) Carstens, F M52	2) Bester, E W34	
	3) Conradie, M W36	4) Kok, C M35	
6	Cape Town Master-CP	X280 B-RSA	4:40.00
	1) Shead, T M70	2) Tozer, T M72	
	3) Kruger, S W73	4) Brewis, J W68	
7	Wahoo-JHB	X160 F-RSA	4:45.00
	1) Foot, L W39	2) Troup, B W48	
	3) Ford, A M47	4) von Bardeleben, T M58	
8	Coelacanth-TSH	X240 A-RSA	5:04.00
	1) VERRY, S W61	2) van Niekerk, J M69	
	3) Rankin, B M58	4) Fraatz, B W56	

## Heat 4 of 4 Finals

1	Cape Town Master-CP	X160 B-RSA	4:25.00
	1) Geldenhuys, J M36	2) Gilbert, O M52	
	3) King, S W42	4) Frost, S W47	
2	Cape Town Master-CP	X100 A-RSA	4:20.00
	1) Winfield, P M28	2) Opperman, N M29	
	3) Botha, C W27	4) Egner, K W26	
3	Cape Town Master-CP	X160 A-RSA	4:13.00
	1) McLeRoth, G M55	2) Lalin, L M39	
	3) Van Breda, B W47	4) Cadiz, P W46	
4	Winelands-CPT	X240 A-RSA	2:27.00
	1) Frost, D M64	2) Louw, A M69	
	3) Sharkey, T W67	4) Van Deventer, H W40	
5	Cape Town Master-CP	X120 A-RSA	4:08.00
	1) Hodges, G M32	2) Tyson, M M41	
	3) Wolmarans, L W35	4) Smith, M W37	
6	Cape Town Master-CP	X200 B-RSA	4:13.00
	1) Cloete-Hopkins, A M51	2) Kruger, H M55	
	3) Jacobs, T W46	4) Engela, N W50	
7	Synergy-ETH	X160 A-RSA	4:23.00
	1) Maritz, J W37	2) Ralfe, S W49	
	3) Adamson, H M29	4) Allan, M M45	
8	Wahoo-JHB	X100 A-RSA	4:30.00
	1) Levin, A W23	2) Gillis, N W27	
	3) Rothschild, B M29	4) Dellieu, P M24	



## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

## Event 12 Men 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 10 Finals

1	Schwartz, R	83	Wahoo-JHB	4:00.00
2	WALLACE, R	81	Waterborn-JHB	2:10.00
3	FYFE, D	82	Coelacanth-TSH	1:55.00
4	Duncombe, B	80	Coelacanth-TSH	2:20.00
5	Hills, D	90	PE Masters-NMA	3:18.00
6	Romer, J	91	Cape Town Master-CP	4:40.00
7	Borstlap, B	89	Fish Eagles-EDD	2:50.00
8	Saunders, J	85	Synergy-ETH	2:58.00

## Heat 2 of 10 Finals

1				
2	Parkin, B	78	Amakhosi-BUF	2:00.00
3	HARROP-ALLIN, A	77	Coelacanth-TSH	1:45.00
4	Hughes, J	79	Synergy-ETH	1:36.00
5	Wilson, D	75	Cape Town Master-CP	1:40.00
6	Wilson, G	75	PE Masters-NMA	1:50.00
7	McDonald, M	77	Fish Eagles-EDD	2:00.00
8				

## Heat 3 of 10 Finals

1				
2	Miller, M	70	Wahoo-JHB	1:58.00
3	Howieson, D	70	Cape Town Master-CP	1:35.00
4	Shead, T	70	Cape Town Master-CP	1:15.00
5	DOWNES, T	73	Coelacanth-TSH	1:30.00
6	Morrison, A	74	Cape Town Master-CP	1:49.00
7				
8				

## Heat 4 of 10 Finals

1	Gordon-Davis, C	67	MEGA-EKU	2:15.00
2	Bennetto, P	69	Cape Town Master-CP	2:00.00
3	Knoetze, H	69	Coelacanth-TSH	1:30.00
4	Steynberg, A	66	Cape Town Master-CP	1:10.00
5	Winfield, M	67	Cape Town Master-CP	1:15.00
6	Tepper, M	68	MEGA-EKU	1:32.00
7	Jv Vuuren, C	67	Coelacanth-TSH	2:10.00
8				

## Heat 5 of 10 Finals

1				
2				
3	GORDON-DAVIS, K	62	MEGA-EKU	1:45.00
4	Duncan, R	60	Wahoo-JHB	1:30.00
5	Schoombie, E	64	Fish Eagles-EDD	1:35.00
6	Fechter, W	61	Synergy-ETH	1:46.00
7				
8				

## Heat 6 of 10 Finals

1	Kupfer, K	55	Wahoo-JHB	2:30.00
2	Orton, N	59	Cape Town Master-CP	1:18.00
3	Ruck, H	57	Coelacanth-TSH	1:08.00
4	McLeRoth, G	55	Cape Town Master-CP	1:11.00
5	Rankin, B	58	Coelacanth-TSH	1:23.00
6	CROWTHER, B	53	Wahoo-JHB	1:48.00
7	Carstens, F	52	Coelacanth-TSH	1:40.00
8	Muller, J	52	Aqua Ahlete-JHB	1:50.00

## Heat 7 of 10 Finals

1	Thompson, G	51	Aqua Ahlete-JHB	1:25.00
2	Alexander, R	54	Cape Town Master-CP	1:20.00
3	Gilbert, O	52	Cape Town Master-CP	1:16.00
4	Clark, T	51	Cape Town Master-CP	1:14.00
5	vd Westhuizen, S	53	Synergy-ETH	1:15.00
6	du Plessis, T	52	Synergy-ETH	1:17.00
7	Theissen, A	52	FO-Marlins-FOR-NAM	1:20.00
8	STANTON, C	54	Coelacanth-TSH	1:30.00

## Heat 8 of 10 Finals

1				
2				
3	Pieters, J	49	Wahoo-JHB	1:16.00
4	Richards, J	45	Cape Town Master-CP	1:07.00
5	Groenevelt, J	46	Cape Town Master-CP	1:15.00
6	Gasson, M	49	Wahoo-JHB	1:22.00
7				
8				

## Heat 9 of 10 Finals

1				
2	Jv Vuuren, I	39	BLSS-MAN-MA	1:23.00
3	Geldenhuis, J	36	Cape Town Master-CP	1:07.00
4	Lalin, L	39	Cape Town Master-CP	1:06.00
5	Parsons, A	38	Wahoo-JHB	1:21.00
6	Tyson, M	41	Cape Town Master-CP	1:05.00
7	Parkin, T	42	Wahoo-JHB	1:15.00
8				

## Heat 10 of 10 Finals

1				
2	Winfield, P	28	Cape Town Master-CP	1:20.00
3	Opperman, N	29	Cape Town Master-CP	1:05.00
4	Adamson, H	29	Synergy-ETH	1:10.00
5	van Wyk, J	30	Coelacanth-TSH	58.00
6	Botes, R	34	Wahoo-JHB	1:25.00
7	Dellieu, P	24	Wahoo-JHB	1:45.00
8				

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

## Event 13 Women 100 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 9 Finals

1				
2	Griffiths, C	78	Fish Eagles-EDD	2:30.00
3	Pieters, L	75	Wahoo-JHB	2:10.00
4	Janssens, G	78	Coelacanth-TSH	1:42.00
5	Zundorf, L	78	Cape Town Master-CP	1:51.00
6	FYFE, J	75	Coelacanth-TSH	2:28.00
7	Rosser, W	82	PE Masters-NMA	1:54.00
8				

## Heat 2 of 9 Finals

1				
2				
3	GRAY, A	74	Synergy-ETH	2:46.00
4	IRELAND, J	72	Synergy-ETH	1:50.00
5	Kruger, S	73	Cape Town Master-CP	1:50.00
6	Harington, R	69	PE Masters-NMA	2:30.00
7				
8				

## Heat 3 of 9 Finals

1	FOSTER, N	65	Cape Town Master-CP	1:53.00
2	BAILEY, C	68	Synergy-ETH	1:42.00
3	ALDER, E	65	Wahoo-JHB	1:40.00
4	Coetzee, D	67	Cape Town Master-CP	1:30.00
5	Sharkey, T	67	Winelands-CPT	1:35.00
6	Brewis, J	68	Cape Town Master-CP	1:40.00
7	Lion-Cachet, A	67	Aqua Ahlete-JHB	1:42.00
8	Black, J	65	Fish Eagles-EDD	2:15.00

## Heat 4 of 9 Finals

1				
2	Farrelly, L	60	Fish Eagles-EDD	2:10.00
3	Welgemoed, J	61	Cape Town Master-CP	1:40.00
4	Stanford, C	61	Cape Town Master-CP	1:20.00
5	de Kock, L	64	Cape Town Master-CP	2:10.00
6	Venter, M	56	Coelacanth-TSH	2:10.00
7				
8				

## Heat 5 of 9 Finals

1	Breitenbach, M	58	Cape Town Master-CP	1:50.00
2	DORLAS, S	56	Coelacanth-TSH	1:33.00
3	Dressler, A	58	Coelacanth-TSH	1:30.00
4	Southgate, J	55	Cape Town Master-CP	1:29.00
5	Fraatz, B	56	Coelacanth-TSH	1:29.00
6	Ruck, C	57	Coelacanth-TSH	1:30.00
7	Landman, I	55	Cape Town Master-CP	1:35.00
8	Donian, C	58	PE Masters-NMA	2:00.00

## Heat 6 of 9 Finals

1				
2	Mallows, B	52	Cape Town Master-CP	1:38.00
3	Louw, L	54	FO-Marlins-FOR-NAM	1:30.00
4	Engela, N	50	Cape Town Master-CP-RSA	1:15.00
5	Bihl, K	52	Cape Town Master-CP	1:24.00
6	McBey, A	51	Synergy-ETH	1:36.00
7	Martin, T	53	Waterborn-JHB	1:50.00
8				

## Heat 7 of 9 Finals

1				
2	Osborne, T	49	Fish Eagles-EDD	1:40.00
3	Jacobs, T	46	Cape Town Master-CP	1:35.00
4	Cadiz, P	46	Cape Town Master-CP-RSA	1:15.00
5	Frost, S	47	Cape Town Master-CP	1:30.00
6	Young, M	48	PE Masters-NMA	1:40.00
7				
8				

## Heat 8 of 9 Finals

1				
2	Vreenegoor, J	40	Waterborn-JHB	1:45.00
3	Peters, G	43	Coelacanth-TSH	1:37.67
4	Harrop-Allin, S	43	Coelacanth-TSH	1:23.00
5	King, S	42	Cape Town Master-CP	1:25.00
6	Van Deventer, H	40	Winelands-CPT	1:40.00
7				
8				

## Heat 9 of 9 Finals

1	Wolmarans, L	35	Cape Town Master-CP	1:18.00
2	Strydom, C	35	Wahoo-JHB	1:11.00
3	Stanford, T	36	Cape Town Master-CP	1:11.00
4	Smith, M	37	Cape Town Master-CP	1:13.00
5	Botha, C	27	Cape Town Master-CP	1:29.00
6	Kupfer, K	25	Wahoo-JHB	1:15.00
7	Gillis, N	27	Wahoo-JHB	1:18.00
8	Ledbitter, D	29	Wahoo-JHB	2:10.00

## Event 14 Men 400 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 7 Finals

1				
2	Duncombe, B	80	Coelacanth-TSH	11:00.00
3	WOLPE, R	85	Phoenix-JHB	10:00.00
4	Neu-Ner, M	75	Wahoo-JHB	9:00.00
5	WALLACE, R	81	Waterborn-JHB	9:35.00
6	Jennings, R	77	Coelacanth-TSH	10:10.00
7				
8				

## South African Masters Swimming 37th LC Champs

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## Meet Program

**Heat 2 Finals (#14 Men 400 LC Meter Freestyle)**

1	McLachlan, D	85	Cape Town Master-CP	8:20.00
2	Krull, R	35	Waterborn-JHB	8:00.00
3	Swart, M	46	Coelacanths-TSH	8:00.00
4	Pieterse, T	73	Fish Eagles-EDD	7:45.00
5	Myers, W	78	Wahoo-JHB	8:00.00
6	Muller, J	52	Aqua Ahlete-JHB	8:00.00
7	SWANEPOEL, P	73	Coelacanths-TSH	8:00.00
8	Selmer-Olsen, S	70	Wahoo-JHB	8:30.00

**Heat 3 of 7 Finals**

1	MALTBY, D	75	Phoenix-JHB	7:30.00
2	Sundelowitz, S	72	Coelacanths-TSH	7:10.00
3	LARCOMBE, P	75	Synergy-ETH	7:00.00
4	GREAVES, G	56	Phoenix-JHB	6:55.00
5	Bennetto, P	69	Cape Town Master-CP	6:55.00
6	Grobler, S	58	PE Masters-NMA	7:01.00
7	van Niekerk, J	69	Coelacanths-TSH	7:14.00
8	Harker, G	67	Wahoo-JHB	7:30.00

**Heat 4 of 7 Finals**

1	Swart, X	62	Coelacanths-TSH	6:45.00
2	Salamon, G	66	FO-Marlins-FOR-NAM	6:30.00
3	Howieson, D	70	Cape Town Master-CP	6:15.00
4	Morgan, C	56	Coelacanths-TSH	6:10.00
5	Bolstridge, M	73	Synergy-ETH	6:15.00
6	O'Brien, G	62	Aqua Ahlete-JHB	6:15.00
7	Wallace, C	63	Fish Eagles-EDD	6:36.00
8	Mitchell, T	75	Wahoo-JHB	6:55.00

**Heat 5 of 7 Finals**

1	Skidmore, K	56	Amakhosi-BUF	6:00.00
2	Holshausen, R	64	Cape Town Master-CP	5:50.00
3	van Olst, M	47	Waterborn-JHB	5:45.00
4	Allan, B	41	Synergy-ETH	5:40.00
5	Clark, D	55	Synergy-ETH	5:40.00
6	Stevens, D	61	Cape Town Master-CP	5:45.00
7	Theunissen, B	52	Cape Town Master-CP	6:00.00
8	Louw, D	39	FO-Marlins-FOR-NAM	6:08.00

**Heat 6 of 7 Finals**

1	Steenkamp, N	45	Cape Town Master-CP	5:35.00
2	Young, R	58	Cape Town Master-CP	5:30.00
3	Semple, M	65	MEGA-EKU	5:20.00
4	Spies, I	68	Cape Town Master-CP	5:15.00
5	Collins, T	55	Waterborn-JHB	5:20.00
6	Riccardi, R	50	MEGA-EKU	5:22.00
7	Finn, J	61	Wahoo-JHB	5:30.00
8	Frost, D	64	Winelands-CPT	5:40.00

**Heat 7 of 7 Finals**

1	Rothschild, B	29	Wahoo-JHB	5:15.00
2	Duffy, P	52	PE Masters-NMA	5:00.00
3	Ford, C	48	Coelacanths-TSH	4:55.00
4	Markgraaff, R	48	Wahoo-JHB	4:40.00
5	Hodges, G	32	Cape Town Master-CP	4:48.00
6	Botes, R	34	Wahoo-JHB	5:00.00
7	O'Rahilly, R	36	Cape Town Master-CP	5:10.00
8	Upneck, R	66	Synergy-ETH	5:15.00

**Event 15 Women 400 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 9 Finals**

1				
2				
3	Hughes, D	76	Synergy-ETH	12:30.00
4	Hulley, J	80	Phoenix-JHB	10:30.00
5	Dixon, J	81	Fish Eagles-EDD	10:39.00
6				
7				
8				

**Heat 2 of 9 Finals**

1	vd Merwe, R	58	Coelacanths-TSH	10:00.00
2	GRAY, A	74	Synergy-ETH	9:58.00
3	de Kock, L	64	Cape Town Master-CP	9:10.00
4	Munnik, E	54	Coelacanths-TSH	9:00.00
5	Rees, J	78	Coelacanths-TSH	9:05.00
6	Janssens, G	78	Coelacanths-TSH	9:30.00
7	Vorwerk Marren, I	71	Coelacanths-TSH	10:00.00
8	Tottle, K	74	Amakhosi-BUF	10:07.00

**Heat 3 of 9 Finals**

1	Westphal, J	31	Amakhosi-BUF	8:39.00
2	Lloyd, D	64	Synergy-ETH	8:30.00
3	Vorster, M	66	Phoenix-JHB	8:25.00
4	vd Berg, E	66	Coelacanths-TSH	8:00.00
5	Black, J	65	Fish Eagles-EDD	8:10.00
6	Farrelly, L	60	Fish Eagles-EDD	8:30.00
7	Orren, M	70	Fish Eagles-EDD	8:30.00
8	FERREIRA, M	73	Wahoo-JHB	8:58.00

**Heat 4 of 9 Finals**

1	Dreyer, L	54	Amakhosi-BUF	7:49.00
2	Meaker, J	74	MEGA-EKU	7:30.00
3	Gibson, K	61	Coelacanths-TSH	7:25.00
4	Rouessart, T	52	Waterborn-JHB	7:20.00
5	Sharkey, T	67	Winelands-CPT	7:25.00
6	Barit, C	27	Wahoo-JHB	7:30.00
7	Murray, S	62	Wahoo-JHB	7:40.00
8	CLARK, R	74	Synergy-ETH	7:52.00

**Heat 5 of 9 Finals**

1	Botha, I	45	Coelacanths-TSH	7:08.00
2	BRIDGES, C	60	Wahoo-JHB	7:05.00
3	O'Brien, C	62	Aqua Ahlete-JHB	7:00.00
4	Botes, N	33	Wahoo-JHB	7:00.00
5	Fuchs, M	58	Cape Town Master-CP	7:00.00
6	Msomi, T	26	Synergy-ETH	7:05.00
7	Grobler, J	57	Coelacanths-TSH	7:05.00
8	van Niekerk, C	49	Aqua Ahlete-JHB	7:10.00

## South African Masters Swimming 37th LC Champs

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## Meet Program

## Heat 6 Finals (#15 Women 400 LC Meter Freestyle)

1	Jankelow, K	52	Wahoo-JHB	7:00.00
2	Ambrose, N	42	Waterborn-JHB	6:45.00
3	Macaskill, M	47	Coelacanth-TSH	6:40.00
4	Cairns, J	49	Coelacanth-TSH	6:33.00
5	Clarke, J	61	Cape Town Master-CP	6:35.00
6	Reen, P	65	PE Masters-NMA	6:45.00
7	Bruining, C	62	Coelacanth-TSH	6:46.00
8	FOSTER, K	63	Coelacanth-TSH	7:00.00

## Heat 7 of 9 Finals

1	Mons, M	71	Phoenix-JHB	6:30.00
2	Fitzpatrick, M	60	FO-Marlins-FOR-NAM	6:14.00
3	Enslin, D	30	Coelacanth-TSH	6:01.00
4	Hayes, A	53	Wahoo-JHB	6:00.00
5	Viljoen, S	51	PE Masters-NMA	6:00.00
6	Naude, C	55	Waterborn-JHB	6:10.00
7	Maritz, J	37	Synergy-ETH	6:20.00
8	Brewis, J	68	Cape Town Master-CP	6:30.00

## Heat 8 of 9 Finals

1	Pienaar, E	58	Amakhosi-BUF	5:55.00
2	Mason, C	59	Waterborn-JHB	5:55.00
3	Bruwer, C	42	FO-Marlins-FOR-NAM	5:45.00
4	Henderson, D	34	PE Masters-NMA	5:30.00
5	Osborne, T	49	Fish Eagles-EDD	5:45.00
6	Sickel, I	46	FO-Marlins-FOR-NAM	5:50.00
7	Coetzee, D	67	Cape Town Master-CP	5:55.00
8	Boshoff, A	50	Cape Town Master-CP-RSA	6:00.00

## Heat 9 of 9 Finals

1	Gous, T	46	PE Masters-NMA	5:30.00
2	Trusler, I	63	Coelacanth-TSH	5:25.00
3	Fagan, J	47	Wahoo-JHB	5:15.00
4	Nurse, K	43	Cape Town Master-CP	5:00.00
5	Coetzee, I	43	Coelacanth-TSH	5:00.00
6	Saporta, A	42	PE Masters-NMA	5:20.00
7	Kennedy, K	56	Waterborn-JHB	5:30.00
8	Ralfe, S	49	Synergy-ETH	5:30.00

## Event 16 Men 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 2 Finals

1				
2				
3	Frost, D	64	Winelands-CPT	4:00.00
4	ARBUTHNOT, D	69	Coelacanth-TSH	3:35.00
5	Louw, A	69	Winelands-CPT	3:55.00
6				
7				
8				

## Heat 2 of 2 Finals

1	STANTON, C	54	Coelacanth-TSH	4:20.00
2	Fubbs, M	50	Wahoo-JHB	3:05.00
3	Taylor, R	53	Cape Town Master-CP	2:30.00
4	Papadopoulos, T	50	Coelacanth-TSH	3:20.00
5	Sassen, G	40	Synergy-ETH	2:55.00
6	van Reenen, T	41	Synergy-ETH	4:00.00
7				
8	Skidmore, K	56	Amakhosi-BUF	4:00.00

## Event 17 Women 200 LC Meter Butterfly

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 2 Finals

1				
2				
3	Louw, N	67	Winelands-CPT	4:30.00
4	CRAWFORD, L	72	Phoenix-JHB	4:20.00
5	Lawless, H	73	Wahoo-JHB	5:10.00
6				
7				
8				

## Heat 2 of 2 Finals

1	Burbidge, F	58	Amakhosi-BUF	7:59.00
2	Breitenbach, M	58	Cape Town Master-CP	4:20.00
3	DORLAS, S	56	Coelacanth-TSH	3:40.00
4	Donian, C	58	PE Masters-NMA	4:55.00
5	Vreenegoor, J	40	Waterborn-JHB	4:00.00
6				
7	Troup, B	48	Wahoo-JHB	3:00.00
8				

## Event 18 Men 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 6 Finals

1	Myers, W	78	Wahoo-JHB	4:30.00
2	Neu-Ner, M	75	Wahoo-JHB	4:22.00
3	Hughes, J	79	Synergy-ETH	3:55.00
4	MALTBY, D	75	Phoenix-JHB	4:30.00
5	Selmer-Olsen, S	70	Wahoo-JHB	5:00.00
6	Shead, T	70	Cape Town Master-CP	2:45.00
7	Kitsopoulos, S	71	Aqua Athlete-JHB	4:30.00
8	McLachlan, D	85	Cape Town Master-CP	4:20.00

## Heat 2 of 6 Finals

1				
2	Louw, A	69	Winelands-CPT	3:35.00
3	Tepper, M	68	MEGA-EKU	3:19.00
4	Cones, K	67	Cape Town Master-CP	3:00.00
5	Roothman, A	68	Cape Town Master-CP	3:10.00
6	ARBUTHNOT, D	69	Coelacanth-TSH	3:25.00
7	Gordon-Davis, C	67	MEGA-EKU	4:25.00
8				

## South African Masters Swimming 37th LC Champs

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## Meet Program

## Heat 3 Finals (#18 Men 200 LC Meter IM)

1	Skidmore, K	56	Amakhosi-BUF	4:00.00
2	Smith, D	55	Waterborn-JHB	3:49.00
3	Young, R	58	Cape Town Master-CP	3:00.00
4	Olivier, M	59	Cape Town Master-CP	3:33.00
5	Henry JR, P	58	PE Masters-NMA	4:00.00
6	Brinkman, C	60	FO-Marlins-FOR-NAM	3:30.00
7	Finn, J	61	Wahoo-JHB	2:55.00
8	Schoombie, E	64	Fish Eagles-EDD	3:31.00

## Heat 4 of 6 Finals

1				
2	Papadopoulos, T	50	Coelacanth-TSH	3:20.00
3	Bradshaw, G	53	Waterborn-JHB	2:50.00
4	Theunissen, B	52	Cape Town Master-CP	2:45.00
5	Gilbert, O	52	Cape Town Master-CP	2:48.00
6	STANTON, C	54	Coelacanth-TSH	3:00.00
7	Raccanello, G	52	MEGA-EKU	3:30.00
8				

## Heat 5 of 6 Finals

1				
2	Markgraaff, R	48	Wahoo-JHB	2:40.00
3	Richards, J	45	Cape Town Master-CP	2:35.00
4	Ford, C	48	Coelacanth-TSH	2:38.00
5	Sassen, G	40	Synergy-ETH	2:55.00
6	Parkin, T	42	Wahoo-JHB	2:20.00
7	WOODS, D	44	Cape Town Master-CP-RSA	2:55.00
8				

## Heat 6 of 6 Finals

1				
2	Kloos, M	36	Cape Town Master-CP	3:15.00
3	O'Rahilly, R	36	Cape Town Master-CP	2:36.00
4	Geldenhuis, J	36	Cape Town Master-CP	2:40.00
5	Bowers, M	27	Cape Town Master-CP	3:00.00
6	Rothschild, B	29	Wahoo-JHB	2:35.00
7	Adamson, H	29	Synergy-ETH	2:45.00
8				

## Event 19 Women 200 LC Meter IM

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 5 Finals

1				
2	Tottle, K	74	Amakhosi-BUF	6:38.00
3	IRELAND, J	72	Synergy-ETH	4:10.00
4	Mons, M	71	Phoenix-JHB	3:35.00
5	CRAWFORD, L	72	Phoenix-JHB	4:10.00
6	Lawless, H	73	Wahoo-JHB	4:40.00
7	Craig, E	77	PE Masters-NMA	4:00.00
8				

## Heat 2 of 5 Finals

1	Farrelly, L	60	Fish Eagles-EDD	4:50.00
2	BRIDGES, C	60	Wahoo-JHB	3:50.00
3	Stanford, C	61	Cape Town Master-CP	2:50.00
4	Welgemoed, J	61	Cape Town Master-CP	3:30.00
5	Fitzpatrick, M	60	FO-Marlins-FOR-NAM	4:00.00
6	Lion-Cachet, A	67	Aqua Ahlete-JHB	3:36.00
7	Matley, T	65	Cape Town Master-CP	4:10.00
8				

## Heat 3 of 5 Finals

1	Grobler, J	57	Coelacanth-TSH	4:16.00
2	Smith, R	58	Waterborn-JHB	3:55.00
3	Sheehy, J	58	Fish Eagles-EDD	3:21.00
4	Samson, J	56	FO-Marlins-FOR-NAM	3:13.00
5	Southgate, J	55	Cape Town Master-CP	3:20.00
6	Pienaar, E	58	Amakhosi-BUF	3:30.00
7	Breitenbach, M	58	Cape Town Master-CP	4:10.00
8	Donian, C	58	PE Masters-NMA	4:55.00

## Heat 4 of 5 Finals

1				
2				
3				
4	Mallows, B	52	Cape Town Master-CP	3:40.00
5				
6				
7				
8				

## Heat 5 of 5 Finals

1	Troup, B	48	Wahoo-JHB	2:58.00
2	Van Breda, B	47	Cape Town Master-CP-RSA	2:45.00
3	Gous, T	46	PE Masters-NMA	2:50.00
4	Saporta, A	42	PE Masters-NMA	2:54.00
5	King, S	42	Cape Town Master-CP	3:00.00
6	Stanford, T	36	Cape Town Master-CP	2:36.00
7	Smith, M	37	Cape Town Master-CP	2:40.00
8	Botes, N	33	Wahoo-JHB	4:00.00

## Event 20 Men 50 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 16 Finals

1	Schwartz, R	83	Wahoo-JHB	1:00.00
2	WALLACE, R	81	Waterborn-JHB	49.00
3	Duncombe, B	80	Coelacanth-TSH	52.00
4	Saunders, J	85	Synergy-ETH	1:10.00
5	WOLPE, R	85	Phoenix-JHB	1:00.00
6	Borstlap, B	89	Fish Eagles-EDD	1:05.00
7	Coetzer, H	67	Coelacanth-TSH	56.00
8	SWANEPOEL, P	73	Coelacanth-TSH	42.00

## South African Masters Swimming 37th LC Champs

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## Meet Program

**Heat 2 Finals (#20 Men 50 LC Meter Freestyle)**

1	McDonald, M	77	Fish Eagles-EDD	46.00
2	Parkin, B	78	Amakhosi-BUF	45.00
3	Matisonn, C	77	Cape Town Master-CP	35.00
4	Wilson, D	75	Cape Town Master-CP	34.00
5	Du Toit, F	75	Cape Town Master-CP	35.00
6	PETERSEN, J	77	Phoenix-JHB	39.00
7	Mitchell, T	75	Wahoo-JHB	45.00
8	Jennings, R	77	Coelacanths-TSH	1:05.00

**Heat 3 of 16 Finals**

1	Pieterse, T	73	Fish Eagles-EDD	40.00
2	Morrison, A	74	Cape Town Master-CP	37.00
3	Cheadle, H	73	Cape Town Master-CP	35.00
4	DOWNES, T	73	Coelacanths-TSH	30.00
5	Tozer, T	72	Cape Town Master-CP	32.00
6	Bolstridge, M	73	Synergy-ETH	36.00
7	Selmer-Olsen, S	70	Wahoo-JHB	39.00
8	Kitsopoulos, S	71	Aqua Ahlete-JHB	40.00

**Heat 4 of 16 Finals**

1	GORDON-DAVIS, B	69	MEGA-EKU	45.00
2	Hodges, M	69	Cape Town Master-CP	40.00
3	ARBUTHNOT, D	69	Coelacanths-TSH	33.00
4	Salamon, G	66	FO-Marlins-FOR-NAM	32.00
5	van Niekerk, J	69	Coelacanths-TSH	33.00
6	Kloos, R	67	Cape Town Master-CP	34.00
7	Jv Vuuren, C	67	Coelacanths-TSH	41.00
8	Knoetze, H	69	Coelacanths-TSH	45.00

**Heat 5 of 16 Finals**

1	Roothman, A	68	Cape Town Master-CP	32.00
2	Spies, I	68	Cape Town Master-CP	31.00
3	Upneck, R	66	Synergy-ETH	30.00
4	Steynberg, A	66	Cape Town Master-CP	27.00
5	Cones, K	67	Cape Town Master-CP	30.00
6	Semple, M	65	MEGA-EKU	30.00
7	Bennetto, P	69	Cape Town Master-CP	32.00
8	Winfield, M	67	Cape Town Master-CP	32.00

**Heat 6 of 16 Finals**

1	Henry JR, P	58	PE Masters-NMA	45.00
2	Grobler, S	58	PE Masters-NMA	40.00
3	Clark, D	55	Synergy-ETH	33.00
4	Uitenweerde, L	58	Coelacanths-TSH	34.00
5	Kupfer, K	55	Wahoo-JHB	40.00
6	Wallace, C	63	Fish Eagles-EDD	36.00
7	GORDON-DAVIS, K	62	MEGA-EKU	39.00
8				

**Heat 7 of 16 Finals**

1	Kok, J	60	Fish Eagles-EDD	35.00
2	Hendricks, N	64	Cape Town Master-CP	31.00
3	Swart, X	62	Coelacanths-TSH	31.00
4	Duncan, R	60	Wahoo-JHB	30.00
5	Brinkman, C	60	FO-Marlins-FOR-NAM	30.00
6	van Dyk, e	60	Coelacanths-TSH	31.00
7	Stevens, D	61	Cape Town Master-CP	34.00
8	O'Brien, G	62	Aqua Ahlete-JHB	35.00

**Heat 8 of 16 Finals**

1	Rankin, B	58	Coelacanths-TSH	31.00
2	Orton, N	59	Cape Town Master-CP	28.00
3	von Bardeleben, T	58	Wahoo-JHB	27.00
4	Ruck, H	57	Coelacanths-TSH	26.00
5	Kruger, H	55	Cape Town Master-CP	27.00
6	McLeRoth, G	55	Cape Town Master-CP	27.00
7	Collins, T	55	Waterborn-JHB	31.00
8	Davy, K	59	Wahoo-JHB	33.00

**Heat 9 of 16 Finals**

1				
2	Swart, M	46	Coelacanths-TSH	40.00
3	van Olst, M	47	Waterborn-JHB	29.00
4	Burger, J	49	Cape Town Master-CP	33.00
5	Weideman, A	51	Fish Eagles-EDD	34.00
6	Carstens, F	52	Coelacanths-TSH	35.00
7				
8				

**Heat 10 of 16 Finals**

1	Theissen, A	52	FO-Marlins-FOR-NAM	33.00
2	Collier, P	51	Cape Town Master-CP	30.00
3	Duffy, P	52	PE Masters-NMA	29.00
4	Riccardi, R	50	MEGA-EKU	29.00
5	Thompson, G	51	Aqua Ahlete-JHB	29.00
6	Theron, H	51	Coelacanths-TSH	30.00
7	CROWTHER, B	53	Wahoo-JHB	31.00
8	Grobler, F	54	Waterborn-JHB	33.00

**Heat 11 of 16 Finals**

1	vd Westhuizen, S	53	Synergy-ETH	28.00
2	Baleka Bey, S	52	FO-Marlins-FOR-NAM	27.00
3	van der Merwe, A	51	MEGA-EKU	27.00
4	Taylor, R	53	Cape Town Master-CP	26.00
5	Cloete-Hopkins, A	51	Cape Town Master-CP-RSA	26.00
6	Clark, T	51	Cape Town Master-CP	27.00
7	du Plessis, T	52	Synergy-ETH	27.00
8	Raccanello, G	52	MEGA-EKU	28.00

**Heat 12 of 16 Finals**

1	Groenevelt, J	46	Cape Town Master-CP	29.00
2	Mastenbroek, R	46	Cape Town Master-CP	27.00
3	Richards, J	45	Cape Town Master-CP	26.00
4	Allan, M	45	Synergy-ETH	25.00
5	Markgraaff, R	48	Wahoo-JHB	26.00
6	Ford, A	47	Wahoo-JHB	27.00
7	Pieters, J	49	Wahoo-JHB	28.00
8	Steenkamp, N	45	Cape Town Master-CP	29.00

**Heat 13 of 16 Finals**

1				
2				
3	Gerber, E	44	Fish Eagles-EDD	30.00
4	Tyson, M	41	Cape Town Master-CP	26.00
5	Allan, B	41	Synergy-ETH	28.00
6				
7				
8				

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

**Heat 14 Finals (#20 Men 50 LC Meter Freestyle)**

1	Kloos, M	36	Cape Town Master-CP	32.00
2	Honiball, M	39	FO-Marlins-FOR-NAM	28.00
3	O'Rahilly, R	36	Cape Town Master-CP	27.00
4	Lalin, L	39	Cape Town Master-CP	26.00
5	Louw, D	39	FO-Marlins-FOR-NAM	26.00
6	Kok, C	35	Coelacanth-TSH	28.00
7	Jv Vuuren, I	39	BLSS-MAN-MA	30.00
8	Krull, R	35	Waterborn-JHB	50.00

**Heat 15 of 16 Finals**

1				
2				
3	Botes, R	34	Wahoo-JHB	35.00
4	van Wyk, J	30	Coelacanth-TSH	24.00
5	Hodges, G	32	Cape Town Master-CP	27.00
6				
7				
8				

**Heat 16 of 16 Finals**

1				
2	Tallie, F	29	Fish Eagles-EDD	34.00
3	Winfield, P	28	Cape Town Master-CP	28.00
4	Opperman, N	29	Cape Town Master-CP	25.00
5	Bowers, M	27	Cape Town Master-CP	32.00
6	Dellieu, P	24	Wahoo-JHB	29.00
7	Weideman, R	24	Fish Eagles-EDD	34.00
8				

**Event 21 Women 50 LC Meter Freestyle**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 16 Finals**

1				
2	Hulley, J	80	Phoenix-JHB	1:00.00
3	Dixon, J	81	Fish Eagles-EDD	55.00
4	Rosser, W	82	PE Masters-NMA	45.00
5	HURWITZ, S	80	Coelacanth-TSH	59.00
6	Kloos, K	97	Cape Town Master-CP	1:35.00
7	Saunders, W	87	Synergy-ETH	1:18.00
8				

**Heat 2 of 16 Finals**

1				
2	Hughes, D	76	Synergy-ETH	1:22.00
3	Pieters, L	75	Wahoo-JHB	50.00
4	Craig, E	77	PE Masters-NMA	40.00
5	Zundorf, L	78	Cape Town Master-CP	50.00
6	FYFE, J	75	Coelacanth-TSH	55.00
7				
8				

**Heat 3 of 16 Finals**

1	FERREIRA, M	73	Wahoo-JHB	54.00
2	CLARK, R	74	Synergy-ETH	44.00
3	Orren, M	70	Fish Eagles-EDD	42.00
4	Kruger, S	73	Cape Town Master-CP	35.00
5	Thatcher, A	70	Synergy-ETH	36.00
6	Meaker, J	74	MEGA-EKU	44.00
7	Lawless, H	73	Wahoo-JHB	46.00
8				

**Heat 4 of 16 Finals**

1				
2	Harington, R	69	PE Masters-NMA	1:00.00
3	Vorster, M	66	Phoenix-JHB	50.00
4	vd Berg, E	66	Coelacanth-TSH	43.00
5	Mienie, E	67	Coelacanth-TSH	48.00
6	Griffiths, B	68	Synergy-ETH	51.00
7				
8				

**Heat 5 of 16 Finals**

1	BAILEY, C	68	Synergy-ETH	41.00
2	Hayselden, J	66	PE Masters-NMA	40.00
3	ALDER, E	65	Wahoo-JHB	37.00
4	Lion-Cachet, A	67	Aqua Athlete-JHB	35.00
5	Reen, P	65	PE Masters-NMA	36.00
6	Sharkey, T	67	Winelands-CPT	38.00
7	Donnelly, C	65	Cape Town Master-CP	40.00
8	FOSTER, N	65	Cape Town Master-CP	42.00

**Heat 6 of 16 Finals**

1				
2	Murray, S	62	Wahoo-JHB	55.00
3	Jv Vuuren, H	63	Coelacanth-TSH	50.00
4	Wallace, M	61	Fish Eagles-EDD	42.00
5	FOSTER, K	63	Coelacanth-TSH	45.00
6	Lloyd, D	64	Synergy-ETH	51.00
7				
8				

**Heat 7 of 16 Finals**

1	Bruining, C	62	Coelacanth-TSH	39.00
2	Clarke, J	61	Cape Town Master-CP	38.00
3	Fitzpatrick, M	60	FO-Marlins-FOR-NAM	35.00
4	VERRYN, S	61	Coelacanth-TSH	33.00
5	Trusler, I	63	Coelacanth-TSH	34.00
6	O'Brien, C	62	Aqua Athlete-JHB	38.00
7	Welgemoed, J	61	Cape Town Master-CP	38.00
8	Winfield, M	61	Cape Town Master-CP	40.00

**Heat 8 of 16 Finals**

1				
2				
3	Grobler, J	57	Coelacanth-TSH	43.00
4	Ruck, C	57	Coelacanth-TSH	39.00
5	Pietrobon, C	55	Fish Eagles-EDD	42.00
6	vd Merwe, R	58	Coelacanth-TSH	55.00
7				
8				

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

## Heat 9 Finals (#21 Women 50 LC Meter Freestyle)

1	Naude, C	55	Waterborn-JHB	36.00
2	Strauss, M	58	Cape Town Master-CP	34.00
3	Samson, J	56	FO-Marlins-FOR-NAM	33.00
4	Ottermann, E	56	Cape Town Master-CP	28.00
5	Fraatz, B	56	Coelacanth-TSH	32.00
6	Kennedy, K	56	Waterborn-JHB	34.00
7	Mason, C	59	Waterborn-JHB	35.00
8	Boden, T	57	PE Masters-NMA	37.00

## Heat 10 of 16 Finals

1				
2	Venter, K	48	Coelacanth-TSH	40.00
3	Louw, W	45	Ellisras-WB	37.00
4	Cairns, J	49	Coelacanth-TSH	35.00
5	Botha, I	45	Coelacanth-TSH	36.00
6	Macaskill, M	47	Coelacanth-TSH	37.00
7	Dreyer, L	54	Amakhosi-BUF	3:59.00
8				

## Heat 11 of 16 Finals

1	Rouessart, T	52	Waterborn-JHB	40.00
2	Mallows, B	52	Cape Town Master-CP	38.00
3	Louw, L	54	FO-Marlins-FOR-NAM	34.00
4	Engela, N	50	Cape Town Master-CP-RSA	29.00
5	Viljoen, S	51	PE Masters-NMA	33.00
6	Martin, T	53	Waterborn-JHB	37.00
7	Struwig, N	50	Coelacanth-TSH	39.00
8	Jankelow, K	52	Wahoo-JHB	50.00

## Heat 12 of 16 Finals

1	Young, M	48	PE Masters-NMA	33.00
2	Jacobs, T	46	Cape Town Master-CP	31.00
3	Fagan, J	47	Wahoo-JHB	30.00
4	Cadiz, P	46	Cape Town Master-CP-RSA	29.00
5	Ralfe, S	49	Synergy-ETH	29.00
6	Gous, T	46	PE Masters-NMA	30.00
7	Taylor, G	47	Cape Town Master-CP	31.00
8	Frost, S	47	Cape Town Master-CP	33.00

## Heat 13 of 16 Finals

1				
2	Van Deventer, H	40	Winelands-CPT	40.00
3	Ambrose, N	42	Waterborn-JHB	35.00
4	Harrop-Allin, S	43	Coelacanth-TSH	31.00
5	Obholzer, S	41	FO-Marlins-FOR-NAM	31.00
6	Peters, G	43	Coelacanth-TSH	35.66
7				
8				

## Heat 14 of 16 Finals

1				
2	Hudson, S	36	Coelacanth-TSH	36.00
3	Conradie, M	36	Coelacanth-TSH	31.00
4	Strydom, C	35	Wahoo-JHB	27.00
5	Wolmarans, L	35	Cape Town Master-CP	30.00
6	Theron, S	38	Coelacanth-TSH	36.00
7	Foot, L	39	Wahoo-JHB	45.00
8				

## Heat 15 of 16 Finals

1				
2				
3	Shead, M	34	Cape Town Master-CP	2:00.00
4	Bester, E	34	Coelacanth-TSH	29.00
5	Enslin, D	30	Coelacanth-TSH	37.00
6				
7				
8				

## Heat 16 of 16 Finals

1	Barit, C	27	Wahoo-JHB	35.00
2	Wolff, M	29	Coelacanth-TSH	34.00
3	Gillis, N	27	Wahoo-JHB	32.00
4	Kupfer, K	25	Wahoo-JHB	30.00
5	Botha, C	27	Cape Town Master-CP	34.00
6	Egner, K	26	Cape Town Master-CP	34.00
7	Levin, A	23	Wahoo-JHB	35.00
8				

## Event 22 Men 200 LC Meter Breaststroke

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 5 Finals

1	Miller, M	70	Wahoo-JHB	4:30.00
2	Shead, T	70	Cape Town Master-CP	3:00.00
3	Romer, J	91	Cape Town Master-CP	7:50.00
4	Hills, D	90	PE Masters-NMA	9:10.00
5	HARROP-ALLIN, A	77	Coelacanth-TSH	3:40.00
6	Du Toit, F	75	Cape Town Master-CP	3:50.00
7	McLachlan, D	85	Cape Town Master-CP	5:10.00
8				

## Heat 2 of 5 Finals

1	Schoeman, D	61	Coelacanth-TSH	4:10.00
2	Mc Lellan, N	63	Fish Eagles-EDD	3:42.00
3	van Dyk, e	60	Coelacanth-TSH	3:20.00
4	Frost, D	64	Winelands-CPT	3:15.00
5	Fechter, W	61	Synergy-ETH	3:29.00
6	Schoombie, E	64	Fish Eagles-EDD	4:01.00
7	Upneck, R	66	Synergy-ETH	3:20.00
8	Louw, A	69	Winelands-CPT	3:50.00

## Heat 3 of 5 Finals

1	Morgan, C	56	Coelacanth-TSH	4:40.00
2	Olivier, M	59	Cape Town Master-CP	3:39.00
3	Uitenweerde, L	58	Coelacanth-TSH	3:20.00
4	Vd Merwe, J	57	Cape Town Master-CP	3:10.00
5	Seale, M	58	Cape Town Master-CP	3:16.00
6	Smith, D	55	Waterborn-JHB	3:32.00
7	GREAVES, G	56	Phoenix-JHB	4:03.00
8				



## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

**Heat 4 Finals (#22 Men 200 LC Meter Breaststroke)**

1				
2	Theron, H	51	Coelacanths-TSH	3:28.00
3	vd Westhuizen, T	50	Curro-EZD	3:15.00
4	van der Merwe, A	51	MEGA-EKU	2:58.00
5	Gilbert, O	52	Cape Town Master-CP	3:07.95
6	Fubbs, M	50	Wahoo-JHB	3:16.00
7	STANTON, C	54	Coelacanths-TSH	3:30.00
8				

**Heat 5 of 5 Finals**

1	van Olst, M	47	Waterborn-JHB	4:00.00
2	Burger, J	49	Cape Town Master-CP	3:05.00
3	Gasson, M	49	Wahoo-JHB	3:10.00
4	Parkin, T	42	Wahoo-JHB	2:30.00
5	van Reenen, T	41	Synergy-ETH	3:50.00
6	Rothschild, B	29	Wahoo-JHB	2:45.00
7	Parsons, A	38	Wahoo-JHB	3:13.00
8				

**Event 23 Women 200 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 6 Finals**

1	Vorwerk Marren, I	71	Coelacanths-TSH	5:15.00
2	Godfrey, C	73	Cape Town Master-CP	4:30.00
3	Thatcher, A	70	Synergy-ETH	3:52.00
4	Benjamin, L	71	PE Masters-NMA	4:47.00
5	Saunders, W	87	Synergy-ETH	10:56.00
6	Kloos, K	97	Cape Town Master-CP	8:45.00
7	Rees, J	78	Coelacanths-TSH	6:30.00
8	HURWITZ, S	80	Coelacanths-TSH	5:00.00

**Heat 2 of 6 Finals**

1	Keys, E	63	Coelacanths-TSH	5:00.00
2	Jv Vuuren, H	63	Coelacanths-TSH	4:10.00
3	VERRYN, S	61	Coelacanths-TSH	3:45.00
4	MOLLER, H	63	Coelacanths-TSH	4:30.00
5	Louw, N	67	Winelands-CPT	4:05.00
6	Donnelly, C	65	Cape Town Master-CP	4:00.00
7	Matley, T	65	Cape Town Master-CP	4:02.00
8				

**Heat 3 of 6 Finals**

1				
2	Fuchs, M	58	Cape Town Master-CP	4:20.00
3	Sheehy, J	58	Fish Eagles-EDD	3:45.00
4	van Bassen, C	58	Synergy-ETH	3:26.00
5	Dressler, A	58	Coelacanths-TSH	3:30.00
6	Smith, R	58	Waterborn-JHB	3:49.00
7	Burbidge, F	58	Amakhosi-BUF	6:00.00
8				

**Heat 4 of 6 Finals**

1				
2				
3	Labuschagne, P	50	Curro-EZD	3:20.00
4				
5	Bihl, K	52	Cape Town Master-CP	3:16.00
6	Hayes, A	53	Wahoo-JHB	3:30.00
7				
8				

**Heat 5 of 6 Finals**

1				
2	van Niekerk, C	49	Aqua Ahlete-JHB	4:00.00
3	Osborne, T	49	Fish Eagles-EDD	3:30.00
4	Van Breda, B	47	Cape Town Master-CP-RSA	3:08.00
5	Ralfe, S	49	Synergy-ETH	3:10.00
6	Louw, W	45	Ellisras-WB	4:00.00
7				
8				

**Heat 6 of 6 Finals**

1	Conradie, M	36	Coelacanths-TSH	3:29.00
2	Steenkamp, A	36	Cape Town Master-CP	3:20.00
3	Maritz, J	37	Synergy-ETH	3:26.00
4	Botes, N	33	Wahoo-JHB	3:35.00
5	Westphal, J	31	Amakhosi-BUF	3:54.00
6	Levin, A	23	Wahoo-JHB	3:30.00
7	Harrop-Allin, S	43	Coelacanths-TSH	3:00.00
8	Ledbitter, D	29	Wahoo-JHB	3:45.00

**Event 24 Men 50 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 11 Finals**

1	Neu-Ner, M	75	Wahoo-JHB	2:17.00
2	LARCOMBE, P	75	Synergy-ETH	55.00
3	Du Toit, F	75	Cape Town Master-CP	50.00
4	Matisonn, C	77	Cape Town Master-CP	40.00
5	PETERSEN, J	77	Phoenix-JHB	52.00
6	Parkin, B	78	Amakhosi-BUF	59.00
7	McLachlan, D	85	Cape Town Master-CP	58.00
8				

**Heat 2 of 11 Finals**

1				
2	Bolstridge, M	73	Synergy-ETH	40.00
3	Kitsopoulos, S	71	Aqua Ahlete-JHB	40.00
4	Cheadle, H	73	Cape Town Master-CP	38.00
5	Tozer, T	72	Cape Town Master-CP	40.00
6	Hodges, M	69	Cape Town Master-CP	45.00
7	Gordon-Davis, C	67	MEGA-EKU	52.00
8				

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

**Heat 3 Finals (#24 Men 50 LC Meter Butterfly)**

1	Kloos, R	67	Cape Town Master-CP	42.00
2	ARBUTHNOT, D	69	Coelacanth-TSH	38.00
3	Salamon, G	66	FO-Marlins-FOR-NAM	34.00
4	Steynberg, A	66	Cape Town Master-CP	29.00
5	Cones, K	67	Cape Town Master-CP	32.00
6	Roothman, A	68	Cape Town Master-CP	35.00
7	Winfield, M	67	Cape Town Master-CP	41.00
8	Tepper, M	68	MEGA-EKU	43.00

**Heat 4 of 11 Finals**

1				
2	Schoombie, E	64	Fish Eagles-EDD	40.00
3	Hendricks, N	64	Cape Town Master-CP	35.00
4	van Dyk, e	60	Coelacanth-TSH	32.00
5	Brinkman, C	60	FO-Marlins-FOR-NAM	34.00
6	Holshausen, R	64	Cape Town Master-CP	35.00
7	GORDON-DAVIS, K	62	MEGA-EKU	45.00
8				

**Heat 5 of 11 Finals**

1	CROWTHER, B	53	Wahoo-JHB	46.00
2	Alexander, R	54	Cape Town Master-CP	35.00
3	Riccardi, R	50	MEGA-EKU	34.00
4	Papadopoulos, T	50	Coelacanth-TSH	34.00
5	Bradshaw, G	53	Waterborn-JHB	34.00
6	Theunissen, B	52	Cape Town Master-CP	36.00
7	Henry JR, P	58	PE Masters-NMA	1:00.00
8				

**Heat 6 of 11 Finals**

1	Davy, K	59	Wahoo-JHB	39.00
2	von Bardeleben, T	58	Wahoo-JHB	32.00
3	Vd Merwe, J	57	Cape Town Master-CP	30.00
4	Ruck, H	57	Coelacanth-TSH	28.00
5	McLeRoth, G	55	Cape Town Master-CP	30.00
6	Orton, N	59	Cape Town Master-CP	31.00
7	Clark, D	55	Synergy-ETH	35.00
8	Smith, D	55	Waterborn-JHB	42.00

**Heat 7 of 11 Finals**

1	Thompson, G	51	Aqua Ahlete-JHB	32.00
2	Clark, T	51	Cape Town Master-CP	31.00
3	Cloete-Hopkins, A	51	Cape Town Master-CP-RSA	30.00
4	Kahn, G	52	Cape Town Master-CP	28.00
5	Taylor, R	53	Cape Town Master-CP	28.00
6	du Plessis, T	52	Synergy-ETH	30.00
7	Baleka Bey, S	52	FO-Marlins-FOR-NAM	31.00
8	Raccanello, G	52	MEGA-EKU	32.00

**Heat 8 of 11 Finals**

1	Groenevelt, J	46	Cape Town Master-CP	35.00
2	Mastenbroek, R	46	Cape Town Master-CP	31.00
3	Richards, J	45	Cape Town Master-CP	28.00
4	Allan, M	45	Synergy-ETH	26.00
5	Markgraaff, R	48	Wahoo-JHB	28.00
6	Ford, A	47	Wahoo-JHB	30.00
7	Steenkamp, N	45	Cape Town Master-CP	31.00
8				

**Heat 9 of 11 Finals**

1				
2				
3	Gerber, E	44	Fish Eagles-EDD	37.00
4	Allan, B	41	Synergy-ETH	32.00
5	Sassen, G	40	Synergy-ETH	34.00
6				
7				
8				

**Heat 10 of 11 Finals**

1	Jv Vuuren, I	39	BLSS-MAN-MA	34.00
2	Honiball, M	39	FO-Marlins-FOR-NAM	32.00
3	Louw, D	39	FO-Marlins-FOR-NAM	29.00
4	Geldenhuis, J	36	Cape Town Master-CP	27.00
5	Lalin, L	39	Cape Town Master-CP	29.00
6	Kok, C	35	Coelacanth-TSH	30.00
7	Prodehl, M	36	Cape Town Master-CP	32.00
8				

**Heat 11 of 11 Finals**

1	Bowers, M	27	Cape Town Master-CP	32.00
2	Adamson, H	29	Synergy-ETH	30.50
3	Rothschild, B	29	Wahoo-JHB	27.00
4	Opperman, N	29	Cape Town Master-CP	27.00
5	Marchi, R	26	Wahoo-JHB	28.00
6	Winfield, P	28	Cape Town Master-CP	31.00
7	Dellieu, P	24	Wahoo-JHB	36.00
8	van Wyk, J	30	Coelacanth-TSH	25.00

**Event 25 Women 50 LC Meter Butterfly**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 8 Finals**

1	GRAY, A	74	Synergy-ETH	1:28.00
2	Kruger, S	73	Cape Town Master-CP	55.00
3	Mons, M	71	Phoenix-JHB	44.00
4	Lawless, H	73	Wahoo-JHB	52.00
5	CLARK, R	74	Synergy-ETH	1:05.00
6	HURWITZ, S	80	Coelacanth-TSH	1:00.00
7	Craig, E	77	PE Masters-NMA	48.00
8				

**Heat 2 of 8 Finals**

1				
2	Matley, T	65	Cape Town Master-CP	55.00
3	BAILEY, C	68	Synergy-ETH	49.00
4	Reen, P	65	PE Masters-NMA	40.00
5	Lion-Cachet, A	67	Aqua Ahlete-JHB	45.00
6	Hayselden, J	66	PE Masters-NMA	50.00
7	Mienie, E	67	Coelacanth-TSH	59.00
8				

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

## Heat 3 Finals (#25 Women 50 LC Meter Butterfly)

1				
2	Gibson, K	61	Coelacanths-TSH	1:00.00
3	Welgemoed, J	61	Cape Town Master-CP	49.00
4	Stanford, C	61	Cape Town Master-CP	35.00
5	VERRYN, S	61	Coelacanths-TSH	39.00
6	O'Brien, C	62	Aqua Ahlete-JHB	50.00
7	Farrelly, L	60	Fish Eagles-EDD	1:05.00
8				

## Heat 4 of 8 Finals

1	Pietrobon, C	55	Fish Eagles-EDD	1:05.00
2	Sheehy, J	58	Fish Eagles-EDD	41.00
3	DORLAS, S	56	Coelacanths-TSH	38.00
4	Ottermann, E	56	Cape Town Master-CP	31.00
5	Samson, J	56	FO-Marlins-FOR-NAM	36.00
6	Fraatz, B	56	Coelacanths-TSH	38.00
7	Smith, R	58	Waterborn-JHB	48.00
8				

## Heat 5 of 8 Finals

1				
2	Munnik, E	54	Coelacanths-TSH	55.00
3	McBey, A	51	Synergy-ETH	46.00
4	Engela, N	50	Cape Town Master-CP-RSA	35.00
5	Louw, L	54	FO-Marlins-FOR-NAM	39.00
6	Struwig, N	50	Coelacanths-TSH	48.00
7				
8				

## Heat 6 of 8 Finals

1	Cairns, J	49	Coelacanths-TSH	39.00
2	Troup, B	48	Wahoo-JHB	36.00
3	Fagan, J	47	Wahoo-JHB	34.00
4	Cadiz, P	46	Cape Town Master-CP-RSA	33.00
5	Gous, T	46	PE Masters-NMA	33.00
6	Frost, S	47	Cape Town Master-CP	36.00
7	Jacobs, T	46	Cape Town Master-CP	37.00
8	Louw, W	45	Ellisras-WB	40.00

## Heat 7 of 8 Finals

1				
2	Vreenegoor, J	40	Waterborn-JHB	40.00
3	Saporta, A	42	PE Masters-NMA	34.00
4	King, S	42	Cape Town Master-CP	36.00
5	Theron, S	38	Coelacanths-TSH	41.00
6	Strydom, C	35	Wahoo-JHB	31.00
7	Smith, M	37	Cape Town Master-CP	32.00
8				

## Heat 8 of 8 Finals

1				
2	Westphal, J	31	Amakhosi-BUF	1:00.00
3	Bester, E	34	Coelacanths-TSH	33.00
4	Henderson, D	34	PE Masters-NMA	35.00
5	Barit, C	27	Wahoo-JHB	49.00
6	Gillis, N	27	Wahoo-JHB	34.00
7	Egner, K	26	Cape Town Master-CP	38.00
8				

## Event 26 Mixed 800 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 14 Finals

1				
2				
3	Hughes, D	W76	Synergy-ETH	25:00.00
4	WALLACE, R	M81	Waterborn-JHB	24:00.00
5	Grobler, K	M59	Coelacanths-TSH	25:00.00
6				
7				
8				

## Heat 2 of 14 Finals

1	Duncombe, B	M80	Coelacanths-TSH	23:00.00
2	WOLPE, R	M85	Phoenix-JHB	22:00.00
3	Tottle, K	W74	Amakhosi-BUF	21:00.00
4	FERREIRA, M	W73	Wahoo-JHB	20:35.00
5	Vorwerk Marren, I	W71	Coelacanths-TSH	21:00.00
6	Jennings, R	M77	Coelacanths-TSH	22:00.00
7	Dixon, J	W81	Fish Eagles-EDD	22:00.00
8				

## Heat 3 of 14 Finals

1	Burbidge, F	W58	Amakhosi-BUF	19:34.00
2	Lloyd, D	W64	Synergy-ETH	18:03.00
3	Vorster, M	W66	Phoenix-JHB	17:45.00
4	Meaker, J	W74	MEGA-EKU	17:30.00
5	Myers, W	M78	Wahoo-JHB	17:30.00
6	Harington, R	W69	PE Masters-NMA	18:00.00
7	Rees, J	W78	Coelacanths-TSH	19:00.00
8	Keys, E	W63	Coelacanths-TSH	20:21.00

## Heat 4 of 14 Finals

1	Janssens, G	W78	Coelacanths-TSH	17:00.00
2	CLARK, R	W74	Synergy-ETH	16:40.00
3	Dreyer, L	W54	Amakhosi-BUF	16:20.00
4	de Kock, L	W64	Cape Town Master-CP	16:12.00
5	SWANEPOEL, P	M73	Coelacanths-TSH	16:15.00
6	Black, J	W65	Fish Eagles-EDD	16:25.00
7	Ledbitter, D	W29	Wahoo-JHB	17:00.00
8	vd Berg, E	W66	Coelacanths-TSH	17:20.00

## Heat 5 of 14 Finals

1	O'Brien, C	W62	Aqua Ahlete-JHB	16:00.00
2	FYFE, D	M82	Coelacanths-TSH	16:00.00
3	Schoeman, D	M61	Coelacanths-TSH	15:41.00
4	MALTBY, D	M75	Phoenix-JHB	15:30.00
5	Wallace, M	W61	Fish Eagles-EDD	15:37.00
6	Louw, N	W67	Winelands-CPT	15:50.00
7	Hughes, J	M79	Synergy-ETH	16:00.00
8	Muller, J	M52	Aqua Ahlete-JHB	16:00.00

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

**Heat 6 Finals (#26 Mixed 800 LC Meter Freestyle)**

1	Botha, I	W45	Coelacanth-TSH	15:30.00
2	Harker, G	M67	Wahoo-JHB	15:30.00
3	Sundelowitz, S	M72	Coelacanth-TSH	15:00.00
4	Fuchs, M	W58	Cape Town Master-CP	15:00.00
5	FOSTER, K	W63	Coelacanth-TSH	15:00.00
6	Grobler, J	W57	Coelacanth-TSH	15:08.00
7	Murray, S	W62	Wahoo-JHB	15:30.00
8	Godfrey, C	W73	Cape Town Master-CP	15:30.00

**Heat 7 of 14 Finals**

1	GREAVES, G	M56	Phoenix-JHB	14:50.00
2	IRELAND, J	W72	Synergy-ETH	14:38.00
3	BRIDGES, C	W60	Wahoo-JHB	14:30.00
4	Mitchell, T	M75	Wahoo-JHB	14:20.00
5	LARCOMBE, P	M75	Synergy-ETH	14:30.00
6	Clarke, J	W61	Cape Town Master-CP	14:30.00
7	van Reenen, T	M41	Synergy-ETH	14:45.00
8	Barit, C	W27	Wahoo-JHB	15:00.00

**Heat 8 of 14 Finals**

1	Bruining, C	W62	Coelacanth-TSH	14:02.00
2	Botes, N	W33	Wahoo-JHB	14:00.00
3	Viljoen, S	W51	PE Masters-NMA	14:00.00
4	Carstens, F	M52	Coelacanth-TSH	14:00.00
5	O'Brien, G	M62	Aqua Ahlete-JHB	14:00.00
6	Patel, Z	W52	Cape Town Master-CP	14:00.00
7	Grobler, S	M58	PE Masters-NMA	14:02.00
8	van Niekerk, C	W49	Aqua Ahlete-JHB	14:20.00

**Heat 9 of 14 Finals**

1	Wallace, C	M63	Fish Eagles-EDD	13:52.00
2	Macaskill, M	W47	Coelacanth-TSH	13:50.00
3	Ambrose, N	W42	Waterborn-JHB	13:30.00
4	Skidmore, K	M56	Amakhosi-BUF	13:30.00
5	Brewis, J	W68	Cape Town Master-CP	13:30.00
6	FOSTER, N	W65	Cape Town Master-CP	13:30.00
7	Fitzpatrick, M	W60	FO-Marlins-FOR-NAM	13:50.00
8	Msoni, T	W26	Synergy-ETH	13:58.00

**Heat 10 of 14 Finals**

1	Hayes, A	W53	Wahoo-JHB	13:00.00
2	Morgan, C	M56	Coelacanth-TSH	12:55.00
3	DORLAS, S	W56	Coelacanth-TSH	12:45.00
4	Bolstridge, M	M73	Synergy-ETH	12:30.00
5	van Bassen, C	W58	Synergy-ETH	12:36.00
6	Howieson, D	M70	Cape Town Master-CP	12:45.00
7	Mons, M	W71	Phoenix-JHB	12:59.00
8	Naude, C	W55	Waterborn-JHB	13:05.00

**Heat 11 of 14 Finals**

1	Pienaar, E	W58	Amakhosi-BUF	12:30.00
2	Spies, I	M68	Cape Town Master-CP	12:20.00
3	Boshoff, A	W50	Cape Town Master-CP-RSA	12:00.00
4	Fagan, J	W47	Wahoo-JHB	12:00.00
5	Steenkamp, N	M45	Cape Town Master-CP	12:00.00
6	Clark, D	M55	Synergy-ETH	12:00.00
7	Vreenegoor, J	W40	Waterborn-JHB	12:30.00
8	Frost, D	M64	Winelands-CPT	12:30.00

**Heat 12 of 14 Finals**

1	Ralfe, S	W49	Synergy-ETH	11:45.00
2	Kennedy, K	W56	Waterborn-JHB	11:40.00
3	Gous, T	W46	PE Masters-NMA	11:30.00
4	Murphy, P	M61	FO-Marlins-FOR-NAM	11:30.00
5	Henderson, D	W34	PE Masters-NMA	11:30.00
6	Saporta, A	W42	PE Masters-NMA	11:30.00
7	Holshausen, R	M64	Cape Town Master-CP	11:45.00
8	Bruwer, C	W42	FO-Marlins-FOR-NAM	11:50.00

**Heat 13 of 14 Finals**

1	Coetzee, D	W67	Cape Town Master-CP	11:20.00
2	Collins, T	M55	Waterborn-JHB	11:15.00
3	Fubbs, M	M50	Wahoo-JHB	11:14.00
4	Young, R	M58	Cape Town Master-CP	11:00.00
5	Coetzee, I	W43	Coelacanth-TSH	11:12.00
6	Trusler, I	W63	Coelacanth-TSH	11:15.00
7	Upneck, R	M66	Synergy-ETH	11:15.00
8	Sickel, I	W46	FO-Marlins-FOR-NAM	11:20.00

**Heat 14 of 14 Finals**

1	Nurse, K	W43	Cape Town Master-CP	11:00.00
2	Hodges, G	M32	Cape Town Master-CP	10:35.00
3	Ford, C	M48	Coelacanth-TSH	9:49.00
4	Swart, X	M62	Coelacanth-TSH	13.00
5	Marchi, R	M26	Wahoo-JHB	9:40.00
6	Duffy, P	M52	PE Masters-NMA	10:30.00
7	Semple, M	M65	MEGA-EKU	10:40.00
8	Finn, J	M61	Wahoo-JHB	11:00.00

**Event 27 Men 4x50 LC Meter Freestyle Relay**

Lane	Team	Relay	Seed Time
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**Heat 1 of 5 Finals**

1			
2			
3	Coelacanth-TSH	M280 C-RSA	3:29.00
	1) Coetzer, H M67		2) Duncombe, B M80
	3) Jv Vuuren, C M67		4) Jennings, R M77
4	Phoenix-JHB	M280 A-RSA	2:50.00
	1) GREAVES, G M56		2) MALTBY, D M75
	3) WOLPE, R M85		4) PETERSEN, J M77
5	MEGA-EKU	M240 A-RSA	2:55.00
	1) GORDON-DAVIS, B M69		2) Gordon-Davis, C M67
	3) GORDON-DAVIS, K M62		4) Tepper, M M68
6			
7			
8			

**South African Masters Swimming 37th LC Champs****9-12 March 2022 at the UWC pool Bellville WC****Meet Program****Heat 2 Finals (#27 Men 4x50 LC Meter Freestyle Relay)**

1				
2	Wahoo-JHB	M240 F-RSA		2:45.00
	1) Kupfer, K M55		2) CROWTHER, B M53	
	3) Neu-Ner, M M75		4) Davy, K M59	
3	Coelacanth-TSH	M280 B-RSA		2:33.00
	1) HARROP-ALLIN, A M77		2) Swart, X M62	
	3) Sundelowitz, S M72		4) van Niekerk, J M69	
4	Synergy-ETH	M280 A-RSA		2:22.00
	1) Bolstridge, M M73		2) Hughes, J M79	
	3) LARCOMBE, P M75		4) Clark, D M55	
5	Cape Town Master-CP	M240 D-RSA		2:25.00
	1) Alexander, R M54		2) Seale, M M58	
	3) Hodges, M M69		4) McLachlan, D M85	
6	Fish Eagles-EDD	M240 A-RSA		2:42.00
	1) Kok, J M60		2) Wallace, C M63	
	3) Mc Lellan, N M63		4) Schoombie, E M64	
7	Wahoo-JHB	M280 E-RSA		2:45.00
	1) Myers, W M78		2) Schwartz, R M83	
	3) Finn, J M61		4) Mitchell, T M75	
8				

**Heat 3 of 5 Finals**

1	Fish Eagles-EDD	M120 A-RSA		2:16.00
	1) Weideman, A M51		2) Weideman, R M24	
	3) Tallie, F M29		4) Gerber, E M44	
2	Coelacanth-TSH	M280 A-RSA		2:11.00
	1) ARBUTHNOT, D M69		2) DOWNES, T M73	
	3) FYFE, D M82		4) Ruck, H M57	
3	Cape Town Master-CP	M240 C-RSA		2:07.00
	1) Hendricks, N M64		2) Stevens, D M61	
	3) Holshausen, R M64		4) Theunissen, B M52	
4	FO-Marlins-FOR	M200 A-NAM		2:04.00
	1) Brinkman, C M60		2) Theissen, A M52	
	3) Salamon, G M66		4) Honiball, M M39	
5	Cape Town Master-CP	M280 A-RSA		2:05.00
	1) Shead, T M70		2) Tozer, T M72	
	3) Spies, I M68		4) Wilson, D M75	
6	Cape Town Master-CP	M280 B-RSA		2:10.00
	1) Winfield, M M67		2) Roothman, A M68	
	3) Du Toit, F M75		4) Howieson, D M70	
7	Wahoo-JHB	M240 D-RSA		2:15.00
	1) Fubbs, M M50		2) Selmer-Olsen, S M70	
	3) Harker, G M67		4) Duncan, R M60	
8	Cape Town Master-CP	M280 C-RSA		2:20.00
	1) Kloos, R M67		2) Bennetto, P M69	
	3) Cheadle, H M73		4) Matisonn, C M77	

**Heat 4 of 5 Finals**

1	Synergy-ETH	M200 B-RSA		2:03.00
	1) Sassen, G M40		2) Upneck, R M66	
	3) van Reenen, T M41		4) vd Westhuizen, S M53	
2	Cape Town Master-CP	M120 C-RSA		2:00.00
	1) Winfield, P M28		2) Bowers, M M27	
	3) Prodehl, M M36		4) Kloos, M M36	
3	Wahoo-JHB	M200 C-RSA		1:55.00
	1) Ford, A M47		2) Miller, M M70	
	3) von Bardeleben, T M58		4) Botes, R M34	
4	Cape Town Master-CP	M160 B-RSA		1:54.00
	1) Steenkamp, N M45		2) Gilbert, O M52	
	3) Groenevelt, J M46		4) Collier, P M51	
5	Wahoo-JHB	M100 A-RSA		1:55.00
	1) Dellieu, P M24		2) Rothschild, B M29	
	3) Parsons, A M38		4) Marchi, R M26	
6	MEGA-EKU	M200 A-RSA		1:56.00
	1) Raccanello, G M52		2) Riccardi, R M50	
	3) Semple, M M65		4) van der Merwe, A M51	
7	Waterborn-JHB	M200 A-RSA		2:01.00
	1) Collins, T M55		2) Bradshaw, G M53	
	3) Grobler, F M54		4) van Olst, M M47	
8	Coelacanth-TSH	M200 A-RSA		2:04.00
	1) Rankin, B M58		2) STANTON, C M54	
	3) Theron, H M51		4) Morgan, C M56	

**Heat 5 of 5 Finals**

1	Synergy-ETH	M160 A-RSA		1:51.00
	1) du Plessis, T M52		2) Allan, B M41	
	3) Adamson, H M29		4) Allan, M M45	
2	Cape Town Master-CP	M200 C-RSA		1:49.00
	1) Vd Merwe, J M57		2) Clark, T M51	
	3) Orton, N M59		4) Mastenbroek, R M46	
3	Cape Town Master-CP	M200 B-RSA		1:46.00
	1) McLeRoth, G M55		2) Cloete-Hopkins, A M51	
	3) Kahn, G M52		4) Taylor, R M53	
4	Cape Town Master-CP	M160 A-RSA		1:46.00
	1) Lalin, L M39		2) Richards, J M45	
	3) Tyson, M M41		4) WOODS, D M44	
5	Cape Town Master-CP	M120 B-RSA		1:46.00
	1) Opperman, N M29		2) Geldenhuys, J M36	
	3) O'Rahilly, R M36		4) Hodges, G M32	
6	Cape Town Master-CP	M240 B-RSA		1:48.00
	1) Kruger, H M55		2) Maughan, C M58	
	3) Steynberg, A M66		4) Cones, K M67	
7	Wahoo-JHB	M160 B-RSA		1:50.00
	1) Markgraaff, R M48		2) Gasson, M M49	
	3) Parkin, T M42		4) Pieters, J M49	
8	Coelacanth-TSH	M160 A-RSA		1:52.00
	1) Kok, C M35		2) van Wyk, J M30	
	3) Ford, C M48		4) Papadopoulos, T M50	

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

## Event 28 Women 4x50 LC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
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## Heat 1 of 4 Finals

1			
2			
3	Coelacanth-TSH	W240 C-RSA	3:30.00
	1) DORLAS, S W56	2) Munnik, E W54	
	3) Vorwerk Marren, I W71	4) Keys, E W63	
4	Coelacanth-TSH	W240 B-RSA	3:11.00
	1) Gibson, K W61	2) Jv Vuuren, H W63	
	3) MOLLER, H W63	4) Sharp, D W55	
5	Synergy-ETH	W240 A-RSA	3:25.00
	1) Lloyd, D W64	2) Griffiths, B W68	
	3) GRAY, A W74	4) McBey, A W51	

6

7

8

## Heat 2 of 4 Finals

1	Coelacanth-TSH	W200 C-RSA	3:09.00
	1) Coetzee, I W43	2) vd Merwe, R W58	
	3) Venter, K W48	4) Venter, M W56	
2	Coelacanth-TSH	W240 A-RSA	2:55.00
	1) Grobler, J W57	2) Mienie, E W67	
	3) Struwig, N W50	4) vd Berg, E W66	
3	Wahoo-JHB	W200 D-RSA	2:45.00
	1) BRIDGES, C W60	2) Jankelow, K W52	
	3) Hayes, A W53	4) Troup, B W48	
4	Cape Town Master-CP	W280 A-RSA	2:41.00
	1) Kruger, S W73	2) Brewis, J W68	
	3) Donnelly, C W65	4) Zundorf, L W78	
5	Synergy-ETH	W280 A-RSA	2:45.00
	1) BAILEY, C W68	2) IRELAND, J W72	
	3) CLARK, R W74	4) Thatcher, A W70	
6	Phoenix-JHB	W280 A-RSA	2:46.00
	1) CRAWFORD, L W72	2) Hulley, J W80	
	3) Vorster, M W66	4) Mons, M W71	
7	Coelacanth-TSH	W280 A-RSA	3:03.00
	1) Bruining, C W62	2) FYFE, J W75	
	3) HURWITZ, S W80	4) Trusler, I W63	
8	Wahoo-JHB	W280 C-RSA	3:10.00
	1) ALDER, E W65	2) Pieters, L W75	
	3) FERREIRA, M W73	4) Lawless, H W73	

## Heat 3 of 4 Finals

1	Waterborn-JHB	W200 B-RSA	2:39.00
	1) Rouessart, T W52	2) Smith, R W58	
	3) Mason, C W59	4) Naude, C W55	
2	Wahoo-JHB	W100 B-RSA	2:30.00
	1) Levin, A W23	2) Barit, C W27	
	3) Ledbitter, D W29	4) Botes, N W33	
3	Synergy-ETH	W160 A-RSA	2:20.00
	1) van Bassen, C W58	2) Msomi, T W26	
	3) Maritz, J W37	4) Ralfe, S W49	
4	Cape Town Master-CP	W160 C-RSA	2:18.00
	1) Frost, S W47	2) Du Plessis, L W51	
	3) Southgate, J W55	4) Botha, C W27	
5	FO-Marlins-FOR	W160 A-NAM	2:19.00
	1) Sickel, I W46	2) Louw, L W54	
	3) Samson, J W56	4) Obholzer, S W41	
6	Coelacanth-TSH	W200 B-RSA	2:30.00
	1) Peters, G W43	2) Ruck, C W57	
	3) Macaskill, M W47	4) Dressler, A W58	
7	Cape Town Master-CP	W200 B-RSA	2:35.00
	1) Winfield, M W61	2) Patel, Z W52	
	3) Shead, M W34	4) Fuchs, M W58	
8	Cape Town Master-CP	W240 B-RSA	2:41.00
	1) Matley, T W65	2) Clarke, J W61	
	3) Mallow, B W52	4) FOSTER, N W65	

## Heat 4 of 4 Finals

1	Coelacanth-TSH	W200 A-RSA	2:16.00
	1) Cairns, J W49	2) Fraatz, B W56	
	3) Botha, I W45	4) VERRYN, S W61	
2	Coelacanth-TSH	W120 A-RSA	2:06.00
	1) Bester, E W34	2) Conradie, M W36	
	3) Hudson, S W36	4) Wolff, M W29	
3	Cape Town Master-CP	W120 A-RSA	2:03.00
	1) Wolmarans, L W35	2) King, S W42	
	3) Egner, K W26	4) Smith, M W37	
4	Wahoo-JHB	W120 A-RSA	1:58.00
	1) Kupfer, K W25	2) Strydom, C W35	
	3) Gillis, N W27	4) Fagan, J W47	
5	Cape Town Master-CP	W160 B-RSA	2:01.00
	1) Cadiz, P W46	2) Nurse, K W43	
	3) Van Breda, B W47	4) Engela, N W50	
6	Cape Town Master-CP	W200 A-RSA	2:06.00
	1) Jacobs, T W46	2) Bihl, K W52	
	3) Taylor, G W47	4) Strauss, M W58	
7	Cape Town Master-CP	W240 A-RSA	2:10.00
	1) Ottermann, E W56	2) Stanford, C W61	
	3) Coetzee, D W67	4) Welgemoed, J W61	
8	Waterborn-JHB	W160 A-RSA	2:18.00
	1) Martin, T W53	2) Vreenegoor, J W40	
	3) Ambrose, N W42	4) Kennedy, K W56	

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

## Event 29 Men 4x50 LC Meter Medley Relay

Lane	Team	Relay	Seed Time
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## Heat 1 of 4 Finals

1			
2			
3	Wahoo-JHB	M280 E-RSA	3:10.00
	1) Schwartz, R M83	2) Miller, M M70	
	3) Neu-Ner, M M75	4) Myers, W M78	
4	Wahoo-JHB	M200 F-RSA	2:55.00
	1) Botes, R M34	2) CROWTHER, B M53	
	3) Finn, J M61	4) Mitchell, T M75	
5	Coelacanth-TSH	M280 B-RSA	3:06.00
	1) Duncombe, B M80	2) HARROP-ALLIN, A M77	
	3) van Niekerk, J M69	4) Jv Vuuren, C M67	
6	MEGA-EKU	M240 A-RSA	3:15.00
	1) GORDON-DAVIS, K M62	2) Gordon-Davis, C M67	
	3) Tepper, M M68	4) GORDON-DAVIS, B M69	
7			
8			

## Heat 2 of 4 Finals

1	Fish Eagles-EDD	M200 B-RSA	2:45.00
	1) Tallie, F M29	2) Mc Lellan, N M63	
	3) Schoombie, E M64	4) Gerber, E M44	
2	Cape Town Master-CP	M240 C-RSA	2:40.00
	1) Bennetto, P M69	2) Young, R M58	
	3) Hodges, M M69	4) Collier, P M51	
3	Coelacanth-TSH	M280 A-RSA	2:36.00
	1) FYFE, D M82	2) Morgan, C M56	
	3) ARBUTHNOT, D M69	4) DOWNES, T M73	
4	FO-Marlins-FOR	M200 A-NAM	2:33.00
	1) Theissen, A M52	2) Louw, D M39	
	3) Brinkman, C M60	4) Murphy, P M61	
5	Cape Town Master-CP	M160 C-RSA	2:34.00
	1) Kloos, M M36	2) Bowers, M M27	
	3) Prodehl, M M36	4) Morrison, A M74	
6	Cape Town Master-CP	M200 D-RSA	2:39.00
	1) Stevens, D M61	2) Olivier, M M59	
	3) Burger, J M49	4) Kloos, R M67	
7	Synergy-ETH	M280 A-RSA	2:43.00
	1) Hughes, J M79	2) Fechter, W M61	
	3) Bolstridge, M M73	4) LARCOMBE, P M75	
8	Wahoo-JHB	M240 D-RSA	2:45.00
	1) Duncan, R M60	2) Ford, A M47	
	3) Selmer-Olsen, S M70	4) Harker, G M67	

## Heat 3 of 4 Finals

1	Waterborn-JHB	M200 A-RSA	2:24.00
	1) van Olst, M M47	2) Grobler, F M54	
	3) Bradshaw, G M53	4) Collins, T M55	
2	Cape Town Master-CP	M280 A-RSA	2:20.00
	1) Tozer, T M72	2) Shead, T M70	
	3) Steynberg, A M66	4) Wilson, D M75	
3	Cape Town Master-CP	M240 B-RSA	2:18.00
	1) Mastenbroek, R M46	2) Hendricks, N M64	
	3) Holshausen, R M64	4) Spies, I M68	
4	Wahoo-JHB	M200 C-RSA	2:12.00
	1) Kupfer, K M55	2) Fubbs, M M50	
	3) Davy, K M59	4) von Bardeleben, T M58	
5	MEGA-EKU	M200 A-RSA	2:15.00
	1) Semple, M M65	2) van der Merwe, A M51	
	3) Riccardi, R M50	4) Raccanello, G M52	
6	Coelacanth-TSH	M200 A-RSA	2:20.00
	1) Carstens, F M52	2) Theron, H M51	
	3) Papadopoulos, T M50	4) Rankin, B M58	
7	Synergy-ETH	M200 B-RSA	2:21.00
	1) vd Westhuizen, S M53	2) Sassen, G M40	
	3) van Reenen, T M41	4) Upneck, R M66	
8	Cape Town Master-CP	M280 B-RSA	2:28.00
	1) Winfield, M M67	2) Du Toit, F M75	
	3) Roothman, A M68	4) Howieson, D M70	

## Heat 4 of 4 Finals

1	Synergy-ETH	M160 A-RSA	2:04.00
	1) Adamson, H M29	2) Allan, B M41	
	3) Allan, M M45	4) du Plessis, T M52	
2	Wahoo-JHB	M160 B-RSA	2:03.00
	1) Pieters, J M49	2) Parkin, T M42	
	3) Markgraaff, R M48	4) Gasson, M M49	
3	Coelacanth-TSH	M160 A-RSA	2:00.00
	1) van Wyk, J M30	2) STANTON, C M54	
	3) Kok, C M35	4) Ruck, H M57	
4	Cape Town Master-CP	M120 A-RSA	1:55.00
	1) Opperman, N M29	2) Geldenhuys, J M36	
	3) Richards, J M45	4) Hodges, G M32	
5	Cape Town Master-CP	M160 A-RSA	2:00.00
	1) Tyson, M M41	2) Lalin, L M39	
	3) WOODS, D M44	4) O'Rahilly, R M36	
6	Cape Town Master-CP	M200 C-RSA	2:02.00
	1) Cloete-Hopkins, A M51	2) Gilbert, O M52	
	3) Vd Merwe, J M57	4) Clark, T M51	
7	Wahoo-JHB	M100 A-RSA	2:03.00
	1) Marchi, R M26	2) Dellieu, P M24	
	3) Rothschild, B M29	4) Parsons, A M38	
8	Cape Town Master-CP	M160 B-RSA	2:06.00
	1) Theunissen, B M52	2) Winfield, P M28	
	3) Steenkamp, N M45	4) Groenevelt, J M46	

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

## Event 30 Women 4x50 LC Meter Medley Relay

Lane	Team	Relay	Seed Time
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## Heat 1 of 4 Finals

1			
2			
3	PE Masters-NMA	W280 A-RSA	3:50.00
	1) Rosser, W W82	2) Benjamin, L W71	
	3) Craig, E W77	4) Hayselden, J W66	
4	PE Masters-NMA	W240 A-RSA	3:45.00
	1) Harington, R W69	2) Boden, T W57	
	3) Reen, P W65	4) Donian, C W58	
5	Coelacanth-TSH	W280 A-RSA	3:47.00
	1) FYFE, J W75	2) Vorwerk Marren, I W71	
	3) HURWITZ, S W80	4) Sharp, D W55	
6	Cape Town Master-CP	W200 C-RSA	NT
	1) Southgate, J W55	2) Du Plessis, L W51	
	3) Frost, S W47	4) Winfield, M W61	
7			
8			

## Heat 2 of 4 Finals

1	Coelacanth-TSH	W200 D-RSA	3:28.00
	1) Venter, M W56	2) LEDBITTER, L W63	
	3) Venter, K W48	4) Struwig, N W50	
2	Cape Town Master-CP	W280 A-RSA	3:17.00
	1) Brewis, J W68	2) Matley, T W65	
	3) Kruger, S W73	4) Zundorf, L W78	
3	Synergy-ETH	W280 A-RSA	3:08.00
	1) BAILEY, C W68	2) Thatcher, A W70	
	3) IRELAND, J W72	4) CLARK, R W74	
4	Coelacanth-TSH	W200 C-RSA	3:00.00
	1) Hudson, S W36	2) Macaskill, M W47	
	3) Munnik, E W54	4) Mienie, E W67	
5	Phoenix-JHB	W280 A-RSA	3:05.00
	1) Hulley, J W80	2) Mons, M W71	
	3) CRAWFORD, L W72	4) Vorster, M W66	
6	PE Masters-NMA	W160 A-RSA	3:15.00
	1) Young, M W48	2) Viljoen, S W51	
	3) Gous, T W46	4) Saporta, A W42	
7	Synergy-ETH	W240 A-RSA	3:20.00
	1) Lloyd, D W64	2) van Bassen, C W58	
	3) GRAY, A W74	4) Griffiths, B W68	
8	Wahoo-JHB	W280 C-RSA	3:40.00
	1) Pieters, L W75	2) ALDER, E W65	
	3) Lawless, H W73	4) FERREIRA, M W73	

## Heat 3 of 4 Finals

1	Cape Town Master-CP	W200 B-RSA	2:54.00
	1) Mallows, B W52	2) Fuchs, M W58	
	3) Patel, Z W52	4) Clarke, J W61	
2	Coelacanth-TSH	W240 A-RSA	2:52.00
	1) Dressler, A W58	2) Jv Vuuren, H W63	
	3) DORLAS, S W56	4) vd Berg, E W66	
3	Coelacanth-TSH	W160 A-RSA	2:49.00
	1) Coetzee, I W43	2) Botha, I W45	
	3) Peters, G W43	4) Wolff, M W29	
4	Waterborn-JHB	W200 A-RSA	2:44.00
	1) Martin, T W53	2) Mason, C W59	
	3) Kennedy, K W56	4) Ambrose, N W42	
5	Synergy-ETH	W160 A-RSA	2:46.00
	1) McBey, A W51	2) Maritz, J W37	
	3) Ralfe, S W49	4) Msomi, T W26	
6	Cape Town Master-CP	W120 B-RSA	2:50.00
	1) Botha, C W27	2) McFarlane, R W33	
	3) Egner, K W26	4) Shead, M W34	
7	Waterborn-JHB	W200 B-RSA	2:53.00
	1) Naude, C W55	2) Smith, R W58	
	3) Vreenegoor, J W40	4) Rouessart, T W52	
8	Wahoo-JHB	W200 D-RSA	2:55.00
	1) BRIDGES, C W60	2) Foot, L W39	
	3) Troup, B W48	4) Hayes, A W53	

## Heat 4 of 4 Finals

1	Wahoo-JHB	W100 B-RSA	2:30.00
	1) Ledbitter, D W29	2) Botes, N W33	
	3) Gillis, N W27	4) Barit, C W27	
2	Coelacanth-TSH	W200 A-RSA	2:29.00
	1) Bester, E W34	2) Trusler, I W63	
	3) Fraatz, B W56	4) VERRY, S W61	
3	Cape Town Master-CP	W120 A-RSA	2:20.00
	1) Smith, M W37	2) Steenkamp, A W36	
	3) King, S W42	4) Wolmarans, L W35	
4	Cape Town Master-CP	W160 A-RSA	2:18.00
	1) Engela, N W50	2) Van Breda, B W47	
	3) Nurse, K W43	4) Taylor, G W47	
5	Cape Town Master-CP	W200 A-RSA	2:18.00
	1) Cadiz, P W46	2) Bihl, K W52	
	3) Ottermann, E W56	4) Jacobs, T W46	
6	Wahoo-JHB	W120 A-RSA	2:20.00
	1) Kupfer, K W25	2) Levin, A W23	
	3) Strydom, C W35	4) Fagan, J W47	
7	Cape Town Master-CP	W240 A-RSA	2:30.00
	1) Coetzee, D W67	2) Stanford, C W61	
	3) Welgemoed, J W61	4) Strauss, M W58	
8	Coelacanth-TSH	W200 B-RSA	2:40.00
	1) Ruck, C W57	2) Conradie, M W36	
	3) Cairns, J W49	4) Bruining, C W62	



## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

## Event 31 Mixed 4x50 LC Meter Freestyle Relay

Lane	Team	Relay	Seed Time
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## Heat 1 of 7 Finals

1			
2	Fish Eagles-EDD	X320 A-RSA	4:10.00
	1) McDonald, M M77	2) Griffiths, C W78	
	3) Dixon, J W81	4) Borstlap, B M89	
3	Wahoo-JHB	X280 B-RSA	3:40.00
	1) FERREIRA, M W73	2) Mitchell, T M75	
	3) Neu-Ner, M M75	4) Murray, S W62	
4	Coelacanth-TSH	X320 A-RSA	3:22.00
	1) Duncombe, B M80	2) Rees, J W78	
	3) HURWITZ, S W80	4) FYFE, D M82	
5	Coelacanth-TSH	X280 B-RSA	3:34.00
	1) Bruining, C W62	2) Vorwerk Marren, I W71	
	3) Jennings, R M77	4) Sundelowitz, S M72	
6	Cape Town Master-CP	X320 B-RSA	3:57.00
	1) Hendricks, N M64	2) McLachlan, D M85	
	3) Zundorf, L W78	4) Kloos, K W97	

7

8

## Heat 2 of 7 Finals

1	Wahoo-JHB	X280 A-RSA	3:05.00
	1) BRIDGES, C W60	2) Myers, W M78	
	3) Miller, M M70	4) Pieters, L W75	
2	Phoenix-JHB	X280 C-RSA	2:55.00
	1) Hulley, J W80	2) Vorster, M W66	
	3) WOLPE, R M85	4) MALTBY, D M75	
3	Coelacanth-TSH	X280 A-RSA	2:49.00
	1) vd Berg, E W66	2) HARROP-ALLIN, A M77	
	3) FYFE, J W75	4) Swart, X M62	
4	Fish Eagles-EDD	X240 A-RSA	2:45.00
	1) Orren, M W70	2) Wallace, M W61	
	3) Pieterse, T M73	4) Wallace, C M63	
5	Wahoo-JHB	X240 C-RSA	2:45.00
	1) Jankelow, K W52	2) Hayes, A W53	
	3) Selmer-Olsen, S M70	4) Harker, G M67	
6	Waterborn-JHB	X160 B-RSA	2:53.00
	1) Rouessart, T W52	2) Krull, R M35	
	3) Vreenegoor, J W40	4) Smith, D M55	
7	Synergy-ETH	X240 A-RSA	3:04.00
	1) Griffiths, B W68	2) GRAY, A W74	
	3) Fechter, W M61	4) Clark, D M55	
8	Coelacanth-TSH	X240 C-RSA	3:09.00
	1) Coetzer, H M67	2) Mienie, E W67	
	3) Jv Vuuren, H W63	4) Swart, M M46	

## Heat 3 of 7 Finals

1	Synergy-ETH	X160 B-RSA	2:34.00
	1) McBey, A W51	2) Msomi, T W26	
	3) vd Westhuizen, S M53	4) du Plessis, T M52	
2	Cape Town Master-CP	X240 F-RSA	2:31.00
	1) Kloos, R M67	2) Olivier, M M59	
	3) FOSTER, N W65	4) Breitenbach, M W58	
3	Phoenix-JHB	X240 A-RSA	2:30.00
	1) PETERSEN, J M77	2) CRAWFORD, L W72	
	3) GREAVES, G M56	4) Mons, M W71	
4	Cape Town Master-CP	X240 E-RSA	2:27.00
	1) Bennetto, P M69	2) Matley, T W65	
	3) Stevens, D M61	4) Clarke, J W61	
5	Coelacanth-TSH	X200 C-RSA	2:29.00
	1) Jv Vuuren, C M67	2) Ruck, C W57	
	3) Enslin, D W30	4) Carstens, F M52	
6	Cape Town Master-CP	X200 E-RSA	2:31.00
	1) Burger, J M49	2) Patel, Z W52	
	3) Steenkamp, A W36	4) Hodges, M M69	
7	Synergy-ETH	X200 A-RSA	2:32.00
	1) IRELAND, J W72	2) Lloyd, D W64	
	3) Sassen, G M40	4) Allan, B M41	
8	Synergy-ETH	X280 B-RSA	2:36.00
	1) van Bassen, C W58	2) LARCOMBE, P M75	
	3) CLARK, R W74	4) Bolstridge, M M73	

## Heat 4 of 7 Finals

1	Wahoo-JHB	X160 D-RSA	2:25.00
	1) Duncan, R M60	2) Fubbs, M M50	
	3) Foot, L W39	4) Botes, N W33	
2	Cape Town Master-CP	X240 D-RSA	2:22.00
	1) Holshausen, R M64	2) Howieson, D M70	
	3) Winfield, M W61	4) Fuchs, M W58	
3	Coelacanth-TSH	X200 B-RSA	2:20.00
	1) Uitenweerde, L M58	2) Peters, G W43	
	3) Macaskill, M W47	4) Morgan, C M56	
4	Coelacanth-TSH	X200 A-RSA	2:13.00
	1) STANTON, C M54	2) Cairns, J W49	
	3) Botha, I W45	4) Rankin, B M58	
5	Wahoo-JHB	X240 F-RSA	2:15.00
	1) Markgraaff, R M48	2) von Bardeleben, T M58	
	3) Lawless, H W73	4) ALDER, E W65	
6	FO-Marlins-FOR	X200 A-NAM	2:20.00
7	Synergy-ETH	X280 A-RSA	2:23.00
	1) Thatcher, A W70	2) Hughes, J M79	
	3) BAILEY, C W68	4) Upneck, R M66	
8	Cape Town Master-CP	X280 B-RSA	2:25.00
	1) Winfield, M M67	2) Shead, T M70	
	3) Donnelly, C W65	4) Godfrey, C W73	

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

## Heat 5 Finals (#31 Mixed 4x50 LC Meter Freestyle Relay)

1	Cape Town Master-CP	X200	D-RSA	2:11.00
	1) Clark, T M51		2) Gilbert, O M52	
	3) Du Plessis, L W51		4) Mallows, B W52	
2	Waterborn-JHB	X200	A-RSA	2:10.00
	1) Ambrose, N W42		2) Collins, T M55	
	3) Kennedy, K W56		4) van Olst, M M47	
3	Wahoo-JHB	X100	H-RSA	2:10.00
	1) Parsons, A M38		2) Ledbitter, D W29	
	3) Levin, A W23		4) Dellieu, P M24	
4	FO-Marlins-FOR	X160	A-NAM	2:08.00
	1) Obholzer, S W41		2) Sickel, I W46	
	3) Theissen, A M52		4) Louw, D M39	
5	Cape Town Master-CP	X160	D-RSA	2:08.00
	1) Steenkamp, N M45		2) Collier, P M51	
	3) Frost, S W47		4) Shead, M W34	
6	Waterborn-JHB	X200	C-RSA	2:10.00
	1) Martin, T W53		2) Grobler, F M54	
	3) Mason, C W59		4) Bradshaw, G M53	
7	Coelacanth-TSH	X160	A-RSA	2:10.00
	1) Theron, H M51		2) Struwig, N W50	
	3) Hudson, S W36		4) Ford, C M48	
8	Coelacanth-TSH	X240	B-RSA	2:12.00
	1) Papadopoulos, T M50		2) Dressler, A W58	
	3) ARBUTHNOT, D M69		4) Trusler, I W63	

## Heat 6 of 7 Finals

1	Cape Town Master-CP	X240	C-RSA	2:07.00
	1) Cones, K M67		2) Brewis, J W68	
	3) Welgemoed, J W61		4) Orton, N M59	
2	Coelacanth-TSH	X240	A-RSA	2:01.00
	1) DOWNES, T M73		2) VERRYIN, S W61	
	3) Fraatz, B W56		4) Ruck, H M57	
3	Wahoo-JHB	X160	I-RSA	2:00.00
	1) Fagan, J W47		2) Troup, B W48	
	3) Ford, A M47		4) Pieters, J M49	
4	Cape Town Master-CP	X200	C-RSA	1:58.00
	1) Taylor, R M53		2) Vd Merwe, J M57	
	3) Southgate, J W55		4) Bihl, K W52	
5	Synergy-ETH	X160	A-RSA	1:59.00
	1) Maritz, J W37		2) Ralfe, S W49	
	3) Adamson, H M29		4) Allan, M M45	
6	Wahoo-JHB	X120	G-RSA	2:00.00
	1) Gasson, M M49		2) Parkin, T M42	
	3) Barit, C W27		4) Gillis, N W27	
7	Cape Town Master-CP	X100	A-RSA	2:07.00
	1) Winfield, P M28		2) Egner, K W26	
	3) Botha, C W27		4) Bowers, M M27	
8	Cape Town Master-CP	X280	A-RSA	2:07.00
	1) Kruger, S W73		2) Tozer, T M72	
	3) Spies, I M68		4) Coetzee, D W67	

## Heat 7 of 7 Finals

1	Cape Town Master-CP	X160	C-RSA	1:56.00
	1) Cloete-Hopkins, A M51		2) O'Rahilly, R M36	
	3) Taylor, G W47		4) King, S W42	
2	Coelacanth-TSH	X120	A-RSA	1:54.00
	1) Kok, C M35		2) Bester, E W34	
	3) Conradie, M W36		4) van Wyk, J M30	
3	Cape Town Master-CP	X160	B-RSA	1:51.00
	1) Lalin, L M39		2) Richards, J M45	
	3) Van Breda, B W47		4) Cadiz, P W46	
4	Cape Town Master-CP	X200	B-RSA	1:50.00
	1) Ottermann, E W56		2) Kruger, H M55	
	3) Engela, N W50		4) McLeRoth, G M55	
5	Cape Town Master-CP	X120	A-RSA	1:51.00
	1) Opperman, N M29		2) Tyson, M M41	
	3) Smith, M W37		4) Wolmarans, L W35	
6	Wahoo-JHB	X100	E-RSA	1:51.00
	1) Kupfer, K W25		2) Strydom, C W35	
	3) Rothschild, B M29		4) Marchi, R M26	
7	Cape Town Master-CP	X120	B-RSA	1:56.00
	1) Geldenhuis, J M36		2) Hodges, G M32	
	3) Nurse, K W43		4) Jacobs, T W46	
8	Cape Town Master-CP	X240	B-RSA	1:57.00
	1) Maughan, C M58		2) Strauss, M W58	
	3) Stanford, C W61		4) Steynberg, A M66	

## Event 32 Mixed 4x50 LC Meter Medley Relay

Lane	Team	Relay	Seed Time
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## Heat 1 of 7 Finals

1			
2			
3	Phoenix-JHB	X240 A-RSA	NT
	1) Mons, M W71		2) GREAVES, G M56
	3) CRAWFORD, L W72		4) PETERSEN, J M77
4	Cape Town Master-CP	X320 A-RSA	3:55.00
	1) Brewis, J W68		2) Du Toit, F M75
	3) McLachlan, D M85		4) Kloos, K W97
5	Coelacanth-TSH	X320 A-RSA	4:12.00
	1) Duncombe, B M80		2) Rees, J W78
	3) HURWITZ, S W80		4) FYFE, D M82
6			
7			
8			

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

## Heat 2 Finals (#32 Mixed 4x50 LC Meter Medley Relay)

1				
2	Wahoo-JHB	X240	D-RSA	3:40.00
	1) Selmer-Olsen, S M70		2) BRIDGES, C W60	
	3) Neu-Ner, M M75		4) FERREIRA, M W73	
3	Coelacanths-TSH	X200	B-RSA	3:00.00
	1) Knoetze, H M69		2) Macaskill, M W47	
	3) Papadopoulos, T M50		4) Jv Vuuren, H W63	
4	Synergy-ETH	X160	B-RSA	2:56.00
	1) vd Westhuizen, S M53		2) Msomi, T W26	
	3) Clark, D M55		4) Lloyd, D W64	
5	Synergy-ETH	X280	B-RSA	2:58.00
	1) BAILEY, C W68		2) Upneck, R M66	
	3) IRELAND, J W72		4) LARCOMBE, P M75	
6	Synergy-ETH	X240	A-RSA	3:29.00
	1) Griffiths, B W68		2) Fechter, W M61	
	3) van Reenen, T M41		4) GRAY, A W74	
7	Coelacanths-TSH	X240	C-RSA	3:51.00
	1) Venter, M W56		2) Coetzer, H M67	
	3) FYFE, J W75		4) Swart, X M62	
8				

## Heat 3 of 7 Finals

1	Waterborn-JHB	X200	B-RSA	2:53.00
	1) Rouessart, T W52		2) Smith, R W58	
	3) Smith, D M55		4) Krull, R M35	
2	Coelacanths-TSH	X200	C-RSA	2:52.00
	1) Peters, G W43		2) Swart, M M46	
	3) Munnik, E W54		4) Uitenweerde, L M58	
3	Winelands-CPT	X240	A-RSA	2:50.00
	1) Sharkey, T W67		2) Frost, D M64	
	3) Louw, A M69		4) Van Deventer, H W40	
4	Coelacanths-TSH	X240	B-RSA	2:47.00
	1) Jv Vuuren, C M67		2) Morgan, C M56	
	3) DORLAS, S W56		4) Bruining, C W62	
5	Fish Eagles-EDD	X240	C-RSA	2:50.00
	1) McDonald, M M77		2) Kok, J M60	
	3) Pietrobon, C W55		4) Osborne, T W49	
6	Fish Eagles-EDD	X240	B-RSA	2:50.00
	1) Schoombie, E M64		2) Mc Lellan, N M63	
	3) Sheehy, J W58		4) Black, J W65	
7	Synergy-ETH	X280	A-RSA	2:53.00
	1) Hughes, J M79		2) Thatcher, A W70	
	3) Bolstridge, M M73		4) CLARK, R W74	
8	Cape Town Master-CP	X280	C-RSA	2:55.00
	1) Howieson, D M70		2) Matley, T W65	
	3) Roothman, A M68		4) Zundorf, L W78	

## Heat 4 of 7 Finals

1	Wahoo-JHB	X240	B-RSA	2:45.00
	1) Lawless, H W73		2) ALDER, E W65	
	3) Markgraaff, R M48		4) von Bardeleben, T M58	
2	Cape Town Master-CP	X280	B-RSA	2:40.00
	1) Winfield, M M67		2) Godfrey, C W73	
	3) Welgemoed, J W61		4) Wilson, D M75	
3	Wahoo-JHB	X160	H-RSA	2:40.00
	1) Duncan, R M60		2) Botes, N W33	
	3) Fubbs, M M50		4) Foot, L W39	
4	Cape Town Master-CP	X240	D-RSA	2:38.00
	1) Winfield, M W61		2) Seale, M M58	
	3) Cones, K M67		4) Clarke, J W61	
5	Cape Town Master-CP	X160	C-RSA	2:39.00
	1) Alexander, R M54		2) Shead, M W34	
	3) Prodehl, M M36		4) Patel, Z W52	
6	Waterborn-JHB	X160	A-RSA	2:40.00
	1) Martin, T W53		2) Grobler, F M54	
	3) Vreenegoor, J W40		4) van Olst, M M47	
7	Cape Town Master-CP	X240	F-RSA	2:44.00
	1) FOSTER, N W65		2) Young, R M58	
	3) Hodges, M M69		4) Fuchs, M W58	
8	Wahoo-JHB	X280	G-RSA	2:45.00
	1) Pieters, L W75		2) Harker, G M67	
	3) Myers, W M78		4) Murray, S W62	

## Heat 5 of 7 Finals

1	Cape Town Master-CP	X240	E-RSA	2:36.00
	1) Mallows, B W52		2) Hendricks, N M64	
	3) Holshausen, R M64		4) Donnelly, C W65	
2	Wahoo-JHB	X100	E-RSA	2:30.00
	1) Ledbitter, D W29		2) Parsons, A M38	
	3) Rothschild, B M29		4) Levin, A W23	
3	Synergy-ETH	X200	A-RSA	2:30.00
	1) McBey, A W51		2) van Bassen, C W58	
	3) du Plessis, T M52		4) Allan, B M41	
4	Cape Town Master-CP	X200	D-RSA	2:25.00
	1) Mastebroek, R M46		2) Du Plessis, L W51	
	3) Theunissen, B M52		4) Breitenbach, M W58	
5	Coelacanths-TSH	X240	A-RSA	2:30.00
	1) Dressler, A W58		2) HARROP-ALLIN, A M77	
	3) Ruck, H M57		4) VERRYIN, S W61	
6	Coelacanths-TSH	X160	A-RSA	2:30.00
	1) Carstens, F M52		2) Theron, H M51	
	3) Cairns, J W49		4) Botha, I W45	
7	Waterborn-JHB	X200	C-RSA	2:34.00
	1) Kennedy, K W56		2) Collins, T M55	
	3) Bradshaw, G M53		4) Ambrose, N W42	
8	Coelacanths-TSH	X280	A-RSA	2:38.00
	1) Janssens, G W78		2) Trusler, I W63	
	3) ARBUTHNOT, D M69		4) DOWNES, T M73	

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

## Heat 6 Finals (#32 Mixed 4x50 LC Meter Medley Relay)

1	Coelacanths-TSH	X200	A-RSA	2:22.00
	1) Hudson, S W36		2) STANTON, C M54	
	3) Fraatz, B W56		4) Rankin, B M58	
2	Cape Town Master-CP	X200	C-RSA	2:18.00
	1) Southgate, J W55		2) Vd Merwe, J M57	
	3) WOODS, D M44		4) Strauss, M W58	
3	Cape Town Master-CP	X240	A-RSA	2:16.00
	1) Engela, N W50		2) Tozer, T M72	
	3) Stanford, C W61		4) Maughan, C M58	
4	Wahoo-JHB	X120	C-RSA	2:15.00
	1) Gillis, N W27		2) Parkin, T M42	
	3) Ford, A M47		4) Barit, C W27	
5	Wahoo-JHB	X160	F-RSA	2:15.00
	1) Pieters, J M49		2) Gasson, M M49	
	3) Troup, B W48		4) Fagan, J W47	
6	Cape Town Master-CP	X280	A-RSA	2:17.00
	1) Coetzee, D W67		2) Shead, T M70	
	3) Steynberg, A M66		4) Kruger, S W73	
7	Cape Town Master-CP	X120	B-RSA	2:19.00
	1) Winfield, P M28		2) Steenkamp, A W36	
	3) Frost, S W47		4) Hodges, G M32	
8	Cape Town Master-CP	X100	A-RSA	2:24.00
	1) Botha, C W27		2) Bowers, M M27	
	3) Egner, K W26		4) O'Rahilly, R M36	

## Heat 7 of 7 Finals

1	Synergy-ETH	X160	A-RSA	2:08.00
	1) Adamson, H M29		2) Maritz, J W37	
	3) Allan, M M45		4) Ralfe, S W49	
2	Wahoo-JHB	X100	A-RSA	2:05.00
	1) Kupfer, K W25		2) Dellieu, P M24	
	3) Marchi, R M26		4) Strydom, C W35	
3	Cape Town Master-CP	X200	A-RSA	2:05.00
	1) Kahn, G M52		2) Kruger, H M55	
	3) Ottermann, E W56		4) Cadiz, P W46	
4	Cape Town Master-CP	X120	A-RSA	2:01.00
	1) Smith, M W37		2) Geldenhuys, J M36	
	3) Opperman, N M29		4) Wolmarans, L W35	
5	Cape Town Master-CP	X160	A-RSA	2:05.00
	1) Lalin, L M39		2) Van Breda, B W47	
	3) Richards, J M45		4) King, S W42	
6	Coelacanths-TSH	X120	A-RSA	2:05.00
	1) van Wyk, J M30		2) Conradie, M W36	
	3) Kok, C M35		4) Bester, E W34	
7	Cape Town Master-CP	X160	B-RSA	2:08.00
	1) Tyson, M M41		2) Gilbert, O M52	
	3) Nurse, K W43		4) Taylor, G W47	
8	Cape Town Master-CP	X200	B-RSA	2:12.00
	1) Cloete-Hopkins, A M51		2) Bihl, K W52	
	3) Taylor, R M53		4) Jacobs, T W46	

## Event 33 Women 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 11 Finals</b>				
1				
2	Hulley, J	80	Phoenix-JHB	1:30.00
3	HURWITZ, S	80	Coelacanths-TSH	1:20.00
4	Rosser, W	82	PE Masters-NMA	55.00
5	Dixon, J	81	Fish Eagles-EDD	1:20.00
6	Kloos, K	97	Cape Town Master-CP	1:50.00
7	Saunders, W	87	Synergy-ETH	1:40.00
8				
<b>Heat 2 of 11 Finals</b>				
1				
2	FYFE, J	75	Coelacanths-TSH	1:00.00
3	Zundorf, L	78	Cape Town Master-CP	51.00
4	Craig, E	77	PE Masters-NMA	46.00
5	Janssens, G	78	Coelacanths-TSH	46.00
6	Pieters, L	75	Wahoo-JHB	1:00.00
7	Griffiths, C	78	Fish Eagles-EDD	1:10.00
8				
<b>Heat 3 of 11 Finals</b>				
1	Harington, R	69	PE Masters-NMA	1:30.00
2	Mienie, E	67	Coelacanths-TSH	59.00
3	Donnelly, C	65	Cape Town Master-CP	55.00
4	Griffiths, B	68	Synergy-ETH	1:10.00
5	Orren, M	70	Fish Eagles-EDD	52.00
6	Thatcher, A	70	Synergy-ETH	48.00
7	Meaker, J	74	MEGA-EKU	50.00
8	FERREIRA, M	73	Wahoo-JHB	1:15.00
<b>Heat 4 of 11 Finals</b>				
1	FOSTER, N	65	Cape Town Master-CP	54.00
2	Brewis, J	68	Cape Town Master-CP	46.00
3	ALDER, E	65	Wahoo-JHB	44.00
4	Coetzee, D	67	Cape Town Master-CP	39.00
5	Sharkey, T	67	Winelands-CPT	43.00
6	BAILEY, C	68	Synergy-ETH	46.00
7	Black, J	65	Fish Eagles-EDD	51.00
8	Hayselden, J	66	PE Masters-NMA	55.00
<b>Heat 5 of 11 Finals</b>				
1				
2				
3	Bruining, C	62	Coelacanths-TSH	55.00
4	Welgemoed, J	61	Cape Town Master-CP	45.00
5	Winfield, M	61	Cape Town Master-CP	50.00
6				
7				
8				

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

## Heat 6 Finals (#33 Women 50 LC Meter Backstroke)

1				
2	Boden, T	57	PE Masters-NMA	47.00
3	Fraatz, B	56	Coelacanth-TSH	40.00
4	Southgate, J	55	Cape Town Master-CP	39.00
5	Ottermann, E	56	Cape Town Master-CP	40.00
6	Dressler, A	58	Coelacanth-TSH	42.00
7	Venter, M	56	Coelacanth-TSH	55.00
8				

## Heat 7 of 11 Finals

1	Struwig, N	50	Coelacanth-TSH	48.00
2	McBey, A	51	Synergy-ETH	47.00
3	Louw, L	54	FO-Marlins-FOR-NAM	41.00
4	Engela, N	50	Cape Town Master-CP-RSA	35.00
5	Bihl, K	52	Cape Town Master-CP	38.00
6	Mallows, B	52	Cape Town Master-CP	42.00
7	Martin, T	53	Waterborn-JHB	47.00
8	Dreyer, L	54	Amakhosi-BUF	5:00.00

## Heat 8 of 11 Finals

1	Macaskill, M	47	Coelacanth-TSH	45.00
2	Young, M	48	PE Masters-NMA	40.00
3	Jacobs, T	46	Cape Town Master-CP	36.00
4	Cadiz, P	46	Cape Town Master-CP-RSA	34.00
5	Van Breda, B	47	Cape Town Master-CP-RSA	35.00
6	Frost, S	47	Cape Town Master-CP	39.00
7	Osborne, T	49	Fish Eagles-EDD	44.00
8				

## Heat 9 of 11 Finals

1	Hudson, S	36	Coelacanth-TSH	45.00
2	Wolmarans, L	35	Cape Town Master-CP	35.00
3	Smith, M	37	Cape Town Master-CP	33.00
4	Strydom, C	35	Wahoo-JHB	33.00
5	Theron, S	38	Coelacanth-TSH	42.00
6	Peters, G	43	Coelacanth-TSH	44.00
7	King, S	42	Cape Town Master-CP	38.00
8	Van Deventer, H	40	Winelands-CPT	49.00

## Heat 10 of 11 Finals

1				
2				
3	Enslin, D	30	Coelacanth-TSH	1:20.00
4	Bester, E	34	Coelacanth-TSH	35.00
5	Henderson, D	34	PE Masters-NMA	40.00
6	Shead, M	34	Cape Town Master-CP	2:00.00
7				
8				

## Heat 11 of 11 Finals

1				
2	Botha, C	27	Cape Town Master-CP	41.00
3	Gillis, N	27	Wahoo-JHB	36.00
4	Kupfer, K	25	Wahoo-JHB	35.00
5	Ledbitter, D	29	Wahoo-JHB	40.00
6	Levin, A	23	Wahoo-JHB	44.00
7				
8				

## Event 34 Men 50 LC Meter Backstroke

Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 11 Finals</b>				
1	WALLACE, R	81	Waterborn-JHB	1:15.00
2	Schwartz, R	83	Wahoo-JHB	1:00.00
3	FYFE, D	82	Coelacanth-TSH	50.00
4	Duncombe, B	80	Coelacanth-TSH	1:05.00
5	Hills, D	90	PE Masters-NMA	1:24.00
6	Romer, J	91	Cape Town Master-CP	1:50.00
7	Borstlap, B	89	Fish Eagles-EDD	1:10.00
8	Saunders, J	85	Synergy-ETH	1:20.00

## Heat 2 of 11 Finals

1				
2	HARROP-ALLIN, A	77	Coelacanth-TSH	55.00
3	Wilson, G	75	PE Masters-NMA	50.00
4	Wilson, D	75	Cape Town Master-CP	39.00
5	Hughes, J	79	Synergy-ETH	42.00
6	McDonald, M	77	Fish Eagles-EDD	54.00
7	Parkin, B	78	Amakhosi-BUF	55.00
8				

## Heat 3 of 11 Finals

1				
2	Miller, M	70	Wahoo-JHB	48.00
3	Tozer, T	72	Cape Town Master-CP	40.00
4	DOWNES, T	73	Coelacanth-TSH	40.00
5	Cheadle, H	73	Cape Town Master-CP	40.00
6	Morrison, A	74	Cape Town Master-CP	45.00
7	Coetzer, H	67	Coelacanth-TSH	1:20.00
8				

## Heat 4 of 11 Finals

1	Jv Vuuren, C	67	Coelacanth-TSH	49.00
2	Knoetze, H	69	Coelacanth-TSH	45.00
3	van Niekerk, J	69	Coelacanth-TSH	43.00
4	Steynberg, A	66	Cape Town Master-CP	32.00
5	Winfield, M	67	Cape Town Master-CP	35.00
6	Bennetto, P	69	Cape Town Master-CP	43.00
7	Kloos, R	67	Cape Town Master-CP	48.00
8	Gordon-Davis, C	67	MEGA-EKU	54.00

## Heat 5 of 11 Finals

1				
2	Stevens, D	61	Cape Town Master-CP	44.00
3	Holshausen, R	64	Cape Town Master-CP	40.00
4	Duncan, R	60	Wahoo-JHB	36.00
5	Schoombie, E	64	Fish Eagles-EDD	38.00
6	Hendricks, N	64	Cape Town Master-CP	41.00
7	GORDON-DAVIS, K	62	MEGA-EKU	46.00
8				

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

**Heat 6 Finals (#34 Men 50 LC Meter Backstroke)**

1	Kupfer, K	55	Wahoo-JHB	1:00.00
2	Rankin, B	58	Coelacanth-TSH	37.00
3	Orton, N	59	Cape Town Master-CP	33.00
4	Ruck, H	57	Coelacanth-TSH	30.00
5	McLeRoth, G	55	Cape Town Master-CP	32.00
6	Kruger, H	55	Cape Town Master-CP	35.00
7	Grobler, S	58	PE Masters-NMA	50.00
8				

**Heat 7 of 11 Finals**

1				
2				
3	Carstens, F	52	Coelacanth-TSH	45.00
4	Theunissen, B	52	Cape Town Master-CP	38.00
5	CROWTHER, B	53	Wahoo-JHB	45.00
6	Muller, J	52	Aqua Ahlete-JHB	55.00
7				
8				

**Heat 8 of 11 Finals**

1	Clark, T	51	Cape Town Master-CP	35.00
2	Thompson, G	51	Aqua Ahlete-JHB	35.00
3	vd Westhuizen, S	53	Synergy-ETH	33.00
4	Kahn, G	52	Cape Town Master-CP	30.00
5	Cloete-Hopkins, A	51	Cape Town Master-CP-RSA	32.00
6	du Plessis, T	52	Synergy-ETH	35.00
7	Alexander, R	54	Cape Town Master-CP	35.00
8	Theissen, A	52	FO-Marlins-FOR-NAM	36.00

**Heat 9 of 11 Finals**

1				
2	Pieters, J	49	Wahoo-JHB	35.00
3	Groenevelt, J	46	Cape Town Master-CP	32.00
4	Richards, J	45	Cape Town Master-CP	30.00
5	Allan, M	45	Synergy-ETH	31.00
6	Mastenbroek, R	46	Cape Town Master-CP	34.00
7	van Olst, M	47	Waterborn-JHB	37.00
8				

**Heat 10 of 11 Finals**

1	Kloos, M	36	Cape Town Master-CP	45.00
2	Kok, C	35	Coelacanth-TSH	34.00
3	Geldenhuis, J	36	Cape Town Master-CP	30.00
4	Lalin, L	39	Cape Town Master-CP	29.00
5	Louw, D	39	FO-Marlins-FOR-NAM	30.00
6	Jv Vuuren, I	39	BLSS-MAN-MA	37.00
7	Tyson, M	41	Cape Town Master-CP	30.00
8				

**Heat 11 of 11 Finals**

1	Tallie, F	29	Fish Eagles-EDD	40.00
2	Adamson, H	29	Synergy-ETH	32.00
3	Opperman, N	29	Cape Town Master-CP	28.00
4	Marchi, R	26	Wahoo-JHB	31.00
5	Winfield, P	28	Cape Town Master-CP	33.00
6	van Wyk, J	30	Coelacanth-TSH	26.00
7	Botes, R	34	Wahoo-JHB	40.00
8	Dellieu, P	24	Wahoo-JHB	32.00

**Event 35 Women 100 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 9 Finals**

1				
2				
3	Levin, A	23	Wahoo-JHB	1:40.00
4	Kloos, K	97	Cape Town Master-CP	4:20.00
5				
6				
7				
8				

**Heat 2 of 9 Finals**

1	Vorwerk Marren, I	71	Coelacanth-TSH	2:30.00
2	Godfrey, C	73	Cape Town Master-CP	2:05.00
3	Thatcher, A	70	Synergy-ETH	1:48.00
4	IRELAND, J	72	Synergy-ETH	2:00.00
5	Benjamin, L	71	PE Masters-NMA	2:13.00
6	HURWITZ, S	80	Coelacanth-TSH	2:20.00
7	Saunders, W	87	Synergy-ETH	4:50.00
8	Zundorf, L	78	Cape Town Master-CP	2:10.00

**Heat 3 of 9 Finals**

1				
2				
3	Donnelly, C	65	Cape Town Master-CP	1:50.00
4	Matley, T	65	Cape Town Master-CP	1:40.00
5	ALDER, E	65	Wahoo-JHB	1:48.00
6	Louw, N	67	Winelands-CPT	2:00.00
7				
8				

**Heat 4 of 9 Finals**

1				
2	Gibson, K	61	Coelacanth-TSH	2:30.00
3	Jv Vuuren, H	63	Coelacanth-TSH	1:59.00
4	VERRYN, S	61	Coelacanth-TSH	1:40.00
5	Winfield, M	61	Cape Town Master-CP	1:52.00
6	Keys, E	63	Coelacanth-TSH	2:20.00
7	MOLLER, H	63	Coelacanth-TSH	2:50.00
8				

**Heat 5 of 9 Finals**

1	Fuchs, M	58	Cape Town Master-CP	2:00.00
2	Dressler, A	58	Coelacanth-TSH	1:45.00
3	Sheehy, J	58	Fish Eagles-EDD	1:43.00
4	Samson, J	56	FO-Marlins-FOR-NAM	1:35.00
5	van Bassen, C	58	Synergy-ETH	1:41.00
6	Smith, R	58	Waterborn-JHB	1:44.00
7	Pietrobon, C	55	Fish Eagles-EDD	1:56.00
8				

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

**Heat 6 Finals (#35 Women 100 LC Meter Breaststroke)**

1				
2				
3	Hayes, A	53	Wahoo-JHB	1:45.00
4				
5	Labuschagne, P	50	Curro-EZD	1:27.00
6				
7				
8				

**Heat 7 of 9 Finals**

1	Venter, K	48	Coelacanth-TSH	2:00.00
2	Young, M	48	PE Masters-NMA	1:50.00
3	Osborne, T	49	Fish Eagles-EDD	1:40.00
4	Van Breda, B	47	Cape Town Master-CP-RSA	1:25.00
5	Cairns, J	49	Coelacanth-TSH	1:37.00
6	Louw, W	45	Ellisras-WB	1:40.00
7	van Niekerk, C	49	Aqua Athlete-JHB	1:56.00
8				

**Heat 8 of 9 Finals**

1				
2	Foot, L	39	Wahoo-JHB	1:50.00
3	Wolmarans, L	35	Cape Town Master-CP	1:30.00
4	Conradie, M	36	Coelacanth-TSH	1:29.00
5	Maritz, J	37	Synergy-ETH	1:34.00
6	Van Deventer, H	40	Winelands-CPT	1:52.00
7				
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**Heat 9 of 9 Finals**

1				
2	Msomi, T	26	Synergy-ETH	1:58.00
3	Wolff, M	29	Coelacanth-TSH	1:39.00
4	Ledbitter, D	29	Wahoo-JHB	1:45.00
5	Botes, N	33	Wahoo-JHB	1:36.00
6	Westphal, J	31	Amakhosi-BUF	1:43.00
7				
8				

**Event 36 Men 100 LC Meter Breaststroke**

Lane	Name	Age	Team	Seed Time
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**Heat 1 of 6 Finals**

1	Neu-Ner, M	75	Wahoo-JHB	2:40.00
2	HARROP-ALLIN, A	77	Coelacanth-TSH	2:27.00
3	McDonald, M	77	Fish Eagles-EDD	2:10.00
4	Du Toit, F	75	Cape Town Master-CP	1:50.00
5	PETERSEN, J	77	Phoenix-JHB	2:15.00
6	Myers, W	78	Wahoo-JHB	2:30.00
7	Romer, J	91	Cape Town Master-CP	4:10.00
8	Hills, D	90	PE Masters-NMA	4:16.00

**Heat 2 of 6 Finals**

1				
2	Jv Vuuren, C	67	Coelacanth-TSH	2:15.00
3	Louw, A	69	Winelands-CPT	1:45.00
4	Shead, T	70	Cape Town Master-CP	1:20.00
5	Miller, M	70	Wahoo-JHB	1:55.00
6	Raccanello, G	52	MEGA-EKU	1:50.00
7				
8				

**Heat 3 of 6 Finals**

1	Kok, J	60	Fish Eagles-EDD	1:50.00
2	Fechter, W	61	Synergy-ETH	1:35.00
3	Mc Lellan, N	63	Fish Eagles-EDD	1:30.00
4	van Dyk, e	60	Coelacanth-TSH	1:25.00
5	Frost, D	64	Winelands-CPT	1:30.00
6	Hendricks, N	64	Cape Town Master-CP	1:32.00
7	Schoombie, E	64	Fish Eagles-EDD	1:41.00
8	Schoeman, D	61	Coelacanth-TSH	1:53.00

**Heat 4 of 6 Finals**

1	Morgan, C	56	Coelacanth-TSH	1:55.00
2	Smith, D	55	Waterborn-JHB	1:36.00
3	Vd Merwe, J	57	Cape Town Master-CP	1:25.00
4	Kruger, H	55	Cape Town Master-CP	1:20.00
5	Seale, M	58	Cape Town Master-CP	1:25.00
6	Uitenweerde, L	58	Coelacanth-TSH	1:34.00
7	Olivier, M	59	Cape Town Master-CP	1:42.00
8	GREAVES, G	56	Phoenix-JHB	1:56.00

**Heat 5 of 6 Finals**

1	STANTON, C	54	Coelacanth-TSH	1:30.00
2	Fubbs, M	50	Wahoo-JHB	1:29.00
3	van der Merwe, A	51	MEGA-EKU	1:21.00
4	Baleka Bey, S	52	FO-Marlins-FOR-NAM	1:12.00
5	Gilbert, O	52	Cape Town Master-CP	1:17.00
6	vd Westhuizen, S	53	Synergy-ETH	1:25.00
7	Bradshaw, G	53	Waterborn-JHB	1:30.00
8	Theron, H	51	Coelacanth-TSH	1:31.00

**Heat 6 of 6 Finals**

1	Bowers, M	27	Cape Town Master-CP	1:30.00
2	Rothschild, B	29	Wahoo-JHB	1:18.00
3	Marchi, R	26	Wahoo-JHB	1:20.00
4	Parkin, T	42	Wahoo-JHB	1:15.00
5	Allan, B	41	Synergy-ETH	1:32.00
6	Gasson, M	49	Wahoo-JHB	1:23.00
7	Burger, J	49	Cape Town Master-CP	1:36.00
8	Parsons, A	38	Wahoo-JHB	1:24.00

## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

## Event 37 Women 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 11 Finals

1	Hughes, D	76	Synergy-ETH	6:00.00
2	Rees, J	78	Coelacanth-TSH	4:20.00
3	Janssens, G	78	Coelacanth-TSH	3:40.00
4	FYFE, J	75	Coelacanth-TSH	4:10.00
5	Griffiths, C	78	Fish Eagles-EDD	5:00.00
6	Hulley, J	80	Phoenix-JHB	5:00.00
7	Dixon, J	81	Fish Eagles-EDD	5:47.00
8	Tottle, K	74	Amakhosi-BUF	5:02.00

## Heat 2 of 11 Finals

1	FERREIRA, M	73	Wahoo-JHB	4:37.00
2	Orren, M	70	Fish Eagles-EDD	3:55.00
3	CRAWFORD, L	72	Phoenix-JHB	3:40.00
4	Kruger, S	73	Cape Town Master-CP	3:00.00
5	Mons, M	71	Phoenix-JHB	3:05.00
6	CLARK, R	74	Synergy-ETH	3:41.00
7	Meaker, J	74	MEGA-EKU	4:25.00
8	Vorwerk Marren, I	71	Coelacanth-TSH	5:00.00

## Heat 3 of 11 Finals

1	Vorster, M	66	Phoenix-JHB	4:05.00
2	Louw, N	67	Winelands-CPT	3:45.00
3	FOSTER, N	65	Cape Town Master-CP	3:15.00
4	Coetzee, D	67	Cape Town Master-CP	2:40.00
5	Reen, P	65	PE Masters-NMA	3:08.00
6	Brewis, J	68	Cape Town Master-CP	3:20.00
7	vd Berg, E	66	Coelacanth-TSH	3:48.00
8	Griffiths, B	68	Synergy-ETH	5:00.00

## Heat 4 of 11 Finals

1				
2	Burbidge, F	58	Amakhosi-BUF	4:50.00
3	Boden, T	57	PE Masters-NMA	3:10.00
4	Pietrobon, C	55	Fish Eagles-EDD	4:30.00
5	vd Merwe, R	58	Coelacanth-TSH	5:00.00
6	Murray, S	62	Wahoo-JHB	3:45.00
7	Lloyd, D	64	Synergy-ETH	4:16.00
8				

## Heat 5 of 11 Finals

1	BRIDGES, C	60	Wahoo-JHB	3:30.00
2	Bruining, C	62	Coelacanth-TSH	3:15.00
3	Fitzpatrick, M	60	FO-Marlins-FOR-NAM	3:06.00
4	Stanford, C	61	Cape Town Master-CP	2:26.00
5	Trusler, I	63	Coelacanth-TSH	2:32.00
6	Clarke, J	61	Cape Town Master-CP	3:10.00
7	FOSTER, K	63	Coelacanth-TSH	3:15.00
8	Gibson, K	61	Coelacanth-TSH	3:40.00

## Heat 6 of 11 Finals

1	Mason, C	59	Waterborn-JHB	2:55.00
2	Ruck, C	57	Coelacanth-TSH	2:50.00
3	Kennedy, K	56	Waterborn-JHB	2:45.00
4	Fraatz, B	56	Coelacanth-TSH	2:40.00
5	Strauss, M	58	Cape Town Master-CP	2:45.00
6	Pienaar, E	58	Amakhosi-BUF	2:45.00
7	van Bassen, C	58	Synergy-ETH	2:52.00
8	Naude, C	55	Waterborn-JHB	2:59.00

## Heat 7 of 11 Finals

1				
2	Dreyer, L	54	Amakhosi-BUF	3:46.00
3	Jankelow, K	52	Wahoo-JHB	3:30.00
4	Viljoen, S	51	PE Masters-NMA	2:50.00
5	Hayes, A	53	Wahoo-JHB	3:00.00
6	Rouessart, T	52	Waterborn-JHB	3:30.00
7	Munnik, E	54	Coelacanth-TSH	4:20.00
8				

## Heat 8 of 11 Finals

1				
2	Botha, I	45	Coelacanth-TSH	3:18.00
3	Macaskill, M	47	Coelacanth-TSH	2:50.00
4	Gous, T	46	PE Masters-NMA	2:30.00
5	Fagan, J	47	Wahoo-JHB	2:40.00
6	Sickel, I	46	FO-Marlins-FOR-NAM	2:50.00
7				
8				

## Heat 9 of 11 Finals

1	Coetzee, I	43	Coelacanth-TSH	3:15.00
2	Ambrose, N	42	Waterborn-JHB	3:15.00
3	King, S	42	Cape Town Master-CP	2:35.00
4	Nurse, K	43	Cape Town Master-CP	2:25.00
5	Saporta, A	42	PE Masters-NMA	2:30.00
6	Bruwer, C	42	FO-Marlins-FOR-NAM	2:45.00
7	Peters, G	43	Coelacanth-TSH	3:15.00
8				

## Heat 10 of 11 Finals

1				
2	Hudson, S	36	Coelacanth-TSH	3:35.00
3	Conradie, M	36	Coelacanth-TSH	3:00.00
4	Strydom, C	35	Wahoo-JHB	2:16.00
5	Maritz, J	37	Synergy-ETH	2:50.00
6	Theron, S	38	Coelacanth-TSH	3:12.00
7				
8				

## Heat 11 of 11 Finals

1				
2	Msomi, T	26	Synergy-ETH	3:17.00
3	Egner, K	26	Cape Town Master-CP	2:30.00
4	Kupfer, K	25	Wahoo-JHB	2:30.00
5	Botha, C	27	Cape Town Master-CP	2:54.00
6	Bester, E	34	Coelacanth-TSH	2:35.00
7	Enslin, D	30	Coelacanth-TSH	3:24.00
8				



## South African Masters Swimming 37th LC Champs

9-12 March 2022 at the UWC pool Bellville WC

## Meet Program

## Event 38 Men 200 LC Meter Freestyle

Lane	Name	Age	Team	Seed Time
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## Heat 1 of 12 Finals

1				
2				
3	Duncombe, B	80	Coelacanth-TSH	5:10.00
4	FYFE, D	82	Coelacanth-TSH	3:30.00
5	McLachlan, D	85	Cape Town Master-CP	3:50.00
6	WOLPE, R	85	Phoenix-JHB	5:00.00
7				
8				

## Heat 2 of 12 Finals

1	Jennings, R	77	Coelacanth-TSH	4:35.00
2	MALTBY, D	75	Phoenix-JHB	3:40.00
3	LARCOMBE, P	75	Synergy-ETH	3:20.00
4	Matisonn, C	77	Cape Town Master-CP	2:50.00
5	Wilson, D	75	Cape Town Master-CP	3:10.00
6	Mitchell, T	75	Wahoo-JHB	3:30.00
7	Myers, W	78	Wahoo-JHB	3:45.00
8				

## Heat 3 of 12 Finals

1	Selmer-Olsen, S	70	Wahoo-JHB	3:55.00
2	Pieterse, T	73	Fish Eagles-EDD	3:40.00
3	Howieson, D	70	Cape Town Master-CP	2:50.00
4	DOWNES, T	73	Coelacanth-TSH	2:35.00
5	Bolstridge, M	73	Synergy-ETH	2:45.00
6	Sundelowitz, S	72	Coelacanth-TSH	3:30.00
7	SWANEPOEL, P	73	Coelacanth-TSH	3:45.00
8				

## Heat 4 of 12 Finals

1				
2				
3	GORDON-DAVIS, B	69	MEGA-EKU	3:45.00
4	Kloos, R	67	Cape Town Master-CP	3:15.00
5	Harker, G	67	Wahoo-JHB	3:30.00
6	Henry JR, P	58	PE Masters-NMA	3:45.00
7				
8				

## Heat 5 of 12 Finals

1	van Niekerk, J	69	Coelacanth-TSH	3:05.00
2	Cones, K	67	Cape Town Master-CP	2:40.00
3	Spies, I	68	Cape Town Master-CP	2:30.00
4	Semple, M	65	MEGA-EKU	2:27.00
5	Upneck, R	66	Synergy-ETH	2:28.00
6	Roothman, A	68	Cape Town Master-CP	2:40.00
7	Salamon, G	66	FO-Marlins-FOR-NAM	2:55.00
8	Bennetto, P	69	Cape Town Master-CP	3:10.00

## Heat 6 of 12 Finals

1	O'Brien, G	62	Aqua Athlete-JHB	3:05.00
2	Fechter, W	61	Synergy-ETH	2:56.00
3	Holshausen, R	64	Cape Town Master-CP	2:44.00
4	Duncan, R	60	Wahoo-JHB	2:22.00
5	Stevens, D	61	Cape Town Master-CP	2:40.00
6	Swart, X	62	Coelacanth-TSH	2:45.00
7	Wallace, C	63	Fish Eagles-EDD	2:58.00
8	Papadopoulos, T	50	Coelacanth-TSH	3:00.00

## Heat 7 of 12 Finals

1	Morgan, C	56	Coelacanth-TSH	2:55.00
2	Young, R	58	Cape Town Master-CP	2:45.00
3	Collins, T	55	Waterborn-JHB	2:32.00
4	Kruger, H	55	Cape Town Master-CP	2:21.00
5	von Bardeleben, T	58	Wahoo-JHB	2:30.00
6	Clark, D	55	Synergy-ETH	2:35.00
7	Rankin, B	58	Coelacanth-TSH	2:50.00
8	Uitenweerde, L	58	Coelacanth-TSH	3:10.00

## Heat 8 of 12 Finals

1	Theissen, A	52	FO-Marlins-FOR-NAM	2:45.00
2	Theunissen, B	52	Cape Town Master-CP	2:45.00
3	du Plessis, T	52	Synergy-ETH	2:25.00
4	Duffy, P	52	PE Masters-NMA	2:20.00
5	van der Merwe, A	51	MEGA-EKU	2:22.00
6	Riccardi, R	50	MEGA-EKU	2:28.00
7	Grobler, F	54	Waterborn-JHB	2:45.00
8	Collier, P	51	Cape Town Master-CP	2:55.00

## Heat 9 of 12 Finals

1				
2	van Olst, M	47	Waterborn-JHB	2:40.00
3	Pieters, J	49	Wahoo-JHB	2:24.00
4	Markgraaff, R	48	Wahoo-JHB	2:05.00
5	Ford, C	48	Coelacanth-TSH	2:14.00
6	Steenkamp, N	45	Cape Town Master-CP	2:25.00
7	Swart, M	46	Coelacanth-TSH	4:00.00
8				

## Heat 10 of 12 Finals

1				
2				
3	Sassen, G	40	Synergy-ETH	2:35.00
4	Tyson, M	41	Cape Town Master-CP	2:12.00
5	WOODS, D	44	Cape Town Master-CP-RSA	2:21.00
6	Gerber, E	44	Fish Eagles-EDD	2:40.00
7				
8				

## Heat 11 of 12 Finals

1				
2	Krull, R	35	Waterborn-JHB	4:00.00
3	Prodehl, M	36	Cape Town Master-CP	2:17.00
4	Louw, D	39	FO-Marlins-FOR-NAM	2:09.00
5	O'Rahilly, R	36	Cape Town Master-CP	2:15.00
6	Kloos, M	36	Cape Town Master-CP	3:00.00
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**South African Masters Swimming 37th LC Champs****9-12 March 2022 at the UWC pool Bellville WC****Meet Program****Heat 12 Finals (#38 Men 200 LC Meter Freestyle)**

1			
2	Tallie, F	29 Fish Eagles-EDD	3:00.00
3	Opperman, N	29 Cape Town Master-CP	2:05.00
4	Marchi, R	26 Wahoo-JHB	2:10.00
5	Hodges, G	32 Cape Town Master-CP	2:20.00
6	Botes, R	34 Wahoo-JHB	2:45.00
7			
8			