

**South African Masters Swimming 36th LC Champs**  
**11-14 March 2020 at the Delville pool Germiston**  
**Results**

**Women 100-119 4x50 LC Meter Freestyle Relay**

**WORLD record:** 1:50.28 W 2016-10-16 CMC SC -JPN

N HASEGAWA, N MIZUOCHI, S NAWATA, A KAWABATA

**SAMS record:** 1:54.22 S 2015-03-19 Phoenix (Jhb) PHOE-CG

S Gunther, L Cloete, A Landau, E Werth

Team	Relay	Seed Time	Finals Time	Points
1 Coelacanth MSC-TSH	A	2:09.00	2:15.74	20
1) Kotze, Nadene W27	2) Stanton, Stacey W24	3) Ledbitter, Dawn W27	4) Odendaal, Dalena W27	
29.88	1:06.90 (37.02)	1:44.91 (38.01)	2:15.74 (30.83)	
--- Wahoo MSC-JHB	A	2:40.00	NS	

**Women 100-119 4x100 LC Meter Freestyle Relay**

**WORLD record:** 4:06.21 W 2019-05-04 WVZ -NED

M van STRIEN, L van NOORT, I MASSAR, D BADOUX

**SAMS record:** 5:03.62 S 2016-03-18 Coelacanth (Dbn) COEL-NT

H Coetzee, D Ledbitter, M Koller, C Rolt

1 Coelacanth MSC-TSH	A	4:58.00	5:51.00	20
1) Kotze, Nadene W27	2) Stanton, Stacey W24	3) Coetzer, Dida W28	4) Ledbitter, Dawn W27	
31.97	1:07.82 (1:07.82)	1:49.08 (41.26)	2:36.38 (1:28.56)	
3:24.31 (47.93)	4:15.72 (1:39.34)	4:59.60 (43.88)	5:51.00 (1:35.28)	

**Women 100-119 4x50 LC Meter Medley Relay**

**WORLD record:** 2:00.05 W 2015-08-14 NEVA STARS -RUS

E KARETINA, A KUZMICHEVA, A POLIAKOVA, E SHERSHEN

**SAMS record:** 2:15.16 S 2015-03-21 Phoenix (Jhb) PHOE-CG

S Hunter, A Landau, L Cloete, E Werth

1 Coelacanth MSC-TSH	A	2:19.00	2:30.58	20
1) Terblanche, Robin W20	2) Ledbitter, Dawn W27	3) Odendaal, Dalena W27	4) le Roux, Louisa W28	
36.08	1:23.59 (47.51)	1:58.53 (34.94)	2:30.58 (32.05)	
2 Coelacanth MSC-TSH	B	2:55.00	3:05.91	18
1) Coetzer, Dida W28	2) Stanton, Stacey W24	3) Boshoff, Meghan W30	4) Kok, Isabel W31	
54.18	1:45.11 (50.93)	2:30.24 (45.13)	3:05.91 (35.67)	
--- Wahoo MSC-JHB	A	2:55.00	NS	

**Women 120-159 4x50 LC Meter Freestyle Relay**

**WORLD record:** 1:49.03 W 2015-08-14 TSUNAMI -RUS

S KNYAGININA, A FEOKTISTOVA, L YUDINA, I SHLEMOVA

**SAMS record:** 1:52.58 S 2012-06-14 Cape Town (Ric)

E Ottermann, M Strauss, P Cadiz, C Stanford

1 Coelacanth MSC-TSH	A	2:07.00	2:05.86	20
1) Harrop-Allin, Suzanne W41	2) Bester, Esthe W32	3) le Roux, Louisa W28	4) Conradie, Melissa W34	
31.26	1:00.21 (28.95)	1:32.51 (32.30)	2:05.86 (33.35)	
2 Coelacanth MSC-TSH	C	3:01.00	2:43.61	18
1) Boshoff, Meghan W30	2) Gous, Denise W34	3) Coetzer, Dida W28	4) de Villiers, Martjie W42	
40.12	1:20.32 (40.20)	2:00.26 (39.94)	2:43.61 (43.35)	
--- Coelacanth MSC-TSH	B	2:16.00	DQ	
Swimmers ages not within team age group				
1) Macaskill, Mandy W45	2) Vreenegoor, Joanne W38	3) de Souza, Charlene W38	4) Smart, Joanne W40	
38.82	1:12.95 (34.13)	1:46.69 (33.74)	DQ (38.63)	

**Women 120-159 4x100 LC Meter Freestyle Relay**

**WORLD record:** 4:04.10 W 2019-06-15 BIRMINGHAM MASTERS -GBR

K WALKER-STABELER, A LANE, A MCCALL, J CLARK

**SAMS record:** 4:23.76 S 2017-03-16 Aquabear (EL) AQUB-EP

K Moulton, D Henderson, A Saporta, T Gous

1 Coelacanth MSC-TSH	A	5:01.00	5:04.26	20
1) Koller, Maxine W31	2) de Souza, Charlene W38	3) Vreenegoor, Joanne W38	4) Louw, San-Mari W35	
33.18	1:11.25 (1:11.25)	1:49.26 (38.01)	2:31.66 (1:20.41)	
3:08.71 (37.05)	3:49.18 (1:17.52)	4:25.05 (35.87)	5:04.26 (1:15.08)	

## South African Masters Swimming 36th LC Champs

11-14 March 2020 at the Delville pool Germiston

## Results

**(Women 120-159 4x100 LC Meter Freestyle Relay)**

2	Coelacanth MSC-TSH	B	6:11.00	5:21.38	18
	1) Kok, Isabel W31	2) Smart, Joanne W40	3) Gous, Denise W34	4) Bester, Esthe W32	
	37.93	1:23.65 (1:23.65)	2:04.15 (40.50)	2:48.06 (1:24.41)	
	3:28.22 (40.16)	4:14.11 (1:26.05)	4:45.10 (30.99)	5:21.38 (1:07.27)	
---	Wahoo MSC-JHB	B	6:30.00	NS	

**Women 120-159 4x50 LC Meter Medley Relay**

<b>WORLD record:</b>	<b>2:03.42</b>	<b>W</b>	<b>2013-09-22</b>	<b>KONAMI S L</b>	<b>-JPN</b>
				<b>A DOI, Y MIWA, J ONISHI, J ISHIKAWA</b>	
<b>SAMS record:</b>	<b>2:10.32</b>	<b>S</b>	<b>2008-04-22</b>	<b>Cape Town (Per)</b>	
				<b>P Cadiz, M Strauss, R Isakov, E Ottermann</b>	
1	Wahoo MSC-JHB	B	2:15.00	2:21.05	20
	1) Morris, Shirley W38	2) vd Berg, Kirsty W42	3) Strydom, Cyndi W33	4) Fagan, Jaki W45	
	35.67	1:20.03 (44.36)	1:51.50 (31.47)	2:21.05 (29.55)	
2	Coelacanth MSC-TSH	A	2:29.00	2:30.14	18
	1) Bester, Esthe W32	2) Conradie, Melissa W34	3) Vreenegoor, Joanne W38	4) Louw, San-Mari W35	
	37.73	1:19.77 (42.04)	1:57.98 (38.21)	2:30.14 (32.16)	
3	Coelacanth MSC-TSH	B	2:33.00	2:38.88	16
	1) Wiehahn, Jana W43	2) de Souza, Charlene W38	3) Frische, Sabine W34	4) Theron, Sashi W36	
	37.75	1:20.58 (42.83)	2:03.35 (42.77)	2:38.88 (35.53)	

**Women 160-199 4x50 LC Meter Freestyle Relay**

<b>WORLD record:</b>	<b>1:48.44</b>	<b>W</b>	<b>2006-08-08</b>	<b>TEAM TYR</b>	<b>-USA</b>
				<b>S HART, C SAPPEY, A PETTIS-SCOTT, S VON DER LIPPE</b>	
<b>SAMS record:</b>	<b>1:57.63</b>	<b>S</b>	<b>2013-03-15</b>	<b>Cape Town (PE)</b>	
				<b>M Strauss, L Gannon, P Cadiz, E Ottermann</b>	
1	Coelacanth MSC-TSH	A	1:58.00	2:00.60	20
	1) Verryn, Sabine W59	2) Victor, Thilde W38	3) Fraatz, Barbara W54	4) Victor-vd Berg, Yvette W41	
	32.31	1:00.94 (28.63)	1:32.71 (31.77)	2:00.60 (27.89)	
2	Wahoo MSC-JHB	B	2:00.00	2:02.24	18
	1) Strydom, Cyndi W33	2) Fritz, Debbie W49	3) Morris, Shirley W38	4) Fagan, Jaki W45	
	29.03	1:00.94 (31.91)	1:32.70 (31.76)	2:02.24 (29.54)	
3	Cape Town MSC-CPT	A	2:03.00	2:03.77	16
	1) Cadiz, Perry W44	2) Frost, Suzanne W45	3) van Breda, Bridget W45	4) Amner, Claire W46	
	28.93	1:01.86 (32.93)	1:33.20 (31.34)	2:03.77 (30.57)	
4	PE Masters Aquatics-NMA	A	2:10.00	2:08.31	14
	1) Gous, Tracy W44	2) Henderson, Delwen W32	3) Young, Margie W46	4) Saporta, Antonelle W40	
	29.74	1:01.29 (31.55)	1:36.29 (35.00)	2:08.31 (32.02)	
5	Synergy MSC-ETH	A	2:03.00	2:12.06	12
	1) Maritz, Jani W35	2) Cook, Wendy W50	3) Hambloch, Carina W41	4) Ralfe, Sally W47	
	35.10	1:08.88 (33.78)	1:41.51 (32.63)	2:12.06 (30.55)	
6	Waterborn SC - Masters-JHB	A	2:07.00	2:24.45	10
	1) Naude, Caren W53	2) Kennedy, Karen W54	3) Tudorich-Ghemo, Danielle W43	4) Ross, Tannith W33	
	36.80	1:12.07 (35.27)	1:51.68 (39.61)	2:24.45 (32.77)	
7	Phoenix MSC-JHB	C	2:27.00	2:29.11	8
	1) Cruickshanks, Sally-Anne W43	2) Pearse, Nina W45	3) Callanan, Lynne W55	4) Wantenaar, Lara W39	
	43.91	1:20.06 (36.15)	1:57.36 (37.30)	2:29.11 (31.75)	
8	Masters East Gauteng Aquatics-E	A	2:26.00	2:30.68	6
	1) van Biljon, Deidre W48	2) van Rooyen, Christina W44	3) de Montille, Nicole W44	4) Heynes, Rox W37	
	35.31	1:14.58 (39.27)	1:52.43 (37.85)	2:30.68 (38.25)	
---	Synergy MSC-ETH	B	2:21.00	NS	
---	Fish Eagles MSC-EDD	A	2:17.84	NS	
	1) Bishop, Pippy W38	2) Wallace, Mandi W59	3) Roos, Moneque W37	4) Osborne, Tanya W47	
---	Coelacanth MSC-TSH	B	2:25.00	NS	

**South African Masters Swimming 36th LC Champs**  
**11-14 March 2020 at the Delville pool Germiston**  
**Results**

**Women 160-199 4x100 LC Meter Freestyle Relay****WORLD record: 4:06.90 W 2015-06-14 NORTH CAROLINA MASTERS -USA****E BRAUN, J STRINGER, A UHL, K LINDAUER****SAMS record: 4:37.60 S 2016-03-18 Cape Town (Dbn) CPTW-WP****M Strauss, L Gannon, B van Breda, T Osborne**

1	PE Masters Aquatics-NMA	A	4:42.00	4:44.97	20
	1) Gous, Tracy W44	2) Henderson, Delwen W32	3) Bosman, Denise W61	4) Saporta, Antonelle W40	
	31.62	1:07.91 (1:07.91)	1:41.43 (33.52)	2:18.08 (1:10.17)	
	2:55.02 (36.94)	3:33.55 (1:15.47)	4:08.28 (34.73)	4:44.97 (1:11.42)	
2	Wahoo MSC-JHB	A	5:05.00	4:55.34	18
	1) Strydom, Cyndi W33	2) Zografos, Ioanna W45	3) Morris, Shirley W38	4) Fagan, Jaki W45	
	30.87	1:03.78 (1:03.78)	1:44.87 (41.09)	2:34.41 (1:30.63)	
	3:08.07 (33.66)	3:48.45 (1:14.04)	4:19.26 (30.81)	4:55.34 (1:06.89)	
3	Phoenix MSC-JHB	C	5:11.00	5:03.91	16
	1) Hulley, Charlotte W50	2) Callanan, Lynne W55	3) Wantenaar, Lara W39	4) Hunkin, Jaydene W24	
	37.78	1:20.31 (1:20.31)	2:00.79 (40.48)	2:43.89 (1:23.58)	
	3:17.32 (33.43)	3:54.43 (1:10.54)	4:27.78 (33.35)	5:03.91 (1:09.48)	
4	Synergy MSC-ETH	A	4:43.00	5:18.51	14
	1) Frenzel, Petra W51	2) Maritz, Jani W35	3) Hambloch, Carina W41	4) Ralfe, Sally W47	
	39.77	1:31.09 (1:31.09)	2:07.57 (36.48)	2:50.16 (1:19.07)	
	3:24.11 (33.95)	4:01.96 (1:11.80)	4:38.25 (36.29)	5:18.51 (1:16.55)	

**Women 160-199 4x50 LC Meter Medley Relay****WORLD record: 2:04.75 W 2006-08-08 TEAM TYR -USA****J STEIN, S VON DER LIPPE, B CLEARY, C SAPPEY****SAMS record: 2:12.58 S 2019-03-22 Cape Town (PE) CPTW-CPT****T Stanford, B van Breda, K Nurse, P Cadiz**

1	Cape Town MSC-CPT	A	2:15.00	2:16.66	20
	1) Cadiz, Perry W44	2) van Breda, Bridget W45	3) Ottermann, Edith W54	4) Amner, Claire W46	
	33.93	1:13.54 (39.61)	1:45.61 (32.07)	2:16.66 (31.05)	
2	Coelacanth MSC-TSH	A	2:13.00	2:20.39	18
	1) Fraatz, Barbara W54	2) Harrop-Allin, Suzanne W41	3) Koller, Maxine W31	4) Victor-vd Berg, Yvette W41	
	40.87	1:19.63 (38.76)	1:52.88 (33.25)	2:20.39 (27.51)	
3	PE Masters Aquatics-NMA	A	2:23.00	2:25.17	16
	1) Henderson, Delwen W32	2) Viljoen, Sharon W49	3) Gous, Tracy W44	4) Saporta, Antonelle W40	
	37.50	1:21.88 (44.38)	1:52.73 (30.85)	2:25.17 (32.44)	
4	Synergy MSC-ETH	A	2:18.00	2:26.76	14
	1) Hambloch, Carina W41	2) van Bassen, Carryl W56	3) Cook, Wendy W50	4) Ralfe, Sally W47	
	37.16	1:22.24 (45.08)	1:57.40 (35.16)	2:26.76 (29.36)	
5	Cape Town MSC-CPT	B	2:25.00	2:27.82	12
	1) Bihl, Kate W50	2) Steenkamp, Aletta W34	3) Frost, Suzanne W45	4) Gannon, Leigh W47	
	37.69	1:19.85 (42.16)	1:55.61 (35.76)	2:27.82 (32.21)	
6	Synergy MSC-ETH	B	2:50.00	2:47.73	10
	1) McBey, Alison W49	2) Maritz, Jani W35	3) Frenzel, Petra W51	4) Thompson, Terry W58	
	42.53	1:27.83 (45.30)	2:09.40 (41.57)	2:47.73 (38.33)	
7	Coelacanth MSC-TSH	B	2:46.00	3:00.29	8
	1) Terblanche, Ingrid W55	2) Macaskill, Mandy W45	3) Cairns, Jenny W47	4) Venter, Karen W46	
	55.32	1:43.58 (48.26)	2:22.26 (38.68)	3:00.29 (38.03)	
8	Waterborn SC - Masters-JHB	A	2:43.00	3:08.17	6
	1) Ross, Tannith W33	2) du Rand, Dawn W61	3) Adam, Wendy W51	4) Naude, Caren W53	
	52.91	1:54.90 (1:01.99)	2:30.65 (35.75)	3:08.17 (37.52)	
9	Coelacanth MSC-TSH	C	3:16.00	3:19.21	4
	1) Grobler, Jana W55	2) Struwig, Nicky W48	3) de Villiers, Martjie W42	4) Sharp, Debbie W53	
	1:00.57	1:47.71 (47.14)	2:36.00 (48.29)	3:19.21 (43.21)	
---	Phoenix MSC-JHB	C	3:00.00	NS	
	1) Pearse, Nina W45	2) Cruickshanks, Sally-Anne W43	3) Hunkin, Jaydene W24	4) Hulley, Charlotte W50	

**South African Masters Swimming 36th LC Champs**  
**11-14 March 2020 at the Delville pool Germiston**  
**Results**

**Women 200-239 4x50 LC Meter Freestyle Relay**

**WORLD record: 1:56.04 W 2011-03-19 CAPE TOWN MASTERS -RSA**  
**S KRUGER, C STANFORD, M STRAUSS, E OTTERMANN**

**SAMS record: 1:56.04 S 2011-03-19 Cape Town (Oud)**  
**S Kruger, C Stanford, M Strauss, E Ottermann**

1	Cape Town MSC-CPT	A	2:11.00	2:18.42	20
	1) Bihl, Kate W50	2) Landman, Ingrid W53	3) Winfield, Melinda W59	4) Gannon, Leigh W47	
	32.76	1:07.11 (34.35)	1:46.54 (39.43)	2:18.42 (31.88)	
2	Coelacanth MSC-TSH	A	2:12.00	2:20.16	18
	1) Dorlas, Sandra W54	2) Cairns, Jenny W47	3) Boshoff, Anneke W48	4) Wiese, Yolandi W54	
	37.78	1:13.37 (35.59)	1:46.97 (33.60)	2:20.16 (33.19)	
3	Free State MSC-MAN	A	1:48.00	2:27.29	16
	1) Pieterse, Grethel W40	2) van Niekerk, Carolyn W47	3) Richards, Lynette W62	4) Lion-Cachet, Amelia W65	
	34.09	1:12.65 (38.56)	1:51.26 (38.61)	2:27.29 (36.03)	
4	Wahoo MSC-JHB	C	2:45.00	2:34.53	14
	1) Candy, Nikki W38	2) Alder, Elaine W63	3) Bridges, Carole W58	4) Scott, Deb W58	
	39.03	1:17.59 (38.56)	2:00.84 (43.25)	2:34.53 (33.69)	
5	Coelacanth MSC-TSH	B	2:31.00	2:53.45	12
	1) Grobler, Jana W55	2) Dredge, Paula W48	3) Sharp, Debbie W53	4) Venter, Karen W46	
	44.17	1:32.63 (48.46)	2:14.76 (42.13)	2:53.45 (38.69)	
6	Wahoo MSC-JHB	D	3:20.00	3:21.37	10
	1) Gilmartin, Theresa W62	2) O'Mahony, Pearl W43	3) Cronje, Anet W59	4) Murray, Sandy W60	
	47.72	1:43.19 (55.47)	2:34.38 (51.19)	3:21.37 (46.99)	
---	Coelacanth MSC-TSH	C	3:09.00	NS	

**Women 200-239 4x100 LC Meter Freestyle Relay**

**WORLD record: 4:20.68 W 2013-03-14 CAPE TOWN -RSA**  
**S KRUGER, C STANFORD, E OTTERMANN, P CADIZ**

**SAMS record: 4:20.68 S 2013-03-14 Cape Town (PE)**  
**S Kruger, C Stanford, E Ottermann, P Cadiz**

1	Cape Town MSC-CPT	A	4:35.00	4:37.63	20
	1) Cadiz, Perry W44	2) van Breda, Bridget W45	3) Ottermann, Edith W54	4) Degenaar, Jean W60	
	31.11	1:05.04 (1:05.04)	1:38.05 (33.01)	2:13.47 (1:08.43)	
	2:49.12 (35.65)	3:28.14 (1:14.67)	4:01.14 (33.00)	4:37.63 (1:09.49)	
2	Coelacanth MSC-TSH	A	4:51.00	4:54.53	18
	1) Victor-vd Berg, Yvette W41	2) Dorlas, Sandra W54	3) Wiese, Yolandi W54	4) Fraatz, Barbara W54	
	29.08	1:01.05 (1:01.05)	1:41.49 (40.44)	2:26.57 (1:25.52)	
	3:02.39 (35.82)	3:42.78 (1:16.21)	4:16.60 (33.82)	4:54.53 (1:11.75)	
3	Cape Town MSC-CPT	B	4:55.00	5:20.37	16
	1) Coetzee, Diane W65	2) Landman, Ingrid W53	3) Gannon, Leigh W47	4) Frost, Suzanne W45	
	34.69	1:13.42 (1:13.42)	1:50.34 (36.92)	2:32.35 (1:18.93)	
	3:14.67 (42.32)	4:01.81 (1:29.46)	4:39.05 (37.24)	5:20.37 (1:18.56)	
4	PE Masters Aquatics-NMA	A	5:25.00	5:47.06	14
	1) Reen, Patricia W63	2) Young, Margie W46	3) Donian, Chere W56	4) Viljoen, Sharon W49	
	40.59	1:25.65 (1:25.65)	2:07.84 (42.19)	2:53.34 (1:27.69)	
	3:37.40 (44.06)	4:26.71 (1:33.37)	5:04.51 (37.80)	5:47.06 (1:20.35)	
5	Synergy MSC-ETH	A	5:57.00	6:13.51	12
	1) Lloyd, Dawn W62	2) Thompson, Terry W58	3) McBey, Alison W49	4) van Bassen, Carryl W56	
	52.14	1:50.64 (1:50.64)	2:34.16 (43.52)	3:21.27 (1:30.63)	
	4:01.39 (40.12)	4:45.64 (1:24.37)	5:27.41 (41.77)	6:13.51 (1:27.87)	
---	Free State MSC-MAN	A	5:45.00	NS	

**South African Masters Swimming 36th LC Champs**  
**11-14 March 2020 at the Delville pool Germiston**  
**Results**

**Women 200-239 4x50 LC Meter Medley Relay****WORLD record: 2:10.98 W 2008-08-17 OREGON MASTERS -USA****K ANDRUS-HUGHES, B OBLETZ, A DELMAGE, R PARISI****SAMS record: 2:17.21 S 2008-03-14 Cape Town (Dbn)****D Coetzee, G McCarney, E Ottermann, S Kruger**

1	Coelacanth MSC-TSH	A	2:29.00	2:35.29	20
	1) Boshoff, Anneke W48	2) Trusler, Ingrid W61	3) Foster, Kim W61	4) Verryn, Sabine W59	
	40.07	1:25.01 (44.94)	2:02.75 (37.74)	2:35.29 (32.54)	
2	PE Masters Aquatics-NMA	A	2:42.00	2:45.73	18
	1) Harington, Reinette W67	2) Young, Margie W46	3) Reen, Patricia W63	4) Bosman, Denise W61	
	46.23	1:32.64 (46.41)	2:10.72 (38.08)	2:45.73 (35.01)	
3	Wahoo MSC-JHB	C	2:50.00	2:59.02	16
	1) Scott, Deb W58	2) Fritz, Debbie W49	3) Bridges, Carole W58	4) Candy, Nikki W38	
	41.05	1:27.04 (45.99)	2:20.33 (53.29)	2:59.02 (38.69)	
4	Free State MSC-MAN	A	2:55.00	3:02.75	14
	1) van Niekerk, Carolyn W47	2) Richards, Lynette W62	3) Lion-Cachet, Amelia W65	4) Pieterse, Grethel W40	
	48.29	1:42.18 (53.89)	2:28.60 (46.42)	3:02.75 (34.15)	
5	Masters East Gauteng Aquatics-E	A	3:50.00	3:13.37	12
	1) van Biljon, Deidre W48	2) Heynes, Rox W37	3) Meaker, Jane W72	4) de Montille, Nicole W44	
	46.00	1:39.36 (53.36)	2:35.06 (55.70)	3:13.37 (38.31)	
6	Coelacanth MSC-TSH	B	2:45.00	3:26.22	10
	1) Venter, Marli W54	2) Keys, Elmarie W61	3) Kotze, Debbie W59	4) Wiese, Yolandi W54	
	52.82	1:58.17 (1:05.35)	2:52.59 (54.42)	3:26.22 (33.63)	
7	Wahoo MSC-JHB	D	3:40.00	3:35.08	8
	1) Gilmartin, Theresa W62	2) Cronje, Anet W59	3) Barit, Chavah W25	4) Murray, Sandy W60	
	1:03.73	2:02.88 (59.15)	2:52.12 (49.24)	3:35.08 (42.96)	
---	Coelacanth MSC-TSH	C	3:13.00	SCR	

**Women 240-279 4x50 LC Meter Freestyle Relay****WORLD record: 2:00.75 W 2018-03-17 CAPE TOWN MASTERS -RSA****E OTTERMANN, S KRUGER, D COETZEE, C STANFORD****SAMS record: 2:00.75 S 2018-03-17 Cape Town (Pta)****CPTW-CPT****E Ottermann, S Kruger, D Coetzee, C Stanford**

1	Cape Town MSC-CPT	A	2:14.00	2:15.88	20
	1) Ottermann, Edith W54	2) Brewis, Judy W66	3) Degenaar, Jean W60	4) Coetzee, Diane W65	
	28.11	1:01.43 (33.32)	1:42.13 (40.70)	2:15.88 (33.75)	
2	PE Masters Aquatics-NMA	A	2:19.00	2:25.03	18
	1) Reen, Patricia W63	2) Harington, Reinette W67	3) Viljoen, Sharon W49	4) Bosman, Denise W61	
	34.37	1:14.40 (40.03)	1:49.79 (35.39)	2:25.03 (35.24)	
3	Coelacanth MSC-TSH	A	2:22.00	2:25.43	16
	1) Kotze, Debbie W59	2) Bruining, Carol W60	3) Foster, Kim W61	4) Trusler, Ingrid W61	
	36.71	1:16.71 (40.00)	1:51.96 (35.25)	2:25.43 (33.47)	
4	Synergy MSC-ETH	A	2:25.00	2:26.10	14
	1) Bailey, Colleen W66	2) van Bassen, Carryl W56	3) Bromfield, Morag W68	4) Thatcher, Annette W68	
	38.64	1:16.27 (37.63)	1:53.41 (37.14)	2:26.10 (32.69)	
5	Synergy MSC-ETH	B	2:56.00	2:47.57	12
	1) Lloyd, Dawn W62	2) Ireland, Jenny W70	3) Thompson, Terry W58	4) Frenzel, Petra W51	
	47.84	1:31.19 (43.35)	2:09.95 (38.76)	2:47.57 (37.62)	
6	Waterborn SC - Masters-JHB	A	3:07.00	2:53.57	10
	1) Tarr, Nola W52	2) Castle, Karen W61	3) de Beer, Val W66	4) du Rand, Dawn W61	
	40.22	1:20.76 (40.54)	2:11.49 (50.73)	2:53.57 (42.08)	
7	Coelacanth MSC-TSH	B	3:27.00	3:04.82	8
	1) Mienie, Elsie W65	2) Dressler, Annemarie W56	3) Keys, Elmarie W61	4) Moller, Hesta W61	
	44.80	1:20.66 (35.86)	2:12.11 (51.45)	3:04.82 (52.71)	
8	Free State MSC-MAN	A	2:30.00	3:15.63	6
	1) Loxton, Shani W70	2) van Niekerk, Antoinette W72	3) Lordan, Beth W79	4) Olivier, Lienkie W55	
	48.94	1:35.91 (46.97)	2:28.83 (52.92)	3:15.63 (46.80)	

**South African Masters Swimming 36th LC Champs**  
**11-14 March 2020 at the Delville pool Germiston**  
**Results**

**Women 240-279 4x100 LC Meter Freestyle Relay****WORLD record: 4:36.74 W 2019-07-21 NORTH TEXAS LONESTAR -USA****S STONE, K HENDERSON, L MORRISON, J WOOLSLAYER****SAMS record: 4:39.62 S 2016-03-18 Cape Town (Dbn) CPTW-WP****S Kruger, D Coetzee, G McCarney, C Stanford,**

Rank	Team	Swimmer	Time	Swimmer	Time	Swimmer	Time	Swimmer	Time	Total
1	Coelacanth MSC-TSH	A	5:50.00						5:42.28	20
	1) Verryn, Sabine W59	2) Kotze, Debbie W59	3) vd Berg, Elsje W64	4) Trusler, Ingrid W61						
	38.08	1:21.11 (1:21.11)	2:00.60 (39.49)	2:43.44 (1:22.33)						
	3:32.32 (48.88)	3:52.99 (1:09.55)	5:04.22 (1:11.23)	5:42.28 (1:49.29)						
2	Cape Town MSC-CPT	A	5:40.00						5:48.02	18
	1) Brewis, Judy W66	2) Southgate, Jennifer W53	3) Zundorf, Lenchen W76	4) Bihl, Kate W50						
	36.93	1:17.64 (1:17.64)	2:02.39 (44.75)	2:52.10 (1:34.46)						
	3:41.53 (49.43)	4:36.82 (1:44.72)	5:10.46 (33.64)	5:48.02 (1:11.20)						
3	Coelacanth MSC-TSH	B	7:15.00						6:49.74	16
	1) Sandri, Angelika W70	2) Mienie, Elsie W65	3) Bruining, Carol W60	4) McLaren, Isabel W71						
	47.33	1:44.22 (1:44.22)	2:33.22 (49.00)	3:28.20 (1:43.98)						
	4:10.24 (42.04)	4:56.38 (1:28.18)	5:48.22 (51.84)	6:49.74 (1:53.36)						
4	Wahoo MSC-JHB	C	7:50.00						7:20.57	14
	1) Cronje, Anet W59	2) Gilmartin, Theresa W62	3) Lawless, Helen W71	4) Bridges, Carole W58						
	51.62	2:01.95 (2:01.95)	2:53.80 (51.85)	3:55.89 (1:53.94)						
	4:45.11 (49.22)	5:42.09 (1:46.20)	6:27.83 (45.74)	7:20.57 (1:38.48)						

**Women 240-279 4x50 LC Meter Medley Relay****WORLD record: 2:19.90 W 2018-03-16 CAPE TOWN MASTERS -RSA****D COETZEE, C STANFORD, E OTTERMANN, S KRUGER****SAMS record: 2:19.90 S 2018-03-16 Cape Town (Pta) CPTW-CPT****D Coetzee, C Stanford, E Ottermann, S Kruger**

Rank	Team	Swimmer	Time	Swimmer	Time	Swimmer	Time	Swimmer	Time	Total
1	Cape Town MSC-CPT	A	2:35.00						2:41.29	20
	1) Coetzee, Diane W65	2) Donnelly, Chris W63	3) Degenaar, Jean W60	4) Landman, Ingrid W53						
	38.83	1:30.01 (51.18)	2:06.80 (36.79)	2:41.29 (34.49)						
2	Synergy MSC-ETH	A	2:39.00						2:56.58	18
	1) Bromfield, Morag W68	2) Thatcher, Annette W68	3) Bailey, Colleen W66	4) Clark, Rosemary W72						
	40.78	1:26.40 (45.62)	2:12.22 (45.82)	2:56.58 (44.36)						
3	Coelacanth MSC-TSH	A	3:04.00						3:07.54	16
	1) Janssens, Geraldine W76	2) Jv Vuuren, Hannatjie W61	3) Bouwer, Marieke W57	4) Bruining, Carol W60						
	46.09	1:40.74 (54.65)	2:27.78 (47.04)	3:07.54 (39.76)						
4	Free State MSC-MAN	A	3:05.00						3:30.90	14
	1) van Niekerk, Antoinette W72	2) Olivier, Lienkie W55	3) Loxton, Shani W70	4) Lordan, Beth W79						
	56.55	1:44.98 (48.43)	2:39.78 (54.80)	3:30.90 (51.12)						
---	Cape Town MSC-CPT	B	2:59.00						SCR	
---	Synergy MSC-ETH	B	3:50.00						SCR	

**Women 280-319 4x50 LC Meter Freestyle Relay****WORLD record: 2:23.58 W 2019-08-25 OREGON MASTERS -USA****J GETTLING, J WARD, M TOPPEL, K ANDRUS-HUGHES****SAMS record: 2:29.63 S 2018-03-17 Phoenix (Pta) PHOE-JHB****M Davie, A Jones, S Leuner, M Mons**

Rank	Team	Swimmer	Time	Swimmer	Time	Swimmer	Time	Swimmer	Time	Total
1	Phoenix MSC-JHB	A	2:33.00						2:37.53	20
	1) Rollnick, Marissa W69	2) Jones, Anne W75	3) Crawford, Linda W70	4) Mons, Maureen W69						
	38.07	1:18.12 (40.05)	1:59.57 (41.45)	2:37.53 (37.96)						
2	Phoenix MSC-JHB	B	3:20.00						3:03.02	18
	1) Vorster, Merryll W64	2) Gooch, Joelle W65	3) Leuner, Sue W81	4) Hulley, Jane W78						
	48.01	1:29.72 (41.71)	2:19.17 (49.45)	3:03.02 (43.85)						
3	Coelacanth MSC-TSH	A	3:06.00						3:07.64	16
	1) vd Berg, Elsje W64	2) Sandri, Angelika W70	3) McLaren, Isabel W71	4) Rees, Jane W76						
	45.87	1:32.25 (46.38)	2:17.17 (44.92)	3:07.64 (50.47)						
4	Synergy MSC-ETH	A	3:33.00						3:26.34	14
	1) Gray, Ann W72	2) Berridge, Barbara W69	3) Griffiths, Bronwen W66	4) Angelos, Merle W75						
	1:02.92	1:50.64 (47.72)	2:39.08 (48.44)	3:26.34 (47.26)						

**South African Masters Swimming 36th LC Champs****11-14 March 2020 at the Delville pool Germiston****Results****(Women 280-319 4x50 LC Meter Freestyle Relay)**

5	Coelacanth MSC-TSH	B	4:25.00	3:42.88	12
	1) Hanson, Ann W82	2) Burger, Rita W75	3) Vorwerk Marren, Ingrid W69	4) Fyfe, Joyce W73	
	56.78	1:50.64 (53.86)	2:53.56 (1:02.92)	3:42.88 (49.32)	
---	Cape Town MSC-CPT	A	3:30.00	NS	
---	Wahoo MSC-JHB	E	3:40.00	NS	
	1) Adan, Marilyn W69	2) Pieters, Linda W73	3) Ferreira, Mercia W71	4) Lawless, Helen W71	

**Women 280-319 4x100 LC Meter Freestyle Relay****WORLD record: 5:39.58 W 2019-05-04 PSV -NED****I WEEKERS, L GEURTS, P VERHAGEN, C VERHOEVEN****SAMS record: 7:10.81 S 2016-03-18 Coelacanth (Dbn) COEL-NT****R Burger, A Hanson, J Fyfe, A Sandri**

1	Phoenix MSC-JHB	A	5:50.00	6:02.25 S	20
	1) Rollnick, Marissa W69	2) Jones, Anne W75	3) Crawford, Linda W70	4) Mons, Maureen W69	
	43.92	1:31.28 (1:31.28)	2:15.81 (44.53)	3:04.66 (1:33.38)	
	3:49.38 (44.72)	4:40.65 (1:35.99)	5:20.79 (40.14)	6:02.25 (1:21.60)	
2	Synergy MSC-ETH	A	6:36.00	6:46.95 S	18
	1) Angelos, Merle W75	2) Clark, Rosemary W72	3) Bailey, Colleen W66	4) Bromfield, Morag W68	
	57.21	2:00.63 (2:00.63)	2:46.99 (46.36)	3:42.00 (1:41.37)	
	4:29.39 (47.39)	5:17.78 (1:35.78)	6:00.71 (42.93)	6:46.95 (1:29.17)	
3	Phoenix MSC-JHB	B	7:19.00	7:06.66 S	16
	1) Vorster, Merryll W64	2) Gooch, Joelle W65	3) Leuner, Sue W81	4) Hulley, Jane W78	
	52.02	1:52.38 (1:52.38)	2:39.49 (47.11)	3:31.44 (1:39.06)	
	4:22.66 (51.22)	5:17.74 (1:46.30)	6:07.93 (50.19)	7:06.66 (1:48.92)	
4	Coelacanth MSC-TSH	A	9:48.00	8:17.18	14
	1) Fyfe, Joyce W73	2) Rees, Jane W76	3) Burger, Rita W75	4) Vorwerk Marren, Ingrid W69	
	56.26	1:55.75 (1:55.75)	2:52.63 (56.88)	3:53.70 (1:57.95)	
	4:51.73 (58.03)	5:53.56 (1:59.86)	7:01.52 (1:07.96)	8:17.18 (2:23.62)	

**Women 280-319 4x50 LC Meter Medley Relay****WORLD record: 2:41.43 W 2019-08-24 OREGON MASTERS -USA****K ANDRUS-HUGHES, J GETTLING, M TOPPEL, J WARD****SAMS record: 2:59.44 S 2018-03-16 Phoenix (Pta) PHOE-JHB****M Davie, A Jones, M Mons, S Leuner**

1	Phoenix MSC-JHB	A	3:08.00	3:15.33	20
	1) Mons, Maureen W69	2) Jones, Anne W75	3) Crawford, Linda W70	4) Rollnick, Marissa W69	
	48.36	1:41.27 (52.91)	2:36.61 (55.34)	3:15.33 (38.72)	
2	Synergy MSC-ETH	A	3:39.00	3:28.32	18
	1) Angelos, Merle W75	2) Berridge, Barbara W69	3) Ireland, Jenny W70	4) Griffiths, Bronwen W66	
	55.56	1:50.18 (54.62)	2:37.96 (47.78)	3:28.32 (50.36)	
3	Phoenix MSC-JHB	B	4:15.00	3:49.74	16
	1) Hulley, Jane W78	2) van Niekerk, Theresa W61	3) Leuner, Sue W81	4) Gooch, Joelle W65	
	56.07	1:57.00 (1:00.93)	3:49.74 (1:52.74)		
4	Coelacanth MSC-TSH	A	4:10.00	3:49.88	14
	1) Fyfe, Joyce W73	2) Vorwerk Marren, Ingrid W69	3) Sandri, Angelika W70	4) McLaren, Isabel W71	
	57.19	2:06.55 (1:09.36)	3:03.15 (56.60)	3:49.88 (46.73)	
5	Coelacanth MSC-TSH	B	4:50.00	4:19.59	12
	1) Mienie, Elsie W65	2) vd Berg, Elsje W64	3) Rees, Jane W76	4) Hanson, Ann W82	
	51.26	1:49.08 (57.82)	3:20.81 (1:31.73)	4:19.59 (58.78)	
---	Wahoo MSC-JHB	E	4:20.00	NS	
	1) Adan, Marilyn W69	2) Thompson, Jean W69	3) Lawless, Helen W71	4) Pieters, Linda W73	