

## South African Masters Swimming 37th LC Champs Open Water

13 March 2022 at Elgin River Lodge, Grabouw

## Results

**Event 2 Women 35-39 3k Open Water 3 Kilometre**

44:13.00 35-39 SAOW SAMS Open Water 3km

Name	Age	Team	Seed Time	Finals Time	SAOW	Points
1 Stanford, Tarryn	36	Cape Town MSC-CP	38:32.00	38:32.00	SAOW	24

**Event 2 Women 40-44 3k Open Water 3 Kilometre**

43:49.00 40-44 SAOW SAMS Open Water 3km

1 Ambrose, Nicky	42	Waterborn SC - Masters-JH	46:45.00	46:45.00		24
2 Vreenegoor, Joanne	40	Waterborn SC - Masters-JH	50:24.00	50:24.00		20

**Event 2 Women 45-49 3k Open Water 3 Kilometre**

44:51.00 45-49 SAOW SAMS Open Water 3km

1 Amner, Claire	48	Cape Town MSC-CP	43:32.00	43:32.00	SAOW	24
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**Event 2 Women 50-54 3k Open Water 3 Kilometre**

45:53.00 50-54 SAOW SAMS Open Water 3km

1 Boshoff, Anneke	50	Cape Town MSC-CP	44:13.00	44:13.00	SAOW	24
2 Viljoen, Sharon	51	Port Elizabeth Masters-NM	48:30.00	48:30.00		20
3 Patel, Zarina	52	Cape Town MSC-CP	53:11.00	53:11.00		16
4 Potgieter, Liezel	54	Cape Town MSC-CP	1:00:14.00	1:00:14.00		14
5 Jankelow, Karen	52	Wahoo Masters-JH	1:00:29.00	1:00:29.00		12

**Event 2 Women 55-59 3k Open Water 3 Kilometre**

46:00.00 55-59 SAOW SAMS Open Water 3km

1 Kennedy, Karen	56	Waterborn SC - Masters-JH	46:25.00	46:25.00		24
2 Mason, Carol	59	Waterborn SC - Masters-JH	48:40.00	48:40.00		20

**Event 2 Women 60-64 3k Open Water 3 Kilometre**

49:21.00 60-64 SAOW SAMS Open Water 3km

1 Trusler, Ingrid	63	Coelacanth MSC-TS	45:42.00	45:42.00	SAOW	24
2 Degenaar, Jean	62	Cape Town MSC-CP	47:46.00	47:46.00	SAOW	20
3 McCarney, Gail	63	Cape Town MSC-CP	50:00.00	50:00.00		16
4 Gibson, Karen	61	Coelacanth MSC-TS	52:06.00	52:06.00		14
5 O'Brien, Carol	62	Aqua Athlete AC - Masters-JH	53:02.00	53:02.00		12
6 Bridges, Carole	60	Wahoo Masters-JH	54:06.00	54:06.00		10
7 Verry, Sabine	61	Coelacanth MSC-TS	55:15.00	55:15.00		8
8 Welgemoed, Janine	61	Cape Town MSC-CP	57:00.00	57:00.00		6
9 Wallace, Mandi	61	FISH EAGLE MASTERS-ED	58:02.00	58:02.00		4
10 de Kock, Lindsay	64	Winelands MSC-CP	1:06:59.00	1:06:59.00		2

**Event 2 Women 65-69 3k Open Water 3 Kilometre**

54:37.00 65-69 SAOW SAMS Open Water 3km

1 Louw, Niki	67	Winelands MSC-CP	1:01:56.00	1:01:56.00		24
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**Event 2 Women 75-79 3k Open Water 3 Kilometre**

1:08:50.00 75-79 SAOW SAMS Open Water 3km

1 Craig, Elsa	77	Port Elizabeth Masters-NM	1:04:04.00	1:04:04.00	SAOW	24
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**Event 2 Men 45-49 3k Open Water 3 Kilometre**

39:42.00 45-49 SAOW SAMS Open Water 3km

1 Ford, Coillard	48	Coelacanth MSC-TS	39:01.00	39:01.00	SAOW	24
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**Event 2 Men 50-54 3k Open Water 3 Kilometre**

41:18.00 50-54 SAOW SAMS Open Water 3km

1 Heller, Terry	51	Wahoo Masters-JH	38:07.00	38:07.00	SAOW	24
2 Duffy, PJ	52	Port Elizabeth Masters-NM	43:08.00	43:08.00		20
3 Carstens, FC	52	Coelacanth MSC-TS	58:52.00	58:52.00		16

**Event 2 Men 55-59 3k Open Water 3 Kilometre**

43:49.00 55-59 SAOW SAMS Open Water 3km

1 Young, Roger	58	Cape Town MSC-CP	45:03.00	45:03.00		24
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**South African Masters Swimming 37th LC Champs Open Water****13 March 2022 at Elgin River Lodge, Grabouw****Results****Event 2 Men 60-64 3k Open Water 3 Kilometre****45:12.00 60-64 SAOW SAMS Open Water 3km**

1	Duncan, Ross	60	Wahoo Masters-JH	45:39.00	45:39.00		24
2	O'Brien, Gene	62	Aqua Athlete AC - Masters-JH	50:55.00	50:55.00		20
3	Wallace, Cliff	63	FISH EAGLE MASTERS-ED	53:30.00	53:30.00		16

**Event 2 Men 65-69 3k Open Water 3 Kilometre****48:32.00 65-69 SAOW SAMS Open Water 3km**

1	Spies, Izak	68	Cape Town MSC-CP	45:36.00	45:36.00	SAOW	24
2	Louw, Attie	69	Winelands MSC-CP	54:47.00	54:47.00		20
3	Harker, Guy	67	Wahoo Masters-JH	57:03.00	57:03.00		16

**Event 2 Men 70-74 3k Open Water 3 Kilometre****51:44.00 70-74 SAOW SAMS Open Water 3km**

1	Sundelowitz, Selwyn	72	Coelacanth MSC-TS	1:01:34.00	1:01:34.00		24
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**Event 2 Men 75-79 3k Open Water 3 Kilometre****58:48.00 75-79 SAOW SAMS Open Water 3km**

1	Maltby, Derek	75	Phoenix MSC-JH	57:07.00	57:07.00	SAOW	24
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