

SAMS Short Course Championships 2019
Stellenbosch University 20th October 2019

Results

Event 1 Women 45-49 100 SC Meter Freestyle

SA Record: 1:04.22 S 1-2012 W. v Niekerk
 WP Record: 1:03.17 p 7-2014
 1:01.67 45-49 SAQ
 1:06.06 45-49 WPQ

1 Mallows, Bev 49 DOLP-WP 1:20.15

Event 1 Men 19-24 100 SC Meter Freestyle

SA Record: 53.07 S 9-2019 Francois Rossouw
 WP Record: 53.07 p 9-2019 F Rossouw
 51.26 19-24 SAQ
 55.03 19-24 WPQ

1 Rossouw, Francois 23 TYGM-WP 53.27 WPQ
 2 Manchest, Avron 24 CPTW-WP 57.57
 3 Matabele, Tshepang 21 CPTW-WP 1:03.56
 4 van Niekerk, Camerine 22 CPTW-WP 1:08.60
 5 Nichols, Ridewaan 24 CPTW-WP 1:27.47

Event 1 Men 25-29 100 SC Meter Freestyle

SA Record: 51.60 S 10-2011 Chris King
 WP Record: 51.60 p 10-2011 Chris King
 51.10 25-29 SAQ
 55.03 25-29 WPQ

1 Hodges, Graham 29 CPTW-WP 1:07.74

Event 1 Men 35-39 100 SC Meter Freestyle

SA Record: 53.22 S 10-2015 B Reen
 WP Record: 56.26 p 10-2011 Nick Turner
 52.63 35-39 SAQ
 56.31 35-39 WPQ

1 Joseph, Yusuf 36 CPTW-WP 1:04.59

Event 1 Men 45-49 100 SC Meter Freestyle

SA Record: 54.64 S 9-1995 Terry Downes
 WP Record: 55.06 p 10-2013 Clavin Maughan
 54.45 45-49 SAQ
 58.29 45-49 WPQ

1 Higgs, Grant 49 TYGM-WP 1:15.77

Event 1 Men 50-54 100 SC Meter Freestyle

SA Record: 54.79 S 10-2017 Calvin Maughin
 WP Record: 54.79 p 10-2017 Calvin Maughan
 54.70 50-54 SAQ
 59.98 50-54 WPQ

1 McLeRoth, Greg 52 CPTW-WP 58.18 WPQ

Event 1 Men 55-59 100 SC Meter Freestyle

SA Record: 58.94 S 7-2012 Andre Steynberg
 WP Record: 1:02.29 p 4-2008 Doug Howieson
 57.54 55-59 SAQ
 1:02.03 55-59 WPQ

1 Steyn, Glenn 59 CPTW-WP 1:08.99

Event 1 Men 60-64 100 SC Meter Freestyle

SA Record: 59.74 S 10-2009 Terry Downes
 WP Record: 1:03.63 p 7-2017 Paul Stevenson
 1:00.04 60-64 SAQ
 1:05.21 60-64 WPQ

1 Platte, Gary 63 WINE-WP 1:32.95

Event 1 Men 65-69 100 SC Meter Freestyle

SA Record: 1:04.54 S 5-2014 Terry Downes
 WP Record: 1:06.20 p 7-2019 Izak Spies
 1:03.38 65-69 SAQ
 1:08.70 65-69 WPQ

1 Spies, Izak 65 CPTW-WP 1:08.24 WPQ

Event 2 Women 30-34 400 SC Meter IM

SA Record: 5:32.60 S 8-2000 Rachelle Isakov
 WP Record: 5:33.48 p 8-2019 Tarryn Stanford
 5:15.30 30-34 SAQ
 5:41.84 30-34 WPQ

1 Stanford, Tarryn 33 CPTW-WP 5:25.50 S p WPQ

Event 2 Women 55-59 400 SC Meter IM

SA Record: 6:01.44 S 8-2018 Cecilia Stanford
 WP Record: 6:01.44 p 8-2018 Cecilia Stanford
 6:05.04 55-59 SAQ
 6:30.59 55-59 WPQ

1 Degenaar, Jean 59 CPTW-WP 6:36.43

Event 2 Men 19-24 400 SC Meter IM

SA Record: 4:54.41 S 10-2010 Tyrone Venter
 4:44.90 19-24 SAQ
 5:04.84 19-24 WPQ

1 Matabele, Tshepang 21 CPTW-WP 6:39.54

Event 3 Women 45-49 50 SC Meter Backstroke

SA Record: 34.48 S 4-2018 Norelle Engela
 WP Record: 34.48 p 4-2018 Norelle Engela
 32.44 45-49 SAQ
 35.03 45-49 WPQ

1 Bihl, Kate 49 CPTW-WP 38.55

2 Mallows, Bev 49 DOLP-WP 41.70

Event 3 Women 55-59 50 SC Meter Backstroke

SA Record: 35.50 S 10-2013 Di Coetzee
 WP Record: 35.50 p 10-2013 Di Coetzee
 35.34 55-59 SAQ
 38.15 55-59 WPQ

1 Degenaar, Jean 59 CPTW-WP 40.18

Event 3 Men 19-24 50 SC Meter Backstroke

SA Record: 28.75 S 8-2001 S. Malan
 WP Record: 34.59 p 8-2003 Daniel Berk
 25.98 19-24 SAQ
 28.12 19-24 WPQ

1 Manchest, Avron 24 CPTW-WP 35.68

Event 3 Men 35-39 50 SC Meter Backstroke

SA Record: 27.95 S 5-2012 Simon Thirsk
 WP Record: 28.51 p 4-2019 Luke Lalin
 27.07 35-39 SAQ
 29.06 35-39 WPQ

1 Lalin, Luke 36 CPTW-WP 29.28

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Event 3 Men 55-59 50 SC Meter Backstroke

SA Record: 30.31 S 11-2012 Andre Steynberg
 WP Record: 31.09 p 4-2008 Tim Shead
 30.19 55-59 SAQ
 33.14 55-59 WPQ

1 Orton, Nick 56 CPTW-WP 32.68 WPQ

Event 3 Men 60-64 50 SC Meter Backstroke

SA Record: 33.47 S 10-2016 Tim Shead
 WP Record: 33.47 p 10-2016 Tim Shead
 32.10 60-64 SAQ
 35.17 60-64 WPQ

1 Winfield, Mike 64 CPTW-WP 34.68 WPQ
 2 Platte, Gary 63 WINE-WP 54.93

Event 4 Men 19-24 100 SC Meter Butterfly

SA Record: 1:00.54 S 10-2010 Tyrone Venter
 WP Record: 1:03.68 p 8-2008 Paul Brewis
 55.75 19-24 SAQ
 59.89 19-24 WPQ

1 Manchest, Avron 24 CPTW-WP 1:13.18

Event 4 Men 25-29 100 SC Meter Butterfly

SA Record: 1:00.60 S 9-2001 Justin Fourie
 WP Record: 1:02.06 p 9-2018 J Opperman
 55.75 25-29 SAQ
 59.89 25-29 WPQ

1 Hodges, Graham 29 CPTW-WP 1:12.70

Event 4 Men 60-64 100 SC Meter Butterfly

SA Record: 1:09.53 S 12-2016 Tim Shead
 WP Record: 1:09.53 p 12-2016 Tim Shead
 1:08.10 60-64 SAQ
 1:15.49 60-64 WPQ

1 Holshausen, Rod 61 CPTW-WP 1:22.64

Event 4 Men 80-84 100 SC Meter Butterfly

SA Record: 1:45.65 S 6-2017 Dave Mc Lachlan
 WP Record: 1:45.65 p 6-2017 Dave Mc Lachlan
 1:57.88 80-84 SAQ
 2:20.53 80-84 WPQ

1 McLachlan, Dave 82 CPTW-WP 1:53.20 SAQ

Event 5 Women 45-49 50 SC Meter Breaststroke

SA Record: 35.87 S 10-2012 Heather Morris-Eyton
 WP Record: 37.64 p 8-2005 Gail McCarney
 35.92 45-49 SAQ
 38.89 45-49 WPQ

1 Bihl, Kate 49 CPTW-WP 42.89

Event 5 Women 60-64 50 SC Meter Breaststroke

SA Record: 42.84 S 4-2017 Terry Matley
 WP Record: 42.84 p 4-2017 Terry Matley
 40.81 60-64 SAQ
 44.82 60-64 WPQ

1 Matley, Terry 62 DOLP-WP 45.62

Event 5 Women 70-74 50 SC Meter Breaststroke

SA Record: 47.78 S 3-2017 Bev Shuttleworth
 WP Record: 52.80 p 10-2014 Lenchan Zundorf
 45.76 70-74 SAQ
 51.55 70-74 WPQ

1 Godfrey, Colleen 70 DOLP-WP 50.90 p WPQ

Event 5 Women 75-79 50 SC Meter Breaststroke

SA Record: 54.49 S 10-2016 Santa v Jaarsveld
 WP Record: 54.49 p 10-2016 Santa v Jaarsveld
 50.71 75-79 SAQ
 54.26 75-79 WPQ

1 Zundorf, Lenchen 75 CPTW-WP 56.79

Event 5 Men 19-24 50 SC Meter Breaststroke

SA Record: 31.26 S 10-2008 R. van Rooijen
 WP Record: 32.26 p 10-2011 Taariq Hassiem
 28.72 19-24 SAQ
 30.97 19-24 WPQ

1 van Niekerk, Camerine 22 CPTW-WP 37.74
 2 Manchest, Avron 24 CPTW-WP 38.32
 3 Nichols, Ridewaan 24 CPTW-WP 49.69

Event 5 Men 35-39 50 SC Meter Breaststroke

SA Record: 30.67 S 10-2018 Jacques Joubert
 WP Record: 30.67 p 10-2018 Jacques Joubert
 29.35 35-39 SAQ
 31.53 35-39 WPQ

1 Joseph, Yusuf 36 CPTW-WP 34.50

Event 5 Men 40-44 50 SC Meter Breaststroke

SA Record: 32.01 S 10-2010 C. Lyne
 WP Record: 32.26 p 9-2013 Andrew Sexton
 29.76 40-44 SAQ
 32.05 40-44 WPQ

1 Richards, Jay 42 CPTW-WP 34.23

Event 5 Men 60-64 50 SC Meter Breaststroke

SA Record: 33.37 S 4-2016 Tim Shead
 WP Record: 33.37 p 4-2016 Tim Shead
 34.10 60-64 SAQ
 37.01 60-64 WPQ

1 Platte, Gary 63 WINE-WP 55.78

Event 5 Men 70-74 50 SC Meter Breaststroke

SA Record: 41.25 S 9-2017 Francois Du Toit
 WP Record: 41.25 p 9-2017 Francois Du Toit
 38.66 70-74 SAQ
 42.13 70-74 WPQ

1 Swartz, Robert 72 CPTW-WP 55.09

Event 6 Women 45-49 200 SC Meter Backstroke

SA Record: 2:41.53 S 7-2013 A Dressler
 WP Record: 2:44.59 p 8-2005 Jean Degenaar
 2:36.52 45-49 SAQ
 2:47.48 45-49 WPQ

1 Bihl, Kate 49 CPTW-WP 3:03.20

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Event 6 Women 55-59 200 SC Meter Backstroke

SA Record: 2:46.06 S 8-2019 ADressler
 WP Record: 2:47.43 p 8-2014 Di Coetzee
 2:44.18 55-59 SAQ
 3:03.43 55-59 WPQ

1 Degenaar, Jean 59 CPTW-WP 3:10.45

Event 6 Men 60-64 200 SC Meter Backstroke

SA Record: 2:34.54 S 8-2015 Tim Shead
 WP Record: 2:34.54 p 8-2015 Tim Shead
 2:33.59 60-64 SAQ
 2:53.34 60-64 WPQ

1 Winfield, Mike 64 CPTW-WP 2:54.83

Event 7 Women 45-49 50 SC Meter Freestyle

SA Record: 26.59 S 4-2011 Edith Ottermann
 WP Record: 26.59 p 4-2011 Edith Ottermann
 27.96 45-49 SAQ
 29.91 45-49 WPQ

1 Mallows, Bev 49 DOLP-WP 37.18

Event 7 Women 55-59 50 SC Meter Freestyle

SA Record: 30.87 S 4-2017 Cecilia Stanford
 WP Record: 30.87 p 4-2017 Cecilia Stanford
 29.65 55-59 SAQ
 32.12 55-59 WPQ

1 Degenaar, Jean 59 CPTW-WP 34.36

Event 7 Women 60-64 50 SC Meter Freestyle

SA Record: 31.03 S 4-2011 Sanderina Kruger
 WP Record: 31.03 p 4-2011 Sanderina Kruger
 31.46 60-64 SAQ
 34.28 60-64 WPQ

1 Matley, Terry 62 DOLP-WP 40.54

Event 7 Women 75-79 50 SC Meter Freestyle

SA Record: 40.26 S 7-2014 Sue Leuner
 WP Record: 52.11 p 8-2002 Clara Aurik
 39.75 75-79 SAQ
 43.08 75-79 WPQ

1 Zundorf, Lenchen 75 CPTW-WP 44.33 p

Event 7 Men 19-24 50 SC Meter Freestyle

SA Record: 24.93 S 8-2013 J. Niklin
 WP Record: 25.22 p 9-2002 Marc Moore
 23.02 19-24 SAQ
 24.63 19-24 WPQ

1 Rossouw, Francois 23 TYGM-WP 24.25 S p WPQ

2 Manchest, Avron 24 CPTW-WP 26.39

3 Matabele, Tshepang 21 CPTW-WP 28.04

4 van Niekerk, Camerine 22 CPTW-WP 29.25

5 Nichols, Ridewaan 24 CPTW-WP 35.49

Event 7 Men 25-29 50 SC Meter Freestyle

SA Record: 23.61 S 10-2011 Chris King
 WP Record: 23.61 p 10-2011 Chris King
 23.02 25-29 SAQ
 24.63 25-29 WPQ

1 Hodges, Graham 29 CPTW-WP 27.35

Event 7 Men 35-39 50 SC Meter Freestyle

SA Record: 22.48 S 10-2014 Ryk Neethling
 WP Record: 22.48 p 10-2014 Ryk Neethling
 23.68 35-39 SAQ
 25.56 35-39 WPQ

1 Lalin, Luke 36 CPTW-WP 26.21

Event 7 Men 40-44 50 SC Meter Freestyle

SA Record: 23.62 S 3-2018 M. Allan
 WP Record: 25.62 p 10-2003 Rob Manners-Wood
 24.19 40-44 SAQ
 25.96 40-44 WPQ

1 Richards, Jay 42 CPTW-WP 26.18

Event 7 Men 45-49 50 SC Meter Freestyle

SA Record: 24.90 S 10-2011 Brian Tatterson
 WP Record: 25.64 p 4-2012 Harald Kruger
 24.32 45-49 SAQ
 26.23 45-49 WPQ

1 Higgs, Grant 49 TYGM-WP 29.86

Event 7 Men 55-59 50 SC Meter Freestyle

SA Record: 26.19 S 7-2012 Andre Steynberg
 WP Record: 26.88 p 7-2009 Tim Shead
 26.02 55-59 SAQ
 28.15 55-59 WPQ

1 Orton, Nick 56 CPTW-WP 27.39 WPQ

2 Steyn, Glenn 59 CPTW-WP 31.41

Event 7 Men 60-64 50 SC Meter Freestyle

SA Record: 27.63 S 5-2009 Terry Downes
 WP Record: 28.21 p 4-2017 Andre Roothman
 26.70 60-64 SAQ
 28.92 60-64 WPQ

1 Winfield, Mike 64 CPTW-WP 34.32

2 Holshausen, Rod 61 CPTW-WP 35.01

3 Platte, Gary 63 WINE-WP 39.93

Event 7 Men 65-69 50 SC Meter Freestyle

SA Record: 29.22 S 6-2014 Terry Downes
 WP Record: 29.86 p 7-2019 Izak Spies
 28.23 65-69 SAQ
 30.50 65-69 WPQ

1 Spies, Izak 65 CPTW-WP 31.40

Event 7 Men 70-74 50 SC Meter Freestyle

SA Record: 30.35 S 5-2019 Terry Downes
 WP Record: 31.46 p 4-2017 Doug Wilson
 29.84 70-74 SAQ
 32.22 70-74 WPQ

1 Swartz, Robert 72 CPTW-WP 53.36

Event 8 Women 45-49 100 SC Meter Breaststroke

SA Record: 1:22.17 S 7-2006 Cecilia Stanford
 WP Record: 1:22.17 p 7-2006 Cecilia Stanford
 1:18.80 45-49 SAQ
 1:25.19 45-49 WPQ

1 Bihl, Kate 49 CPTW-WP 1:38.49

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Event 8 Women 60-64 100 SC Meter Breaststroke

SA Record: 1:36.85 S 10-2017 Terry Matley

WP Record: 1:36.85 p 4-2017 Terry Matley

1:29.20 60-64 SAQ

1:39.34 60-64 WPQ

1 Matley, Terry 62 DOLP-WP 1:44.59

Event 8 Women 70-74 100 SC Meter Breaststroke

SA Record: 1:47.38 S 3-2017 Bev Shuttleworth

WP Record: 1:55.42 p 8-2014 Lenchen Zundorf

1:44.06 70-74 SAQ

1:52.86 70-74 WPQ

1 Godfrey, Colleen 70 DOLP-WP 2:08.38

Event 8 Men 35-39 100 SC Meter Breaststroke

SA Record: 1:07.88 S 2-2018 Jacques Joubert

WP Record: 1:07.88 p 2-2018 Jacques Joubert

1:04.70 35-39 SAQ

1:09.69 35-39 WPQ

1 Joseph, Yusuf 36 CPTW-WP 1:19.99

Event 9 Women 55-59 50 SC Meter Butterfly

SA Record: 33.66 S 7-2017 Cecilia Stanford

WP Record: 33.66 p 7-2017 Cecilia Stanford

32.42 55-59 SAQ

35.78 55-59 WPQ

1 Degenaar, Jean 59 CPTW-WP 39.28

Event 9 Men 19-24 50 SC Meter Butterfly

SA Record: 26.88 S 10-2011 C Langenhoven

WP Record: 28.64 p 8-2015 C Oosthuizen

24.74 19-24 SAQ

26.57 19-24 WPQ

1 Rossouw, Francois 23 TYGM-WP 26.87 Sp

2 Manchest, Avron 24 CPTW-WP 28.85

3 van Niekerk, Camerine 22 CPTW-WP 38.95

Event 9 Men 25-29 50 SC Meter Butterfly

SA Record: 26.64 S 9-2018 J Opperman

WP Record: 26.59 p 9-2018 J Opperman

24.74 25-29 SAQ

26.57 25-29 WPQ

1 Hodges, Graham 29 CPTW-WP 33.27

Event 9 Men 55-59 50 SC Meter Butterfly

SA Record: 28.48 S 10-2012 Andre Steynberg

WP Record: 29.53 p 10-2007 Tim Shead

28.12 55-59 SAQ

30.64 55-59 WPQ

1 Orton, Nick 56 CPTW-WP 32.16

2 Steyn, Glenn 59 CPTW-WP 35.85

Event 9 Men 60-64 50 SC Meter Butterfly

SA Record: 30.41 S 9-2009 Halton Cheadle

WP Record: 30.41 p 9-2010 Halton Cheadle

29.65 60-64 SAQ

31.83 60-64 WPQ

1 Holshausen, Rod 61 CPTW-WP 36.40

Event 9 Men 80-84 50 SC Meter Butterfly

SA Record: 41.78 S 6-2017 Dave McLachlan

WP Record: 41.78 p 6-2017 Dave McLachlan

44.88 80-84 SAQ

48.37 80-84 WPQ

1 McLachlan, Dave 82 CPTW-WP 55.11

Event 10 Women 45-49 100 SC Meter IM

SA Record: 1:13.38 S 10-2006 Cecilia Stanford

WP Record: 1:13.38 p 10-2006 Cecilia Stanford

1:10.52 45-49 SAQ

1:16.58 45-49 WPQ

1 Mallows, Bev 49 DOLP-WP 1:32.44

Event 10 Women 55-59 100 SC Meter IM

SA Record: 1:16.82 S 4-2016 Cecilia Stanford

WP Record: 1:16.82 p 4-2016 Cecilia Stanford

1:16.22 55-59 SAQ

1:23.91 55-59 WPQ

1 Degenaar, Jean 59 CPTW-WP 1:26.63

Event 10 Women 60-64 100 SC Meter IM

SA Record: 1:23.37 S 8-2019 Di Coetzee

WP Record: 1:23.37 p 8-2019 Di Coetzee

1:21.38 60-64 SAQ

1:30.73 60-64 WPQ

1 Matley, Terry 62 DOLP-WP 1:52.07

Event 10 Men 19-24 100 SC Meter IM

SA Record: 1:01.84 S 9-2012 B Lockett

WP Record: 1:05.23 p 10-2011 Taariq Hassiem

57.60 19-24 SAQ

1:02.08 19-24 WPQ

1 Matabele, Tshepang 21 CPTW-WP 1:14.02

2 van Niekerk, Camerine 22 CPTW-WP 1:19.29

Event 10 Men 60-64 100 SC Meter IM

SA Record: 1:06.63 S 4-2016 Tim Shead

WP Record: 1:06.63 p 4-2016 Tim Shead

1:10.38 60-64 SAQ

1:16.36 60-64 WPQ

1 Platte, Gary 63 WINE-WP 1:57.24

Event 11 Women 30-34 800 SC Meter Freestyle

SA Record: 9:45.39 S 10-2017 Tarryn Stanford

WP Record: 9:45.39 p 10-2017 Tarryn Stanford

9:44.45 30-34 SAQ

10:30.40 30-34 WPQ

1 Stanford, Tarryn 33 CPTW-WP 10:09.26 WPQ

Event 11 Women 40-44 800 SC Meter Freestyle

SA Record: 10:04.49 S 11-2009 Heather Morris-Eyton

WP Record: 10:12.59 p 9-2203 Cecilia Stanford

9:56.05 40-44 SAQ

10:37.77 40-44 WPQ

1 Louw, Jozanne 40 QSAM-WP 11:12.60

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Event 11 Men 65-69 800 SC Meter Freestyle

SA Record: 11:00.56 S 10-2017 Tim Shead

WP Record: 11:00.56 p 10-2017 Tim Shead

10:45.87 65-69 SAQ

11:55.63 65-69 WPQ

1 Spies, Izak 65 CPTW-WP 10:50.42 S p WPQ

S = SAMS RECORD

P = WCM RECORD

SAQ = SAMS COLOURS QUALIFYING

WPQ = WPM COLOURS QUALIFYING

Event 11 Men 80-84 800 SC Meter Freestyle

SA Record: 15:10.07 S 9-2018 Dave McLachlan

WP Record: 15:10.07 p 9-2018 Dave McLachlan

15:16.06 80-84 SAQ

16:57.79 80-84 WPQ

1 McLachlan, Dave 82 CPTW-WP 15:21.67 WPQ