

## Western Cape Masters October 2019

### WP Record - Records

1 Women 19-24 50 Free	28.33		L. Faber
1 Women 25-29 50 Free	28.29	9-2010	Rebecca Newson
1 Women 30-34 50 Free	28.09	7-2017	Lezandre Wolmarans
1 Women 35-39 50 Free	28.25	7-2006	Marianne Kriel
1 Women 40-44 50 Free	26.67	10-2007	Edith Ottermann
1 Women 45-49 50 Free	26.59	4-2011	Edith Ottermann
1 Women 50-54 50 Free	27.84	8-2017	Edith Ottermann
1 Women 55-59 50 Free	30.87	4-2017	Cecilia Stanford
1 Women 60-64 50 Free	31.03	4-2011	Sanderina Kruger
1 Women 65-69 50 Free	31.64	10-2014	Sanderina Kruger
1 Women 70-74 50 Free	33.10	4-2019	Sanderina Kruger
1 Women 75-79 50 Free	52.11	8-2002	Clara Aurik
1 Women 80-84 50 Free	1:12.21	9-2009	Kascha Kloos
1 Women 85-89 50 Free	1:09.69	4-2011	Kascha Kloos
1 Men 19-24 50 Free	25.22	9-2002	Marc Moore
1 Men 25-29 50 Free	23.61	10-2011	Chris King
1 Men 30-34 50 Free	25.19		Lee McGreggor
1 Men 35-39 50 Free	22.48	10-2014	Ryk Neethling
1 Men 40-44 50 Free	25.62	10-2003	Rob Manners-Wood
1 Men 45-49 50 Free	25.64	4-2012	Harald Kruger
1 Men 50-54 50 Free	24.40	4-2016	Calvin Maughan
1 Men 55-59 50 Free	26.88	7-2009	Tim Shead
1 Men 60-64 50 Free	28.21	4-2017	Andre Roothman
1 Men 65-69 50 Free	29.86	7-2019	Izak Spies
1 Men 70-74 50 Free	31.46	4-2017	Doug Wilson
1 Men 75-79 50 Free	37.07	4-2012	Dave McLachlan
1 Men 80-84 50 Free	40.91	7-2017	Dave McLachlan
2 Women 19-24 100 Free	1:04.72	7-2009	Tarryn Stanford
2 Women 25-29 100 Free	1:02.57	10-2015	Lezandre Wolmarans
2 Women 30-34 100 Free	1:00.46	7-2017	Lezandre Wolmarans
2 Women 35-39 100 Free	1:02.48	10-2015	Perry Cadiz
2 Women 40-44 100 Free	1:02.86	7-2017	Perry Cadiz
2 Women 45-49 100 Free	1:03.17	7-2014	
2 Women 50-54 100 Free	1:04.82	8-2017	Edith Ottermann
2 Women 55-59 100 Free	1:06.69	7-2017	Cecilia Stanford
2 Women 60-64 100 Free	1:08.13	10-2015	Di Coetzee
2 Women 65-69 100 Free	1:08.25	9-2015	Sanderina Kruger
2 Women 70-74 100 Free	1:12.04	4-2019	Sanderina Kruger
2 Women 75-79 100 Free	1:52.03	8-2002	Clara Aurik
2 Women 80-84 100 Free	1:35.16	10-2017	Santa van Jaarsveld
2 Women 85-89 100 Free	2:46.97	4-2013	Kascha Kloos
2 Women 90-94 100 Free	2:44.43	10-2015	Kascha Kloos
2 Men 19-24 100 Free	53.07	9-2019	F Rossouw
2 Men 25-29 100 Free	51.60	10-2011	Chris King
2 Men 30-34 100 Free	56.40	9-1999	J. Coetzer
2 Men 35-39 100 Free	56.26	10-2011	Nick Turner
2 Men 40-44 100 Free	56.36	10-2003	Rob Manners-Wood
2 Men 45-49 100 Free	55.06	10-2013	Clavin Maughan
2 Men 50-54 100 Free	54.79	10-2017	Calvin Maughan
2 Men 55-59 100 Free	1:02.29	4-2008	Doug Howieson
2 Men 60-64 100 Free	1:03.63	7-2017	Paul Stevenson
2 Men 65-69 100 Free	1:06.20	7-2019	Izak Spies
2 Men 70-74 100 Free	1:11.02	9-2009	Gary Freeling
2 Men 75-79 100 Free	1:32.22		Mel Bartholomew
2 Men 80-84 100 Free	1:31.97	11-2018	Dave McLachlan
3 Women 19-24 200 Free	2:19.10	10-2010	Tarryn Stanford
3 Women 25-29 200 Free	2:16.44	1-2012	Tarryn Stanford

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### WP Record - Records

3 Women 30-34 200 Free	2:16.37	10-2018	Tarryn Stanford
3 Women 35-39 200 Free	2:15.34	1994	Aletta Momberg
3 Women 40-44 200 Free	2:11.26	7-2008	Amanda Picard
3 Women 45-49 200 Free	2:21.56	8-2009	Cecilia Stanford
3 Women 50-54 200 Free	2:19.97	1-2012	Cecilia Stanford
3 Women 55-59 200 Free	2:22.42	4-2017	Cecilia Stanford
3 Women 60-64 200 Free	2:26.94	7-2015	Di Coetzee
3 Women 65-69 200 Free	2:37.00	10-2014	Sanderina Kruger
3 Women 70-74 200 Free	3:51.00	10-1999	Clara Aurik
3 Women 75-79 200 Free	4:05.86	10-2002	Clara Aurik
3 Women 85-89 200 Free	5:54.67	9-2013	Kascha Kloos
3 Men 19-24 200 Free	2:26.31		S. Blom
3 Men 25-29 200 Free	1:54.74	10-2012	Chris King
3 Men 30-34 200 Free	2:05.22	10-1999	J. Coetzer
3 Men 35-39 200 Free	2:14.50	8-2004	Patrick Verryn
3 Men 40-44 200 Free	2:06.18	10-2014	Barend Nortjie
3 Men 45-49 200 Free	2:05.11	10-2010	Johan vd Merwe
3 Men 50-54 200 Free	2:13.90	11-2018	Greg McLeRoth
3 Men 55-59 200 Free	2:15.69	7-2008	Doug Howieson
3 Men 60-64 200 Free	2:20.78	7-2014	Izak Spies
3 Men 65-69 200 Free	2:22.15	10-2017	Tim Shead
3 Men 70-74 200 Free	2:45.97	8-2010	Gary Freeling
3 Men 75-79 200 Free	3:02.88	10-2012	Dave McLachlan
3 Men 80-84 200 Free	3:25.02	4-2017	Dave McLachlan
4 Women 19-24 400 Free	4:46.23	9-2010	Tarryn Stanford
4 Women 25-29 400 Free	4:45.99	4-2012	Tarryn Stanford
4 Women 30-34 400 Free	4:45.91	10-2018	Tarryn Stanford
4 Women 35-39 400 Free	4:46.95	8-2015	Kathryn Nurse
4 Women 40-44 400 Free	4:57.09	10-2004	Cecilia Stanford
4 Women 45-49 400 Free	4:54.47	10-2007	Cecilia Stanford
4 Women 50-54 400 Free	5:00.19	10-2010	Cecilia Stanford
4 Women 55-59 400 Free	5:01.20	10-2016	Cecilia Stanford
4 Women 60-64 400 Free	5:12.25	8-2015	Di Coetzee
4 Women 65-69 400 Free	6:58.25	10-2014	Colleen Godfrey
4 Women 70-74 400 Free	7:59.62	11-1999	Clara Aurik
4 Women 75-79 400 Free	9:37.10	10-2004	Clara Aurik
4 Women 85-89 400 Free	12:29.49	10-2012	Kascha Kloos
4 Women 90-94 400 Free	12:52.83	10-2016	Kascha Kloos
4 Men 19-24 400 Free	4:32.89	8-2008	Paul Brewis
4 Men 25-29 400 Free	4:34.44	10-2010	Grant McGilvray
4 Men 30-34 400 Free	4:51.58	4-2014	Jacques Joubert
4 Men 35-39 400 Free	4:37.66	10-2004	Bruce Sneddon
4 Men 40-44 400 Free	4:41.46	8-2003	Rob Manners-Wood
4 Men 45-49 400 Free	4:38.08	9-2010	Johan vd Merwe
4 Men 50-54 400 Free	4:43.20	10-2005	Doug Howieson
4 Men 55-59 400 Free	4:46.93	10-2007	Tim Shead
4 Men 60-64 400 Free	5:01.00	9-2017	Paul Stevenson
4 Men 65-69 400 Free	5:09.50	10-2017	Tim Shead
4 Men 70-74 400 Free	5:43.50	10-2009	Gary Freeling
4 Men 75-79 400 Free	6:20.15	4-2012	Dave McLachlan
4 Men 80-84 400 Free	6:53.08	9-2017	Dave McLachlan
5 Women 19-24 800 Free	9:45.87	10-2010	Tarryn Stanford
5 Women 25-29 800 Free	9:48.86	10-2011	Tarryn Stanford
5 Women 30-34 800 Free	9:45.39	10-2017	Tarryn Stanford
5 Women 35-39 800 Free	9:37.56	9-2003	Amanda Picard
5 Women 40-44 800 Free	10:12.59	9-2203	Cecilia Stanford
5 Women 45-49 800 Free	10:23.16	10-2008	Cecilia Stanford

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### WP Record - Records

5 Women 50-54 800 Free	10:14.35	10-2011	Cecilia Stanford
5 Women 55-59 800 Free	10:25.15	11-2016	Cecilia Stanford
5 Women 60-64 800 Free	10:48.05	10-2015	Di Coetzee
5 Women 65-69 800 Free	14:25.66	9-2014	Colleen Godfrey
5 Women 70-74 800 Free	16:26.37	11-1998	Clara Aurik
5 Women 90-94 800 Free	27:22.66	10-2015	Kascha Kloos
5 Men 19-24 800 Free	10:23.54		C. Cloete
5 Men 25-29 800 Free	8:41.57	10-2011	Phil Emslie
5 Men 30-34 800 Free	9:57.20	9-2007	Kieron Palframan
5 Men 35-39 800 Free	9:46.33	9-2004	Bruce Sneddon
5 Men 40-44 800 Free	10:05.99	9-2003	Rob Manners-Wood
5 Men 45-49 800 Free	10:26.11	9-2002	John Dickerson
5 Men 50-54 800 Free	9:44.16	9-2006	Doug Howieson
5 Men 55-59 800 Free	10:04.18	10-2008	Doug Howieson
5 Men 60-64 800 Free	10:37.03	10-2015	Izak Spies
5 Men 65-69 800 Free	11:00.56	10-2017	Tim Shead
5 Men 70-74 800 Free	12:36.93	10-2008	Dave McLachlan
5 Men 75-79 800 Free	13:26.52	10-2013	Dave McLachlan
5 Men 80-84 800 Free	15:10.07	9-2018	Dave McLachlan
6 Women 19-24 1500 Free	18:50.28	11-2010	Tarryn Stanford
6 Women 25-29 1500 Free	18:27.13	11-2011	Tarryn Stanford
6 Women 30-34 1500 Free	18:22.65	12-2017	Tarryn Stanford
6 Women 35-39 1500 Free	19:15.43	8-2014	Kathryn Nurse
6 Women 40-44 1500 Free	20:34.92	8-2014	Claire Amner
6 Women 45-49 1500 Free	19:48.82	11-2007	Cecilia Stanford
6 Women 50-54 1500 Free	19:12.30	11-2011	Cecilia Stanford
6 Women 55-59 1500 Free	19:58.62	11-2016	Cecilia Stanford
6 Women 60-64 1500 Free	21:19.67	12-2017	Diane Coetzee
6 Women 65-69 1500 Free	29:14.02	8-2014	Colleen Godfrey
6 Women 90-94 1500 Free	53:43.25	9-2015	Kascha Kloos
6 Men 19-24 1500 Free	18:38.63	9-2008	Paul Brewis
6 Men 25-29 1500 Free	16:38.87	11-2011	Phil Emslie
6 Men 35-39 1500 Free	22:05.79	8-2014	Neil Steenkamp
6 Men 40-44 1500 Free	NT		Vacant
6 Men 45-49 1500 Free	20:04.50	11-2018	Johan Malan
6 Men 50-54 1500 Free	19:25.87	11-2009	Rod Holshausen
6 Men 55-59 1500 Free	19:33.72	11-2007	Tim Shead
6 Men 60-64 1500 Free	20:32.21	12-2017	Izak Spies
6 Men 65-69 1500 Free	21:19.08	10-2017	Tim Shead
6 Men 70-74 1500 Free	25:21.97	11-2011	Gary Freeling
6 Men 75-79 1500 Free	26:51.63	9-2015	Dave McLachlan
6 Men 80-84 1500 Free	27:48.23	12-2017	Dave McLachlan
7 Women 19-24 50 Back	33.69	4-2009	Taryn Stanford
7 Women 25-29 50 Back	30.07	9-1999	Marianne Kriel
7 Women 30-34 50 Back	33.26	10-2018	Tarryn Stanford
7 Women 35-39 50 Back	31.24	7-2006	Marianne Kriel
7 Women 40-44 50 Back	33.15	8-2019	Perry Cadiz
7 Women 45-49 50 Back	34.48	4-2018	Norelle Engela
7 Women 50-54 50 Back	35.25	10-2012	Cecilia Stanford
7 Women 55-59 50 Back	35.50	10-2013	Di Coetzee
7 Women 60-64 50 Back	35.60	4-2015	Di Coetzee
7 Women 65-69 50 Back	41.12	7-2015	Sanderina Kruger
7 Women 70-74 50 Back	42.34	4-2019	Sanderina Kruger
7 Women 75-79 50 Back	51.40	8-2019	Lenchen Zundorf
7 Women 80-84 50 Back	1:22.20	9-2009	Kascha Kloos
7 Women 85-89 50 Back	1:18.23	4-2011	Kascha Kloos
7 Women 90-94 50 Back	1:26.20	10-2015	Kascha Kloos

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### WP Record - Records

7 Men 19-24 50 Back	34.59	8-2003	Daniel Berk
7 Men 25-29 50 Back	27.01	10-2011	Chris King
7 Men 30-34 50 Back	29.44	7-2013	Dave Nel
7 Men 35-39 50 Back	28.51	4-2019	Luke Lalin
7 Men 40-44 50 Back	27.45	4-2018	Andreas le Roux
7 Men 45-49 50 Back	31.16		Pieter Cilliers
7 Men 50-54 50 Back	29.80	10-2018	Calvin Maughin
7 Men 55-59 50 Back	31.09	4-2008	Tim Shead
7 Men 60-64 50 Back	33.47	10-2016	Tim Shead
7 Men 65-69 50 Back	36.96	4-2012	Doug Wilson
7 Men 70-74 50 Back	38.12	4-2017	Doug Wilson
7 Men 75-79 50 Back	49.05	4-2012	Dave McLachlan
7 Men 80-84 50 Back	51.14	8-2018	Dave McLaclan
8 Women 19-24 100 Back	1:13.31	9-2009	Tarryn Stanford
8 Women 25-29 100 Back	1:04.05	9-1999	Marianne Kriel
8 Women 30-34 100 Back	1:10.58	10-2016	Tarryn Stanford
8 Women 35-39 100 Back	1:08.96	11-2006	Marianne Kriel
8 Women 40-44 100 Back	1:11.62	10-2018	Perry Cadiz
8 Women 45-49 100 Back	1:13.16	7-2006	Cecilia Stanford
8 Women 50-54 100 Back	1:15.06	10-2012	Cecilia Stanford
8 Women 55-59 100 Back	1:17.84	7-2016	Cecilia Stanford
8 Women 60-64 100 Back	1:16.57	10-2016	Di Coetzee
8 Women 65-69 100 Back	1:34.72	4-2013	Therese Russell
8 Women 70-74 100 Back	1:44.76	7-2014	Lenchan Zundorf
8 Women 75-79 100 Back	1:55.21	8-2019	Lenchen Zundorf
8 Women 80-84 100 Back	3:01.53	9-2009	Kascha Kloos
8 Women 85-89 100 Back	2:53.06	4-2011	Kascha Kloos
8 Women 90-94 100 Back	3:10.42	2-2018	Kascha Kloos
8 Men 19-24 100 Back	1:09.29	9-2007	Shirwyn Weber
8 Men 25-29 100 Back	56.55	10-2012	Chris King
8 Men 30-34 100 Back	1:04.67		Lee McGreggor
8 Men 35-39 100 Back	1:03.90	9-2014	David Nel
8 Men 40-44 100 Back	1:01.87	4-2018	Andreas Le Roux
8 Men 45-49 100 Back	1:08.09	10-2004	Peter Storzner
8 Men 50-54 100 Back	1:06.56	6-2003	Tim Shead
8 Men 55-59 100 Back	1:07.16	7-2008	Tim Shead
8 Men 60-64 100 Back	1:10.60	12-2016	Tim Shead
8 Men 65-69 100 Back	1:11.45	3-2017	Tim Shead
8 Men 70-74 100 Back	1:30.74	4-2017	Doug Wilson
8 Men 75-79 100 Back	1:44.12	4-2012	Dave McLachlan
8 Men 80-84 100 Back	1:52.31	10-2018	Dave McLachlan
9 Women 19-24 200 Back	2:33.60	8-2009	Tarryn Stanford
9 Women 25-29 200 Back	2:26.94	11-1999	Marianne Kriel
9 Women 30-34 200 Back	2:31.20	11-2016	Tarryn Stanford
9 Women 35-39 200 Back	2:38.00	8-2014	Perry Cadiz
9 Women 40-44 200 Back	2:37.25	11-2018	PerryCadiz
9 Women 45-49 200 Back	2:44.59	8-2005	Jean Degenaar
9 Women 50-54 200 Back	2:40.26	10-2011	Cecilia Stanford
9 Women 55-59 200 Back	2:47.43	8-2014	Di Coetzee
9 Women 60-64 200 Back	2:46.71	8-2015	Di Coetzee
9 Women 65-69 200 Back	3:31.69	10-2013	Therese Russell
9 Women 70-74 200 Back	4:02.35	11-2018	Lenchen Zundorf
9 Women 75-79 200 Back	5:07.27	8-2018	Tricia Rix
9 Women 85-89 200 Back	6:26.55	10-2013	Kasha Kloos
9 Men 19-24 200 Back	2:47.47		G. Spenceley
9 Men 25-29 200 Back	2:08.46	10-2011	Chris King
9 Men 30-34 200 Back	2:25.86	8-2013	Dave Nel

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### WP Record - Records

9 Men 35-39 200 Back	2:30.37		Mike Rudolph
9 Men 40-44 200 Back	2:41.75		Tim Shead
9 Men 45-49 200 Back	2:36.94	11-1999	Tim Shead
9 Men 50-54 200 Back	2:31.65	9-2002	Tim Shead
9 Men 55-59 200 Back	2:29.11	8-2007	Tim Shead
9 Men 60-64 200 Back	2:34.54	8-2015	Tim Shead
9 Men 65-69 200 Back	3:40.40	10-2001	Mike Clark
9 Men 70-74 200 Back	NT		Vacant
9 Men 75-79 200 Back	NT		Vacant
9 Men 80-84 200 Back	4:00.01	8-2018	Dave McLachlan
9 Men 85-89 200 Back	6:50.89		Colin Cable
10 Women 19-24 50 Breast	36.42		L. Faber
10 Women 25-29 50 Breast	36.84	6-2002	Mia Russell
10 Women 30-34 50 Breast	37.25		Gail McCarney
10 Women 35-39 50 Breast	37.53	4-2009	Britt Stott
10 Women 40-44 50 Breast	38.00	10-2015	Mia Russell
10 Women 45-49 50 Breast	37.64	8-2005	Gail McCarney
10 Women 50-54 50 Breast	39.39	8-2012	Cecilia Stanford
10 Women 55-59 50 Breast	40.61	7-2017	Cecilia Stanford
10 Women 60-64 50 Breast	42.84	4-2017	Terry Matley
10 Women 65-69 50 Breast	49.17	10-2009	Lenchen Zundorf
10 Women 70-74 50 Breast	52.80	10-2014	Lenchan Zundorf
10 Women 75-79 50 Breast	54.49	10-2016	Santa v Jaarsveld
10 Women 80-84 50 Breast	54.07	6-2017	Santa van Jaarsveld
10 Women 85-89 50 Breast	1:35.93	4-2013	Kascha Kloos
10 Women 90-94 50 Breast	1:37.46	10-2015	Kascha Kloos
10 Men 19-24 50 Breast	32.26	10-2011	Taariq Hassiem
10 Men 25-29 50 Breast	30.56	7-2008	Grant Galant
10 Men 30-34 50 Breast	30.86	12-2017	Jacques Joubert
10 Men 35-39 50 Breast	30.67	10-2018	Jacques Joubert
10 Men 40-44 50 Breast	32.26	9-2013	Andrew Sexton
10 Men 45-49 50 Breast	31.75	8-2010	Johan vd Merwe
10 Men 50-54 50 Breast	31.72	3-2003	Tim Shead
10 Men 55-59 50 Breast	32.69	4-2008	Tim Shead
10 Men 60-64 50 Breast	33.37	4-2016	Tim Shead
10 Men 65-69 50 Breast	33.68	3-2017	Tim Shead
10 Men 70-74 50 Breast	41.25	9-2017	Francois Du Toit
10 Men 75-79 50 Breast	48.85		Mel Bartholomew
10 Men 80-84 50 Breast	52.09	10-2018	Dave McLachlan
11 Women 19-24 100 Breast	1:19.66		L. Faber
11 Women 25-29 100 Breast	1:20.40		S. Nel
11 Women 30-34 100 Breast	1:19.76	6-2003	Britt Stott
11 Women 35-39 100 Breast	1:22.29	8-1998	Gail McCarney
11 Women 40-44 100 Breast	1:23.60	11-2018	Bridget v Breda
11 Women 45-49 100 Breast	1:22.17	7-2006	Cecilia Stanford
11 Women 50-54 100 Breast	1:26.95	11-2012	Cecilia Stanford
11 Women 55-59 100 Breast	1:28.29	9-2016	Cecilia Stanford
11 Women 60-64 100 Breast	1:36.85	4-2017	Terry Matley
11 Women 65-69 100 Breast	1:50.37	8-2009	Lenchen Zundorf
11 Women 70-74 100 Breast	1:55.42	8-2014	Lenchen Zundorf
11 Women 75-79 100 Breast	1:58.12	11-2016	Sante van Jaarsveld
11 Women 80-84 100 Breast	1:55.24	6-2017	Santa van Jaarsveld
11 Women 85-89 100 Breast	3:17.95	4-2011	Kascha Kloos
11 Women 90-94 100 Breast	3:36.42	7-2015	Kascha Kloos
11 Men 19-24 100 Breast	1:15.48	10-2011	Taariq Hassiem
11 Men 25-29 100 Breast	1:10.19	11-2007	Grant Galant
11 Men 30-34 100 Breast	1:07.97	10-2017	Jacques Joubert

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### WP Record - Records

11 Men 35-39 100 Breast	1:07.88	2-2018	Jacques Joubert
11 Men 40-44 100 Breast	1:12.69	10-2007	Johan vd Merwe
11 Men 45-49 100 Breast	1:09.74	8-2010	Johan vd Merwe
11 Men 50-54 100 Breast	1:09.88	3-2002	Tim Shead
11 Men 55-59 100 Breast	1:10.50	1-2007	Tim Shead
11 Men 60-64 100 Breast	1:12.89	12-2016	Tim Shead
11 Men 65-69 100 Breast	1:14.03	3-2017	Tim Shead
11 Men 70-74 100 Breast	1:34.70	9-2017	Francois du Toit
11 Men 75-79 100 Breast	1:47.23	10-2013	Dave McLachlan
11 Men 80-84 100 Breast	1:52.77	4-2017	Dave McLachlan
12 Women 19-24 200 Breast	3:04.29	9-2006	Aletta Steenkamp
12 Women 25-29 200 Breast	2:54.70	10-2014	Claire Harrington
12 Women 30-34 200 Breast	2:51.11	11-2002	Britt Stott
12 Women 35-39 200 Breast	2:58.72	1994	Aletta Momberg
12 Women 40-44 200 Breast	3:03.72	9-2018	Bridget v Breda
12 Women 45-49 200 Breast	3:02.95	9-2005	Gail McCarney
12 Women 50-54 200 Breast	3:02.46	1-2012	Cecilia Stanford
12 Women 55-59 200 Breast	3:06.75	12-2017	Cecilia Stanford
12 Women 60-64 200 Breast	3:42.99	10-2014	Sandy Reeves
12 Women 65-69 200 Breast	3:59.25	9-2010	Lenchen Zundorf
12 Women 70-74 200 Breast	4:26.84	10-2018	Lenchen Zundorf
12 Women 75-79 200 Breast	5:55.92	9-2005	Becky Ferreira
12 Women 80-84 200 Breast	4:06.13	7-2017	Santa van Jaarsveld
12 Women 85-89 200 Breast	7:28.70	9-2013	Kascha Kloos
12 Women 90-94 200 Breast	8:24.97	10-2016	Kascha Kloos
12 Men 19-24 200 Breast	NT		Vacant
12 Men 25-29 200 Breast	2:38.11	9-2007	Grant Galant
12 Men 30-34 200 Breast	2:29.74	12-2017	Jacques Joubert
12 Men 35-39 200 Breast	2:49.40		Thabo Stegman
12 Men 40-44 200 Breast	2:47.62		Tim Shead
12 Men 45-49 200 Breast	2:36.17	9-2010	Johan vd Merwe
12 Men 50-54 200 Breast	2:36.57	3-2002	Tim Shead
12 Men 55-59 200 Breast	2:38.90	2-2007	Tim Shead
12 Men 60-64 200 Breast	2:44.82	12-2016	Tim Shead
12 Men 65-69 200 Breast	2:48.26	3-2017	Tim Shead
12 Men 70-74 200 Breast	3:32.41	10-2010	Dave McLachlan
12 Men 75-79 200 Breast	3:36.46	1-2010	Dave McLachlan
12 Men 80-84 200 Breast	4:12.08	12-2017	Dave McLachlan
13 Women 19-24 50 Fly	32.19	9-2006	Aletta Steenkamp
13 Women 25-29 50 Fly	30.06	11-1999	Marianne Kriel
13 Women 30-34 50 Fly	31.17	6-2017	Lezandre Wolmarans
13 Women 35-39 50 Fly	29.69	10-2009	Rachelle Isakov
13 Women 40-44 50 Fly	29.07	10-2009	Edith Ottermann
13 Women 45-49 50 Fly	29.37	4-2011	Edith Ottermann
13 Women 50-54 50 Fly	31.93	10-2016	Edith Ottermann
13 Women 55-59 50 Fly	33.66	7-2017	Cecilia Stanford
13 Women 60-64 50 Fly	36.46	4-2018	Diane Coetzee
13 Women 65-69 50 Fly	38.99	10-2016	Sanderina Kruger
13 Women 70-74 50 Fly	59.10	4-2019	Jenny Campbell
13 Men 19-24 50 Fly	28.64	8-2015	C Oosthuizen
13 Men 25-29 50 Fly	26.59	9-2018	J Opperman
13 Men 30-34 50 Fly	26.66		Nigel Cones
13 Men 35-39 50 Fly	27.36	10-2014	Jay Richards
13 Men 40-44 50 Fly	28.06	2-2018	Jay Richards
13 Men 45-49 50 Fly	27.83	4-2018	Robbie Taylor
13 Men 50-54 50 Fly	27.93	7-2019	Robbie Taylor
13 Men 55-59 50 Fly	29.53	10-2007	Tim Shead

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### WP Record - Records

13 Men 60-64 50 Fly	30.41	9-2010	Halton Cheadle
13 Men 65-69 50 Fly	29.94	3-2017	Tim Shead
13 Men 70-74 50 Fly	38.18	4-2009	Dave McLachlan
13 Men 75-79 50 Fly	44.38	10-2016	Dave McLachlan
13 Men 80-84 50 Fly	41.78	6-2017	Dave McLachlan
14 Women 19-24 100 Fly	1:18.87	8-2008	Aletta Steenkamp
14 Women 25-29 100 Fly	1:08.10	11-2010	Rebecca Newson
14 Women 30-34 100 Fly	1:10.40	7-2013	Kathryn Nurse
14 Women 35-39 100 Fly	1:08.12	7-2014	Kathryn Nurse
14 Women 40-44 100 Fly	1:10.68	11-2004	Cecilia Stanford
14 Women 45-49 100 Fly	1:12.69	10-2006	Cecilia Stanford
14 Women 50-54 100 Fly	1:12.89	8-2012	Cecilia Stanford
14 Women 55-59 100 Fly	1:14.11	4-2016	Cecilia Stanford
14 Women 60-64 100 Fly	1:40.14	11-2016	Therese Sharkey
14 Women 65-69 100 Fly	3:42.12		Ruth Holshausen
14 Women 70-74 100 Fly	2:39.38		Ruth Holshausen
14 Men 19-24 100 Fly	1:03.68	8-2008	Paul Brewis
14 Men 25-29 100 Fly	1:02.06	9-2018	J Opperman
14 Men 30-34 100 Fly	1:04.14	10-2011	Marc Moore
14 Men 35-39 100 Fly	1:05.33	11-2004	Alex Skinner
14 Men 40-44 100 Fly	1:06.21	11-2008	Anton Botha
14 Men 45-49 100 Fly	1:00.76	6-2018	Robbie Taylor
14 Men 50-54 100 Fly	1:03.15	4-2019	Robbie Taylor
14 Men 55-59 100 Fly	1:05.68	8-2008	Tim Shead
14 Men 60-64 100 Fly	1:09.53	12-2016	Tim Shead
14 Men 65-69 100 Fly	1:09.79	3-2017	Tim Shead
14 Men 70-74 100 Fly	1:32.91	10-2008	Dave McLachlan
14 Men 75-79 100 Fly	1:43.43	10-2013	Dave McLachlan
14 Men 80-84 100 Fly	1:45.65	6-2017	Dave McLachlan
15 Women 19-24 200 Fly	2:42.94		Dominique Donner
15 Women 25-29 200 Fly	2:49.99		M. van Zyl
15 Women 30-34 200 Fly	2:44.47		Aletta Momberg
15 Women 35-39 200 Fly	2:26.90	10-2009	Rachelle Isakov
15 Women 40-44 200 Fly	2:38.59	9-2002	Cecilia Stanford
15 Women 45-49 200 Fly	2:41.77	10-2007	Cecilia Stanford
15 Women 50-54 200 Fly	2:42.41	11-2011	Cecilia Stanford
15 Women 55-59 200 Fly	2:53.87	12-2017	Cecilia Stanford
15 Women 60-64 200 Fly	3:45.66	7-2015	Therese Sharkey
15 Women 65-69 200 Fly	NT		Vacant
15 Men 19-24 200 Fly	NT		Vacant
15 Men 25-29 200 Fly	2:31.03	11-2011	Grant McGrilvray
15 Men 30-34 200 Fly	2:39.82	11-2011	Marc Moore
15 Men 35-39 200 Fly	3:14.04	8-2015	Neil Steenkamp
15 Men 40-44 200 Fly	2:50.99		Vacant
15 Men 45-49 200 Fly	2:31.95	9-2017	Robbie Taylor
15 Men 50-54 200 Fly	2:33.40	9-2019	Robbie Taylor
15 Men 55-59 200 Fly	2:46.06	10-2010	Tim Shead
15 Men 60-64 200 Fly	3:05.70	1-1999	Dave McLachlan
15 Men 65-69 200 Fly	2:54.33	10-2017	Tim Shead
15 Men 70-74 200 Fly	3:19.00	11-2008	David McLachlan
15 Men 75-79 200 Fly	3:40.12	11-2016	Dave McLachlan
15 Men 80-84 200 Fly	3:51.87	9-2017	Dave McLachlan
16 Women 19-24 100 IM	1:13.83	4-2009	Tarryn Stanford
16 Women 25-29 100 IM	1:08.10	9-1999	Marianne Kriel
16 Women 30-34 100 IM	1:13.70	2006	Lucy Barlow
16 Women 35-39 100 IM	1:10.13	10-2006	Marianne Kriel
16 Women 40-44 100 IM	1:12.92	7-2008	Amanda Picard

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### WP Record - Records

16	Women 45-49 100 IM	1:13.38	10-2006	Cecilia Stanford
16	Women 50-54 100 IM	1:11.56	4-2011	Cecilia Stanford
16	Women 55-59 100 IM	1:16.82	4-2016	Cecilia Stanford
16	Women 60-64 100 IM	1:23.37	8-2019	Di Coetzee
16	Women 65-69 100 IM	1:41.58	8-2013	Therese Russell
16	Women 70-74 100 IM	2:16.14	8-2014	Tricia Rix
16	Men 19-24 100 IM	1:05.23	10-2011	Taariq Hassiem
16	Men 25-29 100 IM	1:02.37	10-2011	Chris King
16	Men 30-34 100 IM	1:03.96	8-2013	Dave Nel
16	Men 35-39 100 IM	1:04.98	8-2018	Jacques Joubert
16	Men 40-44 100 IM	1:03.90	8-2018	Andreas Le Roux
16	Men 45-49 100 IM	1:05.62	10-2010	Johan vd Merwe
16	Men 50-54 100 IM	1:03.54	3-2002	Tim Shead
16	Men 55-59 100 IM	1:03.53	1-2007	Tim Shead
16	Men 60-64 100 IM	1:06.63	4-2016	Tim Shead
16	Men 65-69 100 IM	1:09.38	3-2017	Tim Shead
16	Men 70-74 100 IM	1:28.52	4-2009	Dave McLachlan
16	Men 75-79 100 IM	1:32.35	1-2012	Dave McLachlan
16	Men 80-84 100 IM	1:40.47	9-2017	Dave McLachlan
17	Women 19-24 200 IM	2:36.71	10-2009	Tarryn Stanford
17	Women 25-29 200 IM	2:34.41	10-2010	Rebecca Newson
17	Women 30-34 200 IM	2:32.55	10-2016	Tarryn Stanford
17	Women 35-39 200 IM	2:31.26	10-2009	Rachelle Isakov
17	Women 40-44 200 IM	2:37.09	4-2019	Kathryn Nurse
17	Women 45-49 200 IM	2:35.69	4-2008	Cecilia Stanford
17	Women 50-54 200 IM	2:34.03	4-2011	Cecilia Stanford
17	Women 55-59 200 IM	2:43.01	6-2017	Cecilia Stanford
17	Women 60-64 200 IM	2:57.75	4-2017	Di Coetzee
17	Women 65-69 200 IM	4:11.00	6-2017	Colleen Godfrey
17	Men 19-24 200 IM	2:23.52	8-2008	Paul Brewis
17	Men 25-29 200 IM	2:36.25	6-2002	Roy Godfrey
17	Men 30-34 200 IM	2:21.13	10-2012	Dave Nel
17	Men 35-39 200 IM	2:22.81	4-2019	Jacques Joubert
17	Men 40-44 200 IM	2:37.20	10-2009	Bruce Sneddon
17	Men 45-49 200 IM	2:29.00	9-2002	Tim Shead
17	Men 50-54 200 IM	2:22.23	3-2002	Tim Shead
17	Men 55-59 200 IM	2:24.64	1-2007	Tim Shead
17	Men 60-64 200 IM	2:32.18	10-2016	Tim Shead
17	Men 65-69 200 IM	2:30.80	4-2017	Tim Shead
17	Men 70-74 200 IM	3:08.63	4-2008	Dave McLachlan
17	Men 75-79 200 IM	3:45.11	10-2016	Dave McLachlan
17	Men 80-84 200 IM	3:40.51	4-2017	Dave McLachlan
18	Women 19-24 400 IM	5:40.25	4-2010	Tarryn Stanford
18	Women 25-29 400 IM	5:25.51	10-2011	Tarryn Stanford
18	Women 30-34 400 IM	5:33.48	8-2019	Tarryn Stanford
18	Women 35-39 400 IM	5:27.34		Aletta Momberg
18	Women 40-44 400 IM	5:40.55	10-2004	Cecilia Stanford
18	Women 45-49 400 IM	5:48.01	11-2005	Jean Degenaar
18	Women 50-54 400 IM	5:36.89	10-2011	Cecilia Stanford
18	Women 55-59 400 IM	6:01.44	8-2018	Cecilia Stanford
18	Women 60-64 400 IM	6:46.59	10-2015	Therese Sharkey
18	Women 65-69 400 IM	NT		Vacant
18	Men 19-24 400 IM	NT		Vacant
18	Men 25-29 400 IM	NT		Vacant
18	Men 30-34 400 IM	5:06.62	9-2012	Dave Nel
18	Men 35-39 400 IM	5:58.75	11-2005	Graeme van der Vlugt
18	Men 40-44 400 IM	6:25.26		Errol Stern



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18 Men 45-49 400 IM	5:29.68	8-2001	Tim Shead
18 Men 50-54 400 IM	5:13.01	3-2002	Tim Shead
18 Men 55-59 400 IM	5:30.20	10-2010	Tim Shead
18 Men 60-64 400 IM	5:34.84	12-2016	Tim Shead
18 Men 65-69 400 IM	5:49.87	10-2017	Tim Shead
18 Men 70-74 400 IM	6:53.76	10-2008	Dave McLachlan
18 Men 75-79 400 IM	7:15.43	10-2013	Dave McLachlan
18 Men 80-84 400 IM	7:57.90	10-2017	Dave McLachlan
19 Women 19-24 25 Free	14.48	11-2009	Tarryn Stanford
19 Women 25-29 25 Free	13.38	9-2010	Rebecca Newson
19 Women 30-34 25 Free	12.90	1-1997	Janine Makowen
19 Women 35-39 25 Free	13.35		Gail McCarney
19 Women 40-44 25 Free	13.00	11-2016	Perry Cadiz
19 Women 45-49 25 Free	14.05	11-2009	Marcelle Strauss
19 Women 50-54 25 Free	14.23	1-2012	Cecilia Stanford
19 Women 55-59 25 Free	14.30	4-2014	Diane Coetzee
19 Women 60-64 25 Free	14.90	4-2015	Di Coetzee
19 Women 65-69 25 Free	18.14	11-2010	Lenchen Zundorf
19 Women 70-74 25 Free	18.03	11-2018	Therese Russell
19 Women 75-79 25 Free	24.39	11-2004	Ruth Holshausen
19 Women 80-84 25 Free	36.12	11-2009	Rene Truter
19 Women 85-89 25 Free	34.03	11-2010	Kasch Kloos
19 Men 19-24 25 Free	11.70	11-2018	J Opperman
19 Men 25-29 25 Free	11.90	11-2008	Dave Nel
19 Men 30-34 25 Free	12.09		Paul Benade
19 Men 35-39 25 Free	12.15	1-2012	Jay Richards
19 Men 40-44 25 Free	12.50	11-2007	Johan vd Merwe
19 Men 45-49 25 Free	12.08	11-2007	Paul Blackbeard
19 Men 50-54 25 Free	12.26	11-2018	Greg McLeRoth
19 Men 55-59 25 Free	12.91	11-2009	Tim Shead
19 Men 60-64 25 Free	13.84	11-2009	Allen Morrison
19 Men 65-69 25 Free	14.02	2-2015	Doug Wilson
19 Men 70-74 25 Free	14.21	12-2017	Doug Wilson
19 Men 75-79 25 Free	16.58	11-2012	Dave McLachlan
19 Men 80-84 25 Free	18.31	12-2017	Dave McLachlan
19 Men 85-89 25 Free	21.63		Colin Cable
20 Women 19-24 25 Back	16.65	11-2008	Tarryn Stanford
20 Women 25-29 25 Back	15.01	1999	Marianne Kriel
20 Women 30-34 25 Back	16.89	11-2006	Nicky Kerr
20 Women 35-39 25 Back	15.28	11-2006	Marianne Kriel
20 Women 40-44 25 Back	16.09	11-2018	Perry Cadiz
20 Women 45-49 25 Back	16.43		Sue Fraenkel
20 Women 50-54 25 Back	16.77	1-2012	Cecilia Stanford
20 Women 55-59 25 Back	16.72	4-2014	Di Coetzee
20 Women 60-64 25 Back	17.36	11-2018	Di Coetzee
20 Women 65-69 25 Back	22.67	11-2010	Lenchen Zundorf
20 Women 70-74 25 Back	22.79	11-2018	Therese Russell
20 Women 75-79 25 Back	44.63	11-2006	Rene Truter
20 Women 80-84 25 Back	47.30	11-2007	Rene Truter
20 Men 19-24 25 Back	12.83	11-2018	J Opperman
20 Men 25-29 25 Back	13.88	11-2008	Dave Nel
20 Men 30-34 25 Back	14.60	4-2014	Jacques Joubert
20 Men 35-39 25 Back	14.19	11-2018	Luke Lalin
20 Men 40-44 25 Back	14.54	11-2018	Jay Richards
20 Men 45-49 25 Back	16.33		Allen Morrison
20 Men 50-54 25 Back	14.85	11-2018	Greg McLeRoth
20 Men 55-59 25 Back	15.37	11-2009	Tim Shead

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### WP Record - Records

20 Men 60-64 25 Back	16.20	11-2012	Tim Shead
20 Men 65-69 25 Back	17.71	1-2012	Doug Wilson
20 Men 70-74 25 Back	17.75	12-2017	Doug Wilson
20 Men 75-79 25 Back	21.68	1-2012	Dave McLachlan
20 Men 80-84 25 Back	24.01	11-2018	Dave McLachlan
20 Men 85-89 25 Back	33.22		Colin Cable
21 Women 19-24 25 Breast	17.20	11-2009	Aletta Steenkamp
21 Women 25-29 25 Breast	17.51	4-2014	Aletta Steenkamp
21 Women 30-34 25 Breast	17.68	11-2001	D. van Zyl
21 Women 35-39 25 Breast	18.10		Aletta Momberg
21 Women 40-44 25 Breast	17.95	12-2017	Perry Cadiz
21 Women 45-49 25 Breast	18.13	11-2006	Cecilia Stanford
21 Women 50-54 25 Breast	18.40	1-2012	Cecilia Stanford
21 Women 55-59 25 Breast	18.60	12-2017	Cecilia Stanford
21 Women 60-64 25 Breast	19.54	4-2014	Sandy Reeves
21 Women 65-69 25 Breast	23.46	1-2012	Lenchen Zundorf
21 Women 70-74 25 Breast	24.75	12-2017	Lenchen Zundorf
21 Women 75-79 25 Breast	34.52	11-2004	Ruth Holshausen
21 Women 80-84 25 Breast	NT		Vacant
21 Women 85-89 25 Breast	41.70	11-2010	Kasch Kloos
21 Men 19-24 25 Breast	15.85	11-2007	Shirwyn Weber
21 Men 25-29 25 Breast	13.79	11-2007	Grant Galant
21 Men 30-34 25 Breast	14.34	12-2017	Jacques Joubert
21 Men 35-39 25 Breast	15.31		Tabo Stegman
21 Men 40-44 25 Breast	15.07	11-2018	Jay Richards
21 Men 45-49 25 Breast	15.56	1999	Tim Shead
21 Men 50-54 25 Breast	15.17	11-2006	Tim Shead
21 Men 55-59 25 Breast	15.35	11-2009	Tim Shead
21 Men 60-64 25 Breast	18.11	11-2018	Nigel Hendricks
21 Men 65-69 25 Breast	20.69	11-2006	David McLachlan
21 Men 70-74 25 Breast	19.30	11-2018	Francois Du Toit
21 Men 75-79 25 Breast	21.29	1-2012	Dave McLachlan
21 Men 80-84 25 Breast	22.64	12-2017	Dave McLachlan
22 Women 19-24 25 Fly	14.31	11-2009	Aletta Steenkamp
22 Women 25-29 25 Fly	13.80	1999	Marianne Kriel
22 Women 30-34 25 Fly	14.16	12-2017	Lezandre Wolmarans
22 Women 35-39 25 Fly	14.21	11-2006	Marianne Kriel
22 Women 40-44 25 Fly	14.98	11-2004	Cecilia Stanford
22 Women 45-49 25 Fly	15.32	11-2008	Cecilia Stanford
22 Women 50-54 25 Fly	15.37	1-2012	Cecilia Stanford
22 Women 55-59 25 Fly	15.56	12-2017	Cecilia Stanford
22 Women 60-64 25 Fly	16.37	11-2018	Di Coetzee
22 Women 65-69 25 Fly	24.44	11-2010	Lenchen Zundorf
22 Women 70-74 25 Fly	30.53		Ruth Holshausen
22 Women 75-79 25 Fly	29.50	11-2004	Ruth Holshausen
22 Men 19-24 25 Fly	12.44	11-2018	J Opperman
22 Men 25-29 25 Fly	12.92	11-2004	Marc Moore
22 Men 30-34 25 Fly	12.81		Nigel Cones
22 Men 35-39 25 Fly	12.75	4-2014	Jay Richards
22 Men 40-44 25 Fly	12.68	11-2018	Jay Richards
22 Men 45-49 25 Fly	13.03	11-2007	Paul Blackbeard
22 Men 50-54 25 Fly	13.27	11-2008	Nigel Cones
22 Men 55-59 25 Fly	13.41	11-2009	Tim Shead
22 Men 60-64 25 Fly	15.47	11-2018	Nigel Hendricks
22 Men 65-69 25 Fly	16.75	11-2007	Gary Freeling
22 Men 70-74 25 Fly	17.47	11-2007	David McLachlan
22 Men 75-79 25 Fly	18.57	1-2012	Dave McLachlan

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22 Men 80-84 25 Fly

19.28 12-2017 Dave McLachlan