

**Western Cape Masters Long Course Championships
Stellenbosch University 22nd February 2020**

Results

Event 1 Women 50-54 400 LC Meter Freestyle

WORLD Rec: 4:40.66 W 2013-08-11 Jill HERNANDEZ
SA Record: 5:02.03 S 2-2011 Cecilia Stanford
WP Record: 5:02.03 p 2-2011 Cecilia Stanford
 5:00.16 50-54 SAQ
 5:26.23 50-54 WPQ

1 Mallows, Bev 50 DOLP-WP 6:41.80

Event 1 Women 65-69 400 LC Meter Freestyle

WORLD Rec: 5:18.04 W 2018-07-15 Laura VAL
SA Record: 6:05.54 S 3-2016 M. Mons
WP Record: 6:26.16 p 2-2019 Judy Brewis
 5:59.30 65-69 SAQ
 6:38.11 65-69 WPQ

1 Sharkey, Therese 65 WINE-WP 6:37.30 WPQ
 2 Brimble, Mairi 65 DOLP-WP 6:39.31

Event 1 Women 95-99 400 LC Meter Freestyle

WORLD Rec: 10:12.49 W 2016-08-06 Maurine KORNFELD

1 Kloos, Kascha 95 CPTW-WP 14:51.89 S p I

Event 1 Men 25-29 400 LC Meter Freestyle

WORLD Rec: 4:00.98 W 2002-08-18 Honza VITAZKA
SA Record: 4:14.93 S 3-2012 Tyrone Venter
WP Record: 4:19.19 p 1988 Graham Wooding
 4:16.48 25-29 SAQ
 4:34.69 25-29 WPQ

1 Manchest, Avron 25 CPTW-WP 5:22.11

Event 1 Men 30-34 400 LC Meter Freestyle

WORLD Rec: 3:58.12 W 2016-07-23 Darian TOWNSEND
SA Record: 4:16.20 S 1992 Alan Gray
WP Record: 4:32.39 p 2001 Peirre DeRoubaix
 4:17.69 30-34 SAQ
 4:38.95 30-34 WPQ

1 Hodges, Graham 30 CPTW-WP 5:04.56

Event 1 Men 55-59 400 LC Meter Freestyle

WORLD Rec: 4:22.49 W 2009-07-25 Michael MANN
SA Record: 4:45.91 S 4-2008 Doug Howieson
WP Record: 4:45.91 p 4-2008 Doug Howieson
 4:45.48 55-59 SAQ
 5:07.09 55-59 WPQ

1 Luke, Eddy 55 CPTW-WP 6:23.05

Event 1 Men 60-64 400 LC Meter Freestyle

WORLD Rec: 4:36.85 W 2017-08-04 Dan STEPHENSON
SA Record: 5:00.63 S 3-2017 M Semple
WP Record: 5:01.20 p 2-2015 Izak Spies
 4:55.68 60-64 SAQ
 5:23.88 60-64 WPQ

1 Holshausen, Rod 62 CPTW-WP 6:02.59
 2 Frost, David 62 WINE-WP 6:20.74

Event 1 Men 65-69 400 LC Meter Freestyle

WORLD Rec: 4:37.70 W 2017-08-04 Rick COLELLA
SA Record: 5:17.61 S 3-2019 Izak Spies
WP Record: 5:17.61 p 2-2019 Izak Spies
 5:15.31 65-69 SAQ
 5:43.52 65-69 WPQ

1 Spies, Izak 66 CPTW-WP 5:15.04 S p SAQ
 2 Howieson, Doug 68 CPTW-WP 5:58.56

Event 1 Men 80-84 400 LC Meter Freestyle

WORLD Rec: 5:45.21 W 2015-08-23 David RADCLIFF
SA Record: 7:01.76 S 2-2017 Dave McLachlan
WP Record: 7:01.76 p 2-2017 Dave McLachlan
 7:06.85 80-84 SAQ
 7:36.86 80-84 WPQ

1 McLachlan, Dave 83 CPTW-WP 7:34.20 WPQ

Event 2 Women 45-49 100 LC Meter Breaststroke

WORLD Rec: 1:13.49 W 2009-09-17 Marzena KULIS
SA Record: 1:19.08 S 3-2013 Heather Morris-Eyton
WP Record: 1:24.14 p 8-2017 Kate Bihl
 1:21.92 45-49 SAQ
 1:29.37 45-49 WPQ

1 Amner, Claire 46 CPTW-WP 1:35.32

Event 2 Women 55-59 100 LC Meter Breaststroke

WORLD Rec: 1:19.90 W 2017-01-29 Monica CORO
SA Record: 1:28.80 S 2-2017 Cecilia Stanford
WP Record: 1:28.80 p 2-2017 Cecilia Stanford
 1:28.07 55-59 SAQ
 1:35.36 55-59 WPQ

1 Winfield, Melinda 59 CPTW-WP 1:57.50

Event 2 Men 35-39 100 LC Meter Breaststroke

WORLD Rec: 1:02.72 W 2009-10-25 Vladislav BRAGIN
SA Record: 1:11.26 S 1992 Tim Shead
WP Record: 1:11.32 p 3-2019 Jacques Joubert
 1:07.98 35-39 SAQ
 1:12.74 35-39 WPQ

1 Joubert, Jacques 37 CPTW-WP 1:10.99 S p WPQ

Event 2 Men 60-64 100 LC Meter Breaststroke

WORLD Rec: 1:13.38 W 2013-08-08 Rick COLELLA
SA Record: 1:16.07 S 8-2016 Tim Shead
WP Record: 1:16.07 p 3-2016 Tim Shead
 1:19.73 60-64 SAQ
 1:25.97 60-64 WPQ

1 Platte, Gary 64 WINE-WP 2:17.46

Event 2 Men 65-69 100 LC Meter Breaststroke

WORLD Rec: 1:14.77 W 2017-08-05 Rick COLELLA
SA Record: 1:17.52 S 8-2017 Tim Shead
WP Record: 1:17.52 p 8-2017 Tim Shead
 1:24.60 65-69 SAQ
 1:31.50 65-69 WPQ

1 Hodges, Mark 67 CPTW-WP 1:54.17

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Event 3 Women 50-54 100 LC Meter Backstroke			
WORLD Rec:	1:09.28	W 2014-08-08	Ellen REYNOLDS
SA Record:	1:14.64	S 6-2011	Cecilia Stanford
WP Record:	1:14.64	p 6-2011	Cecilia Stanford
	1:15.71	50-54 SAQ	
	1:22.41	50-54 WPQ	
1	Mallows, Bev	50 DOLP-WP	1:35.91
Event 3 Women 65-69 100 LC Meter Backstroke			
WORLD Rec:	1:14.49	W 2018-07-31	Laura VAL
SA Record:	1:27.47	S 8-2015	Sanderina Kruger
WP Record:	1:27.47	p 8-2015	Sanderina Kruger
	1:31.24	65-69 SAQ	
	1:41.12	65-69 WPQ	
1	Sharkey, Therese	65 WINE-WP	1:34.39 WPQ
Event 3 Women 75-79 100 LC Meter Backstroke			
WORLD Rec:	1:31.79	W 2017-07-15	Satoko TAKEUJI
SA Record:	1:53.82	S 3-2019	Lenchen Zundorf
WP Record:	1:53.82	p 3-2019	Lenchen Zundorf
	1:47.36	75-79 SAQ	
	1:57.99	75-79 WPQ	
1	Zundorf, Lenchen	76 CPTW-WP	1:54.61 WPQ
Event 3 Women 95-99 100 LC Meter Backstroke			
WORLD Rec:	2:42.67	W 2013-08-08	Rita SIMONTON
1	Kloos, Kascha	95 CPTW-WP	3:29.06 S p I
Event 3 Men 30-34 100 LC Meter Backstroke			
WORLD Rec:	55.93	W 2014-07-13	Darian TOWNSEND
SA Record:	1:03.94	S 3-2014	S. Malan
WP Record:	1:04.53	p 8-2010	Dave Nel
	59.57	30-34 SAQ	
	1:05.57	30-34 WPQ	
1	Farmer-Brent, Garret	30 CPTW-WP	1:21.13
Event 3 Men 35-39 100 LC Meter Backstroke			
WORLD Rec:	57.91	W 2017-08-19	Ryan PINI
SA Record:	1:00.07	S 6-2012	Simon Thirsk
WP Record:	1:06.76	p 3-2018	Jacques Joubert
	1:01.62	35-39 SAQ	
	1:06.14	35-39 WPQ	
1	Lalin, Luke	37 CPTW-WP	1:08.71
Event 3 Men 50-54 100 LC Meter Backstroke			
WORLD Rec:	1:01.57	W 2017-08-06	Nicolas GRANGER
SA Record:	1:07.76	S 3-2016	Harald Ruck
WP Record:	1:09.25	p 6-2004	Tim Shead
	1:06.90	50-54 SAQ	
	1:12.12	50-54 WPQ	
1	McLeRoth, Greg	53 CPTW-WP	1:12.19
2	Gilbert, Oliver	50 CPTW-WP	1:17.29
Event 3 Men 65-69 100 LC Meter Backstroke			
WORLD Rec:	1:09.79	W 2012-07-08	Hugh WILDER
SA Record:	1:12.57	S 8-2017	Tim Shead
WP Record:	1:12.57	p 8-2017	Tim Shead
	1:17.86	65-69 SAQ	
	1:24.55	65-69 WPQ	
1	Winfield, Mike	65 CPTW-WP	1:19.93 WPQ

2	Howieson, Doug	68 CPTW-WP	1:34.84
3	Kloos, Rainer	65 CPTW-WP	1:44.02
Event 4 Women 65-69 200 LC Meter Butterfly			
WORLD Rec:	3:06.83	W 2018-08-03	Laura VACA
SA Record:	4:05.31	S 3-2013	Elsa Craig
WP Record:	5:41.76	p 1996	Ruth Holshausen
	3:45.22	65-69 SAQ	
	4:05.84	65-69 WPQ	
1	Louw, Niki	65 WINE-WP	4:29.11 p
Event 4 Men 65-69 200 LC Meter Butterfly			
WORLD Rec:	2:33.40	W 2016-06-12	Lawrence DAY
SA Record:	3:03.05	S 3-2002	David McLachlan
WP Record:	2:53.13	p 3-2000	Bob Garnham
	3:11.68	65-69 SAQ	
	3:25.77	65-69 WPQ	
1	Louw, Attie	67 WINE-WP	3:54.93
Event 5 Women 45-49 200 LC Meter Freestyle			
WORLD Rec:	2:10.09	W 2009-06-13	K.PIPES-NEILSEN
SA Record:	2:23.73	S 2-2009	Cecilia Stanford
WP Record:	2:23.73	p 2-2009	Cecilia Stanford
	2:19.14	45-49 SAQ	
	2:28.88	45-49 WPQ	
1	Amner, Claire	46 CPTW-WP	2:45.67
Event 5 Women 50-54 200 LC Meter Freestyle			
WORLD Rec:	2:13.18	W 2013-08-08	Jill HERNANDEZ
SA Record:	2:21.64	S 6-2012	Debbie Carroll
WP Record:	2:22.07	p 3-2013	Cecilia Stanford
	2:21.26	50-54 SAQ	
	2:33.87	50-54 WPQ	
1	Mallows, Bev	50 DOLP-WP	3:07.94
Event 5 Women 65-69 200 LC Meter Freestyle			
WORLD Rec:	2:25.29	W 2016-08-18	Laura VAL
SA Record:	2:37.63	S 8-2015	Sanderina Kruger
WP Record:	2:37.63	p 8-2015	Sanderina Kruger
	2:50.31	65-69 SAQ	
	3:06.84	65-69 WPQ	
1	Brimble, Mairi	65 DOLP-WP	3:08.54
Event 5 Men 30-34 200 LC Meter Freestyle			
WORLD Rec:	1:49.56	W 2016-08-06	Darian TOWNSEND
SA Record:	2:02.93	S 6-1996	Neal Moores
WP Record:	2:10.24	p 3-2011	Marc Moore
	1:59.35	30-34 SAQ	
	2:08.88	30-34 WPQ	
1	Hodges, Graham	30 CPTW-WP	2:22.13
Event 5 Men 60-64 200 LC Meter Freestyle			
WORLD Rec:	2:07.68	W 2017-08-06	Dan STEPHENSON
SA Record:	2:17.01	S 3-2009	Terry Downes
WP Record:	2:22.23	p 3-2010	Tyrone Tozer
	2:19.20	60-64 SAQ	
	2:31.47	60-64 WPQ	
1	Holshausen, Rod	62 CPTW-WP	2:48.41
2	Platte, Gary	64 WINE-WP	3:45.16

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Event 5 Men 65-69 200 LC Meter Freestyle

WORLD Rec: 2:09.39 W 2017-08-06 Rick COLELLA

SA Record: 2:26.87 S 3-2019 Izak Spies

WP Record: 2:26.87 p 3-2019 Izak Spies

2:28.03 65-69 SAQ

2:38.39 65-69 WPQ

1 Spies, Izak	66 CPTW-WP	2:29.69	WPQ
2 Howieson, Doug	68 CPTW-WP	2:47.96	
3 Hodges, Mark	67 CPTW-WP	3:24.54	

Event 6 Women 60-64 400 LC Meter IM

WORLD Rec: 5:56.27 W 2011-07-08 Laura VAL

SA Record: 6:46.63 S 8-2015 Therese Sharkey

WP Record: 6:46.63 p 8-2015 Therese Sharkey

6:50.00 60-64 SAQ

7:30.31 60-64 WPQ

1 Degenaar, Jean	60 CPTW-WP	6:46.55	S p SAQ
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Event 6 Men 60-64 400 LC Meter IM

WORLD Rec: 5:08.20 W 2014-08-15 Rick COLELLA

SA Record: 5:35.40 S 3-2012 Tim Shead

WP Record: 5:35.40 p 3-2012 Tim Shead

5:51.13 60-64 SAQ

6:23.09 60-64 WPQ

1 Frost, David	62 WINE-WP	7:21.11	
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Event 6 Men 65-69 400 LC Meter IM

WORLD Rec: 5:13.36 W 2017-08-03 Rick COLELLA

SA Record: 6:00.61 S 3-2017 Tim Shead

WP Record: 6:00.61 p 2-2017 Tim Shead

6:27.84 65-69 SAQ

6:54.99 65-69 WPQ

1 Louw, Attie	67 WINE-WP	7:17.71	
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Event 6 Men 80-84 400 LC Meter IM

WORLD Rec: 7:12.63 W 2011-06-23 Giulio DIVANO

SA Record: 7:46.50 S 8-2017 Dave McLachlan

WP Record: 7:46.50 p 8-2017 Dave McLachlan

9:03.40 80-84 SAQ

10:37.40 80-84 WPQ

1 McLachlan, Dave	83 CPTW-WP	8:36.54	SAQ
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Event 7 Women 45-49 50 LC Meter Butterfly

WORLD Rec: 28.40 W 2017-08-05 Erika BRAUN

SA Record: 28.97 S 2-2011 Edith Ottermann

WP Record: 28.97 p 2-2011 Edith Ottermann

30.79 45-49 SAQ

32.95 45-49 WPQ

1 Amner, Claire	46 CPTW-WP	37.41	
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Event 7 Women 60-64 50 LC Meter Butterfly

WORLD Rec: 31.27 W 2018-07-31 Traci GRANGER

SA Record: 34.74 S 3-2015 Heather Campbell

WP Record: 35.01 p 8-2010 Sanderina Kruger

35.04 60-64 SAQ

38.88 60-64 WPQ

1 Degenaar, Jean	60 CPTW-WP	40.90	
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Event 7 Men 30-34 50 LC Meter Butterfly

WORLD Rec: 23.26 W 2013-07-13 Roland SCHOEMAN

SA Record: 26.75 S 6-1996 Neal Moores

WP Record: 27.38 p 1988 Nigel Cones

25.41 30-34 SAQ

27.36 30-34 WPQ

1 Hodges, Graham	30 CPTW-WP	31.06	
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Event 7 Men 35-39 50 LC Meter Butterfly

WORLD Rec: 24.14 W 2015-08-15 Kohei KAWAMOTO

SA Record: 24.69 S 3-2012 Ryk Neethling

WP Record: 24.69 p 3-2012 Ryk Neethling

25.90 35-39 SAQ

27.76 35-39 WPQ

1 Lalin, Luke	37 CPTW-WP	29.59	
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Event 7 Men 60-64 50 LC Meter Butterfly

WORLD Rec: 27.65 W 2018-05-06 Hugo BREGMAN

SA Record: 28.77 S 3-2018 Andre Steynberg

WP Record: 28.77 p 3-2018 A Steynberg

29.73 60-64 SAQ

31.92 60-64 WPQ

1 Holshausen, Rod	62 CPTW-WP	36.10	
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2 Platte, Gary	64 WINE-WP	1:02.48	
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Event 7 Men 65-69 50 LC Meter Butterfly

WORLD Rec: 28.54 W 2009-06-27 Josep CLARET

SA Record: 30.25 S 3-2018 Tim Shead

WP Record: 30.25 p 3-2018 Tim Shead

31.05 65-69 SAQ

33.29 65-69 WPQ

1 Kloos, Rainer	65 CPTW-WP	41.10	
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2 Hodges, Mark	67 CPTW-WP	42.56	
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Event 8 Women 30-34 50 LC Meter Freestyle

WORLD Rec: 25.74 W 2008-06-06 Martina MORAVCOVA

SA Record: 27.99 S 3-2015 T. Victor

WP Record: 28.46 p 2-2016 Rebecca Newson

27.46 30-34 SAQ

29.74 30-34 WPQ

1 van der Merwe, Liezl	32 CPTW-WP	31.41	
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Event 8 Women 45-49 50 LC Meter Freestyle

WORLD Rec: 26.59 W 2011-03-16 Edith OTTERMANN

SA Record: 26.59 S 3-2011 Edith Ottermann

WP Record: 26.59 p 3-2011 Edith Ottermann

28.36 45-49 SAQ

30.35 45-49 WPQ

1 Amner, Claire	46 CPTW-WP	34.48	
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Event 8 Women 50-54 50 LC Meter Freestyle

WORLD Rec: 27.09 W 2015-06-28 Marie FUZZATI

SA Record: 27.39 S 2-2017 Edith Otterman

WP Record: 27.39 p 2-2017 Edith Ottermann

29.19 50-54 SAQ

31.66 50-54 WPQ

1 Mallows, Bev	50 DOLP-WP	37.30	
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Event 8 Women 55-59 50 LC Meter Freestyle

WORLD Rec: 28.69 W 2017-07-16 Karlyn PIPES
SA Record: 30.56 S 2-2016 Cecilia Stanford
WP Record: 30.56 p 2-2016 Cecilia Stanford
 30.22 55-59 SAQ
 33.22 55-59 WPQ

1 Winfield, Melinda 59 CPTW-WP 40.24

Event 8 Women 65-69 50 LC Meter Freestyle

WORLD Rec: 29.17 W 2018-07-29 Laura VAL
SA Record: 30.72 S 8-2015 Sanderina Kruger
WP Record: 30.72 p 8-2015 Sanderina Kruger
 33.23 65-69 SAQ
 36.92 65-69 WPQ

1 Sharkey, Therese 65 WINE-WP 37.43
 2 Brimble, Mairi 65 DOLP-WP 37.88
 3 Louw, Niki 65 WINE-WP 45.55

Event 8 Women 75-79 50 LC Meter Freestyle

WORLD Rec: 34.85 W 2006-03-03 Jane ASHER
SA Record: 38.28 S 8-2014 Sue Leuner
WP Record: 42.45 p 3-2019 Santa v Jaarsveld
 39.65 75-79 SAQ
 43.67 75-79 WPQ

1 Zundorf, Lenchen 76 CPTW-WP 43.53 WPQ

Event 8 Women 95-99 50 LC Meter Freestyle

WORLD Rec: 1:04.02 W 2016-08-06 Maurine KORNFELD
 1 Kloos, Kascha 95 CPTW-WP 1:28.57

Event 8 Men 30-34 50 LC Meter Freestyle

WORLD Rec: 22.13 W 2013-07-13 Roland SCHOEMAN
SA Record: 24.88 S 1-2009 G. Swart
WP Record: 25.67 p 8-2010 Dave Nel
 23.72 30-34 SAQ
 25.64 30-34 WPQ

1 Hodges, Graham 30 CPTW-WP 27.11
 2 Farmer-Brent, Garret 30 CPTW-WP 29.96

Event 8 Men 35-39 50 LC Meter Freestyle

WORLD Rec: 22.76 W 2005-08-20 Mark FOSTER
SA Record: 23.28 S 3-2012 Ryk Neethling
WP Record: 23.28 p 3-2012 Ryk Neethling
 24.04 35-39 SAQ
 26.04 35-39 WPQ

1 Joubert, Jacques 37 CPTW-WP 26.23
 2 Lalin, Luke 37 CPTW-WP 27.28

Event 8 Men 50-54 50 LC Meter Freestyle

WORLD Rec: 24.08 W 2009-06-27 Brent BARNES
SA Record: 24.34 S 3-2015 Calvin Maughan
WP Record: 24.34 p 3-2015 Calvin Maughan
 25.78 50-54 SAQ
 27.83 50-54 WPQ

1 McLeRoth, Greg 53 CPTW-WP 27.06 WPQ

Event 8 Men 60-64 50 LC Meter Freestyle

WORLD Rec: 25.23 W 2006-08-07 Richard ABRAHAMS
SA Record: 26.95 S 3-2018 A. Steynberg
WP Record: 26.95 p 3-2019 Andre Steynberg
 27.09 60-64 SAQ
 29.47 60-64 WPQ

1 Frost, David 62 WINE-WP 35.18
 2 Platte, Gary 64 WINE-WP 44.61

Event 8 Men 65-69 50 LC Meter Freestyle

WORLD Rec: 26.21 W 2018-07-06 Doug MARTIN
SA Record: 29.17 S 3-2015 Terry Downes
WP Record: 29.78 p 6-2012 Doug Wilson
 28.65 65-69 SAQ
 30.81 65-69 WPQ

1 Spies, Izak 66 CPTW-WP 30.48 WPQ
 2 Winfield, Mike 65 CPTW-WP 31.46
 3 Kloos, Rainer 65 CPTW-WP 32.71
 4 Howieson, Doug 68 CPTW-WP 35.28
 5 Hodges, Mark 67 CPTW-WP 38.38

S = SA MASTERS RECORD

P = WC MASTERS RECORD

SAQ = SAMS COLOURS QUALIFYING

WPQ = WCM COLOURS QUALIFYING

I = INAGURAL RECORD