

Western Cape Masters Long Course Championships 2019

Session 1 Stellenbosch 24th February 2019

Results

Event 1 Women 30-34 400 LC Meter Freestyle

WORLD Rec: 4:18.63 W 2011-07-16 Dawn HECKMAN
SA Record: 4:49.15 S 3-2017 Tarryn Stanford
WP Record: 4:49.15 p 3-2017 Tarryn Stanford
 4:45.17 30-34 SAQ
 5:06.29 30-34 WPQ

1 Stanford, Tarryn 33 CPTW-WP 5:00.26 WPQ

Event 1 Women 35-39 400 LC Meter Freestyle

WORLD Rec: 4:26.17 W 1997-08-10 K.PIPES-NEILSEN
SA Record: 4:45.36 S 8-2007 Amanda Picard
WP Record: 4:45.36 p 8-2007 Amanda Picard
 4:49.77 35-39 SAQ
 5:10.05 35-39 WPQ

1 King, Simone 39 CPTW-WP 5:41.15

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 Southgate, Jennifer 52 CPTW-WP 6:20.08

Event 1 Women 55-59 400 LC Meter Freestyle

WORLD Rec: 4:43.41 W 2016-07-10 Lynn MARSHALL
SA Record: 5:03.25 S 3-2017 Cecilia Stanford
WP Record: 5:03.25 p 3-2017 Cecilia Stanford
 5:11.24 55-59 SAQ
 5:40.22 55-59 WPQ

1 Strauss, Marcelle 55 CPTW-WP 5:49.96
 2 Degenaar, Jean 59 CPTW-WP 5:50.61

Event 1 Women 60-64 400 LC Meter Freestyle

WORLD Rec: 4:59.82 W 2012-08-12 Laura VAL
SA Record: 5:19.86 S 8-2015 Diane Coetzee
WP Record: 5:19.86 p 8-2015 Diane Coetzee
 5:33.15 60-64 SAQ
 5:57.77 60-64 WPQ

1 Coetzee, Diane 64 CPTW-WP 5:27.54 SAQ
 2 Brimble, Mairi 64 DOLP-WP 6:37.21

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: 7:06.62 p 2-2014 Colleen Godfrey
 6:05.15 65-69 SAQ
 6:38.11 65-69 WPQ

1 Brewis, Judy 65 CPTW-WP 6:26.16 p WPQ

Event 1 Women 70-74 400 LC Meter Freestyle

WORLD Rec: 5:54.97 W 2008-07-18 Yoshiko OSAKI
SA Record: 6:40.45 S 3-2016 Anne Jones
WP Record: 7:48.38 p 6-1998 Clara Aurik
 6:41.95 70-74 SAQ
 7:24.16 70-74 WPQ

1 Godfrey, Colleen 70 DOLP-WP 7:25.60 p

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 Hodges, Graham 29 UNAT 5:06.90

Event 1 Men 40-44 400 LC Meter Freestyle

WORLD Rec: 4:06.74 W 2009-07-24 Erik HOCHSTEIN
SA Record: 4:27.83 S 3-2016 B. Reen
WP Record: 4:33.81 p 4-2008 Gregg Price
 4:22.05 40-44 SAQ
 4:40.39 40-44 WPQ

1 Steenkamp, Neil 42 CPTW-WP 5:30.57

Event 1 Men 45-49 400 LC Meter Freestyle

WORLD Rec: 4:11.07 W 2009-08-09 Keith SWITZER
SA Record: 4:22.69 S 3-2017 G. Albertyn
WP Record: 4:43.46 p 3-2003 John Dickerson
 4:26.51 45-49 SAQ
 4:45.17 45-49 WPQ

1 Turner, Andrew 46 CPTW-WP 5:01.30
 2 Spenceley, Gordon 48 CPTW-WP 5:29.24

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
 4:47.00 55-59 SAQ
 5:07.09 55-59 WPQ

1 Steyn, Glenn 59 CPTW-WP 5:59.25

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
 5:00.63 60-64 SAQ
 5:23.88 60-64 WPQ

1 Holshausen, Rod 61 CPTW-WP 5:30.01

Event 1 Men 65-69 400 LC Meter Freestyle

WORLD Rec: 4:37.70 W 2017-08-04 Rick COLELLA
SA Record: 5:28.22 S 3-2004 Gary Freeling
WP Record: 5:28.22 p 3-2004 Gary Freeling
 5:16.69 65-69 SAQ
 5:43.52 65-69 WPQ

1 Spies, Izak 65 CPTW-WP 5:17.61 S p WPQ
 2 Howieson, Doug 67 CPTW-WP 5:51.99

Event 1 Men 70-74 400 LC Meter Freestyle

WORLD Rec: 5:03.56 W 2018-08-04 Dan KIRKLAND
SA Record: 6:03.76 S 3-2009 Dave McLachlan
WP Record: 6:03.76 p 3-2009 Dave McLachlan
 5:42.57 70-74 SAQ
 6:13.30 70-74 WPQ

1 Sneath, Anthony 73 CPTW-WP 7:24.64

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Session 1 Stellenbosch 24th February 2019

Results

Event 2 Women 40-44 50 LC Meter Breaststroke

WORLD Rec: 32.47 W 2016-08-19 Katie GLENN
SA Record: 35.59 S 11-2009 Heather Morris-Eyton
WP Record: 38.53 p 2-2000 Gail McCarney
 35.92 40-44 SAQ
 38.43 40-44 WPQ

1 van Breda, Bridget 44 CPTW-WP 38.44 p

Event 2 Women 45-49 50 LC Meter Breaststroke

WORLD Rec: 33.56 W 2017-08-20 Linley FRAME
SA Record: 36.55 S 3-2013 Heather Morris-Eyton
WP Record: 38.49 p 4-2008 Gail McCarney
 37.12 45-49 SAQ
 39.72 45-49 WPQ

1 Bihl, Kate 49 CPTW-WP 41.23

Event 2 Women 55-59 50 LC Meter Breaststroke

WORLD Rec: 36.59 W 2017-08-20 Pia THULSTRUP
SA Record: 40.73 S 2-2016 Cecilia Stanford
WP Record: 40.73 p 2-2016 Cecilia Stanford
 39.66 55-59 SAQ
 42.80 55-59 WPQ

1 Winfield, Melinda 58 CPTW-WP 50.60

Event 2 Women 60-64 50 LC Meter Breaststroke

WORLD Rec: 37.79 W 2016-04-16 Dagmar FRESE
SA Record: 42.15 S 2-2017 Terry-Ann Matley
WP Record: 42.15 p 3-2017 Terry-Ann Matley
 41.47 60-64 SAQ
 45.26 60-64 WPQ

1 Matley, Terry 62 DOLP-WP 44.81 WPQ
 2 Louw, Niki 64 WINE-WP 54.58

Event 2 Women 70-74 50 LC Meter Breaststroke

WORLD Rec: 41.67 W 2014-06-22 Monika SENFTLEBEN
SA Record: 47.21 S 3-2017 B Shuttleworth
WP Record: 53.21 p 1-2014 Lenchen Zundorf
 47.06 70-74 SAQ
 51.18 70-74 WPQ

1 Godfrey, Colleen 70 DOLP-WP 58.75

Event 2 Women 75-79 50 LC Meter Breaststroke

WORLD Rec: 43.95 W 2010-03-06 Shoko YONEZAWA
SA Record: 53.24 S 3-2017 S Hurwitz
WP Record: 53.31 p 3-2016 Santa v Jaarsveld
 50.60 75-79 SAQ
 54.21 75-79 WPQ

1 Zundorf, Lenchen 75 CPTW-WP 55.88
 2 Rix, Tricia 76 CPTW-WP 1:13.56

Event 2 Women 80-84 50 LC Meter Breaststroke

WORLD Rec: 47.59 W 2015-06-14 Shoko YONEZAWA
SA Record: 56.22 S 3-2017 S van Jaarsveld
WP Record: 56.22 p 3-2017 Santa v Jaarsveld
 56.08 80-84 SAQ
 1:07.25 80-84 WPQ

1 van Jaarsveld, Santa 82 CPTW-WP 59.29 WPQ

Event 2 Men 30-34 50 LC Meter Breaststroke

WORLD Rec: 27.97 W 2015-09-26 Ryo KOBAYASHI
SA Record: 30.75 S 3-2003 Ray Smit
WP Record: 32.31 p 8-2010 Dave Nel
 29.64 30-34 SAQ
 31.81 30-34 WPQ

1 Blaylock, Sean 33 UNAT 35.26

Event 2 Men 35-39 50 LC Meter Breaststroke

WORLD Rec: 28.47 W 2009-10-24 Vladislav BRAGIN
SA Record: 29.73 S 3-2012 Ryk Neethling
WP Record: 29.73 p 3-2012 Ryk Neethling
 30.09 35-39 SAQ
 32.23 35-39 WPQ

1 Joubert, Jacques 36 CPTW-WP 32.29

Event 2 Men 45-49 50 LC Meter Breaststroke

WORLD Rec: 29.31 W 2018-06-02 Vladislav BRAGIN
SA Record: 32.45 S 8-2010 Johan vd Merwe
WP Record: 32.45 p 8-2010 Johan vd Merwe
 31.28 45-49 SAQ
 33.47 45-49 WPQ

1 Gilbert, Oliver 49 CPTW-WP 35.12

Event 2 Men 55-59 50 LC Meter Breaststroke

WORLD Rec: 30.51 W 2018-07-13 Carlo TRAVAINI
SA Record: 32.07 S 4-2008 Tim Shead
WP Record: 32.07 p 4-2008 Tim Shead
 33.26 55-59 SAQ
 36.06 55-59 WPQ

1 Olivier, Marais 56 CPTW-WP 45.41

Event 2 Men 60-64 50 LC Meter Breaststroke

WORLD Rec: 32.80 W 2012-04-17 Stuart ELLICOTT
SA Record: 34.35 S 3-2016 Tim Shead
WP Record: 34.35 p 3-2016 Tim Shead
 35.10 60-64 SAQ
 37.56 60-64 WPQ

1 Hendricks, Nigel 61 CPTW-WP 39.29
 2 Platte, Gary 63 WINE-WP 1:02.98

Event 2 Men 65-69 50 LC Meter Breaststroke

WORLD Rec: 33.30 W 2016-08-19 Rick COLELLA
SA Record: 34.30 S 3-2018 Tim Shead
WP Record: 34.30 p 3-2018 Tim Shead
 36.94 65-69 SAQ
 39.53 65-69 WPQ

1 Hodges, Mark 66 CPTW-WP 50.32

Event 2 Men 70-74 50 LC Meter Breaststroke

WORLD Rec: 36.68 W 2016-08-19 Robert STRAND
SA Record: 41.45 S 3-2015 B.Nelson
WP Record: 43.99 p 1-2007 Dave McLachlan
 39.49 70-74 SAQ
 42.36 70-74 WPQ

1 DU Toit, Francois 72 CPTW-WP 44.50

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Event 2 Men 80-84 50 LC Meter Breaststroke

WORLD Rec: 41.68 W 2006-09-18 Toshio TAJIMA
SA Record: 48.99 S 3-2013 Ivan Schlapobersky
WP Record: 51.39 p 1-2019 Dave McLachlan
 47.31 80-84 SAQ
 50.80 80-84 WPQ

1 McLachlan, Dave 82 CPTW-WP 52.16

Event 3 Women 35-39 50 LC Meter Backstroke

WORLD Rec: 28.63 W 2016-08-18 Noriko INADA
SA Record: 31.58 S 8-2006 Marianne Kriel
WP Record: 31.58 p 8-2006 Marianne Kriel
 32.56 35-39 SAQ
 35.30 35-39 WPQ

1 King, Simone 39 CPTW-WP 36.59

2 Anelli, Tarryn 36 CPTW-WP 40.58

Event 3 Women 40-44 50 LC Meter Backstroke

WORLD Rec: 29.62 W 2018-08-02 Noriko INADA
SA Record: 31.99 S 6-2004 Bev McCarney
WP Record: 33.32 p 8-2017 Perry Cadiz
 33.08 40-44 SAQ
 35.40 40-44 WPQ

1 Cadiz, Perry 43 CPTW-WP 34.19 WPQ

Event 3 Women 45-49 50 LC Meter Backstroke

WORLD Rec: 31.02 W 2016-08-18 Cindy MABEE
SA Record: 34.82 S 8-2010 Monique Dokter
WP Record: 34.55 p 8-2017 Monique Dokter
 33.60 45-49 SAQ
 35.99 45-49 WPQ

1 Engela, Norelle 47 CPTW-WP 37.47

2 Bihl, Kate 49 CPTW-WP 39.52

Event 3 Women 55-59 50 LC Meter Backstroke

WORLD Rec: 31.99 W 2018-08-02 Holly GREEN BLAIR
SA Record: 35.66 S 3-2013 Diane Coetzee
WP Record: 35.66 p 3-2013 Diane Coetzee
 36.59 55-59 SAQ
 39.46 55-59 WPQ

1 Stanford, Cecilia 58 CPTW-WP 38.52 WPQ

2 Degenaar, Jean 59 CPTW-WP 41.94

3 Welgemoed, Janine 58 CPTW-WP 43.66

4 Winfield, Melinda 58 CPTW-WP 51.84

Event 3 Women 60-64 50 LC Meter Backstroke

WORLD Rec: 33.86 W 2015-08-09 Laura VAL
SA Record: 36.42 S 3-2016 Diane Coetzee
WP Record: 36.42 p 3-2016 Diane Coetzee
 38.19 60-64 SAQ
 42.00 60-64 WPQ

1 Coetzee, Diane 64 CPTW-WP 40.05 WPQ

2 Sharkey, Therese 64 WINE-WP 41.55 WPQ

Event 3 Women 65-69 50 LC Meter Backstroke

WORLD Rec: 33.59 W 2018-08-02 Laura VAL
SA Record: 39.46 S 8-2015 Sanderina Kruger
WP Record: 39.46 p 8-2015 Sanderina Kruger
 40.93 65-69 SAQ
 45.23 65-69 WPQ

1 Brewis, Judy 65 CPTW-WP 45.74

Event 3 Women 70-74 50 LC Meter Backstroke

WORLD Rec: 38.69 W 2015-10-24 Margit OHLSSON
SA Record: 41.89 S 1-2019 Sanderina Kruger
WP Record: 41.89 p 1-2019 Sanderina Kruger
 44.00 70-74 SAQ
 47.95 70-74 WPQ

1 Kruger, Sanderina 70 CPTW-WP 42.32 SAQ

2 Campbell, Jenny 70 DOLP-WP 52.00

Event 3 Women 75-79 50 LC Meter Backstroke

WORLD Rec: 40.56 W 2017-09-24 Satoko TAKEUJI
SA Record: 50.50 S 1-2019 Lenchen Zundorf
WP Record: 50.50 p 1-2019 Lenchen Zundorf
 48.19 75-79 SAQ
 52.22 75-79 WPQ

1 Rix, Tricia 76 CPTW-WP 1:10.69

Event 3 Men 25-29 50 LC Meter Backstroke

WORLD Rec: 25.44 W 2016-04-03 Anton BUTYMOV
SA Record: 26.90 S 3-2013 Chris King
WP Record: 26.90 p 6-2012 Chris King
 27.50 25-29 SAQ
 29.60 25-29 WPQ

1 Hodges, Graham 29 UNAT 34.96

Event 3 Men 30-34 50 LC Meter Backstroke

WORLD Rec: 25.97 W 2016-08-06 Darian TOWNSEND
SA Record: 29.51 S 3-2014 S. Malan
WP Record: 30.07 p 8-2010 Dave Nel
 27.26 30-34 SAQ
 30.18 30-34 WPQ

1 Blaylock, Sean 33 UNAT 40.38

Event 3 Men 45-49 50 LC Meter Backstroke

WORLD Rec: 27.67 W 2017-08-20 Serkan ATASAY
SA Record: 29.42 S 8-2015 G.Kahn
WP Record: 30.33 p 6-2004 Peter Storzner
 29.70 45-49 SAQ
 31.88 45-49 WPQ

1 Chamberlain, Mark 45 UNAT 34.58

2 Spenceley, Gordon 48 CPTW-WP 35.38

Event 3 Men 50-54 50 LC Meter Backstroke

WORLD Rec: 28.58 W 2018-07-14 Rick GOULD
SA Record: 29.70 S 3-2016 Harald Ruck
WP Record: 32.07 p 3-2004 Tim Shead
 30.44 50-54 SAQ
 32.57 50-54 WPQ

1 McLeRoth, Greg 52 CPTW-WP 31.65 p WPQ

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Event 3 Men 55-59 50 LC Meter Backstroke

WORLD Rec: 29.03 W 2016-08-20 Steve WOOD

SA Record: 30.48 S 6-2012 Andre Steynberg

WP Record: 32.07 p 3-2007 Tim Shead

31.46 55-59 SAQ

33.66 55-59 WPQ

1 Orton, Nick 56 CPTW-WP 34.72

Event 3 Men 60-64 50 LC Meter Backstroke

WORLD Rec: 30.63 W 2018-08-02 Andre STEYNBERG

SA Record: 30.66 S 3-2016 Andre Steynberg

WP Record: 33.61 p 8-2015 Mike Winfield

33.22 60-64 SAQ

36.33 60-64 WPQ

1 Winfield, Mike 64 CPTW-WP 35.05 WPQ

2 Platte, Gary 63 WINE-WP 56.79

Event 3 Men 65-69 50 LC Meter Backstroke

WORLD Rec: 30.95 W 2012-07-07 Hugh WILDER

SA Record: 34.48 S 3-2018 Tim Shead

WP Record: 34.48 p 3-2018 Doug Wilson

35.55 65-69 SAQ

38.04 65-69 WPQ

1 Jenkins, Ken 68 CPTW-WP 39.90

2 Howieson, Doug 67 CPTW-WP 43.18

Event 3 Men 80-84 50 LC Meter Backstroke

WORLD Rec: 38.16 W 2013-01-20 S.SEKIKAWA

SA Record: 46.99 S 3-2016 Mike Cameron

WP Record: 51.53 p 1-2019 Dave McLachlan

43.80 80-84 SAQ

48.39 80-84 WPQ

1 McLachlan, Dave 82 CPTW-WP 51.49 p

Event 4 Women 30-34 400 LC Meter IM

WORLD Rec: 4:56.08 W 2009-11-08 Hitomi MATSUDA

SA Record: 5:29.73 S 3-2016 Tarryn Stanford

WP Record: 5:29.73 p 3-2016 Tarryn Stanford

5:26.45 30-34 SAQ

5:52.83 30-34 WPQ

1 Stanford, Tarryn 33 CPTW-WP 5:40.15 WPQ

Event 4 Women 40-44 400 LC Meter IM

WORLD Rec: 5:09.83 W 2004-08-01 K.PIPES-NEILSEN

SA Record: 5:38.52 S 6-2004 Cecilia Stanford

WP Record: 5:38.52 p 6-2004 Cecilia Stanford

5:42.35 40-44 SAQ

6:06.31 40-44 WPQ

1 Nurse, Kathryn 40 CPTW-WP 5:50.40 WPQ

Event 4 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

6:53.13 60-64 SAQ

7:30.31 60-64 WPQ

1 Sharkey, Therese 64 WINE-WP 7:22.86 WPQ

2 Louw, Niki 64 WINE-WP 8:27.16

Event 4 Men 55-59 400 LC Meter IM

WORLD Rec: 5:01.81 W 2015-04-23 Marcus MATTIOLI

SA Record: 5:35.26 S 6-2007 Tim Shead

WP Record: 5:35.26 p 6-2007 Tim Shead

5:35.32 55-59 SAQ

5:58.79 55-59 WPQ

1 Olivier, Marais 56 CPTW-WP 7:41.51

Event 4 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 66 WINE-WP 7:05.78

Event 5 Women 30-34 200 LC Meter Backstroke

WORLD Rec: 2:17.61 W 2009-08-06 Sarabeth METZGER

SA Record: 2:30.54 S 3-2017 Tarryn Stanford

WP Record: 2:30.54 p 3-2017 Tarryn Stanford

2:31.40 30-34 SAQ

2:44.77 30-34 WPQ

1 Stanford, Tarryn 33 CPTW-WP 2:41.52 WPQ

Event 5 Women 45-49 200 LC Meter Backstroke

WORLD Rec: 2:24.06 W 2016-05-28 Joanna CORBEN

SA Record: 2:43.79 S 8-2006 Cecilia Stanford

WP Record: 2:43.79 p 8-2006 Cecilia Stanford

2:40.25 45-49 SAQ

2:51.47 45-49 WPQ

1 Engela, Norelle 47 CPTW-WP 2:59.53

2 Mallows, Bev 49 DOLP-WP 3:38.12

Event 5 Women 50-54 200 LC Meter Backstroke

WORLD Rec: 2:26.64 W 2014-08-04 Ellen REYNOLDS

SA Record: 2:46.11 S 8-2014 Annemarie Dressler

WP Record: 2:47.78 p 3-2012 Cecilia Stanford

2:44.71 50-54 SAQ

2:58.84 50-54 WPQ

1 Southgate, Jennifer 52 CPTW-WP 3:25.07

Event 5 Women 55-59 200 LC Meter Backstroke

WORLD Rec: 2:37.77 W 2017-07-16 Karlyn PIPES

SA Record: 2:50.77 S 1-2017 Karen van Helden

WP Record: 2:50.77 p 1-2017 Karen van Helden

2:50.77 55-59 SAQ

3:09.96 55-59 WPQ

1 Welgemoed, Janine 58 CPTW-WP 3:33.49

Event 5 Women 60-64 200 LC Meter Backstroke

WORLD Rec: 2:42.42 W 2018-07-14 Bonnie BILICH

SA Record: 2:52.05 S 8-2015 Diane Coetzee

WP Record: 2:52.05 p 8-2015 Diane Coetzee

3:06.27 60-64 SAQ

3:21.48 60-64 WPQ

1 Coetzee, Diane 64 CPTW-WP 3:07.33 WPQ

2 Sharkey, Therese 64 WINE-WP 3:19.13 WPQ

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Results

Event 5 Women 65-69 200 LC Meter Backstroke

WORLD Rec: 2:49.39 W 2016-08-21 Laura VAL

SA Record: 3:19.21 S 2-2014 Sanderina Kruger

WP Record: 3:19.21 p 2-2014 Sanderina Kruger

3:22.20 65-69 SAQ

3:40.15 65-69 WPQ

1 Brewis, Judy 65 CPTW-WP 3:22.72 WPQ

Event 5 Women 75-79 200 LC Meter Backstroke

WORLD Rec: 3:23.72 W 2018-06-17 E.KETELSEN

SA Record: 4:16.56 S 2-2017 W. Kokott

WP Record: 7:20.36 p 3-2004 Jane Goldenhuys

3:53.66 75-79 SAQ

4:18.46 75-79 WPQ

1 Rix, Tricia 76 CPTW-WP 5:16.19 p

Event 5 Men 45-49 200 LC Meter Backstroke

WORLD Rec: 2:11.56 W 2013-06-07 Eduardo MAROCCO

SA Record: 2:20.56 S 8-2014 G. Albertyn

WP Record: 2:30.32 p 6-2004 Peter Storzner

2:21.98 45-49 SAQ

2:32.37 45-49 WPQ

1 Chamberlain, Mark 45 UNAT 2:44.75

Event 5 Men 55-59 200 LC Meter Backstroke

WORLD Rec: 2:22.68 W 2015-08-07 Craig PETERSEN

SA Record: 2:33.29 S 6-2007 Tim Shead

WP Record: 2:33.29 p 6-2007 Tim Shead

2:34.51 55-59 SAQ

2:47.20 55-59 WPQ

1 Orton, Nick 56 CPTW-WP 2:58.26

Event 5 Men 60-64 200 LC Meter Backstroke

WORLD Rec: 2:28.37 W 2018-09-01 Djan MADRUGA

SA Record: 2:34.00 S 3-2012 Tim Shead

WP Record: 2:34.00 p 3-2012 Tim Shead

2:43.42 60-64 SAQ

2:58.02 60-64 WPQ

1 Winfield, Mike 64 CPTW-WP 2:56.72 WPQ

Event 5 Men 65-69 200 LC Meter Backstroke

WORLD Rec: 2:37.16 W 2018-06-16 Lawrence DAY

SA Record: 2:43.78 S 3-2017 Tim Shead

WP Record: 2:43.78 p 3-2017 Tim Shead

2:54.80 65-69 SAQ

3:08.71 65-69 WPQ

1 Howieson, Doug 67 CPTW-WP 3:16.00

2 Louw, Attie 66 WINE-WP 3:21.05

Event 6 Women 40-44 100 LC Meter Butterfly

WORLD Rec: 1:03.36 W 2009-05-23 S.VON DER LIPPE

SA Record: 1:05.80 S 6-2004 Bev McCarney

WP Record: 1:09.68 p 6-2004 Cecilia Stanford

1:09.28 40-44 SAQ

1:14.13 40-44 WPQ

1 Nurse, Kathryn 40 CPTW-WP 1:12.39 WPQ

Event 6 Women 55-59 100 LC Meter Butterfly

WORLD Rec: 1:09.47 W 2009-08-09 Laura VAL

SA Record: 1:13.01 S 3-2016 Cecilia Stanford

WP Record: 1:13.01 p 3-2016 Cecilia Stanfrod

1:16.74 55-59 SAQ

1:24.24 55-59 WPQ

1 Stanford, Cecilia 58 CPTW-WP 1:17.87 WPQ

Event 6 Men 50-54 100 LC Meter Butterfly

WORLD Rec: 57.23 W 2008-08-15 Paul CARTER

SA Record: 1:01.63 S 4-2008 Paul Blackbeard

WP Record: 1:01.63 p 4-2008 Paul Blackbeard

1:03.82 50-54 SAQ

1:08.60 50-54 WPQ

1 Taylor, Robbie 50 CPTW-WP 1:03.90 WPQ

Event 6 Men 60-64 100 LC Meter Butterfly

WORLD Rec: 1:02.00 W 2018-05-05 Hugo BREGMAN

SA Record: 1:05.78 S 3-2016 Andre Steynberg

WP Record: 1:09.50 p 3-2012 Tim Shead

1:09.82 60-64 SAQ

1:14.71 60-64 WPQ

1 Holshausen, Rod 61 CPTW-WP 1:17.64

Event 6 Men 65-69 100 LC Meter Butterfly

WORLD Rec: 1:05.83 W 2017-08-06 Rick COLELLA

SA Record: 1:16.83 S 3-2018 Tim Shead

WP Record: 1:16.83 p 3-2018 Tim Shead

1:15.48 65-69 SAQ

1:22.68 65-69 WPQ

1 Hodges, Mark 66 CPTW-WP 1:59.48

Event 6 Men 70-74 100 LC Meter Butterfly

WORLD Rec: 1:12.43 W 2018-07-08 Fred SCHLICHER

SA Record: 1:28.67 S 3-2007 Dave McLachlan

WP Record: 1:28.67 p 3-2007 Dave McLachlan

1:23.94 70-74 SAQ

1:29.60 70-74 WPQ

1 Sneath, Anthony 73 CPTW-WP 2:41.04

Event 7 Women 40-44 200 LC Meter Breaststroke

WORLD Rec: 2:38.44 W 2006-08-09 S.VON DER LIPPE

SA Record: 2:40.76 S 8-2010 Heather Morris-Eyton

WP Record: 3:05.29 p 3-2000 Gail McCarney

2:57.29 40-44 SAQ

3:11.57 40-44 WPQ

1 van Breda, Bridget 44 CPTW-WP 3:08.40 WPQ

Event 7 Women 45-49 200 LC Meter Breaststroke

WORLD Rec: 2:43.73 W 2013-03-15 H.MORRIS-EYTON

SA Record: 2:43.73 S 3-2013 Heather Morris-Eyton

WP Record: 3:03.93 p 4-2008 Gail McCarney

3:00.69 45-49 SAQ

3:16.03 45-49 WPQ

1 Bihl, Kate 49 CPTW-WP 3:21.64

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Results

Event 7 Women 60-64 200 LC Meter Breaststroke

WORLD Rec: 3:04.15 W 2018-03-18 Jenny WHITELEY

SA Record: 3:38.28 S 2-2010 Jenny Ireland

WP Record: 3:42.35 p 2-2014 Sandy Reeves

3:23.58 60-64 SAQ

3:44.48 60-64 WPQ

1 Matley, Terry 62 DOLP-WP 3:50.04
 2 Louw, Niki 64 WINE-WP 4:14.19

Event 7 Women 70-74 200 LC Meter Breaststroke

WORLD Rec: 3:29.25 W 2017-07-15 Nobuko YASUDA

SA Record: 4:06.04 S 3-2017 B Shuttleworth

WP Record: 4:40.03 p 2-2013 Tricia Rix

3:53.45 70-74 SAQ

4:14.27 70-74 WPQ

1 Godfrey, Colleen 70 DOLP-WP 4:25.38 p

Event 7 Women 75-79 200 LC Meter Breaststroke

WORLD Rec: 3:40.84 W 2014-07-19 Joann LEILICH

SA Record: 4:08.10 S 1-2015 Santa van Jaarsveld

WP Record: 4:08.10 p 1-2015 Santa van Jaarsveld

4:23.09 75-79 SAQ

4:41.51 75-79 WPQ

1 Rix, Tricia 76 CPTW-WP 5:37.95

Event 7 Men 35-39 200 LC Meter Breaststroke

WORLD Rec: 2:20.29 W 2004-06-05 Nick GILLINGHAM

SA Record: 2:38.23 S 1990 John Harker

WP Record: 2:53.12 p 1994 Tabo Stegman

2:32.30 35-39 SAQ

2:43.08 35-39 WPQ

1 Joubert, Jacques 36 CPTW-WP 2:44.23 p

Event 7 Men 45-49 200 LC Meter Breaststroke

WORLD Rec: 2:19.44 W 2018-06-22 Steve WEST

SA Record: 2:36.91 S 8-2014 Graeme Fiser

WP Record: 2:36.91 p 8-2014 Graeme Fiser

2:38.99 45-49 SAQ

2:50.57 45-49 WPQ

1 Gilbert, Oliver 49 CPTW-WP 2:59.87

Event 7 Men 55-59 200 LC Meter Breaststroke

WORLD Rec: 2:30.63 W 2016-08-21 David GUTHRIE

SA Record: 2:41.54 S 4-2008 Tim Shead

WP Record: 2:41.54 p 4-2008 Tim Shead

2:51.19 55-59 SAQ

3:03.48 55-59 WPQ

1 Olivier, Marais 56 CPTW-WP 3:41.27

Event 7 Men 70-74 200 LC Meter Breaststroke

WORLD Rec: 3:04.79 W 2009-03-14 Michael MALONEY

SA Record: 3:34.81 S 2-2007 Dave McLachlan

WP Record: 3:34.81 p 2-2007 Dave McLachlan

3:22.79 70-74 SAQ

3:39.46 70-74 WPQ

1 DU Toit, Francois 72 CPTW-WP 3:54.85

Event 8 Women 35-39 100 LC Meter Freestyle

WORLD Rec: 58.09 W 2016-07-09 Erika ERNDL

SA Record: 1:01.60 S 6-2004 Edith Ottermann

WP Record: 1:02.04 p 8-2006 Marianne Kriel

1:01.34 35-39 SAQ

1:05.85 35-39 WPQ

1 Anelli, Tarryn 36 CPTW-WP 1:11.26

Event 8 Women 40-44 100 LC Meter Freestyle

WORLD Rec: 58.04 W 2013-06-08 Erika BRAUN

SA Record: 1:00.39 S 6-2004 Bev McCarney

WP Record: 1:01.83 p 3-2008 Edith Ottermann

1:02.48 40-44 SAQ

1:06.93 40-44 WPQ

1 Cadiz, Perry 43 CPTW-WP 1:05.37 WPQ

Event 8 Women 45-49 100 LC Meter Freestyle

WORLD Rec: 57.40 W 2015-08-08 Melanie THOMAS

SA Record: 1:03.28 S 2-2012 Edith Ottermann

WP Record: 1:03.28 p 2-2012 Edith Ottermann

1:03.27 45-49 SAQ

1:07.70 45-49 WPQ

1 Engela, Norelle 47 CPTW-WP 1:11.75

2 Mallows, Bev 49 DOLP-WP 1:27.46

Event 8 Women 55-59 100 LC Meter Freestyle

WORLD Rec: 1:02.02 W 2008-08-16 Laura VAL

SA Record: 1:07.07 S 3-2017 Cecilia Stanford

WP Record: 1:07.07 p 3-2017 Cecilia Stanford

1:06.92 55-59 SAQ

1:14.41 55-59 WPQ

1 Stanford, Cecilia 58 CPTW-WP 1:09.69 WPQ

2 Strauss, Marcelle 55 CPTW-WP 1:11.66 WPQ

3 Welgemoed, Janine 58 CPTW-WP 1:25.61

4 Winfield, Melinda 58 CPTW-WP 1:35.43

Event 8 Women 60-64 100 LC Meter Freestyle

WORLD Rec: 1:03.83 W 2011-08-05 Laura VAL

SA Record: 1:06.63 S 3-2009 Sanderina Kruger

WP Record: 1:06.63 p 3-2009 Sanderina Kruger

1:11.42 60-64 SAQ

1:17.70 60-64 WPQ

1 Coetzee, Diane 64 CPTW-WP 1:13.46 WPQ

2 Sharkey, Therese 64 WINE-WP 1:20.52

3 Brimble, Mairi 64 DOLP-WP 1:26.53

4 Matley, Terry 62 DOLP-WP 1:32.89

5 Louw, Niki 64 WINE-WP 1:43.66

Event 8 Women 70-74 100 LC Meter Freestyle

WORLD Rec: 1:14.28 W 2009-09-05 Yoshiko OSAKI

SA Record: 1:12.29 S 1-2019 Sanderina Kruger

WP Record: 1:12.29 p 1-2019 Sanderina Kruger

1:23.83 70-74 SAQ

1:31.43 70-74 WPQ

1 Kruger, Sanderina 70 CPTW-WP 1:12.62 W SAQ

2 Campbell, Jenny 70 DOLP-WP 1:43.24

Western Cape Masters Long Course Championships 2019

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Results

Event 8 Women 75-79 100 LC Meter Freestyle**WORLD Rec:** 1:19.71 W 2014-07-19 Yoshiko OSAKI**SA Record:** 1:26.34 S 8-2014 Sue Leuner**WP Record:** 1:54.18 p 3-2001 Clara Aurk

1:34.74 75-79 SAQ

1:42.10 75-79 WPQ

1 Zundorf, Lenchen 75 CPTW-WP 1:44.26 p

Event 8 Women 80-84 100 LC Meter Freestyle**WORLD Rec:** 1:23.16 W 2018-07-14 Yoshiko OSAKI**SA Record:** 1:35.42 S 8-2017 Sante van Jaarsveld**WP Record:** 1:39.38 p 3-2017 Santa v Jaarsveld

1:40.44 80-84 SAQ

1:56.04 80-84 WPQ

1 van Jaarsveld, Santa 82 CPTW-WP 1:43.44 WPQ

Event 8 Men 25-29 100 LC Meter Freestyle**WORLD Rec:** 50.45 W 2013-06-07 Matthew MCGINNIS**SA Record:** 52.16 S 3-2013 Chris King**WP Record:** 52.16 p 3-2013 Chris King

52.86 25-29 SAQ

56.56 25-29 WPQ

1 Hodges, Graham 29 UNAT 1:02.15

Event 8 Men 30-34 100 LC Meter Freestyle**WORLD Rec:** 49.80 W 2016-07-23 Darian TOWNSEND**SA Record:** 55.19 S 3-2006 Paul Fryer**WP Record:** 57.10 p 3-2012 Dave Nel

52.74 30-34 SAQ

56.72 30-34 WPQ

1 Blaylock, Sean 33 UNAT 1:07.18

Event 8 Men 40-44 100 LC Meter Freestyle**WORLD Rec:** 51.21 W 2018-07-14 Hideaki HARA**SA Record:** 53.84 S 3-2016 B. Reen**WP Record:** 56.22 p 6-2006 Alex Skinner

54.93 40-44 SAQ

58.78 40-44 WPQ

1 Steenkamp, Neil 42 CPTW-WP 1:04.57

Event 8 Men 45-49 100 LC Meter Freestyle**WORLD Rec:** 53.66 W 2017-08-15 Valter KALAUS**SA Record:** 55.66 S 1994 Terry Downes**WP Record:** 56.85 p 3-2008 Gregg Price

55.74 45-49 SAQ

59.64 45-49 WPQ

1 Spenceley, Gordon 48 CPTW-WP 1:01.71

2 Turner, Andrew 46 CPTW-WP 1:01.87

3 Chamberlain, Mark 45 UNAT 1:04.41

Event 8 Men 50-54 100 LC Meter Freestyle**WORLD Rec:** 54.15 W 2017-06-30 Nicolas GRANGER**SA Record:** 54.36 S 3-2015 Calvin Maughan**WP Record:** 54.36 p 3-2015 Calvin Maughan

57.40 50-54 SAQ

1:01.56 50-54 WPQ

1 McLeRoth, Greg 52 CPTW-WP 1:00.02 WPQ

Event 8 Men 55-59 100 LC Meter Freestyle**WORLD Rec:** 56.08 W 2009-07-23 Jack GROSELLE**SA Record:** 55.63 S 1-2019 Calvin Maughan**WP Record:** 55.63 p 1-2019 Calvin Maughan

59.19 55-59 SAQ

1:03.84 55-59 WPQ

1 Maughan, Calvin 55 CPTW-WP 56.00 W SAQ

2 Orton, Nick 56 CPTW-WP 1:07.61

3 Steyn, Glenn 59 CPTW-WP 1:10.38

Event 8 Men 60-64 100 LC Meter Freestyle**WORLD Rec:** 57.79 W 2014-06-14 Jack GROSELLE**SA Record:** 59.76 S 3-2016 A. Steynberg**WP Record:** 1:02.77 p 2-2012 Tim Shead

1:01.93 60-64 SAQ

1:06.27 60-64 WPQ

1 Hendricks, Nigel 61 CPTW-WP 1:09.26

2 Winfield, Mike 64 CPTW-WP 1:10.67

3 Holshausen, Rod 61 CPTW-WP 1:12.75

4 Platte, Gary 63 WINE-WP 1:36.52

Event 8 Men 65-69 100 LC Meter Freestyle**WORLD Rec:** 1:00.38 W 2010-08-12 Richard ABRAHAMS**SA Record:** 1:05.10 S 3-2017 Tim Shead**WP Record:** 1:05.10 p 3-2017 Tim Shead

1:04.91 65-69 SAQ

1:10.60 65-69 WPQ

1 Spies, Izak 65 CPTW-WP 1:06.70 WPQ

2 Howieson, Doug 67 CPTW-WP 1:14.76

3 Jenkins, Ken 68 CPTW-WP 1:17.08

4 Louw, Attie 66 WINE-WP 1:18.24

5 Hodges, Mark 66 CPTW-WP 1:27.73

Event 8 Men 70-74 100 LC Meter Freestyle**WORLD Rec:** 1:03.32 W 2015-08-08 David QUIGGIN**SA Record:** 1:15.59 S 8-2017 F. du Toit**WP Record:** 1:16.62 p 3-2011 Gary Freeling

1:08.87 70-74 SAQ

1:14.14 70-74 WPQ

1 DU Toit, Francois 72 CPTW-WP 1:30.13

2 Sneath, Anthony 73 CPTW-WP 1:39.03

Event 8 Men 80-84 100 LC Meter Freestyle**WORLD Rec:** 1:11.82 W 2014-08-23 David RADCLIFF**SA Record:** 1:30.20 S 1996 George May**WP Record:** 1:35.20 p 1-2019 Dave McLachlan

1:24.82 80-84 SAQ

1:32.18 80-84 WPQ

1 McLachlan, Dave 82 CPTW-WP 1:32.59 p

