

WCM April 2024 SC Gala
St Cyprians School Aquatics Centre 25th April 2024
Results

Event 1	Women 30-34 100 SC Meter Freestyle			
	SA: 1:00,07 S 7/2022	C. Srtydom		
	WP: 1:00,46 p 7/2017	Lezandre Wolmaran		
	58,94	30-34 SAQT		
	1:03,12	30-34 WPQT		
1	Blend, Kirsten	32 CPTM-CPT	1:05,66	
2	Dubay, Shannon	32 UNAT	1:06,82	
Event 1	Women 35-39 100 SC Meter Freestyle			
	SA: 1:00,88 S 7/2018	T Victor		
	WP: 1:02,48 p 10/2015	Perry Cadiz		
	1:00,20	35-39 SAQT		
	1:04,41	35-39 WPQT		
1	Stanford, Tarryn	38 CPTM-CPT	1:05,32	
Event 1	Women 45-49 100 SC Meter Freestyle			
	SA: 1:04,08 S 4/2021	PerryCadiz		
	WP: 1:04,08 p 4/2021	PerryCadiz		
	1:01,67	45-49 SAQT		
	1:05,99	45-49 WPQT		
1	Cadiz, Perry	48 CPTM-CPT	1:04,97	WPQT
Event 1	Women 50-54 100 SC Meter Freestyle			
	SA: 1:04,82 S 8/2017	Edith Ottermann		
	WP: 1:04,82 p 8/2017	Edith Ottermann		
	1:03,26	50-54 SAQT		
	1:07,69	50-54 WPQT		
1	Engela, Norelle	52 CPTM-CPT	1:09,38	
2	Hyland, Britt	52 ASM-CPT	1:19,82	
Event 1	Women 55-59 100 SC Meter Freestyle			
	SA: 1:06,69 S 7/2017	Cecilia Stanford		
	WP: 1:06,69 p 7/2017	Cecilia Stanford		
	1:05,25	55-59 SAQT		
	1:09,82	55-59 WPQT		
1	Latimer, Bernie	55 UNAT	1:48,71	
Event 1	Women 60-64 100 SC Meter Freestyle			
	SA: 1:08,13 S 10/2015	Di Coetzee		
	WP: 1:08,13 p 10/2015	Di Coetzee		
	1:10,16	60-64 SAQT		
	1:15,07	60-64 WPQT		
1	Strauss, Marcelle	60 CPTM-CPT	1:14,46	WPQT
Event 1	Women 65-69 100 SC Meter Freestyle			
	SA: 1:08,25 S 9/2015	Sanderina Kruger		
	WP: 1:08,25 p 9/2015	Sanderina Kruger		
	1:15,73	65-69 SAQT		
	1:21,03	65-69 WPQT		
1	Coetzee, Diane	69 CPTM-CPT	1:15,32	SAQT
2	Foster, Nadine	67 CPTM-CPT	1:30,62	
3	Donnelly, Chris	67 CPTM-CPT	1:31,16	
Event 1	Women 70-74 100 SC Meter Freestyle			
	SA: 1:12,04 S 4/2019	Sanderina Kruger		
	WP: 1:12,04 p 4/2019	Sanderina Kruger		
	1:20,57	70-74 SAQT		
	1:26,21	70-74 WPQT		
1	Brewis, Judy	70 CPTM-CPT	1:33,46	

Event 1	Men 25-29 100 SC Meter Freestyle			
	SA: 51,60 S 10/2011	Chris King		
	WP: 51,60 p 10/2011	Chris King		
	50,98	25-29 SAQT		
	54,55	25-29 WPQT		
1	Duncan, Matthew	27 UNAT	1:14,32	
Event 1	Men 35-39 100 SC Meter Freestyle			
	SA: 53,22 S 10/2015	B Reen		
	WP: 56,26 p 10/2011	Nick Turner		
	52,30	35-39 SAQT		
	55,96	35-39 WPQT		
1	Lotriet, Alain	35 CPTM-CPT	57,90	
2	Lotriet, Roelof	38 CPTM-CPT	59,02	
3	Rogers, Anthony	37 ASM-CPT	1:07,32	
Event 1	Men 40-44 100 SC Meter Freestyle			
	SA: 52,51 S 3/2018	M. Allan		
	WP: 55,39 p 10/2023	Matt Tyson		
	53,16	40-44 SAQT		
	56,88	40-44 WPQT		
1	Sassen, Greg	42 CPTM-CPT	1:05,47	
Event 1	Men 45-49 100 SC Meter Freestyle			
	SA: 52,62 S 7/2023	M. Allan		
	WP: 52,62 p 7/2023	M Allan		
	54,45	45-49 SAQT		
	58,26	45-49 WPQT		
1	Richards, Jay	47 CPTM-CPT	59,09	
2	Greyvenstein, Erik	46 UNAT	1:21,99	
Event 1	Men 50-54 100 SC Meter Freestyle			
	SA: 54,79 S 10/2017	Calvin Maughan		
	WP: 54,79 p 10/2017	Calvin Maughan		
	54,70	50-54 SAQT		
	58,53	50-54 WPQT		
1	Theunissen, Brandon	54 UNAT	1:03,94	
Event 1	Men 55-59 100 SC Meter Freestyle			
	SA: 57,43 S 8/2023	Calvin Maughan		
	WP: 57,43 p 8/2023	Calvin Maughan		
	57,54	55-59 SAQT		
	1:01,57	55-59 WPQT		
1	McLeRoth, Greg	57 CPTM-CPT	59,45	WPQT
2	King, Graeme	58 UNAT	1:10,53	
Event 1	Men 60-64 100 SC Meter Freestyle			
	SA: 59,74 S 10/2009	Terry Downes		
	WP: 1:03,63 p 7/2017	Paul Stevenson		
	1:00,04	60-64 SAQT		
	1:04,24	60-64 WPQT		
1	Maughan, Calvin	60 CPTM-CPT	55,53	W S SAQT
Event 1	Men 65-69 100 SC Meter Freestyle			
	SA: 1:04,54 S 5/2014	Terry Downes		
	WP: 1:06,20 p 7/2019	Izak Spies		
	1:03,38	65-69 SAQT		
	1:07,82	65-69 WPQT		
1	Cones, Nigel	69 CPTM-CPT	1:10,53	
2	Holshausen, Rod	66 CPTM-CPT	1:16,91	

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Event 1 Men 70-74 100 SC Meter Freestyle
 SA: 1:06,60 S 6/2019 Terry Downes
 WP: 1:11,02 p 9/2009 Gary Freeling
 1:07,61 70-74 SAQT
 1:12,34 70-74 WPQT
 1 Howieson, Doug 72 CPTM-CPT 1:20,40

Event 1 Men 75-79 100 SC Meter Freestyle
 SA: 1:18,30 S 4/2019 D. Steiger
 WP: 1:32,22 p 2000 Mel Bartholomew
 1:13,21 75-79 SAQT
 1:18,33 75-79 WPQT
 1 DU Toit, Francois 77 CPTM-CPT 1:36,82

Event 2 Women 30-34 50 SC Meter Butterfly
 SA: 30,16 S 10/2022 C. Strydom
 WP: 31,17 p 6/2017 Lezandre Wolmaran
 29,03 30-34 SAQT
 31,06 30-34 WPQT
 1 Blend, Kirsten 32 CPTM-CPT 32,78

Event 2 Women 35-39 50 SC Meter Butterfly
 SA: 29,69 S 10/2009 Rachele Isakov
 WP: 29,69 p 10/2009 Rachele Isakov
 29,42 35-39 SAQT
 31,48 35-39 WPQT
 1 Stanford, Tarryn 38 CPTM-CPT 34,15

Event 2 Women 50-54 50 SC Meter Butterfly
 SA: 31,93 S 10/2016 Edith Ottermann
 WP: 31,93 p 10/2016 Edith Ottermann
 31,05 50-54 SAQT
 33,22 50-54 WPQT
 1 Engela, Norelle 52 CPTM-CPT 35,80

Event 2 Men 25-29 50 SC Meter Butterfly
 SA: 26,36 S 10/2022 C. Gericke
 WP: 24,42 p 11/2019 C Oosthuizen
 24,55 25-29 SAQT
 26,27 25-29 WPQT
 1 Duncan, Matthew 27 UNAT 40,59

Event 2 Men 40-44 50 SC Meter Butterfly
 SA: 25,56 S 3/2018 M Allan
 WP: 28,06 p 2/2018 Jay Richards
 25,74 40-44 SAQT
 27,54 40-44 WPQT
 1 Sassen, Greg 42 CPTM-CPT 32,23

Event 2 Men 45-49 50 SC Meter Butterfly
 SA: 25,03 S 7/2023 M Allan
 WP: 25,03 p 7/2023 M Allan
 26,08 45-49 SAQT
 27,91 45-49 WPQT
 1 Brooke-Sumner, Peter 48 UNAT 30,50
 2 Greyvenstein, Erik 46 UNAT 39,94

Event 2 Men 60-64 50 SC Meter Butterfly
 SA: 30,41 S 9/2009 Halton Cheadle
 WP: 30,41 p 9/2010 Halton Cheadle
 29,65 60-64 SAQT
 31,73 60-64 WPQT
 1 Orton, Nick 61 CPTM-CPT 32,23

Event 2 Men 65-69 50 SC Meter Butterfly
 SA: 29,94 S 3/2017 Tim Shead
 WP: 29,94 p 3/2017 Tim Shead
 30,98 65-69 SAQT
 33,15 65-69 WPQT
 1 Holshausen, Rod 66 CPTM-CPT 37,29

Event 3 Women 35-39 100 SC Meter Breaststroke
 SA: 1:15,12 S 8/2018 C Rolt
 WP: 1:22,29 p 8/1998 Gail McCarney
 1:16,11 35-39 SAQT
 1:21,44 35-39 WPQT
 1 Stanford, Tarryn 38 CPTM-CPT 1:30,91

Event 3 Women 45-49 100 SC Meter Breaststroke
 SA: 1:22,17 S 7/2006 Cecilia Stanford
 WP: 1:22,17 p 7/2006 Cecilia Stanford
 1:18,80 45-49 SAQT
 1:24,32 45-49 WPQT
 1 van Breda, Bridget 49 CPTM-CPT 1:25,19

Event 3 Men 25-29 100 SC Meter Breaststroke
 SA: 1:06,98 S 5/2013 M Josephson
 WP: 1:10,19 p 11/2007 Grant Galant
 1:02,79 25-29 SAQT
 1:07,19 25-29 WPQT
 1 Duncan, Matthew 27 UNAT 1:38,24

Event 3 Men 45-49 100 SC Meter Breaststroke
 SA: 1:09,74 S 8/2010 Johan vd Merwe
 WP: 1:09,74 p 8/2010 Johan vd Merwe
 1:07,55 45-49 SAQT
 1:12,28 45-49 WPQT
 1 Brooke-Sumner, Peter 48 UNAT 1:21,32

Event 3 Men 55-59 100 SC Meter Breaststroke
 SA: 1:10,50 S 1/2007 Tim Shead
 WP: 1:10,50 p 1/2007 Tim Shead
 1:13,18 55-59 SAQT
 1:18,30 55-59 WPQT
 1 Hodgkinson, Gary 56 UNAT 1:30,72

Event 3 Men 65-69 100 SC Meter Breaststroke
 SA: 1:14,03 S 3/2017 Tim Shead
 WP: 1:14,03 p 3/2017 Tim Shead
 1:19,73 65-69 SAQT
 1:25,33 65-69 WPQT
 1 Frost, David 66 CPTM-CPT 1:34,73

Event 3 Men 75-79 100 SC Meter Breaststroke
 SA: 1:45,43 S 4/2023 F Du Toit
 WP: 1:45,43 p 4/2023 Francois du Toit
 1:34,53 75-79 SAQT
 1:41,15 75-79 WPQT
 1 DU Toit, Francois 77 CPTM-CPT 1:59,80

Event 4 Women 19-24 50 SC Meter Backstroke
 SA: 31,32 S 10/2021 K.Kupfer
 WP: 33,69 p 4/2009 Taryn Stanford
 1 Straszacker, Kristen 24 CPTM-CPT 29,56 Sp

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Event 4 Women 35-39 50 SC Meter Backstroke	
SA: 31,24 S 7/2006 Marianne Kriel	
WP: 31,24 p 7/2006 Marianne Kriel	
31,17 35-39 SAQT	
33,35 35-39 WPQT	
1 Stanford, Tarryn 38 CPTM-CPT 35,81	
Event 4 Women 50-54 50 SC Meter Backstroke	
SA: 35,25 S 10/2012 Cecilia Stanford	
WP: 35,25 p 10/2012 Cecilia Stanford	
32,81 50-54 SAQT	
35,11 50-54 WPQT	
1 Engela, Norelle 52 CPTM-CPT 37,65	
2 Stam, Robin 50 UNAT 43,40	
Event 4 Women 55-59 50 SC Meter Backstroke	
SA: 35,50 S 10/2013 Di Coetzee	
WP: 35,50 p 10/2013 Di Coetzee	
35,02 55-59 SAQT	
37,47 55-59 WPQT	
1 Latimer, Bernie 55 UNAT 1:00,12	
Event 4 Women 65-69 50 SC Meter Backstroke	
SA: 37,82 S 8/2021 Di Coetzee	
WP: 37,82 p 8/2021 Di Coetzee	
39,23 65-69 SAQT	
41,98 65-69 WPQT	
1 Coetzee, Diane 69 CPTM-CPT 39,19 SAQT	
Event 4 Women 70-74 50 SC Meter Backstroke	
SA: 42,34 S 4/2019 Sanderina Kruger	
WP: 42,34 p 4/2019 Sanderina Kruger	
42,48 70-74 SAQT	
45,45 70-74 WPQT	
1 Brewis, Judy 70 CPTM-CPT 47,91	
Event 4 Women 80-84 50 SC Meter Backstroke	
SA: 53,52 S 6/2019 s Leuner	
WP: 1:22,20 p 9/2009 Kascha Kloos	
53,73 80-84 SAQT	
57,49 80-84 WPQT	
1 Zundorf, Lenchen 80 CPTM-CPT 53,33 p SAQT	
Event 4 Men 25-29 50 SC Meter Backstroke	
SA: 26,34 S 11/2021 Jacques van Wyk	
WP: 27,01 p 10/2011 Chris King	
25,98 25-29 SAQT	
27,80 25-29 WPQT	
--- Duncan, Matthew 27 UNAT DQ	
Event 4 Men 60-64 50 SC Meter Backstroke	
SA: 33,47 S 10/2016 Tim Shead	
WP: 33,47 p 10/2016 Tim Shead	
32,10 60-64 SAQT	
34,35 60-64 WPQT	
1 Orton, Nick 61 CPTM-CPT 36,09	
Event 4 Men 70-74 50 SC Meter Backstroke	
SA: 38,12 S 4/2017 Doug Wilson	
WP: 38,12 p 4/2017 Doug Wilson	
35,98 70-74 SAQT	
38,50 70-74 WPQT	
1 Howieson, Doug 72 CPTM-CPT 44,01	

Event 5 Women 30-34 100 SC Meter IM	
SA: 1:13,38 S 10/2018 C Strydom	
WP: 1:13,70 p 2006 Lucy Barlow	
1:07,03 30-34 SAQT	
1:11,72 30-34 WPQT	
1 Dubai, Shannon 32 UNAT 1:15,27	
Event 5 Women 35-39 100 SC Meter IM	
SA: 1:10,13 S 10/2006 Marianne Kriel	
WP: 1:10,13 p 10/2006 Marianne Kriel	
1:07,94 35-39 SAQT	
1:12,70 35-39 WPQT	
1 Stanford, Tarryn 38 CPTM-CPT 1:14,73	
Event 5 Women 45-49 100 SC Meter IM	
SA: 1:13,38 S 10/2006 Cecilia Stanford	
WP: 1:13,38 p 10/2006 Cecilia Stanford	
1:10,28 45-49 SAQT	
1:15,20 45-49 WPQT	
1 van Breda, Bridget 49 CPTM-CPT 1:17,33	
Event 5 Women 50-54 100 SC Meter IM	
SA: 1:11,56 S 4/2011 Cecilia Stanford	
WP: 1:11,56 p 4/2011 Cecilia Stanford	
1:12,82 50-54 SAQT	
1:17,92 50-54 WPQT	
1 Engela, Norelle 52 CPTM-CPT 1:22,57	
2 Hyland, Britt 52 ASM-CPT 1:30,40	
Event 5 Women 65-69 100 SC Meter IM	
SA: 1:25,93 S 2/2021 Di Coetzee	
WP: 1:25,93 p 2/2021 Di Coetzee	
1:28,41 65-69 SAQT	
1:34,60 65-69 WPQT	
1 Foster, Nadine 67 CPTM-CPT 1:50,72	
Event 5 Men 18 & Under 100 SC Meter IM	
1 Von Ruben, Oscar 16 UNAT 1:23,72	
Event 5 Men 25-29 100 SC Meter IM	
SA: 1:02,12 S 1/2006 Ryan Spencer	
WP: 1:02,37 p 10/2011 Chris King	
57,00 25-29 SAQT	
1:00,99 25-29 WPQT	
1 Duncan, Matthew 27 UNAT 1:32,44	
Event 5 Men 40-44 100 SC Meter IM	
SA: 1:02,07 S 9/2019 M Allan	
WP: 1:03,90 p 8/2018 Andreas Le Roux	
1:00,35 40-44 SAQT	
1:04,57 40-44 WPQT	
1 Lalin, Luke 41 CPTM-CPT 1:10,65	
2 Sassen, Greg 42 CPTM-CPT 1:18,92	
Event 5 Men 45-49 100 SC Meter IM	
SA: 1:03,81 S 10/2022 M Allan	
WP: 1:03,81 p 10/2022 M.Allan	
1:01,77 45-49 SAQT	
1:06,09 45-49 WPQT	
1 Brooke-Sumner, Peter 48 UNAT 1:12,67	
2 Rossouw, Jaco 45 CPTM-CPT 1:20,10	

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Event 5 Men 50-54 100 SC Meter IM
 SA: 1:03,54 S 3/2002 Tim Shead
 WP: 1:03,15 p 4/2019 Robbie Taylor
 1:03,63 50-54 SAQT
 1:08,08 50-54 WPQT
 1 von Ruben, Ryan 50 CPTM-CPT 1:22,53

Event 5 Men 65-69 100 SC Meter IM
 SA: 1:09,38 S 3/2017 Tim Shead
 WP: 1:09,38 p 3/2017 Tim Shead
 1:13,43 65-69 SAQT
 1:18,57 65-69 WPQT
 1 Holshausen, Rod 66 CPTM-CPT 1:30,09

Event 5 Men 70-74 100 SC Meter IM
 SA: 1:28,52 S 4/2009 Dave McLachlan
 WP: 1:28,52 p 4/2009 Dave McLachlan
 1:19,65 70-74 SAQT
 1:25,23 70-74 WPQT
 1 Howieson, Doug 72 CPTM-CPT 1:41,64

Event 6 Women 19-24 100 SC Meter Butterfly
 SA: 1:08,87 S 9/2004 M. Beetge
 WP: 1:18,87 p 8/2008 Aletta Steenkamp
 1 Straszacker, Kristen 24 CPTM-CPT 1:12,31

Event 6 Women 30-34 100 SC Meter Butterfly
 SA: 1:10,04 S 7/2013 Kathryn Nurse
 WP: 1:10,40 p 7/2013 Kathryn Nurse
 1:05,19 30-34 SAQT
 1:09,65 30-34 WPQT
 1 Blend, Kirsten 32 CPTM-CPT 1:13,03

Event 6 Women 35-39 100 SC Meter Butterfly
 SA: 1:08,17 S 7/2014 Kathryn Nurse
 WP: 1:08,12 p 7/2014 Kathryn Nurse
 1:06,24 35-39 SAQT
 1:10,88 35-39 WPQT
 1 Stanford, Tarryn 38 CPTM-CPT 1:19,12

Event 6 Men 35-39 100 SC Meter Butterfly
 SA: 1:03,75 S 9/2009 K. Lawrenson
 WP: 1:05,33 p 11/2004 Alex Skinner
 57,34 35-39 SAQT
 1:01,35 35-39 WPQT
 1 Rogers, Anthony 37 ASM-CPT 1:25,50

Event 6 Men 50-54 100 SC Meter Butterfly
 SA: 1:02,32 S 4/2021 Robbie Taylor
 WP: 1:02,32 p 4/2021 Robbie Taylor
 1:01,50 50-54 SAQT
 1:05,81 50-54 WPQT
 1 Theunissen, Brandon 54 UNAT 1:20,21

Event 6 Men 65-69 100 SC Meter Butterfly
 SA: 1:09,79 S 3/2017 Tim Shead
 WP: 1:09,79 p 3/2017 Tim Shead
 1:12,29 65-69 SAQT
 1:17,35 65-69 WPQT
 1 Holshausen, Rod 66 CPTM-CPT 1:24,04

Event 7 Women 30-34 50 SC Meter Freestyle
 SA: 27,63 S 11/2012 A. Landau
 WP: 28,09 p 7/2017 Lezandre Wolmaran
 26,77 30-34 SAQT
 28,64 30-34 WPQT
 1 Dubai, Shannon 32 UNAT 39,96

Event 7 Women 35-39 50 SC Meter Freestyle
 SA: 27,25 S 11/2004 Edith Ottermann
 WP: 28,25 p 7/2006 Marianne Kriel
 27,20 35-39 SAQT
 29,10 35-39 WPQT
 1 Stanford, Tarryn 38 CPTM-CPT 30,40

Event 7 Women 45-49 50 SC Meter Freestyle
 SA: 26,59 S 4/2011 Edith Ottermann
 WP: 26,59 p 4/2011 Edith Ottermann
 27,96 45-49 SAQT
 29,92 45-49 WPQT
 1 Cadiz, Perry 48 CPTM-CPT 29,56 WPQT

Event 7 Women 50-54 50 SC Meter Freestyle
 SA: 27,84 S 8/2017 Edith Ottermann
 WP: 27,84 p 8/2017 Edith Ottermann
 28,34 50-54 SAQT
 30,32 50-54 WPQT
 1 Engela, Norelle 52 CPTM-CPT 31,33
 2 Stam, Robin 50 UNAT 36,09
 3 Hyland, Britt 52 ASM-CPT 37,71

Event 7 Women 55-59 50 SC Meter Freestyle
 SA: 30,87 S 4/2017 Cecilia Stanford
 WP: 30,87 p 4/2017 Cecilia Stanford
 29,47 55-59 SAQT
 31,53 55-59 WPQT
 1 Winn, Anni 58 UNAT 41,78
 2 Latimer, Bernie 55 UNAT 48,57

Event 7 Women 60-64 50 SC Meter Freestyle
 SA: 31,03 S 4/2011 Sanderina Kruger
 WP: 31,03 p 4/2011 Sanderina Kruger
 31,30 60-64 SAQT
 33,49 60-64 WPQT
 1 Strauss, Marcelle 60 CPTM-CPT 33,85

Event 7 Women 65-69 50 SC Meter Freestyle
 SA: 31,22 S 8/2015 Sanderina Kruger
 WP: 31,64 p 10/2014 Sanderina Kruger
 32,95 65-69 SAQT
 35,26 65-69 WPQT
 1 Coetzee, Diane 69 CPTM-CPT 35,38
 2 Donnelly, Chris 67 CPTM-CPT 40,62

Event 7 Men 18 & Under 50 SC Meter Freestyle
 1 Von Ruben, Oscar 16 UNAT 30,56

Event 7 Men 25-29 50 SC Meter Freestyle
 SA: 23,61 S 10/2011 Chris King
 WP: 23,61 p 10/2011 Chris King
 22,93 25-29 SAQT
 24,54 25-29 WPQT
 1 Duncan, Matthew 27 UNAT 36,11

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<p>Event 7 Men 40-44 50 SC Meter Freestyle SA: 23,62 S 3/2018 M. Allan WP: 25,34 p 10/2023 Matt Tyson 24,19 40-44 SAQT 25,88 40-44 WPQT 1 Sassen, Greg 42 CPTM-CPT 30,90</p>	<p>Event 8 Women 35-39 100 SC Meter Backstroke SA: 1:08,96 S 11/2006 Marianne Kriel WP: 1:08,96 p 11/2006 Marianne Kriel 1:07,50 35-39 SAQT 1:12,22 35-39 WPQT 1 Stanford, Tarryn 38 CPTM-CPT 1:19,06</p>
<p>Event 7 Men 45-49 50 SC Meter Freestyle SA: 23,78 S 7/2023 M. Allan WP: 23,78 p 6/2023 M Allan 24,32 45-49 SAQT 26,02 45-49 WPQT 1 Richards, Jay 47 CPTM-CPT 26,08 2 Rossouw, Jaco 45 CPTM-CPT 29,52</p>	<p>Event 8 Women 55-59 100 SC Meter Backstroke SA: 1:17,84 S 10/2016 Cecilia Stanford WP: 1:17,84 p 7/2016 Cecilia Stanford 1:16,02 55-59 SAQT 1:21,34 55-59 WPQT 1 Latimer, Bernie 55 UNAT 2:09,82</p>
<p>Event 7 Men 50-54 50 SC Meter Freestyle SA: 24,40 S 4/2016 Calvin Maughan WP: 24,40 p 4/2016 Calvin Maughan 25,00 50-54 SAQT 26,75 50-54 WPQT 1 Mc Kinley, Kevin 53 UNAT 29,07 2 von Ruben, Ryan 50 CPTM-CPT 31,48</p>	<p>Event 8 Women 65-69 100 SC Meter Backstroke SA: 1:22,73 S 8/2021 Di Coetzee WP: 1:22,73 p 8/2021 Di Coetzee 1:27,72 65-69 SAQT 1:33,86 65-69 WPQT 1 Coetzee, Diane 69 CPTM-CPT 1:28,09 WPQT 2 Foster, Nadine 67 CPTM-CPT 1:51,40</p>
<p>Event 7 Men 55-59 50 SC Meter Freestyle SA: 24,87 S 8/2023 Calvin Maughan WP: 24,87 p 8/2023 Calvin Maughan 25,91 55-59 SAQT 27,72 55-59 WPQT 1 McLeRoth, Greg 57 CPTM-CPT 26,43 WPQT 2 Hodgkinson, Gary 56 UNAT 29,24 3 King, Graeme 58 UNAT 31,96</p>	<p>Event 8 Women 70-74 100 SC Meter Backstroke SA: 1:44,76 S 7/2014 Lenchan Zundorf WP: 1:44,76 p 7/2014 Lenchan Zundorf 1:37,17 70-74 SAQT 1:43,97 70-74 WPQT 1 Brewis, Judy 70 CPTM-CPT 1:40,65 S p WPQT</p>
<p>Event 7 Men 60-64 50 SC Meter Freestyle SA: 27,63 S 5/2009 Terry Downes WP: 28,21 p 4/2017 Andre Roothman 26,70 60-64 SAQT 28,78 60-64 WPQT 1 Maughan, Calvin 60 CPTM-CPT 24,45 S p SAQT 2 Orton, Nick 61 CPTM-CPT 29,70</p>	<p>Event 8 Women 80-84 100 SC Meter Backstroke SA: 2:05,45 S 6/2019 S Leuner WP: 3:01,53 p 9/2009 Kascha Kloos 2:00,97 80-84 SAQT 2:09,44 80-84 WPQT 1 Zundorf, Lenchen 80 CPTM-CPT 1:57,08 S p SAQT</p>
<p>Event 7 Men 65-69 50 SC Meter Freestyle SA: 29,22 S 6/2014 Terry Downes WP: 29,46 p 10/2021 Andre Roothman 28,23 65-69 SAQT 30,21 65-69 WPQT 1 Cones, Nigel 69 CPTM-CPT 31,18 2 Holshausen, Rod 66 CPTM-CPT 37,11</p>	<p>Event 8 Men 40-44 100 SC Meter Backstroke SA: 1:01,87 S 4/2018 Andreas Le Roux WP: 1:01,87 p 4/2018 Andreas Le Roux 59,78 40-44 SAQT 1:03,96 40-44 WPQT 1 Tyson, Matthew 43 CPTM-CPT 1:03,86 WPQT</p>
<p>Event 7 Men 70-74 50 SC Meter Freestyle SA: 30,35 S 5/2019 Terry Downes WP: 31,46 p 4/2017 Doug Wilson 29,84 70-74 SAQT 31,93 70-74 WPQT 1 Howieson, Doug 72 CPTM-CPT 36,16</p>	<p>Event 8 Men 60-64 100 SC Meter Backstroke SA: 1:10,60 S 12/2016 Tim Shead WP: 1:10,60 p 12/2016 Tim Shead 1:10,33 60-64 SAQT 1:15,25 60-64 WPQT 1 Orton, Nick 61 CPTM-CPT 1:25,14</p>
<p>Event 7 Men 75-79 50 SC Meter Freestyle SA: 34,69 S 4/2019 D. Steiger WP: 36,87 p 4/2023 Francois du Toit 31,88 75-79 SAQT 34,11 75-79 WPQT 1 DU Toit, Francois 77 CPTM-CPT 41,29</p>	<p>Event 8 Men 70-74 100 SC Meter Backstroke SA: 1:23,91 S 8/2019 Terry Downes WP: 1:30,74 p 4/2017 Doug Wilson 1:22,70 70-74 SAQT 1:28,49 70-74 WPQT 1 Howieson, Doug 72 CPTM-CPT 1:35,79</p>
	<p>Event 9 Women 19-24 50 SC Meter Breaststroke SA: 36,90 S 10/2006 Aletta Steenkamp WP: 36,42 p 2000 L. Faber 1 Straszacker, Kristen 24 CPTM-CPT 34,90 p</p>

WCM April 2024 SC Gala
St Cyprians School Aquatic Centre 25th April 2024
Results

Event 9 Women 30-34 50 SC Meter Breaststroke
 SA: 34,41 S 7/2016 C Rolt
 WP: 37,25 p 2000 Gail McCarney
 33,76 30-34 SAQT
 36,12 30-34 WPQT
 1 Dubai, Shannon 32 UNAT 39,22

Event 9 Women 35-39 50 SC Meter Breaststroke
 SA: 34,59 S 8/2018 C Rolt
 WP: 37,53 p 4/2009 Britt Stott
 34,59 35-39 SAQT
 37,01 35-39 WPQT
 1 Stanford, Tarryn 38 CPTM-CPT 42,37

Event 9 Women 45-49 50 SC Meter Breaststroke
 SA: 35,87 S 10/2012 Heather Morris-Ey
 WP: 37,64 p 8/2005 Gail McCarney
 35,68 45-49 SAQT
 38,18 45-49 WPQT
 1 van Breda, Bridget 49 CPTM-CPT 39,70
 2 Cadiz, Perry 48 CPTM-CPT 40,63

Event 9 Women 55-59 50 SC Meter Breaststroke
 SA: 40,61 S 7/2017 Cecilia Stanford
 WP: 40,61 p 7/2017 Cecilia Stanford
 38,22 55-59 SAQT
 40,90 55-59 WPQT
 --- Winn, Anni 58 UNAT DQ

Event 9 Women 65-69 50 SC Meter Breaststroke
 SA: 43,63 S 3/2017 A Thatcher
 WP: 49,17 p 10/2009 Lenchen Zundorf
 43,24 65-69 SAQT
 46,27 65-69 WPQT
 1 Donnelly, Chris 67 CPTM-CPT 52,12

Event 9 Men 25-29 50 SC Meter Breaststroke
 SA: 30,25 S 2/2007 B. Toerien
 WP: 30,56 p 7/2008 Grant Galant
 28,52 25-29 SAQT
 30,52 25-29 WPQT
 1 Duncan, Matthew 27 UNAT 49,20

Event 9 Men 40-44 50 SC Meter Breaststroke
 SA: 32,01 S 10/2010 C. Lyne
 WP: 32,26 p 9/2013 Andrew Sexton
 29,76 40-44 SAQT
 31,84 40-44 WPQT
 1 Lalin, Luke 41 CPTM-CPT 39,42
 2 Sassen, Greg 42 CPTM-CPT 40,89

Event 9 Men 45-49 50 SC Meter Breaststroke
 SA: 31,75 S 10/2010 Johan vd Merwe
 WP: 31,75 p 8/2010 Johan vd Merwe
 30,19 45-49 SAQT
 32,30 45-49 WPQT
 1 Richards, Jay 47 CPTM-CPT 35,24
 2 Brooke-Sumner, Peter 48 UNAT 37,49
 3 Rossouw, Jaco 45 CPTM-CPT 38,15

Event 9 Men 50-54 50 SC Meter Breaststroke
 SA: 31,72 S 3/2002 Tim Shead
 WP: 31,72 p 3/2003 Tim Shead
 31,09 50-54 SAQT
 33,27 50-54 WPQT
 1 Mc Kinley, Kevin 53 UNAT 36,56
 2 von Ruben, Ryan 50 CPTM-CPT 41,41

Event 9 Men 55-59 50 SC Meter Breaststroke
 SA: 32,36 S 10/2009 Tim Shead
 WP: 32,69 p 4/2008 Tim Shead
 32,67 55-59 SAQT
 34,96 55-59 WPQT
 1 Hodgkinson, Gary 56 UNAT 39,19

Event 9 Men 65-69 50 SC Meter Breaststroke
 SA: 33,68 S 3/2017 Tim Shead
 WP: 33,68 p 3/2017 Tim Shead
 35,81 65-69 SAQT
 38,32 65-69 WPQT
 1 Frost, David 66 CPTM-CPT 42,72

Event 9 Men 75-79 50 SC Meter Breaststroke
 SA: 42,32 S 10/2008 P. Galvin
 WP: 48,85 p 4/2023 Francois Du Toit
 41,53 75-79 SAQT
 44,44 75-79 WPQT
 1 DU Toit, Francois 77 CPTM-CPT 52,87