

South African Masters Swimming Championships – Pretoria 2018

The 34th South African National Masters Championships was held at the 50m Hillcrest open air pool in Pretoria from 14th – 17th March 2018. A well run meet, with a friendly and casual atmosphere.

Gloucester Masters was represented by two swimmers; viz. Jayne Ball and Colin Stephenson.

The Pretoria pool is 4400ft above sea level, and although not as high as Johannesburg (5800ft), altitude is an issue when competing. Jayne & Colin arrived a week early to acclimatise, unlike some others, who did suffer from the effects of breathlessness at altitude.

Results:

60 - 64	Jayne	Colin
50m free	35.52 1 st	28.10 2 nd
100m free	1:16.58 1 st	1:01.03 2 nd GBR
200m free	2:57.52 2 nd	2:22.40 2 nd



"It's up to you, either synch or swim."

100 Free splits

-- Ball, Jayne	64 Gloucester	1:19.01	1:16.58
	37.83	1:16.58 (38.75)	
-- Stephenson, Col	60 Gloucester	1:01.00	1:01.03
	29.40	1:01.03 (31.63)	

200 Free splits

-- Ball, Jayne	64 Gloucester	2:52.61	2:57.52
	40.82	1:25.64 (44.82)	
	2:12.27 (46.63)	2:57.52 (45.25)	
-- Stephenson, Col	60 Gloucester	2:22.00	2:22.40
	32.99	1:09.68 (36.69)	
	1:46.80 (37.12)	2:22.40 (35.60)	



Grace Isaac, Jane Asher, Colin Stephenson, Jayne Ball