

NELSON MANDELA BAY AQUATICS MASTERS SWIMMING

LONG COURSE RECORDS

As of 19 March 2017

MEN FREESTYLE

Age Group	50m	100m	200m
19-24	25.00 B. Lockett PE 03/13		
25 – 29	24.90 R Kroch BM 03/14	55.46 R Kroch BM 03/14	2:15.00 R Kroch BM 03/14
30 – 34	27.26 K. Main PE 03/13	1:05.98 I. Geddes PE 03/13	2:04.64 K. Main PE 03/13
35 – 39	24.12 B Reen JHB 03/15	53.61 B Reen JHB 03/15	2:02.70 B. Reen JHB 03/15
40 – 44	24.35 B Reen DRB 03/16	53:79 B Reen DRB 03/16	2:02.13 B Reen DRB 03/16
45 – 49	28.04 PJ. Duffy JHB 03/15	1:02.76 PJ Duffy JHB 03/15	2:18.79 PJ. Duffy JHB 03/15
50 – 54	27.23 K. Richards JHB 03/15	1:00.47 K. Richards JHB 03/15	2:22.00 K Richards EL 03/17
55 – 59	29.00 N Reen Oud 03/11	1:06.16 M. Burri PE 03/13	2:27.14 M. Burri PE 03/13
60 – 64	30.73 N Reen PE 10/16	1:06.84 M. Burri EL 03/17	2:29.13 M Burri EL 03/17
65 – 69	33.05 G. Wilson KAZ 08/15	1:13.94 C. Turner PE 03/13	2:45.86 C. Turner PE 03/13
70 – 74	35.53 B Saunders JHB 03/15	1:19.65 B. Saunders DRB 03/16	3:03.68 B. Saunders JHB 03/15
75 – 79			
80 – 84			
85 – 89			
90 +			

Bold script denotes SA Record

MEN FREESTYLE

Age Group	400m	800m	1 500m
19 – 24	4:18.77 B. Lockett PE 03/13		
25 – 29	6:01.96 P. Smallman PE 03/13		
30 – 34	4:24.03 K. Main PE 03/13	9:11.62 K Main PE 03/13	
35 – 39	4:35.67 B. Reen JHB 03/15	9:45.81 B Reen JHB 03/15	
40 – 44	4:27.83 B Reen DRB 03/16	9:46.35 B Reen DRB 03/16	
45 – 49	4:50.13 K. Richards PE 03/13	10:07.95 K Richards PE 03/13	25:17.44 R. West PE 10/10
50 – 54	4:55.17 K. Richards JHB 03/15	10:08.14 K Richards DRB 03/16	
55 – 59	5:21.56 M. Burri PE 03/13	11:06.20 M Burri PE 03/13	
60 – 64	5:25.13 M. Burri EL 03/17	11:52.24 M. Burri EL 03/17	
65 – 69	6:08.23 B. Hatherly DRB 03/16	13:55.00 C Viljoen PE 03/13	
70 – 74	6:40.72 B. Saunders DRB 03/16	14:01.85 B Saunders DRB 03/16	
75 – 79			
80 – 84			
85 – 89			
90 +			

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MEN BACKSTROKE

Age Group	50m	100m	200m
19 – 24			
25 – 29	29.80 R Kroch BM 03/14	1:05.40 R Kroch BM 03/14	
30 – 34	29.58 D. Glover PE 03/13	1:04.57 D Glover PE 03/13	2:19.38 D. Glover PE 03/13
35 – 39	38.59 R. Pienaar PE 03/13	1:19.38 C. Mowbray PE 03/13	
40 – 44	35.18 B. Serfontein DRB 03/16	1:19.97 B. Serfontein EL 03/17	2:59.06 B. Serfontein DRB 03/16
45 – 49	29.42 G. Kahn KAZ 08/15	1:03.69 G. Kahn KAZ 08/15	
50 – 54	32.82 K. Richards JHB 03/15	1:10.44 K. Richards JHB 03/15	3:15.29 R. Tucker 03/13
55 – 59	38.44 N Reen PE 11/12		
60 – 64	36.69 N Reen EL 10/17	1:24.38 F Searle EL 03/09	3:15.56 F Searle EL 03/09
65 – 69	38.01 G. Wilson KAZ 08/15	1:27.43 G. Wilson KAZ 08/15	3:11.57 G. Wilson KAZ 08/15
70 – 74			
75 – 79			
80 – 84			
85 – 89			
90 +			

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NELSON MANDELA BAY AQUATICS MASTERS SWIMMING

LONG COURSE RECORDS

As of 19 March 2017

MEN BREASTSTROKE

Age Group	50m	100m	200m
19 - 24	49.49 C Harvey-Fletcher PE 10/16		
25 - 29	52.84 K. Rheeder PE 03/13	2:06.96 K Rheeder BM 03/14	
30 - 34	33.10 D. Glover PE 03/13	1:25.75 K. Raine PE 03/13	3:35.30 J. Cassidy PE 03/13
35 - 39			
40 - 44	36.50 M. Potgieter PE 03/13	1:22.59 M. Potgieter PE 03/13	
45 - 49	36.96 B. Lock EL 03/17	1:33.41 PJ Duffy PE 10/16	3:09.81 PJ Duffy JHB 03/15
50 - 54	41.22 S Grobler BM 03/14	1:36.08 S Grobler BM 03/14	3:43.27 S Grobler DRB 03/16
55 - 59	39.32 D. Fletcher EL 03/17	1:30.71 D. Fletcher EL 03/17	
60 - 64	36.22 B. Hatherly CT 03/12	1:20.42 B Hatherly CT 03/12	2:56.90 B. Hatherly CT 03/12
65 - 69	37.70 B. Hatherly DRB 03/16	1:21.96 B. Hatherly DRB 03/16	3:04.29 B. Hatherly DRB 03/16
70 - 74			
75 - 79			
80 - 84			
85 - 89			
90 +			

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MEN BUTTERFLY

Age Group	50m	100m	200m
19 - 24	26.34 B. Lockett PE 03/13	57.60 B. Lockett PE 03/13	2:11.70 B. Lockett PE 03/13
25 - 29	26.92 R Kroch BM 03/14		
30 - 34	28.45 D. Glover PE 03/13	1:18.74 I. Geddes PE 03/13	
35 - 39	27.48 P. Turner PE 03/13	1:02.11 B. Reen JHB 03/15	
40 - 44	27.78 B Reen DRB 03/16	1:07.03 J. Kalogeropoulos JHB 03/15	
45 - 49	32.13 G. Hough EL 03/17	1:15.73 G. Hough EL 03/17	
50 - 54	30.69 K. Richards JHB 03/15		
55 - 59	33.59 N Reen Oud 03/11		
60 - 64	34.87 N Reen PE 10/15	1:40.74 P. Nicholson EL 03/17	3:28.07 B. Hatherly CT 03/12
65 - 69			3:42.37 B. Hatherly DRB 03/16
70 - 74			
75 - 79			
80 - 84			
85 - 89			
90 +			

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MEN INDIVIDUAL MEDLEY

Age Group	200m	400m
19 - 24		
25 - 29		
30 - 34	3:02.93 I. Geddes PE 03/13	
35 - 39	2:24.96 B Reen PE 10/15	
40 - 44	2:43.01 PJ Duffy PE 03/13	7:02.86 A Searle DRB 03/16
45 - 49	2:48.83 PJ Duffy PE 10/15	
50 - 54	2:37.15 K Richards EL 03/17	5:45.56 K. Richards EL 03/17
55 - 59	2:59.35 M. Burri PE 03/13	
60 - 64		6:31.85 B. Hatherly CT 03/12
65 - 69		6:45.64 B. Hatherly DRB 03/16
70 - 74		
75 - 79		
80 - 84		
85 - 89		
90 +		

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NELSON MANDELA BAY AQUATICS MASTERS SWIMMING

LONG COURSE RECORDS

As of 19 March 2017

WOMEN FREESTYLE

Age Group	50m	100m	200m
19 - 24	33.29 S. Jv Rensberg PE 03/13	1:08.99 T Geyer PE 03/13	2:30.17 T Geyer PE 03/13
25 - 29	29.86 E. Scheepers PE 03/13	1:05.16 E. Scheepers PE 03/13	2:24.55 N. Goedhals PE 03/13
30 - 34	30.57 A Saporta BM 03/14	1:07.19 A Saporta BM 03/14	2:32.38 A Saporta BM 03/14
35 - 39	28.54 T. Gous BM 03/14	1:04.45 T. Gous BM 03/14	2:23.77 A Saporta EL 03/17
40 - 44	28.33 T. Gous DRB 03/16	1:03.50 T. Gous DRB 03/16	2:23.29 T. Gous DRB 03/16
45 - 49	34.55 J. Linder PE 03/13	1:18.11 J. Linder PE 03/13	2:55.58 J. Potts EL 03/17
50 - 54	34.13 L. Lee DRB 03/16	1:14.93 D. Bosman PE 03/13	2:43.96 D Bosman PE 03/13
55 - 59	32.66 P Reen PE 10/15	1:13.91 D Bosman DRB 03/16	2:36.62 D Bosman DRB 03/16
60 - 64	33.58 P Reen EL 03/17	1:17.00 P Reen EL 03/17	2:55.93 P Reen EL 03/17
65 - 69	35.54 E. Craig Oud 03/11		
70 - 74	36.69 E. Craig DRB 03/16	1:27.50 E. Craig DRB 03/16	
75 - 79	45.62 N. McAll Dbn 03/93	1:51.68 N. McAll Dbn 03/93	
80 - 84	49.75 N. McAll Rust 3/97	2:03.27 N. McAll Rust 3/97	
85 - 89			
90 +	1:41.17 N. McAll Sasol 03/07	4:29.57 N. McAll Sasol 03/07	

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WOMEN FREESTYLE

Age Group	400m	800m	1 500m
19 - 24	5:10.12 T Geyer PE 03/13	10:30.44 T Geyer PE 03/13	
25 - 29	5:03.54 N. Goedhals PE 03/13	10:33.96 N. Goedhals PE 03/13	
30 - 34	5:31.75 N. Goedhals DRB 03/16	10:42.03 E Scheepers DRB 03/16	
35 - 39	5:09.68 T. Gous BM 03/14	10:40.55 T Gous BM 03/14	
40 - 44	5:12.26 T. Gous DRB 03/16	10:48.70 T. Gous DRB 03/16	
45 - 49	6:18.52 L. Meintjies EL 03/17	14:58.13 G Thomas PE 03/13	
50 - 54	5:40.91 D Bosman PE 03/13	11:29.95 D Bosman PE 03/13	24.14.83 D. Bosman PE 11/10
55 - 59	5:24.40 D Bosman EL 03/17	11:02.05 D Bosman EL 03/17	
60 - 64	6:37.34 P Reen EL 03/17	14:28.29 R Harrington DRB 3/16	
65 - 69	6:37.70 E. Craig PE 02/11	13:49.43 E. Craig CT 03/12	25:57.55 E. Craig PE 11/10
70 - 74			
75 - 79			
80 - 84			
85 - 89			
90 +			

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WOMEN BACKSTROKE

Age Group	50m	100m	200m
19 - 24	39.17 S J v Rensberg PE 03/13	1:20.64 T Geyer PE 03/13	2:49.18 R Newman BM 03/14
25 - 29	39.58 D Henderson PE 10/15	1:18.97 D Henderson EL 03/17	
30 - 34	38.09 N. Goedhals DRB 03/16	1:26.40 L Terblanche EL 03/17	
35 - 39	32.84 M. Holmes EL 03/17	1:15.09 M. Holmes JHB 03/15	2:41.80 M Holmes EL 03/17
40 - 44	38.35 M. Young DRB 03/16	1:25.69 M. Young DRB 03/16	3:13.30 N. Ogden DRB 03/16
45 - 49	41.56 L Meintjies EL 03/17	1:34.97 L Meintjies EL 03/17	
50 - 54		1:46.91 T Boden EL 03/17	
55 - 59	47.53 J Hayselden JHB 03/15	1:42.89 J. Hayselden JHB 03/15	
60 - 64	42.74 R. Harington JHB 03/15	1:36.87 R Harington JHB 03/15	
65 - 69			
70 - 74	44.38 E. Craig DRB 03/17		
80 - 84			
85 - 89			
90 +	1:56.04 N. McAll Sasol 03/07		9:04.70 N. McAll Sasol 03/07

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NELSON MANDELA BAY AQUATICS MASTERS SWIMMING

LONG COURSE RECORDS

As of 19 March 2017

WOMEN BREASTSTROKE

Age Group	50m	100m	200m
19 - 24			
25 - 29	38.51 E Scheepers PE 03/13		
30 - 34	37.04 L Terblanche DRB 03/16	1:23.59 L Terblanche DRB 03/16	3:42.42 M. Norden JHB 03/15
35 - 39	45.30 M. Young PE 03/13	1:48.46 A Finlay Oud 03/11	3:31.37 J Anderton EL 03/17
40 - 44	39.83 C. Hempel JHB 03/15	1:36.62 I. SeguraSanchez PE 01/11	3:29.15 I. SeguraSanchez Oud 03/11
45 - 49	44.02 A. Hunter-Smith PE 03/13	1:38.41 A. Hunter-Smith PE 03/13	
50 - 54	49.13 D. Bosman Oud 03/11		
55 - 59			
60 - 64	55.02 L. Benjamin JHB 03/15	2:08.73 L. Benjamin JHB 03/15	
65 - 69	55.89 L. Benjamin DRB 10/16	2:07.93 L. Benjamin DRB 03/16	4:43.83 L. Benjamin DRB 03/16
70 - 74	1:49.40 I. Moolman PE 03/13		
75 - 79			
80 - 84			
85 - 89			
90 +			

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WOMEN BUTTERFLY

Age Group	50m	100m	200m
19-24	35.18 T Geyer BM 03/14	1:24.13 R Newman BM 03/14	3:13.81 R Newman BM 03/14
25-29	31.51 E Scheepers PE 03/13	1:13.40 E Scheepers CT 03/12	
30-34	32.01 A Saporta BM 03/14	1:14.95 A Saporta BM 03/14	
35-39	30.88 T. Gous JHB 03/15	1:11.53 A Saporta JHB 03/15	
40-44	29.93 T. Gous DRB 03/16	1:34.53 A. Hunter-Smith CT 03/12	3:46.69 A Finlay EL 03/17
45-49	42.25 T. Grosse PE 03/13		
50-54	41.58 L. Lee JHB 03/15	2:01.88 G. Thomas PE 03/13	4:17.23 G. Thomas PE 03/13
55-59	36.34 P. Reen PE 10/16		3:42.05 D Bosman EL 03/17
60-64	37:25 P Reen EL 03/17	1:36.17 E. Craig EL 03/09	
65-69	39.44 E. Craig Oud 03/11	1:45.76 E. Craig Pta 03/10	4:05.31 E. Craig PE 03/13
70-74	41.23 E. Craig JHB 03/15	1:53.61 E. Craig JHB 03/15	4:22.77 E. Craig JHB 03/15
75-79	1:03.05 N. McAll Sheff (96)		
80-84			
85-89			
90+			

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WOMEN INDIVIDUAL MEDLEY

Age Group	200m	400m
19-24		6:09.56 R Newman BM 03/14
25-29	2:44.06 E. Scheepers PE 03/13	
30-34	2:47.01 E. Scheepers DRB 03/16	
35-39	2:44.03 A Saporta DRB 03/16	
40-44	3:08.42 C. Hempel JHB 03/15	7:13.18 A. Finlay EL 03/17
45-49	3:27.44 J. Potts EL 03/17	7:10.26 A. Hunter-Smith PE 03/13
50-54	3:33.07 D Bosman Oud 03/11	8:40.07 G. Thomas PE 03/13
55-59	3:16.43 D Bosman PE 10/15	6:54.53 D Bosman DRB 03/16
60-64	3:20.34 E. Craig Dbn 03/08	
65-69	3:30.70 E. Craig Oud 03/11	7:36.50 E. Craig Oud. 03/11
70-74	3:40.10 E. Craig DRB 03/16	8:00.05 E. Craig JHB 03/15
75-79	5:24.39 N. McAll Dbn (96)	
80-84		
85-89		
90+		

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**50M FREE
RELAY**

MEN			
76-99			
100+			
120+	01:44.47	AQUABEAR	2014
160+	01:46.25	AQUABEAR	2015
200+	02:02.21	BEST	2013
240+	02:06.23	AQUABEAR	2017
280+			
320+			

WOMEN			
76-99			
100+			
120+	01:58.38	AQUABEAR	2017
160+	02:12.51	AQUABEAR	2017
200+	02:18.91	AQUABEAR	2016
240+	02:39.55	AQUABEAR	2017
280+			
320+			

MIXED			
76-99			
100+	01:59.63	BEST	2013
120+	01:49.57	AQUABEAR	2014
160+	01:49.48	AQUABEAR	2015
200+	02:02.37	AQUABEAR	2015
240+	02:16.45	BEST	2013
280+			
320+			

**50M MEDLEY
RELAY**

MEN			
76-99			
100+			
120+	02:02.42	AQUABEAR	2014
160+	2.05.88	AQUABEAR	2015
200+	02:15.27	BEST	2013
240+	02:28.37	AQUABEAR	2015
280+			
320+			

WOMEN			
76-99			
100+			
120+	02:12.96	AQUABEAR	2017
160+	02:38.82	BEST	2014
200+	02:49.61	SWIMCATS	2011
240+	02:41.03	BEST	2016
280+			
320+			

MIXED			
76-99			
100+	02:12.85	BEST	2013
120+	02:09.13	AQUABEAR	2013
160+	02:05.03	AQUABEAR	2016
200+	02:32.39	AQUABEAR	2017
240+	02:33.08	BEST	2016
280+			
320+			

**Bold script denotes SA
Record**

**100M FREE
RELAY**

MEN			
76-99			
100+			
120+	05:59.80	AQUABEAR	2017
160+	03:59.17	AQUABEAR	2016
200+	04:31.38	AQUABEAR	2017
240+	05:18.89	AQUABEAR	2016
280+			
320+			

WOMEN			
76-99			
100+			
120+	04:23.76	AQUABEAR	2017
160+	04:55.28	AQUABEAR	2016
200+	05:14.98	BEST	2016
240+	06:16.61	AQUABEAR	2017
280+			

MIXED			
76-99			
100+			
120+	05:10.31	BEST	2012
160+	04:49.26	BEST	2012
200+			
240+			
280+			

**100M
MEDLEY
RELAY**

MEN			
76-99			
100+			
120+			
160+			
200+			
240+			
280+			

WOMEN			
76-99			
100+			
120+			
160+			
200+			
240+			
280+			

MIXED			
76-99			
100+			
120+	04:48.43	AQUABEAR	2013
160+			
200+	05:15.91	BEST	2013
240+			
280+			

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