

SOUTH AFRICAN MASTERS SWIMMING

SHORT COURSE RECORDS

MEN : FREESTYLE

2018-03-06

	50m	100m	200m
19 - 24	24.93 J Nicklin Jhb 08/13	54.89 J Nicklin Jhb 10/13	2:03.12 T Venter Jhb 10/10
25 - 29	23.61 C King CT 10/11	51.60 C King CT 10/11	1:54.74 C King CT 10/12
30 - 34	23.79 A Biram Jhb 10/05	54.13 P Fryer Jhb 10/05	2:04.37 P Fryer Jhb 11/05
35 - 39	22.48 R Neethling Stell 10/14	53.22 B Reen PE 10/15	2:03.30 B Reen PE 09/14
40 - 44	24.44 M Allan Dbn 01/18	54.40 M Allan Dbn 03/17	2:06.18 B Nortjie Stell 10/14
45 - 49	24.90 B Tatterson Orlando 10/11	54.64 T Downes Jhb 09/95	2:03.78 T Downes Jhb 9/95
50 - 54	24.40 C Maughan CT 04/16	54.79 C Maughan Stell 10/17	2:05.95 T Downes Jhb 09/99
55 - 59	26.19 A Steynberg Jhb 07/12	58.94 A Steynberg Jhb 07/12	2:14.78 T Downes Jhb 10/08
60 - 64	27.63 T Downes Jhb 05/09	59.74 T Downes Jhb 10/09	2:17.33 T Downes Jhb 08/09
65 - 69	29.22 T Downes Jhb 06/14	1:04.54 T Downes Jhb 05/14	2:22.15 T Shead Orlando 10/17
70 - 74	31.46 D Wilson CT 04/17	1:11.02 G Freeling CT 11/09	2:45.97 G Freeling CT 08/10
75 - 79	35.00 J Hughes Dbn 01/18	1:19.44 J Hughes Dbn 01/18	3:02.88 D McLachlan CT 10/12
80 - 84	38.31 R Salati Dbn 04/03	1:33.28 G May Dbn (95)	3:25.02 D McLachlan CT 04/17
85 - 89	43.35 R Salati Dbn 02/08	1:48.41 R Salati Dbn 02/08	4:15.50 G May Pmb 09/01
90 +			

MEN : FREESTYLE

2018-03-06

	400m	800m	1 500m
19 - 24	4:19.39 T Venter Jhb 10/10	9:39.53 T Venter Jhb 08/10	18:16.84 T Venter Jhb 08/10
25 - 29	4:26.91 T Venter Jhb 08/14	8:41.57 P Emslie CT 10/11	16:38.87 P Emslie CT 11/11
30 - 34	4:21.76 P Fryer Jhb 10/05	9:15.48 P Blackbeard Dbn (91)	17:42.80 T Venter CT 11/16
35 - 39	4:19.83 L McGregor Dbn (87)	9:46.33 B Sneddon CT 09/04	18:28.46 A Goate Jhb 08/13
40 - 44	4:26.55 G Price Jhb 10/04	9:33.07 G Price Jhb 11/04	19:02.87 B Dylan Jhb 08/13
45 - 49	4:19.10 G Albertyn Jhb 08/14	9:41.22 C Quibell Dbn 12/00	18:50.38 A Blades Dbn 08/07
50 - 54	4:39.68 J Taylor Dbn 12/14	9:42.64 J Taylor Dbn 01/17	19:05.30 J Taylor Dbn 10/15
55 - 59	4:46.93 T Shead Stell 10/07	10:04.18 D Howieson Stell 10/08	19:33.72 T Shead CT 10/07
60 - 64	4:54.60 T Downes Jhb 10/09	10:37.03 I Spies CT 10/15	20:05.06 T Downes Jhb 08/09
65 - 69	5:09.50 T Shead Orlando 10/17	11:00.56 T Shead Orlando 10/17	21:19.08 T Shead Orlando 10/17
70 - 74	5:43.50 G Freeling CT 10/09	12:36.93 D McLachlan Stell 10/08	24:08.94 P Larcombe Dbn 01/17
75 - 79	6:20.15 D McLachlan CT 04/12	13:26.52 D McLachlan Stell 10/13	26:51.03 D McLachlan CT 09/15
80 - 84	6:53.08 D McLachlan CT 09/17	16:27.65 G May Dbn 11/96	27:48.23 D McLachlan CT 12/17
85 - 89	9:30.40 G May (Pmb) 11/00	20:01.72 G May Dbn 12/00	40:49.00 G May Dbn 08/02
90 +			

MEN : BACKSTROKE**(Short course)****2018-03-06**

	50m	100m	200m
19 - 24	28.75 S Malan Jhb 08/01	1:00.40 S Malan Jhb 08/01	2:31.90 R Spencer Dbn 11/04
25 - 29	27.01 C King CT 10/11	56.55 C King CT 10/12	2:08.46 C King CT 10/11
30 - 34	28.31 S Thirsk Jhb 06/11	1:04.44 A Biram Jhb 10/05	2:15.12 S Thirsk Jhb 06/11
35 - 39	27.95 S Thirsk Jhb 05/12	1:00.03 S Thirsk Jhb 05/12	2:18.89 L McGregor Dbn (86)
40 - 44	29.19 H Ruck Jhb 05/07	1:04.47 L McGregor Dbn (92)	2:28.38 G du Toit Dbn 04/01
45 - 49	28.39 G Kahn PE 10/15	1:06.04 H Ruck Jhb 06/14	2:22.18 J Taylor Dbn 01/12
50 - 54	29.28 H Ruck Jhb 10/16	1:05.80 H Ruck Jhb 10/16	2:25.85 J Taylor Flor 12/15
55 - 59	30.31 A Steynberg Jhb 11/12	1:05.72 A Steynberg Jhb 05/12	2:29.11 T Shead CT 08/07
60 - 64	33.47 T Shead Stell 10/16	1:10.60 T Shead USA 12/16	2:34.54 T Shead CT 08/15
65 - 69	36.90 B Stewart Dbn 01/11	1:11.45 T Shead Swe 03/17	2:59.86 T Downes Jhb 10/15
70 - 74	38.12 D Wilson CT 04/17	1:26.26 J Hughes Dbn 09/13	3:11.13 J Hughes Pmb 10/13
75 - 79	41.35 J Hughes Dbn 01/18	1:30.25 J Hughes Dbn 01/18	3:31.34 D Fyfe Jhb 10/15
80 - 84	50.47 G May Dbn (95)	1:53.20 G May Dbn (95)	4:05.50 J Saunders Dbn 03/17
85 - 89	58.38 G May Dbn 08/00	2:10.07 G May Pmb 11/00	5:04.56 G May Dbn 08/01

MEN : BREASTSTROKE**(Short course)****2018-03-06**

	50m	100m	200m
19 - 24	31.26 R v Rooijen Pmb 10/08	1:07.93 R Spencer Dbn 09/05	2:37.05 R Spencer Dbn 11/04
25 - 29	30.25 B Toerien Pmb 10/07	1:06.98 M Josephson Jhb 05/13	2:29.34 M Josephson Jhb 05/12
30 - 34	30.61 K Cawood Jhb 10/02	1:07.97 J Joubert Stell 10/17	2:29.74 J Joubert CT 12/17
35 - 39	30.73 J Joubert Stell 02/18	1:07.88 J Joubert Stell 02/18	2:36.00 G Coetsee Jhb 10/05
40 - 44	32.01 C Lyne Dbn 10/10	1:12.69 J vd Merwe CT 10/07	2:42.98 R Hatherly (91)
45 - 49	31.75 J vd Merwe CT 08/10	1:09.74 J vd Merwe CT 08/10	2:36.17 J vd Merwe CT 09/10
50 - 54	31.72 T Shead Syd 03/02	1:09.88 T Shead Syd 03/02	2:36.57 T Shead Syd 03/02
55 - 59	32.36 T Shead CT 10/09	1:10.50 T Shead Madrid 01/07 *	2:38.90 T Shead Madrid 01/07
60 - 64	33.37 T Shead CT 04/16	1:12.89 T Shead USA 12/16	2:44.82 T Shead USA 12/16
65 - 69	33.68 T Shead Swe 03/17	1:14.03 T Shead Swe 03/17	2:48.26 T Shead Swe 03/17 *
70 - 74	41.25 F du Toit CT 09/17	1:34.70 F du Toit CT 09/17	3:32.41 D McLachlan CT 10/10
75 - 79	42.32 P Galvin Jhb 10/08	1:47.23 D McLachlan Stell 10/13	3:36.46 D McLachlan CT 01/12
80 - 84	55.15 P Mulder Jhb 10/07	1:52.77 D McLachlan CT 04/17	4:12.08 D McLachlan CT 12/17
85 - 89	57.56 P Mulder Jhb 10/09	2:33.59 P Mulder Jhb 05/10	6:57.44 J Brink Jhb 10/05
90 +			

* World record

MEN : BUTTERFLY

(Short course)

2018-03-06

	50m	100m	200m
19 - 24	26.88 C Langenhoven Jhb 10/11	1:00.54 T Venter Jhb 10/10	2:21.24 T Venter Jhb 08/10
25 - 29	26.77 R Spencer Pmb 10/07	1:00.60 J Fourie Pmb 09/01	2:21.66 R Spencer Pmb 10/07
30 - 34	27.24 D Hadenham Dbn 04/04	1:01.55 D Hadenham Pmb 10/03	2:18.43 T Venter CT 11/16
35 - 39	27.36 J Richards Stell 10/14	1:03.75 K Lawrenson Dbn 09/09	2:18.99 S Thirsk Jhb 06/15
40 - 44	26.50 M Allan Dbn 01/18	1:02.98 S Haupt Jhb 11/09	2:25.53 A Blades Dbn 12/03
45 - 49	27.25 B Tatterson Orlando 10/11	1:00.47 B Tatterson Orlando 10/10	2:23.07 B Tatterson Orlan 10/10
50 - 54	27.94 C Maughan Stell 10/14	1:04.71 B Tatterson Flor 12/15	2:36.06 J Keyter Dbn 12/01
55 - 59	28.48 A Steynberg Jhb 10/12	1:04.78 A Steynberg Jhb 05/12	2:36.87 J Keyter Dbn 04/05
60 - 64	30.41 H Cheadle CT 09/10	1:09.53 T Shead USA 12/16	3:05.70 D McLachlan Jhb 01/99
65 - 69	29.94 T Shead Swe 03/17	1:09.79 T Shead Swe 03/17	2:54.33 T Shead Orlando 10/17
70 - 74	38.18 D McLachlan CT 04/09 L Hadenham Dbn 09/13	1:32.91 D McLachlan Stell 10/08	3:19.00 D McLachlan CT 11/08
75 - 79	44.38 D McLachlan CT 10/16	1:43.43 D McLachlan Stell 10/13	3:40.12 D McLachlan CT 11/16
80 - 84	41.78 D McLachlan CT 06/17	1:45.65 D McLachlan Stell 06/17	3:51.87 D McLachlan CT 09/17
85 - 89	2:21.60 R Salati Dbn 09/10	4:11.44 J Brink Jhb 05/05	
90 +			

MEN : INDIVIDUAL MEDLEY

(Short course)

2018-03-06

	100 m	200m	400m
19 - 24	1:01.84 B Lockett EL 09/12	2:20.28 R Spencer Dbn 12/04	4:54.41 T Venter Jhb 10/10
25 - 29	1:02.12 R Spencer Dbn 01/06	2:16.76 R Spencer Pmb 10/07	4:59.12 T Venter Jhb 10/15
30 - 34	1:02.47 C Lynne Pmb 10/03	2:13.29 G Hipper 03/95	5:06.62 D Nel CT 09/12
35 - 39	1:02.64 S Thirsk Jhb 05/12	2:25.54 T Shead (88)	5:18.21 T Heller Jhb 10/06
40 - 44	1:04.05 C Lyne Dbn 10/10	2:21.78 C Lyne Dbn 10/10	5:06.18 G du Toit Dbn 04/04
45 - 49	1:05.06 G Price Dbn 09/05	2:22.22 G du Toit Dbn 04/08	5:07.03 G du Toit Dbn 04/07
50 - 54	1:03.54 T Shead 03/02 *	2:22.23 T Shead Syd 03/02 *	5:13.01 T Shead Syd 03/02
55 - 59	1:03.53 T Shead Madrid 01/07 *	2:24.64 T Shead Madrid 01/07 *	5:30.20 T Shead CT 10/10
60 - 64	1:06.63 T Shead CT 04/16	2:32.18 T Shead Stell 10/16	5:34.84 T Shead USA 12/16
65 - 69	1:09.38 T Shead Swe 03/17	2:30.80 T Shead Swe 03/17	5:49.87 T Shead Orlando 10/17
70 - 74	1:28.52 D McLachlan CT 04/09	3:08.63 D McLachlan CT 04/08	6:53.76 D McLachlan Stell 10/08
75 - 79	1:32.35 D McLachlan CT 01/12	3:33.78 J Hughes Dbn 01/18	7:15.43 D McLachlan Stell 10/13
80 - 84	1:40.47 D McLachlan CT 09/17	3:40.51 D McLachlan CT 04/17	7:57.90 D McLachlan Stell 10/17
85 - 89	3:03.56 J Brink Jhb 10/05	7:05.26 J Brink Jhb 10/05	
90 +			

* World record

WOMEN : FREESTYLE

(Short course)

2018-03-06

	50m	100m	200m
19 - 24	27.84 C Botha Dbn 12/08	1:02.48 C Botha Dbn 12/08	2:19.10 T Stanford CT 10/10
25 - 29	26.47 E Werth Jhb 10/14	1:01.05 S Gunther Jhb 07/13	2:16.44 T Stanford CT 01/12
30 - 34	27.63 A Landau/T Victor Jhb 11/12	1:00.46 L Wolmarans CT 07/17	2:16.53 W Daniel Pmb 10/97
35 - 39	27.25 E Ottermann Jhb 10/04	1:02.34 T Victor Jhb 08/17	2:15.34 A Momberg CT (94)
40 - 44	26.67 E Ottermann Jhb 10/07	1:02.55 B McCarney Dbn 12/04	2:11.26 A Picard CT 07/08
45 - 49	26.59 E Ottermann CT 04/11*	1:04.22 W v Niekerk Dbn 01/12	2:20.90 H Morris Eyton Jhb 10/12
50 - 54	27.84 E Ottermann Jhb 08/17	1:04.82 E Ottermann Jhb 08/17	2:19.97 C Stanford CT 01/12
55 - 59	30.87 C Stanford CT 04/17	1:06.69 C Stanford CT 07/17	2:22.15 C Stanford Stell 06/17
60 - 64	31.03 S Kruger CT 04/11	1:08.13 D Coetzee CT 10/15	2:26.94 D Coetzee CT 07/15
65 - 69	31.22 S Kruger CT 08/15 *	1:08.25 S Kruger CT 09/15 *	2:37.00 S Kruger Stell 10/14 *
70 - 74	38.69 E Craig PE 10/17	1:29.07 A Jones Jhb 05/16	3:15.41 B Shuttleworth Dbn 01/17
75 - 79	40.26 S Leuner Jhb 07/14	1:29.36 S Leuner Jhb 07/14	3:39.15 S Leuner Jhb 08/15
80 - 84	1:09.68 W Saunders Dbn 01/15	1:35.16 S v Jaarsveld Stell 10/17	
85 - 89	1:09.69 K Kloos CT 04/11	2:46.97 K Kloos CT 04/13	5:54.67 K Kloos CT 09/13
90 +	1:15.43 K Kloos CT 07/15	2:44.43 K Kloos CT 10/15	

* World record

WOMEN : FREESTYLE

(Short course)

2018-03-06

	400m	800m	1 500m
19 - 24	4:46.23 T Stanford CT 09/10	9:45.87 T Stanford CT 10/10	18:50.28 T Stanford CT 11/10
25 - 29	4:42.72 B McCarney Dbn (92)	9:48.86 T Stanford CT 10/11	18:27.13 T Stanford CT 11/11
30 - 34	4:49.51 T Stanford Stell 10/16	9:45.39 T Stanford Stell 10/17	18:22.65 T Stanford CT 12/17
35 - 39	4:46.98 K Nurse CT 08/15	9:37.56 A Picard CT 09/03	19:15.43 K Nurse Stell 08/14
40 - 44	4:55.71 M Albertyn Jhb 08/14	10:04.49 H Morris-Eyton Jhb 11/09	20:17.58 B Bowley Dbn 08/08
45 - 49	4:54.47 C Stanford Stell 10/07	10:23.16 C Stanford Stell 10/08	19:48.82 C Stanford CT 10/07
50 - 54	5:00.19 C Stanford CT 10/12	10:14.35 C Stanford CT 10/11	19:12.30 C Stanford CT 11/11
55 - 59	5:01.24 C Stanford Stell 10/16	10:25.15 C Stanford CT 11/16	19:58.62 C Stanford CT 11/16
60 - 64	5:12.25 D Coetzee CT 08/15	10:48.05 D Coetzee CT 10/15	21:19.67 D Coetzee CT 12/17
65 - 69	5:59.67 M Mons Jhb 05/16	12:30.86 M Mons Jhb 08/16	25:45.18 E Craig PE 11/14
70 - 74	6:37.44 B Shuttleworth Dbn 03/17	13:46.37 B Shuttleworth Dbn 01/17	
75 - 79	9:37.10 C Aurik CT 09/04	15:57.28 S Leuner Jhb 08/16	
80 - 84			57:59.48 E Buck Dbn 08/02
85 - 89	12:29.49 K Kloos CT 10/12	28:39.07 E Buck Dbn 08/04	58:12.00 E Buck Dbn 08/05
90 +	12:52.83 K Kloos Stell 10/16	27:22.66 K Kloos CT 10/15	53:43.25 K Kloos CT 09/15

WOMEN : BACKSTROKE

(Short course)

2018-03-06

	50m	100m	200m
19 - 24	32.13 C Botha Dbn 09/08	1:08.66 C Botha Dbn 09/08	2:33.60 T Stanford CT 08/09
25 - 29	30.07 M Kriel CT 09/99	1:04.05 M Kriel CT 09/99	2:26.94 M Kriel CT 08/00
30 - 34	33.59 P Cadiz Stell 10/08	1:10.58 T Stanford Stell 10/16	2:31.20 T Stanford CT 11/16
35 - 39	31.24 M Kriel CT 07/06	1:08.96 M Kriel CT 11/06	2:38.19 P Cadiz Stell 08/14
40 - 44	32.78 B McCarney Dbn 12/04	1:10.83 B McCarney Dbn 12/04	2:39.83 C Stanford CT 09/02
45 - 49	34.82 J Degenaar CT 07/05	1:13.16 C Stanford CT 07/06	2:41.53 A Dressler Jhb 07/13
50 - 54	35.25 C Stanford CT 10/12	1:15.06 C Stanford CT 10/12	2:39.46 A Dressler Jhb 07/14
55 - 59	35.50 D Coetzee Stell 10/13	1:17.84 C Stanford Stell 10/16	2:47.43 D Coetzee Stell 08/14
60 - 64	35.60 D Coetzee CT 04/15	1:16.57 D Coetzee Stell 10/16	2:46.71 D Coetzee CT 08/15
65 - 69	39.24 M Bromfield Dbn12/17	1:28.97 M Bromfield Dbn 01/18	3:20.50 M Bromfield Dbn 03/17
70 - 74	45.56 E Craig PE 10/16	1:44.76 L Zundorf Stell 07/14	3:55.50 W Kokott Dbn 03/15
75 - 79	53.56 S Leuner Jhb 08/15	1:57.66 S Leuner Jhb 06/15	6:06.40 E Buck Pmb 10/97
80 - 84	1:22.74 E Buck Dbn 08/99	2:56.72 E Buck Dbn 10/99	6:27.22 E Buck Dbn 12/00
85 - 89	1:18.23 K Kloos CT 04/11	2:53.06 K Kloos CT 04/11	6:26.55 K Kloos Stell 10/13
90 +	1:26.20 K Kloos CT 10/15	3:10.42 K Kloos Stell 02/18	

WOMEN : BREASTSTROKE

(Short course)

2018-03-06

	50m	100m	200m
19 - 24	36.90 A Steenkamp Stell 10/06	1:20.47 A Steenkamp Stell 10/06	2:56.01 M v Biljon Jhb 11/04
25 - 29	35.36 C Rolt Jhb 06/07	1:17.10 C Rolt Jhb 06/07	2:54.70 C Harrington Stell 10/14
30 - 34	34.41 C Rolt Jhb 07/16	1:16.99 C Rolt Jhb 08/16	2:49.24 C Rolt Jhb 10/16
35 - 39	35.21 C Rolt Jhb 08/17	1:20.03 H MorrisEyton 08/05	2:51.12 H MorrisEyton Jhb 08/04
40 - 44	34.38 H MorrisEyton Jhb 10/09	1:15.66 H MorrisEyton Jhb 10/08	2:41.87 H MorrisEyton Jhb 10/09
45 - 49	35.87 H Morris Eyton Jhb 10/12	1:22.17 C Stanford CT 07/06	2:44.60 H MorrisEyton Jhb 10/12
50 - 54	38.58 H Morris Eyton Jhb 05/17	1:26.95 C Stanford CT 11/12	3:02.46 C Stanford CT 01/12
55 - 59	40.61 C Stanford CT 07/17	1:28.20 C Stanford CT 09/16	3:06.75 C Stanford CT 12/17
60 - 64	42.84 T-A Matley CT 04/17	1:36.85 T-A Matley Stell 10/17	3:37.07 J Ireland Dbn 10/10
65 - 69	43.63 A Thatcher Dbn 03/17	1:37.97 A Thatcher Dbn 03/17	3:33.87 A Thatcher Dbn 04/17
70 - 74	47.78 B Shuttleworth Dbn 03/17	1:47.38 B Shuttleworth Dbn 03/17	3:54.35 B Shuttleworth Dbn 03/17
75 - 79	54.49 S v Jaarsveld Stell 10/16	1:58.12 S v Jaarsveld CT 11/16	4:55.91 G Tregenna Dbn 01/18
80 - 84	54.07 S v Jaarsveld Stell 06/17	1:55.24 S v Jaarsveld Stell 06/17	4:06.13 S v Jaarsveld CT 07/17
85 - 89	1:33.43 E Buck Dbn 09/04	3:17.95 K Kloos CT 04/11	7:28.70 K Kloos CT 09/13
90 +	1:37.46 K Kloos CT 10/15	3:36.42 K Kloos CT 07/15	8:24.97 K Kloos Stell 10/16

WOMEN : BUTTERFLY**(Short course)****2018-03-06**

	50m	100m	200m
19 - 24	30.75 M Beetge Dbn 09/04	1:08.87 M Beetge Dbn 09/04	2:59.40 R Newman EL 09/12
25 - 29	27.42 E Werth Jhb 10/14	1:07.93 S Gunther Jhb 07/13	2:35.37 S Gunther Jhb 10/12
30 - 34	30.67 T Victor Jhb 10/15	1:10.40 K Nurse CT 07/13	2:36.09 R Isakov Jhb 11/04
35 - 39	29.69 R Isakov Jhb 10/09	1:08.17 K Nurse Stell 07/14	2:26.90 R Isakov Jhb 10/09
40 - 44	29.07 E Ottermann Jhb 10/09	1:10.68 C Stanford CT 11/04	2:38.59 C Stanford CT 09/02
45 - 49	29.37 E Ottermann CT 04/11	1:12.69 C Stanford Stell 10/06	2:41.77 C Stanford Stell 10/07
50 - 54	31.93 E Ottermann Jhb 10/16	1:12.89 C Stanford CT 08/12	2:42.41 C Stanford CT 11/11
55 - 59	33.66 C Stanford CT 07/17	1:14.11 C Stanford CT 04/16	2:53.87 C Stanford CT 12/17
60 - 64	37.90 S Kruger CT 10/09	1:40.14 T Sharkey CT 11/16	3:45.46 T Sharkey CT 07/15
65 - 69	38.99 S Kruger Stell 10/16	1:42.26 J Ireland Dbn 10/15	4:02.17 E Craig PE 09/14
70 - 74	41.96 E Craig PE 10/15	1:54.94 E Craig PE 10/15	
75 - 79	57.87 S Leuner Jhb 08/15		
80 - 84			
85 - 89			
90 +			

WOMEN : INDIVIDUAL MEDLEY**(Short course)****2018-03-06**

	100m	200m	400m
19 - 24	1:11.32 M Beetge Dbn 09/04	2:36.71 T Stanford CT 10/09	5:40.25 T Stanford CT 04/10
25 - 29	1:08.10 M Kriel CT 09/99	2:34.41 R Newson CT 10/10	5:25.51 T Stanford CT 10/11
30 - 34	1:13.42 T Victor Jhb 10/15	2:32.55 T Stanford Stell 10/16	5:32.60 R Isakov Tas 08/00
35 - 39	1:10.13 M Kriel Stell 10/06	2:31.26 R Isakov Jhb 10/09	5:27.34 A Momberg CT (94)
40 - 44	1:12.92 A Picard CT 07/08	2:39.90 C Stanford CT 10/02	5:40.55 C Stanford CT 09/04
45 - 49	1:13.38 C Stanford Stell 10/06	2:35.69 C Stanford CT 04/08	5:48.01 J Degenaar CT 11/05
50 - 54	1:11.56 C Stanford CT 04/11	2:34.03 C Stanford CT 04/11	5:36.89 C Stanford CT 10/11
55 - 59	1:16.82 C Stanford CT 04/16	2:43.01 C Stanford Stell 06/17	6:02.10 C Stanford CT 09/16
60 - 64	1:24.06 D Coetzee Stell 10/16	2:57.75 D Coetzee CT 04/17	6:46.59 T Sharkey CT 10/15
65 - 69	1:32.22 A Thatcher Dbn 04/17	3:25.14 M Mons Jhb 07/16	7:16.64 M Mons Jhb 08/16
70 - 74	1:36.32 E Craig PE 10/16	3:34.65 E Craig PE 11/16	7:43.94 E Craig PE 10/15
75 - 79	2:14.09 G Tregenna Dbn 01/17	4:39.44 G Tregenna Dbn 03/17	
80 - 84			
85 - 89			
90 +			

RELAYS**(Short course)****2018-03-06**

	MEN 4 X 50m FREESTYLE	MEN 4 X 50m MEDLEY
76-99		
100+	1:54.79 Killer Whales Jhb 11/04	2:11.63 Killer Whales Jhb 11/04
120+	1:44.12 Aqua Athlete Jhb 05/13	1:59.45 Aqua Athlete Jhb 06/13
160+	1:50.19 Wahoo Jhb 05/09	2:09.82 CT Masters CT 08/10
200+	1:51.31 CT Masters Stell 10/06	1:59.73 CT Masters Stell 06/17
240+	2:01.33 CT Masters CT 11/09	2:36.97 CT Masters CT 08/09
280+	2:33.71 Wahoo Jhb 06/15	3:36.46 Wahoo Jhb 06/13

	WOMEN 4 X 50m FREESTYLE	WOMEN 4 X 50m MEDLEY
76-99		
100+	2:03.34 CT Masters CT 09/06	2:48.18 Killer Whales Jhb 11/04
120+	2:01.08 CT Masters CT 07/13	2:16.42 CT Masters Stell 06/17
160+	2:11.44 CT Masters CT 09/06	2:16.52 CT Masters Stell 10/06
200+	1:56.19 CT Masters CT 04/11	2:37.87 CT Masters Stell 06/17
240+	2:50.96 Wahoo Jhb 05/13	3:36.61 Wahoo Jhb 06/13
280+		

	MIXED 4 X 50m FREESTYLE	MIXED 4 X 50m MEDLEY
76-99	2:01.00 Wahoo Jhb 10/06	2:11.54 CT Masters 08/08
100+	1:54.96 CT Masters 08/08	2:13.73 CT Masters CT 08/09
120+	1:50.72 CT Masters CT 11/10	2:06.75 CT Masters CT 11/10
160+	1:52.53 CT Masters CT 08/12	2:11.82 CT Masters 08/08
200+	1:57.06 CT Masters 08/08	2:12.69 CT Masters CT 08/07
240+	2:17.77 CT Masters CT 11/08	2:36.99 CT Masters CT 11/08
280+		
320+		

RELAYS**(Short course)****2018-03-06**

	MEN 4 X 100m FREESTYLE	MEN 4 X 100m MEDLEY
76-99		
100+		
120+	4:05.83 ATC CT 09/12	
160+	4:13.69 Wahoo Jhb 05/11	
200+	4:37.03 Dolphin Masters CT 11/11	
240+	5:10.00 Cape Town Masters CT 11/11	
280+		
320+		

	WOMEN 4 X 100m FREESTYLE	WOMEN 4 X 100m MEDLEY
76-99		
100+		
120+	4:54.61 Cape Town Masters CT 11/11	
160+	5:52.86 Wahoo Jhb 05/11	
200+	5:18.27 Cape Town Masters CT 11/11	
240+		
280+		
320+		

	MIXED 4 X 100m FREESTYLE	MIXED 4 X 100m MEDLEY
76-99		
100+		
120+		4:59.54 CT Masters CT 09/12
160+		
200+	4:31.22 Cape Town Masters CT 11/11	
240+		
280+	7:55.34 Cape Town Masters CT 11/11	
320+		

RELAYS**(Short course)****2018-03-06**

	MEN 4 X 200m FREESTYLE
76-99	
100+	
120+	
160+	
200+	
240+	
280+	12:32.94 EC Masters Dbn 08/16
320+	

	WOMEN 4 X 200m FREESTYLE
76-99	
100+	
120+	
160+	
200+	
240+	
280+	
320+	

	MIXED 4 X 200m FREESTYLE
76-99	
100+	
120+	
160+	
200+	
240+	
280+	
320+	