

**South African Masters Swimming  
2007-2008 Season**

**Individual Top Times**

Times since: 01-May-07 Times until: 30-Apr-08  
Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
<b>Men 45-49 50 Free</b>								
1	25.47 L	F	Price, Gregg	48	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
2	27.13 L	F	Blades, Alan	49	SEAL KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
3	27.41 L	F	Blackbeard, Paul	49	CPTW WP	2007-12-01	WPMSA (Cape Town) @ UWC	
4	27.85 L	F	Morgan, Trevor	49	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban	
5	28.10 L	F	Kohler, Quirin	49	PHOE CG	2008-03-12	SAMS 24th LC Champs @ Durban	
6	29.10 L	F	Hendricks, Nigel	49	CPTW WP	2007-12-01	WPMSA (Cape Town) @ UWC	
7	29.14 L	F	Davies, Richard	48	HIGH KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
8	29.87 L	F	Holshausen, Rod	49	CPTW WP	2007-12-01	WPMSA (Cape Town) @ UWC	
9	30.80 L	F	Stonestreet, Mark	48	PHOE CG	2008-03-01	GMS Interregional @ Wits Ed. Campu	
10	30.85 L	F	Williams, Graham	47	HIGH KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
11	30.88 L	F	Forrester, Andrew	47	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
12	30.95 L	F	Hickling, Glenn	47	WAHO CG	2008-02-16	GMS (Phoenix) @ Wits Ed Campus	
13	31.54 L	F	Jonker, PG	45	DOLP WP	2008-01-19	WPMSA @ UWC	
14	31.60 L	F	Gordon-Davis, Keith	48	ETSM ES	2008-03-12	SAMS 24th LC Champs @ Durban	
15	31.78 L	F	Lammers, Gavin	48	EACS KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
16	32.11 L	F	Campher, Marius	49	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
17	32.28 L	F	Norman, John	46	WAHO CG	2008-02-14	TMS LC Champs @ Hillcrest	
18	32.58 L	F	Ponsonby, Peter	45	PHOE CG	2008-01-26	GMS (Orphan Annie) @ Wits Ed Camp	
19	34.36 L	F	Olivier, Marais	45	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue	
20	35.74 L	F	Arendse, Mike	46	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
21	35.95 L	F	Dreyer, Bertus	46	WAHO CG	2008-01-26	GMS (Orphan Annie) @ Wits Ed Camp	
22	36.69 L	F	du Bruyn, Johan	48	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
23	37.59 L	F	Frost, David	49	WINE WP	2007-12-01	WPMSA (Cape Town) @ UWC	
24	39.06 L	F	Schoeman, Danie	47	SSHA FS	2008-03-12	SAMS 24th LC Champs @ Durban	
25	39.07 L	F	Gardener, Andrew	46	SSHA FS	2008-03-12	SAMS 24th LC Champs @ Durban	
26	39.22 L	F	Brown, Roche	46	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
27	39.59 L	F	Townsend, Michael	46	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
<b>Men 45-49 100 Free</b>								
1	56.85 L	F	Price, Gregg	48	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
2	59.74 L	F	Blades, Alan	49	SEAL KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
3	1:01.35 L	F	Kohler, Quirin	49	PHOE CG	2008-03-12	SAMS 24th LC Champs @ Durban	
4	1:01.41 L	F	Taylor, Mark	47	EACS KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
5	1:06.38 L	F	Ponsonby, Peter	45	PHOE CG	2008-03-12	SAMS 24th LC Champs @ Durban	
6	1:07.54 L	F	Morgan, Trevor	49	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban	
7	1:07.62 L	F	Davies, Richard	48	HIGH KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
8	1:08.41 L	F	Stonestreet, Mark	48	PHOE CG	2008-03-01	GMS Interregional @ Wits Ed. Campu	
9	1:09.25 L	F	Hickling, Glenn	47	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
10	1:11.61 L	F	Bouwer, Kevin	45	DOLP WP	2008-02-03	WPMSA LC Champs @ Various venue	
11	1:12.12 L	F	Forrester, Andrew	47	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
12	1:13.33 L	F	Williams, Graham	47	HIGH KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
13	1:13.88 L	F	Jonker, PG	45	DOLP WP	2008-01-19	WPMSA @ UWC	
14	1:14.95 L	F	Campher, Marius	49	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
15	1:17.58 L	F	Olivier, Marais	45	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
16	1:18.13 L	F	Dreyer, Bertus	46	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
17	1:18.43 L	F	Davy, Kevin	45	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue	
18	1:19.76 L	F	Arendse, Mike	46	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
19	1:21.69 L	F	du Bruyn, Johan	48	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
20	1:30.01 L	F	Brown, Roche	46	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
21	1:47.72 L	F	Gardener, Andrew	46	SSHA FS	2008-03-12	SAMS 24th LC Champs @ Durban	
<b>Men 45-49 200 Free</b>								
1	2:11.03 L	F	du Toit, Graham	48	EACS KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
2	2:12.22 L	F	Blades, Alan	49	SEAL KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
3	2:17.44 L	F	Kohler, Quirin	49	PHOE CG	2008-03-12	SAMS 24th LC Champs @ Durban	
4	2:26.36 L	F	Ponsonby, Peter	45	PHOE CG	2008-03-12	SAMS 24th LC Champs @ Durban	

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### Individual Top Times

Times since: 01-May-07 Times until: 30-Apr-08

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
5	2:35.31 L	F	Hickling, Glenn	47	WAHO CG	2008-02-16	GMS (Phoenix) @ Wits Ed Campus	
6	2:40.19 L	F	Jv Rensburg, Henk	47	COEL NT	2007-11-10	TMS Int Reg @ Hillcrest	
7	2:42.27 L	F	Pfaff, Andy	48	DOLP WP	2008-02-03	WPMSA LC Champs @ Various venue	
8	3:00.88 L	F	Olivier, Marais	45	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue	
9	3:01.03 L	F	Forrester, Andrew	47	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
10	3:03.98 L	F	Arendse, Mike	46	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
11	3:11.49 L	F	du Bruyn, Johan	48	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
12	3:14.47 L	F	Schoeman, Danie	47	SSHA FS	2008-03-12	SAMS 24th LC Champs @ Durban	
13	3:27.08 L	F	Brown, Roche	46	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
<b>Men 45-49 400 Free</b>								
1	4:33.81 L	F	Price, Gregg	48	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth	
2	4:45.75 L	F	Blades, Alan	49	SEAL KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
3	5:09.16 L	F	Ponsonby, Peter	45	PHOE CG	2008-03-12	SAMS 24th LC Champs @ Durban	
4	5:37.12 L	F	Hickling, Glenn	47	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
5	5:58.90 L	F	Bouwer, Kevin	45	DOLP WP	2008-02-03	WPMSA LC Champs @ Various venue	
6	5:59.99 L	F	Gordon-Davis, Keith	48	ETSM ES	2008-03-12	SAMS 24th LC Champs @ Durban	
7	6:48.13 L	F	Schoeman, Danie	47	SSHA FS	2008-03-12	SAMS 24th LC Champs @ Durban	
8	6:56.74 L	F	du Bruyn, Johan	48	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
9	7:22.95 L	F	Brown, Roche	46	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
<b>Men 45-49 800 Free</b>								
1	10:38.88 L	F	Price, Gregg	48	CPTW WP	2008-02-16	GMS (Phoenix) @ Wits Ed Campus	
2	10:41.51 L	F	Ponsonby, Peter	45	PHOE CG	2008-03-12	SAMS 24th LC Champs @ Durban	
3	12:19.62 L	F	Gordon-Davis, Keith	48	ETSM ES	2008-03-12	SAMS 24th LC Champs @ Durban	
4	12:34.94 L	F	Jv Rensburg, Henk	48	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban	
5	13:06.89 L	F	Jonker, PG	45	DOLP WP	2008-02-03	WPMSA LC Champs @ Various venue	
6	14:13.00 L	F	du Bruyn, Johan	48	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
7	14:15.79 L	F	Schoeman, Danie	47	SSHA FS	2008-03-12	SAMS 24th LC Champs @ Durban	
8	15:03.15 L	F	Brown, Roche	46	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
<b>Men 45-49 1500 Free</b>								
1	19:00.03 L	F	Blackbeard, Paul	49	CPTW WP	2007-12-01	WPMSA (Cape Town) @ UWC	
2	24:02.00 L	F	Frost, David	49	WINE WP	2007-12-01	WPMSA (Cape Town) @ UWC	
3	24:50.00 L	F	Jv Rensburg, Henk	47	COEL NT	2007-09-29	TMS (Coelacanth) 1500 @ Hillcrest	
4	31:06.00 L	F	Morgan, Trevor	48	COEL NT	2007-09-29	TMS (Coelacanth) 1500 @ Hillcrest	
5	33:44.00 L	F	Mostert, Albert	48	COEL NT	2007-09-29	TMS (Coelacanth) 1500 @ Hillcrest	
<b>Men 45-49 50 Back</b>								
1	32.23 L	F	du Toit, Graham	48	EACS KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
2	32.72 L	F	Morgan, Trevor	49	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban	
3	33.87 L	F	Price, Gregg	48	CPTW WP	2008-02-16	GMS (Phoenix) @ Wits Ed Campus	
4	35.09 L	F	Taylor, Mark	46	EACS KZ	2007-11-18	KZNMSA (Highway) @ Kings Park	
5	37.88 L	F	Gordon-Davis, Keith	48	ETSM ES	2008-03-12	SAMS 24th LC Champs @ Durban	
6	38.28 L	F	Campher, Marius	49	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
7	40.22 L	F	Hickling, Glenn	47	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
8	42.17 L	F	Bouwer, Kevin	45	DOLP WP	2008-02-03	WPMSA LC Champs @ Various venue	
9	44.31 L	F	Lammers, Gavin	48	EACS KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
10	44.69 L	F	Davy, Kevin	45	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue	
11	49.47 L	F	du Bruyn, Johan	48	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
12	49.77 L	F	Frost, David	49	WINE WP	2007-12-01	WPMSA (Cape Town) @ UWC	
13	51.59 L	F	Dreyer, Bertus	46	WAHO CG	2008-01-26	GMS (Orphan Annie) @ Wits Ed Cam	
14	58.80 L	F	Arendse, Mike	46	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue	
<b>Men 45-49 100 Back</b>								
1	1:12.41 L	F	Taylor, Mark	47	EACS KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
2	1:15.11 L	F	Morgan, Trevor	49	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban	
3	1:26.97 L	F	Campher, Marius	49	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
4	1:27.51 L	F	Gordon-Davis, Keith	48	ETSM ES	2008-03-12	SAMS 24th LC Champs @ Durban	

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Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
5	1:30.80 L	F	Ponsonby, Peter	45	PHOE CG	2008-03-01	GMS Interregional @ Wits Ed. Campu	
6	1:38.87 L	F	Jv Rensburg, Henk	48	COEL NT	2008-02-14	TMS LC Champs @ Hillcrest	
7	1:46.71 L	F	Dreyer, Bertus	46	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
<b>Men 45-49 200 Back</b>								
1	2:30.50 L	F	du Toit, Graham	48	EACS KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
2	2:51.12 L	F	Morgan, Trevor	49	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban	
3	3:16.97 L	F	Campher, Marius	49	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
<b>Men 45-49 50 Breast</b>								
1	36.65 L	F	Lammers, Gavin	48	EACS KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
2	38.04 L	F	Norman, John	46	WAHO CG	2008-02-14	TMS LC Champs @ Hillcrest	
3	38.27 L	F	Davies, Richard	48	HIGH KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
4	39.27 L	F	Holmes, Brent	45	SSHA FS	2008-03-12	SAMS 24th LC Champs @ Durban	
5	39.66 L	F	Williams, Graham	47	HIGH KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
6	39.73 L	F	Forrester, Andrew	47	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
7	41.55 L	F	Olivier, Marais	45	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth	
8	41.87 L	F	Hickling, Glenn	47	WAHO CG	2008-02-16	GMS (Phoenix) @ Wits Ed Campus	
9	44.41 L	F	Frost, David	49	WINE WP	2007-12-01	WPMSA (Cape Town) @ UWC	
10	44.53 L	F	Jv Rensburg, Henk	48	COEL NT	2008-02-14	TMS LC Champs @ Hillcrest	
11	44.94 L	F	Arendse, Mike	46	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth	
12	45.62 L	F	Dreyer, Bertus	46	WAHO CG	2008-02-16	GMS (Phoenix) @ Wits Ed Campus	
13	46.08 L	F	Schoeman, Danie	47	SSHA FS	2008-03-12	SAMS 24th LC Champs @ Durban	
14	48.84 L	F	Townsend, Michael	46	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
15	58.64 L	F	Brown, Roche	46	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
<b>Men 45-49 100 Breast</b>								
1	1:23.22 L	F	Lammers, Gavin	48	EACS KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
2	1:23.23 L	F	du Toit, Graham	48	EACS KZ	2008-01-26	KZNMSA LC Champs @ Kings Park	
3	1:28.91 L	F	Holmes, Brent	45	SSHA FS	2008-03-12	SAMS 24th LC Champs @ Durban	
4	1:30.86 L	F	Davies, Richard	48	HIGH KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
5	1:32.68 L	F	Williams, Graham	47	HIGH KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
6	1:34.16 L	F	Ponsonby, Peter	45	PHOE CG	2008-01-26	GMS (Orphan Annie) @ Wits Ed Camp	
7	1:34.20 L	F	Jv Rensburg, Henk	48	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban	
8	1:35.39 L	F	Olivier, Marais	45	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
9	1:37.36 L	F	Davy, Kevin	45	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue	
10	1:44.22 L	F	Dreyer, Bertus	46	WAHO CG	2008-02-14	TMS LC Champs @ Hillcrest	
11	1:47.29 L	F	Arendse, Mike	46	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue	
12	1:51.62 L	F	Townsend, Michael	46	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
<b>Men 45-49 200 Breast</b>								
1	2:49.67 L	F	du Toit, Graham	48	EACS KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
2	3:11.10 L	F	Lammers, Gavin	48	EACS KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
3	3:16.72 L	F	Ponsonby, Peter	45	PHOE CG	2008-03-12	SAMS 24th LC Champs @ Durban	
4	3:30.23 L	F	Jv Rensburg, Henk	48	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban	
5	3:31.34 L	F	Olivier, Marais	45	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue	
6	4:13.33 L	F	Townsend, Michael	46	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
<b>Men 45-49 50 Fly</b>								
1	26.57 L	F	Price, Gregg	48	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
2	29.16 L	F	Blackbeard, Paul	49	CPTW WP	2007-12-01	WPMSA (Cape Town) @ UWC	
3	30.80 L	F	Morgan, Trevor	49	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban	
4	30.88 L	F	Kohler, Quirin	49	PHOE CG	2008-03-12	SAMS 24th LC Champs @ Durban	
5	32.00 L	F	Holshausen, Rod	49	CPTW WP	2007-12-01	WPMSA (Cape Town) @ UWC	
6	32.27 L	F	Hendricks, Nigel	49	CPTW WP	2007-12-01	WPMSA (Cape Town) @ UWC	
7	33.24 L	F	Gordon-Davis, Keith	48	ETSM ES	2008-03-12	SAMS 24th LC Champs @ Durban	
8	33.38 L	F	Hickling, Glenn	47	WAHO CG	2008-02-16	GMS (Phoenix) @ Wits Ed Campus	
9	34.02 L	F	Davies, Richard	48	HIGH KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
10	34.38 L	F	Ponsonby, Peter	45	PHOE CG	2008-01-26	GMS (Orphan Annie) @ Wits Ed Camp	

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### Individual Top Times

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	Time	P/F/S	Name	Age/Yr				
11	34.75 L	F	Williams, Graham	47	HIGH KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
12	35.97 L	F	Lammers, Gavin	48	EACS KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
13	37.59 L	F	Davy, Kevin	45	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue	
14	38.13 L	F	Campher, Marius	49	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
15	41.47 L	F	Dreyer, Bertus	46	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
16	42.35 L	F	Jv Rensburg, Henk	47	COEL NT	2007-11-10	TMS Int Reg @ Hillcrest	
<b>Men 45-49 100 Fly</b>								
1	1:01.00 L	F	Price, Gregg	48	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
2	1:07.92 L	F	Blades, Alan	49	SEAL KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
3	1:08.15 L	F	Taylor, Mark	47	EACS KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
4	1:09.27 L	F	Kohler, Quirin	49	PHOE CG	2008-03-12	SAMS 24th LC Champs @ Durban	
5	1:35.44 L	F	Dreyer, Bertus	46	WAHO CG	2008-03-01	GMS Interregional @ Wits Ed. Campu	
6	1:36.63 L	F	Pfaff, Andy	48	DOLP WP	2008-02-03	WPMSA LC Champs @ Various venue	
7	1:55.00 L	F	Jv Rensburg, Henk	48	COEL NT	2008-02-14	TMS LC Champs @ Hillcrest	
<b>Men 45-49 200 IM</b>								
1	2:22.48 L	F	Price, Gregg	48	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
2	2:27.10 L	F	du Toit, Graham	48	EACS KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
3	2:36.88 L	F	Taylor, Mark	47	EACS KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
4	2:41.01 L	F	Kohler, Quirin	49	PHOE CG	2008-03-12	SAMS 24th LC Champs @ Durban	
5	3:05.64 L	F	Ponsonby, Peter	45	PHOE CG	2008-03-01	GMS Interregional @ Wits Ed. Campu	
6	3:10.89 L	F	Jv Rensburg, Henk	48	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban	
7	3:28.42 L	F	Dreyer, Bertus	46	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
<b>Men 45-49 400 IM</b>								
1	5:17.11 L	F	du Toit, Graham	48	EACS KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
2	5:54.95 L	F	Taylor, Mark	47	EACS KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
3	6:59.88 L	F	Jv Rensburg, Henk	48	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban	
4	7:02.28 L	F	Frost, David	49	WINE WP	2007-12-01	WPMSA (Cape Town) @ UWC	