

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				
Men 50-54 50 Free								
1	26.25 L	F	Semple, Mike	51	ETSM ES	2008-04-18	FINA 12th LC Champs @ Perth	
2	26.32 L	T	Steynberg, Andre	52	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
3	26.48 L	F	Blackbeard, Paul	50	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
4	27.41 L	F	Cones, Nigel	53	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
5	28.71 L	F	Benade, Paul	52	SSHA FS	2008-04-18	FINA 12th LC Champs @ Perth	
6	28.83 L	T	Yach, Theodore	50	DOLP WP	2008-03-12	SAMS 24th LC Champs @ Durban	
7	29.10 L	F	Spies, Izak	53	DOLP WP	2007-12-01	WPMSA (Cape Town) @ UWC	
8	29.20 L	F	Harker, Guy	53	WAHO CG	2008-03-01	GMS Interregional @ Wits Ed. Campu	
9	29.24 L	F	Hendricks, Nigel	50	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth	
10	29.42 L	F	Reen, Nick	54	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
11	29.50 L	F	Arbutnot, David	54	COEL NT	2007-11-10	TMS Int Reg @ Hillcrest	
12	30.37 L	F	Reeves, Paul	50	AMAK BO	2008-04-18	FINA 12th LC Champs @ Perth	
13	30.75 L	F	Bristow, Garry	52	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
14	30.78 L	F	van Niekerk, Johan	54	BRKL NT	2007-11-10	TMS Int Reg @ Hillcrest	
15	30.94 L	F	Wentworth, Gary	54	CPTW WP	2007-12-01	WPMSA (Cape Town) @ UWC	
16*	31.18 L	F	Hodges, Mark	54	CPTW WP	2007-12-01	WPMSA (Cape Town) @ UWC	
16*	31.18 L	F	Baker, Raymond	50	HIGH KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
18	31.70 L	F	Barkai, Ram	51	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth	
19	32.07 L	F	Mitchell, Garry	50	WAHO CG	2008-03-01	GMS Interregional @ Wits Ed. Campu	
20	32.11 L	F	Holshausen, Rod	50	CPTW WP	2008-01-19	WPMSA @ UWC	
21	32.13 L	F	van Dijk, Petrus	53	ETSM ES	2008-03-12	SAMS 24th LC Champs @ Durban	
22	32.21 L	F	Kloos, Rainer	53	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
23	33.49 L	F	Reeves, Reg	54	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
24	33.80 L	F	Frost, David	50	WINE WP	2008-01-19	WPMSA @ UWC	
25	33.84 L	F	Earley, Terry	53	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
26	33.87 L	F	Kropman, Derek	53	SSHA FS	2008-03-12	SAMS 24th LC Champs @ Durban	
27	35.76 L	F	Coetzee, Butch	52	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
28	38.81 L	F	Wright, Ingo	52	HIGH KZ	2008-01-26	KZNMSA LC Champs @ Kings Park	
Men 50-54 100 Free								
1	57.72 L	F	Blackbeard, Paul	50	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
2	58.55 L	F	Semple, Mike	51	ETSM ES	2008-04-18	FINA 12th LC Champs @ Perth	
3	1:00.76 L	F	Steynberg, Andre	52	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
4	1:01.69 L	F	Cones, Nigel	53	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
5	1:04.54 L	F	Spies, Izak	54	DOLP WP	2008-02-03	WPMSA LC Champs @ Various venue	
6	1:04.96 L	F	Hendricks, Nigel	50	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth	
7	1:05.03 L	F	Holshausen, Rod	50	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
8	1:05.33 L	F	Yach, Theodore	50	DOLP WP	2008-03-12	SAMS 24th LC Champs @ Durban	
9	1:05.41 L	F	Benade, Paul	52	SSHA FS	2008-04-18	FINA 12th LC Champs @ Perth	
10	1:07.08 L	F	Reen, Nick	54	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
11	1:07.31 L	F	Barkai, Ram	51	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth	
12	1:08.25 L	F	Harker, Guy	53	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
13	1:10.94 L	F	van Niekerk, Johan	54	BRKL NT	2007-11-10	TMS Int Reg @ Hillcrest	
14	1:11.28 L	F	Winfield, Mike	53	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue	
15	1:11.99 L	F	Mitchell, Garry	50	WAHO CG	2008-03-01	GMS Interregional @ Wits Ed. Campu	
16	1:13.65 L	F	Bristow, Garry	52	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue	
17	1:14.07 L	F	Kloos, Rainer	53	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
18	1:14.24 L	F	Kropman, Derek	53	SSHA FS	2008-03-12	SAMS 24th LC Champs @ Durban	
19	1:16.20 L	F	Baker, Raymond	50	HIGH KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
20	1:17.62 L	F	Earley, Terry	53	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
21	1:17.72 L	F	Coetzee, Butch	52	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
22	1:26.15 L	F	Wright, Ingo	52	HIGH KZ	2008-01-26	KZNMSA LC Champs @ Kings Park	
Men 50-54 200 Free								
1	2:09.67 L	F	Blackbeard, Paul	50	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
2	2:19.83 L	F	Holshausen, Rod	50	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	

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	Time	P/F/S	Name	Age/Yr				
3	2:25.07	L	F	Benade, Paul	52	SSHA FS	2008-04-18	FINA 12th LC Champs @ Perth
4	2:26.76	L	F	Hendricks, Nigel	50	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban
5	2:28.16	L	F	Spies, Izak	54	DOLP WP	2008-02-03	WPMSA LC Champs @ Various venue
6	2:29.32	L	F	Cones, Nigel	53	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue
7	2:30.43	L	F	Barkai, Ram	51	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth
8	2:31.38	L	F	Yach, Theodore	50	DOLP WP	2008-03-12	SAMS 24th LC Champs @ Durban
9	2:35.74	L	F	Finch, Roger	51	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban
10	2:41.00	L	F	van Niekerk, Johan	54	BRKL NT	2007-11-10	TMS Int Reg @ Hillcrest
11	2:49.26	L	F	Winfield, Mike	53	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue
12	2:49.65	L	F	Coetzee, Butch	52	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban
13	2:54.27	L	F	Mitchell, Garry	50	WAHO CG	2008-02-16	GMS (Phoenix) @ Wits Ed Campus
14	2:56.04	L	F	Frost, David	50	WINE WP	2008-02-03	WPMSA LC Champs @ Various venue
15	2:58.97	L	F	Sterk, Jan	53	BRKL NT	2007-11-10	TMS Int Reg @ Hillcrest
16	3:01.08	L	F	Kloos, Rainer	53	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban
17	3:02.25	L	F	Wright, Ingo	52	HIGH KZ	2008-03-12	SAMS 24th LC Champs @ Durban
18	3:04.82	L	F	Earley, Terry	53	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban
Men 50-54 400 Free								
1	4:34.62	L	F	Blackbeard, Paul	50	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth
2	4:43.15	L	F	Semple, Mike	51	ETSM ES	2008-04-18	FINA 12th LC Champs @ Perth
3	5:15.46	L	F	Finch, Roger	51	WAHO CG	2008-04-18	FINA 12th LC Champs @ Perth
4	5:25.38	L	F	Benade, Paul	52	SSHA FS	2008-03-12	SAMS 24th LC Champs @ Durban
5	5:26.23	L	F	Spies, Izak	54	DOLP WP	2008-02-03	WPMSA LC Champs @ Various venue
6	5:34.92	L	F	Yach, Theodore	50	DOLP WP	2008-03-12	SAMS 24th LC Champs @ Durban
7	6:08.41	L	F	Coetzee, Butch	52	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban
8	6:35.87	L	F	Wright, Ingo	52	HIGH KZ	2008-03-12	SAMS 24th LC Champs @ Durban
9	6:49.36	L	F	Earley, Terry	53	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban
Men 50-54 800 Free								
1	10:15.71	L	F	Holshausen, Rod	50	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban
2	10:56.44	L	F	Benade, Paul	52	SSHA FS	2008-04-18	FINA 12th LC Champs @ Perth
3	11:12.04	L	F	Finch, Roger	51	WAHO CG	2008-04-18	FINA 12th LC Champs @ Perth
4	11:43.37	L	F	Yach, Theodore	50	DOLP WP	2008-03-12	SAMS 24th LC Champs @ Durban
5	12:08.55	L	F	Frost, David	50	WINE WP	2008-02-03	WPMSA LC Champs @ Various venue
6	13:01.29	L	F	Coetzee, Butch	52	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban
7	13:32.29	L	F	Mitchell, Garry	50	WAHO CG	2008-02-16	GMS (Phoenix) @ Wits Ed Campus
8	13:42.81	L	F	Wright, Ingo	52	HIGH KZ	2008-03-12	SAMS 24th LC Champs @ Durban
Men 50-54 1500 Free								
1	22:25.30	L	F	Benade, Paul	51	SSHA FS	2007-12-01	WPMSA (Cape Town) @ UWC
2	22:45.81	L	F	Spies, Izak	53	DOLP WP	2007-12-01	WPMSA (Cape Town) @ UWC
3	22:54.72	L	F	Barkai, Ram	50	CPTW WP	2007-12-01	WPMSA (Cape Town) @ UWC
4	24:34.00	L	F	Arbuthnot, David	54	COEL NT	2007-09-29	TMS (Coelacanth) 1500 @ Hillcrest
5	25:19.00	L	F	Den Bakker, Arnaud	52	COEL NT	2007-09-29	TMS (Coelacanth) 1500 @ Hillcrest
6	26:24.25	L	F	van Niekerk, Johan	54	BRKL NT	2007-09-29	TMS (Coelacanth) 1500 @ Hillcrest
7	38:43.00	L	F	Bezuidenhout, Jan	53	KWHA CG	2007-09-29	TMS (Coelacanth) 1500 @ Hillcrest
Men 50-54 50 Back								
1	30.51	L	F	Steynberg, Andre	52	WAHO CG	2008-04-18	FINA 12th LC Champs @ Perth
2	32.90	L	F	Reen, Nick	54	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban
3	32.94	L	F	Den Bakker, Arnaud	53	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban
4	33.97	L	F	Rudolph, Mike	51	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue
5	36.46	L	F	Winfield, Mike	53	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue
6	38.55	L	F	Kropman, Derek	53	SSHA FS	2008-03-12	SAMS 24th LC Champs @ Durban
7	38.74	L	F	Harker, Guy	53	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban
8	38.96	L	F	Hendricks, Nigel	50	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban
9	39.55	L	F	van Dijk, Petrus	53	ETSM ES	2008-03-12	SAMS 24th LC Champs @ Durban
10	39.66	L	F	Finch, Roger	51	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban
11	39.83	L	F	Bristow, Garry	52	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue

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	Time	P/F/S	Name	Age/Yr				
12	41.83 L	F	Baker, Raymond	50	HIGH KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
13	42.89 L	F	Kloos, Rainer	53	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
14	44.60 L	F	Mitchell, Garry	50	WAHO CG	2008-02-16	GMS (Phoenix) @ Wits Ed Campus	
Men 50-54 100 Back								
1	1:09.92 L	F	Steynberg, Andre	52	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
2	1:09.99 L	F	Rudolph, Mike	51	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth	
3	1:16.54 L	F	Den Bakker, Arnaud	53	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban	
4	1:18.56 L	F	Reen, Nick	54	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
5	1:31.53 L	F	Harker, Guy	53	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
6	1:36.32 L	F	Baker, Raymond	50	HIGH KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
Men 50-54 200 Back								
1	2:40.88 L	F	Rudolph, Mike	51	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth	
2	2:53.74 L	F	Den Bakker, Arnaud	53	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban	
3	3:03.80 L	F	Winfield, Mike	53	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue	
4	3:04.50 L	F	Reen, Nick	54	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
Men 50-54 50 Breast								
1	36.83 L	F	Cones, Nigel	53	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
2	39.69 L	F	Hendricks, Nigel	50	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
3	39.85 L	F	Den Bakker, Arnaud	53	COEL NT	2008-03-01	GMS Interregional @ Wits Ed. Campu	
4	39.92 L	F	Reeves, Paul	50	AMAK BO	2008-04-18	FINA 12th LC Champs @ Perth	
5	39.98 L	F	Wentworth, Gary	54	CPTW WP	2007-12-01	WPMSA (Cape Town) @ UWC	
6	40.66 L	F	Harker, Guy	53	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban	
7	41.70 L	F	Baker, Raymond	50	HIGH KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
8	42.31 L	F	Sterk, Jan	53	BRKL NT	2007-11-10	TMS Int Reg @ Hillcrest	
9	43.25 L	F	van Dijk, Petrus	53	ETSM ES	2008-03-12	SAMS 24th LC Champs @ Durban	
10	43.28 L	F	Barkai, Ram	51	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth	
11	43.51 L	F	Bristow, Garry	52	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
12	44.11 L	F	Frost, David	50	WINE WP	2008-01-19	WPMSA @ UWC	
13	44.19 L	F	Arbuthnot, David	54	COEL NT	2007-11-10	TMS Int Reg @ Hillcrest	
14	51.39 L	F	Coetzee, Butch	52	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
Men 50-54 100 Breast								
1	1:22.81 L	F	Folscher, Danie	50	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth	
2	1:28.60 L	F	Reeves, Paul	50	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
3	1:33.71 L	F	Frost, David	50	WINE WP	2008-01-19	WPMSA @ UWC	
4	1:35.27 L	F	Baker, Raymond	50	HIGH KZ	2008-03-12	SAMS 24th LC Champs @ Durban	
5	1:37.97 L	F	Sterk, Jan	53	BRKL NT	2007-11-10	TMS Int Reg @ Hillcrest	
6	1:43.98 L	F	Reeves, Reg	54	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
Men 50-54 200 Breast								
1	2:56.04 L	F	Folscher, Danie	50	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth	
2	3:26.38 L	F	Reeves, Paul	50	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
3	3:29.10 L	F	Gillfillan, Eric	54	PHOE CG	2008-03-12	SAMS 24th LC Champs @ Durban	
4	3:57.53 L	F	Reeves, Reg	54	AMAK BO	2008-03-12	SAMS 24th LC Champs @ Durban	
Men 50-54 50 Fly								
1	27.80 L	F	Blackbeard, Paul	50	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth	
2	28.28 L	F	Steynberg, Andre	51	WAHO CG	2007-11-10	TMS Int Reg @ Hillcrest	
3	29.97 L	F	Cones, Nigel	53	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
4	30.03 L	F	Semple, Mike	51	ETSM ES	2008-03-12	SAMS 24th LC Champs @ Durban	
5	30.58 L	F	Den Bakker, Arnaud	53	COEL NT	2008-03-01	GMS Interregional @ Wits Ed. Campu	
6	31.60 L	F	Holshausen, Rod	50	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban	
7	32.93 L	F	Hendricks, Nigel	50	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth	
8	33.53 L	F	Benade, Paul	52	SSHA FS	2008-04-18	FINA 12th LC Champs @ Perth	
9	34.32 L	F	Wentworth, Gary	54	CPTW WP	2007-12-01	WPMSA (Cape Town) @ UWC	
10	34.50 L	F	Spies, Izak	53	DOLP WP	2007-12-01	WPMSA (Cape Town) @ UWC	
11	34.73 L	F	Folscher, Danie	50	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue	

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Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
12	35.37 L	F	Arbuthnot, David	54	COEL NT	2007-11-10	TMS Int Reg @ Hillcrest
13	35.44 L	F	Hodges, Mark	54	CPTW WP	2007-12-01	WPMSA (Cape Town) @ UWC
14	35.62 L	F	Barkai, Ram	51	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth
15	36.12 L	F	van Dijk, Petrus	53	ETSM ES	2008-03-12	SAMS 24th LC Champs @ Durban
16	37.13 L	F	Reeves, Paul	50	AMAK BO	2008-04-18	FINA 12th LC Champs @ Perth
17	37.62 L	F	Kloos, Rainer	53	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban
18	39.02 L	F	Mitchell, Garry	50	WAHO CG	2008-02-16	GMS (Phoenix) @ Wits Ed Campus
19	40.35 L	F	Winfield, Mike	53	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue
20	41.10 L	F	Frost, David	50	WINE WP	2008-01-19	WPMSA @ UWC
21	46.04 L	F	Earley, Terry	53	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban
Men 50-54 100 Fly							
1	1:01.63 L	F	Blackbeard, Paul	50	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth
2	1:04.34 L	F	Semple, Mike	51	ETSM ES	2008-04-18	FINA 12th LC Champs @ Perth
3	1:04.91 L	F	Steynberg, Andre	52	WAHO CG	2008-04-18	FINA 12th LC Champs @ Perth
4	1:09.24 L	F	Holshausen, Rod	50	CPTW WP	2008-02-03	WPMSA LC Champs @ Various venue
5	1:13.11 L	F	Cones, Nigel	53	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban
6	1:47.04 L	F	Earley, Terry	53	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban
Men 50-54 200 Fly							
1	2:27.03 L	F	Blackbeard, Paul	50	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth
2	2:43.12 L	F	Holshausen, Rod	50	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban
3	2:47.73 L	F	Semple, Mike	51	ETSM ES	2008-03-12	SAMS 24th LC Champs @ Durban
4	3:42.29 L	F	Frost, David	50	WINE WP	2008-02-03	WPMSA LC Champs @ Various venue
Men 50-54 200 IM							
1	2:36.73 L	F	Steynberg, Andre	52	WAHO CG	2008-03-12	SAMS 24th LC Champs @ Durban
2	2:38.97 L	F	Cones, Nigel	53	CPTW WP	2008-03-12	SAMS 24th LC Champs @ Durban
3	2:40.09 L	F	Rudolph, Mike	51	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth
4	2:40.65 L	F	Folscher, Danie	50	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth
5	2:48.27 L	F	Den Bakker, Arnaud	53	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban
6	2:56.11 L	F	Semple, Mike	51	ETSM ES	2008-01-26	GMS (Orphan Annie) @ Wits Ed Camp
7	3:08.98 L	F	Frost, David	50	WINE WP	2008-01-19	WPMSA @ UWC
Men 50-54 400 IM							
1	5:54.36 L	F	Folscher, Danie	50	CPTW WP	2008-04-18	FINA 12th LC Champs @ Perth
2	6:15.84 L	F	Den Bakker, Arnaud	53	COEL NT	2008-03-12	SAMS 24th LC Champs @ Durban
3	6:59.56 L	F	Frost, David	50	WINE WP	2008-02-03	WPMSA LC Champs @ Various venue