

## South African Masters Swimming

### Individual Top Times

Times since: 01-May-08 Times until: 30-Apr-09

Number of Top Times: All Show Short Course Only

Time	P/F/S	Name	Age/Yr				
<b>Men 30-34 25 Free</b>							
1	13.29 S	F Steenkamp, Neil	31	UNAT	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
2	13.80 S	F van Jaarsveld, Bennum	32	WAHO CG	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit)	
<b>Men 30-34 50 Free</b>							
1	27.44 S	F Lawrenson, Kieren	34	EACS KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park	
2	29.17 S	F Barkley, Norman	32	COEL NT	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit)	
3	29.19 S	F Benton, Douglas	32	EACS KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa	
4	29.90 S	F Steenkamp, Neil	32	CPTW WP	2009-04-01	WPMSA @ Long Street	
5	30.29 S	F Osborn, Terence	32	COEL NT	2008-11-22	GMS (Killer Whales) @ Linden	
6	31.36 S	F *I da Silva, Marcello	31	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou	
7	34.24 S	F van Jaarsveld, Bennum	32	WAHO CG	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit)	
8	34.49 S	F Kienhofer, Frank	34	UNATT	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit)	
<b>Men 30-34 100 Free</b>							
1	56.09 S	F Swart, Glenn	33	WAHO CG	2009-04-01	WPMSA @ Long Street	
2	1:05.50 S	F Wagner, Jason	30	KWHA CG	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit)	
3	1:05.89 S	F Steenkamp, Neil	32	CPTW WP	2009-04-01	WPMSA @ Long Street	
4	1:17.61 S	F *I da Silva, Marcello	31	CPTW WP	2008-06-19	WPMSA (Cape Town) @ Long Street	
5	1:23.54 S	F Kienhofer, Frank	34	UNATT	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit)	
<b>Men 30-34 200 Free</b>							
1	2:25.70 S	F Wagner, Jason	30	KWHA CG	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit)	
2	2:41.97 S	F Osborn, Terence	32	COEL NT	2008-11-22	GMS (Killer Whales) @ Linden	
3	2:44.10 S	F *I da Silva, Marcello	31	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou	
<b>Men 30-34 400 Free</b>							
1	5:11.72 S	F Wagner, Jason	30	KWHA CG	2008-08-16	GMS SC Champs @ Wahoo AC	
2	5:27.30 S	F Benton, Douglas	32	EACS KZ	2009-03-29	KZNMSA (Highway) @ Gordon Road	
<b>Men 30-34 800 Free</b>							
1	9:46.20 S	F Hurley, Steven	33	ETSM ES	2008-10-01	SAMS (Consol.) SC Champs @ variou	
2	12:35.56 S	F Osborn, Terence	32	COEL NT	2008-11-22	GMS (Killer Whales) @ Linden	
<b>Men 30-34 1500 Free</b>							
1	21:11.97 S	F Wagner, Jason	30	KWHA CG	2008-08-16	GMS SC Champs @ Wahoo AC	
<b>Men 30-34 50 Back</b>							
1	34.95 S	F Benton, Douglas	33	EACS KZ	2009-01-18	KZNMSA (East Coast) @ Gordon Roa	
<b>Men 30-34 100 Back</b>							
1	1:27.54 S	F Wagner, Jason	30	KWHA CG	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit)	
<b>Men 30-34 200 Back</b>							
1	3:48.64 S	F Kienhofer, Frank	34	UNATT	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit)	
<b>Men 30-34 50 Breast</b>							
1	34.42 S	F Lawrenson, Kieren	34	EACS KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
2	44.98 S	F van Jaarsveld, Bennum	32	WAHO CG	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit)	
3	49.09 S	F *I da Silva, Marcello	31	CPTW WP	2008-07-17	WPMSA (Winelands) @ Long Street	
<b>Men 30-34 100 Breast</b>							
1	1:30.69 S	F Wagner, Jason	30	KWHA CG	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit)	
<b>Men 30-34 200 Breast</b>							
1	3:19.12 S	F Wagner, Jason	30	KWHA CG	2008-08-16	GMS SC Champs @ Wahoo AC	
2	3:47.57 S	F Kienhofer, Frank	34	UNATT	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit)	
<b>Men 30-34 50 Fly</b>							
1	27.13 S	F Swart, Glenn	32	WAHO CG	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit)	
2	29.03 S	F Lawrenson, Kieren	34	EACS KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park	
3	31.19 S	F Barkley, Norman	32	COEL NT	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit)	
4	32.14 S	F Benton, Douglas	32	EACS KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
5	35.30 S	F Steenkamp, Neil	32	CPTW WP	2009-04-01	WPMSA @ Long Street	
<b>Men 30-34 100 Fly</b>							
1	1:07.88 S	F Lawrenson, Kieren	34	EACS KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park	

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<b>Men 30-34 200 Fly</b>								
1	2:49.81 S	F	Lawrenson, Kieren	34	EACS KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa	
<b>Men 30-34 100 IM</b>								
1	1:03.64 S	F	Swart, Glenn	32	WAHO CG	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit	
2	1:14.81 S	F	Barkley, Norman	32	COEL NT	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit	
3	1:15.81 S	F	Lawrenson, Kieren	34	EACS KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park	
4	1:17.27 S	F	Benton, Douglas	32	EACS KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
5	1:24.38 S	F	Steenkamp, Neil	32	CPTW WP	2009-04-01	WPMSA @ Long Street	
6	1:31.51 S	F	*I da Silva, Marcello	31	CPTW WP	2008-06-19	WPMSA (Cape Town) @ Long Street	
<b>Men 30-34 200 IM</b>								
1	2:44.77 S	F	Wagner, Jason	30	KWHA CG	2008-08-16	GMS SC Champs @ Wahoo AC	