

## South African Masters Swimming

### Individual Top Times

Times since: 01-May-08 Times until: 30-Apr-09  
 Number of Top Times: All Show Long Course Only

|                            | Time       | P/F/S | Name                   | Age/Yr |         |            |                                   |
|----------------------------|------------|-------|------------------------|--------|---------|------------|-----------------------------------|
| <b>Men 35-39 50 Free</b>   |            |       |                        |        |         |            |                                   |
| 1                          | 25.89 L    | F     | Nel, Mike              | 37     | WAHO CG | 2009-02-12 | TMS LC Champs @ Hillcrest         |
| 2                          | 26.30 L    | F     | Lawrenson, Kieren      | 35     | EACS KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 3                          | 26.43 L    | F     | Coetzee, Jacques       | 36     | EACS KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 4                          | 27.62 L    | F     | Bourbon, Michael       | 39     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 5                          | 27.70 L    | F     | vd Merwe, Theo         | 35     | HIGH KZ | 2009-02-15 | KZNMSA LC Champs @ Kings Park     |
| 6                          | 27.75 L    | F     | Parsons, Graeme        | 39     | WAHO CG | 2008-11-08 | TMS Interregional @ Hillcrest     |
| 7                          | 28.89 L    | F     | Westgate, Rod          | 37     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 8                          | 29.20 L    | F     | Bosazza, Jonathan      | 39     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 9                          | 29.77 L    | F     | Nowell, Gregg          | 37     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 10                         | 30.13 L    | F     | Windell, Rory          | 36     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 11                         | 31.33 L    | F     | Novello, Robert        | 39     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 12                         | 31.50 L    | F     | Searle, Alan           | 35     | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 13                         | 32.13 L    | F     | Crowther, Bobbie       | 39     | WAHO CG | 2008-11-08 | TMS Interregional @ Hillcrest     |
| 14                         | 34.05 L    | F     | Coetzee, Ben           | 38     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 15                         | 38.40 L    | F     | Potts, Gordon          | 36     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| <b>Men 35-39 100 Free</b>  |            |       |                        |        |         |            |                                   |
| 1                          | 58.40 L    | F     | Coetzee, Jacques       | 36     | EACS KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 2                          | 58.63 L    | F     | Nel, Mike              | 37     | WAHO CG | 2009-02-28 | GMS Interregional @ Ellis Park    |
| 3                          | 1:02.13 L  | F     | Bourbon, Michael       | 39     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 4                          | 1:03.32 L  | F     | Stanforth, Christopher | 39     | SSHA FS | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 5                          | 1:03.52 L  | F     | Westgate, Rod          | 37     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 6                          | 1:08.03 L  | F     | Nowell, Gregg          | 37     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 7                          | 1:10.04 L  | F     | Searle, Alan           | 35     | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 8                          | 1:11.35 L  | F     | Novello, Robert        | 39     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 9                          | 1:14.31 L  | F     | Miller, Sean           | 39     | ETSM ES | 2008-11-08 | TMS Interregional @ Hillcrest     |
| 10                         | 1:21.00 L  | F     | Crowther, Bobbie       | 39     | WAHO CG | 2008-11-08 | TMS Interregional @ Hillcrest     |
| 11                         | 1:25.53 L  | F     | Coetzee, Ben           | 38     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 12                         | 1:29.06 L  | F     | Potts, Gordon          | 36     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| <b>Men 35-39 200 Free</b>  |            |       |                        |        |         |            |                                   |
| 1                          | 2:11.62 L  | F     | Coetzee, Jacques       | 36     | EACS KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 2                          | 2:21.86 L  | F     | Bourbon, Michael       | 39     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 3                          | 2:23.57 L  | F     | Stanforth, Christopher | 39     | SSHA FS | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 4                          | 2:33.68 L  | F     | Windell, Rory          | 36     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 5                          | 2:36.90 L  | F     | Novello, Robert        | 39     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 6                          | 2:40.60 L  | F     | Nowell, Gregg          | 37     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 7                          | 2:41.90 L  | F     | Searle, Alan           | 35     | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 8                          | 2:42.09 L  | F     | Miller, Sean           | 39     | ETSM ES | 2008-11-08 | TMS Interregional @ Hillcrest     |
| 9                          | 2:42.66 L  | F     | Parsons, Graeme        | 39     | WAHO CG | 2008-11-08 | TMS Interregional @ Hillcrest     |
| 10                         | 3:23.05 L  | F     | Crowther, Bobbie       | 39     | WAHO CG | 2008-11-08 | TMS Interregional @ Hillcrest     |
| 11                         | 3:34.74 L  | F     | Coetzee, Ben           | 38     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 12                         | 3:37.00 L  | F     | Potts, Gordon          | 36     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| <b>Men 35-39 400 Free</b>  |            |       |                        |        |         |            |                                   |
| 1                          | 5:11.48 L  | F     | Stanforth, Christopher | 39     | SSHA FS | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 2                          | 5:45.79 L  | F     | Novello, Robert        | 39     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 3                          | 6:01.07 L  | F     | Nowell, Gregg          | 37     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 4                          | 8:04.55 L  | F     | Potts, Gordon          | 36     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| <b>Men 35-39 800 Free</b>  |            |       |                        |        |         |            |                                   |
| 1                          | 11:03.61 L | F     | Stanforth, Christopher | 39     | SSHA FS | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 2                          | 12:06.82 L | F     | Novello, Robert        | 39     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 3                          | 12:58.64 L | F     | Nowell, Gregg          | 37     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 4                          | 16:18.29 L | F     | Coetzee, Ben           | 38     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 5                          | 17:16.00 L | F     | Potts, Gordon          | 36     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| <b>Men 35-39 1500 Free</b> |            |       |                        |        |         |            |                                   |
| 1                          | 22:15.00 L | F     | Neumann, Andrew        | 38     | COEL NT | 2008-10-04 | TMS (Coelacanth) 1500 @ Hillcrest |
| 2                          | 24:19.36 L | F     | Beste, Gustav          | 39     | COEL NT | 2008-10-04 | TMS (Coelacanth) 1500 @ Hillcrest |

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|-----------------------------|------------|-------|-------------------|--------|---------|------------|-----------------------------------|
| 3                           | 27:39.37 L | F     | Dempster, Phillip | 38     | ETSM ES | 2008-10-04 | TMS (Coelacanth) 1500 @ Hillcrest |
| <b>Men 35-39 50 Back</b>    |            |       |                   |        |         |            |                                   |
| 1                           | 31.39 L    | F     | Coetzee, Jacques  | 36     | EACS KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 2                           | 32.49 L    | F     | Nel, Mike         | 37     | WAHO CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 3                           | 34.30 L    | F     | Bourbon, Michael  | 39     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 4                           | 36.35 L    | F     | Westgate, Rod     | 37     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| <b>Men 35-39 100 Back</b>   |            |       |                   |        |         |            |                                   |
| 1                           | 1:13.21 L  | F     | Nel, Mike         | 37     | WAHO CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 2                           | 1:38.12 L  | F     | Miller, Sean      | 39     | ETSM ES | 2008-11-08 | TMS Interregional @ Hillcrest     |
| <b>Men 35-39 50 Breast</b>  |            |       |                   |        |         |            |                                   |
| 1                           | 33.06 L    | F     | Lawrenson, Kieren | 35     | EACS KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 2                           | 33.41 L    | F     | Hall, Gary        | 37     | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 3                           | 33.99 L    | F     | vd Merwe, Theo    | 35     | HIGH KZ | 2009-02-15 | KZNMSA LC Champs @ Kings Park     |
| 4                           | 35.86 L    | F     | Bosazza, Jonathan | 39     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 5                           | 37.34 L    | F     | Nel, Mike         | 37     | WAHO CG | 2009-01-10 | GMS (Orphan Annie) @ Delville     |
| 6                           | 40.60 L    | F     | Dube, Langa       | 36     | PHOE CG | 2008-11-08 | TMS Interregional @ Hillcrest     |
| 7                           | 40.87 L    | F     | Parsons, Graeme   | 39     | WAHO CG | 2008-11-08 | TMS Interregional @ Hillcrest     |
| 8                           | 41.09 L    | F     | Windell, Rory     | 36     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 9                           | 42.42 L    | F     | Westgate, Rod     | 37     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 10                          | 42.99 L    | F     | Coetzee, Ben      | 38     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| <b>Men 35-39 100 Breast</b> |            |       |                   |        |         |            |                                   |
| 1                           | 1:14.03 L  | F     | Hall, Gary        | 37     | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 2                           | 1:20.60 L  | F     | vd Merwe, Theo    | 36     | HIGH KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 3                           | 1:21.66 L  | F     | Bosazza, Jonathan | 39     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 4                           | 1:29.50 L  | F     | Dube, Langa       | 36     | PHOE CG | 2008-11-08 | TMS Interregional @ Hillcrest     |
| 5                           | 1:33.37 L  | F     | Windell, Rory     | 36     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| <b>Men 35-39 200 Breast</b> |            |       |                   |        |         |            |                                   |
| 1                           | 2:46.64 L  | F     | Lawrenson, Kieren | 35     | EACS KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 2                           | 2:55.89 L  | F     | Hall, Gary        | 37     | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 3                           | 3:08.77 L  | F     | Bosazza, Jonathan | 39     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| <b>Men 35-39 50 Fly</b>     |            |       |                   |        |         |            |                                   |
| 1                           | 27.41 L    | F     | Lawrenson, Kieren | 35     | EACS KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 2                           | 28.53 L    | F     | Coetzee, Jacques  | 36     | EACS KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 3                           | 29.79 L    | F     | Nel, Mike         | 37     | WAHO CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 4                           | 30.71 L    | F     | Bourbon, Michael  | 39     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 5                           | 30.77 L    | F     | vd Merwe, Theo    | 36     | HIGH KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 6                           | 31.93 L    | F     | Windell, Rory     | 36     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 7                           | 33.86 L    | F     | Novello, Robert   | 39     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 8                           | 34.88 L    | F     | Nowell, Gregg     | 37     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 9                           | 35.02 L    | F     | Searle, Alan      | 35     | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| 10                          | 36.42 L    | F     | Westgate, Rod     | 37     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| <b>Men 35-39 100 Fly</b>    |            |       |                   |        |         |            |                                   |
| 1                           | 1:03.42 L  | F     | Lawrenson, Kieren | 35     | EACS KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| <b>Men 35-39 200 Fly</b>    |            |       |                   |        |         |            |                                   |
| 1                           | 2:30.42 L  | F     | Lawrenson, Kieren | 35     | EACS KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |
| <b>Men 35-39 200 IM</b>     |            |       |                   |        |         |            |                                   |
| 1                           | 2:54.04 L  | F     | Windell, Rory     | 36     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |