

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				
Men 55-59 25 Free							
1	12.94 S	F	vd Hoven, Hendrik	56	WAHO CG	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit)
2	14.17 S	F	Hodges, Mark	55	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
3	14.52 S	F	Wentworth, Gary	55	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
4	15.95 S	F	van Heerden, Carel	58	WAHO CG	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit)
Men 55-59 50 Free							
1	26.96 S	F	Downes, Terry	59	TUKM NT	2008-10-01	SAMS (Consol.) SC Champs @ variou
2	29.26 S	F	vd Hoven, Hendrik	56	WAHO CG	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit)
3	29.64 S	F	Howieson, Doug	56	CPTW WP	2008-07-17	WPMSA (Winelands) @ Long Street
4	30.59 S	F	Wentworth, Gary	56	CPTW WP	2009-04-01	WPMSA @ Long Street
5	31.27 S	F	van Rooijen, Gerhard	58	SEAL KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park
6	31.31 S	F	Hodges, Mark	55	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
7	32.47 S	F	Doveton, Gary	56	EACS KZ	2009-01-18	KZNMSA (East Coast) @ Gordon Roa
8	33.39 S	F	Bennetto, Peter	56	CPTW WP	2009-04-01	WPMSA @ Long Street
9	34.71 S	F	Tabosa-Vaz, Victor	58	EACS KZ	2009-01-18	KZNMSA (East Coast) @ Gordon Roa
10	37.07 S	F	van Heerden, Carel	58	WAHO CG	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit)
11	38.18 S	F	Robinson, Graham	59	EACS KZ	2009-03-29	KZNMSA (Highway) @ Gordon Road
12	39.16 S	F	Slabbert, Coenie	59	WINE WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos
13	39.40 S	F	Miller, Trevor	58	EACS KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa
Men 55-59 100 Free							
1	1:02.41 S	F	Downes, Terry	59	TUKM NT	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit)
2	1:03.29 S	F	Howieson, Doug	57	CPTW WP	2009-04-01	WPMSA @ Long Street
3	1:07.38 S	F	vd Hoven, Hendrik	56	WAHO CG	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit)
4	1:10.45 S	F	Arbuthnot, David	55	COEL NT	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit)
5	1:12.00 S	F	Hodges, Mark	55	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
6	1:13.06 S	F	Doveton, Gary	56	EACS KZ	2009-01-18	KZNMSA (East Coast) @ Gordon Roa
7	1:13.22 S	F	Hatherly, Bob	57	WAHO CG	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit)
8	1:14.51 S	F	Bennetto, Peter	56	CPTW WP	2009-04-01	WPMSA @ Long Street
Men 55-59 200 Free							
1	2:14.78 S	F	Downes, Terry	59	TUKM NT	2008-10-01	SAMS (Consol.) SC Champs @ variou
2	2:15.69 S	F	Howieson, Doug	56	CPTW WP	2008-07-17	WPMSA (Winelands) @ Long Street
3	2:16.89 S	F	Shead, Tim	56	CPTW WP	2008-07-17	WPMSA (Winelands) @ Long Street
4	2:40.75 S	F	Doveton, Gary	56	EACS KZ	2009-01-18	KZNMSA (East Coast) @ Gordon Roa
5	2:45.21 S	F	Sundelowitz, Selwyn	58	COEL NT	2008-10-01	SAMS (Consol.) SC Champs @ variou
6	2:46.47 S	F	van Rooijen, Gerhard	58	SEAL KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park
7	2:48.81 S	F	Hatherly, Bob	57	WAHO CG	2008-10-01	SAMS (Consol.) SC Champs @ variou
Men 55-59 400 Free							
1	4:51.19 S	F	Howieson, Doug	56	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos
2	8:03.37 S	F	Robinson, Graham	59	EACS KZ	2009-03-29	KZNMSA (Highway) @ Gordon Road
Men 55-59 800 Free							
1	10:04.18 S	F	Howieson, Doug	56	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou
2	11:43.45 S	F	Sundelowitz, Selwyn	58	COEL NT	2008-10-01	SAMS (Consol.) SC Champs @ variou
3	12:20.16 S	F	van Rooijen, Gerhard	58	EACS KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou
Men 55-59 1500 Free							
1	19:37.37 S	F	Howieson, Doug	56	CPTW WP	2008-09-18	WPMSA (Cape Town) @ Long Street
2	20:31.31 S	F	Shead, Tim	56	CPTW WP	2008-09-18	WPMSA (Cape Town) @ Long Street
3	23:12.42 S	F	Arbuthnot, David	55	COEL NT	2008-08-16	GMS SC Champs @ Wahoo AC
Men 55-59 25 Back							
1	17.51 S	F	Howieson, Doug	56	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
2	18.56 S	F	Hodges, Mark	55	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
3	19.28 S	F	Wentworth, Gary	55	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos
Men 55-59 50 Back							
1	35.62 S	F	Howieson, Doug	57	CPTW WP	2009-04-01	WPMSA @ Long Street
2	36.92 S	F	vd Hoven, Hendrik	56	WAHO CG	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit)
3	40.24 S	F	Hodges, Mark	55	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou

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4	40.74 S	F	Arbuthnot, David	55	COEL NT	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit	
5	43.41 S	F	Tabosa-Vaz, Victor	57	EACS KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa	
6	44.66 S	F	Sundelowitz, Selwyn	58	COEL NT	2008-10-01	SAMS (Consol.) SC Champs @ variou	
7	49.74 S	F	Slabbert, Coenie	59	WINE WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	
Men 55-59 100 Back								
1	1:07.16 S	F	Shead, Tim	56	CPTW WP	2008-07-17	WPMSA (Winelands) @ Long Street	
2	1:17.39 S	F	Downes, Terry	59	TUKM NT	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit	
3	1:17.47 S	F	Howieson, Doug	57	CPTW WP	2009-04-01	WPMSA @ Long Street	
4	1:22.59 S	F	vd Hoven, Hendrik	56	WAHO CG	2008-08-16	GMS SC Champs @ Wahoo AC	
5	1:31.13 S	F	Arbuthnot, David	55	COEL NT	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit	
6	1:40.07 S	F	Tabosa-Vaz, Victor	57	EACS KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park	
Men 55-59 200 Back								
1	2:37.21 S	F	Shead, Tim	56	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	
2	2:54.89 S	F	Howieson, Doug	56	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou	
3	2:58.88 S	F	vd Hoven, Hendrik	56	WAHO CG	2008-10-01	SAMS (Consol.) SC Champs @ variou	
4	3:17.48 S	F	Hatherly, Bob	57	WAHO CG	2008-11-22	GMS (Killer Whales) @ Linden	
5	3:36.60 S	F	Tabosa-Vaz, Victor	58	EACS KZ	2009-01-18	KZNMSA (East Coast) @ Gordon Roa	
Men 55-59 25 Breast								
1	18.56 S	F	Howieson, Doug	56	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
2	19.50 S	F	Hodges, Mark	55	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
Men 55-59 50 Breast								
1	34.84 S	F	Cawood, Tony	56	COEL NT	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit	
2	35.97 S	F	Hatherly, Bob	57	WAHO CG	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit	
3	39.87 S	F	Wentworth, Gary	56	CPTW WP	2009-04-01	WPMSA @ Long Street	
4	40.33 S	F	Arbuthnot, David	55	COEL NT	2008-08-16	GMS SC Champs @ Wahoo AC	
5	40.73 S	F	Hodges, Mark	56	CPTW WP	2009-04-01	WPMSA @ Long Street	
6	42.40 S	F	van Heerden, Carel	58	WAHO CG	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit	
7	42.83 S	F	van Rooijen, Gerhard	58	EACS KZ	2008-10-01	SAMS (Consol.) SC Champs @ variou	
8	42.91 S	F	Slabbert, Coenie	59	WINE WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	
9	43.54 S	F	Miller, Mervyn	56	WAHO CG	2008-10-01	SAMS (Consol.) SC Champs @ variou	
10	49.12 S	F	Robinson, Graham	59	EACS KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa	
Men 55-59 100 Breast								
1	1:17.81 S	F	Hatherly, Bob	57	WAHO CG	2008-10-01	SAMS (Consol.) SC Champs @ variou	
2	1:36.81 S	F	Arbuthnot, David	55	COEL NT	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit	
3	1:40.64 S	F	Slabbert, Coenie	59	WINE WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	
4	1:41.36 S	F	Miller, Mervyn	56	WAHO CG	2008-10-01	SAMS (Consol.) SC Champs @ variou	
5	1:54.78 S	F	Robinson, Graham	59	EACS KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa	
Men 55-59 200 Breast								
1	2:45.90 S	F	Shead, Tim	56	CPTW WP	2008-07-17	WPMSA (Winelands) @ Long Street	
2	2:55.51 S	F	Hatherly, Bob	57	WAHO CG	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit	
3	3:33.15 S	F	Arbuthnot, David	55	COEL NT	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit	
4	3:45.45 S	F	van Heerden, Carel	58	WAHO CG	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit	
Men 55-59 25 Fly								
1	15.33 S	F	Hodges, Mark	55	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
2	15.96 S	F	Howieson, Doug	56	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
3	16.43 S	F	Wentworth, Gary	55	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
Men 55-59 50 Fly								
1	32.82 S	F	Cawood, Tony	56	COEL NT	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit	
2	34.45 S	F	Hodges, Mark	56	CPTW WP	2009-04-01	WPMSA @ Long Street	
3	34.51 S	F	Arbuthnot, David	55	COEL NT	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit	
4	35.85 S	F	Wentworth, Gary	56	CPTW WP	2009-04-01	WPMSA @ Long Street	
5	40.35 S	F	van Rooijen, Gerhard	58	SEAL KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park	
6	45.16 S	F	Tabosa-Vaz, Victor	57	EACS KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park	
7	46.69 S	F	Robinson, Graham	59	EACS KZ	2009-03-29	KZNMSA (Highway) @ Gordon Road	

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	Time	P/F/S	Name	Age/Yr				
Men 55-59 100 Fly								
1	1:05.67 S	F	Shead, Tim	56	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	
2	1:24.76 S	F	Arbuthnot, David	55	COEL NT	2008-10-01	SAMS (Consol.) SC Champs @ variou	
3	1:26.45 S	F	Hatherly, Bob	57	WAHO CG	2008-11-22	GMS (Killer Whales) @ Linden	
Men 55-59 100 IM								
1	1:06.04 S	F	Shead, Tim	56	CPTW WP	2008-07-17	WPMSA (Winelands) @ Long Street	
2	1:15.30 S	F	Howieson, Doug	56	CPTW WP	2008-06-19	WPMSA (Cape Town) @ Long Street	
3	1:17.81 S	F	Hatherly, Bob	57	WAHO CG	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit	
4	1:22.90 S	F	Arbuthnot, David	55	COEL NT	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit	
5	1:28.66 S	F	van Rooijen, Gerhard	58	SEAL KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park	
6	1:32.28 S	F	Tabosa-Vaz, Victor	57	EACS KZ	2008-09-07	KZNMSA (East Coast) @ Kings Park	
7	1:53.28 S	F	van Heerden, Carel	58	WAHO CG	2008-11-22	GMS (Killer Whales) @ Linden	
Men 55-59 200 IM								
1	2:49.17 S	F	Howieson, Doug	56	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
2	3:10.63 S	F	Hatherly, Bob	57	WAHO CG	2008-08-16	GMS SC Champs @ Wahoo AC	
3	3:33.84 S	F	Tabosa-Vaz, Victor	57	EACS KZ	2008-12-14	KZNMSA (East Coast) @ Gordon Roa	
Men 55-59 400 IM								
1	6:35.70 S	F	Hatherly, Bob	57	WAHO CG	2008-10-01	SAMS (Consol.) SC Champs @ variou	
2	6:42.88 S	F	Arbuthnot, David	55	COEL NT	2008-10-01	SAMS (Consol.) SC Champs @ variou	