

FINA 18th LC World Champs 2019 @ Gwangju - 2019-08-12 to 2019-08-18

Nambu University Municipal Aquatics Center 50m indoor pool

Results

Men 25-29 50 LC Meter Freestyle

WORLD record: 22.30 W 2017-02-18 A.LIUKKONEN FIN
 SAMS record: 23.39 S 2013-03-16 Chris King (PE)
 23.74 25-29 SAQT SAMS Colours 2019-20
 25.40 25-29 CGQT GMS Colours 2019-20

Name	Age	Team	Finals Time
29 Winfield, Philip	25	Cape Town MSC-CP	J26.64

Men 25-29 100 LC Meter Freestyle

WORLD record: 50.45 W 2013-06-07 Matthew MCGINNIS USA
 SAMS record: 52.16 S 2013-03-13 Chris King (PE)
 52.86 25-29 SAQT SAMS Colours 2019-20
 56.56 25-29 CGQT GMS Colours 2019-20

38 Winfield, Philip	25	Cape Town MSC-CP	J1:00.32
	28.18	1:00.32 (32.14)	

Men 25-29 50 LC Meter Backstroke

WORLD record: 25.44 W 2016-04-03 Anton BUTYMOV RUS
 SAMS record: 26.90 S 2013-03-15 Chris King (Ric & PE)
 27.50 25-29 SAQT SAMS Colours 2019-20
 29.43 25-29 CGQT GMS Colours 2019-20

14 Winfield, Philip	25	Cape Town MSC-CP	J33.12
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Men 25-29 50 LC Meter Breaststroke

WORLD record: 27.58 W 2019-04-26 Anton PANFEROV RUS
 SAMS record: 29.14 S 2006-08-07 Chris Stewart (San)
 29.18 25-29 SAQT SAMS Colours 2019-20
 31.22 25-29 CGQT GMS Colours 2019-20

38 Winfield, Philip	25	Cape Town MSC-CP	J35.63
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Men 25-29 50 LC Meter Butterfly

WORLD record: 23.71 W 2008-08-16 Kohei KAWAMOTO USA
 SAMS record: 25.87 S 2013-03-16 Chris King (PE)
 25.14 25-29 SAQT SAMS Colours 2019-20
 26.90 25-29 CGQT GMS Colours 2019-20

45 Winfield, Philip	25	Cape Town MSC-CP	J29.94
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Men 30-34 50 LC Meter Freestyle

WORLD record: 22.13 W 2013-07-13 Roland SCHOEMAN USA
 SAMS record: 24.88 S 2009-01-31 Glenn Swart (Jhb)
 23.72 30-34 SAQT SAMS Colours 2019-20
 25.38 30-34 CGQT GMS Colours 2019-20

50 Bouwer, Shaun	31	Coelacanth MSC-TS	J28.68
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Men 30-34 200 LC Meter Freestyle

WORLD record: 1:49.56 W 2016-08-06 Darian TOWNSEND USA
 SAMS record: 2:02.93 S 1996 N. Moores (Shf)
 1:59.35 30-34 SAQT SAMS Colours 2019-20
 2:07.70 30-34 CGQT GMS Colours 2019-20

--- Bouwer, Shaun	31	Coelacanth MSC-TS	DNF
Swimmer did not finish			

Men 30-34 100 LC Meter Backstroke

WORLD record: 55.93 W 2014-07-13 Darian TOWNSEND USA
 SAMS record: 1:03.94 S 2014-03-14 Schalk Malan (Blm)
 59.57 30-34 SAQT SAMS Colours 2019-20
 1:03.74 30-34 CGQT GMS Colours 2019-20

13 Bouwer, Shaun	31	Coelacanth MSC-TS	J1:14.76
	35.64	1:14.76 (39.12)	

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Men 30-34 200 LC Meter Backstroke

WORLD record:	2:02.75	W	2000-11-24	Rogelio ROMERO	BRA	
SAMS record:	2:19.38	S	2013-03-16	David Glover (PE)		
	2:14.85			30-34 SAQT SAMS Colours 2019-20		
	2:24.29			30-34 CGQT GMS Colours 2019-20		
---	Bouwer, Shaun		31	Coelacanth MSC-TS		DQ
	Swimmer did not finish					

Men 40-44 50 LC Meter Freestyle

WORLD record:	23.25	W	2018-07-15	Hideaki HARA	JPN	
SAMS record:	24.26	S	2019-03-21	Marc Allan (PE)	SYNR-ETH	
	24.67			40-44 SAQT SAMS Colours 2019-20		
	26.40			40-44 CGQT GMS Colours 2019-20		
1	Allan, Marc		42	Synergy MSC-ET		24.36 SAQT

Men 40-44 100 LC Meter Freestyle

WORLD record:	51.21	W	2018-07-14	Hideaki HARA	JPN	
SAMS record:	53.84	S	2016-03-18	Bradley Reen (Dbn)	AQUB-EP	
	54.93			40-44 SAQT SAMS Colours 2019-20		
	58.78			40-44 CGQT GMS Colours 2019-20		
1	Allan, Marc		42	Synergy MSC-ET		53.49 S SAQT
	25.40			53.49 (28.09)		

Men 40-44 50 LC Meter Butterfly

WORLD record:	25.06	W	2015-07-20	Eiji NOMURA	JPN	
SAMS record:	25.36	S	2019-03-22	Marc Allan (PE)	SYNR-ETH	
	26.18			40-44 SAQT SAMS Colours 2019-20		
	28.01			40-44 CGQT GMS Colours 2019-20		
1	Allan, Marc		42	Synergy MSC-ET		25.22 S SAQT

Men 40-44 100 LC Meter Butterfly

WORLD record:	56.17	W	2011-09-06	Serkan ATASAY	TUR	
SAMS record:	1:00.47	S	2019-03-21	Marc Allan (PE)	SYNR-ETH	
	59.42			40-44 SAQT SAMS Colours 2019-20		
	1:03.58			40-44 CGQT GMS Colours 2019-20		
3	Allan, Marc		42	Synergy MSC-ET		J58.46 S SAQT
	27.70			58.46 (30.76)		

Men 40-44 200 LC Meter IM

WORLD record:	2:10.63	W	2009-06-25	Alberto MONTINI	ITA	
SAMS record:	2:23.99	S	1993	T. Shead (Dbn)		
	2:19.90			40-44 SAQT SAMS Colours 2019-20		
	2:29.69			40-44 CGQT GMS Colours 2019-20		
---	Allan, Marc		42	Synergy MSC-ET		NS

Men 45-49 50 LC Meter Breaststroke

WORLD record:	29.31	W	2018-06-02	Vladislav BRAGIN	CZE	
SAMS record:	32.45	S	2010-08-03	Johan van der Merwe (Got)		
	31.16			45-49 SAQT SAMS Colours 2019-20		
	33.34			45-49 CGQT GMS Colours 2019-20		
14	Gilbert, Oliver		49	Cape Town MSC-CP		J34.91

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Men 45-49 100 LC Meter Breaststroke

WORLD record:	1:04.99	W	2019-05-24	Steven WEST	USA
SAMS record:	1:10.77	S	2014-08-04	Graeme Fiser (Mon)	CPTW-WP
	1:10.34			45-49 SAQT SAMS Colours 2019-20	
	1:15.26			45-49 CGQT GMS Colours 2019-20	
---	Gilbert, Oliver		49	Cape Town MSC-CP	DQ
	More than one butterfly kick during the first arm stroke after start or turn				
	37.28			DQ (41.66)	

Men 45-49 200 LC Meter Breaststroke

WORLD record:	2:19.44	W	2018-06-22	Steve WEST	USA
SAMS record:	2:36.91	S	2014-08-08	Graeme Fiser (Mon)	CPTW-WP
	2:37.86			45-49 SAQT SAMS Colours 2019-20	
	2:48.91			45-49 CGQT GMS Colours 2019-20	
---	Gilbert, Oliver		49	Cape Town MSC-CP	DQ
	More than one butterfly kick during the first arm stroke after start or turn				
	39.59		1:24.08 (44.49)	2:08.99 (44.91)	DQ (43.42)

Men 45-49 50 LC Meter Butterfly

WORLD record:	25.39	W	2018-06-17	Eiji NOMURA	JPN
SAMS record:	26.57	S	2008-03-13	Gregg Price (Dbn)	
	26.88			45-49 SAQT SAMS Colours 2019-20	
	28.76			45-49 CGQT GMS Colours 2019-20	
30	Gilbert, Oliver		49	Cape Town MSC-CP	J31.36

Men 45-49 200 LC Meter IM

WORLD record:	2:10.09	W	2016-08-07	Nicolas GRANGER	USA
SAMS record:	2:20.85	S	2014-08-06	Gary Albertyn (Mon)	COEL-NT
	2:21.71			45-49 SAQT SAMS Colours 2019-20	
	2:31.63			45-49 CGQT GMS Colours 2019-20	
10	Gilbert, Oliver		49	Cape Town MSC-CP	J2:38.17
	33.10		1:15.96 (42.86)	2:00.67 (44.71)	2:38.17 (37.50)

Men 50-54 50 LC Meter Freestyle

WORLD record:	24.08	W	2009-06-27	Brent BARNES	JPN
SAMS record:	24.34	S	2015-03-21	Calvin Maughan (Jhb)	CPTW-WP
	25.78			50-54 SAQT SAMS Colours 2019-20	
	27.58			50-54 CGQT GMS Colours 2019-20	
4	McLeRoth, Greg		52	Cape Town MSC-CP	J26.27 CGQT
6	Kruger, Harald		52	Cape Town MSC-CP	J26.37 CGQT
8	Taylor, Robbie		50	Cape Town MSC-CP	J27.22 CGQT
15	Durrant, Gary		53	Coelacanth MSC-TS	J28.38
28	Boullé, Juan		52	Synergy MSC-ET	J30.35

Men 50-54 100 LC Meter Freestyle

WORLD record:	54.15	W	2017-06-30	Nicolas GRANGER	FRA
SAMS record:	54.36	S	2015-03-19	Calvin Maughan (Jhb)	CPTW-WP
	57.40			50-54 SAQT SAMS Colours 2019-20	
	1:01.42			50-54 CGQT GMS Colours 2019-20	
5	Kruger, Harald		52	Cape Town MSC-CP	J59.23 CGQT
	28.04		59.23 (31.19)		
6	Taylor, Robbie		50	Cape Town MSC-CP	J59.47 CGQT
	28.16		59.47 (31.31)		
10	McLeRoth, Greg		52	Cape Town MSC-CP	J59.75 CGQT
	28.22		59.75 (31.53)		
22	Durrant, Gary		53	Coelacanth MSC-TS	J1:07.03
	30.37		1:07.03 (36.66)		
43	Boullé, Juan		52	Synergy MSC-ET	J1:14.68
	34.18		1:14.68 (40.50)		

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Men 50-54 200 LC Meter Freestyle

WORLD record:	1:58.62	W	2017-07-01	Nicolas GRANGER	FRA	
SAMS record:	2:07.03	S	2019-03-21	Gary Albertyn (PE)	COEL-TSH	
	2:08.75			50-54 SAQT SAMS Colours 2019-20		
	2:17.76			50-54 CGQT GMS Colours 2019-20		
3	Albertyn, Gary			50 Coelacanth MSC-TS		J2:04.99 S SAQT
	29.52		1:01.30 (31.78)	1:33.20 (31.90)	2:04.99 (31.79)	

Men 50-54 400 LC Meter Freestyle

WORLD record:	4:15.93	W	2017-08-04	Nicolas GRANGER	USA	
SAMS record:	4:28.12	S	2019-03-23	Gary Albertyn (PE)	COEL-TSH	
	4:34.31			50-54 SAQT SAMS Colours 2019-20		
	4:53.51			50-54 CGQT GMS Colours 2019-20		
3	Albertyn, Gary			50 Coelacanth MSC-TS		J4:26.16 S SAQT
	31.15		1:04.68 (33.53)	1:38.61 (33.93)	2:12.81 (34.20)	
	2:46.64 (33.83)		3:20.97 (34.33)	3:54.61 (33.64)	4:26.16 (31.55)	

Men 50-54 800 LC Meter Freestyle

WORLD record:	8:55.05	W	2010-07-31	Marcus MATTIOLI	BRA	
SAMS record:	9:16.33	S	2019-03-23	Gary Albertyn (PE)	COEL-TSH	
	9:33.21			50-54 SAQT SAMS Colours 2019-20		
	10:13.33			50-54 CGQT GMS Colours 2019-20		
4	Albertyn, Gary			50 Coelacanth MSC-TS		J9:11.92 S SAQT
	31.44		1:06.02 (34.58)	1:40.77 (34.75)	2:15.75 (34.98)	
	2:50.77 (35.02)		3:25.90 (35.13)	4:01.10 (35.20)	4:36.22 (35.12)	
	5:11.13 (34.91)		5:46.50 (35.37)	6:21.48 (34.98)	6:56.67 (35.19)	
	7:31.56 (34.89)		8:06.47 (34.91)	8:40.64 (34.17)	9:11.92 (31.28)	

Men 50-54 50 LC Meter Backstroke

WORLD record:	28.58	W	2018-07-14	Rick GOULD	USA	
SAMS record:	29.70	S	2016-03-17	Harald Ruck (Dbn)	COEL-NT	
	30.44			50-54 SAQT SAMS Colours 2019-20		
	32.57			50-54 CGQT GMS Colours 2019-20		
8	McLeRoth, Greg			52 Cape Town MSC-CP		J31.68 CGQT

Men 50-54 100 LC Meter Backstroke

WORLD record:	1:01.57	W	2017-08-06	Nicolas GRANGER	USA	
SAMS record:	1:07.76	S	2016-03-18	Harald Ruck (Dbn)	COEL-NT	
	1:06.90			50-54 SAQT SAMS Colours 2019-20		
	1:11.58			50-54 CGQT GMS Colours 2019-20		
7	McLeRoth, Greg			52 Cape Town MSC-CP		J1:09.29 CGQT
	33.11		1:09.29 (36.18)			

Men 50-54 200 LC Meter Backstroke

WORLD record:	2:14.53	W	2017-08-05	Nicolas GRANGER	USA	
SAMS record:	2:25.84	S	2019-03-22	Gary Albertyn (PE)	COEL-TSH	
	2:27.62			50-54 SAQT SAMS Colours 2019-20		
	2:37.95			50-54 CGQT GMS Colours 2019-20		
1	Albertyn, Gary			50 Coelacanth MSC-TS		2:23.26 S SAQT
	33.99		1:09.75 (35.76)	1:46.52 (36.77)	2:23.26 (36.74)	

Men 50-54 50 LC Meter Breaststroke

WORLD record:	30.26	W	2017-08-20	Mike HODGSON	GBR	
SAMS record:	32.58	S	3-2002	T. Shead (Chc)		
	32.07			50-54 SAQT SAMS Colours 2019-20		
	34.31			50-54 CGQT GMS Colours 2019-20		
8	Kruger, Harald			52 Cape Town MSC-CP		J34.06 CGQT

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Men 50-54 50 LC Meter Butterfly

WORLD record:	25.88	W	2008-08-16	Paul CARTER	USA		
SAMS record:	27.08	S	2015-08-12	Calvin Maughan (Kaz)	CPTW-WP		
	27.48			50-54 SAQT SAMS Colours 2019-20			
	29.40			50-54 CGQT GMS Colours 2019-20			
8	Taylor, Robbie			50 Cape Town MSC-CP		J28.55	CGQT
17	Kruger, Harald			52 Cape Town MSC-CP		J30.29	

Men 50-54 100 LC Meter Butterfly

WORLD record:	57.23	W	2008-08-15	Paul CARTER	USA		
SAMS record:	1:01.63	S	2008-04-21	Paul Blackbeard (Per)			
	1:03.58			50-54 SAQT SAMS Colours 2019-20			
	1:08.03			50-54 CGQT GMS Colours 2019-20			
5	Taylor, Robbie			50 Cape Town MSC-CP		J1:03.90	CGQT
	28.89			1:03.90 (35.01)			

Men 50-54 200 LC Meter IM

WORLD record:	2:11.15	W	2017-08-06	Nicolas GRANGER	USA		
SAMS record:	2:25.70	S	2019-03-23	Gary Albertyn (PE)	COEL-TSH		
	2:25.89			50-54 SAQT SAMS Colours 2019-20			
	2:36.10			50-54 CGQT GMS Colours 2019-20			
3	Albertyn, Gary			50 Coelacanth MSC-TS		J2:23.92 S	SAQT
	31.48			1:08.29 (36.81)			
				1:51.59 (43.30)		2:23.92 (32.33)	

Men 55-59 50 LC Meter Freestyle

WORLD record:	24.45	W	2015-07-19	Brent BARNES	JPN		
SAMS record:	25.09	S	2019-03-03	Calvin Maughan (Stb)	CPT-CPT		
	26.52			55-59 SAQT SAMS Colours 2019-20			
	28.38			55-59 CGQT GMS Colours 2019-20			
1	Maughan, Calvin			55 Cape Town MSC-CP		25.31	SAQT
10	Orton, Nick			56 Cape Town MSC-CP		J27.78	CGQT

Men 55-59 100 LC Meter Freestyle

WORLD record:	56.00	W	2019-02-24	Calvin MAUGHAN	RSA		
SAMS record:	55.63	S	2019-01-20	Calvin Maughan (Stb)	CPTW-CPT		
	59.19			55-59 SAQT SAMS Colours 2019-20			
	1:03.33			55-59 CGQT GMS Colours 2019-20			
1	Maughan, Calvin			55 Cape Town MSC-CP		56.90	SAQT
	27.33			56.90 (29.57)			

Men 55-59 400 LC Meter Freestyle

WORLD record:	4:22.49	W	2009-07-25	Michael MANN	USA		
SAMS record:	4:45.91	S	2008-04-24	Doug Howieson (Per)			
	4:45.48			55-59 SAQT SAMS Colours 2019-20			
	5:05.46			55-59 CGQT GMS Colours 2019-20			
12	du Toit, Graham			59 Cape Town MSC-CP		J5:09.00	
	34.61			1:12.59 (37.98)			
				1:51.87 (39.28)		2:31.72 (39.85)	
	3:11.42 (39.70)			3:50.93 (39.51)		4:30.58 (39.65)	
						5:09.00 (38.42)	

Men 55-59 50 LC Meter Backstroke

WORLD record:	29.03	W	2016-08-20	Steve WOOD	USA		
SAMS record:	30.48	S	2012-06-16	Andre Steynberg (Ric)			
	31.46			55-59 SAQT SAMS Colours 2019-20			
	33.66			55-59 CGQT GMS Colours 2019-20			
8	Orton, Nick			56 Cape Town MSC-CP		J33.17	CGQT
---	Maughan, Calvin			55 Cape Town MSC-CP		NS	

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Men 55-59 100 LC Meter Backstroke

WORLD record: 1:03.50 W 2015-06-21 Steve WOOD USA

SAMS record: 1:07.29 S 2008-04-23 Tim Shead (Per)

1:09.74 55-59 SAQT SAMS Colours 2019-20

1:14.62 55-59 CGQT GMS Colours 2019-20

7 Orton, Nick 56 Cape Town MSC-CP J1:13.61 CGQT
35.53 1:13.61 (38.08)

Men 55-59 200 LC Meter Backstroke

WORLD record: 2:22.68 W 2015-08-07 Craig PETERSEN USA

SAMS record: 2:33.29 S 2007-06-16 Tim Shead (Man)

2:33.54 55-59 SAQT SAMS Colours 2019-20

2:44.29 55-59 CGQT GMS Colours 2019-20

9 Orton, Nick 56 Cape Town MSC-CP J2:51.95
37.73 1:21.51 (43.78) 2:07.77 (46.26) 2:51.95 (44.18)

Men 55-59 100 LC Meter Breaststroke

WORLD record: 1:07.95 W 2018-07-14 C.Arturo TRAVAINI ITA

SAMS record: 1:11.13 S 2008-04-19 Tim Shead (Per)

1:15.41 55-59 SAQT SAMS Colours 2019-20

1:20.69 55-59 CGQT GMS Colours 2019-20

7 du Toit, Graham 59 Cape Town MSC-CP J1:21.44
38.38 1:21.44 (43.06)

Men 55-59 200 LC Meter Breaststroke

WORLD record: 2:30.63 W 2016-08-21 David GUTHRIE USA

SAMS record: 2:41.54 S 2008-04-23 Tim Shead (Per)

2:49.96 55-59 SAQT SAMS Colours 2019-20

3:01.86 55-59 CGQT GMS Colours 2019-20

4 du Toit, Graham 59 Cape Town MSC-CP J2:58.27 CGQT
40.48 1:26.91 (46.43) 2:13.32 (46.41) 2:58.27 (44.95)

Men 55-59 50 LC Meter Butterfly

WORLD record: 26.86 W 2009-08-06 Gary HALL USA

SAMS record: 28.35 S 2013-03-16 Andre Steynberg (PE)

28.45 55-59 SAQT SAMS Colours 2019-20

30.44 55-59 CGQT GMS Colours 2019-20

12 Orton, Nick 56 Cape Town MSC-CP J30.53
--- Maughan, Calvin 55 Cape Town MSC-CP NS

Men 55-59 200 LC Meter IM

WORLD record: 2:20.83 W 2009-08-09 Michael MANN USA

SAMS record: 2:24.16 S 2008-04-21 Tim Shead (Per)

2:32.56 55-59 SAQT SAMS Colours 2019-20

2:43.24 55-59 CGQT GMS Colours 2019-20

9 du Toit, Graham 59 Cape Town MSC-CP J2:43.58
34.86 1:17.53 (42.67) 2:05.30 (47.77) 2:43.58 (38.28)

Men 55-59 400 LC Meter IM

WORLD record: 5:01.81 W 2015-04-23 Marcus MATTIOLI BRA

SAMS record: 5:35.26 S 2007-06-17 Tim Shead (Man)

5:35.32 55-59 SAQT SAMS Colours 2019-20

5:58.79 55-59 CGQT GMS Colours 2019-20

--- du Toit, Graham 59 Cape Town MSC-CP NS

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Men 60-64 50 LC Meter Freestyle

WORLD record:	25.23	W	2006-08-07	Richard ABRAHAMS	USA
SAMS record:	26.31	S	2016-03-17	Andre Steynberg (Dbn)	WAHO-CG
	27.09			60-64 SAQT SAMS Colours 2019-20	
	28.99			60-64 CGQT GMS Colours 2019-20	
11	Winfield, Mike		64	Cape Town MSC-CP	J30.91

Men 60-64 100 LC Meter Freestyle

WORLD record:	57.79	W	2014-06-14	Jack GROSELLE	USA
SAMS record:	59.76	S	2016-03-18	Andre Steynberg (Dbn)	WAHO-CG
	1:01.43			60-64 SAQT SAMS Colours 2019-20	
	1:05.73			60-64 CGQT GMS Colours 2019-20	
9	Winfield, Mike		64	Cape Town MSC-CP	J1:09.61
	32.70			1:09.61 (36.91)	

Men 60-64 200 LC Meter Freestyle

WORLD record:	2:07.68	W	2017-08-06	Dan STEPHENSON	USA
SAMS record:	2:17.01	S	2009-03-12	Terry Downes (EL)	
	2:19.20			60-64 SAQT SAMS Colours 2019-20	
	2:28.94			60-64 CGQT GMS Colours 2019-20	
4	Upneck, Russell		63	Synergy MSC-ET	J2:31.33
	34.46			1:12.86 (38.40) 1:52.64 (39.78) 2:31.33 (38.69)	

Men 60-64 400 LC Meter Freestyle

WORLD record:	4:36.85	W	2017-08-04	Dan STEPHENSON	USA
SAMS record:	5:00.63	S	2017-03-17	Mike Semple (EL)	MEGA-ES
	4:55.68			60-64 SAQT SAMS Colours 2019-20	
	5:16.38			60-64 CGQT GMS Colours 2019-20	
9	Upneck, Russell		63	Synergy MSC-ET	J5:22.63
	36.47			1:15.74 (39.27) 1:56.68 (40.94) 2:37.68 (41.00)	
	3:18.79 (41.11)			4:00.34 (41.55) 4:42.16 (41.82) 5:22.63 (40.47)	
---	Lotkin, Roy		60	Waterborn SCM-JH	NS

Men 60-64 800 LC Meter Freestyle

WORLD record:	9:29.70	W	2018-08-12	Andrew BRAY	USA
SAMS record:	10:24.34	S	2018-03-14	Mike Semple (Pta)	MEGA-EKU
	10:11.35			60-64 SAQT SAMS Colours 2019-20	
	10:54.14			60-64 CGQT GMS Colours 2019-20	
7	Upneck, Russell		63	Synergy MSC-ET	J11:21.46
	36.53			1:16.20 (39.67) 1:57.50 (41.30) 2:39.78 (42.28)	
	3:22.69 (42.91)			4:05.04 (42.35) 4:47.91 (42.87) 5:30.99 (43.08)	
	6:14.50 (43.51)			6:57.91 (43.41) 7:42.13 (44.22) 8:25.88 (43.75)	
	9:09.79 (43.91)			9:53.67 (43.88) 10:38.96 (45.29) 11:21.46 (42.50)	
20	Lotkin, Roy		60	Waterborn SCM-JH	J13:05.52
	44.70			1:35.49 (50.79) 2:27.82 (52.33) 3:19.54 (51.72)	
	4:10.44 (50.90)			5:00.43 (49.99) 5:50.50 (50.07) 6:39.89 (49.39)	
	7:29.64 (49.75)			8:18.65 (49.01) 9:07.61 (48.96) 9:56.20 (48.59)	
	10:44.87 (48.67)			11:32.91 (48.04) 12:20.04 (47.13) 13:05.52 (45.48)	

Men 60-64 50 LC Meter Backstroke

WORLD record:	30.63	W	2018-08-02	Andre STEYNBERG	USA
SAMS record:	30.66	S	2016-03-17	Andre Steynberg (Dbn)	WAHO-CG
	32.97			60-64 SAQT SAMS Colours 2019-20	
	35.28			60-64 CGQT GMS Colours 2019-20	
4	Winfield, Mike		64	Cape Town MSC-CP	J33.79 CGQT

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Men 60-64 100 LC Meter Backstroke

WORLD record:	1:07.08	W	2017-06-03	Vladimir GORKOV	RUS	
SAMS record:	1:08.86	S	2016-03-18	Andre Steynberg (Dbn)	WAHO-NT	
	1:12.83			60-64 SAQT SAMS Colours 2019-20		
	1:17.93			60-64 CGQT GMS Colours 2019-20		
4	Winfield, Mike			64 Cape Town MSC-CP		J1:14.73 CGQT
	35.21			1:14.73 (39.52)		

Men 60-64 200 LC Meter Backstroke

WORLD record:	2:28.37	W	2018-09-01	Djan MADRUGA	BRA	
SAMS record:	2:34.00	S	2012-03-17	Tim Shead (CT)		
	2:41.06			60-64 SAQT SAMS Colours 2019-20		
	2:52.33			60-64 CGQT GMS Colours 2019-20		
4	Winfield, Mike			64 Cape Town MSC-CP		J2:47.49 CGQT
	37.63			1:19.78 (42.15)		
				2:03.96 (44.18)		
				2:47.49 (43.53)		
12	Lotkin, Roy			60 Waterborn SCM-JH		J3:40.53
	51.16			1:47.62 (56.46)		
				2:45.20 (57.58)		
				3:40.53 (55.33)		

Men 60-64 200 LC Meter Butterfly

WORLD record:	2:23.52	W	2018-05-04	Hugo BREGMAN	NED	
SAMS record:	2:49.28	S	2012-03-14	Tim Shead (CT)		
	2:53.69			60-64 SAQT SAMS Colours 2019-20		
	3:05.85			60-64 CGQT GMS Colours 2019-20		
---	Lotkin, Roy			60 Waterborn SCM-JH		NS

Men 60-64 400 LC Meter IM

WORLD record:	5:08.20	W	2014-08-15	Rick COLELLA	USA	
SAMS record:	5:35.40	S	2012-03-15	Tim Shead (CT)		
	5:51.13			60-64 SAQT SAMS Colours 2019-20		
	6:15.71			60-64 CGQT GMS Colours 2019-20		
11	Lotkin, Roy			60 Waterborn SCM-JH		J7:20.94
	57.28			2:01.99 (1:04.71)		
				2:58.68 (56.69)		
				3:53.53 (54.85)		
	4:52.86 (59.33)			5:50.82 (57.96)		
				6:35.42 (44.60)		
				7:20.94 (45.52)		

Men 65-69 50 LC Meter Freestyle

WORLD record:	26.21	W	2018-07-06	Doug MARTIN	USA	
SAMS record:	29.17	S	2015-03-18	Terry Downes (Jhb)	COEL-NT	
	28.65			65-69 SAQT SAMS Colours 2019-20		
	30.66			65-69 CGQT GMS Colours 2019-20		
19	van Niekerk, Johan			66 Coelacanth MSC-TS		J33.84
---	van Heerden, Carel			69 Waterborn SCM-JH		NS

Men 65-69 100 LC Meter Freestyle

WORLD record:	1:00.38	W	2010-08-12	Richard ABRAHAMS	USA	
SAMS record:	1:05.10	S	2017-03-16	Tim Shead (EL)	CPTW-WP	
	1:04.91			65-69 SAQT SAMS Colours 2019-20		
	1:09.45			65-69 CGQT GMS Colours 2019-20		
13	van Niekerk, Johan			66 Coelacanth MSC-TS		J1:17.43
	36.12			1:17.43 (41.31)		

Men 65-69 200 LC Meter Freestyle

WORLD record:	2:09.39	W	2017-08-06	Rick COLELLA	USA	
SAMS record:	2:26.87	S	2019-03-03	Izak Spies (Stb)	CPTW-CPT	
	2:28.03			65-69 SAQT SAMS Colours 2019-20		
	2:38.39			65-69 CGQT GMS Colours 2019-20		
18	van Niekerk, Johan			66 Coelacanth MSC-TS		J3:00.55
	41.59			1:27.50 (45.91)		
				2:15.34 (47.84)		
				3:00.55 (45.21)		
21	Sundelowitz, Selwyn			69 Coelacanth MSC-TS		J3:07.80
	43.99			1:31.24 (47.25)		
				2:20.72 (49.48)		
				3:07.80 (47.08)		

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Men 65-69 400 LC Meter Freestyle

WORLD record:	4:37.70	W	2017-08-04	Rick COLELLA	USA	
SAMS record:	5:17.61	S	2019-02-24	Izak Spies (Stb)	CPTW-CPT	
	5:15.31			65-69 SAQT SAMS Colours 2019-20		
	5:37.38			65-69 CGQT GMS Colours 2019-20		
15	Sundelowitz, Selwyn		69	Coelacanth MSC-TS		J6:32.55
	45.38		1:34.52 (49.14)	2:25.06 (50.54)	3:15.41 (50.35)	
	4:06.11 (50.70)		4:55.77 (49.66)	5:45.07 (49.30)	6:32.55 (47.48)	

Men 65-69 800 LC Meter Freestyle

WORLD record:	10:11.30	W	2015-06-14	Jim MCCONICA	USA	
SAMS record:	11:20.48	S	2017-02-21	Tim Shead (CT)	CPTW-WP	
	11:04.49			65-69 SAQT SAMS Colours 2019-20		
	11:51.00			65-69 CGQT GMS Colours 2019-20		
20	Sundelowitz, Selwyn		69	Coelacanth MSC-TS		J13:26.18
	45.88		1:35.06 (49.18)	2:26.14 (51.08)	3:17.60 (51.46)	
	4:09.01 (51.41)		5:00.82 (51.81)	5:52.56 (51.74)	6:44.72 (52.16)	
	7:36.03 (51.31)		8:27.35 (51.32)	9:17.82 (50.47)	10:08.06 (50.24)	
	10:58.46 (50.40)		11:48.94 (50.48)	12:38.42 (49.48)	13:26.18 (47.76)	

Men 65-69 50 LC Meter Backstroke

WORLD record:	30.95	W	2012-07-07	Hugh WILDER	USA	
SAMS record:	34.48	S	2018-03-17	Tim Shead (Pta)	CPTW-CPT	
	35.41			65-69 SAQT SAMS Colours 2019-20		
	37.89			65-69 CGQT GMS Colours 2019-20		
12	van Niekerk, Johan		66	Coelacanth MSC-TS		J43.53

Men 65-69 100 LC Meter Backstroke

WORLD record:	1:09.79	W	2012-07-08	Hugh WILDER	USA	
SAMS record:	1:12.57	S	2017-08-19	Tim Shead (Bud)	CPTW-WP	
	1:17.86			65-69 SAQT SAMS Colours 2019-20		
	1:23.31			65-69 CGQT GMS Colours 2019-20		
9	van Niekerk, Johan		66	Coelacanth MSC-TS		J1:37.03
	46.88		1:37.03 (50.15)			

Men 65-69 200 LC Meter Backstroke

WORLD record:	2:37.16	W	2018-06-16	Lawrence DAY	USA	
SAMS record:	2:39.69	S	2017-08-15	Tim Shead (Bud)	CPTW-WP	
	2:53.73			65-69 SAQT SAMS Colours 2019-20		
	3:05.89			65-69 CGQT GMS Colours 2019-20		
11	Sundelowitz, Selwyn		69	Coelacanth MSC-TS		J3:45.08
	56.21		1:53.39 (57.18)	2:49.94 (56.55)	3:45.08 (55.14)	
---	Shead, Tim		67	Cape Town MSC-CP		NS

Men 65-69 50 LC Meter Breaststroke

WORLD record:	33.30	W	2016-08-19	Rick COLELLA	USA	
SAMS record:	34.30	S	2018-03-15	Tim Shead (Pta)	CPTW-CPT	
	36.94			65-69 SAQT SAMS Colours 2019-20		
	39.53			65-69 CGQT GMS Colours 2019-20		
---	Shead, Tim		67	Cape Town MSC-CP		NS
---	van Heerden, Carel		69	Waterborn SCM-JH		NS

Men 65-69 100 LC Meter Breaststroke

WORLD record:	1:14.77	W	2017-08-05	Rick COLELLA	USA	
SAMS record:	1:17.52	S	2017-08-15	Tim Shead (Bud)	CPTW-WP	
	1:24.60			65-69 SAQT SAMS Colours 2019-20		
	1:30.52			65-69 CGQT GMS Colours 2019-20		
---	Shead, Tim		67	Cape Town MSC-CP		NS
---	van Heerden, Carel		69	Waterborn SCM-JH		NS

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Men 65-69 200 LC Meter Breaststroke

WORLD record:	2:41.54	W	2016-08-21	Rick COLELLA	USA	
SAMS record:	2:59.11	S	2017-03-16	Tim Shead (EL)	CPTW-WP	
	3:10.19			65-69 SAQT SAMS Colours 2019-20		
	3:23.50			65-69 CGQT GMS Colours 2019-20		
---	Shead, Tim		67	Cape Town MSC-CP		NS
---	van Heerden, Carel		69	Waterborn SCM-JH		NS

Men 65-69 200 LC Meter IM

WORLD record:	2:25.22	W	2016-08-19	Rick COLELLA	USA	
SAMS record:	2:35.93	S	2017-08-17	Tim Shead (Bud)	CPTW-WP	
	2:53.54			65-69 SAQT SAMS Colours 2019-20		
	3:05.69			65-69 CGQT GMS Colours 2019-20		
---	Shead, Tim		67	Cape Town MSC-CP		NS
---	Sundelowitz, Selwyn		69	Coelacanth MSC-TS		NS

Men 65-69 400 LC Meter IM

WORLD record:	5:13.36	W	2017-08-03	Rick COLELLA	USA	
SAMS record:	6:00.61	S	2017-02-14	Tim Shead (CT)		
	6:27.84			65-69 SAQT SAMS Colours 2019-20		
	6:54.99			65-69 CGQT GMS Colours 2019-20		
---	van Heerden, Carel		69	Waterborn SCM-JH		NS

Men 70-74 50 LC Meter Freestyle

WORLD record:	27.71	W	2015-08-07	Richard ABRAHAMS	USA	
SAMS record:	29.77	S	2019-03-21	Terry Downes (PE)	COEL-TSH	
	30.22			70-74 SAQT SAMS Colours 2019-20		
	32.34			70-74 CGQT GMS Colours 2019-20		
16	Swanepoel, Pieter		70	Coelacanth MSC-TS		J39.89

Men 70-74 100 LC Meter Freestyle

WORLD record:	1:03.32	W	2015-08-08	David QUIGGIN	USA	
SAMS record:	1:07.36	S	2019-03-22	Terry Downes (PE)	COEL-TSH	
	1:08.51			70-74 SAQT SAMS Colours 2019-20		
	1:13.31			70-74 CGQT GMS Colours 2019-20		
14	Swanepoel, Pieter		70	Coelacanth MSC-TS		J1:32.42
	39.77			1:32.42 (52.65)		

Men 70-74 200 LC Meter Freestyle

WORLD record:	2:23.30	W	2018-07-31	Fred SCHLICHER	USA	
SAMS record:	2:34.93	S	2019-03-21	Terry Downes (PE)	COEL-TSH	
	2:39.21			70-74 SAQT SAMS Colours 2019-20		
	2:50.35			70-74 CGQT GMS Colours 2019-20		
13	Swanepoel, Pieter		70	Coelacanth MSC-TS		J3:28.94
	44.20			1:37.95 (53.75) 2:35.67 (57.72) 3:28.94 (53.27)		

Men 70-74 400 LC Meter Freestyle

WORLD record:	5:03.56	W	2018-08-04	Dan KIRKLAND	USA	
SAMS record:	5:58.00	S	2019-02-14	Terry Downes (Pta)	COEL-TSH	
	5:42.57			70-74 SAQT SAMS Colours 2019-20		
	6:06.55			70-74 CGQT GMS Colours 2019-20		
9	Swanepoel, Pieter		70	Coelacanth MSC-TS		J7:33.23
	48.13			1:43.45 (55.32) 2:42.24 (58.79) 3:41.93 (59.69)		
	4:40.69 (58.76)			5:41.27 (1:00.58) 6:38.19 (56.92) 7:33.23 (55.04)		

FINA 18th LC World Champs 2019 @ Gwangju - 2019-08-12 to 2019-08-18**Nambu University Municipal Aquatics Center 50m indoor pool****Results****Men 70-74 800 LC Meter Freestyle****WORLD record: 10:37.71 W 2018-07-28 Dan KIRKLAND USA****SAMS record: 12:13.89 S 2008-04-18 David McLachlan (Per)****11:49.26 70-74 SAQT SAMS Colours 2019-20****12:38.91 70-74 CGQT GMS Colours 2019-20**

8	Mitchell, Tocher	72	Wahoo MSC-JH				J13:55.65
	45.96	1:36.25 (50.29)	2:27.63 (51.38)	3:19.87 (52.24)			
	4:12.87 (53.00)	5:05.76 (52.89)	5:59.17 (53.41)	6:52.85 (53.68)			
	7:47.12 (54.27)	8:40.77 (53.65)	9:34.70 (53.93)	10:28.37 (53.67)			
	11:21.69 (53.32)	12:14.84 (53.15)	13:07.21 (52.37)	13:55.65 (48.44)			
15	Swanepoel, Pieter	70	Coelacanth MSC-TS				J15:50.92
	49.83	1:48.63 (58.80)	2:50.22 (1:01.59)	3:52.13 (1:01.91)			
	4:56.61 (1:04.48)	5:55.04 (58.43)	6:55.96 (1:00.92)	7:57.75 (1:01.79)			
	8:57.84 (1:00.09)	9:59.03 (1:01.19)	10:58.05 (59.02)	11:58.82 (1:00.77)			
	12:59.46 (1:00.64)	14:00.03 (1:00.57)	14:58.73 (58.70)	15:50.92 (52.19)			

Men 70-74 200 LC Meter Backstroke**WORLD record: 2:44.59 W 2013-08-09 Richard BURNS USA****SAMS record: 3:09.43 S 2014-02-15 Jimmy Hughes (Dbn)****3:06.96 70-74 SAQT SAMS Colours 2019-20****3:19.94 70-74 CGQT GMS Colours 2019-20**

---	Mitchell, Tocher	72	Wahoo MSC-JH				NS
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