

## KZN LONG Course Records:

## Women 19-49

as at 31 /03 /18

	19-24	25-29	30-34	35-39	40-44	45-49	50-54
50m Free	30.06 M Wheeler 2/95	29,00 W Daniel 4/96	28,11 W Daniel 1/00	28,34 D Anderson 10/09	27,91 B McCarney 6/04	29,48 S Ralfe 3/18	29.93 H Campbell 3/08
100m Free	1:06,57 M Pulker 03/02	1:02,58 B McCarney 4/89	1:00,84 W Daniel 6/98	1:01,76 B McCarney 3/03	1:00,39 B McCarney 6/04	1:05,04 W van Niekerk 2/12	1:05,27 H Campbell 3/05
200m Free	2:27,28 M Pulker 03/02	2:20,40 M Koegelenberg 11/07	2:13,44 W Daniel 6/98	2:21,55 D Anderson 3/09	2:15,36 B McCarney 3/05	2:30,24 D Nortje 3/16	2:23,60 H Campbell 3/08
400m Free	5:08,12 M Pulker 01/02	4:47,66 B McCarney 2/91	4:54:47 W Daniel 2/99	5:02,17 R Townsend 2/94	4:58,92 J Hancock 3/12	5:16,81 R Townsend 3/03	5:32,00 H Campbell 1/07
800m Free	10:51,39 M Pulker 03/02	9:45,95 B McCarney 3/89	10:03,88 N Durrheim 3/02	10:17,43 B McCarney 3/03	10:15,34 J Hancock 2/12	11:22,41 D Nortje 3/16	11:24,78 H Campbell 1/05
1500m Free	26:50,83 J Whisken 2/95		23:45,87 Y James 1/93	20:05,92 R Townsend 1/94	20:15,35 J Hancock 1/12	24:36,28 B Shuttleworth 1/94	28:04,07 G Tregenna 1/94
50m Back	34,60 M Wheeler 2/95	33,50 B McCarney 2/89	35,69 K Portsmouth 10/00	34,54 B McCarney 3/03	31,99 B McCarney 6/04	35,95 M Bromfield 6/96	36,04 M Bromfield 8/06
100m Back	1:16,81 M Wheeler 2/95	1:14,36 B McCarney 3/89	1:18,24 Y James 2/93	1:13,70 B McCarney 3/03	1:11,54 B McCarney 3/05	1:20,05 R Townsend 3/03	1:20,65 M Bromfield 8/06
200m Back	2:53,08 L Liebenberg 01/07	2:53,47 M Pulker 03/03	2:50,62 H Read 7/00	2:42,67 C Hambloch 3/16	2:43,87 R Townsend 4/94	2:51,17 R Townsend 3/03	2:59,95 H Campbell 2/09
50m Breast	40.75 D Dixon 3/93	35,28 R Hillerman 11/12	40,61 H Campbell 4/89	38,87 H Clark 3/08	37,78 W Cook 6/12	37,21 W Cook 3/16	41,79 A Thatcher 3/04
100m Breast	1:28,35 D Dixon 3/93	1:21,34 L Holloway 3/86	1:31,08 N Martins 1/11	1:30,65 C Hambloch 2/18	1:23,93 S Ralfe 3/16	1:23,40 W Cook 3/16	1:33,35 A Thatcher 3/04
200m Breast	3:12,67 L Bath 4/96	2:57,71 L Holloway 2/86	3:18,67 N Martins 2/11	3:11,66 R Veldsman 2/12	3:08,80 W Cook 3/13	3:04,71 D Nortje 3/16	3:30,04 B Shuttleworth 3/01
50m Fly	34.86 H Read 3/93	31,35 B McCarney 4/89	31,55 J Shaanick 7/00	29,76 D Anderson 10/09	29,67 B McCarney 6/04	32,98 H Campbell 2/00	32,33 H Campbell 3/09
100m Fly	1:26,80 S Clark 2/99	1:07,87 B McCarney 3/89	1:08,86 N Durrheim 3/02	1:11,93 N Durrheim 3/04	1:05,80 B McCarney 6/04	1:15,35 H Campbell 2/01	1:14,37 H Campbell 3/05
200m Fly		2:57,76 G Jeffrey 3/92	2:35,20 N Durrheim 3/02	2:37,74 N Durrheim 3/04	2:53,74 C Mower 11/12	3:51,26 R Clark 2/94	3:48,94 G Tregenna 3/93
200m IM	2:49,45 D Dixon 3/93	2:33,33 B McCarney 4/89	2:43,48 H Campbell 3/86	2:36,13 B McCarney 3/03	2:33,72 B McCarney 3/04	2:47,64 H Campbell 2/00	2:44,37 H Campbell 2/05
400m IM			7:39,08 L Hicks 3/10	5:57,12 C Hambloch 2/16	5:55,60 J Hancock 11/12	6:42,95 Y Stuart 3/00	7:28,04 G Tregenna 3/92

# KZN LONG Course Records:

Women 55-84

as at 31/03/18

	55-59	60-64	65-69	70-74	75-79	80-84
50m Free	30.79 H Campbell 3/13	31.17 H Campbell 3/15	33.71 A Thatcher 3/17	39.06 L Parrington 4/98	45.91 G Tregenna 3/17	1:08,80 W Saunders 3/15
100m Free	1:07,36 H Campbell 6/12	1:09,63 H Campbell 3/16	1:25,31 M Bromfield 3/18	1:35,63 W Kokott 2/15	3:13,40 A Airey 1/95	2:39,56 W Saunders 3/17
200m Free	2:31,20 H Campbell 6/12	2:34,31 H Campbell 3/16	3:06,64 B Shuttleworth 6/12	3:11,15 B Shuttleworth 3/18	7:29,47 A Airey 2/95	6:52,68 A Airey 4/96
400m Free	5:24,89 H Campbell 3/10	5:42,18 H Campbell 2/16	6:31,13 B Shuttleworth 6/12	6:43,67 B Shuttleworth 3/17	15:42,88 A Airey 2/95	14:37,65 A Airey 4/96
800m Free	11:20,18 H Campbell 2/12	11:49,28 H Campbell 11/16	13:52,69 B Shuttleworth 3/16	13:56,51 B Shuttleworth 3/17	15:36,60 W Kokott 2/17	
1500m Free	29:55,38 M Bloxham 11/16	32:21,59 L Parrington 1/93	27:00,81 J Ireland 11/16	28:57,07 W Kokott 1/15		
50m Back	36,61 M Bromfield 4/08	37,55 H Campbell 3/16	40.22 M Bromfield 3/17	47.80 B Shuttleworth 3/17	1:14,64 E Buck 6/96	1:19,68 E Buck 1/99
100m Back	1:18,55 H Campbell 6/12	1:22,25 H Campbell 3/15	1:30,71 M Bromfield 3/18	1:46,64 W Kokott 3/16	2:56,78 E Buck 2/98	2:51,76 E Buck 2/99
200m Back	3:03,63 H Campbell 2/10	3:05,07 H Campbell 3/17	3:21,39 M Bromfield 3/17	3:53,98 W Kokott 3/16	4:16,56 W Kokott 2/17	6:10,32 E Buck 2/99
50m Breast	43,55 B Shuttleworth 2/03	43,78 B Shuttleworth 3/10	44.10 A Thatcher 3/17	47.21 B Shuttleworth 3/17	57.18 G Tregenna 3/18	1:20,72 E Buck 1/99
100m Breast	1:36,25 B Shuttleworth 3/02	1:38,98 A Thatcher 3/12	1:39,96 A Thatcher 3/17	1:48,70 B Shuttleworth 3/17	2:17,35 G Tregenna 3/18	3:51,18 W Saunders 3/15
200m Breast	3:31,71 B Shuttleworth 3/02	3:38,28 J Ireland 2/10	3:43,13 A Thatcher 3/17	4:06,04 B Shuttleworth 3/17	4:54,12 G Tregenna 3/17	8:19,19 W Saunders 3/15
50m Fly	32,46 H Campbell 6/12	34,74 H Campbell 3/15	44.84 M Bromfield 3/18	52,96 G Tregenna 6/12	1:09,56 G Tregenna 3/17	
100m Fly	1:24,93 H Campbell 3/12	1:34,92 J Ireland 3/12	1:40,66 J Ireland 3/17	2:04,74 R Clark 3/18		
200m Fly	3:54,93 G Tregenna 6/98	4:13,89 G Tregenna 3/03	4:27,36 G Tregenna 3/07			
200m IM	2:55,46 H Campbell 3/11	3:21,34 A Thatcher 8/14	3:25,95 J Ireland 3/17	4:15,00 G Tregenna 6/12	4:46,87 G Tregenna 3/18	
400m IM	6:31,44 H Campbell 11/12	6:59,93 J Ireland 3/12	7:20,78 J Ireland 2/17	9:01,27 G Tregenna 3/12		

## KZN LONG Course Records:

## Men 19-54

31/03/18

	19-24	25-29	30-34	35-39	40-44	45-49	50-54
<b>50m Free</b>	25,95 A Shuttleworth 10/98	25,38 V Holthausen 10/07	25,12 N Moores 6/96	25,37 J Coetzee 3/08	24,48 M Allan 3/18	25,69 B Tatterson 3/12	25,72 B Tatterson 3/16
<b>100m Free</b>	57,75 R Spencer 11/05	55,05 E Hulley 1/08	55,28 N Moores 6/96	55,68 P Blackbeard 5/94	54,22 M Allan 3/18	57,64 A Blades 6/04	59,62 D Kuhlmeij 3/94
<b>200m Free</b>	2:16,05 K Pearson 3/99	2:06,37 J Fourie 7/00	2:02,93 N Moores 6/96	2:06,59 J Coetzee 3/08	2:08,30 C Quibell 6/96	2:06,24 A Blades 6/04	2:16,20 D Kuhlmeij 3/93
<b>400m Free</b>	4:55,37 R Spencer 2/05	4:39,43 A Shuttleworth 3/03	4:16,20 A Gray 5/92	4:31,41 L McGregor 4/87	4:32,64 G du Toit 6/04	4:31,13 A Blades 6/04	4:56,20 G du Toit 3/11
<b>800m Free</b>	10:23,09 R Spencer 1/05	9:32,20 c Murray 4/85	8:51,18 A Gray 5/92	9:26,31 P Bodron 3/03	10:03,66 G du Toit 3/04	9:40,58 A Blades 6/04	10:17,72 J Taylor 1/15
<b>1500m Free</b>	22:22,84 R Carey 1/93	19:33,58 G du Toit 3/89	19:23,79 A Gray 1/94	20:02,40 G Steed 1/93	21:38,77 W Gertenbach 3/89	20:32,75 F Lilford 11/15	21:23,00 G du Toit 3/12
<b>50m Back</b>	29,34 R Speirs 3/99	28,90 E Hulley 1/08	30,09 S Dahlmann 6/12	29,50 L McGregor 3/87	30,82 D Kuhlmeij 4/85	30,80 D Kuhlmeij 4/89	31,12 D Kuhlmeij 3/93
<b>100m Back</b>	1:04,86 S Munday 2/00	1:04,20 M Gittings /88	1:05,48 S Dahlmann 6/12	1:02,78 L McGregor 4/87	1:07,92 J Taylor 3/08	1:09,76 J Taylor 3/13	1:08,86 D Kuhlmeij 3/93
<b>200m Back</b>	2:23,28 S Munday 2/00	2:13,26 M Gittings /88	2:24,20 S Dahlmann 6/12	2:39,46 G du Toit 2/99	2:22,85 J Taylor 3/08	2:28,91 J Taylor 2/12	2:34,02 J Taylor 2/16
<b>50m Breast</b>	30,93 A Shuttleworth 3/99	30,14 B Toerien 3/98	32,19 B Toerien 2/10	31,50 K Lawrenson 11/11	31,92 A Shuttleworth 3/16	33,82 R Hatherly 3/97	35,67 A Gray 3/02
<b>100m Breast</b>	1:09,66 A Shuttleworth 10/98	1:08,28 A Shuttleworth 3/00	1:13,06 J Harker 3/89	1:11,38 K Lawrenson 2/12	1:12,47 T van der Merwe 3/14	1:15,43 R Hatherly 4/96	1:19,86 G du Toit 3/13
<b>200m Breast</b>	2:39,62 A Shuttleworth 2/99	2:35,19 R Spencer 3/06	2:41,29 J Harker 3/89	2:38,23 J Harker 8/90	2:44,63 R Hatherly 3/93	2:45,59 R Hatherly 3/97	2:53,04 G du Toit 3/10
<b>50m Fly</b>	27,70 R Spencer 11/05	26,48 J Fourie 7/00	26,75 N Moores 6/96	26,81 K Lawrenson 11/09	26,75 M Allen 11/17	27,35 B Tatterson 3/13	27,90 B Tatterson 3/16
<b>100m Fly</b>	1:00,97 R Spencer 11/05	58,23 J Fourie 7/00	58,42 N Moores 6/96	1:00,61 P Blackbeard 8/93	1:01,10 M Allan 3/18	1:02,43 B Tatterson 3/13	1:04,14 B Tatterson 3/16
<b>200m Fly</b>		2:28,00 R Spencer 3/08	2:15,42 A Gray 6/92	2:28,53 P Blackbeard 3/94	2:33,90 A Blades 3/03	2:27,10 A Blades 6/04	2:38,51 J Keyter 3/00
<b>200m IM</b>	2:28,17 R Spencer 2/05	2:19,96 A Shuttleworth 7/00	2:23,60 A Gray 5/92	2:22,19 L McGregor 4/87	2:24,13 J Taylor 3/08	2:27,10 G du Toit 3/05	2:32,56 G du Toit 6/12
<b>400m IM</b>		5:15,69 A Shuttleworth 3/00	4:55,00 A Gray 5/92	5:35,53 G du Toit 4/96	5:12,29 J Taylor 3/08	5:17,11 G du Toit 3/08	5:37,15 G du Toit 3/11

## KZN LONG Course Records:

## Men 55-84

31/03/18

	55-59	60-64	65-69	70-74	75-79	80-84	85-89
<b>50m Free</b>	29,23 J Davey 1/07	30,79 R Barker 3/17	30,34 B Stewart 3/11	32,73 J Hughes 3/15	34,57 J Hughes 2/18	36,96 R Salati 3/03	42,52 R Salati 3/08
<b>100m Free</b>	1:03,64 M Taylor 3/16	1:10,72 R Barker 11/17	1:10,84 B Stewart 3/11	1:16,12 J Hughes 3/15	1:21,22 J Hughes 3/18	1:30,20 G May 6/96	1:45,29 G May 2/00
<b>200m Free</b>	2:20,44 G du Toit 3/15	2:40,93 P Larcombe 3/08	2:42,84 M Bolstridge 2/18	3:00,49 P Larcombe 3/17	3:12,20 G May 8/90	3:27,40 G May 6/96	3:52,90 G May 2/00
<b>400m Free</b>	5:02,89 G du Toit 3/15	5:31,13 P Larcombe 4/08	5:50,48 R Barker 2/18	6:21,36 P Larcombe 3/17	7:12,73 G May 9/93	7:42,16 G May 3/99	8:29,53 G May 2/00
<b>800m Free</b>	11:03,93 G du Toit 2/15	11:27,06 P Larcombe 4/08	12:38,63 P Larcombe 3/13	12:53,04 P Larcombe 3/17	15:14,10 M Arbuthnot 3/08	16:04,54 G May 6/96	19:10,69 G May 1/00
<b>1500m Free</b>	24:10,52 E Ricklan 3/88	23:04,97 P Larcombe 1/10	24:09,50 P Larcombe 1/13	25:36,75 L Hadenham 1/13	29:58,68 G May 3/91		
<b>50m Back</b>	34,14 D Kuhlmeier 1/99	38,88 M Cameron 4/96	36,30 B Stewart 3/11	38,49 J Hughes 3/13	38,99 J Hughes 2/18	46,99 M Cameron 3/16	55,74 G May 2/01
<b>100m Back</b>	1:18,88 G du Toit 2/15	1:29,47 M Cameron 4/97	1:21,92 B Stewart 3/12	1:26,12 J Hughes 3/13	1:29,88 J Hughes 2/18	1:50,01 M Cameron 3/16	2:04,90 G May 2/00
<b>200m Back</b>	2:42,68 G du Toit 3/15	3:20,00 M Cameron 1/97	3:05,06 B Stewart 2/12	3:09,43 J Hughes 2/14	3:18,56 J Hughes 2/18	4:05,93 J Saunders 2/17	4:48,18 G May 1/01
<b>50m Breast</b>	36,73 A Gray 1/02	37,97 A Baker 3/16	41,53 R Heuff 3/08	44,19 H Phielix 2/12	48,92 W Cordell 3/13	56,69 M Cameron 2/16	1:13,87 R Salati 3/08
<b>100m Breast</b>	1:28,29 M Taylor 2/16	1:29,15 A Baker 3/16	1:34,58 R Heuff 4/08	1:40,55 H Phielix 3/12	1:54,71 W Cordell 2/12	2:50,00 R Salati 11/05	3:50,46 R Salati 11/09
<b>200m Breast</b>	3:16,94 W Fechter 2/16	3:31,27 A Baker 2/16	3:31,87 R Heuff 4/08	3:53,67 H Phielix 2/12	4:19,24 G May 3/91	5:08,33 W Cordell 3/17	8:47,93 R Salati 2/11
<b>50m Fly</b>	30,97 J Keyter 3/06	34,43 R Barker 2/17	35,46 R Barker 2/18	38,60 L Hadenham 11/13	47,22 L Hadenham 2/18	1:09,81 W Cordell 3/17	
<b>100m Fly</b>	1:09,48 J Keyter 3/06	1:23,41 R Barker 11/17	1:34,64 L Hadenham 2/08	1:48,02 L Hadenham 3/15	2:05,50 W Cordell 3/13	2:29,66 W Cordell 3/17	
<b>200m Fly</b>	2:37,86 J Keyter 3/06	3:23,23 W Gertenbach 3/08	3:45,88 L Hadenham 2/08	4:01,25 L Hadenham 2/13			
<b>200m IM</b>	2:41,55 G du Toit 3/15	3:09,68 W Gertenbach 3/08	3:10,90 R Barker 2/18	3:35,10 J Hughes 11/13	3:38,43 J Hughes 2/18	5:25,56 G May 1/98	
<b>400m IM</b>	6:05,82 G du Toit 3/15	7:15,33 P Larcombe 3/08	7:03,84 R Barker 2/18	8:02,94 J Hughes 2/17	8:07,10 J Hughes 2/18		

