

RECORDS TMS Record Men

LC Meters-Men

19-24	50 Free	25.57	16-Mar-16	COEL- NT	Bradley G. Schultz at SAMS 32nd LC Champs @ Durban	
	100 Free	55.54	14-Mar-12	COEL- NT	Chris Langenhoven at SAMS 28th LC Champs @ Cape Town	
	200 Free	2:02.51	17-Mar-10	COEL- NT	TYRON VENTER at SAMS 26th LC Champs @ Pretoria	
	400 Free	4:45.75	18-Mar-00	NT	G. Kurth	
	800 Free	9:28.20	17-Mar-10	COEL- NT	TYRON VENTER at SAMS 26th LC Champs @ Pretoria	
	1500 Free	19:33.63	9-Oct-10	COEL- NT	Tyron Venter at Coelacanth 1500 2010	
	50 Back	31.51	18-Mar-15	COEL- NT	Marcus Gloak at SAMS 31st LC Champs @ Johannesburg	
	100 Back	1:13.32	11-Mar-09	COEL- NT	Shaun Bouwer at SAMS 25th LC Champs @ East London	
	200 Back	2:38.02	14-Mar-12	COEL- NT	Hendrik Thompson at SAMS 28th LC Champs @ Cape Town	
	50 Breast	32.44	21-Feb-00	NT	G. Kurth	
	100 Breast	1:12.50	18-Mar-00	NT	G. Kurth	
	200 Breast	2:41.15	18-Mar-00	NT	G. Kurth	
	50 Fly	27.13	12-Feb-15	COEL- NT	Bradley G. Schultz at Tshwane Masters Long Course Champs. 2015	
	100 Fly	1:01.21	14-Mar-12	COEL- NT	Chris Langenhoven at SAMS 28th LC Champs @ Cape Town	
	200 Fly	2:21.13	17-Mar-10	COEL- NT	TYRON VENTER at SAMS 26th LC Champs @ Pretoria	
	200 IM	2:25.96	17-Mar-10	COEL- NT	TYRON VENTER at SAMS 26th LC Champs @ Pretoria	
	400 IM	5:01.26	17-Mar-10	COEL- NT	TYRON VENTER at SAMS 26th LC Champs @ Pretoria	
	25-29	50 Free	24.78	16-Mar-11	COEL- NT	LEONARD LANGENHOVEN at SAMS 27th LC Champs @ Oudtshoorn
		100 Free	54.45	15-Mar-90	NT	H. Weilert
		200 Free	2:02.44	13-Feb-88	NT	M. Gittings
400 Free		4:24.31	12-Mar-88	NT	M. Gittings	
800 Free		9:21.96	24-Feb-97	NT	G. Albertyn	
1500 Free		20:18.31	19-Feb-05	NT	M. Barkley	
50 Back		29.45	12-Mar-88	NT	M. Gittings	
100 Back		1:01.94	24-Feb-97	NT	G. Albertyn	
200 Back		2:13.26	12-Mar-88	NT	M. Gittings	
50 Breast		30.70	2-Apr-98	NT	K. Cawood	
100 Breast		1:09.10	2-Apr-98	NT	K. Cawood	
200 Breast		2:44.20	14-Mar-91	NT	H. Ruck	
50 Fly		27.08	15-Mar-90	NT	H. Weilert	
100 Fly		1:01.34	15-Mar-90	NT	H. Weilert	
200 Fly		2:20.60	14-Mar-91	NT	J. Kruger	
200 IM		2:16.03	24-Feb-97	NT	G. Albertyn	
400 IM		5:10.49	14-Mar-91	NT	J. Kruger	
30-34	50 Free	25.40	1-Mar-01	NT	F. Boshoff	
	100 Free	57.97	17-Nov-18	COEL- TSH	Fouché H. Venter at Tshwane Masters Inter-Regional 2018	
	200 Free	2:17.09	18-Mar-99	NT	G. Albertyn	
	400 Free	5:14.21	22-Feb-00	NT	G. Albertyn	
	800 Free	11:03.00	24-Feb-97	NT	S. Kruger	
	1500 Free	22:59.97	4-Oct-08	COEL- NT	NORMAN E. BARKLEY at Coel.1500 2008	
	50 Back	32.65	16-Mar-96	NT	D. Reyneke	
	100 Back	1:10.40	18-Mar-99	NT	G. Albertyn	
	200 Back	2:36.17	18-Mar-99	NT	G. Albertyn	
	50 Breast	29.40	5-Nov-11	COEL- NT	Louis D. Lotter at Tshwane Inter Regional 2011	
	100 Breast	1:08.06	5-Nov-11	COEL- NT	Louis D. Lotter at Tshwane Inter Regional 2011	
	200 Breast	2:38.44	3-Jul-92	NT	D. Schmitz	
	50 Fly	26.80	1-Mar-01	NT	F. Boshoff	
	100 Fly	1:07.09	16-Mar-93	NT	A. Wood	
	200 Fly	3:52.03	18-Feb-16	COEL- NT	Michael Grobler at Tshwane Masters LC Champs 2016	
	200 IM	2:30.59	1-Mar-01	NT	P. Borain	
	400 IM	6:20.60	16-Mar-96	NT	S. Kruger	

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35-39	50 Free	25.86	25-Feb-89	NT	F. Waterman
	100 Free	59.43	15-Feb-90	NT	F. Waterman
	200 Free	2:20.02	15-Feb-92	NT	F. Waterman
	400 Free	5:05.86	15-Feb-92	NT	F. Waterman
	800 Free	11:05.00	14-Feb-06	COEL- NT	Danny DE WET at TMSChamps.06
	1500 Free	21:20.00	9-Oct-04	COEL- NT	DARREN GELDARD at Coelacanth 1500: 2004
	50 Back	29.85	13-Apr-96	NT	I. Omeltchenko
	100 Back	1:06.66	13-Apr-96	NT	I. Omeltchenko
	200 Back	2:32.72	13-Apr-96	NT	I. Omeltchenko
	50 Breast	31.99	2-Mar-06	BRKL- NT	RAY A. SMITH at SA Masters Swimming Nationals 2006
	100 Breast	1:14.65	2-Mar-06	BRKL- NT	RAY A. SMITH at SA Masters Swimming Nationals 2006
	200 Breast	2:57.40	14-Mar-07	COEL- NT	JAN F. NEL at SAMS 23rd LC Champs @ Sasolburg
	50 Fly	28.31	14-Mar-91	NT	W. Botha
	100 Fly	1:07.79	21-Feb-04	NT	P. Vermaak
	200 Fly	1:39:59.99	31-Mar-84	NT	I. Available
	200 IM	2:44.44	14-Mar-91	NT	G. Braak
	400 IM	5:52.81	1-Mar-01	NT	H. Nienaber
40-44	50 Free	25.31	2-Jul-90	NT	T. Downes
	100 Free	55.64	1-Jul-93	NT	T. Downes
	200 Free	2:04.84	4-Jul-93	NT	T. Downes
	400 Free	4:50.32	15-Mar-90	NT	T. Downes
	800 Free	10:10.79	14-Mar-18	CSCM- TSH	Coillard R. Ford at SAMS 34th LC Champs @ Pretoria
	1500 Free	18:18.18	8-Dec-13	COEL- NT	Gary S. Albertyn at NTS Champs
	50 Back	29.51	11-Mar-09	COEL- NT	HARALD W. RUCK at SAMS 25th LC Champs @ East London
	100 Back	1:05.84	3-Jul-92	NT	T. Downes
	200 Back	2:28.03	13-Apr-96	NT	T. Downes
	50 Breast	34.19	18-Mar-15	COEL- NT	Theo J. vd Westhuizen at SAMS 31st LC Champs @ Johannesburg
	100 Breast	1:19.10	18-Mar-15	COEL- NT	Theo J. vd Westhuizen at SAMS 31st LC Champs @ Johannesburg
	200 Breast	2:58.76	12-Mar-08	COEL- NT	JAN F. NEL at SAMS 24th LC Champs @ Durban
	50 Fly	28.24	11-Mar-09	COEL- NT	HARALD W. RUCK at SAMS 25th LC Champs @ East London
	100 Fly	1:08.67	15-Mar-90	NT	T. Barnetson
	200 Fly	3:12.81	13-Mar-13	COEL- NT	Terry Papadopoulos at SAMS 29th LC Champs @ Port Elizabeth
	200 IM	2:31.24	12-Mar-08	COEL- NT	HARALD W. RUCK at SAMS 24th LC Champs @ Durban
	400 IM	5:55.78	12-Feb-91	NT	T. Downes
45-49	50 Free	25.18	4-Jul-94	NT	T. Downes
	100 Free	55.66	4-Jul-94	NT	T. Downes
	200 Free	2:04.97	4-Jul-94	NT	T. Downes
	400 Free	4:22.69	15-Mar-17	COEL- TSH	Gary S. Albertyn at SAMS 33rd LC Champs @ East London
	800 Free	9:12.93	15-Mar-17	COEL- TSH	Gary S. Albertyn at SAMS 33rd LC Champs @ East London
	1500 Free	18:27.50	12-Feb-15	COEL- NT	Gary S. Albertyn at Tshwane Masters Long Course Champs. 2015
	50 Back	30.32	17-Mar-10	NT	H. Ruck at SAMS 26th LC Champs @ Pretoria
	100 Back	1:07.31	18-Apr-96	NT	T. Downes
	200 Back	2:25.70	15-Mar-17	COEL- TSH	Gary S. Albertyn at SAMS 33rd LC Champs @ East London
	50 Breast	33.31	14-Feb-99	NT	T. Cawood
	100 Breast	1:18.86	18-Mar-99	NT	T. Cawood
	200 Breast	3:03.06	26-Feb-00	NT	T. Cawood
	50 Fly	28.05	13-Mar-13	COEL- NT	HARALD W. RUCK at SAMS 29th LC Champs @ Port Elizabeth
	100 Fly	1:04.82	28-Mar-03	NT	C. Quibell
	200 Fly	2:46.25	15-Mar-90	NT	T. Barnetson
	200 IM	2:23.86	15-Mar-17	COEL- TSH	Gary S. Albertyn at SAMS 33rd LC Champs @ East London
	400 IM	5:53.00	12-Mar-88	NT	T. Barnetson
50-54	50 Free	25.90	14-Mar-18	COEL- TSH	HARALD W. RUCK at SAMS 34th LC Champs @ Pretoria
	100 Free	56.69	21-Oct-99	NT	T. Downes

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50-54	200 Free	2:08.91	21-Oct-99	NT	T. Downes
	400 Free	4:50.23	26-Feb-00	NT	T. Downes
	800 Free	10:07.22	12-Mar-00	NT	T. Downes
	1500 Free	20:04.35	6-Oct-01	NT	T. Downes
	50 Back	29.70	16-Mar-16	COEL- NT	HARALD W. RUCK at SAMS 32nd LC Champs @ Durban
	100 Back	1:07.76	16-Mar-16	COEL- NT	HARALD W. RUCK at SAMS 32nd LC Champs @ Durban
	200 Back	2:33.59	21-Oct-99	NT	T. Downes
	50 Breast	33.85	3-Jun-04	NT	T. Cawood
	100 Breast	1:19.97	28-Mar-03	NT	T. Cawood
	200 Breast	3:04.78	16-Mar-16	NT	L. Uitenweerde
	50 Fly	28.06	18-Mar-15	COEL- NT	HARALD W. RUCK at SAMS 31st LC Champs @ Johannesburg
	100 Fly	1:06.26	17-Mar-05	NT	C Quibell
	200 Fly	2:46.57	18-Mar-93	NT	T. Barnetson
	200 IM	2:33.48	18-Mar-00	NT	T. Downes
	400 IM	5:45.25	18-Mar-93	NT	T. Barnetson
55-59	50 Free	26.04	3-Jun-04	NT	T. Downes
	100 Free	58.43	20-Mar-04	NT	T. Downes
	200 Free	2:10.90	3-Jun-04	NT	T. Downes
	400 Free	5:01.22	21-Feb-04	NT	T. Downes
	800 Free	11:44.77	17-Apr-08	NT	Selwyn Sundelowitz at World Champs @ Perth
	1500 Free	20:16.59	9-Oct-04	NT	T. Downes
	50 Back	33.01	12-Mar-08	TUKM- NT	Terry DOWNES at SAMS 24th LC Champs @ Durban
	100 Back	1:11.04	3-Jun-04	NT	T. Downes
	200 Back	2:36.23	3-Jun-04	NT	T. Downes
	50 Breast	33.94	20-Feb-07	COEL- NT	Tony CAWOOD at TMS Champs.07
	100 Breast	1:21.78	12-Mar-08	COEL- NT	Tony CAWOOD at SAMS 24th LC Champs @ Durban
	200 Breast	3:18.23	14-Mar-07	COEL- NT	Tony CAWOOD at SAMS 23rd LC Champs @ Sasolburg
	50 Fly	30.28	17-Feb-11	COEL- NT	Arnaud M. Den Bakker at Tshwane Champs 2011
	100 Fly	1:17.83	12-Mar-08	COEL- NT	Kobus DU PLOOY at SAMS 24th LC Champs @ Durban
	200 Fly	3:06.87	12-Mar-08	COEL- NT	Kobus DU PLOOY at SAMS 24th LC Champs @ Durban
	200 IM	2:38.20	17-Mar-05	NT	T. Downes
	400 IM	5:51.00	19-Feb-05	NT	T. Downes
60-64	50 Free	27.59	12-Feb-09	COEL- NT	Terry DOWNES at Tshwane Champs 09
	100 Free	1:00.71	11-Mar-09	COEL- NT	Terry DOWNES at SAMS 25th LC Champs @ East London
	200 Free	2:17.01	11-Mar-09	COEL- NT	Terry DOWNES at SAMS 25th LC Champs @ East London
	400 Free	5:20.25	13-Mar-13	COEL- NT	Terry DOWNES at SAMS 29th LC Champs @ Port Elizabeth
	800 Free	11:07.90	18-Feb-10	COEL- NT	Terry DOWNES at Tshwane Champs 2010
	1500 Free	21:04.88	19-Sep-09	COEL- NT	Terry DOWNES at Coelacanth 1500 2009
	50 Back	35.55	11-Mar-09	COEL- NT	Terry DOWNES at SAMS 25th LC Champs @ East London
	100 Back	1:16.72	11-Mar-09	COEL- NT	Terry DOWNES at SAMS 25th LC Champs @ East London
	200 Back	2:42.75	12-Feb-09	COEL- NT	Terry DOWNES at Tshwane Champs 09
	50 Breast	36.36	15-Feb-17	ALCA- NT	WILLEM J. BOTHA at Tshwane Masters Champs
	100 Breast	1:27.87	16-Feb-12	COEL- NT	Tony CAWOOD at Tshwane Champs 2012
	200 Breast	3:23.99	28-Feb-02	NT	H. Phielix
	50 Fly	32.85	15-Feb-17	ALCA- NT	WILLEM J. BOTHA at Tshwane Masters Champs
	100 Fly	1:25.26	13-Mar-13	COEL- NT	DAVID E. ARBUTHNOT at SAMS 29th LC Champs @ Port Elizabeth
	200 Fly	3:19.39	13-Mar-13	COEL- NT	DAVID E. ARBUTHNOT at SAMS 29th LC Champs @ Port Elizabeth
	200 IM	3:05.20	12-Mar-14	COEL- NT	Kobus du Plooy at SAMS 30th LC Champs @ Bloemfontein
	400 IM	6:52.62	12-Mar-14	COEL- NT	Kobus du Plooy at SAMS 30th LC Champs @ Bloemfontein
65-69	50 Free	29.17	18-Mar-15	COEL- NT	Terry DOWNES at SAMS 31st LC Champs @ Johannesburg
	100 Free	1:05.87	16-Mar-16	COEL- NT	Terry DOWNES at SAMS 32nd LC Champs @ Durban
	200 Free	2:30.80	18-Mar-15	COEL- NT	Terry DOWNES at SAMS 31st LC Champs @ Johannesburg
	400 Free	5:38.96	16-Mar-16	COEL- NT	Terry DOWNES at SAMS 32nd LC Champs @ Durban

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65-69	800 Free	12:05.93	18-Feb-16	COEL- NT	Terry DOWNES at Tshwane Masters LC Champs 2016
	1500 Free	22:54.58	12-Feb-15	COEL- NT	Terry DOWNES at Tshwane Masters Long Course Champs. 2015
	50 Back	37.27	18-Mar-15	COEL- NT	Terry DOWNES at SAMS 31st LC Champs @ Johannesburg
	100 Back	1:20.53	16-Mar-16	COEL- NT	Terry DOWNES at SAMS 32nd LC Champs @ Durban
	200 Back	3:00.15	16-Mar-16	COEL- NT	Terry DOWNES at SAMS 32nd LC Champs @ Durban
	50 Breast	38.34	15-Feb-18	COEL- TSH	Tony CAWOOD at Tshwane Masters Champs 2018
	100 Breast	1:32.53	15-Feb-18	COEL- TSH	Tony CAWOOD at Tshwane Masters Champs 2018
	200 Breast	3:28.97	14-Feb-19	COEL- TSH	Boet Pretorius at Tshwane Masters Long Course Champs 2019
	50 Fly	34.56	15-Feb-18	COEL- TSH	DAVID E. ARBUTHNOT at Tshwane Masters Champs 2018
	100 Fly	1:30.11	14-Mar-18	COEL- TSH	DAVID E. ARBUTHNOT at SAMS 34th LC Champs @ Pretoria
	200 Fly	3:27.16	14-Mar-18	COEL- TSH	DAVID E. ARBUTHNOT at SAMS 34th LC Champs @ Pretoria
	200 IM	3:24.88	14-Feb-19	COEL- TSH	Boet Pretorius at Tshwane Masters Long Course Champs 2019
	400 IM	7:17.28	14-Mar-18	COEL- TSH	DAVID E. ARBUTHNOT at SAMS 34th LC Champs @ Pretoria
70-74	50 Free	33.19	16-Feb-12	COEL- NT	DEREK J. FYFE at Tshwane Champs 2012
	100 Free	1:17.18	14-Mar-12	COEL- NT	DEREK J. FYFE at SAMS 28th LC Champs @ Cape Town
	200 Free	2:55.84	16-Mar-11	COEL- NT	DEREK J. FYFE at SAMS 27th LC Champs @ Oudtshoorn
	400 Free	5:58.00	14-Feb-19	COEL- TSH	Terry DOWNES at Tshwane Masters Long Course Champs 2019
	800 Free	13:05.89	13-Mar-13	COEL- NT	DEREK J. FYFE at SAMS 29th LC Champs @ Port Elizabeth
	1500 Free	25:15.75	18-Feb-10	COEL- NT	Derek J. Fyfe at Tshwane Champs 2010
	50 Back	42.59	17-Mar-10	COEL- NT	Derek J. Fyfe at SAMS 26th LC Champs @ Pretoria
	100 Back	1:30.67	17-Mar-10	COEL- NT	Derek J. Fyfe at SAMS 26th LC Champs @ Pretoria
	200 Back	3:20.05	17-Mar-10	COEL- NT	Derek J. Fyfe at SAMS 26th LC Champs @ Pretoria
	50 Breast	46.18	11-Mar-09	COEL- NT	Koos MEYER at SAMS 25th LC Champs @ East London
	100 Breast	1:50.36	17-Mar-10	COEL- NT	Koos MEYER at SAMS 26th LC Champs @ Pretoria
	200 Breast	4:01.22	18-Feb-10	COEL- NT	Koos MEYER at Tshwane Champs 2010
	50 Fly	43.17	16-Feb-08	COEL- NT	LEON W. NAHON at GMS (Phoenix) @ Wits Educ Camp
	100 Fly	1:57.19	18-Feb-16	COEL- NT	Clive W. Eddy at Tshwane Masters LC Champs 2016
	200 Fly	1:39:59.99	31-Mar-84	NT	I. Available
	200 IM	3:59.75	18-Feb-16	COEL- NT	Clive W. Eddy at Tshwane Masters LC Champs 2016
	400 IM	1:39:59.99	31-Mar-84	NT	I. Available
75-79	50 Free	34.73	18-Mar-15	COEL- NT	DEREK J. FYFE at SAMS 31st LC Champs @ Johannesburg
	100 Free	1:22.61	14-Mar-18	COEL- TSH	DEREK J. FYFE at SAMS 34th LC Champs @ Pretoria
	200 Free	3:01.00	16-Mar-16	COEL- NT	DEREK J. FYFE at SAMS 32nd LC Champs @ Durban
	400 Free	6:32.87	16-Mar-16	COEL- NT	DEREK J. FYFE at SAMS 32nd LC Champs @ Durban
	800 Free	13:32.86	16-Mar-16	COEL- NT	DEREK J. FYFE at SAMS 32nd LC Champs @ Durban
	1500 Free	27:07.81	12-Feb-15	COEL- NT	DEREK J. FYFE at Tshwane Masters Long Course Champs. 2015
	50 Back	46.22	7-Mar-15	COEL- NT	DEREK J. FYFE at GMS LC Interregional @ WEC
	100 Back	1:37.11	16-Mar-16	COEL- NT	DEREK J. FYFE at SAMS 32nd LC Champs @ Durban
	200 Back	3:38.26	18-Mar-15	COEL- NT	DEREK J. FYFE at SAMS 31st LC Champs @ Johannesburg
	50 Breast	47.50	1-Mar-01	NT	P. Mulder
	100 Breast	2:00.22	12-Mar-14	COEL- NT	Koos MEYER at SAMS 30th LC Champs @ Bloemfontein
	200 Breast	4:30.01	12-Mar-14	COEL- NT	Koos MEYER at SAMS 30th LC Champs @ Bloemfontein
	50 Fly	57.32	7-Mar-15	COEL- NT	DEREK J. FYFE at GMS LC Interregional @ WEC
	100 Fly	1:39:59.99	31-Mar-84	NT	I. Available
	200 Fly	1:39:59.99	31-Mar-84	NT	I. Available
	200 IM	4:23.84	17-Jan-15	COEL- NT	DEREK J. FYFE at GMS (Phoenix) LC @ Wits Edu. Campus
	400 IM	1:39:59.99	31-Mar-84	NT	I. Available
80-84	50 Free	43.76	7-Mar-87	NT	F. Kothe
	100 Free	1:44.33	14-Mar-18	COEL- TSH	DUNCAN HAIGH at SAMS 34th LC Champs @ Pretoria
	200 Free	4:03.49	14-Mar-18	COEL- TSH	DUNCAN HAIGH at SAMS 34th LC Champs @ Pretoria
	400 Free	8:48.10	14-Mar-18	COEL- TSH	DUNCAN HAIGH at SAMS 34th LC Champs @ Pretoria
	800 Free	18:01.82	14-Mar-18	COEL- TSH	DUNCAN HAIGH at SAMS 34th LC Champs @ Pretoria
	1500 Free	1:04:00.00	4-Oct-14	COEL- NT	SAREL C. THERON at Coelacanth 1500: 2014

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80-84	50 Back	58.71	12-Mar-88	NT	F. Kothe
	100 Back	2:35.40	12-Mar-88	NT	F. Kothe
	200 Back	1:39:59.99	31-Mar-84	NT	I. Available
	50 Breast	50.51	20-Mar-04	NT	P. Mulder
	100 Breast	2:13.37	20-Mar-04	NT	P. Mulder
	200 Breast	5:12.26	20-Mar-04	NT	P. Mulder
	50 Fly	1:39:59.99	31-Mar-84	NT	I. Available
	100 Fly	1:39:59.99	31-Mar-84	NT	I. Available
	200 Fly	1:39:59.99	31-Mar-84	NT	I. Available
	200 IM	1:39:59.99	31-Mar-84	NT	I. Available
	400 IM	1:39:59.99	31-Mar-84	NT	I. Available
85-89	50 Free	54.46	11-Feb-17	COEL- NT	Paul Mulder at Tshwane Champs 2011
	100 Free	2:21.40	18-Mar-15	COEL- NT	Ted BEUKES at SAMS 31st LC Champs @ Johannesburg
	200 Free	5:16.15	15-Mar-17	COEL- TSH	Ted BEUKES at SAMS 33rd LC Champs @ East London
	50 Back	1:26.66	15-Mar-17	COEL- TSH	Ted BEUKES at SAMS 33rd LC Champs @ East London
	50 Breast	57.91	11-Feb-17	COEL- NT	Paul MULDER at Tshwane Champs 2011
	100 Breast	3:35.19	14-Mar-18	COEL- TSH	Matie GROBLER at SAMS 34th LC Champs @ Pretoria
	200 Breast	59:59.99	9-Sep-99		Free
90-94	50 Free	1:13.75	12-Mar-14	COEL- NT	Paul MULDER at SAMS 30th LC Champs @ Bloemfontein
	50 Breast	1:13.06	12-Feb-15	COEL- NT	Paul MULDER at Tshwane Masters Long Course Champs. 2015
	100 Breast	3:41.59	12-Mar-14	COEL- NT	Paul MULDER at SAMS 30th LC Champs @ Bloemfontein