

SOUTH AFRICAN MASTERS SWIMMING

LONG COURSE RECORDS

MEN FREESTYLE

2019-04-12

	50m	100m	200m
18 - 24	25.00 B Lockett PE 03/13	55.46 M Moore Ouds 02/02	1:59.61 T Venter Sasol 03/07
25 - 29	23.39 C King PE 03/13	52.16 C King PE 03/13	1:52.82 C King Ricc 06/12
30 - 34	24.88 G Swart Jhb 01/09	55.19 P Fryer Malm 03/06	2:02.93 N Moores Sheff (96)
35 - 39	23.28 R Neethling CT 03/12	53.61 B Reen Jhb 03/15	2:02.70 B Reen Jhb 03/15
40 - 44	24.26 M Allan PE 03/19	53.84 B Reen Dbn 03/16	2:02.13 B Reen Dbn 03/16
45 - 49	25.18 T Downes Mon (94)	55.66 T Downes Mon (94)	2:03.29 G Albertyn Montr 08/14
50 - 54	24.34 C Maughan Jhb 03/15	54.36 C Maughan Jhb 03/15 !	2:07.03 G Albertyn PE 03/19
55 - 59	25.09 C Maughan Stell 03/19	55.63 C Maughan Stell 01/19 !	2:10.90 T Downes Ricc 06/04
60 - 64	26.31 A Steynberg Dbn 03/16	59.76 A Steynberg Dbn 03/16	2:17.01 T Downes EL 03/09
65 - 69	29.17 T Downes Jhb 03/15	1:05.10 T Shead EL 03/17	2:26.87 I Spies Stell 03/19
70 - 74	29.77 T Downes PE 03/19	1:07.36 T Downes PE 03/19	2:34.93 T Downes PE 03/19
75 - 79	33.47 K Williams CT 03/12 #	1:18.79 K Williams CT 03/12 #	2:57.40 D McLachlan CT 02/12 #
80 - 84	36.96 R Salati Dbn 03/03	1:30.20 G May Sheff (96)	3:22.79 D McLachlan EL 03/17
85 - 89	42.52 R Salati Dbn 03/08	1:45.29 G May Dbn 02/00	3:52.90 G May Dbn 02/00
90 +	1:03.97 C Cable Mun 08/00	2:37.79 C Cable Mun 08/00	6:13.57 C Cable Oudts 02/02

! World record (WR = 56.00 Feb 2019. Hand times 55.63)

33.17 K Williams PE 03/13 1:16.31 K Williams PE 03/13 2:54.38 K Williams PE 03/13

MEN FREESTYLE

(Long course)

2019-04-12

	400m	800m	1 500m
18 - 24	4:15.06 T Venter Sasol 03/07	9:07.39 T Venter Germ 03/05	19:52.53 G Kurth Pta 10/01
25 - 29	4:14.93 T Venter CT 03/12	8:48.20 T Venter Ricc 06/12	17:27.34 P Emslie CT 02/12
30 - 34	4:16.20 A Gray Ind (92)	8:51.18 A Gray Ind (92)	18:41.12 P Bordron USA 08/00
35 - 39	4:30.71 S Hurley Pta 03/10	9:26.31 P Bordron Dbn 03/03	18:30.05 T Tozer Dbn (89)
40 - 44	4:27.83 B Reen Dbn 03/16	9:37.23 T Tozer Ind (92)	18:18.18 G Albertyn 12/13
45 - 49	4:22.69 G Albertyn EL 03/17	9:08.81 G Albertyn Montr 08/14	18:27.50 G Albertyn 02/15
50 - 54	4:28.12 G Albertyn PE 03/19	9:16.33 G Albertyn PE 03/19	19:33.38 D Howieson CT 12/05
55 - 59	4:45.91 D Howieson Perth 04/08	9:52.36 D Howieson Perth 04/08	19:54.17 D Howieson CT 12/07
60 - 64	5:00.63 M Semple EL 03/17	10:24.34 M Semple Pta 03/18	20:22.77 T Shead CT 02/12
65 - 69	5:17.61 I Spies Stell 02/19	11:20.48 T Shead CT 02/17	21:20.76 I Spies Stell 01/19
70 - 74	5:58.00 T Downes Pta 02/19	12:13.89 D McLachlan Perth 04/08	23:55.07 D McLachlan CT 12/07
75 - 79	6:24.03 D McLachlan CT 03/12	13:22.01 D McLachlan PE 3/13@	25:57.27 D McLachlan CT 01/13
80 - 84	7:01.76 D McLachlan Stell 02/17	14:36.35 D McLachlan CT 02/17	29:05.81 D McLachlan CT 01/18
85 - 89	8:29.53 G May Dbn 02/00	19:10.69 G May Dbn 01/00	
90 +			

@ 13:16.97 M Edwards PE 03/13

MEN BACKSTROKE**(Long course)****2019-04-12**

	50m	100m	200m
18 - 24	29.34 R Speirs EL 03/99	1:04.72 S Barson Dbn 03/03	2:21.46 S Barson Dbn 03/03
25 - 29	26.90 C King PE 03/13	56.80 C King Ricc 06/12 @	2:03.62 C King Ricc 06/12 @
30 - 34	29.51 S Malan Bloem 03/14	1:03.94 S Malan Bloem 03/14	2:19.38 D Glover PE 03/13
35 - 39	27.42 S Thirsk PE 03/13	1:00.07 S Thirsk Ricc 06/12	2:12.39 S Thirsk Ricc 06/12
40 - 44	29.51 H Ruck EL 03/09	1:05.84 T Downes Ind (92)	2:22.85 J Taylor Dbn 03/08
45 - 49	29.42 G Kahn Kazan 08/15	1:03.67 G Kahn PE 03/19	2:20.56 G Albertyn Montr 08/14
50 - 54	29.70 H Ruck Dbn 03/16	1:07.76 H Ruck Dbn 03/16	2:25.84 G Albertyn PE 03/19
55 - 59	30.48 A Steynberg Ricc 06/12	1:07.29 T Shead Perth 04/08	2:33.29 T Shead Man 06/07
60 - 64	30.66 A Steynberg Dbn 03/16 @	1:08.86 A Steynberg Dbn 03/16	2:34.00 T Shead 03/12 @
65 - 69	34.48 T Shead Pta 03/18	1:12.57 T Shead Buda 08/17	2:39.69 T Shead Buda 08/17 @
70 - 74	38.49 J Hughes PE 03/13	1:23.15 T Downes PE 03/19	3:09.43 J Hughes Dbn 02/14
75 - 79	38.99 J Hughes Dbn 02/18	1:29.88 J Hughes Dbn 02/18	3:18.56 J Hughes Dbn 02/18
80 - 84	46.99 M Cameron Dbn 03/16	1:50.01 M Cameron Dbn 03/16	4:05.53 D McLachlan Stell 01/19
85 - 89	55.74 G May Dbn 02/01	2:04.90 G May Dbn 02/00 #	4:48.18 G May Dbn 01/01 #
90 +	1:17.62 C Cable Mun 08/00	3:06.35 C Cable Mun 08/00	6:48.34 C Cable Mun 08/00

@ World record

1:51.69 P Galvin Pta 03/18

4:04.30 P Galvin Pta 03/18

MEN BREASTSTROKE**(Long course)****2019-04-12**

	50m	100m	200m
18 - 24	30.93 A Shuttleworth EL 03/99	1:09.66 A Shuttleworth Pmb 10/98	2:39.62 A Shuttleworth Dbn 02/99
25 - 29	29.14 C Stewart San Fr 08/06	1:06.21 M Josephson CT 03/12	2:25.86 M Josephson CT 03/12
30 - 34	30.75 R Smith Dbn 03/03	1:09.85 B Petersen EL 03/09	2:35.73 G Coetzee Syd 11/02
35 - 39	29.73 R Neethling CT 03/12	1:09.23 T Parkin PE 03/19	2:31.38 T Parkin PE 03/19
40 - 44	31.92 T Shuttleworth Dbn 03/16	1:11.35 T Shead Mon (94)	2:40.65 J vd Merwe Perth 04/08
45 - 49	32.45 J vd Merwe Gote 08/10	1:10.77 G Fiser Montr 08/14	2:36.91 G Fiser Montr 08/14
50 - 54	32.58 T Shead Chch 03/02	1:11.69 G Fiser Dbn 03/16	2:39.53 G Fiser Dbn 03/16
55 - 59	32.07 T Shead Perth 04/08 @	1:11.13 T Shead Perth 04/08 @	2:41.54 T Shead Perth 04/08 @
60 - 64	34.35 T Shead Dbn 03/16	1:16.07 T Shead Dbn 03/16	2:46.46 T Shead CT 03/12 @
65 - 69	34.30 T Shead Pta 03/18	1:17.52 T Shead Buda 08/17	2:59.11 T Shead EL 03/17
70 - 74	41.35 F du Toit Buda 08/17	1:35.99 B Nelson Jhb 03/15	3:32.39 F du Toit Buda 08/17
75 - 79	43.68 P Galvin Pta 03/10	1:42.15 D McLachlan CT 01/12	3:41.16 D McLachlan CT 02/12
80 - 84	48.99 I Schlapobersky PE 03/13	1:52.49 I Schlapobersky PE 03/13	4:02.35 D McLachlan EL 03/17
85 - 89	55.10 P Mulder Pta 09/09 #	2:29:84 P Mulder EL 03/09 #	5:58.89 P Mulder EL 03/09 #
90 +	1:13.06 P Mulder Pta 02/15	3:41.59 P Mulder Bloem 03/14	

@ World Record

49.76 P Galvin Pta 03/18

1:51.25 P Galvin Pta 03/18

4:24.94 P Galvin Pta 03/18

MEN BUTTERFLY**(Long course)****2019-04-12**

	50m	100m	200m
18 - 24	26.34 B Lockett PE 03/13	57.60 B Lockett PE 03/13	2:11.70 B Lockett PE 03/13
25 - 29	25.87 C King PE 03/13	58.23 J Fourie Mun 08/00	2:12.35 T Venter CT 03/12
30 - 34	26.75 N Moores Sheff (96) **	58.42 N Moores Sheff (96)	2:15.42 A Gray Ind (92)
35 - 39	24.69 R Neethling CT 03/12	1:00.61 P Blackbeard Ham (93)	2:26.33 N Cones Rio (90)
40 - 44	25.36 M Allan PE 03/19	1:00.47 M Allan PE 03/19	2:30.89 R Wittels Jhb 03/15
45 - 49	26.57 G Price Dbn 03/08	1:01.00 G Price Dbn 03/08	2:27.10 A Blades Ricc 06/04
50 - 54	27.08 C Maughan Kazan 08/15	1:01.63 P Blackbeard Perth 04/08	2:27.03 P Blackbeard Perth 04/08
55 - 59	28.35 A Steynberg PE 03/13	1:04.93 A Steynberg Ricc 06/12	2:37.86 J Keyter Malm 03/06
60 - 64	28.77 A Steynberg Pta 03/18	1:05.78 A Steynberg Dbn 03/16	2:49.28 T Shead CT 03/12
65 - 69	30.25 T Shead Pta 03/18	1:16.83 T Shead Pta 03/18	3:03.05 D McLachlan Oudt 02/02
70 - 74	35.55 M Blostridge PE 03/19	1:28.67 D McLachlan Sasol 03/07	3:14.18 D McLachlan Perth 04/08
75 - 79	40.16 D McLachlan CT 02/12	1:28.67 D McLachlan Ricc 06/12	3:26.21 D McLachlan Ricc 06/12
80 - 84	39.59 D McLachlan Buda 08/17	1:40.42 D McLachlan Buda 08/17	3:48.35 D McLachlan Buda 08/17
85 - 89	1:38.31 J Brink Jhb 03/05	4:16.45 J Brink Germ 03/05	11:23.67 J Brink Malm 03/06
90 +			

** 26.75 G Swart Jhb 01/09

MEN INDIVIDUAL MEDLEY**(Long course) 2019-04-12**

	200m	400m
18 - 24	2:17.35 T Venter Sasol 03/07	4:51.32 T Venter Sasol 03/07
25 - 29	2:16.03 G Albertyn Germ 3/97	4:46.76 T Venter Ricc 06/12
30 - 34	2:22.72 D Nel Colog 08/10	4:55.00 A Gray Ind (92)
35 - 39	2:20.99 S Thirsk Dbn 03/16	5:13.07 T Shead Ind (92)
40 - 44	2:23.99 T Shead Dbn (93)	5:12.29 J Taylor Dbn 03/08
45 - 49	2:20.85 G Albertyn Montr 08/14	5:17.11 G du Toit Dbn 03/08
50 - 54	2:25.70 G Albertyn PE 03/19	5:19.41 G Albertyn PE 03/19
55 - 59	2:24.16 T Shead Perth 04/08 @	5:35.26 T Shead Man 06/07
60 - 64	2:38.52 T Shead Dbn 03/16	5:35.40 T Shead CT 03/12
65 - 69	2:35.93 T Shead Buda 08/17	6:00.61 T Shead CT 02/17
70 - 74	3:06.17 D McLachlan Perth 04/08	6:48.47 D McLachlan Perth 04/08
75 - 79	3:12.48 D McLachlan Ricc 06/12	7:10.29 D McLachlan Ricc 06/12
80 - 84	3:36.18 D McLachlan Buda 08/17	7:46.50 D McLachlan Buda 08/17
85 - 89	6:29.43 J Brink Jhb 03/05	
90 +		

@ World Record

WOMEN FREESTYLE

(Long course)

2019-04-12

	50m	100m	200m
18 - 24	28.03 J Cowell Jhb 01/05	1:02.28 J Cowell Germ 03/05	2:19.63 F Bucking (94)
25 - 29	27.00 L Kemp Pta 03/18	59.50 S Gunther Ricc 06/12	2:08.65 S Gunther Ricc 06/12
30 - 34	27.99 T Victor Jhb 03/15	1:00.84 W Daniel Cas 6/98	2:13.44 W Daniel Cas 6/98
35 - 39	26.53 E Ottermann Ricc 06/04 @	1:01.60 E Ottermann Ricc 06/04	2:15.79 A Picard Hous 08/07
40 - 44	26.44 E Ottermann Pta 11/09	1:00.39 B McCarney Ricc 06/04	2:15.36 B McCarney Germ 03/05
45 - 49	26.59 E Ottermann Oudt 03/11*	1:03.28 E Ottermann Pta 02/12	2:23.73 C Stanford CT 02/09
50 - 54	27.39 E Ottermann Pta 03/18	1:03.19 E Ottermann EL 03/17	2:21.64 D Carroll Ricc 06/12
55 - 59	30.56 C Stanford Stel 02/16	1:07.07 C Stanford EL 03/17	2:22.92 C Stanford Buda 08/17
60 - 64	30.19 S Kruger Oudt 03/11 *	1:06.63 S Kruger EL 03/09 *	2:29.54 S Kruger Gote 08/10 *
65 - 69	30.72 S Kruger Kazan 08/15 *	1:09.23 S Kruger Kazan 08/15 *	2:37.63 S Kruger Kazan 08/15 *
70 - 74	31.99 S Kruger PE 03/19 *	1:11.49 S Kruger PE 03/19 *	2:44.16 S Kruger Stell 02/19 *
75 - 79	38.28 S Leuner Montr 08/14	1:26.34 S Leuner Montr 08/14	3:12.84 S Leuner Montr 08/14
80 - 84	42.94 S Leuner Jhb 02/19	1:34.64 S Leuner Jhb 02/19	3:45.21 S Leuner Jhb 02/19
85 - 89	1:08.73 K Kloos Pta 03/10	2:32.66 K Kloos Pta 03/10	5:49.37 K Kloos Oudt 03/11
90 +	1:15.41 K Kloos CT 11/15	2:45.62 K Kloos Paarl 02/15	6:01.96 K Kloos Kazan 08/15

* World record (WR = 32.44 Feb 2019. 32.06: hand times)(WR = 1:12.62. 1:12.29 hand times)

WOMEN FREESTYLE

(Long course)

2019-04-12

	400m	800m	1 500m
18 - 24	4:52.40 F Bucking CT (94)	9:47.19 F Bucking CT (94)	19:27.14 T Stanford CT 12/09
25 - 29	4:38.55 S Gunther Ricc 06/12	9:45.95 B McCarney Dbn (89)	18:59.59 T Stanford CT 02/12
30 - 34	4:49.15 T Stanford EL 03/17	9:50.22 S Tiran Dbn 03/03	19:19.47 T Stanford Stell 01/19
35 - 39	4:45.36 A Picard Hous 08/07	9:48.06 A Picard Hous 08/07	18:40.05 A Picard Hous 08/07
40 - 44	4:47.44 A Picard Gote 08/10	9:55.35 A Picard Gote 08/10	18:36.41 A Picard CT 12/09
45 - 49	5:03.13 C Stanford CT 02/08	10:25.33 C Stanford Paarl 02/06	20:11.01 C Stanford CT 11/06
50 - 54	5:02.03 C Stanford CT 02/11	10:21.39 C Stanford CT 02/11	19:48.09 C Stanford CT 02/12
55 - 59	5:03.25 C Stanford EL 03/17	10:29.29 C Stanford Stel 02/16	20:23.81 C Stanford CT 01/16
60 - 64	5:19.86 D Coetzee Kazan 08/15	11:04.77 D Coetzee Dbn 03/16	23:35.41 J Brewis Paarl 01/14
65 - 69	6:05.54 M Mons Dbn 03/16	12:33.23 M Mons Dbn 03/16	24:46.28 J Brewis Stell 01/19
70 - 74	6:40.45 A Jones Dbn 03/16	13:53.12 A Jones Dbn 03/16	26:30.58 E Craig PE 11/16
75 - 79	6:50.41 S Leuner Montr 08/14	14:16.12 S Leuner Montr 08/14	30:52.01 W Kokott Dbn 11/18
80 - 84	9:08.07 M Hardwich Germ 03/05	19:36.20 C Aurik Malm 03/06	39:04.99 C Aurik CT 11/06
85 - 89	11:56.03 K Kloos Oudt 03/11	23:40.21 K Kloos Pta 03/10	52:18.00 K Kloos CT 01/13
90 +	12:38.74 K Kloos Paarl 02/15	26:56.99 K Kloos Kazan 08/15	53:43.10 K Kloos Paarl 01/15

WOMEN BACKSTROKE**(Long course)****2019-04-12**

	50m	100m	200m
18 - 24	34.60 M Wheeler Dbn (95)	1:10.59 C Labuschagne Pta 03/10	2:35.02 C Labuschagne Pta 3/10
25 - 29	31.31 L Kemp Pta 03/18	1:07.56 L Kemp Pta 03/18	2:32.68 T Stanford Ricc 06/12
30 - 34	33.32 R Newson Stel 02/16	1:10.83 T Stanford PE 03/10	2:29.91 T Stanford PE 03/19
35 - 39	31.58 M Kriel San Fr 08/06	1:08.11 M Kriel San Fr 08/06	2:37.42 M Kriel CT 02/07
40 - 44	31.99 B McCarney Ricc 06/04	1:11.54 B McCarney Germ 03/05	2:41.65 A Dressler Germ 03/05
45 - 49	34.55 N Engela Buda 08/17	1:14.92 C Stanford San Fr 08/06	2:43.79 C Stanford San Fr 08/06
50 - 54	35.54 A Dressler Montr 08/14	1:14.64 C Stanford Leeds 06/11	2:46.11 A Dressler Montr 08/14
55 - 59	35.66 D Coetzee PE 03/13	1:18.55 H Campbell Ricc 06/12	2:50.57 A Dressler PE 03/19
60 - 64	36.42 D Coetzee Dbn 03/16	1:19.41 D Coetzee CT 02/16 \$	2:52.05 D Coetzee Kazan 08/15
65 - 69	39.32 M Bromfield PE 03/19	1:27.47 S Kruger Kazaz 08/15	3:19.21 S Kruger CT 02/14
70 - 74	41.44 S Kruger PE 03/19	1:31.67 S Kruger PE 03/19	3:49.27 G Janssens Pta 03/18
75 - 79	46.49 G Janssens PE 03/19	1:42.02 G Janssens PE 03/19	3:36.15 G Janssens PE 03/19
80 - 84	54.14 S Leuner Jhb 03/19	2:11.87 M Hardwich Germ 03/05	4:53.97 M Hardwich Germ 03/05
85 - 89	1:14.19 K Kloos PE 03/13	3:05.80 E Buck EL 03/04	6:35.96 K Kloos CT 03/12
90 +	1:31.53 K Kloos CT 11/15	3:16.64 K Kloos Kazan 08/15	6:49.91 K Kloos Kazan 08/15

\$ World Record @ 44.16 S Breslin PE 03/13 \$ 1:36.03 S Breslin PE 03/13
 03/12 # 52.56 G Isaac (GBR) Dbn 03/03

\$\$ 3:30.96 S Breslin CT

WOMEN BREASTSTROKE**(Long course)****2019-04-12**

	50m	100m	200m
18 - 24	35.90 BA McCutcheon Germ03/05	1:18.91 BA McCutcheon Ger03/05	2:50.37 C Shear Jhb 03/15
25 - 29	34.97 L Haupt EL 03/99	1:19.89 C Harrington Kazan 08/15	2:53.37 C Harrington Kazan 08/15
30 - 34	33.78 C Rolt Dbn 03/16	1:14.55 C Rolt Dbn 03/16	2:44.90 C Rolt Dbn 03/16
35 - 39	33.44 C Rolt El 03/17	1:14.50 C Rolt EL 03/17	2:45.52 C Rolt EL 03/17
40 - 44	35.59 H Morris-Eyton Pta 11/09	1:15.83 H MorrisEyton Gote 08/10	2:40.76 H MorrisEyton Gote 08/10
45 - 49	36.55 H Morris-Eyton PE 03/13	1:19.08 H Morris-Eyton PE 03/13	2:43.73 H Morris-Eyton PE 03/13 *
50 - 54	38.81 H Morris-Eyton Pta 03/18	1:24.05 C Stanford Oudt 03/11	2:57.39 H Morris-Eyton Pta 03/18
55 - 59	40.73 C Stanford CT 02/16	1:28.80 C Stanford CT 02/17	3:17.51 G McCarney Kazan 08/15
60 - 64	42.15 TA Matley Stell 02/17	1:37.39 S Reeves Kazan 08/15	3:38.28 J Ireland Dbn 02/10
65 - 69	44.10 A Thatcher EL 03/17	1:39.96 A Thatcher EL 03/17	3:43.13 A Thatcher EL 03/17
70 - 74	47.21 B Shuttleworth EL 03/17	1:48.70 B Shuttleworth EL 03/17	4:06.04 B Shuttleworth EL 03/17
75 - 79	53.24 S Hurwitz EL 03/17	1:56.38 S v Jaarsveld Dbn 03/16	4:08.10 S v Jaarsveld Paarl 01/15
80 - 84	53.97 S v Jaarsveld Buda 08/17	1:57.56 S v Jaarsveld Buda 08/17	4:09.40 S V Jaardveld Buda 08/17
85 - 89	1:30.79 K Kloos Gote 08/10	3:33.40 K Kloos Oudt 03/11	7:10.00 K Kloos Oudt 03/11
90 +	1:43.90 K Kloos Kazan 08/15	3:46.71 K Kloos Stell 03/15	8:00.51 K Kloos Jhb 03/15

* World Record

3:05.24 H Ueckermann PE 03/13

WOMEN BUTTERFLY
(Long course)
2019-04-12

	50m	100m	200m
18 - 24	30.89 J Cowell Germ 03/05	1:09.13 K Nurse CT 03/00	2:32.55 K Nurse CT 03/00
25 - 29	27.55 E Werth Jhb 03/15 #	1:05.58 S Gunther CT 03/12	2:26.10 S Gunther CT 03/12
30 - 34	29.82 R Newson CT 02/16	1:08.86 N Durrheim Ouds 02/02	2:31.83 J Brits CT (92)
35 - 39	29.42 E Ottermann Ricc 06/04	1:07.37 R Isakov Dbn 03/08	2:33.00 R Isakov Dbn 03/08
40 - 44	29.02 E Ottermann Pta 03/10	1:05.80 B McCarney Ricc 06/04	2:40.97 R Isakov Pta 03/10
45 - 49	28.97 E Ottermann Pta 02/11	1:09.53 C Stanford San Fr 08/06	2:51.76 C Stanford CT 02/08
50 - 54	30.39 E Ottermann EL 03/17	1:10.31 C Stanford Oudt 03/11	2:43.99 C Stanford CT 02/12
55 - 59	32.46 H Campbell Ricc 06/12	1:13.01 C Stanford Dbn 03/16	2:55.88 C Stanford Dbn 03/16
60 - 64	34.74 H Campbell Jhb 3/15	1:27.41 K Foster Pta 02/19	3:22.48 K Foster PE 03/19
65 - 69	37.93 S Kruger CT 02/14	1:40.66 J Ireland EL 03/17	4:05.31 E Craig PE 03/13
70 - 74	41.23 E Craig Jhb 03/15	1:53.61 E Craig Jhb 03/15	4:22.77 E Craig Jhb 03/15
75 - 79	53.27 S Hurwitz EL 03/17	3:03.50 R Holshausen Dbn 03/03	
80 - 84	1:06.51 S Leuner Jhb 03/19		
85 - 89			
90 +			

World record

WOMEN INDIVIDUAL MEDLEY
(Long course) 2019-04-12

	200m	400m
18 - 24	2:37.90 J Cowell EL 03/04	5:33.03 D Donner CT (94)
25 - 29	2:33.33 B McCarney Dbn (89)	5:32.66 T Stanford Ricc 06/12
30 - 34	2:34.61 T Stanford EL 03/17	5:29.39 T Stanford PE 03/19
35 - 39	2:35.71 R Isakov Dbn 03/08	5:31.13 R Isakov Dbn 03/08
40 - 44	2:33.72 B McCarney EL 03/04	5:38.52 C Stanford Ricc 06/04
45 - 49	2:35.64 C Stanford San Fr 08/06	5:39.29 C Stanford Perth 04/08
50 - 54	2:36.62 C Stanford Oudt 03/11*	5:37.60 C Stanford Oudt 03/11*
55 - 59	2:42.29 C Stanford Dbn 03/16	5:51.88 C Stanford Dbn 03/16
60 - 64	3:05.55 C Young PE 03/19	6:46.63 T Sharkey Kazan 08/15
65 - 69	3:23.17 M Mons Jhb 02/16	7:19.17 M Mons Dbn 03/16
70 - 74	3:20.66 S Kruger PE 03/19	7:57.58 E Craig PE 03/19
75 - 79	4:33.08 S Leuner Jhb 03/15	
80 - 84	4:44.10 S Leuner Jhb 03/19	
85 - 89		
90 +		

* World Record

RELAYS**(Long course)****2019-04-12**

	MEN 4 x 50m FREESTYLE	MEN 4 x 50m MEDLEY
72-99	1:45.59 Highway CT 03/00	2:00.39 Killer Whales Germ 03/05
100+	1:43.80 Wahoo Malm 03/06	1:56.59 East Coast Germ 03/05
120+	1:39.04 Cape Town CT 03/12	1:52.77 Wahoo PE 03/13
160+	1:42.90 Cape Town Pta 03/18	1:57.45 East Coast CT 03/12
200+	1:41.28 Cape Town Buda 08/17	1:56.13 Cape Town Perth 04/08
240+	1:49.16 Cape Town Buda 08/17	2:01.52 Cape Town Buda 08/17
280+	2:12.53 Coelacanth PE 03/19	2:29.76 Cape Town EL 03/17
320+	4:00.09 Coelacanth Bloem 03/14	4:41.09 Coelacanth EL 03/17

	WOMEN 4 x 50m FREESTYLE	WOMEN 4 x 50m MEDLEY
72-99	2:12.04 Amakhosi El 03/09	2:24.49 Blue Fins Germ03/05
100+	1:54.22 Phoenix Jhb 03/15	2:15.16 Phoenix Jhb 03/15
120+	1:52.58 Cape Town Ricc 06/12	2:10.32 Cape Town Perth 04/08
160+	1:57.63 Cape Town PE 03/13	2:12.58 Cape Town PE 03/19
200+	1:56.04 Cape Town Oudt 03/11*	2:17.21 Cape Town Dbn 03/08
240+	2:00.75 Cape Town Pta 03/18 *	2:19.90 Cape Town Pta 03/18 *
280+	2:29.63 Phoenix Pta 03/18	2:59.44 Phoenix Pta 03/18
320+	5:33.75 Cape Town CT 03/12	

* World record

	MIXED 4 x 50m FREESTYLE	MIXED 4 x 50m MEDLEY
72-99	1:50.60 Blue Fins Germ 03/05	2:09.56 Blue Fins Germ 03/05
100+	1:50.44 Wahoo Pta 03/18	2:04.26 Wahoo Pta 03/18
120+	1:47.45 Cape Town PE 03/13	1:57.94 Cape Town Ricc 06/12
160+	1:46.43 Cape Town Perth 04/08	1:58.66 Cape Town Perth 04/08
200+	1:48.34 Cape Town Buda 08/17	2:04.25 Cape Town Buda 08/17
240+	1:55.19 Cape Town Kazan08/15*	2:09.15 Cape Town Dbn 03/16
280+	2:15.73 Cape Town PE 03/19	2:37.74 Cape Town Pta 03/18
320+	3:07.48 Cape Town Buda 08/17	4:32.63 Synergy PE 03/19

- World record

RELAYS**(Long course)****2019-04-12**

	MEN 4 X 100m FREESTYLE	MEN 4 X 100m MEDLEY
72-99	5:29.51 Amakhosi EL 03/17	
100+	4:55.85 Amakhosi El 03/17	
120+	4:05.51 Cape Town EL 03/17	5:25.98 Coelacanth Pta 03/18
160+	3:59.17 Aquabear Dbn 03/16	4:39.66 Cape Town Jhb 03/15
200+	4:19.24 Cape Town EL 03/17	4:57.31 Cape Town Pta 03/18
240+	4:29.83 Cape Town Dbn 03/16	4:49.73 Cape Town Pta 03/18
280+	5:07.27 Cape Town EL 03/17	6:07.02 Cape Town Pta 03/18
320+	10:01.84 Coelacanth Dbn 03/16	

	WOMEN 4 X 100m FREESTYLE	WOMEN 4 X 100m MEDLEY
72-99		
100+	5:03.62 Coelacanthh Dbn 03/16	
120+	4:23.76 Aquabear EL 03/17	5:15.82 Wahoo Pta 03/18
160+	4:37.60 Cape Twon Dbn 03/16	5:06.14 Cape Town Pta 03/18
200+	4:20.68 Cape Town PE 03/13 *	5:11.20 Cape Town PE 03/13 *
240+	4:39.62 Cape Town Dbn 03/16 *	5:19.05 Cape Town CT 02/16 *
280+	7:10.81 Coelacanth Dbn 03/16	7:43.97 Phoenix Pta 03/18

- World Record

	MIXED 4 X 100m FREESTYLE	MIXED 4 X 100m MEDLEY
72-99	5:34.64 Amakhosi CT 03/12	5:52.11 Coelacanth PE 03/13
100+	3:57.11 Cape Town CT 03/12	4:39.94 Cape Dolphins PE 03/13
120+	4:22.29 Coelacanth CT 03/12	4:48.43 Aquabear PE 03/13
160+	4:08.19 Cape Town CT 03/12	4:34.01 Cape Town PE 03/19
200+	4:16.14 Cape Town CT 03/12	4:54.96 Cape Town PE 03/13
240+	4:19.89 Cape Town Jhb 03/15 *	4:57.61 Cape Town PE 03/19 *
280+	6:30.79 E Coast Masters CT 03/12	6:42.82 Cape Town PE 03/19

- World record

RELAYS**(Long course)****2019-04-12**

	MEN 4 X 200m FREESTYLE
72-99	
100+	
120+	
160+	
200+	
240+	
280+	

	WOMEN 4 X 200m FREESTYLE
72-99	
100+	
120+	
160+	
200+	10:02.67 Cape Town CT 02/13 *
240+	10:13.61 Cape Town Stel 02/16 *
280+	

- World record

	MIXED 4 X 200m FREESTYLE
72-99	
100+	
120+	9:41.50 Cape Town CT 02/13
160+	
200+	
240+	
280+	