

# SOUTH AFRICAN MASTERS SWIMMING

## *SHORT COURSE RECORDS*

**MEN : FREESTYLE**

**2019-05-07**

|         | 50m                              | 100m                         | 200m                          |
|---------|----------------------------------|------------------------------|-------------------------------|
| 18 - 24 | 24.93 J Nicklin Jhb 08/13        | 54.89 J Nicklin Jhb 10/13    | 2:03.12 T Venter Jhb 10/10    |
| 25 - 29 | 23.61 C King CT 10/11            | 51.60 C King CT 10/11        | 1:54.74 C King CT 10/12       |
| 30 - 34 | 23.79 A Biram Jhb 10/05          | 54.13 P Fryer Jhb 10/05      | 2:04.37 P Fryer Jhb 11/05     |
| 35 - 39 | 22.48 R Neethling Stell 10/14    | 53.22 B Reen PE 10/15        | 2:03.30 B Reen PE 09/14       |
| 40 - 44 | 23.62 M Allan Dbn 03/18          | 52.51 M Allan Dbn 03/18      | 2:06.18 B Nortjie Stell 10/14 |
| 45 - 49 | 24.90 B Tattersson Orlando 10/11 | 54.64 T Downes Jhb 09/95     | 2:03.78 T Downes Jhb 9/95     |
| 50 - 54 | 24.40 C Maughan CT 04/16         | 54.79 C Maughan Stell 10/17  | 2:05.95 T Downes Jhb 09/99    |
| 55 - 59 | 26.19 A Steynberg Jhb 07/12      | 58.94 A Steynberg Jhb 07/12  | 2:14.78 T Downes Jhb 10/08    |
| 60 - 64 | 27.63 T Downes Jhb 05/09         | 59.74 T Downes Jhb 10/09     | 2:17.33 T Downes Jhb 08/09    |
| 65 - 69 | 29.22 T Downes Jhb 06/14         | 1:04.54 T Downes Jhb 05/14   | 2:22.15 T Shead Orlando 10/17 |
| 70 - 74 | 31.46 D Wilson CT 04/17          | 1:11.02 G Freeling CT 11/09  | 2:39.62 M Bolstrige Dbn 01/19 |
| 75 - 79 | 34.69 D Stieger Dbn 04/19        | 1:18.30 D Stieger Dbn 04/19  | 3:01.01 J Hughes Dbn 03/18    |
| 80 - 84 | 38.31 R Salati Dbn 04/03         | 1:31.97 D McLachlan CT 11/18 | 3:25.02 D McLachlan CT 04/17  |
| 85 - 89 | 43.35 R Salati Dbn 02/08         | 1:48.41 R Salati Dbn 02/08   | 4:15.50 G May Pmb 09/01       |
| 90 +    |                                  |                              |                               |

**MEN : FREESTYLE**

**2019-05-07**

|         | 400m                          | 800m                             | 1 500m                         |
|---------|-------------------------------|----------------------------------|--------------------------------|
| 18 - 24 | 4:19.39 T Venter Jhb 10/10    | 9:39.53 T Venter Jhb 08/10       | 18:16.84 T Venter Jhb 08/10    |
| 25 - 29 | 4:26.91 T Venter Jhb 08/14    | 8:41.57 P Emslie CT 10/11        | 16:38.87 P Emslie CT 11/11     |
| 30 - 34 | 4:21.76 P Fryer Jhb 10/05     | 9:15.48 P Blackbeard Dbn (91)    | 17:42.80 T Venter CT 11/16     |
| 35 - 39 | 4:19.83 L McGregor Dbn (87)   | 9:46.33 B Sneddon CT 09/04       | 18:28.46 A Goate Jhb 08/13     |
| 40 - 44 | 4:26.55 G Price Jhb 10/04     | 9:33.07 G Price Jhb 11/04        | 19:02.87 B Dylan Jhb 08/13     |
| 45 - 49 | 4:19.10 G Albertyn Jhb 08/14  | 9:41.22 C Quibell Dbn 12/00      | 18:50.38 A Blades Dbn 08/07    |
| 50 - 54 | 4:39.68 J Taylor Dbn 12/14    | 9:42.64 J Taylor Dbn 01/17       | 19:05.30 J Taylor Dbn 10/15    |
| 55 - 59 | 4:46.93 T Shead Stell 10/07   | 10:04.18 D Howieson Stell 10/08  | 19:33.72 T Shead CT 10/07      |
| 60 - 64 | 4:54.60 T Downes Jhb 10/09    | 10:37.03 I Spies CT 10/15        | 20:05.06 T Downes Jhb 08/09    |
| 65 - 69 | 5:09.50 T Shead Orlando 10/17 | 11:00.56 T Shead Orlando 10/17   | 21:19.08 T Shead Orlando 10/17 |
| 70 - 74 | 5:43.50 G Freeling CT 10/09   | 12:36.93 D McLachlan Stell 10/08 | 24:08.94 P Larcombe Dbn 01/17  |
| 75 - 79 | 6:20.15 D McLachlan CT 04/12  | 13:26.52 D McLachlan Stell 10/13 | 26:51.03 D McLachlan CT 09/15  |
| 80 - 84 | 6:53.08 D McLachlan CT 09/17  | 15:10.07 D McLachlan CT 09/18    | 27:48.23 D McLachlan CT 12/17  |
| 85 - 89 | 9:30.40 G May (Pmb) 11/00     | 20:01.72 G May Dbn 12/00         | 40:49.00 G May Dbn 08/02       |
| 90 +    |                               |                                  |                                |

**MEN : BACKSTROKE****(Short course)****2019-05-07**

|         | 50m                         | 100m                            | 200m                         |
|---------|-----------------------------|---------------------------------|------------------------------|
| 18 - 24 | 28.75 S Malan Jhb 08/01     | 1:00.40 S Malan Jhb 08/01       | 2:31.90 R Spencer Dbn 11/04  |
| 25 - 29 | 27.01 C King CT 10/11       | 56.55 C King CT 10/12           | 2:08.46 C King CT 10/11      |
| 30 - 34 | 28.31 S Thirsk Jhb 06/11    | 1:04.44 A Biram Jhb 10/05       | 2:15.12 S Thirsk Jhb 06/11   |
| 35 - 39 | 27.95 S Thirsk Jhb 05/12    | 1:00.03 S Thirsk Jhb 05/12      | 2:18.89 L McGregor Dbn (86)  |
| 40 - 44 | 27.45 A le Roux CT 04/18    | 1:01.87 A le Roux CT 04/18      | 2:28.38 G du Toit Dbn 04/01  |
| 45 - 49 | 28.39 G Kahn PE 10/15       | 1:06.04 H Ruck Jhb 06/14        | 2:22.18 J Taylor Dbn 01/12   |
| 50 - 54 | 29.28 H Ruck Jhb 10/16      | 1:05.80 H Ruck Jhb 10/16        | 2:25.85 J Taylor Flor 12/15  |
| 55 - 59 | 30.31 A Steynberg Jhb 11/12 | 1:05.72 A Steynberg Jhb 05/12   | 2:29.11 T Shead CT 08/07     |
| 60 - 64 | 33.47 T Shead Stell 10/16   | 1:10.60 T Shead USA 12/16       | 2:34.54 T Shead CT 08/15     |
| 65 - 69 | 36.90 B Stewart Dbn 01/11   | 1:11.45 T Shead Swe 03/17       | 2:59.86 T Downes Jhb 10/15   |
| 70 - 74 | 38.12 D Wilson CT 04/17     | 1:26.26 J Hughes Dbn 09/13      | 3:11.13 J Hughes Pmb 10/13   |
| 75 - 79 | 41.35 J Hughes Dbn 01/18    | 1:30.25 J Hughes Dbn 01/18      | 3:16.40 J Hughes Dbn 03/18   |
| 80 - 84 | 50.47 G May Dbn (95)        | 1:52.31 D McLachlan Stell 10/18 | 4:00.01 D McLachlan CT 08/18 |
| 85 - 89 | 58.38 G May Dbn 08/00       | 2:10.07 G May Pmb 11/00         | 5:04.56 G May Dbn 08/01      |
|         |                             |                                 |                              |

**MEN : BREASTSTROKE****(Short course)****2019-05-07**

|         | 50m                           | 100m                            | 200m                          |
|---------|-------------------------------|---------------------------------|-------------------------------|
| 18 - 24 | 31.26 R v Rooijen Pmb 10/08   | 1:07.93 R Spencer Dbn 09/05     | 2:37.05 R Spencer Dbn 11/04   |
| 25 - 29 | 30.25 B Toerien Pmb 10/07     | 1:06.98 M Josephson Jhb 05/13   | 2:29.34 M Josephson Jhb 05/12 |
| 30 - 34 | 30.61 K Cawood Jhb 10/02      | 1:07.97 J Joubert Stell 10/17   | 2:29.74 J Joubert CT 12/17    |
| 35 - 39 | 30.67 J Joubert Stell 10/18   | 1:07.88 J Joubert Stell 02/18   | 2:36.00 G Coetsee Jhb 10/05   |
| 40 - 44 | 32.01 C Lyne Dbn 10/10        | 1:12.69 J vd Merwe CT 10/07     | 2:42.98 R Hatherly (91)       |
| 45 - 49 | 31.75 J vd Merwe CT 08/10     | 1:09.74 J vd Merwe CT 08/10     | 2:36.17 J vd Merwe CT 09/10   |
| 50 - 54 | 31.72 T Shead Syd 03/02       | 1:09.88 T Shead Syd 03/02       | 2:36.57 T Shead Syd 03/02     |
| 55 - 59 | 32.36 T Shead CT 10/09        | 1:10.50 T Shead Madrid 01/07 *  | 2:38.90 T Shead Madrid 01/07  |
| 60 - 64 | 33.37 T Shead CT 04/16        | 1:12.89 T Shead USA 12/16       | 2:44.82 T Shead USA 12/16     |
| 65 - 69 | 33.68 T Shead Swe 03/17       | 1:14.03 T Shead Swe 03/17       | 2:48.26 T Shead Swe 03/17 *   |
| 70 - 74 | 41.25 F du Toit CT 09/17      | 1:34.70 F du Toit CT 09/17      | 3:32.41 D McLachlan CT 10/10  |
| 75 - 79 | 42.32 P Galvin Jhb 10/08      | 1:47.23 D McLachlan Stell 10/13 | 3:36.46 D McLachlan CT 01/12  |
| 80 - 84 | 52.09 D McLachlan Stell 10/18 | 1:52.77 D McLachlan CT 04/17    | 4:12.08 D McLachlan CT 12/17  |
| 85 - 89 | 57.56 P Mulder Jhb 10/09      | 2:33.59 P Mulder Jhb 05/10      | 6:57.44 J Brink Jhb 10/05     |
| 90 +    |                               |                                 |                               |

\* World record

**MEN : BUTTERFLY****(Short course)****2019-05-07**

|         | 50m                             | 100m                              | 200m                            |
|---------|---------------------------------|-----------------------------------|---------------------------------|
| 18 - 24 | 26.88 C Langenhoven Jhb 10/11   | 1:00.54 T Venter Jhb 10/10        | 2:21.24 T Venter Jhb 08/10      |
| 25 - 29 | 26.64 J Opperman CT 09/18       | 1:00.60 J Fourie Pmb 09/01        | 2:21.66 R Spencer Pmb 10/07     |
| 30 - 34 | 27.24 D Hadenham Dbn 04/04      | 1:01.55 D Hadenham Pmb 10/03      | 2:18.43 T Venter CT 11/16       |
| 35 - 39 | 27.36 J Richards Stell 10/14    | 1:03.75 K Lawrenson Dbn 09/09     | 2:18.99 S Thirsk Jhb 06/15      |
| 40 - 44 | 25.56 M Allan Dbn 03/18         | 57.63 M Allan Dbn 09/18           | 2:25.53 A Blades Dbn 12/03      |
| 45 - 49 | 27.25 B Tatterson Orlando 10/11 | 1:00.47 B Tatterson Orlando 10/10 | 2:23.07 B Tatterson Orlan 10/10 |
| 50 - 54 | 27.94 C Maughan Stell 10/14     | 1:03.15 R Taylor CT 04/19         | 2:36.06 J Keyter Dbn 12/01      |
| 55 - 59 | 28.48 A Steynberg Jhb 10/12     | 1:04.78 A Steynberg Jhb 05/12     | 2:36.87 J Keyter Dbn 04/05      |
| 60 - 64 | 30.41 H Cheadle CT 09/10        | 1:09.53 T Shead USA 12/16         | 3:05.70 D McLachlan Jhb 01/99   |
| 65 - 69 | 29.94 T Shead Swe 03/17         | 1:09.79 T Shead Swe 03/17         | 2:54.33 T Shead Orlando 10/17   |
| 70 - 74 | 36.78 M Bolstrige Dbn 04/19     | 1:32.91 D McLachlan Stell 10/08   | 3:19.00 D McLachlan CT 11/08    |
| 75 - 79 | 44.38 D McLachlan CT 10/16      | 1:43.43 D McLachlan Stell 10/13   | 3:40.12 D McLachlan CT 11/16    |
| 80 - 84 | 41.78 D McLachlan CT 06/17      | 1:45.65 D McLachlan Stell 06/17   | 3:51.87 D McLachlan CT 09/17    |
| 85 - 89 | 2:21.60 R Salati Dbn 09/10      | 4:11.44 J Brink Jhb 05/05         |                                 |
| 90 +    |                                 |                                   |                                 |

**MEN : INDIVIDUAL MEDLEY****(Short course)****2019-05-07**

|         | 100 m                          | 200m                           | 400m                            |
|---------|--------------------------------|--------------------------------|---------------------------------|
| 18 - 24 | 1:01.84 B Lockett EL 09/12     | 2:20.28 R Spencer Dbn 12/04    | 4:54.41 T Venter Jhb 10/10      |
| 25 - 29 | 1:02.12 R Spencer Dbn 01/06    | 2:16.76 R Spencer Pmb 10/07    | 4:59.12 T Venter Jhb 10/15      |
| 30 - 34 | 1:02.47 C Lynne Pmb 10/03      | 2:13.29 G Hipper 03/95         | 5:06.62 D Nel CT 09/12          |
| 35 - 39 | 1:02.64 S Thirsk Jhb 05/12     | 2:22.81 J Joubert CT 04/19     | 5:18.21 T Heller Jhb 10/06      |
| 40 - 44 | 1:03.23 M Allan Dbn 04/19      | 2:21.78 C Lyne Dbn 10/10       | 5:06.18 G du Toit Dbn 04/04     |
| 45 - 49 | 1:05.06 G Price Dbn 09/05      | 2:22.22 G du Toit Dbn 04/08    | 5:07.03 G du Toit Dbn 04/07     |
| 50 - 54 | 1:03.54 T Shead 03/02 *        | 2:22.23 T Shead Syd 03/02 *    | 5:13.01 T Shead Syd 03/02       |
| 55 - 59 | 1:03.53 T Shead Madrid 01/07 * | 2:24.64 T Shead Madrid 01/07 * | 5:30.20 T Shead CT 10/10        |
| 60 - 64 | 1:06.63 T Shead CT 04/16       | 2:32.18 T Shead Stell 10/16    | 5:34.84 T Shead USA 12/16       |
| 65 - 69 | 1:09.38 T Shead Swe 03/17      | 2:30.80 T Shead Swe 03/17      | 5:49.87 T Shead Orlando 10/17   |
| 70 - 74 | 1:28.52 D McLachlan CT 04/09   | 3:08.63 D McLachlan CT 04/08   | 6:53.76 D McLachlan Stell 10/08 |
| 75 - 79 | 1:32.35 D McLachlan CT 01/12   | 3:33.78 J Hughes Dbn 01/18     | 7:15.43 D McLachlan Stell 10/13 |
| 80 - 84 | 1:40.47 D McLachlan CT 09/17   | 3:40.51 D McLachlan CT 04/17   | 7:57.90 D McLachlan Stell 10/17 |
| 85 - 89 | 3:03.56 J Brink Jhb 10/05      | 7:05.26 J Brink Jhb 10/05      |                                 |
| 90 +    |                                |                                |                                 |

\* World record

**WOMEN : FREESTYLE**

**(Short course)**

**2019-05-07**

|         | 50m                               | 100m                              | 200m                             |
|---------|-----------------------------------|-----------------------------------|----------------------------------|
| 18 - 24 | 27.84 C Botha Dbn 12/08           | 1:02.48 C Botha Dbn 12/08         | 2:19.10 T Stanford CT 10/10      |
| 25 - 29 | 26.47 E Werth Jhb 10/14           | 1:01.05 S Gunther Jhb 07/13       | 2:16.44 T Stanford CT 01/12      |
| 30 - 34 | 27.63 A Landau/T Victor Jhb 11/12 | 1:00.46 L Wolmarans CT 07/17      | 2:16.37 T Stanford Stell 10/18   |
| 35 - 39 | 27.25 E Ottermann Jhb 10/04       | 1:00.88 T Victor Boks 07/18       | 2:15.34 A Momberg CT (94)        |
| 40 - 44 | 26.67 E Ottermann Jhb 10/07       | 1:02.55 B McCarney Dbn 12/04      | 2:11.26 A Picard CT 07/08        |
| 45 - 49 | 26.59 E Ottermann CT 04/11*       | 1:04.22 W v Niekerk Dbn 01/12     | 2:20.90 H Morris Eyton Jhb 10/12 |
| 50 - 54 | 27.84 E Ottermann Jhb 08/17       | 1:04.82 E Ottermann Jhb 08/17     | 2:19.97 C Stanford CT 01/12      |
| 55 - 59 | 30.87 C Stanford CT 04/17         | 1:06.69 C Stanford CT 07/17       | 2:22.15 C Stanford Stell 06/17   |
| 60 - 64 | 31.03 S Kruger CT 04/11           | 1:08.13 D Coetzee CT 10/15        | 2:26.94 D Coetzee CT 07/15       |
| 65 - 69 | 31.22 S Kruger CT 08/15 *         | 1:08.25 S Kruger CT 09/15 *       | 2:37.00 S Kruger Stell 10/14 *   |
| 70 - 74 | 33.23 S Kruger CT 04/19           | 1:12.04 S Kruger CT 04/19         | 3:15.41 B Shuttleworth Dbn 01/17 |
| 75 - 79 | 40.26 S Leuner Jhb 07/14          | 1:29.36 S Leuner Jhb 07/14        | 3:39.15 S Leuner Jhb 08/15       |
| 80 - 84 | 1:00.59 A Hanson Jhb 08/18        | 1:35.16 S v Jaarsveld Stell 10/17 |                                  |
| 85 - 89 | 1:09.69 K Kloos CT 04/11          | 2:46.97 K Kloos CT 04/13          | 5:54.67 K Kloos CT 09/13         |
| 90 +    | 1:15.43 K Kloos CT 07/15          | 2:44.43 K Kloos CT 10/15          |                                  |

\* World record

**WOMEN : FREESTYLE**

**(Short course)**

**2019-05-07**

|         | 400m                             | 800m                              | 1 500m                       |
|---------|----------------------------------|-----------------------------------|------------------------------|
| 18 - 24 | 4:46.23 T Stanford CT 09/10      | 9:45.87 T Stanford CT 10/10       | 18:50.28 T Stanford CT 11/10 |
| 25 - 29 | 4:42.72 B McCarney Dbn (92)      | 9:48.86 T Stanford CT 10/11       | 18:27.13 T Stanford CT 11/11 |
| 30 - 34 | 4:45.91 T Stanford Stell 10/18   | 9:45.39 T Stanford Stell 10/17    | 18:22.65 T Stanford CT 12/17 |
| 35 - 39 | 4:46.98 K Nurse CT 08/15         | 9:37.56 A Picard CT 09/03         | 19:15.43 K Nurse Stell 08/14 |
| 40 - 44 | 4:55.71 M Albertyn Jhb 08/14     | 10:04.49 H Morris-Eyton Jhb 11/09 | 20:17.58 B Bowley Dbn 08/08  |
| 45 - 49 | 4:54.47 C Stanford Stell 10/07   | 10:23.16 C Stanford Stell 10/08   | 19:48.82 C Stanford CT 10/07 |
| 50 - 54 | 5:00.19 C Stanford CT 10/12      | 10:14.35 C Stanford CT 10/11      | 19:12.30 C Stanford CT 11/11 |
| 55 - 59 | 5:01.24 C Stanford Stell 10/16   | 10:25.15 C Stanford CT 11/16      | 19:58.62 C Stanford CT 11/16 |
| 60 - 64 | 5:12.25 D Coetzee CT 08/15       | 10:48.05 D Coetzee CT 10/15       | 21:19.67 D Coetzee CT 12/17  |
| 65 - 69 | 5:59.67 M Mons Jhb 05/16         | 12:30.86 M Mons Jhb 08/16         | 25:45.18 E Craig PE 11/14    |
| 70 - 74 | 6:37.44 B Shuttleworth Dbn 03/17 | 13:46.37 B Shuttleworth Dbn 01/17 |                              |
| 75 - 79 | 7:48.09 S Leuner Jhb 10/18       | 15:44.31 W Kokott Dbn 01/19       |                              |
| 80 - 84 |                                  | 22:46.43 A Hanson Jhb 08/18       | 57:59.48 E Buck Dbn 08/02    |
| 85 - 89 | 12:29.49 K Kloos CT 10/12        | 28:39.07 E Buck Dbn 08/04         | 58:12.00 E Buck Dbn 08/05    |
| 90 +    | 12:52.83 K Kloos Stell 10/16     | 27:22.66 K Kloos CT 10/15         | 53:43.25 K Kloos CT 09/15    |

**WOMEN : BACKSTROKE**

**(Short course)**

**2019-05-07**

|         | 50m                         | 100m                           | 200m                          |
|---------|-----------------------------|--------------------------------|-------------------------------|
| 18 - 24 | 32.13 C Botha Dbn 09/08     | 1:08.66 C Botha Dbn 09/08      | 2:33.60 T Stanford CT 08/09   |
| 25 - 29 | 30.07 M Kriel CT 09/99      | 1:04.05 M Kriel CT 09/99       | 2:26.94 M Kriel CT 08/00      |
| 30 - 34 | 33.18 C Strydom Jhb 08/18   | 1:10.58 T Stanford Stell 10/16 | 2:31.20 T Stanford CT 11/16   |
| 35 - 39 | 31.24 M Kriel CT 07/06      | 1:08.96 M Kriel CT 11/06       | 2:38.19 P Cadiz Stell 08/14   |
| 40 - 44 | 32.78 B McCarney Dbn 12/04  | 1:10.83 B McCarney Dbn 12/04   | 2:37.25 P Cadiz CT 11/18      |
| 45 - 49 | 34.48 N Engela CT 04/18     | 1:13.16 C Stanford CT 07/06    | 2:41.53 A Dressler Jhb 07/13  |
| 50 - 54 | 35.25 C Stanford CT 10/12   | 1:15.06 C Stanford CT 10/12    | 2:39.46 A Dressler Jhb 07/14  |
| 55 - 59 | 35.50 D Coetzee Stell 10/13 | 1:17.84 C Stanford Stell 10/16 | 2:47.43 D Coetzee Stell 08/14 |
| 60 - 64 | 35.60 D Coetzee CT 04/15    | 1:16.57 D Coetzee Stell 10/16  | 2:46.71 D Coetzee CT 08/15    |
| 65 - 69 | 39.24 M Bromfield Dbn12/17  | 1:28.59 M Bromfield Dbn 03/19  | 3:20.50 M Bromfield Dbn 03/17 |
| 70 - 74 | 42.34 S Kruger CT 04/19     | 1:44.76 L Zundorf Stell 07/14  | 3:55.50 W Kokott Dbn 03/15    |
| 75 - 79 | 49.85 W Kokott Dbn 03/19    | 1:53.60 W Kokott Dbn 04/19     | 5:07.27 P Rix CT 08/18        |
| 80 - 84 | 1:22.74 E Buck Dbn 08/99    | 2:56.72 E Buck Dbn 10/99       | 6:27.22 E Buck Dbn 12/2000    |
| 85 - 89 | 1:18.23 K Kloos CT 04/11    | 2:53.06 K Kloos CT 04/11       | 6:26.55 K Kloos Stell 10/13   |
| 90 +    | 1:26.20 K Kloos CT 10/15    | 3:10.42 K Kloos Stell 02/18    |                               |

**WOMEN : BREASTSTROKE**

**(Short course)**

**2019-05-07**

|         | 50m                             | 100m                              | 200m                             |
|---------|---------------------------------|-----------------------------------|----------------------------------|
| 18 - 24 | 36.90 A Steenkamp Stell 10/06   | 1:20.47 A Steenkamp Stell 10/06   | 2:56.01 M v Biljon Jhb 11/04     |
| 25 - 29 | 35.36 C Rolt Jhb 06/07          | 1:17.10 C Rolt Jhb 06/07          | 2:54.70 C Harrington Stell 10/14 |
| 30 - 34 | 34.41 C Rolt Jhb 07/16          | 1:16.99 C Rolt Jhb 08/16          | 2:49.24 C Rolt Jhb 10/16         |
| 35 - 39 | 34.59 C Rolt Jhb 08/18          | 1:15.12 C Rolt Jhb 08/18          | 2:45.20 C Rolt Jhb 06/18         |
| 40 - 44 | 34.38 H MorrisEyton Jhb 10/09   | 1:15.66 H MorrisEyton Jhb 10/08   | 2:41.87 H MorrisEyton Jhb 10/09  |
| 45 - 49 | 35.87 H Morris Eyton Jhb 10/12  | 1:22.17 C Stanford CT 07/06       | 2:44.60 H MorrisEyton Jhb 10/12  |
| 50 - 54 | 38.58 H Morris Eyton Jhb 05/17  | 1:26.95 C Stanford CT 11/12       | 3:02.46 C Stanford CT 01/12      |
| 55 - 59 | 40.61 C Stanford CT 07/17       | 1:28.20 C Stanford CT 09/16       | 3:06.75 C Stanford CT 12/17      |
| 60 - 64 | 42.84 T-A Matley CT 04/17       | 1:36.85 T-A Matley Stell 10/17    | 3:37.07 J Ireland Dbn 10/10      |
| 65 - 69 | 43.63 A Thatcher Dbn 03/17      | 1:37.97 A Thatcher Dbn 03/17      | 3:33.87 A Thatcher Dbn 04/17     |
| 70 - 74 | 47.78 B Shuttleworth Dbn 03/17  | 1:47.38 B Shuttleworth Dbn 03/17  | 3:54.35 B Shuttleworth Dbn 03/17 |
| 75 - 79 | 54.49 S v Jaarsveld Stell 10/16 | 1:58.12 S v Jaarsveld CT 11/16    | 4:55.91 G Tregenna Dbn 01/18     |
| 80 - 84 | 54.07 S v Jaarsveld Stell 06/17 | 1:55.24 S v Jaarsveld Stell 06/17 | 4:06.13 S v Jaarsveld CT 07/17   |
| 85 - 89 | 1:33.43 E Buck Dbn 09/04        | 3:17.95 K Kloos CT 04/11          | 7:28.70 K Kloos CT 09/13         |
| 90 +    | 1:37.46 K Kloos CT 10/15        | 3:36.42 K Kloos CT 07/15          | 8:24.97 K Kloos Stell 10/16      |

**WOMEN : BUTTERFLY**

**(Short course)**

**2019-05-07**

|         | 50m                         | 100m                           | 200m                           |
|---------|-----------------------------|--------------------------------|--------------------------------|
| 18 - 24 | 30.75 M Beetge Dbn 09/04    | 1:08.87 M Beetge Dbn 09/04     | 2:59.40 R Newman EL 09/12      |
| 25 - 29 | 27.42 E Werth Jhb 10/14     | 1:07.93 S Gunther Jhb 07/13    | 2:35.37 S Gunther Jhb 10/12    |
| 30 - 34 | 30.67 T Victor Jhb 10/15    | 1:10.40 K Nurse CT 07/13       | 2:36.09 R Isakov Jhb 11/04     |
| 35 - 39 | 29.69 R Isakov Jhb 10/09    | 1:08.17 K Nurse Stell 07/14    | 2:26.90 R Isakov Jhb 10/09     |
| 40 - 44 | 29.07 E Ottermann Jhb 10/09 | 1:10.68 C Stanford CT 11/04    | 2:38.59 C Stanford CT 09/02    |
| 45 - 49 | 29.37 E Ottermann CT 04/11  | 1:12.69 C Stanford Stell 10/06 | 2:41.77 C Stanford Stell 10/07 |
| 50 - 54 | 31.93 E Ottermann Jhb 10/16 | 1:12.89 C Stanford CT 08/12    | 2:42.41 C Stanford CT 11/11    |
| 55 - 59 | 33.66 C Stanford CT 07/17   | 1:14.11 C Stanford CT 04/16    | 2:53.87 C Stanford CT 12/17    |
| 60 - 64 | 36.46 D Coetzee CT 04/18    | 1:40.14 T Sharkey CT 11/16     | 3:45.46 T Sharkey CT 07/15     |
| 65 - 69 | 38.99 S Kruger Stell 10/16  | 1:42.26 J Ireland Dbn 10/15    | 4:02.17 E Craig PE 09/14       |
| 70 - 74 | 41.96 E Craig PE 10/15      | 1:54.94 E Craig PE 10/15       |                                |
| 75 - 79 | 57.87 S Leuner Jhb 08/15    |                                |                                |
| 80 - 84 |                             |                                |                                |
| 85 - 89 |                             |                                |                                |
| 90 +    |                             |                                |                                |

**WOMEN : INDIVIDUAL MEDLEY**

**(Short course)**

**2019-05-07**

|         | 100m                           | 200m                           | 400m                        |
|---------|--------------------------------|--------------------------------|-----------------------------|
| 18 - 24 | 1:11.32 M Beetge Dbn 09/04     | 2:36.71 T Stanford CT 10/09    | 5:40.25 T Stanford CT 04/10 |
| 25 - 29 | 1:08.10 M Kriel CT 09/99       | 2:34.41 R Newson CT 10/10      | 5:25.51 T Stanford CT 10/11 |
| 30 - 34 | 1:13.38 C Strydom Jhb 10/18    | 2:32.55 T Stanford Stell 10/16 | 5:32.60 R Isakov Tas 08/00  |
| 35 - 39 | 1:10.13 M Kriel Stell 10/06    | 2:31.26 R Isakov Jhb 10/09     | 5:27.34 A Momberg CT (94)   |
| 40 - 44 | 1:12.92 A Picard CT 07/08      | 2:37.09 K Nurse CT 04/19       | 5:40.55 C Stanford CT 09/04 |
| 45 - 49 | 1:13.38 C Stanford Stell 10/06 | 2:35.69 C Stanford CT 04/08    | 5:48.01 J Degenaar CT 11/05 |
| 50 - 54 | 1:11.56 C Stanford CT 04/11    | 2:34.03 C Stanford CT 04/11    | 5:36.89 C Stanford CT 10/11 |
| 55 - 59 | 1:16.82 C Stanford CT 04/16    | 2:43.01 C Stanford Stell 06/17 | 6:01.44 C Stanford CT 08/18 |
| 60 - 64 | 1:24.06 D Coetzee Stell 10/16  | 2:57.75 D Coetzee CT 04/17     | 6:46.59 T Sharkey CT 10/15  |
| 65 - 69 | 1:32.22 A Thatcher Dbn 04/17   | 3:25.14 M Mons Jhb 07/16       | 7:16.64 M Mons Jhb 08/16    |
| 70 - 74 | 1:36.32 E Craig PE 10/16       | 3:34.65 E Craig PE 11/16       | 7:43.94 E Craig PE 10/15    |
| 75 - 79 | 2:00.10 S Leuner Jhb 10/18     | 4:39.44 G Tregenna Dbn 03/17   |                             |
| 80 - 84 |                                |                                |                             |
| 85 - 89 |                                |                                |                             |
| 90 +    |                                |                                |                             |

**RELAYS****(Short course)****2019-05-07**

|       | <b>MEN 4 X 50m FREESTYLE</b>    | <b>MEN 4 X 50m MEDLEY</b>       |
|-------|---------------------------------|---------------------------------|
| 72-99 |                                 |                                 |
| 100+  | 1:54.79 Killer Whales Jhb 11/04 | 2:11.63 Killer Whales Jhb 11/04 |
| 120+  | 1:44.12 Aqua Athlete Jhb 05/13  | 1:59.45 Aqua Athlete Jhb 06/13  |
| 160+  | 1:50.19 Wahoo Jhb 05/09         | 2:09.82 CT Masters CT 08/10     |
| 200+  | 1:51.31 CT Masters Stell 10/06  | 1:59.73 CT Masters Stell 06/17  |
| 240+  | 2:01.33 CT Masters CT 11/09     | 2:36.97 CT Masters CT 08/09     |
| 280+  | 2:33.71 Wahoo Jhb 06/15         | 3:36.46 Wahoo Jhb 06/13         |

|       | <b>WOMEN 4 X 50m FREESTYLE</b> | <b>WOMEN 4 X 50m MEDLEY</b>     |
|-------|--------------------------------|---------------------------------|
| 72-99 |                                |                                 |
| 100+  | 2:03.34 CT Masters CT 09/06    | 2:48.18 Killer Whales Jhb 11/04 |
| 120+  | 2:01.08 CT Masters CT 07/13    | 2:16.42 CT Masters Stell 06/17  |
| 160+  | 2:11.44 CT Masters CT 09/06    | 2:16.52 CT Masters Stell 10/06  |
| 200+  | 1:56.19 CT Masters CT 04/11    | 2:37.87 CT Masters Stell 06/17  |
| 240+  | 2:50.96 Wahoo Jhb 05/13        | 3:36.61 Wahoo Jhb 06/13         |
| 280+  |                                |                                 |

|       | <b>MIXED 4 X 50m FREESTYLE</b> | <b>MIXED 4 X 50m MEDLEY</b> |
|-------|--------------------------------|-----------------------------|
| 72-99 | 2:01.00 Wahoo Jhb 10/06        | 2:11.54 CT Masters 08/08    |
| 100+  | 1:54.96 CT Masters 08/08       | 2:13.73 CT Masters CT 08/09 |
| 120+  | 1:50.72 CT Masters CT 11/10    | 2:06.75 CT Masters CT 11/10 |
| 160+  | 1:52.53 CT Masters CT 08/12    | 2:11.82 CT Masters 08/08    |
| 200+  | 1:57.06 CT Masters 08/08       | 2:12.69 CT Masters CT 08/07 |
| 240+  | 2:17.77 CT Masters CT 11/08    | 2:36.99 CT Masters CT 11/08 |
| 280+  |                                |                             |
| 320+  |                                |                             |

**RELAYS****(Short course)****2019-05-07**

|       | <b>MEN 4 X 100m FREESTYLE</b>      | <b>MEN 4 X 100m MEDLEY</b> |
|-------|------------------------------------|----------------------------|
| 72-99 |                                    |                            |
| 100+  |                                    |                            |
| 120+  | 4:05.83 ATC CT 09/12               |                            |
| 160+  | 4:13.69 Wahoo Jhb 05/11            |                            |
| 200+  | 4:37.03 Dolphin Masters CT 11/11   |                            |
| 240+  | 5:10.00 Cape Town Masters CT 11/11 |                            |
| 280+  |                                    |                            |
| 320+  |                                    |                            |

|       | <b>WOMEN 4 X 100m FREESTYLE</b>    | <b>WOMEN 4 X 100m MEDLEY</b> |
|-------|------------------------------------|------------------------------|
| 72-99 |                                    |                              |
| 100+  |                                    |                              |
| 120+  | 4:54.61 Cape Town Masters CT 11/11 |                              |
| 160+  | 5:52.86 Wahoo Jhb 05/11            |                              |
| 200+  | 5:18.27 Cape Town Masters CT 11/11 |                              |
| 240+  |                                    |                              |
| 280+  |                                    |                              |
| 320+  |                                    |                              |

|       | <b>MIXED 4 X 100m FREESTYLE</b>    | <b>MIXED 4 X 100m MEDLEY</b> |
|-------|------------------------------------|------------------------------|
| 72-99 |                                    |                              |
| 100+  |                                    |                              |
| 120+  |                                    | 4:59.54 CT Masters CT 09/12  |
| 160+  |                                    |                              |
| 200+  | 4:31.22 Cape Town Masters CT 11/11 |                              |
| 240+  |                                    |                              |
| 280+  | 7:55.34 Cape Town Masters CT 11/11 |                              |
| 320+  |                                    |                              |



**RELAYS****(Short course)****2019-05-07**

|       | <b>MEN 4 X 200m FREESTYLE</b> |
|-------|-------------------------------|
| 72-99 |                               |
| 100+  |                               |
| 120+  |                               |
| 160+  |                               |
| 200+  |                               |
| 240+  |                               |
| 280+  | 12:32.94 EC Masters Dbn 08/16 |
| 320+  |                               |

|       | <b>WOMEN 4 X 200m FREESTYLE</b> |
|-------|---------------------------------|
| 72-99 |                                 |
| 100+  |                                 |
| 120+  |                                 |
| 160+  |                                 |
| 200+  |                                 |
| 240+  |                                 |
| 280+  |                                 |
| 320+  |                                 |

|       | <b>MIXED 4 X 200m FREESTYLE</b> |
|-------|---------------------------------|
| 72-99 |                                 |
| 100+  |                                 |
| 120+  |                                 |
| 160+  |                                 |
| 200+  |                                 |
| 240+  |                                 |
| 280+  |                                 |
| 320+  |                                 |