

## South African Masters Swimming 2007-2008 Season

### Individual Top Times

Times since: 01-May-07 Times until: 30-Apr-08  
Number of Top Times: All Show Short Course Only

	Time	P/F/S	Name	Age/Yr				
<b>Men 50-54 25 Free</b>								
1	12.94 S	F	Cones, Nigel	52	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
2	13.31 S	F	Harker, Guy	52	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)	
3	13.46 S	F	Bristow, Garry	51	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
4	13.62 S	F	Den Bakker, Arnaud	52	COEL NT	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite)	
5	13.76 S	F	Wentworth, Gary	54	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
6	14.12 S	F	Arbuthnot, David	54	COEL NT	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite)	
7	14.59 S	F	Winfield, Mike	52	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
<b>Men 50-54 50 Free</b>								
1	26.76 S	F	Semple, Mike	50	ETSM ES	2007-11-24	GMS (Killer Whales) @ Linden	
2	27.77 S	F	Cones, Nigel	52	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
3	28.05 S	F	Spies, Izak	53	DOLP WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
4	28.37 S	F	Harker, Guy	52	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)	
5	28.39 S	F	Benade, Paul	51	SSHA FS	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
6	29.38 S	F	Yach, Theodore	50	DOLP WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
7	29.70 S	F	Holshausen, Rod	50	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
8	29.89 S	F	Reen, Nick	53	AMAK BO	2007-10-28	SAMS (BMSA) SC Champs @ Hudsor	
9	29.93 S	F	Wentworth, Gary	54	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
10	30.95 S	F	Hodges, Mark	54	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
11	31.86 S	F	Davies, Mike	52	WAHO CG	2007-08-11	GMS SC Champs @ Wahoo AC	
12	31.96 S	F	Kloos, Rainer	53	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
13	32.38 S	F	Barkai, Ram	50	CPTW WP	2007-09-20	WPMSA (Cape Town) @ Long Street	
14	33.56 S	F	Frost, David	50	WINE WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
15	42.93 S	F	Singer, Dan	52	PHOE CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)	
<b>Men 50-54 100 Free</b>								
1	1:01.77 S	F	Cones, Nigel	52	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
2	1:03.79 S	F	Rudolph, Mike	50	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
3	1:04.16 S	F	Spies, Izak	53	DOLP WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
4	1:04.88 S	F	Benade, Paul	51	SSHA FS	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
5	1:06.56 S	F	Reen, Nick	53	AMAK BO	2007-10-28	SAMS (BMSA) SC Champs @ Hudsor	
6	1:08.92 S	F	Holshausen, Rod	50	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
7	1:10.63 S	F	Barkai, Ram	50	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
8	1:10.81 S	F	Arbuthnot, David	54	COEL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)	
9	1:11.24 S	F	Winfield, Mike	52	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
10	1:12.44 S	F	Hodges, Mark	54	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
11	1:16.24 S	F	Frost, David	50	WINE WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
12	1:25.94 S	F	Wright, Ingo	52	HIGH KZ	2008-02-17	KZNMSA (East Coast) @ Gordon Roa	
13	1:31.58 S	F	Singer, Dan	52	PHOE CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)	
<b>Men 50-54 200 Free</b>								
1	2:16.03 S	F	Semple, Mike	50	ETSM ES	2007-11-24	GMS (Killer Whales) @ Linden	
2	2:24.85 S	F	Rudolph, Mike	50	CPTW WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
3	2:40.96 S	F	Davies, Mike	52	WAHO CG	2007-08-11	GMS SC Champs @ Wahoo AC	
4	2:44.95 S	F	Arbuthnot, David	54	COEL NT	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite)	
5	2:56.14 S	F	Hodges, Mark	54	CPTW WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
<b>Men 50-54 400 Free</b>								
1	5:34.22 S	F	Finch, Roger	50	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
2	6:39.44 S	F	Wright, Ingo	52	HIGH KZ	2008-02-17	KZNMSA (East Coast) @ Gordon Roa	
<b>Men 50-54 800 Free</b>								
1	11:28.75 S	F	Barkai, Ram	50	CPTW WP	2007-09-20	WPMSA (Cape Town) @ Long Street	
2	11:48.21 S	F	Spies, Izak	53	DOLP WP	2007-09-20	WPMSA (Cape Town) @ Long Street	
<b>Men 50-54 1500 Free</b>								
1	21:32.84 S	F	Finch, Roger	50	WAHO CG	2007-08-11	GMS SC Champs @ Wahoo AC	
2	22:22.81 S	F	Barkai, Ram	50	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
3	22:57.98 S	F	Davies, Mike	52	WAHO CG	2007-08-11	GMS SC Champs @ Wahoo AC	

## South African Masters Swimming 2007-2008 Season

### Individual Top Times

Times since: 01-May-07 Times until: 30-Apr-08  
Number of Top Times: All Show Short Course Only

	Time	P/F/S	Name	Age/Yr				
<b>Men 50-54 25 Back</b>								
1	16.62 S	F	Winfield, Mike	52	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
2	18.34 S	F	Wentworth, Gary	54	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
<b>Men 50-54 50 Back</b>								
1	34.09 S	F	Den Bakker, Arnaud	52	COEL NT	2007-11-24	GMS (Killer Whales) @ Linden	
2	36.68 S	F	Harker, Guy	52	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
3	38.76 S	F	Yach, Theodore	50	DOLP WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
4	38.80 S	F	Finch, Roger	50	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
5	39.51 S	F	Arbuthnot, David	54	COEL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
6	42.49 S	F	Kloos, Rainer	53	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
<b>Men 50-54 100 Back</b>								
1	1:16.94 S	F	Rudolph, Mike	50	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
2	1:19.90 S	F	Winfield, Mike	52	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
3	1:25.44 S	F	Harker, Guy	52	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
4	1:36.36 S	F	Kloos, Rainer	52	UN-WP WP	2007-09-20	WPMSA (Cape Town) @ Long Street	
<b>Men 50-54 200 Back</b>								
1	2:39.36 S	F	Rudolph, Mike	50	CPTW WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
2	2:54.86 S	F	Den Bakker, Arnaud	52	COEL NT	2007-11-24	GMS (Killer Whales) @ Linden	
<b>Men 50-54 25 Breast</b>								
1	17.01 S	F	Cones, Nigel	52	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
2	17.85 S	F	Wentworth, Gary	54	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
3	19.89 S	F	Winfield, Mike	52	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
<b>Men 50-54 50 Breast</b>								
1	36.68 S	F	Cones, Nigel	52	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
2	38.93 S	F	Wentworth, Gary	54	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
3	39.43 S	F	Den Bakker, Arnaud	52	COEL NT	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite	
4	41.76 S	F	Frost, David	50	WINE WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
5	42.30 S	F	Hodges, Mark	54	CPTW WP	2007-07-19	WPMSA (Cape Town) @ Long Street	
6	42.36 S	F	Harker, Guy	52	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
<b>Men 50-54 100 Breast</b>								
1	1:22.18 S	F	Folscher, Danie	50	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
2	1:29.58 S	F	Wentworth, Gary	54	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
3	1:29.69 S	F	Frost, David	50	WINE WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
4	1:31.68 S	F	Den Bakker, Arnaud	52	COEL NT	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite	
5	1:37.23 S	F	Arbuthnot, David	54	COEL NT	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite	
<b>Men 50-54 200 Breast</b>								
1	3:38.47 S	F	Arbuthnot, David	54	COEL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
<b>Men 50-54 25 Fly</b>								
1	13.79 S	F	Cones, Nigel	52	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
2	15.75 S	F	Wentworth, Gary	54	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
3	16.97 S	F	Winfield, Mike	52	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
<b>Men 50-54 50 Fly</b>								
1	30.17 S	F	Cones, Nigel	52	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
2	30.63 S	F	Holshausen, Rod	50	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
3	30.86 S	F	Den Bakker, Arnaud	52	COEL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
4	30.96 S	F	Semple, Mike	50	ETSM ES	2007-11-24	GMS (Killer Whales) @ Linden	
5	32.94 S	F	Spies, Izak	53	DOLP WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
6	33.35 S	F	Benade, Paul	51	SSHA FS	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
7	33.72 S	F	Folscher, Danie	50	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
8	34.99 S	F	Wentworth, Gary	54	CPTW WP	2007-09-20	WPMSA (Cape Town) @ Long Street	
9	35.13 S	F	Harker, Guy	52	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
10	35.58 S	F	Hodges, Mark	54	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
11	36.43 S	F	Kloos, Rainer	53	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	

**South African Masters Swimming  
2007-2008 Season**

---

**Individual Top Times**

Times since: 01-May-07 Times until: 30-Apr-08

Number of Top Times: All Show Short Course Only

	Time	P/F/S	Name	Age/Yr				
12	36.86 S	F	Davies, Mike	52	WAHO CG	2007-08-11	GMS SC Champs @ Wahoo AC	
13	39.14 S	F	Frost, David	50	WINE WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
<b>Men 50-54 100 Fly</b>								
1	1:11.40 S	F	Semple, Mike	50	ETSM ES	2007-11-24	GMS (Killer Whales) @ Linden	
<b>Men 50-54 100 IM</b>								
1	1:13.81 S	F	Semple, Mike	50	ETSM ES	2007-11-24	GMS (Killer Whales) @ Linden	
2	1:13.85 S	F	Cones, Nigel	52	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
3	1:15.17 S	F	Den Bakker, Arnaud	52	COEL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
4	1:27.01 S	F	Hodges, Mark	54	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
<b>Men 50-54 200 IM</b>								
1	2:38.52 S	F	Folscher, Danie	50	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
2	2:40.90 S	F	Rudolph, Mike	50	CPTW WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
3	2:59.94 S	F	Yach, Theodore	50	DOLP WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
4	3:15.30 S	F	Arbutnot, David	54	COEL NT	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	