

## 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 55-59 25 Free</b>								
1	13.10 S	F	Downes, Terry	58	BRKL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
2	14.07 S	F	Morrison, Allen	59	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
3	14.36 S	F	van Heerden, Schalk Snr	59	BRKL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
4	14.53 S	F	Howieson, Doug	55	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
5	15.41 S	F	d'Almeida, Tony	56	COEL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
6	16.20 S	F	Rolt, John	58	COEL NT	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite	
<b>Men 55-59 50 Free</b>								
1	26.63 S	F	Shead, Tim	56	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
2	26.71 S	F	Downes, Terry	58	BRKL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
3	29.15 S	F	Howieson, Doug	56	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
4	29.70 S	F	van Heerden, Schalk Snr	59	BRKL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
5	30.77 S	F	Hodges, Mark	55	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
6	30.98 S	F	Cawood, Tony	55	COEL NT	2007-11-24	GMS (Killer Whales) @ Linden	
7	31.15 S	F	van Rooijen, Gerhard	57	SEAL KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	
8	32.18 S	F	Morrison, Allen	59	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stell	
9	34.06 S	F	Tabosa-Vaz, Victor	56	EACS KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	
10	34.98 S	F	d'Almeida, Tony	56	COEL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
11	35.61 S	F	Rolt, John	58	COEL NT	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite	
12	x35.82 S	F	van Heerden, Carel	57	KWHA CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
13	36.14 S	F	Young, Malcolm	55	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
14	36.56 S	F	Robinson, Graham	58	EACS KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	
15	36.62 S	F	Slabbert, Coenie	58	WINE WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
16	39.13 S	F	Miller, Trevor	58	EACS KZ	2008-02-17	KZNMSA (East Coast) @ Gordon Roa	
<b>Men 55-59 100 Free</b>								
1	1:01.99 S	F	Downes, Terry	58	BRKL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
2	1:02.29 S	F	Howieson, Doug	56	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
3	1:09.10 S	F	Hodges, Mark	55	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
4	1:10.03 S	F	van Heerden, Schalk Snr	59	BRKL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
5	1:28.47 S	F	Miller, Trevor	58	EACS KZ	2008-02-17	KZNMSA (East Coast) @ Gordon Roa	
6	1:31.70 S	F	d'Almeida, Tony	56	COEL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
7	1:32.82 S	F	van Heerden, Carel	57	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
8	1:37.59 S	F	Robinson, Graham	58	EACS KZ	2007-10-14	SAMS (KZNMSA) SC Champs @ Piet	
<b>Men 55-59 200 Free</b>								
1	2:15.78 S	F	Shead, Tim	55	CPTW WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
2	2:27.90 S	F	Howieson, Doug	55	CPTW WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
3	2:47.66 S	F	van Rooijen, Gerhard	57	SEAL KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	
4	3:29.41 S	F	Miller, Trevor	57	EACS KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	
<b>Men 55-59 400 Free</b>								
1	4:46.93 S	F	Shead, Tim	55	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
2	4:56.89 S	F	Howieson, Doug	55	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
3	6:51.99 S	F	van Rensburg, Neil	57	AMAK BO	2007-10-28	SAMS (BMSA) SC Champs @ Hudsor	
4	7:03.15 S	F	Harrison, Geoff	55	HIGH KZ	2008-02-17	KZNMSA (East Coast) @ Gordon Roa	
<b>Men 55-59 800 Free</b>								
1	10:18.99 S	F	Howieson, Doug	55	CPTW WP	2007-09-20	WPMSA (Cape Town) @ Long Street	
<b>Men 55-59 1500 Free</b>								
1	19:33.72 S	F	Shead, Tim	55	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
2	19:46.75 S	F	Howieson, Doug	55	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
<b>Men 55-59 25 Back</b>								
1	16.86 S	F	Morrison, Allen	59	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
2	19.06 S	F	Howieson, Doug	55	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
<b>Men 55-59 50 Back</b>								
1	31.09 S	F	Shead, Tim	56	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	

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	Time	P/F/S	Name	Age/Yr				
2	34.72 S	F	Downes, Terry	58	BRKL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
3	37.87 S	F	Howieson, Doug	55	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
4	39.68 S	F	Morrison, Allen	59	CPTW WP	2007-07-19	WPMSA (Cape Town) @ Long Street	
5	42.25 S	F	Tabosa-Vaz, Victor	56	EACS KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	
6	46.97 S	F	Slabbert, Coenie	58	WINE WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
<b>Men 55-59 100 Back</b>								
1	1:07.74 S	F	Shead, Tim	55	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
2	1:23.36 S	F	Howieson, Doug	55	CPTW WP	2007-09-20	WPMSA (Cape Town) @ Long Street	
3	1:31.19 S	F	Morrison, Allen	59	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
4	1:32.45 S	F	Sundelowitz, Selwyn	57	COEL NT	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
<b>Men 55-59 200 Back</b>								
1	2:29.11 S	F	Shead, Tim	55	CPTW WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
2	3:00.04 S	F	Howieson, Doug	55	CPTW WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
3	3:15.93 S	F	Hatherly, Bob	56	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
4	3:24.09 S	F	Morrison, Allen	59	CPTW WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
<b>Men 55-59 25 Breast</b>								
1	20.32 S	F	Howieson, Doug	55	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
<b>Men 55-59 50 Breast</b>								
1	32.69 S	F	Shead, Tim	56	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
2	34.96 S	F	Hatherly, Bob	56	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
3	35.03 S	F	Cawood, Tony	55	COEL NT	2007-11-24	GMS (Killer Whales) @ Linden	
4	39.96 S	F	Wentworth, Gary	55	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
5	41.54 S	F	Slabbert, Coenie	58	WINE WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
6	45.13 S	F	Miller, Mervyn	55	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
7	45.42 S	F	Rolt, John	58	COEL NT	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite	
8	46.81 S	F	van Rensburg, Neil	57	AMAK BO	2007-10-28	SAMS (BMSA) SC Champs @ Hudsor	
9	47.50 S	F	Robinson, Graham	58	EACS KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	
10	48.91 S	F	Miller, Trevor	58	EACS KZ	2008-02-17	KZNMSA (East Coast) @ Gordon Roa	
<b>Men 55-59 100 Breast</b>								
1	1:43.20 S	F	Rolt, John	58	COEL NT	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite	
<b>Men 55-59 200 Breast</b>								
1	2:53.90 S	F	Hatherly, Bob	56	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
2	3:48.98 S	F	van Heerden, Carel	57	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
3	4:06.02 S	F	Miller, Mervyn	55	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
<b>Men 55-59 25 Fly</b>								
1	16.53 S	F	Howieson, Doug	55	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
<b>Men 55-59 50 Fly</b>								
1	29.53 S	F	Shead, Tim	55	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
2	32.49 S	F	Cawood, Tony	55	COEL NT	2007-11-24	GMS (Killer Whales) @ Linden	
3	34.12 S	F	Hodges, Mark	55	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
4	36.63 S	F	d'Almeida, Tony	56	COEL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
5	42.31 S	F	Robinson, Graham	58	EACS KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	
6	45.50 S	F	Tabosa-Vaz, Victor	56	EACS KZ	2007-12-09	KZNMSA (Highway) @ Kings Park	
<b>Men 55-59 100 Fly</b>								
1	1:25.68 S	F	d'Almeida, Tony	56	COEL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
2	1:29.53 S	F	Hatherly, Bob	56	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
<b>Men 55-59 200 Fly</b>								
1	2:47.72 S	F	Shead, Tim	55	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
<b>Men 55-59 100 IM</b>								
1	1:18.93 S	F	Howieson, Doug	55	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
2	1:29.05 S	F	Sundelowitz, Selwyn	57	COEL NT	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
3	1:33.38 S	F	Slabbert, Coenie	58	WINE WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
4	1:34.66 S	F	Tabosa-Vaz, Victor	56	EACS KZ	2007-10-14	SAMS (KZNMSA) SC Champs @ Piet	

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2007-2008 Season**

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	Time	P/F/S	Name	Age/Yr				
5	1:50.56 S	F	Miller, Mervyn	55	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
6	1:51.96 S	F	van Heerden, Carel	57	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
7	3:40.57 S	F	van Rensburg, Neil	57	AMAK BO	2007-10-28	SAMS (BMSA) SC Champs @ Hudsor	
<b>Men 55-59 200 IM</b>								
1	2:43.63 S	F	Howieson, Doug	56	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
<b>Men 55-59 400 IM</b>								
1	5:31.43 S	F	Shead, Tim	55	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	