

## South African Masters Swimming

### Individual Top Times

Times since: 01-May-08 Times until: 30-Apr-09  
 Number of Top Times: All Show Long Course Only

|                           | Time      | P/F/S | Name                  | Age/Yr |         |            |                                  |  |
|---------------------------|-----------|-------|-----------------------|--------|---------|------------|----------------------------------|--|
| <b>Men 40-44 50 Free</b>  |           |       |                       |        |         |            |                                  |  |
| 1                         | 26.19 L   | F     | Ruck, Harald          | 44     | COEL NT | 2009-02-12 | TMS LC Champs @ Hillcrest        |  |
| 2                         | 26.68 L   | F     | Parsons, Graeme       | 40     | WAHO CG | 2009-02-12 | TMS LC Champs @ Hillcrest        |  |
| 3                         | 27.13 L   | F     | Vides, Avron          | 41     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 4                         | 27.44 L   | F     | vd Westhuizen, Herman | 43     | COEL NT | 2009-02-12 | TMS LC Champs @ Hillcrest        |  |
| 5                         | 28.07 L   | F     | Bauer, Eric           | 42     | CPTW WP | 2009-01-24 | WPMSA (Cape Town) @ UWC          |  |
| 6                         | 28.44 L   | F     | Smith, Nigel          | 40     | TUKS NT | 2009-02-12 | TMS LC Champs @ Hillcrest        |  |
| 7*                        | 29.24 L   | F     | Bromfield, Brendan    | 42     | HIGH KZ | 2008-11-16 | KZNMSA (Highway) @ Crawford      |  |
| 7*                        | 29.24 L   | F     | Geldard, Darren       | 43     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 9                         | 29.42 L   | F     | Jevon, Sean           | 42     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 10                        | 29.53 L   | F     | Greeff, Francois      | 43     | COEL NT | 2009-02-12 | TMS LC Champs @ Hillcrest        |  |
| 11                        | 30.40 L   | F     | Reeves, Andy          | 42     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 12                        | 30.52 L   | F     | Dolkens, Anthony      | 40     | WAHO CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 13                        | 30.75 L   | F     | Crowther, Bobbie      | 40     | WAHO CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 14                        | 30.81 L   | F     | Allner, Anton         | 44     | PHOE CG | 2009-02-12 | TMS LC Champs @ Hillcrest        |  |
| 15                        | 31.08 L   | F     | Thompson, Michael     | 41     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 16                        | 31.10 L   | F     | Page, Derek           | 43     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 17                        | 31.64 L   | F     | Skidmore, Kerry       | 43     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 18                        | 33.30 L   | F     | Snyman, Rouan         | 40     | SSHA FS | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 19                        | 34.34 L   | F     | van Deventer, Japie   | 44     | COEL NT | 2009-02-12 | TMS LC Champs @ Hillcrest        |  |
| 20                        | 35.45 L   | F     | Saunders, Samuel      | 41     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 21                        | 37.15 L   | F     | Lotz, Jaco            | 40     | WAHO CG | 2009-02-12 | TMS LC Champs @ Hillcrest        |  |
| <b>Men 40-44 100 Free</b> |           |       |                       |        |         |            |                                  |  |
| 1                         | 58.29 L   | F     | Ruck, Harald          | 44     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 2                         | 1:01.47 L | F     | Parsons, Graeme       | 40     | WAHO CG | 2009-02-12 | TMS LC Champs @ Hillcrest        |  |
| 3                         | 1:02.92 L | F     | Geldard, Darren       | 43     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 4                         | 1:03.29 L | F     | Bauer, Eric           | 42     | CPTW WP | 2009-01-24 | WPMSA (Cape Town) @ UWC          |  |
| 5                         | 1:03.85 L | F     | Sneddon, Bruce        | 41     | CPTW WP | 2009-02-17 | WPMSA LC Champs @ UWC/Paar/U     |  |
| 6                         | 1:05.35 L | F     | de Gier, Bruce        | 40     | EACS KZ | 2008-11-16 | KZNMSA (Highway) @ Crawford      |  |
| 7                         | 1:05.38 L | F     | Bromfield, Brendan    | 43     | HIGH KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 8                         | 1:05.72 L | F     | Greeff, Francois      | 43     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 9                         | 1:08.88 L | F     | Jevon, Sean           | 42     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 10                        | 1:09.08 L | F     | Dolkens, Anthony      | 40     | WAHO CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 11                        | 1:12.90 L | F     | Skidmore, Kerry       | 43     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 12                        | 1:12.95 L | F     | Miller, Sean          | 40     | ETSM ES | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 13                        | 1:15.69 L | F     | Allner, Anton         | 44     | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 14                        | 1:16.21 L | F     | Crowther, Bobbie      | 40     | WAHO CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 15                        | 1:16.93 L | F     | Snyman, Rouan         | 40     | SSHA FS | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 16                        | 1:22.56 L | F     | van Deventer, Japie   | 44     | COEL NT | 2009-02-12 | TMS LC Champs @ Hillcrest        |  |
| 17                        | 1:35.25 L | F     | Lotz, Jaco            | 40     | WAHO CG | 2009-02-12 | TMS LC Champs @ Hillcrest        |  |
| <b>Men 40-44 200 Free</b> |           |       |                       |        |         |            |                                  |  |
| 1                         | 2:14.51 L | F     | Ruck, Harald          | 44     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 2                         | 2:22.46 L | F     | Sneddon, Bruce        | 41     | CPTW WP | 2009-02-17 | WPMSA LC Champs @ UWC/Paar/U     |  |
| 3                         | 2:23.12 L | F     | Bauer, Eric           | 42     | CPTW WP | 2009-02-17 | WPMSA LC Champs @ UWC/Paar/U     |  |
| 4                         | 2:25.23 L | F     | Parsons, Graeme       | 40     | WAHO CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 5                         | 2:27.13 L | F     | Geldard, Darren       | 43     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 6                         | 2:29.32 L | F     | Greeff, Francois      | 43     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 7                         | 2:34.02 L | F     | Bromfield, Brendan    | 43     | HIGH KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 8                         | 2:38.46 L | F     | Miller, Sean          | 40     | ETSM ES | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 9                         | 2:46.26 L | F     | Jevon, Sean           | 42     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 10                        | 2:49.19 L | F     | Snyman, Rouan         | 40     | SSHA FS | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 11                        | 2:52.13 L | F     | Beste, Gustav         | 40     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 12                        | 3:03.55 L | F     | Crowther, Bobbie      | 40     | WAHO CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 13                        | 3:17.94 L | F     | van Deventer, Japie   | 43     | COEL NT | 2008-11-08 | TMS Interregional @ Hillcrest    |  |
| <b>Men 40-44 400 Free</b> |           |       |                       |        |         |            |                                  |  |
| 1                         | 5:06.59 L | F     | Bauer, Eric           | 42     | CPTW WP | 2009-02-17 | WPMSA LC Champs @ UWC/Paar/U     |  |

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|                            | Time       | P/F/S | Name                  | Age/Yr |         |            |                                   |  |
|----------------------------|------------|-------|-----------------------|--------|---------|------------|-----------------------------------|--|
| 2                          | 5:12.00 L  | F     | vd Westhuizen, Herman | 43     | COEL NT | 2009-02-12 | TMS LC Champs @ Hillcrest         |  |
| 3                          | 5:12.08 L  | F     | Berning, Emil         | 43     | WAHO CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 4                          | 5:19.53 L  | F     | Sneddon, Bruce        | 41     | CPTW WP | 2009-02-17 | WPMSA LC Champs @ UWC/Paarl/U     |  |
| 5                          | 5:23.86 L  | F     | Greeff, Francois      | 43     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 6                          | 5:31.92 L  | F     | Miller, Sean          | 40     | ETSM ES | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 7                          | 5:56.55 L  | F     | Bromfield, Brendan    | 43     | HIGH KZ | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 8                          | 5:59.20 L  | F     | Skidmore, Kerry       | 43     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 9                          | 6:15.84 L  | F     | Bester, Gustav        | 40     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 10                         | 6:16.23 L  | F     | Jevon, Sean           | 42     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| <b>Men 40-44 800 Free</b>  |            |       |                       |        |         |            |                                   |  |
| 1                          | 10:33.45 L | F     | vd Westhuizen, Herman | 43     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 2                          | 10:46.11 L | F     | Vides, Avron          | 41     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 3                          | 11:02.00 L | F     | Berning, Emil         | 43     | WAHO CG | 2009-02-12 | TMS LC Champs @ Hillcrest         |  |
| 4                          | 11:23.26 L | F     | Greeff, Francois      | 43     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 5                          | 11:44.52 L | F     | Miller, Sean          | 40     | ETSM ES | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 6                          | 11:56.13 L | F     | Skidmore, Kerry       | 43     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 7                          | 12:26.93 L | F     | Greaves, Gordon       | 43     | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 8                          | 13:04.99 L | F     | Wolff, Grant          | 43     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 9                          | 13:05.90 L | F     | Bester, Gustav        | 40     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 10                         | 13:15.71 L | F     | Jevon, Sean           | 42     | AMAK BO | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| <b>Men 40-44 1500 Free</b> |            |       |                       |        |         |            |                                   |  |
| 1                          | 20:55.86 L | F     | Ruck, Harald          | 43     | COEL NT | 2008-10-04 | TMS (Coelacanth) 1500 @ Hillcrest |  |
| 2                          | 21:23.00 L | F     | Berning, Emil         | 43     | WAHO CG | 2009-02-12 | TMS LC Champs @ Hillcrest         |  |
| 3                          | 22:42.00 L | F     | Greeff, Francois      | 43     | COEL NT | 2009-02-12 | TMS LC Champs @ Hillcrest         |  |
| 4                          | 22:45.10 L | F     | Luttjeboer, Ronald    | 41     | COEL NT | 2008-10-04 | TMS (Coelacanth) 1500 @ Hillcrest |  |
| 5                          | 25:17.00 L | F     | Greaves, Gordon       | 42     | PHOE CG | 2008-10-04 | TMS (Coelacanth) 1500 @ Hillcrest |  |
| 6                          | 28:35.00 L | F     | van Deventer, Japie   | 44     | COEL NT | 2009-02-12 | TMS LC Champs @ Hillcrest         |  |
| 7                          | 30:45.00 L | F     | Stanton, Craig        | 40     | COEL NT | 2008-10-04 | TMS (Coelacanth) 1500 @ Hillcrest |  |
| 8                          | 30:46.21 L | F     | Nel, Jan              | 40     | COEL NT | 2008-10-04 | TMS (Coelacanth) 1500 @ Hillcrest |  |
| <b>Men 40-44 50 Back</b>   |            |       |                       |        |         |            |                                   |  |
| 1                          | 29.51 L    | F     | Ruck, Harald          | 44     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 2                          | 34.54 L    | F     | vd Westhuizen, Herman | 43     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 3                          | 34.68 L    | F     | Sneddon, Bruce        | 41     | CPTW WP | 2009-02-17 | WPMSA LC Champs @ UWC/Paarl/U     |  |
| 4                          | 35.84 L    | F     | Parsons, Graeme       | 40     | WAHO CG | 2009-01-31 | GMS (Phoenix) @ Ellis Park        |  |
| 5                          | 36.44 L    | F     | Bauer, Eric           | 42     | CPTW WP | 2009-01-24 | WPMSA (Cape Town) @ UWC           |  |
| 6                          | 39.78 L    | F     | Snyman, Rouan         | 40     | SSHA FS | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 7                          | 40.62 L    | F     | Nel, Jan              | 41     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 8                          | 42.29 L    | F     | Miller, Sean          | 40     | ETSM ES | 2009-02-28 | GMS Interregional @ Ellis Park    |  |
| 9                          | 43.09 L    | F     | Allner, Anton         | 44     | PHOE CG | 2009-02-12 | TMS LC Champs @ Hillcrest         |  |
| 10                         | 43.47 L    | F     | Greaves, Gordon       | 43     | PHOE CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 11                         | 46.76 L    | F     | Crowther, Bobbie      | 40     | WAHO CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| <b>Men 40-44 100 Back</b>  |            |       |                       |        |         |            |                                   |  |
| 1                          | 1:08.10 L  | F     | Ruck, Harald          | 44     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 2                          | 1:24.20 L  | F     | Geldard, Darren       | 43     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 3                          | 1:24.61 L  | F     | Stanton, Craig        | 41     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 4                          | 1:33.53 L  | F     | Miller, Sean          | 40     | ETSM ES | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 5                          | 1:48.11 L  | F     | Crowther, Bobbie      | 40     | WAHO CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| <b>Men 40-44 200 Back</b>  |            |       |                       |        |         |            |                                   |  |
| 1                          | 2:29.11 L  | F     | Taylor, Julian        | 44     | EACS KZ | 2009-02-15 | KZNMSA LC Champs @ Kings Park     |  |
| 2                          | 2:59.55 L  | F     | Stanton, Craig        | 41     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 3                          | 3:00.04 L  | F     | Geldard, Darren       | 43     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 4                          | 3:07.82 L  | F     | Nel, Jan              | 41     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 5                          | 3:30.99 L  | F     | Miller, Sean          | 40     | ETSM ES | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| 6                          | 4:05.26 L  | F     | Crowther, Bobbie      | 40     | WAHO CG | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |
| <b>Men 40-44 50 Breast</b> |            |       |                       |        |         |            |                                   |  |
| 1                          | 34.96 L    | F     | Nel, Jan              | 41     | COEL NT | 2009-03-11 | SAMS 25th LC Champs @ East Londc  |  |

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|-----------------------------|-----------|-------|-----------------------|--------|----------|------------|----------------------------------|--|
| 2                           | 35.52 L   | F     | Parsons, Graeme       | 40     | WAHO CG  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 3*                          | 39.66 L   | F     | Smith, Nigel          | 40     | TUKS NT  | 2009-02-12 | TMS LC Champs @ Hillcrest        |  |
| 3*                          | 39.66 L   | F     | Reeves, Andy          | 42     | AMAK BO  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 5                           | 39.71 L   | F     | Dolkens, Anthony      | 40     | UN-CG CG | 2009-01-31 | GMS (Phoenix) @ Ellis Park       |  |
| 6                           | 40.81 L   | F     | Page, Derek           | 43     | AMAK BO  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 7                           | 41.22 L   | F     | Greaves, Gordon       | 43     | PHOE CG  | 2009-02-12 | TMS LC Champs @ Hillcrest        |  |
| 8                           | 46.60 L   | F     | Allner, Anton         | 44     | PHOE CG  | 2009-02-12 | TMS LC Champs @ Hillcrest        |  |
| 9                           | 48.30 L   | F     | Crowther, Bobbie      | 40     | WAHO CG  | 2009-01-10 | GMS (Orphan Annie) @ Delville    |  |
| <b>Men 40-44 100 Breast</b> |           |       |                       |        |          |            |                                  |  |
| 1                           | 1:19.99 L | F     | Nel, Jan              | 41     | COEL NT  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 2                           | 1:26.77 L | F     | Sneddon, Bruce        | 41     | CPTW WP  | 2009-02-17 | WPMSA LC Champs @ UWC/Paarl/U    |  |
| 3                           | 1:27.31 L | F     | Stanton, Craig        | 41     | COEL NT  | 2009-02-28 | GMS Interregional @ Ellis Park   |  |
| 4                           | 1:30.10 L | F     | Reeves, Andy          | 42     | AMAK BO  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 5                           | 1:31.25 L | F     | Greaves, Gordon       | 43     | PHOE CG  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 6                           | 1:38.34 L | F     | Page, Derek           | 43     | AMAK BO  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| <b>Men 40-44 200 Breast</b> |           |       |                       |        |          |            |                                  |  |
| 1                           | 3:01.97 L | F     | Nel, Jan              | 41     | COEL NT  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 2                           | 3:14.87 L | F     | Stanton, Craig        | 41     | COEL NT  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 3                           | 3:25.04 L | F     | Greaves, Gordon       | 43     | PHOE CG  | 2009-02-12 | TMS LC Champs @ Hillcrest        |  |
| 4                           | 3:40.06 L | F     | Bester, Gustav        | 40     | COEL NT  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| <b>Men 40-44 50 Fly</b>     |           |       |                       |        |          |            |                                  |  |
| 1                           | 28.24 L   | F     | Ruck, Harald          | 44     | COEL NT  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 2                           | 28.73 L   | F     | Vides, Avron          | 41     | AMAK BO  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 3                           | 30.22 L   | F     | vd Westhuizen, Herman | 43     | COEL NT  | 2009-02-12 | TMS LC Champs @ Hillcrest        |  |
| 4                           | 31.07 L   | F     | Parsons, Graeme       | 40     | WAHO CG  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 5                           | 32.14 L   | F     | Sneddon, Bruce        | 41     | CPTW WP  | 2009-02-17 | WPMSA LC Champs @ UWC/Paarl/U    |  |
| 6                           | 33.05 L   | F     | Berning, Emil         | 43     | WAHO CG  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 7                           | 33.58 L   | F     | Bromfield, Brendan    | 43     | HIGH KZ  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 8                           | 33.66 L   | F     | Thompson, Michael     | 41     | AMAK BO  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 9                           | 34.02 L   | F     | Reeves, Andy          | 42     | AMAK BO  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 10                          | 34.45 L   | F     | Skidmore, Kerry       | 43     | AMAK BO  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 11                          | 38.29 L   | F     | Allner, Anton         | 44     | PHOE CG  | 2009-02-28 | GMS Interregional @ Ellis Park   |  |
| 12                          | 38.71 L   | F     | Snyman, Rouan         | 40     | SSHA FS  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| <b>Men 40-44 100 Fly</b>    |           |       |                       |        |          |            |                                  |  |
| 1                           | 1:12.26 L | F     | vd Westhuizen, Herman | 43     | COEL NT  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 2                           | 1:32.38 L | F     | Bester, Gustav        | 40     | COEL NT  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| <b>Men 40-44 200 Fly</b>    |           |       |                       |        |          |            |                                  |  |
| 1                           | 3:34.08 L | F     | Bester, Gustav        | 40     | COEL NT  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| <b>Men 40-44 200 IM</b>     |           |       |                       |        |          |            |                                  |  |
| 1                           | 2:29.67 L | F     | Taylor, Julian        | 44     | EACS KZ  | 2009-02-15 | KZNMSA LC Champs @ Kings Park    |  |
| 2                           | 2:55.59 L | F     | Stanton, Craig        | 41     | COEL NT  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| 3                           | 3:06.26 L | F     | Bromfield, Brendan    | 43     | HIGH KZ  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |
| <b>Men 40-44 400 IM</b>     |           |       |                       |        |          |            |                                  |  |
| 1                           | 6:28.84 L | F     | Stanton, Craig        | 41     | COEL NT  | 2009-03-11 | SAMS 25th LC Champs @ East Londc |  |