

## 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 45-49 50 Free</b>							
1	27.80 L	F	Taylor, Mark	47	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park
2	27.96 L	F	Reitz, Frank	47	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park
3	29.81 L	F	Hickling, Glenn	48	WAHO CG	2009-01-31	GMS (Phoenix) @ Ellis Park
4	30.00 L	F	Morgan, Trevor	49	COEL NT	2008-11-08	TMS Interregional @ Hillcrest
5	30.25 L	F	Stonestreet, Mark	49	PHOE CG	2009-01-10	GMS (Orphan Annie) @ Delville
6	30.43 L	F	Allderman, David	49	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
7	30.69 L	F	Ponsonby, Peter	46	PHOE CG	2009-01-10	GMS (Orphan Annie) @ Delville
8	31.02 L	F	Tustin, Royden	47	UN-CG CG	2009-01-10	GMS (Orphan Annie) @ Delville
9	31.38 L	F	Williams, Graham	47	HIGH KZ	2008-11-16	KZNMSA (Highway) @ Crawford
10	31.40 L	F	Lotz, Joubert	45	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
11	31.59 L	F	Gordon-Davis, Keith	49	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Lond
12	31.75 L	F	Mountjoy, Mark	46	WAHO CG	2008-11-08	TMS Interregional @ Hillcrest
13	31.99 L	F	Jevon, Dave	49	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
14	32.64 L	F	Jevon, Bryn	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
15	34.99 L	F	Bartholomew, Alan	49	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park
16	35.60 L	F	Arendse, Mike	47	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U
17	36.77 L	F	du Bruyn, Johan	49	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Lond
18	39.20 L	F	Schoeman, Danie	48	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Lond
19	39.23 L	F	Townsend, Mike	47	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
20	39.92 L	F	Keen, Sellie	45	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
21	40.85 L	F	Brown, Roche	47	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
22	42.41 L	F	Zambodla, Vuyo	48	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
<b>Men 45-49 100 Free</b>							
1	1:00.07 L	F	Taylor, Mark	47	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park
2	1:07.68 L	F	Ponsonby, Peter	46	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Lond
3	1:07.97 L	F	Hickling, Glenn	48	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Lond
4	1:08.15 L	F	Kruger, Ross	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
5	1:09.30 L	F	Mountjoy, Mark	47	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Lond
6	1:09.62 L	F	Jv Rensburg, Henk	49	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest
7	1:10.43 L	F	Tustin, Royden	47	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Lond
8	1:11.51 L	F	Stonestreet, Mark	49	PHOE CG	2009-01-10	GMS (Orphan Annie) @ Delville
9	1:11.76 L	F	Lotz, Joubert	45	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
10	1:12.03 L	F	Gordon-Davis, Keith	49	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Lond
11	1:12.93 L	F	Murray, Sean	48	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
12	1:14.56 L	F	Jevon, Bryn	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
13	1:17.22 L	F	Jevon, Dave	49	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
14	1:20.44 L	F	Arendse, Mike	47	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U
15	1:24.91 L	F	Bartholomew, Alan	49	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park
16	1:31.30 L	F	Keen, Sellie	45	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
17	1:31.36 L	F	Brown, Roche	47	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
<b>Men 45-49 200 Free</b>							
1	2:31.20 L	F	Ponsonby, Peter	46	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Lond
2	2:32.54 L	F	Hickling, Glenn	48	WAHO CG	2009-01-31	GMS (Phoenix) @ Ellis Park
3	2:38.22 L	F	Kruger, Ross	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
4	2:39.22 L	F	Stonestreet, Mark	48	PHOE CG	2008-11-08	TMS Interregional @ Hillcrest
5	2:41.58 L	F	Mountjoy, Mark	47	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Lond
6	2:45.60 L	F	Murray, Sean	48	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
7	2:48.95 L	F	Lotz, Joubert	45	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
8	3:03.05 L	F	du Bruyn, Johan	49	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Lond
9	3:30.29 L	F	Brown, Roche	47	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
10	3:43.08 L	F	Keen, Sellie	45	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
11	3:55.86 L	F	Jevon, Dave	49	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond
<b>Men 45-49 400 Free</b>							
1	5:22.20 L	F	Ponsonby, Peter	46	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Lond
2	5:27.62 L	F	Hickling, Glenn	48	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Lond

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	Time	P/F/S	Name	Age/Yr				
3	5:27.88 L	F	Tustin, Royden	47	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	5:34.14 L	F	Jv Rensburg, Henk	49	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	5:39.61 L	F	Murray, Sean	48	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	5:51.16 L	F	Stonestreet, Mark	49	PHOE CG	2009-01-10	GMS (Orphan Annie) @ Delville	
7	5:51.36 L	F	Kruger, Ross	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	5:59.01 L	F	Mountjoy, Mark	47	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	6:23.86 L	F	Lotz, Joubert	45	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	6:30.56 L	F	du Bruyn, Johan	49	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	6:55.36 L	F	Arendse, Mike	47	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
12	7:05.70 L	F	Schoeman, Danie	48	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
13	7:48.73 L	F	Brown, Roche	47	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
14	7:48.81 L	F	Keen, Sellie	45	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Men 45-49 800 Free</b>								
1	11:23.42 L	F	Ponsonby, Peter	46	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	11:55.98 L	F	Jv Rensburg, Henk	49	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	12:17.72 L	F	Kruger, Ross	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	12:23.07 L	F	Murray, Sean	48	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	12:37.93 L	F	Gordon-Davis, Keith	49	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	13:53.48 L	F	du Bruyn, Johan	49	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	14:03.41 L	F	Arendse, Mike	47	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
8	14:27.43 L	F	Schoeman, Danie	48	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	15:44.28 L	F	Brown, Roche	47	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	16:54.35 L	F	Keen, Sellie	45	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Men 45-49 1500 Free</b>								
1	21:58.00 L	F	Tustin, Royden	47	WAHO CG	2009-02-12	TMS LC Champs @ Hillcrest	
2	22:50.18 L	F	Ponsonby, Peter	45	PHOE CG	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
3	24:07.00 L	F	Jv Rensburg, Henk	49	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
4	29:05.58 L	F	Morgan, Trevor	49	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
<b>Men 45-49 50 Back</b>								
1	33.90 L	F	Morgan, Trevor	49	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
2	37.55 L	F	Gordon-Davis, Keith	49	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	40.17 L	F	Jevon, Bryn	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	40.61 L	F	Bartholomew, Alan	49	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
5	42.03 L	F	Mountjoy, Mark	47	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	42.63 L	F	Jevon, Dave	49	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	47.60 L	F	du Bruyn, Johan	49	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Men 45-49 100 Back</b>								
1	1:25.00 L	F	Gordon-Davis, Keith	49	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:33.03 L	F	Ponsonby, Peter	45	PHOE CG	2008-11-08	TMS Interregional @ Hillcrest	
3	1:40.81 L	F	Bartholomew, Alan	49	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
4	1:45.52 L	F	Jevon, Dave	49	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Men 45-49 200 Back</b>								
1	3:44.21 L	F	Bartholomew, Alan	49	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
<b>Men 45-49 50 Breast</b>								
1	35.20 L	F	van Dyk, Eric	47	UNIS MP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	35.93 L	F	Reitz, Frank	48	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	38.01 L	F	Allderman, David	49	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	41.11 L	F	Ponsonby, Peter	46	PHOE CG	2009-02-28	GMS Interregional @ Ellis Park	
5	41.68 L	F	Jv Rensburg, Henk	49	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	41.87 L	F	Williams, Graham	47	HIGH KZ	2008-11-16	KZNMSA (Highway) @ Crawford	
7	42.07 L	F	Mountjoy, Mark	47	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	42.09 L	F	Hickling, Glenn	48	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	44.21 L	F	Jevon, Bryn	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	45.54 L	F	Townsend, Mike	47	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	49.34 L	F	Arendse, Mike	47	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
12	49.69 L	F	Schoeman, Danie	48	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	

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Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
13	54.44 L	F	Brown, Roche	47	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Men 45-49 100 Breast</b>								
1	1:29.28 L	F	Ponsonby, Peter	46	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:33.00 L	F	Jv Rensburg, Henk	49	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
3	1:40.54 L	F	Jevon, Bryn	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	1:42.87 L	F	Townsend, Mike	47	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	1:45.72 L	F	Schoeman, Danie	48	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Men 45-49 200 Breast</b>								
1	3:18.91 L	F	Jv Rensburg, Henk	49	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	3:20.10 L	F	Ponsonby, Peter	46	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	3:46.98 L	F	Schoeman, Danie	48	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	3:52.45 L	F	Townsend, Mike	47	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
<b>Men 45-49 50 Fly</b>								
1	30.13 L	F	Taylor, Mark	47	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
2	30.82 L	F	Reitz, Frank	47	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
3	31.56 L	F	Morgan, Trevor	49	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
4	32.02 L	F	van Dyk, Eric	47	UNIS MP	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	33.58 L	F	Gordon-Davis, Keith	49	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	34.86 L	F	Hickling, Glenn	48	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	35.47 L	F	Williams, Graham	47	HIGH KZ	2008-11-16	KZNMSA (Highway) @ Crawford	
8	35.66 L	F	Tustin, Royden	47	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	36.46 L	F	Jevon, Bryn	46	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	44.59 L	F	Bartholomew, Alan	49	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
<b>Men 45-49 100 Fly</b>								
1	1:09.12 L	F	Taylor, Mark	47	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
2	1:29.30 L	F	Ponsonby, Peter	45	PHOE CG	2008-11-08	TMS Interregional @ Hillcrest	
<b>Men 45-49 200 Fly</b>								
1	3:48.84 L	F	Jv Rensburg, Henk	49	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
<b>Men 45-49 200 IM</b>								
1	2:54.04 L	F	Hickling, Glenn	48	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	3:04.53 L	F	Jv Rensburg, Henk	49	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
3	3:08.74 L	F	Tustin, Royden	47	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	3:55.70 L	F	du Bruyn, Johan	49	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	4:14.39 L	F	Jevon, Dave	49	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	4:19.69 L	F	Arendse, Mike	47	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
<b>Men 45-49 400 IM</b>								
1	6:46.35 L	F	Jv Rensburg, Henk	49	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	9:29.35 L	F	Arendse, Mike	47	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	