

South African Masters Swimming

Individual Top Times

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

	Time	P/F/S	Name	Age/Yr				
Men 50-54 25 Free								
1	12.71 S	F	Den Bakker, Arnaud	53	COEL NT	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit)	
2	12.93 S	F	Cones, Nigel	53	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
3	13.44 S	F	Hendricks, Nigel	50	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
4	13.95 S	F	Mitchell, Garry	50	WAHO CG	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit)	
5	14.66 S	F	Kloos, Rainer	53	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
6	14.99 S	F	Frost, David	50	WINE WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
7	15.14 S	F	Finch, Roger	51	WAHO CG	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit)	
Men 50-54 50 Free								
1	26.70 S	F	Semple, Mike	51	ETSM ES	2008-11-22	GMS (Killer Whales) @ Linden	
2	27.44 S	F	Steynberg, Andre	52	WAHO CG	2008-08-16	GMS SC Champs @ Wahoo AC	
3	28.17 S	F	Cones, Nigel	53	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou	
4	28.35 S	F	Spies, Izak	54	DOLP WP	2008-10-01	SAMS (Consol.) SC Champs @ variou	
5	28.78 S	F	Hendricks, Nigel	51	CPTW WP	2009-04-01	WPMSA @ Long Street	
6	28.79 S	F	Harker, Guy	53	WAHO CG	2008-08-16	GMS SC Champs @ Wahoo AC	
7	28.87 S	F	Yach, Theo	50	DOLP WP	2008-07-17	WPMSA (Winelands) @ Long Street	
8	29.02 S	F	Den Bakker, Arnaud	53	COEL NT	2008-08-16	GMS SC Champs @ Wahoo AC	
9	29.08 S	F	Folscher, Danie	50	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	
10	29.66 S	F	Nel, Leon	50	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	
11	30.40 S	F	Holshausen, Rod	51	CPTW WP	2009-04-01	WPMSA @ Long Street	
12	30.58 S	F	Reeves, Paul	50	AMAK BO	2008-10-01	SAMS (Consol.) SC Champs @ variou	
13	31.70 S	F	Winfield, Mike	54	CPTW WP	2009-04-01	WPMSA @ Long Street	
14	32.07 S	F	Mitchell, Garry	50	WAHO CG	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit)	
15	32.27 S	F	Frost, David	50	WINE WP	2008-07-17	WPMSA (Winelands) @ Long Street	
16	35.25 S	F	Bartholomew, Alan	50	EACS KZ	2009-01-18	KZNMSA (East Coast) @ Gordon Roa	
Men 50-54 100 Free								
1	59.69 S	F	Cones, Nigel	53	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
2	1:03.28 S	F	Hendricks, Nigel	51	CPTW WP	2009-04-01	WPMSA @ Long Street	
3	1:04.16 S	F	Holshausen, Rod	51	CPTW WP	2009-04-01	WPMSA @ Long Street	
4	1:07.89 S	F	Nel, Leon	50	CPTW WP	2008-06-19	WPMSA (Cape Town) @ Long Street	
5	1:09.39 S	F	Finch, Roger	51	WAHO CG	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit)	
6	1:09.81 S	F	Winfield, Mike	54	CPTW WP	2009-04-01	WPMSA @ Long Street	
7	1:11.93 S	F	Mitchell, Garry	50	WAHO CG	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit)	
8	1:12.94 S	F	Kloos, Rainer	53	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
9	1:14.10 S	F	Frost, David	51	WINE WP	2009-04-01	WPMSA @ Long Street	
10	1:29.56 S	F	Wright, Ingo	53	HIGH KZ	2009-01-18	KZNMSA (East Coast) @ Gordon Roa	
Men 50-54 200 Free								
1	2:21.11 S	F	Holshausen, Rod	50	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou	
2	2:23.68 S	F	Spies, Izak	54	DOLP WP	2008-10-01	SAMS (Consol.) SC Champs @ variou	
3	2:41.84 S	F	Mitchell, Garry	50	WAHO CG	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit)	
4	3:18.06 S	F	Wright, Ingo	53	HIGH KZ	2009-01-18	KZNMSA (East Coast) @ Gordon Roa	
Men 50-54 400 Free								
1	5:17.00 S	F	Holshausen, Rod	50	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	
2	5:54.15 S	F	Nel, Leon	50	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	
Men 50-54 800 Free								
1	10:17.64 S	F	Holshausen, Rod	50	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou	
2	11:10.53 S	F	Finch, Roger	51	WAHO CG	2008-10-01	SAMS (Consol.) SC Champs @ variou	
Men 50-54 1500 Free								
1	20:10.26 S	F	Holshausen, Rod	50	CPTW WP	2008-09-18	WPMSA (Cape Town) @ Long Street	
2	20:33.85 S	F	Finch, Roger	51	WAHO CG	2008-09-18	WPMSA (Cape Town) @ Long Street	
Men 50-54 25 Back								
1	16.92 S	F	Cones, Nigel	53	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
2	17.19 S	F	Holshausen, Rod	50	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
Men 50-54 50 Back								
1	31.52 S	F	Steynberg, Andre	52	WAHO CG	2008-08-16	GMS SC Champs @ Wahoo AC	

South African Masters Swimming

Individual Top Times

Times since: 01-May-08 Times until: 30-Apr-09

Number of Top Times: All Show Short Course Only

	Time	P/F/S	Name	Age/Yr				
2	33.61 S	F	Den Bakker, Arnaud	53	COEL NT	2008-08-16	GMS SC Champs @ Wahoo AC	
3	35.04 S	F	Winfield, Mike	54	CPTW WP	2009-04-01	WPMSA @ Long Street	
4	36.98 S	F	Holshausen, Rod	51	CPTW WP	2009-04-01	WPMSA @ Long Street	
5	39.63 S	F	Finch, Roger	51	WAHO CG	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit)	
6	41.09 S	F	Bartholomew, Alan	50	EACS KZ	2009-01-18	KZNMSA (East Coast) @ Gordon Roa	
Men 50-54 100 Back								
1	1:16.04 S	F	Steynberg, Andre	52	WAHO CG	2008-08-16	GMS SC Champs @ Wahoo AC	
2	1:16.27 S	F	Winfield, Mike	54	CPTW WP	2009-04-01	WPMSA @ Long Street	
Men 50-54 200 Back								
1	2:51.19 S	F	Den Bakker, Arnaud	53	COEL NT	2008-10-01	SAMS (Consol.) SC Champs @ variou	
Men 50-54 25 Breast								
1	16.69 S	F	Cones, Nigel	53	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
2	18.10 S	F	Hendricks, Nigel	50	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
3	19.23 S	F	Frost, David	50	WINE WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
4	19.31 S	F	Holshausen, Rod	50	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
Men 50-54 50 Breast								
1	36.99 S	F	Cones, Nigel	53	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou	
2	37.70 S	F	Folscher, Danie	51	CPTW WP	2009-04-01	WPMSA @ Long Street	
3	39.13 S	F	Reeves, Paul	50	AMAK BO	2008-10-01	SAMS (Consol.) SC Champs @ variou	
4	39.50 S	F	Hendricks, Nigel	50	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou	
5	39.81 S	F	Harker, Guy	53	WAHO CG	2008-10-01	SAMS (Consol.) SC Champs @ variou	
6	40.76 S	F	Frost, David	50	WINE WP	2008-07-17	WPMSA (Winelands) @ Long Street	
Men 50-54 100 Breast								
1	1:20.74 S	F	Folscher, Danie	51	CPTW WP	2009-04-01	WPMSA @ Long Street	
2	1:27.81 S	F	Frost, David	51	WINE WP	2009-04-01	WPMSA @ Long Street	
3	1:33.89 S	F	Reeves, Paul	50	AMAK BO	2008-10-01	SAMS (Consol.) SC Champs @ variou	
Men 50-54 200 Breast								
1	3:12.06 S	F	Frost, David	50	WINE WP	2008-07-17	WPMSA (Winelands) @ Long Street	
Men 50-54 25 Fly								
1	13.68 S	F	Cones, Nigel	53	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
2	14.67 S	F	Holshausen, Rod	50	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
3	15.21 S	F	Hendricks, Nigel	50	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
4	16.38 S	F	Kloos, Rainer	53	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
5	17.13 S	F	Frost, David	50	WINE WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
Men 50-54 50 Fly								
1	28.36 S	F	Steynberg, Andre	52	WAHO CG	2008-08-16	GMS SC Champs @ Wahoo AC	
2	30.70 S	F	Semple, Mike	51	ETSM ES	2008-11-22	GMS (Killer Whales) @ Linden	
3	30.79 S	F	Cones, Nigel	53	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou	
4	31.34 S	F	Den Bakker, Arnaud	53	COEL NT	2008-08-16	GMS SC Champs @ Wahoo AC	
5	31.89 S	F	Holshausen, Rod	50	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou	
6	33.00 S	F	Folscher, Danie	51	CPTW WP	2009-04-01	WPMSA @ Long Street	
7	33.76 S	F	Hendricks, Nigel	50	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou	
8	35.59 S	F	Harker, Guy	53	WAHO CG	2008-08-16	GMS SC Champs @ Wahoo AC	
9	37.38 S	F	Kloos, Rainer	53	CPTW WP	2008-09-18	WPMSA (Cape Town) @ Long Street	
10	37.42 S	F	Reeves, Paul	50	AMAK BO	2008-10-01	SAMS (Consol.) SC Champs @ variou	
11	38.74 S	F	Frost, David	51	WINE WP	2009-04-01	WPMSA @ Long Street	
12	40.56 S	F	Bartholomew, Alan	50	EACS KZ	2009-01-18	KZNMSA (East Coast) @ Gordon Roa	
Men 50-54 100 Fly								
1	1:10.32 S	F	Holshausen, Rod	50	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
Men 50-54 100 IM								
1	1:13.48 S	F	Den Bakker, Arnaud	53	COEL NT	2008-05-17	GMS (Wahoo) @ Wahoo AC (Frostbit)	
2	1:13.89 S	F	Cones, Nigel	53	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou	
3	1:14.65 S	F	Folscher, Danie	51	CPTW WP	2009-04-01	WPMSA @ Long Street	
4	1:16.56 S	F	Hendricks, Nigel	50	CPTW WP	2008-10-01	SAMS (Consol.) SC Champs @ variou	

South African Masters Swimming

Individual Top Times

Times since: 01-May-08 Times until: 30-Apr-09

Number of Top Times: All Show Short Course Only

	Time	P/F/S	Name	Age/Yr				
5	1:16.79 S	F	Holshausen, Rod	51	CPTW WP	2009-04-01	WPMSA @ Long Street	
6	1:17.93 S	F	Yach, Theo	50	DOLP WP	2008-07-17	WPMSA (Winelands) @ Long Street	
7	1:20.56 S	F	Harker, Guy	53	WAHO CG	2008-06-22	GMS (Wahoo) @ Wahoo AC (Frostbit	
8	1:25.20 S	F	Winfield, Mike	53	CPTW WP	2008-06-19	WPMSA (Cape Town) @ Long Street	
9	1:25.77 S	F	Frost, David	51	WINE WP	2009-04-01	WPMSA @ Long Street	
10	1:28.99 S	F	Kloos, Rainer	53	CPTW WP	2008-09-18	WPMSA (Cape Town) @ Long Street	
Men 50-54 200 IM								
1	2:39.38 S	F	Cones, Nigel	53	CPTW WP	2008-11-15	WPMSA (Cape Dolphin) @ Rondebos	
2	2:40.53 S	F	Folscher, Danie	50	CPTW WP	2008-08-17	WPMSA (Cape Dolphin) @ Stellenbos	