

## 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 75-79 50 Free</b>								
1	36.68 L	F	Borstlap, Buddy	76	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	40.51 L	F	Meyer, Digby	78	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	43.47 L	F	King, Ralph	79	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
4	51.41 L	F	Beukes, Ted	79	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
5	52.40 L	F	Grobler, Martie	77	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
6	1:04.49 L	F	Theron, Sarel	75	COEL NT	2009-02-28	GMS Interregional @ Ellis Park	
<b>Men 75-79 100 Free</b>								
1	1:45.52 L	F	King, Ralph	79	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
2	1:45.69 L	F	Meyer, Digby	78	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	1:55.76 L	F	Beukes, Ted	79	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
4	2:29.24 L	F	Grobler, Martie	77	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
<b>Men 75-79 200 Free</b>								
1	3:39.29 L	F	Arbuthnot, Buth	77	SEAL KZ	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	4:16.20 L	F	Beukes, Ted	79	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
<b>Men 75-79 400 Free</b>								
1	8:01.96 L	F	Arbuthnot, Buth	77	SEAL KZ	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	8:26.73 L	F	Trenor, John	75	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	8:50.40 L	F	Beukes, Ted	79	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
<b>Men 75-79 800 Free</b>								
1	16:01.32 L	F	Arbuthnot, Buth	77	SEAL KZ	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	17:35.78 L	F	Trenor, John	75	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	18:54.21 L	F	Beukes, Ted	79	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
<b>Men 75-79 50 Back</b>								
1	46.89 L	F	Borstlap, Buddy	76	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	49.49 L	F	Arbuthnot, Buth	77	SEAL KZ	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	57.45 L	F	King, Ralph	79	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
4	59.07 L	F	Meyer, Digby	78	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
5	1:16.59 L	F	Beukes, Ted	79	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
<b>Men 75-79 100 Back</b>								
1	1:44.93 L	F	Borstlap, Buddy	76	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	1:52.29 L	F	Arbuthnot, Buth	77	SEAL KZ	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	2:11.22 L	F	Trenor, John	75	ETSM ES	2009-02-12	TMS LC Champs @ Hillcrest	
4	2:36.37 L	F	Meyer, Digby	78	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
<b>Men 75-79 200 Back</b>								
1	3:56.84 L	F	Borstlap, Buddy	76	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	4:05.00 L	F	Arbuthnot, Buth	77	SEAL KZ	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	4:50.00 L	F	Trenor, John	75	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Lond	
<b>Men 75-79 50 Breast</b>								
1	54.16 L	F	Theron, Sarel	75	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
2	1:03.89 L	F	King, Ralph	79	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
<b>Men 75-79 100 Breast</b>								
1	2:07.12 L	F	Theron, Sarel	75	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
<b>Men 75-79 200 Breast</b>								
1	4:39.53 L	F	Theron, Sarel	75	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
<b>Men 75-79 50 Fly</b>								
1	50.63 L	F	Borstlap, Buddy	76	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Lond	
<b>Men 75-79 200 IM</b>								
1	4:19.06 L	F	Borstlap, Buddy	76	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Lond	
<b>Men 75-79 400 IM</b>								
1	10:52.57 L	F	Trenor, John	75	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Lond	