

GMS Long Course Records**GMS record - Records**

Women 19-24 50 Free	29.60	2003-03-27	Bridgette Connell (Dbn)
Women 19-24 100 Free	1:05.15	2004-03-20	Bridgette Connell (EL)
Women 19-24 200 Free	2:25.16	2005-03-18	Katia Taylor (Grm)
Women 19-24 400 Free	5:04.56	1992-03-12	RACHELLE ISAKOV
Women 19-24 800 Free	10:14.00	1992-03-12	RACHELLE ISAKOV
Women 19-24 1500 Free	24:24.00	2006-09-23	Tracey Gardiner (Pta)
Women 19-24 50 Back	36.59	1992-03-12	RACHELLE ISAKOV
Women 19-24 100 Back	1:17.90	2010-03-18	Samantha Hunter (Pta)
Women 19-24 200 Back	2:51.84	1994-03-19	Rachelle Isakov
Women 19-24 50 Breast	41.76	2001-03-01	Caroline Vogts (Pta)
Women 19-24 100 Breast	1:33.38	2002-01-20	Bridgette Connell (Grm)
Women 19-24 200 Breast	3:11.19	1992-03-12	RACHELLE ISAKOV
Women 19-24 50 Fly	33.18	1992-03-12	RACHELLE ISAKOV
Women 19-24 100 Fly	1:12.72	1992-03-12	RACHELLE ISAKOV
Women 19-24 200 Fly	2:48.36	1992-03-12	RACHELLE ISAKOV
Women 19-24 200 IM	2:39.46	1992-03-12	RACHELLE ISAKOV
Women 19-24 400 IM	5:44.78	1992-03-12	RACHELLE ISAKOV
Women 25-29 50 Free	29.18	2009-03-14	Tracy Marr (EL)
Women 25-29 100 Free	1:04.74	1999-03-18	Lizelle Haupt (EL)
Women 25-29 200 Free	2:32.37	2006-03-03	Tammy Souster (Mal)
Women 25-29 400 Free	5:13.75	2005-03-18	Tammy Souster (Grm)
Women 25-29 800 Free	10:26.84	1999-03-18	Rachelle Isakov (EL)
Women 25-29 1500 Free	21:24.44	2006-09-23	Nadia Bacchini (Pta)
Women 25-29 50 Back	35.04	2005-03-18	Tammy Souster (Grm)
Women 25-29 100 Back	1:14.90	2004-03-18	Tammy Souster (EL)
Women 25-29 200 Back	2:41.99	6-2004	Tammy Souster (Ric)
Women 25-29 50 Breast	34.97	1999-03-18	Lizelle Haupt (EL)
Women 25-29 100 Breast	1:25.38	1996-04-12	Heather Morris-Eyton
Women 25-29 200 Breast	2:53.47	1996-04-11	Heather Morris-Eyton
Women 25-29 50 Fly	32.20	6-2004	Tammy Souster (Ric)
Women 25-29 100 Fly	1:11.45	2005-03-18	Tania Fryer (Grm)
Women 25-29 200 Fly	3:03.16	1993-03-20	INGRID GASKIN
Women 25-29 200 IM	2:40.06	2004-03-18	Tammy Souster (EL)
Women 25-29 400 IM	5:43.41	3-1999	Rachelle Isakov (EL)
Women 30-34 50 Free	29.03	2002-01-20	Claire Bolton (Grm) - SODOL
Women 30-34 100 Free	1:04.99	2006-03-04	Tania Fryer (Mal)
Women 30-34 200 Free	2:25.70	2008-03-13	Bianca Troup (Dbn)
Women 30-34 400 Free	5:05.15	2008-03-15	Bianca Troup (Dbn)
Women 30-34 800 Free	10:26.84	2004-03-18	Rachelle Isakov (EL)
Women 30-34 1500 Free	21:18.60	2007-09-29	Nadia Bacchini (Pta)
Women 30-34 50 Back	34.53	2002-01-20	Lisa Gomes (Grm)
Women 30-34 100 Back	1:18.69	2008-03-13	Hayley Mee (Dbn)
Women 30-34 200 Back	2:44.91	2008-03-14	Hayley Mee (Dbn)
Women 30-34 50 Breast	35.22	2002-02-28	Lizelle Haupt (Oud)
Women 30-34 100 Breast	1:18.55	2001-03-01	Lizelle Haupt (Pta)
Women 30-34 200 Breast	3:09.76	1993-03-20	Chris MacKinnon
Women 30-34 50 Fly	31.08	2002-01-20	Claire Bolton (Grm)
Women 30-34 100 Fly	1:12.25	2006-03-02	Tania Fryer (Mal)
Women 30-34 200 Fly	2:39.32	2004-03-18	Rachelle Isakov (EL)
Women 30-34 200 IM	2:47.60	2003-03-29	Rachelle Isakov (Dbn)
Women 30-34 400 IM	5:42.57	2004-03-20	Rachelle Isakov (EL)
Women 35-39 50 Free	30.62	2001-03-01	Chris MacKinnon (Pta)
Women 35-39 100 Free	1:05.49	2005-03-19	Natasha Panzera (Grm)
Women 35-39 200 Free	2:26.44	2010-03-20	Bianca Troup (Pta)
Women 35-39 400 Free	5:08.30	2006-08-10	Rachelle Isakov (San)
Women 35-39 800 Free	10:38.35	2005-03-17	Rachelle Isakov (Grm)
Women 35-39 1500 Free	20:47.06	2005-10-01	Rachelle Isakov (Pta)
Women 35-39 50 Back	36.78	1996-04-13	Liz Spagnuolo
Women 35-39 100 Back	1:21.18	2009-03-13	Jenni Dolkens (EL)
Women 35-39 200 Back	2:57.50	2001-03-01	Debra Carroll
Women 35-39 50 Breast	38.84	2005-02-19	Heather Morris-Eyton (Pta)
Women 35-39 100 Breast	1:21.75	2005-02-19	Heather Morris-Eyton (Pta)

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Women 35-39 200 Breast	2:52.87	2005-02-19	Heather Morris-Eyton (Pta)
Women 35-39 50 Fly	31.09	2007-02-24	Rachelle Isakov (Pta)
Women 35-39 100 Fly	1:10.41	2006-08-07	Rachelle Isakov (San)
Women 35-39 200 Fly	2:37.39	2005-03-17	Rachelle Isakov (Grm)
Women 35-39 200 IM	2:47.37	2006-03-02	Rachelle Isakov (Mal)
Women 35-39 400 IM	5:43.13	2006-08-06	Rachelle Isakov (San)
Women 40-44 50 Free	29.38	3-2002	Debbie Carroll (Chc)
Women 40-44 100 Free	1:04.38	2002-02-28	Debbie Carroll (Oud)
Women 40-44 200 Free	2:22.26	2002-02-28	Debbie Carroll (Oud)
Women 40-44 400 Free	4:59.53	2009-03-14	Heather Morris-Eyton (EL)
Women 40-44 800 Free	10:17.59	2009-03-11	Heather Morris-Eyton (EL)
Women 40-44 1500 Free	20:09.10	2009-02-12	Heather Morris-Eyton (Pta)
Women 40-44 50 Back	35.81	3-2002	Debbie Carroll (Chc)
Women 40-44 100 Back	1:20.65	2004-03-18	Debbie Carroll (EL)
Women 40-44 200 Back	2:50.53	2002-02-28	Debbie Carroll (Oud)
Women 40-44 50 Breast	35.59	2009-11-07	Heather Morris-Eyton (Pta)
Women 40-44 100 Breast	1:16.33	2009-03-12	Heather Morris-Eyton (EL)
Women 40-44 200 Breast	2:43.16	2010-03-19	Heather Morris-Eyton (Pta)
Women 40-44 50 Fly	33.34	1997-03-21	Liz Spagnuolo
Women 40-44 100 Fly	1:21.31	1999-03-06	Clare Davie
Women 40-44 200 Fly	3:31.14	1994-07-09	Helen Lawless
Women 40-44 200 IM	2:46.00	2009-11-07	Heather Morris-Eyton (Pta)
Women 40-44 400 IM	6:34.19	1995-03-24	Judy MacKay
Women 45-49 50 Free	30.16	2007-03-17	Debbie Carroll (Sas)
Women 45-49 100 Free	1:06.67	2007-03-17	Debbie Carroll (Sas)
Women 45-49 200 Free	2:25.53	2008-03-13	Lesley Pedlar (Dbn)
Women 45-49 400 Free	5:04.11	2008-03-15	Lesley Pedlar (Dbn)
Women 45-49 800 Free	10:54.88	2002-02-28	Clare Davie (Oud)
Women 45-49 1500 Free	21:35.78	2005-10-01	Clare davie (Pta)
Women 45-49 50 Back	37.05	2008-03-15	Debbie Carroll (Dbn)
Women 45-49 100 Back	1:20.51	2002-02-28	Clare Davie (Oud)
Women 45-49 200 Back	2:49.80	2001-10-14	Clare Davie (Jhb)
Women 45-49 50 Breast	38.77	1994-07-09	Shirley Turner
Women 45-49 100 Breast	1:25.68	1994-07-09	Shirley Turner
Women 45-49 200 Breast	3:06.52	1995-03-23	Shirley Turner
Women 45-49 50 Fly	35.76	2002-01-20	Liz Spagnuolo (Grm)
Women 45-49 100 Fly	1:23.66	2003-03-15	Clare Davie (Grm)
Women 45-49 200 Fly	3:01.02	2002-02-28	Clare Davie (Oud)
Women 45-49 200 IM	2:59.48	2001-01-27	Clare Davie (Jhb)
Women 45-49 400 IM	6:12.19	2002-02-28	Clare Davie (Oud)
Women 50-54 50 Free	32.57	2005-03-19	Marissa Rollnick (Grm)
Women 50-54 100 Free	1:13.14	2004-03-20	Marissa Rollnick (EL)
Women 50-54 200 Free	2:40.29	2005-03-18	Marissa Rollnick (Grm)
Women 50-54 400 Free	5:27.55	2006-03-04	Clare Davie (Mal)
Women 50-54 800 Free	11:12.81	2006-08-04	Clare Davie (San)
Women 50-54 1500 Free	22:03.78	2008-10-04	Clare Davie (Pta)
Women 50-54 50 Back	37.91	1990-03-15	MOIRA LAMONT
Women 50-54 100 Back	1:21.23	2006-03-02	Clare Davie (Mal)
Women 50-54 200 Back	2:49.89	2006-08-05	Clare Davie (San)
Women 50-54 50 Breast	40.93	1998-04-04	Shirley Turner
Women 50-54 100 Breast	1:28.05	1998-04-03	Shirley Turner
Women 50-54 200 Breast	3:09.79	1998-03-07	Shirley Turner
Women 50-54 50 Fly	39.70	2001-03-01	Jenny Ireland (Pta)
Women 50-54 100 Fly	1:28.62	3-2000	Jenny Ireland (CT)
Women 50-54 200 Fly	3:04.04	2006-03-04	Clare Davie (Mal)
Women 50-54 200 IM	3:07.10	2007-03-17	Clare Davie (Sas)
Women 50-54 400 IM	6:16.44	2006-03-03	Clare Davie (Mal)
Women 55-59 50 Free	33.04	2009-03-11	Marissa Rollnick (EL)
Women 55-59 100 Free	1:14.02	2006-03-04	Marissa Rollnick (Mal)
Women 55-59 200 Free	2:41.93	2006-08-06	Marissa Rollnick (San)
Women 55-59 400 Free	5:45.80	2006-08-10	Marissa Rollnick (San)
Women 55-59 800 Free	11:44.43	2006-03-02	Marissa Rollnick (Mal)

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Women 55-59 1500 Free	23:29.25	2006-09-23	Marissa Rollnick (Pta)
Women 55-59 50 Back	44.14	2001-03-01	Anne Jones (Pta)
Women 55-59 100 Back	1:36.50	1996-06-22	Sue Leuner
Women 55-59 200 Back	3:21.72	2006-02-18	Jenny Ireland (Pta)
Women 55-59 50 Breast	44.31	2006-01-28	Jenny Ireland (Jhb)
Women 55-59 100 Breast	1:39.77	2006-03-03	Jenny Ireland (Mal)
Women 55-59 200 Breast	3:32.27	2006-03-02	Jenny Ireland (Mal)
Women 55-59 50 Fly	39.69	1998-04-03	Sue Leuner
Women 55-59 100 Fly	1:31.85	2007-03-17	Jenny Ireland (Sas)
Women 55-59 200 Fly	3:54.47	2005-03-17	Helen Lawless (Grm)
Women 55-59 200 IM	3:15.60	2005-03-17	Jenny Ireland (Grm)
Women 55-59 400 IM	6:56.41	2006-03-03	Jenny Ireland (Mal)
Women 60-64 50 Free	34.52	3-2000	Sue Leuner - PHOEN
Women 60-64 100 Free	1:19.46	2007-03-17	Anne Jones (Sas)
Women 60-64 200 Free	2:56.90	8-2002	Sue Leuner (Mun)
Women 60-64 400 Free	6:14.92	2006-03-04	Anne Jones (Mal)
Women 60-64 800 Free	12:51.28	2006-03-02	Anne Jones (Mal)
Women 60-64 1500 Free	25:51.35	2005-10-01	Anne Jones (Pta)
Women 60-64 50 Back	46.27	2005-03-18	Anne Jones (Grm)
Women 60-64 100 Back	1:53.77	1998-04-02	Gloria Williamson
Women 60-64 200 Back	3:38.30	2007-03-16	Anne Jones (Sas)
Women 60-64 50 Breast	49.48	2005-03-19	Gudrun von Wimmersperg (Grm)
Women 60-64 100 Breast	1:51.54	2004-03-18	Gudrun von Wimmersperg (EL)
Women 60-64 200 Breast	4:24.92	2009-03-13	Mercia Ferreira (EL)
Women 60-64 50 Fly	40.29	8-2000	Sue Leuner (Mun)
Women 60-64 100 Fly	1:39.91	2009-11-07	Helen Lawless (Pta)
Women 60-64 200 Fly	3:53.62	2010-03-18	Helen Lawless (Pta)
Women 60-64 200 IM	3:37.75	2009-11-07	Helen Lawless (Pta)
Women 60-64 400 IM	7:47.36	2010-03-20	Helen Lawless (Pta)
Women 65-69 50 Free	36.69	2010-03-19	Anne Jones (Pta)
Women 65-69 100 Free	1:23.94	2010-02-20	Anne Jones (Pta)
Women 65-69 200 Free	3:12.33	2010-03-20	Anne Jones (Pta)
Women 65-69 400 Free	6:50.62	2010-03-19	Anne Jones (Pta)
Women 65-69 800 Free	14:31.46	2010-03-17	Anne Jones (Pta)
Women 65-69 1500 Free	31:46.00	2004-02-17	Gloria Williamson (Pta)
Women 65-69 50 Back	49.00	2010-02-27	Anne Jones (Jhb)
Women 65-69 100 Back	2:00.69	1994-03-19	Caroline Kelly
Women 65-69 200 Back	3:50.48	2010-03-19	Anne Jones (Pta)
Women 65-69 50 Breast	54.56	1995-03-25	Caroline Kelly
Women 65-69 100 Breast	2:01.19	2008-03-14	Gudrun von Wimmersperg (Dbn)
Women 65-69 200 Breast	4:27.35	1995-03-23	Caroline Kelly
Women 65-69 50 Fly	49.89	2008-03-13	Gudrun von Wimmersperg (Dbn)
Women 65-69 100 Fly	2:05.31	1997-02-15	Dilys van der Merwe
Women 65-69 200 Fly	59:59.99		Vacant
Women 65-69 200 IM	4:01.65	1998-04-04	Dilys van der Merwe
Women 65-69 400 IM	59:59.99		Vacant
Women 70-74 50 Free	43.15	2010-03-19	Gloria Williamson (Pta)
Women 70-74 100 Free	1:35.62	2009-03-13	Gloria Williamson (EL)
Women 70-74 200 Free	3:43.64	2009-03-12	Gloria Williamson (EL)
Women 70-74 400 Free	7:57.79	2010-03-19	Gloria Williamson (Pta)
Women 70-74 800 Free	16:11.67	2009-01-31	Gloria Williamson (Jhb)
Women 70-74 1500 Free	59:59.99		Vacant
Women 70-74 50 Back	59.71	2010-03-20	Gloria Williamson (Pta)
Women 70-74 100 Back	2:45.56	1994-03-19	Greta Calitz
Women 70-74 200 Back	59:59.99		Vacant
Women 70-74 50 Breast	1:00.57	1994-03-19	Greta Calitz
Women 70-74 100 Breast	2:36.21	1991-03-14	GRETA CALITZ
Women 70-74 200 Breast	5:45.53	1991-03-14	GRETA CALITZ
Women 70-74 50 Fly	59:59.99		Vacant
Women 70-74 100 Fly	59:59.99		Vacant
Women 70-74 200 Fly	59:59.99		Vacant
Women 70-74 200 IM	59:59.99		Vacant

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Women 70-74 400 IM	59:59.99		Vacant
Women 75-79 50 Free	1:14.71	1996-04-11	Greta Calitz
Women 75-79 100 Free	59:59.99		Vacant
Women 75-79 200 Free	59:59.99		Vacant
Women 75-79 400 Free	59:59.99		Vacant
Women 75-79 800 Free	59:59.99		Vacant
Women 75-79 1500 Free	59:59.99		Vacant
Women 75-79 50 Back	1:15.56	1996-04-13	Greta Calitz
Women 75-79 100 Back	2:43.19	1996-04-11	Greta Calitz
Women 75-79 200 Back	59:59.99		Vacant
Women 75-79 50 Breast	1:14.20	1996-04-13	Greta Calitz
Women 75-79 100 Breast	2:39.65	1996-04-12	Greta Calitz
Women 75-79 200 Breast	5:58.85	1996-04-11	Greta Calitz
Women 75-79 50 Fly	59:59.99		Vacant
Women 75-79 100 Fly	59:59.99		Vacant
Women 75-79 200 Fly	59:59.99		Vacant
Women 75-79 200 IM	59:59.99		Vacant
Women 75-79 400 IM	59:59.99		Vacant
Women 80-84 50 Free	59:59.99		Vacant
Women 80-84 100 Free	59:59.99		Vacant
Women 80-84 200 Free	59:59.99		Vacant
Women 80-84 400 Free	59:59.99		Vacant
Women 80-84 800 Free	59:59.99		Vacant
Women 80-84 1500 Free	59:59.99		Vacant
Women 80-84 50 Back	59:59.99		Vacant
Women 80-84 100 Back	59:59.99		Vacant
Women 80-84 200 Back	59:59.99		Vacant
Women 80-84 50 Breast	2:03.35	1991-11-16	THELMA WALTER
Women 80-84 100 Breast	59:59.99		Vacant
Women 80-84 200 Breast	59:59.99		Vacant
Women 80-84 50 Fly	59:59.99		Vacant
Women 80-84 100 Fly	59:59.99		Vacant
Women 80-84 200 Fly	59:59.99		Vacant
Women 80-84 200 IM	59:59.99		Vacant
Women 80-84 400 IM	59:59.99		Vacant
Women 85-89 50 Free	59:59.99		Vacant
Women 85-89 100 Free	59:59.99		Vacant
Women 85-89 200 Free	59:59.99		Vacant
Women 85-89 400 Free	59:59.99		Vacant
Women 85-89 800 Free	59:59.99		Vacant
Women 85-89 1500 Free	59:59.99		Vacant
Women 85-89 50 Back	59:59.99		Vacant
Women 85-89 100 Back	59:59.99		Vacant
Women 85-89 200 Back	59:59.99		Vacant
Women 85-89 50 Breast	59:59.99		Vacant
Women 85-89 100 Breast	59:59.99		Vacant
Women 85-89 200 Breast	59:59.99		Vacant
Women 85-89 50 Fly	59:59.99		Vacant
Women 85-89 100 Fly	59:59.99		Vacant
Women 85-89 200 Fly	59:59.99		Vacant
Women 85-89 200 IM	59:59.99		Vacant
Women 85-89 400 IM	59:59.99		Vacant
Women 90-94 50 Free	59:59.99		Vacant
Women 90-94 100 Free	59:59.99		Vacant
Women 90-94 200 Free	59:59.99		Vacant
Women 90-94 400 Free	59:59.99		Vacant
Women 90-94 800 Free	59:59.99		Vacant
Women 90-94 1500 Free	59:59.99		Vacant
Women 90-94 50 Back	59:59.99		Vacant
Women 90-94 100 Back	59:59.99		Vacant
Women 90-94 200 Back	59:59.99		Vacant
Women 90-94 50 Breast	59:59.99		Vacant

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Women 90-94 100 Breast	59:59.99		Vacant
Women 90-94 200 Breast	59:59.99		Vacant
Women 90-94 50 Fly	59:59.99		Vacant
Women 90-94 100 Fly	59:59.99		Vacant
Women 90-94 200 Fly	59:59.99		Vacant
Women 90-94 200 IM	59:59.99		Vacant
Women 90-94 400 IM	59:59.99		Vacant
Women 95-99 50 Free	59:59.99		Vacant
Women 95-99 100 Free	59:59.99		Vacant
Women 95-99 200 Free	59:59.99		Vacant
Women 95-99 400 Free	59:59.99		Vacant
Women 95-99 800 Free	59:59.99		Vacant
Women 95-99 1500 Free	59:59.99		Vacant
Women 95-99 50 Back	59:59.99		Vacant
Women 95-99 100 Back	59:59.99		Vacant
Women 95-99 200 Back	59:59.99		Vacant
Women 95-99 50 Breast	59:59.99		Vacant
Women 95-99 100 Breast	59:59.99		Vacant
Women 95-99 200 Breast	59:59.99		Vacant
Women 95-99 50 Fly	59:59.99		Vacant
Women 95-99 100 Fly	59:59.99		Vacant
Women 95-99 200 Fly	59:59.99		Vacant
Women 95-99 200 IM	59:59.99		Vacant
Women 95-99 400 IM	59:59.99		Vacant
Women 100-104 50 Free	59:59.99		Vacant
Women 100-104 100 Free	59:59.99		Vacant
Women 100-104 200 Free	59:59.99		Vacant
Women 100-104 400 Free	59:59.99		Vacant
Women 100-104 800 Free	59:59.99		Vacant
Women 100-104 1500 Free	59:59.99		Vacant
Women 100-104 50 Back	59:59.99		Vacant
Women 100-104 100 Back	59:59.99		Vacant
Women 100-104 200 Back	59:59.99		Vacant
Women 100-104 50 Breast	59:59.99		Vacant
Women 100-104 100 Breast	59:59.99		Vacant
Women 100-104 200 Breast	59:59.99		Vacant
Women 100-104 50 Fly	59:59.99		Vacant
Women 100-104 100 Fly	59:59.99		Vacant
Women 100-104 200 Fly	59:59.99		Vacant
Women 100-104 200 IM	59:59.99		Vacant
Women 100-104 400 IM	59:59.99		Vacant
Men 19-24 50 Free	25.85	2007-02-24	Tyler Morrison (Pta)
Men 19-24 100 Free	59.88	2001-03-01	Louis Oosthuizen (Pta)
Men 19-24 200 Free	1:59.61	2007-03-16	Tyron Venter (Sas)
Men 19-24 400 Free	4:15.06	2007-03-15	Tyron Venter (Sas)
Men 19-24 800 Free	9:07.39	2005-03-17	Tyron Venter (Grm)
Men 19-24 1500 Free	59:59.99		Vacant
Men 19-24 50 Back	30.65	2005-03-18	Neal Crawford (Grm)
Men 19-24 100 Back	1:07.56	2005-03-17	Neal Crawford (Grm)
Men 19-24 200 Back	2:29.51	2005-03-19	Neal Crawford (Grm)
Men 19-24 50 Breast	34.14	2004-11-20	Brandon Venter (Pta)
Men 19-24 100 Breast	1:17.76	2004-11-20	Brandon Venter (Pta)
Men 19-24 200 Breast	3:02.02	2006-03-02	Brandon Venter (Mal)
Men 19-24 50 Fly	29.54	2007-03-16	Tyler Morrison (Sas)
Men 19-24 100 Fly	1:03.43	2006-03-02	Tyron Venter (Mal)
Men 19-24 200 Fly	2:14.45	2007-03-15	Tyron Venter (Sas)
Men 19-24 200 IM	2:17.35	2007-03-17	Tyron Venter (Sas)
Men 19-24 400 IM	4:51.32	2007-03-16	Tyron Venter (Sas)
Men 25-29 50 Free	24.29	1994-02-26	Ivor Segal
Men 25-29 100 Free	54.45	1990	Hans Weilert (CT)
Men 25-29 200 Free	2:01.98	1991-03-14	HANS WEILERT
Men 25-29 400 Free	5:08.52	2003-03-29	Jason Wagner (Dbn)

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Men 25-29 800 Free	10:45.43	2004-03-18	Jason Wagner (EL)
Men 25-29 1500 Free	21:17.23	1991-03-14	PIERS PIROW
Men 25-29 50 Back	30.15	1991-11-16	MICHAEL KRITZINGER
Men 25-29 100 Back	1:06.74	1991-11-16	MIKE KRITZINGER
Men 25-29 200 Back	2:32.92	1991-03-14	MIKE KRITZINGER
Men 25-29 50 Breast	29.14	2006-08-07	Chris Stewart (San)
Men 25-29 100 Breast	1:09.77	1991-03-14	MARTIN SEWARD
Men 25-29 200 Breast	2:40.05	1998-04-02	Gary Coetzee
Men 25-29 50 Fly	26.89	1991-03-14	HANS WEILERT
Men 25-29 100 Fly	1:01.01	2001-03-01	Patrick Gombos (Pta)
Men 25-29 200 Fly	3:04.94	2007-03-15	Jason Wagner (Sas)
Men 25-29 200 IM	2:38.08	2006-03-02	Jason Thom (Mal)
Men 25-29 400 IM	5:53.53	2006-03-03	Trevor Gordon (Mal)
Men 30-34 50 Free	24.88	2009-01-31	Glenn Swart (Jhb)
Men 30-34 100 Free	55.19	2006-03-04	Paul Fryer (Mal)
Men 30-34 200 Free	2:05.11	2006-03-03	Paul Fryer (Mal)
Men 30-34 400 Free	4:33.74	2006-03-04	Paul Fryer (Mal)
Men 30-34 800 Free	9:35.13	2006-03-02	Paul Fryer (Mal)
Men 30-34 1500 Free	18:56.44	2009-09-19	Steven Hurley (Pta)
Men 30-34 50 Back	29.90	2005-03-18	Lain Schutte (Grm)
Men 30-34 100 Back	1:06.66	2005-03-17	Lain Schutte (Grm)
Men 30-34 200 Back	2:35.49	2005-03-19	Lain Schutte (Grm)
Men 30-34 50 Breast	32.67	2005-03-19	Karl Rogers (Grm)
Men 30-34 100 Breast	1:12.13	11-2002	Gary Coetzee (Syd)
Men 30-34 200 Breast	2:35.73	11-2002	Gary Coetzee (Syd)
Men 30-34 50 Fly	26.75	2009-01-31	Glenn Swart (Jhb)
Men 30-34 100 Fly	1:04.69	1999-03-18	Stephen Haupt (EL)
Men 30-34 200 Fly	2:37.63	1990-03-15	DAVID NOWIKOV
Men 30-34 200 IM	2:28.54	2006-03-02	Paul Fryer (Mal)
Men 30-34 400 IM	5:47.38	2007-03-16	Byron Dillon (Sas)
Men 35-39 50 Free	25.95	2002-02-28	Stephen Haupt (Oud)
Men 35-39 100 Free	57.40	2002-02-28	Stephen Haupt (Oud)
Men 35-39 200 Free	2:09.59	2010-03-20	Steven Hurley (Pta)
Men 35-39 400 Free	4:30.71	2010-03-19	Steven Hurley (Pta)
Men 35-39 800 Free	9:32.32	2010-03-17	Steven Hurley (Pta)
Men 35-39 1500 Free	18:30.05	1989	Tyrone Tozer (Dbn)
Men 35-39 50 Back	32.11	2005-03-18	Gary Coetzee (Grm)
Men 35-39 100 Back	1:08.92	2001-03-01	Chris Buchanan
Men 35-39 200 Back	2:36.34	2001-03-01	Chris Buchanan (Pta)
Men 35-39 50 Breast	31.94	1992	Tim Shead (Ind)
Men 35-39 100 Breast	1:11.26	1992	Tim Shead (Ind)
Men 35-39 200 Breast	2:38.83	2005-03-18	Gary Coetzee (Grm)
Men 35-39 50 Fly	28.21	1991-03-14	TIM SHEAD
Men 35-39 100 Fly	1:07.20	1996-04-11	Quirin Kohler
Men 35-39 200 Fly	3:06.36	1992-03-12	TIM SHEAD
Men 35-39 200 IM	2:26.15	1990-03-15	TIM SHEAD
Men 35-39 400 IM	5:13.07	1992	Tim Shead (Ind)
Men 40-44 50 Free	25.40	2010-03-19	Stephen Haupt (Pta)
Men 40-44 100 Free	57.04	2010-03-18	Stephen Haupt (Pta)
Men 40-44 200 Free	2:09.82	2004-03-19	Gregg Price (EL)
Men 40-44 400 Free	4:37.04	1992	Tyrone Tozer (Ind)
Men 40-44 800 Free	9:37.23	1992	Tyrone Tozer (Ind)
Men 40-44 1500 Free	19:00.81	1991-03-14	TYRONE TOZER
Men 40-44 50 Back	31.76	1998-04-04	Andre Steynberg
Men 40-44 100 Back	1:08.87	1993-03-20	TIM SHEAD
Men 40-44 200 Back	2:33.42	2002-02-28	Chris Buchanan (Oud)
Men 40-44 50 Breast	32.56	1993-03-20	TIM SHEAD
Men 40-44 100 Breast	1:11.35	1994-07-09	Timothy Shead
Men 40-44 200 Breast	2:52.66	1995-03-23	Timothy Shead
Men 40-44 50 Fly	27.40	2004-11-20	Gregg Price (Pta)
Men 40-44 100 Fly	1:04.23	2004-03-19	Gregg Price (EL)
Men 40-44 200 Fly	2:37.37	1994-03-19	Halton Cheadle

GMS Long Course Records**GMS record - Records**

Men 40-44 200 IM	2:23.99	1993-03-20	TIM SHEAD
Men 40-44 400 IM	5:12.39	1992	Tyrone Tozer (Ind)
Men 45-49 50 Free	25.52	2006-02-26	Gregg Price (Jhb)
Men 45-49 100 Free	57.48	2006-03-04	Gregg Price (Mal)
Men 45-49 200 Free	2:11.31	1996-06-22	Tyrone Tozer
Men 45-49 400 Free	4:32.65	2006-08-10	Gregg Price (San)
Men 45-49 800 Free	9:20.52	2006-08-04	Gregg Price (San)
Men 45-49 1500 Free	20:19.40	2002-01-29	Russel Upneck (Pta)
Men 45-49 50 Back	30.54	3-2002	Andre Steynberg (Chc)
Men 45-49 100 Back	1:10.78	2005-03-17	Andre Steynberg (Grm)
Men 45-49 200 Back	2:38.22	1994-03-19	Charle Meyer
Men 45-49 50 Breast	36.37	2004-03-20	Keith Dodkins (EL)
Men 45-49 100 Breast	1:22.52	2005-03-17	Keith Dodkins (Grm)
Men 45-49 200 Breast	3:02.82	2001-03-01	Eric Gilfillan (Pta)
Men 45-49 50 Fly	26.97	2006-02-18	Gregg Price (Pta)
Men 45-49 100 Fly	1:01.69	2006-08-07	Gregg Price (San)
Men 45-49 200 Fly	2:39.99	1996-04-13	Halton Cheadle
Men 45-49 200 IM	2:27.57	1996-06-22	Tyrone Tozer
Men 45-49 400 IM	5:24.47	1996-06-22	Tyrone Tozer
Men 50-54 50 Free	26.32	2008-03-15	Andre Steynberg (Dbn)
Men 50-54 100 Free	59.41	1994-07-09	William Wilson
Men 50-54 200 Free	2:14.53	1994-07-09	William Wilson
Men 50-54 400 Free	4:59.09	1994-03-19	William Wilson
Men 50-54 800 Free	9:51.82	8-2000	Tyrone Tozer (Mun)
Men 50-54 1500 Free	22:11.12	2007-08-24	Roger Finch (Sin)
Men 50-54 50 Back	30.16	2006-08-10	Andre Steynberg (San)
Men 50-54 100 Back	1:08.57	2006-08-09	Andre Steynberg (San)
Men 50-54 200 Back	2:38.73	2006-03-03	Andre Steynberg (Mal)
Men 50-54 50 Breast	34.69	2003-03-29	Robert Hatherly (Dbn)
Men 50-54 100 Breast	1:16.64	2003-03-28	Robert Hatherly (Dbn)
Men 50-54 200 Breast	2:47.36	2003-03-27	Robert Hatherly (Dbn)
Men 50-54 50 Fly	27.94	2007-03-16	Andre Steynberg (Sas)
Men 50-54 100 Fly	1:04.23	2007-03-17	Andre Steynberg (Sas)
Men 50-54 200 Fly	3:05.84	1996-06-22	James Stewart
Men 50-54 200 IM	2:31.94	3-2000	Tyrone Tozer (CT)
Men 50-54 400 IM	5:30.84	8-2000	Tyrone Tozer (Mun)
Men 55-59 50 Free	27.98	8-2000	Willie Wilson (Mun)
Men 55-59 100 Free	1:01.10	3-1999	William Wilson (EL)
Men 55-59 200 Free	2:17.93	3-1999	William Wilson (EL)
Men 55-59 400 Free	5:03.94	3-1999	William Wilson
Men 55-59 800 Free	10:48.08	3-2000	William Wilson (CT)
Men 55-59 1500 Free	24:55.76	1990-03-15	PETER PIROW
Men 55-59 50 Back	35.15	1999-02-21	William Wilson
Men 55-59 100 Back	1:21.05	1999-03-06	Willie Wilson
Men 55-59 200 Back	2:57.06	1997-03-21	James Stewart
Men 55-59 50 Breast	34.91	2008-03-15	Bob Hatherly (Dbn)
Men 55-59 100 Breast	1:16.60	2009-03-12	Bob Hatherly (EL)
Men 55-59 200 Breast	2:51.66	2008-03-13	Bob Hatherly (Dbn)
Men 55-59 50 Fly	31.46	2000-08-01	John Petersen (Mun)
Men 55-59 100 Fly	1:24.38	2008-03-15	Bob Hatherly (Dbn)
Men 55-59 200 Fly	3:10.44	1997-03-22	James Stewart
Men 55-59 200 IM	2:56.03	1998-06-21	James Stewart (Cas)
Men 55-59 400 IM	6:21.06	1997-03-21	James Stewart
Men 60-64 50 Free	27.99	2006-08-07	Willie Wilson (San)
Men 60-64 100 Free	1:03.41	2006-08-05	Willie Wilson (San)
Men 60-64 200 Free	2:22.53	2006-08-06	Willie Wilson (San)
Men 60-64 400 Free	5:13.40	2006-08-10	Willie Wilson (San)
Men 60-64 800 Free	11:02.08	2006-08-04	Willie Wilson (San)
Men 60-64 1500 Free	26:33.43	1991-03-14	PETER PIROW
Men 60-64 50 Back	35.12	2008-03-15	Doug Wilson (Dbn)
Men 60-64 100 Back	1:23.87	2008-03-13	Doug Wilson (Dbn)
Men 60-64 200 Back	3:13.29	2009-03-14	Doug Wilson (EL)

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Men 60-64 50 Breast	39.08	2008-03-15	Brian Nelson (Dbn)
Men 60-64 100 Breast	1:28.73	2008-03-14	Brian Nelson (Dbn)
Men 60-64 200 Breast	3:17.74	2001-03-01	David McLachlan (Pta)
Men 60-64 50 Fly	32.67	2005-03-19	John Petersen (Grm)
Men 60-64 100 Fly	1:19.91	1998-06-22	David McLachlan
Men 60-64 200 Fly	3:00.65	3-1999	David McLachlan (EL)
Men 60-64 200 IM	2:54.83	1999-03-18	David McLachlan (EL)
Men 60-64 400 IM	6:21.71	3-1999	David McLachlan (EL)
Men 65-69 50 Free	30.11	2009-03-11	Willie Wilson (EL)
Men 65-69 100 Free	1:06.46	2009-03-13	Willie Wilson (EL)
Men 65-69 200 Free	2:33.97	2004-03-19	Michael Edwards (EL)
Men 65-69 400 Free	5:35.05	2009-03-14	Willie Wilson (EL)
Men 65-69 800 Free	11:34.50	3-2002	Dave McLachlan (Chc)
Men 65-69 1500 Free	23:36.09	2004-02-21	Michael Edwards (Pta)
Men 65-69 50 Back	37.68	2009-03-12	Willie Wilson (EL)
Men 65-69 100 Back	1:29.13	2010-03-18	Walter May (Pta)
Men 65-69 200 Back	4:02.41	1996-04-12	Don Johnston
Men 65-69 50 Breast	43.37	2010-03-18	John Petersen (Pta)
Men 65-69 100 Breast	1:28.74	2002-02-28	David McLachlan (Oud)
Men 65-69 200 Breast	3:19.35	2003-03-27	Dave McLachlan (Dbn)
Men 65-69 50 Fly	35.94	2010-03-20	John Petersen (Pta)
Men 65-69 100 Fly	1:19.53	3-2002	Dave McLachlan (Chc)
Men 65-69 200 Fly	3:03.05	2002-02-28	Dave McLachlan (Oud)
Men 65-69 200 IM	2:56.51	3-2002	David McLachlan (Chc)
Men 65-69 400 IM	6:24.39	3-2002	Dave McLachlan (Chc)
Men 70-74 50 Free	34.72	3-2000	Don Johnston (CT)
Men 70-74 100 Free	1:20.58	2002-02-28	Don Johnston (Oud)
Men 70-74 200 Free	3:11.80	2002-02-28	Don Johnston (Oud)
Men 70-74 400 Free	7:05.02	2007-03-15	Russel Wolpe (Sas)
Men 70-74 800 Free	14:20.59	2008-03-12	Russel Wolpe (Dbn)
Men 70-74 1500 Free	28:27.44	2007-09-29	Russel Wolpe (Pta)
Men 70-74 50 Back	50.34	2002-02-28	Don Johnston (Oud)
Men 70-74 100 Back	1:55.03	2001-03-01	Don Johnston (Pta)
Men 70-74 200 Back	4:27.66	1992-03-12	JACK BRINK
Men 70-74 50 Breast	48.35	2008-02-16	Russel Wolpe (Jhb)
Men 70-74 100 Breast	1:52.05	2008-01-26	Russel Wolpe (Jhb)
Men 70-74 200 Breast	4:08.79	2008-03-13	Russel Wolpe (Dbn)
Men 70-74 50 Fly	46.57	2008-01-26	Russel Wolpe (Jhb)
Men 70-74 100 Fly	2:02.57	1991-03-14	JACK BRINK
Men 70-74 200 Fly	4:22.75	1991-03-14	JACK BRINK
Men 70-74 200 IM	4:05.21	2008-11-08	Russel Wolpe (Pta)
Men 70-74 400 IM	8:51.68	1991-03-14	JACK BRINK
Men 75-79 50 Free	36.31	2004-03-06	Don Johnston (Grm)
Men 75-79 100 Free	1:25.42	2005-03-19	Don Johnston (Grm)
Men 75-79 200 Free	3:23.93	2004-03-19	Don Johnston (EL)
Men 75-79 400 Free	7:27.67	2007-03-15	Don Johnston (Sas)
Men 75-79 800 Free	24:49.57	1997-03-20	Ivan Mihailovich
Men 75-79 1500 Free	59:59.99		Vacant
Men 75-79 50 Back	53.00	2005-03-18	Don Johnston (Grm)
Men 75-79 100 Back	2:01.75	2006-03-02	Don Johnston (Mal)
Men 75-79 200 Back	3:47.76	2010-03-19	Patrick Galvin (Pta)
Men 75-79 50 Breast	43.68	2010-03-18	Patrick Galvin (Pta)
Men 75-79 100 Breast	1:42.67	2010-03-20	Patrick Galvin (Pta)
Men 75-79 200 Breast	3:58.17	2010-03-19	Patrick Galvin (Pta)
Men 75-79 50 Fly	43.20	2010-03-20	Patrick Galvin (Pta)
Men 75-79 100 Fly	2:15.67	1996-04-11	Jack Brink
Men 75-79 200 Fly	4:59.08	1996-06-22	Jack Brink
Men 75-79 200 IM	4:27.78	1996-04-13	Jack Brink
Men 75-79 400 IM	9:20.80	1996-04-12	Jack Brink
Men 80-84 50 Free	38.96	2009-03-11	Don Johnston (EL)
Men 80-84 100 Free	1:38.12	2009-03-13	Don Johnston (EL)
Men 80-84 200 Free	3:45.91	2009-03-12	Don Johnston (EL)

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Men 80-84 400 Free	8:06.42	2009-03-14	Don Johnston (EL)
Men 80-84 800 Free	59:59.99		Vacant
Men 80-84 1500 Free	59:59.99		Vacant
Men 80-84 50 Back	56.53	1993-10-16	ALF CADENHEAD
Men 80-84 100 Back	2:17.07	1995-03-23	ALF CADENHEAD
Men 80-84 200 Back	4:59.10	2001-03-01	Jack Brink (Pta)
Men 80-84 50 Breast	1:10.07	1992-03-12	ALF CADENHEAD
Men 80-84 100 Breast	3:07.26	1993-03-20	ALF CADENHEAD
Men 80-84 200 Breast	5:49.96	2001-03-01	Jack Brink (Pta)
Men 80-84 50 Fly	1:12.59	3-2000	Jack Brink (CT)
Men 80-84 100 Fly	2:44.49	3-2000	Jack Brink (CT)
Men 80-84 200 Fly	5:48.33	3-2000	Jack Brink (CT)
Men 80-84 200 IM	4:47.48	2000-03-16	Jack Brink (CT)
Men 80-84 400 IM	10:12.62	2000-03-16	Jack Brink (CT)
Men 85-89 50 Free	57.00	1997-03-20	Alf Cadenhead
Men 85-89 100 Free	59:59.99		Vacant
Men 85-89 200 Free	59:59.99		Vacant
Men 85-89 400 Free	59:59.99		Vacant
Men 85-89 800 Free	59:59.99		Vacant
Men 85-89 1500 Free	59:59.99		Vacant
Men 85-89 50 Back	1:07.12	1997-03-22	Alf Cadenhead
Men 85-89 100 Back	2:27.11	1997-03-20	Alf Cadenhead
Men 85-89 200 Back	5:39.86	1997-03-21	Alf Cadenhead
Men 85-89 50 Breast	1:36.63	1997-03-22	Alf Cadenhead
Men 85-89 100 Breast	4:22.07	3-1999	Alf Cadenhead (EL)
Men 85-89 200 Breast	7:28.84	2005-03-18	Jack Brink (Grm)
Men 85-89 50 Fly	1:38.31	2005-03-05	Jack Brink (Jhb)
Men 85-89 100 Fly	4:16.45	2005-03-18	Jack Brink (Grm)
Men 85-89 200 Fly	11:23.67	2006-03-04	Jack Brink (Mal)
Men 85-89 200 IM	6:29.43	2005-03-05	Jack Brink (Jhb)
Men 85-89 400 IM	59:59.99		Vacant
Men 90-94 50 Free	59:59.99		Vacant
Men 90-94 100 Free	59:59.99		Vacant
Men 90-94 200 Free	59:59.99		Vacant
Men 90-94 400 Free	59:59.99		Vacant
Men 90-94 800 Free	59:59.99		Vacant
Men 90-94 1500 Free	59:59.99		Vacant
Men 90-94 50 Back	59:59.99		Vacant
Men 90-94 100 Back	59:59.99		Vacant
Men 90-94 200 Back	59:59.99		Vacant
Men 90-94 50 Breast	59:59.99		Vacant
Men 90-94 100 Breast	59:59.99		Vacant
Men 90-94 200 Breast	59:59.99		Vacant
Men 90-94 50 Fly	59:59.99		Vacant
Men 90-94 100 Fly	59:59.99		Vacant
Men 90-94 200 Fly	59:59.99		Vacant
Men 90-94 200 IM	59:59.99		Vacant
Men 90-94 400 IM	59:59.99		Vacant
Men 95-99 50 Free	59:59.99		Vacant
Men 95-99 100 Free	59:59.99		Vacant
Men 95-99 200 Free	59:59.99		Vacant
Men 95-99 400 Free	59:59.99		Vacant
Men 95-99 800 Free	59:59.99		Vacant
Men 95-99 1500 Free	59:59.99		Vacant
Men 95-99 50 Back	59:59.99		Vacant
Men 95-99 100 Back	59:59.99		Vacant
Men 95-99 200 Back	59:59.99		Vacant
Men 95-99 50 Breast	59:59.99		Vacant
Men 95-99 100 Breast	59:59.99		Vacant
Men 95-99 200 Breast	59:59.99		Vacant
Men 95-99 50 Fly	59:59.99		Vacant
Men 95-99 100 Fly	59:59.99		Vacant

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Men 95-99 200 Fly	59:59.99		Vacant
Men 95-99 200 IM	59:59.99		Vacant
Men 95-99 400 IM	59:59.99		Vacant
Men 100-104 50 Free	59:59.99		Vacant
Men 100-104 100 Free	59:59.99		Vacant
Men 100-104 200 Free	59:59.99		Vacant
Men 100-104 400 Free	59:59.99		Vacant
Men 100-104 800 Free	59:59.99		Vacant
Men 100-104 1500 Free	59:59.99		Vacant
Men 100-104 50 Back	59:59.99		Vacant
Men 100-104 100 Back	59:59.99		Vacant
Men 100-104 200 Back	59:59.99		Vacant
Men 100-104 50 Breast	59:59.99		Vacant
Men 100-104 100 Breast	59:59.99		Vacant
Men 100-104 200 Breast	59:59.99		Vacant
Men 100-104 50 Fly	59:59.99		Vacant
Men 100-104 100 Fly	59:59.99		Vacant
Men 100-104 200 Fly	59:59.99		Vacant
Men 100-104 200 IM	59:59.99		Vacant
Men 100-104 400 IM	59:59.99		Vacant
Women 76-99 4x50 Free Relay	2:13.48	2005-03-19	Killer Whales (Grm) B Meyer, K Morris, B Stone, K Taylor
Women 76-99 4x100 Free Relay	59:59.99		Vacant
Women 76-99 4x200 Free Relay	59:59.99		Vacant
Women 76-99 4x50 Medley Relay	2:29.86	2005-03-19	Killer Whales (Grm) C Elcott, T Gardiner, C Coetzee, B Stone
Women 76-99 4x100 Medley Relay	59:59.99		Vacant
Women 100-119 4x50 Free Relay	2:20.01	2010-03-20	Phoenix (Pta) N Bacchini, S Hunter, A Long, J Johnson
Women 100-119 4x100 Free Relay	59:59.99		Vacant
Women 100-119 4x200 Free Relay	59:59.99		Vacant
Women 100-119 4x50 Medley Relay	3:00.29	2005-03-19	Florida (Grm) C Welgemoed, T Owgan, L Shear, C Fuller
Women 100-119 4x100 Medley Relay	59:59.99		Vacant
Women 120-159 4x50 Free Relay	2:02.95	2005-03-19	Wahoo (Grm) T Souster, T Fryer, L Haupt, E Scholtz
Women 120-159 4x100 Free Relay	59:59.99		Vacant
Women 120-159 4x200 Free Relay	59:59.99		Vacant
Women 120-159 4x50 Medley Relay	2:17.02	2005-03-19	Wahoo (Grm) S Barton, E Scholtz, T Souster, D Carroll
Women 120-159 4x100 Medley Relay	59:59.99		Vacant
Women 160-199 4x50 Free Relay	2:09.83	1998-04-04	Wanderers A
Women 160-199 4x100 Free Relay	59:59.99		Vacant
Women 160-199 4x200 Free Relay	59:59.99		Vacant
Women 160-199 4x50 Medley Relay	2:19.93	2007-03-16	Phoenix (Sas) A Dressler, H Morris-Eyton, R Isakov, D Lake
Women 160-199 4x100 Medley Relay	59:59.99		Vacant
Women 200-239 4x50 Free Relay	2:16.54	2005-03-19	Phoenix (Grm) M Rollnick, E Spagnuolo, M Davie, L Crawford
Women 200-239 4x100 Free Relay	59:59.99		Vacant
Women 200-239 4x200 Free Relay	59:59.99		Vacant
Women 200-239 4x50 Medley Relay	2:33.56	1996-04-12	Transvaal A
Women 200-239 4x100 Medley Relay	59:59.99		Vacant
Women 240-279 4x50 Free Relay	2:22.62	2009-03-14	Phoenix (EL) A Jones, G Williamson, M Rollnick, M Davie
Women 240-279 4x100 Free Relay	59:59.99		Vacant
Women 240-279 4x200 Free Relay	59:59.99		Vacant
Women 240-279 4x50 Medley Relay	2:56.51	2009-03-13	Phoenix (EL) M Davie, A Jones, L Crawford, G Williamson
Women 240-279 4x100 Medley Relay	59:59.99		Vacant
Women 280-319 4x50 Free Relay	59:59.99		Vacant
Women 280-319 4x100 Free Relay	59:59.99		Vacant

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Women 280-319 4x200 Free Relay	59:59.99		Vacant
Women 280-319 4x50 Medley Relay	59:59.99		Vacant
Women 280-319 4x100 Medley Relay	59:59.99		Vacant
Women 320-359 4x50 Free Relay	59:59.99		Vacant
Women 320-359 4x100 Free Relay	59:59.99		Vacant
Women 320-359 4x200 Free Relay	59:59.99		Vacant
Women 320-359 4x50 Medley Relay	59:59.99		Vacant
Women 320-359 4x100 Medley Relay	59:59.99		Vacant
Women 360-399 4x50 Free Relay	59:59.99		Vacant
Women 360-399 4x100 Free Relay	59:59.99		Vacant
Women 360-399 4x200 Free Relay	59:59.99		Vacant
Women 360-399 4x50 Medley Relay	59:59.99		Vacant
Women 360-399 4x100 Medley Relay	59:59.99		Vacant
Men 76-99 4x50 Free Relay	1:58.94	2005-03-19	Killer Whales (Grm) T Barsdorf, J Wagner, N Crawford, T Venter
Men 76-99 4x100 Free Relay	59:59.99		Vacant
Men 76-99 4x200 Free Relay	59:59.99		Vacant
Men 76-99 4x50 Medley Relay	2:00.39	2005-03-19	Killer Whales (Grm) N Crawford, A Crawford, T Venter, T Barsdorf
Men 76-99 4x100 Medley Relay	59:59.99		Vacant
Men 100-119 4x50 Free Relay	1:43.80	2006-03-04	Wahoo (Mal) N Winstone, A Fok, J Thom, P Fryer
Men 100-119 4x100 Free Relay	59:59.99		Vacant
Men 100-119 4x200 Free Relay	59:59.99		Vacant
Men 100-119 4x50 Medley Relay	1:56.90	1991	Transvaal (Pta)
Men 100-119 4x100 Medley Relay	59:59.99		Vacant
Men 120-159 4x50 Free Relay	1:45.25	2007-03-17	Wahoo (Sas) A Fok, J Hoch, A Steynberg, G Swart
Men 120-159 4x100 Free Relay	59:59.99		Vacant
Men 120-159 4x200 Free Relay	59:59.99		Vacant
Men 120-159 4x50 Medley Relay	2:00.91	2001-03-01	Vaal Rinkel Ratz (Pta) A Steynberg, P Gombos, E Gilfillan, L Oosthuizen
Men 120-159 4x100 Medley Relay	59:59.99		Vacant
Men 160-199 4x50 Free Relay	1:47.69	2006-03-04	Phoenix (Mal) T Bantock, Q Kohler, L Schutte, G Price
Men 160-199 4x100 Free Relay	59:59.99		Vacant
Men 160-199 4x200 Free Relay	59:59.99		Vacant
Men 160-199 4x50 Medley Relay	2:01.87	1994-03-19	Transvaal
Men 160-199 4x100 Medley Relay	59:59.99		Vacant
Men 200-239 4x50 Free Relay	1:53.90	2008-03-15	Wahoo (Dbn) A Steynberg, H vd Hoven, G Hickling, G Harker
Men 200-239 4x100 Free Relay	59:59.99		Vacant
Men 200-239 4x200 Free Relay	59:59.99		Vacant
Men 200-239 4x50 Medley Relay	2:03.98	2010-03-19	Wahoo (Pta) A Steynberg, R Hatherly, S Haupt, G Harker
Men 200-239 4x100 Medley Relay	59:59.99		Vacant
Men 240-279 4x50 Free Relay	2:02.27	2002-02-28	Phoenix (Oud) J Petersen, M Edwards, D McLachlan, W Wilson
Men 240-279 4x100 Free Relay	59:59.99		Vacant
Men 240-279 4x200 Free Relay	59:59.99		Vacant
Men 240-279 4x50 Medley Relay	2:21.28	2002-02-28	Phoenix (Oud) W Wilson, D McLachlan, J Petersen, M Edwards
Men 240-279 4x100 Medley Relay	59:59.99		Vacant
Men 280-319 4x50 Free Relay	2:28.24	2010-03-20	Wahoo (Pta) W Myers, P Hutchings, P Galvin, T Mitchell
Men 280-319 4x100 Free Relay	59:59.99		Vacant
Men 280-319 4x200 Free Relay	59:59.99		Vacant
Men 280-319 4x50 Medley Relay	3:17.96	1996-04-12	Transvaal A
Men 280-319 4x100 Medley Relay	59:59.99		Vacant
Men 320-359 4x50 Free Relay	59:59.99		Vacant
Men 320-359 4x100 Free Relay	59:59.99		Vacant
Men 320-359 4x200 Free Relay	59:59.99		Vacant

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Men 320-359 4x50 Medley Relay	59:59.99		Vacant
Men 320-359 4x100 Medley Relay	59:59.99		Vacant
Men 360-399 4x50 Free Relay	59:59.99		Vacant
Men 360-399 4x100 Free Relay	59:59.99		Vacant
Men 360-399 4x200 Free Relay	59:59.99		Vacant
Men 360-399 4x50 Medley Relay	59:59.99		Vacant
Men 360-399 4x100 Medley Relay	59:59.99		Vacant
Mixed 76-99 4x50 Free Relay	1:58.66	2005-03-18	Killer Whales (Grm) T Barsdorf, K Morris, B Meyer, T Venter
Mixed 76-99 4x100 Free Relay	59:59.99		Vacant
Mixed 76-99 4x200 Free Relay	59:59.99		Vacant
Mixed 76-99 4x50 Medley Relay	2:12.85	2005-03-17	Killer Whales (Grm) N Crawford, N Simoes, T Venter, K Taylor
Mixed 76-99 4x100 Medley Relay	59:59.99		Vacant
Mixed 100-119 4x50 Free Relay	1:57.37	2005-03-18	Phoenix (Grm) K Rogers, L Schutte, N Beck, J Sabiston
Mixed 100-119 4x100 Free Relay	59:59.99		Vacant
Mixed 100-119 4x200 Free Relay	59:59.99		Vacant
Mixed 100-119 4x50 Medley Relay	2:08.72	2005-03-17	Wahoo (Grm) T Fryer, L Haupt, J Thom, N Winstone
Mixed 100-119 4x100 Medley Relay	59:59.99		Vacant
Mixed 120-159 4x50 Free Relay	1:50.97	2006-03-03	Wahoo (Mal) T Souster, N Winstone, T Fryer, P Fryer
Mixed 120-159 4x100 Free Relay	59:59.99		Vacant
Mixed 120-159 4x200 Free Relay	59:59.99		Vacant
Mixed 120-159 4x50 Medley Relay	2:07.53	2002-02-28	Linrand (Oud) D Carroll, L Haupt, S Haupt, D Mayers
Mixed 120-159 4x100 Medley Relay	59:59.99		Vacant
Mixed 160-199 4x50 Free Relay	1:56.22	2008-03-13	Wahoo (Dbn) A Steynberg, J Dolkens, D Carroll, M Nel
Mixed 160-199 4x100 Free Relay	59:59.99		Vacant
Mixed 160-199 4x200 Free Relay	59:59.99		Vacant
Mixed 160-199 4x50 Medley Relay	2:12.13	1993-03-20	Phoenix (Mal) M Kritzinger, H Morris-Eyton, G Price, D Lake
Mixed 160-199 4x100 Medley Relay	59:59.99		Vacant
Mixed 200-239 4x50 Free Relay	2:02.86	1997-03-20	Wanderers A M Rollnick, A Jones, J Petersen, ?
Mixed 200-239 4x100 Free Relay	59:59.99		Vacant
Mixed 200-239 4x200 Free Relay	59:59.99		Vacant
Mixed 200-239 4x50 Medley Relay	2:17.58	1997-03-21	Wanderers A Willie Wilson, Shirley Turner, John Petersen, ?
Mixed 200-239 4x100 Medley Relay	59:59.99		Vacant
Mixed 240-279 4x50 Free Relay	2:06.34	2007-03-15	Phoenix (Sas) W Wilson, A Jones, M Rollnick, D Wilson
Mixed 240-279 4x100 Free Relay	59:59.99		Vacant
Mixed 240-279 4x200 Free Relay	59:59.99		Vacant
Mixed 240-279 4x50 Medley Relay	2:37.36	2009-03-12	Phoenix (EL) D Wilson, A Jones, M Davie, W Wilson
Mixed 240-279 4x100 Medley Relay	59:59.99		Vacant
Mixed 280-319 4x50 Free Relay	2:35.48	2009-03-11	Phoenix (EL) D Johnston, M Rollnick, R Wolpe, G Williamson
Mixed 280-319 4x100 Free Relay	59:59.99		Vacant
Mixed 280-319 4x200 Free Relay	59:59.99		Vacant
Mixed 280-319 4x50 Medley Relay	2:55.09	2010-03-17	Phoenix (Pta) D Johnston, R Wolpe, L Crawford, G Williamson
Mixed 280-319 4x100 Medley Relay	59:59.99		Vacant
Mixed 320-359 4x50 Free Relay	59:59.99		Vacant
Mixed 320-359 4x100 Free Relay	59:59.99		Vacant
Mixed 320-359 4x200 Free Relay	59:59.99		Vacant
Mixed 320-359 4x50 Medley Relay	59:59.99		Vacant
Mixed 320-359 4x100 Medley Relay	59:59.99		Vacant
Mixed 360-399 4x50 Free Relay	59:59.99		Vacant

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Mixed 360-399 4x100 Free Relay	59:59.99	Vacant
Mixed 360-399 4x200 Free Relay	59:59.99	Vacant
Mixed 360-399 4x50 Medley Relay	59:59.99	Vacant
Mixed 360-399 4x100 Medley Relay	59:59.99	Vacant