

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

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)
Men 25-29 800 Free	10:45.43	2004-03-18	Jason Wagner (EL)
Men 25-29 1500 Free	18:16.19	2011-10-08	Tyron Venter (Pta)
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	25.94	2011-03-16	Gary Hall (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	31.09	2011-03-19	Gary Hall (Oud)
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)

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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
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	26.81	2011-03-16	Andre Steynberg (Oud)
Men 55-59 100 Free	1:00.27	2011-03-19	Andre Steynberg (Oud)
Men 55-59 200 Free	2:17.93	3-1999	William Wilson (EL)

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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	30.75	2011-03-19	Andre Steynberg (Oud)
Men 55-59 100 Back	1:09.23	2011-03-17	Andre Steynberg (Oud)
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	28.77	2011-03-18	Andre Steynberg (Oud)
Men 55-59 100 Fly	1:06.01	2011-03-17	Andre Steynberg (Oud)
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)
Men 60-64 50 Breast	36.59	2011-03-19	Bob Hatherly (Oud)
Men 60-64 100 Breast	1:20.34	2011-03-18	Bob Hatherly (Oud)
Men 60-64 200 Breast	2:58.53	2011-03-17	Bob Hatherly (Oud)
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	39.60	2011-03-19	Brian Nelson (Oud)
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	35.40	2011-02-19	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	33.72	2011-03-16	Ken Williams (Oud)
Men 70-74 100 Free	1:20.58	2002-02-28	Don Johnston (Oud)
Men 70-74 200 Free	3:05.47	2011-03-18	Ken Williams (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)

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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	3:50.07	2011-03-17	Patrick Galvin (Oud)
Men 75-79 50 Fly	43.20	2010-03-20	Patrick Galvin (Pta)
Men 75-79 100 Fly	1:52.03	2011-03-17	Patrick Galvin (Oud)
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)
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

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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
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