

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 19-24 50 SC Meter Freestyle**

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 25.13 S 10-2004 Ryan Spencer (Dbn)
 23.08 19-24 SAQT SAMS Colours 2010-11

Name	Age	Team	Seed Time	Finals Time	Points
1 Steenkamp, Keith Vernon	24	Maties MSC-WP	NT	25.51	12
2 Bouwer, Shaun	22	Coelacanth MSC-NT	27.05	27.63	10
3 Kok, Christoff	23	Coelacanth MSC-NT	27.80	28.63	8
--- Birch, Chester	22	Amakhosi MSC-BO	0.31	X32.69	

Men 19-24 100 SC Meter Freestyle

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 56.31 S 2005-12-11 Ryan Spencer (Pmb)
 51.60 19-24 SAQT SAMS Colours 2010-11

1 Kok, Christoff	23	Coelacanth MSC-NT	1:04.50	1:01.47	12
2 Bouwer, Shaun	22	Coelacanth MSC-NT	1:03.78	1:02.35	10
--- Venter, Tyron	24	Coelacanth MSC-NT	53.70	NS	

Men 19-24 200 SC Meter Freestyle

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 2:10.31 S 9-2004 Ryan Spencer (Dbn)
 1:55.77 19-24 SAQT SAMS Colours 2010-11

1 Venter, Tyron	24	Coelacanth MSC-NT	1:52.02	2:03.12 S	12
2 Bouwer, Shaun	22	Coelacanth MSC-NT	2:20.80	2:20.11	10

Men 19-24 400 SC Meter Freestyle

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 4:29.11 S 2010-08-14 Tyron Venter (Jhb)
 4:12.42 19-24 SAQT SAMS Colours 2010-11

1 Venter, Tyron	24	Coelacanth MSC-NT	3:56.49	4:19.39 S	12
2 Thompson, Hendrik	22	Coelacanth MSC-NT	5:40.00	5:10.33	10

Men 19-24 800 SC Meter Freestyle

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 9:39.53 S 2010-08-15 Tyron Venter (Jhb)
 8:52.98 19-24 SAQT SAMS Colours 2010-11

--- Venter, Tyron	24	Coelacanth MSC-NT	8:02.96	NS	
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Men 19-24 50 SC Meter Backstroke

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 28.75 S 2001-08-04 Schalk Malan (Jhb)
 26.29 19-24 SAQT SAMS Colours 2010-11

1 Kok, Christoff	23	Coelacanth MSC-NT	35.00	35.31	12
--- Taberer, Kyle	23	Amakhosi MSC-BO	59.00	XNS	

Men 19-24 200 SC Meter Backstroke

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 2:31.90 S 11-2004 Ryan Spencer (Dbn)
 2:11.11 19-24 SAQT SAMS Colours 2010-11

--- Venter, Tyron	24	Coelacanth MSC-NT	2:10.01	NS	
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Men 19-24 50 SC Meter Breaststroke

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 31.26 S 2008-10-12 Reinhard van Rooijen (Pmb)
 29.37 19-24 SAQT SAMS Colours 2010-11

1 Steenkamp, Keith Vernon	24	Maties MSC-WP	NT	36.97	12
2 Kok, Christoff	23	Coelacanth MSC-NT	45.00	39.25	10

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 19-24 100 SC Meter Breaststroke**

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 1:07.93 S 9-2005 Ryan Spencer (Dbn)
 1:04.97 19-24 SAQT SAMS Colours 2010-11

--- Taberer, Kyle 23 Amakhosi MSC-BO 2:15.00 XNS

Men 19-24 200 SC Meter Breaststroke

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 2:37.05 S 11-2004 Ryan Spencer (Dbn)
 2:27.14 19-24 SAQT SAMS Colours 2010-11

1 Thompson, Hendrik 22 Coelacanth MSC-NT 3:08.00 3:05.92 12

Men 19-24 50 SC Meter Butterfly

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 27.81 S 9-2004 Ryan Spencer (Dbn)
 25.16 19-24 SAQT SAMS Colours 2010-11

1 Kok, Christoff 23 Coelacanth MSC-NT 32.00 33.03 12

--- Birch, Chester 22 Amakhosi MSC-BO 0.35 X42.78

Men 19-24 100 SC Meter Butterfly

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 1:01.37 S 9-2004 Ryan Spencer (Dbn)
 56.68 19-24 SAQT SAMS Colours 2010-11

1 Venter, Tyron 24 Coelacanth MSC-NT 57.10 1:00.54 S 12

--- Kok, Christoff 23 Coelacanth MSC-NT 1:26.00 NS

Men 19-24 200 SC Meter Butterfly

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 2:21.24 S 2010-08-14 Tyron Venter (Jhb)
 2:09.96 19-24 SAQT SAMS Colours 2010-11

--- Venter, Tyron 24 Coelacanth MSC-NT 2:02.44 NS

Men 19-24 100 SC Meter IM

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 1:03.07 S 11-2004 Ryan Spencer (Dbn)
 59.10 19-24 SAQT SAMS Colours 2010-11

1 Venter, Tyron 24 Coelacanth MSC-NT 58.66 1:04.14 12

2 Steenkamp, Keith Vernon 24 Maties MSC-WP NT 1:07.10 10

3 Kok, Christoff 23 Coelacanth MSC-NT 1:25.00 1:12.03 8

Men 19-24 200 SC Meter IM

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 2:20.28 S 12-2004 Ryan Spencer (Dbn)
 2:10.18 19-24 SAQT SAMS Colours 2010-11

1 Bouwer, Shaun 22 Coelacanth MSC-NT 2:35.15 2:40.13 12

2 Kok, Christoff 23 Coelacanth MSC-NT 2:55.00 2:46.57 10

--- Venter, Tyron 24 Coelacanth MSC-NT 2:09.13 NS

Men 19-24 400 SC Meter IM

WORLD record: 0.01 W 2000 Invalid FINA age group
SAMS record: 5:23.34 S 10-2004 Ryan Spencer (Pmb)
 4:44.90 19-24 SAQT SAMS Colours 2010-11

1 Venter, Tyron 24 Coelacanth MSC-NT 4:23.30 4:54.41 S 12

2 Thompson, Hendrik 22 Coelacanth MSC-NT 5:57.00 5:45.30 10

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 25-29 50 SC Meter Freestyle**

WORLD record: 22.11 W 2006-03-25 STEFAN NYSTRAND SWE
SAMS record: 23.96 S 1993-09-19 I Segal (Jhb)
 23.08 25-29 SAQT SAMS Colours 2010-11

1	McGilvray, Grant	28	Cape Dolphins SC - Masters-WP	NT	26.86	12
2	Kok, Johan	25	Coelacanth MSC-NT	27.50	28.10	10
3	Weber, Shirwyn	27	Cape Town MSC-WP	NT	29.32	8

Men 25-29 100 SC Meter Freestyle

WORLD record: 48.58 W 2005-11-19 S.KUNZELMANN GER
SAMS record: 53.81 S 1991 H Weilert (CT)
 51.60 25-29 SAQT SAMS Colours 2010-11

1	McGilvray, Grant	28	Cape Dolphins SC - Masters-WP	NT	57.88	12
2	Kok, Johan	25	Coelacanth MSC-NT	1:01.00	1:00.22	10

Men 25-29 200 SC Meter Freestyle

WORLD record: 1:48.81 W 1995-12-10 JOHN KEPPELER USA
SAMS record: 2:03.55 S 2005-06-11 Nick Turner (Jhb)
 1:55.77 25-29 SAQT SAMS Colours 2010-11

1	McGilvray, Grant	28	Cape Dolphins SC - Masters-WP	NT	2:06.22	12
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Men 25-29 400 SC Meter Freestyle

WORLD record: 3:53.60 W 2007-03-16 SYLVAIN CROS FRA
SAMS record: 4:30.98 S 1984 D McCarney
 4:12.42 25-29 SAQT SAMS Colours 2010-11

1	McGilvray, Grant	28	Cape Dolphins SC - Masters-WP	NT	4:34.44	12
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Men 25-29 50 SC Meter Backstroke

WORLD record: 25.05 W 2004-09-25 STEV THELOKE GER
SAMS record: 29.03 S 2008-09-07 Eugene Hulley (Dbn)
 26.29 25-29 SAQT SAMS Colours 2010-11

1	Weber, Shirwyn	27	Cape Town MSC-WP	NT	32.71	12
2	Kok, Johan	25	Coelacanth MSC-NT	33.50	35.11	10

Men 25-29 100 SC Meter Backstroke

WORLD record: 54.82 W 1994-11-12 MARTIN HARRIS GBR
SAMS record: 1:04.03 S 1990 M Gittings (Dbn)
 58.43 25-29 SAQT SAMS Colours 2010-11

1	Kok, Johan	25	Coelacanth MSC-NT	1:20.00	1:14.38	12
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Men 25-29 50 SC Meter Breaststroke

WORLD record: 27.69 W 2003-03-30 RUSS PATRICK CAN
SAMS record: 30.25 S 2007-10-14 Brad Toerien (Pmb)
 29.37 25-29 SAQT SAMS Colours 2010-11

1	Deyi, Lwazi	29	East Coast MSC-KZ	NT	33.46	12
2	Weber, Shirwyn	27	Cape Town MSC-WP	NT	36.91	10
3	Kok, Johan	25	Coelacanth MSC-NT	42.00	40.57	8

Men 25-29 100 SC Meter Breaststroke

WORLD record: 1:00.28 W 2005-07-10 EDUARDO FISCHER BRA
SAMS record: 1:07.22 S 3-2006 Ryan Spencer (Dbn)
 1:04.97 25-29 SAQT SAMS Colours 2010-11

1	Deyi, Lwazi	29	East Coast MSC-KZ	NT	1:15.34	12
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Men 25-29 200 SC Meter Breaststroke

WORLD record: 2:14.44 W 2007-10-27 CHRISTOPHER JONES GBR
SAMS record: 2:34.72 S 2008-02-17 Ryan Spencer (Dbn)
 2:27.14 25-29 SAQT SAMS Colours 2010-11

1	Deyi, Lwazi	29	East Coast MSC-KZ	NT	2:44.11	12
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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 25-29 50 SC Meter Butterfly**

WORLD record: 23.66 W 2009-04-29 **DAISUKE ABE** **JPN**
SAMS record: 26.77 S 2007-10-14 **Ryan Spencer (Pmb)**
 25.16 25-29 SAQT SAMS Colours 2010-11

1	McGilvray, Grant	28	Cape Dolphins SC - Masters-WP	NT	30.58	12
2	Weber, Shirwyn	27	Cape Town MSC-WP	NT	31.38	10
3	Kok, Johan	25	Coelacanth MSC-NT	31.50	31.81	8

Men 25-29 100 SC Meter IM

WORLD record: 55.20 W 2004-11-20 **STEFAN HERBST** **GER**
SAMS record: 1:02.12 S 2006-01-22 **Ryan Spencer (Dbn)**
 59.10 25-29 SAQT SAMS Colours 2010-11

1	Kok, Johan	25	Coelacanth MSC-NT	1:25.00	1:11.12	12
2	Weber, Shirwyn	27	Cape Town MSC-WP	NT	1:14.85	10

Men 25-29 200 SC Meter IM

WORLD record: 1:59.70 W 2010-01-31 **K.GILCHRIST** **FRA**
SAMS record: 2:16.76 S 2007-10-14 **Ryan Spencer (Pmb)**
 2:10.18 25-29 SAQT SAMS Colours 2010-11

1	Kok, Johan	25	Coelacanth MSC-NT	2:50.00	2:50.83	12
---	Weber, Shirwyn	27	Cape Town MSC-WP	NT	NS	

Men 30-34 50 SC Meter Freestyle

WORLD record: 22.13 W 2009-05-16 **THOMAS RUPPRATH** **GER**
SAMS record: 23.79 S 2005-10-23 **Andrew Biram (Jhb)**
 23.52 30-34 SAQT SAMS Colours 2010-11

1	Erasmus, Jaco	32	Wahoo MSC-CG	27.00	27.30	12
2	Steenkamp, Neil	33	Cape Town MSC-WP	NT	28.59	10
3	Sheftz, Owen	33	Wahoo MSC-CG	30.00	28.91	8
4	Rawlins, Luke	31	Amakhosi MSC-BO	NT	34.15	7
---	Audie, Greg	33	Amakhosi MSC-BO	NT	X26.97	

Men 30-34 100 SC Meter Freestyle

WORLD record: 49.04 W 2008-10-12 **S.KUNZELMANN** **GER**
SAMS record: 54.13 S 2005-10-23 **Paul Fryer (Jhb)**
 52.14 30-34 SAQT SAMS Colours 2010-11

1	van Wyk, Dieter	31	Cape Town MSC-WP	NT	1:05.40	12
2	Berk, Daniel	31	Cape Town MSC-WP	NT	1:05.50	10
3	Steenkamp, Neil	33	Cape Town MSC-WP	NT	1:06.35	8

Men 30-34 200 SC Meter Freestyle

WORLD record: 1:48.40 W 2008-01-19 **JACOB CARSTENSEN** **DEN**
SAMS record: 2:04.37 S 2005-11-26 **Paul Fryer (Jhb)**
 1:56.93 30-34 SAQT SAMS Colours 2010-11

1	Sheftz, Owen	33	Wahoo MSC-CG	2:40.00	2:17.93	12
2	Steenkamp, Neil	33	Cape Town MSC-WP	NT	2:32.26	10

Men 30-34 400 SC Meter Freestyle

WORLD record: 3:57.47 W 2009-10-04 **TAMAS KEREKJARTO** **USA**
SAMS record: 4:21.76 S 2005-10-23 **Paul Fryer (Jhb)**
 4:12.73 30-34 SAQT SAMS Colours 2010-11

1	Sheftz, Owen	33	Wahoo MSC-CG	5:30.00	4:50.13	12
2	Berk, Daniel	31	Cape Town MSC-WP	NT	5:35.61	10

Men 30-34 800 SC Meter Freestyle

WORLD record: 8:17.06 W 2000-12-10 **ALEX KOSTICH** **USA**
SAMS record: 9:15.48 S 1991 **P Blackbeard (Dbn)**
 8:59.50 30-34 SAQT SAMS Colours 2010-11

1	Osborn, Terence	34	Coelacanth MSC-NT	13:00.00	12:06.73	12
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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 30-34 50 SC Meter Backstroke**

WORLD record: 24.81 W 2009-10-24 **DERYA BUYUKUNCU** USA
SAMS record: 29.23 S 2005-10-23 **Andrew Biram (Jhb)**
 27.42 30-34 SAQT SAMS Colours 2010-11

1	Erasmus, Jaco	32	Wahoo MSC-CG	33.00	32.02	12
2	van Wyk, Dieter	31	Cape Town MSC-WP	NT	33.02	10
3	Steenkamp, Neil	33	Cape Town MSC-WP	NT	39.53	8

Men 30-34 100 SC Meter Backstroke

WORLD record: 52.68 W 2009-10-24 **DERYA BUYUKUNCU** USA
SAMS record: 1:04.44 S 2005-10-23 **Andrew Biram (Jhb)**
 59.55 30-34 SAQT SAMS Colours 2010-11

1	Erasmus, Jaco	32	Wahoo MSC-CG	1:30.00	1:15.31	12
---	Malan, Schalk	30	Unattached - GAUTENG MS-CG	1:05.00	XNS	

Men 30-34 200 SC Meter Backstroke

WORLD record: 1:55.46 W 2009-11-01 **DERYA BUYUKUNCU** USA
SAMS record: 2:30.38 S 1986 **O Kuyper**
 2:11.85 30-34 SAQT SAMS Colours 2010-11

1	van Wyk, Dieter	31	Cape Town MSC-WP	NT	2:42.56	12
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Men 30-34 50 SC Meter Breaststroke

WORLD record: 27.11 W 2009-09-26 **MARCELO TOMAZINI** BRA
SAMS record: 30.61 S 2002-10-13 **K Cawood (Jhb)**
 28.89 30-34 SAQT SAMS Colours 2010-11

1	Toerien, Brad	30	East Coast MSC-KZ	NT	31.29	12
2	Sheftz, Owen	33	Wahoo MSC-CG	45.00	39.01	10
3	Steenkamp, Neil	33	Cape Town MSC-WP	NT	43.34	8

Men 30-34 50 SC Meter Butterfly

WORLD record: 22.87 W 2009-05-16 **THOMAS RUPPRATH** GER
SAMS record: 27.24 S 4-2004 **David Hadenham (Dbn)**
 25.26 30-34 SAQT SAMS Colours 2010-11

1	Erasmus, Jaco	32	Wahoo MSC-CG	33.00	30.75	12
2	Steenkamp, Neil	33	Cape Town MSC-WP	NT	32.72	10
3	Rawlins, Luke	31	Amakhosi MSC-BO	NT	40.71	8

Men 30-34 100 SC Meter Butterfly

WORLD record: 52.64 W 2009-05-31 **FERNANDO ALAEZ** ESP
SAMS record: 1:01.55 S 10-2003 **David Hadenham (Dbn)**
 56.18 30-34 SAQT SAMS Colours 2010-11

1	Sheftz, Owen	33	Wahoo MSC-CG	1:30.00	1:16.83	12
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Men 30-34 100 SC Meter IM

WORLD record: 55.00 W 2008-12-20 **STEFAN HERBST** GER
SAMS record: 1:02.47 S 10-2003 **Cliff Lynne (Dbn)**
 59.04 30-34 SAQT SAMS Colours 2010-11

1	Berk, Daniel	31	Cape Town MSC-WP	NT	1:17.04	12
2	Steenkamp, Neil	33	Cape Town MSC-WP	NT	1:26.33	10

Men 30-34 200 SC Meter IM

WORLD record: 1:57.68 W 2009-12-04 **TAMAS KEREKJARTO** USA
SAMS record: 2:13.29 S 1995-03-12 **G Hipper**
 2:12.05 30-34 SAQT SAMS Colours 2010-11

1	Berk, Daniel	31	Cape Town MSC-WP	NT	3:03.50	12
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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 35-39 50 SC Meter Freestyle**

WORLD record: 21.53 W 2007-10-27 **MARK FOSTER** **GBR**
SAMS record: 25.33 S 2009-10-11 **David Letschert (Pmb)**
23.89 35-39 SAQT SAMS Colours 2010-11

1	Letschert, David	39	East Coast MSC-KZ	NT	26.00	12
2	Collins, Stuart	36	Wahoo MSC-CG	28.00	28.99	10
3	Theron, Hennie	39	Coelacanth MSC-NT	31.00	32.21	8
4	Roeloffze, Alexander	39	Wahoo MSC-CG	32.99	32.90	7
---	Allott, Bryan	36	Cape Town MSC-WP	NT	NS	

Men 35-39 100 SC Meter Freestyle

WORLD record: 49.53 W 2000-03-19 **JOHN MIRANDA** **SWE**
SAMS record: 56.91 S 11-2004 **Alex Skinner (CT)**
52.63 35-39 SAQT SAMS Colours 2010-11

1	Letschert, David	39	East Coast MSC-KZ	NT	57.69	12
2	Roeloffze, Alexander	39	Wahoo MSC-CG	1:16.00	1:20.36	10
---	Allott, Bryan	36	Cape Town MSC-WP	NT	NS	

Men 35-39 200 SC Meter Freestyle

WORLD record: 1:51.31 W 2003-12-14 **ERIK HOCHSTEIN** **USA**
SAMS record: 2:07.13 S 1986 **L McGregor**
1:57.38 35-39 SAQT SAMS Colours 2010-11

1	Collins, Stuart	36	Wahoo MSC-CG	2:30.00	2:26.68	12
---	Allott, Bryan	36	Cape Town MSC-WP	NT	NS	
---	Roeloffze, Alexander	39	Wahoo MSC-CG	2:30.00	NS	

Men 35-39 400 SC Meter Freestyle

WORLD record: 3:57.77 W 2003-12-14 **ERIK HOCHSTEIN** **USA**
SAMS record: 4:19.83 S 1987 **L McGregor (Dbn)**
4:10.08 35-39 SAQT SAMS Colours 2010-11

1	Collins, Stuart	36	Wahoo MSC-CG	5:20.00	5:13.04	12
---	Allott, Bryan	36	Cape Town MSC-WP	NT	NS	

Men 35-39 800 SC Meter Freestyle

WORLD record: 8:16.19 W 2009-12-06 **ALEX KOSTICH** **USA**
SAMS record: 9:46.33 S 9-2004 **Bruce Sneddon (CT)**
8:59.27 35-39 SAQT SAMS Colours 2010-11

---	Allott, Bryan	36	Cape Town MSC-WP	NT	NS	
---	Collins, Stuart	36	Wahoo MSC-CG	12:00.00	NS	

Men 35-39 50 SC Meter Backstroke

WORLD record: 25.72 W 2009-10-18 **EDILSON SILVA** **USA**
SAMS record: 30.05 S 2005-06-11 **Danie Retief (Jhb)**
27.57 35-39 SAQT SAMS Colours 2010-11

---	Collins, Stuart	36	Wahoo MSC-CG	38.00	NS	
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Men 35-39 50 SC Meter Breaststroke

WORLD record: 27.79 W 2009-12-06 **JEFF COMMINGS** **USA**
SAMS record: 31.34 S 2009-12-06 **Kieren Lawrenson (Dbn)**
30.05 35-39 SAQT SAMS Colours 2010-11

1	Lawrenson, Kieren	36	East Coast MSC-KZ	NT	32.05	12
2	Letschert, David	39	East Coast MSC-KZ	NT	33.09	10
3	Theron, Hennie	39	Coelacanth MSC-NT	39.50	38.73	8
4	Roeloffze, Alexander	39	Wahoo MSC-CG	42.50	42.60	7

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 35-39 100 SC Meter Breaststroke**

WORLD record: 1:01.47 W 2009-12-20 **JEFF COMMINGS** USA
SAMS record: 1:12.06 S 1990 **J Harker (Dbn)**
 1:05.68 35-39 SAQT SAMS Colours 2010-11

1	Lawrenson, Kieren	36	East Coast MSC-KZ	NT	1:11.19S	12
2	Phipson, Mark	39	Wahoo MSC-CG	1:25.00	1:27.37	10
3	Roeloffze, Alexander	39	Wahoo MSC-CG	1:43.00	1:38.69	8

Men 35-39 200 SC Meter Breaststroke

WORLD record: 2:16.49 W 2004-10-30 **NICK GILLINGHAM** GBR
SAMS record: 2:36.00 S 2005-10-23 **Gary Coetzee (Jhb)**
 2:30.80 35-39 SAQT SAMS Colours 2010-11

1	Lawrenson, Kieren	36	East Coast MSC-KZ	NT	2:40.23	12
2	Phipson, Mark	39	Wahoo MSC-CG	3:09.00	3:12.62	10
---	Roeloffze, Alexander	39	Wahoo MSC-CG	2:45.00	NS	

Men 35-39 50 SC Meter Butterfly

WORLD record: 24.48 W 2003-03-23 **JAN KARLSSON** SWE
SAMS record: 27.56 S 2009-12-06 **Kieren Lawrenson (Dbn)**
 25.70 35-39 SAQT SAMS Colours 2010-11

1	Letschert, David	39	East Coast MSC-KZ	NT	29.28	12
---	Collins, Stuart	36	Wahoo MSC-CG	32.00	NS	

Men 35-39 100 SC Meter Butterfly

WORLD record: 54.82 W 2009-04-29 **EIJI NOMURA** JPN
SAMS record: 1:03.75 S 2009-09-20 **Kieren Lawrenson (Dbn)**
 57.96 35-39 SAQT SAMS Colours 2010-11

1	Collins, Stuart	36	Wahoo MSC-CG	1:30.00	1:15.81	12
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Men 35-39 200 SC Meter Butterfly

WORLD record: 2:03.31 W 2009-04-18 **EIJI NOMURA** JPN
SAMS record: 2:29.03 S 2009-12-06 **Kieren Lawrenson (Dbn)**
 2:15.12 35-39 SAQT SAMS Colours 2010-11

---	Collins, Stuart	36	Wahoo MSC-CG	3:00.00	NS	
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Men 35-39 200 SC Meter IM

WORLD record: 2:03.29 W 2002-12-08 **RON KARNAUGH** USA
SAMS record: 2:25.54 S 1988 **T Shead**
 2:12.22 35-39 SAQT SAMS Colours 2010-11

---	Collins, Stuart	36	Wahoo MSC-CG	3:00.00	NS	
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Men 35-39 400 SC Meter IM

WORLD record: 4:24.36 W 2003-12-07 **RON KARNAUGH** USA
SAMS record: 5:18.21 S 2006-10-29 **Terry Heller (Jhb)**
 4:52.16 35-39 SAQT SAMS Colours 2010-11

1	Phipson, Mark	39	Wahoo MSC-CG	6:55.00	6:59.91	12
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Men 40-44 50 SC Meter Freestyle

WORLD record: 23.06 W 2009-12-06 **M.GIALDI** ITA
SAMS record: 25.17 S 2008-10-25 **Harald Ruck (Jhb)**
 24.26 40-44 SAQT SAMS Colours 2010-11

1	Kruger, Harald	43	Cape Town MSC-WP	NT	25.73	12
2	Menzel, Michael	41	Cape Town MSC-WP	NT	28.25	10
3	Reeves, Andrew	43	Amakhosi MSC-BO	0.29	30.33	8
4	Marais, Gary	42	Amakhosi MSC-BO	NT	31.59	7
---	Grobler, Francois	42	Wahoo MSC-CG	29.00	NS	

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 40-44 100 SC Meter Freestyle**

WORLD record: 50.43 W 2008-12-06 **MICHAEL ROSS** USA
SAMS record: 56.36 S 10-2003 **Rob Manners-Wood (CT)**
 53.16 40-44 SAQT SAMS Colours 2010-11

1	Kruger, Harald	43	Cape Town MSC-WP	NT	56.76	12
2	Lyne, Cliff	40	East Coast MSC-KZ	NT	57.32	10
3	Torr, Craig	41	Cape Dolphins SC - Masters-WP	NT	1:04.05	8
4	Grobler, Francois	42	Wahoo MSC-CG	1:06.00	1:04.07	7
5	Bromfield, Brendan	44	Highway MSC-KZ	NT	1:06.19	6
6	Marais, Gary	42	Amakhosi MSC-BO	NT	1:15.91	5
7	Crowther, Bobbie	41	Wahoo MSC-CG	1:20.00	1:16.18	4
---	Skidmore, Kerry	44	Amakhosi MSC-BO	NT	NS	

Men 40-44 200 SC Meter Freestyle

WORLD record: 1:50.08 W 2008-12-06 **MICHAEL ROSS** USA
SAMS record: 2:07.36 S 11-2004 **Gregg Price (Jhb)**
 1:58.85 40-44 SAQT SAMS Colours 2010-11

1	Vides, Avron	42	Amakhosi MSC-BO	NT	2:30.28	12
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Men 40-44 400 SC Meter Freestyle

WORLD record: 4:00.67 W 2004-11-07 **KAI DITZEL** GER
SAMS record: 4:26.55 S 2004-10-31 **Gregg Price (Jhb)**
 4:16.36 40-44 SAQT SAMS Colours 2010-11

1	Grobler, Francois	42	Wahoo MSC-CG	5:30.00	5:06.26	12
---	Berning, Emil	44	Wahoo MSC-CG	5:20.00	NS	

Men 40-44 800 SC Meter Freestyle

WORLD record: 8:28.16 W 2009-11-01 **A.MORENO HERNANDE** MEX
SAMS record: 9:33.07 S 11-2004 **Gregg Price (Jhb)**
 9:06.83 40-44 SAQT SAMS Colours 2010-11

1	Grobler, Francois	42	Wahoo MSC-CG	11:45.00	10:45.33	12
2	Torr, Craig	41	Cape Dolphins SC - Masters-WP	NT	11:07.25	10
3	Vides, Avron	42	Amakhosi MSC-BO	NT	11:11.41	8
4	Skidmore, Kerry	44	Amakhosi MSC-BO	NT	12:02.19	7
---	Greaves, Gordon	44	Phoenix MSC-CG	14:00.00	X12:33.87	

Men 40-44 50 SC Meter Backstroke

WORLD record: 25.53 W 2009-12-12 **MICHAEL ROSS** USA
SAMS record: 29.19 S 2007-05-12 **Harald Ruck (Jhb)**
 28.25 40-44 SAQT SAMS Colours 2010-11

1	Crowther, Bobbie	41	Wahoo MSC-CG	44.00	45.64	12
---	Greaves, Gordon	44	Phoenix MSC-CG	NT	X43.08	
---	Reeves, Andrew	43	Amakhosi MSC-BO	NT	NS	

Men 40-44 50 SC Meter Breaststroke

WORLD record: 28.86 W 2008-10-26 **ALBERTO MONTINI** ITA
SAMS record: 32.81 S 2007-10-21 **Johan van der Merwe (Stb)**
 29.95 40-44 SAQT SAMS Colours 2010-11

1	Lyne, Cliff	40	East Coast MSC-KZ	NT	32.01 S	12
2	Kruger, Harald	43	Cape Town MSC-WP	NT	34.71	10
3	Reeves, Andrew	43	Amakhosi MSC-BO	0.36	39.72	8
4	Marais, Gary	42	Amakhosi MSC-BO	NT	40.25	7

Men 40-44 100 SC Meter Breaststroke

WORLD record: 1:02.42 W 2008-11-30 **ALBERTO MONTINI** ITA
SAMS record: 1:12.69 S 2007-11-17 **Johan van der Merwe (CT)**
 1:06.20 40-44 SAQT SAMS Colours 2010-11

---	Greaves, Gordon	44	Phoenix MSC-CG	1:32.00	X1:30.42	
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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 40-44 50 SC Meter Butterfly**

WORLD record: 24.91 W 2008-12-06 MICHAEL ROSS USA
SAMS record: 27.92 S 2009-06-27 Harald Ruck (Jhb)
 26.36 40-44 SAQT SAMS Colours 2010-11

1	Kruger, Harald	43	Cape Town MSC-WP	NT	30.25	12
2	Torr, Craig	41	Cape Dolphins SC - Masters-WP	NT	32.04	10
3	Reeves, Andrew	43	Amakhosi MSC-BO	0.33	34.31	8
4	Skidmore, Kerry	44	Amakhosi MSC-BO	NT	35.68	7
---	Menzel, Michael	41	Cape Town MSC-WP	NT	NS	

Men 40-44 100 SC Meter IM

WORLD record: 57.39 W 2010-01-10 ALBERTO MONTINI ITA
SAMS record: 1:05.11 S 2009-10-24 Harald Ruck (Jhb)
 1:01.09 40-44 SAQT SAMS Colours 2010-11

1	Lyne, Cliff	40	East Coast MSC-KZ	NT	1:04.05 S	12
2	Kruger, Harald	43	Cape Town MSC-WP	NT	1:07.06	10
3	Menzel, Michael	41	Cape Town MSC-WP	NT	1:18.51	8
4	Reeves, Andrew	43	Amakhosi MSC-BO	1:28.24	1:27.12	7
5	Skidmore, Kerry	44	Amakhosi MSC-BO	NT	1:27.78	6
---	Marais, Gary	42	Amakhosi MSC-BO	NT	NS	

Men 40-44 200 SC Meter IM

WORLD record: 2:05.46 W 2009-12-04 ROQUE SANTOS USA
SAMS record: 2:24.00 S 1990 T Tozer
 2:14.11 40-44 SAQT SAMS Colours 2010-11

1	Lyne, Cliff	40	East Coast MSC-KZ	NT	2:21.78 S	12
2	Vides, Avron	42	Amakhosi MSC-BO	NT	3:03.22	10

Men 40-44 400 SC Meter IM

WORLD record: 4:32.05 W 2008-11-15 ROQUE SANTOS USA
SAMS record: 5:06.18 S 4-2004 Graham du Toit (Dbn)
 4:54.96 40-44 SAQT SAMS Colours 2010-11

1	Berning, Emil	44	Wahoo MSC-CG	6:00.00	6:16.40	12
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Men 45-49 50 SC Meter Freestyle

WORLD record: 23.67 W 2009-03-28 JANNE VIRTANEN FIN
SAMS record: 25.09 S 9-1995 T Downes (Jhb)
 24.51 45-49 SAQT SAMS Colours 2010-11

1	Ruck, Harald	45	Coelacanth MSC-NT	26.00	26.40	12
2	vd Merwe, Johan	45	Cape Town MSC-WP	NT	26.83	10
3	Allner, Anton	45	Phoenix MSC-CG	29.50	29.93	8
4	Kruger, Ross	47	Amakhosi MSC-BO	0.31	30.57	7
5	Truter, Anton	49	Cape Dolphins SC - Masters-WP	NT	31.35	6
6	Wilmore, Richard	45	Cape Dolphins SC - Masters-WP	NT	31.56	5
7	Forrester, Andrew	49	Wahoo MSC-CG	32.00	32.40	4
8	Brits, Rudi	46	Phoenix MSC-CG	35.00	34.09	3
9	Olivier, Marais	47	Cape Town MSC-WP	NT	34.63	2
---	Orton, Nicholas	47	Cape Town MSC-WP	NT	NS	

Men 45-49 100 SC Meter Freestyle

WORLD record: 52.54 W 2007-12-02 PAUL SMITH USA
SAMS record: 54.64 S 9-1995 T Downes (Jhb)
 54.66 45-49 SAQT SAMS Colours 2010-11

1	von Bardeleben, Theo	46	Wahoo MSC-CG	1:04.00	1:02.51	12
2	Avenant, Ben	48	Cape Dolphins SC - Masters-WP	NT	1:07.96	10
3	Kruger, Ross	47	Amakhosi MSC-BO	1:06.67	1:08.08	8
4	Wilmore, Richard	45	Cape Dolphins SC - Masters-WP	NT	1:08.23	7
5	Truter, Anton	49	Cape Dolphins SC - Masters-WP	NT	1:09.82	6

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****(Men 45-49 100 SC Meter Freestyle)**

6	Forrester, Andrew	49	Wahoo MSC-CG	1:15.00	1:14.52	5
7	Brits, Rudi	46	Phoenix MSC-CG	1:15.00	1:16.93	4
8	Ponsonby, Peter	47	Phoenix MSC-CG	1:15.00	1:17.57	3
9	Dreyer, Bertus	48	Wahoo MSC-CG	1:30.00	1:20.96	2
---	Olivier, Marais	47	Cape Town MSC-WP	NT	NS	
---	Orton, Nicholas	47	Cape Town MSC-WP	NT	NS	

Men 45-49 200 SC Meter Freestyle

WORLD record: 1:54.73 W 2008-03-08 **KAI DITZEL** **GER**
SAMS record: 2:03.78 S 9-1995 **T Downes (Jhb)**
2:01.48 45-49 SAQT SAMS Colours 2010-11

1	vd Merwe, Johan	45	Cape Town MSC-WP	NT	2:05.11	12
2	Ruck, Harald	45	Coelacanth MSC-NT	2:08.00	2:13.97	10
3	Wilmore, Richard	45	Cape Dolphins SC - Masters-WP	NT	2:35.49	8
4	Kruger, Ross	47	Amakhosi MSC-BO	2:17.25	2:38.47	7
5	Forrester, Andrew	49	Wahoo MSC-CG	3:20.00	3:03.13	6
6	Brits, Rudi	46	Phoenix MSC-CG	3:00.00	3:08.05	5
---	Ponsonby, Peter	47	Phoenix MSC-CG	2:45.00	NS	

Men 45-49 400 SC Meter Freestyle

WORLD record: 4:05.90 W 2008-02-08 **KAI DITZEL** **GER**
SAMS record: 4:32.88 S 10-2004 **Alan Blades (Dbn)**
4:24.49 45-49 SAQT SAMS Colours 2010-11

1	Ponsonby, Peter	47	Phoenix MSC-CG	6:00.00	6:19.68	12
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Men 45-49 800 SC Meter Freestyle

WORLD record: 8:39.81 W 2009-10-04 **MICHAEL PRUFERT** **GER**
SAMS record: 9:41.22 S 12-2000 **C Quibell (Dbn)**
9:12.45 45-49 SAQT SAMS Colours 2010-11

1	Wilmore, Richard	45	Cape Dolphins SC - Masters-WP	NT	10:54.57	12
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Men 45-49 50 SC Meter Backstroke

WORLD record: 27.02 W 2009-12-12 **CHRIS STEVENSON** **USA**
SAMS record: 30.53 S 2005-11-26 **Andre Steynberg (Jhb)**
28.66 45-49 SAQT SAMS Colours 2010-11

1	Allner, Anton	45	Phoenix MSC-CG	41.00	38.22	12
---	Orton, Nicholas	47	Cape Town MSC-WP	NT	NS	

Men 45-49 100 SC Meter Backstroke

WORLD record: 57.00 W 2009-12-13 **CHRIS STEVENSON** **USA**
SAMS record: 1:08.09 S 9-2004 **Peter Storzner (CT)**
1:01.58 45-49 SAQT SAMS Colours 2010-11

---	Orton, Nicholas	47	Cape Town MSC-WP	NT	NS	
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Men 45-49 50 SC Meter Breaststroke

WORLD record: 28.87 W 2010-01-17 **RICO ROLLI** **ITA**
SAMS record: 31.75 S 2010-08-19 **Johan van der Merwe (CT)**
31.04 45-49 SAQT SAMS Colours 2010-11

1	Truter, Anton	49	Cape Dolphins SC - Masters-WP	NT	39.54	12
2	Forrester, Andrew	49	Wahoo MSC-CG	45.00	41.04	10
3	Allner, Anton	45	Phoenix MSC-CG	42.00	44.97	8
4	Brits, Rudi	46	Phoenix MSC-CG	45.00	50.79	7
---	Hickling, Glenn	49	Wahoo MSC-CG	40.00	NS	
---	Olivier, Marais	47	Cape Town MSC-WP	NT	NS	

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 45-49 100 SC Meter Breaststroke****WORLD record: 1:04.69 W 2009-12-05 CHRIS WEISSMAN USA****SAMS record: 1:09.74 S 2010-08-19 Johan van der Merwe (CT)****1:09.38 45-49 SAQT SAMS Colours 2010-11**

1	Truter, Anton	49	Cape Dolphins SC - Masters-WP	NT	1:31.34	12
2	Forrester, Andrew	49	Wahoo MSC-CG	1:40.00	1:31.56	10
3	Ponsonby, Peter	47	Phoenix MSC-CG	1:30.00	1:37.20	8
---	Olivier, Marais	47	Cape Town MSC-WP	NT	NS	

Men 45-49 200 SC Meter Breaststroke**WORLD record: 2:22.68 W 2008-06-22 GLENN MILLS USA****SAMS record: 2:36.17 S 2010-09-16 Johan van der Merwe (CT)****2:34.45 45-49 SAQT SAMS Colours 2010-11**

1	Olivier, Marais	47	Cape Town MSC-WP	NT	3:31.90	12
2	Forrester, Andrew	49	Wahoo MSC-CG	3:40.00	3:32.71	10
3	Ponsonby, Peter	47	Phoenix MSC-CG	3:20.00	3:40.97	8

Men 45-49 50 SC Meter Butterfly**WORLD record: 25.74 W 2009-12-13 FRITZ BEDFORD USA****SAMS record: 27.62 S 2005-11-26 Gregg Price (Jhb)****26.83 45-49 SAQT SAMS Colours 2010-11**

1	von Bardeleben, Theo	46	Wahoo MSC-CG	30.00	31.71	12
2	Avenant, Ben	48	Cape Dolphins SC - Masters-WP	NT	34.20	10
3	Allner, Anton	45	Phoenix MSC-CG	38.00	35.51	8
4	Ponsonby, Peter	47	Phoenix MSC-CG	35.00	37.20	7
5	Dreyer, Bertus	48	Wahoo MSC-CG	45.00	42.74	6
---	Olivier, Marais	47	Cape Town MSC-WP	NT	NS	

Men 45-49 200 SC Meter Butterfly**WORLD record: 2:06.40 W 2006-11-19 DENNIS BAKER USA****SAMS record: 2:29.75 S 2006-01-22 Alan Blades (Dbn)****2:24.29 45-49 SAQT SAMS Colours 2010-11**

1	Arendse, Mike	48	Cape Town MSC-WP	NT	4:07.62	12
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Men 45-49 100 SC Meter IM**WORLD record: 1:00.13 W 2009-11-29 EDWIN VAN NORDEN NED****SAMS record: 1:05.06 S 9-2005 Gregg Price (Dbn)****1:02.44 45-49 SAQT SAMS Colours 2010-11**

1	vd Merwe, Johan	45	Cape Town MSC-WP	NT	1:05.62	12
2	Olivier, Marais	47	Cape Town MSC-WP	NT	1:34.59	10
3	Ponsonby, Peter	47	Phoenix MSC-CG	1:30.00	1:37.29	8

Men 45-49 200 SC Meter IM**WORLD record: 2:09.71 W 2010-03-20 JEROME FRENTSOS USA****SAMS record: 2:22.22 S 2008-04-06 Graham du Toit (Dbn)****2:18.29 45-49 SAQT SAMS Colours 2010-11**

1	Dreyer, Bertus	48	Wahoo MSC-CG	3:45.00	3:40.74	12
2	Arendse, Mike	48	Cape Town MSC-WP	NT	4:11.08	10
---	Kruger, Ross	47	Amakhosi MSC-BO	NT	NS	
---	von Bardeleben, Theo	46	Wahoo MSC-CG	3:00.00	NS	

Men 50-54 50 SC Meter Freestyle**WORLD record: 23.38 W 2009-10-18 ROWDY GAINES USA****SAMS record: 25.82 S 2006-05-14 Andre Steynberg (Jhb)****25.52 50-54 SAQT SAMS Colours 2010-11**

1	Kohler, Quirin	51	Phoenix MSC-CG	30.00	27.98	12
2	Steynberg, Andre	54	Wahoo MSC-CG	27.00	27.99	10
3	Morgan, Trevor	51	Coelacanth MSC-NT	30.00	29.18	8

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****(Men 50-54 50 SC Meter Freestyle)**

4	Hendricks, Nigel	52	Cape Town MSC-WP	NT	29.21	7
5	Davies, Richard	50	Highway MSC-KZ	NT	29.98	6
6	Carr, Mike	52	Cape Town MSC-WP	NT	30.55	5
7	Jacobs, Roy	51	ET Stingrays MSC-ES	35.00	30.94	4
8	Jevon, Dave	50	Amakhosi MSC-BO	29.70	31.09	3
9	Reeves, Paul	52	Amakhosi MSC-BO	NT	31.72	2
10	Holshausen, Rod	52	Cape Town MSC-WP	NT	31.86	1
11	Baker, Raymond	52	East Coast MSC-KZ	NT	33.75	
12	Platte, Gary	54	Winelands MSC-WP	NT	35.45	
---	Coetzee, Butch	54	Amakhosi MSC-BO	0.34	NS	

Men 50-54 100 SC Meter Freestyle

WORLD record: 51.61 W 2009-10-17 ROWDY GAINES USA

SAMS record: 55.81 S 1999-09-03 T Downes (Jhb)

56.25 50-54 SAQT SAMS Colours 2010-11

1	Steynberg, Andre	54	Wahoo MSC-CG	1:01.00	1:00.31	12
2	Folscher, Danie	52	Cape Town MSC-WP	NT	1:04.30	10
3	Hendricks, Nigel	52	Cape Town MSC-WP	NT	1:04.46	8
4	Stonestreet, Mark	50	Phoenix MSC-CG	1:12.00	1:06.95	7
5	Jacobs, Roy	51	ET Stingrays MSC-ES	1:10.00	1:06.97	6
6	Carr, Mike	52	Cape Town MSC-WP	NT	1:08.52	5
7	Davies, Richard	50	Highway MSC-KZ	NT	1:09.06	4
8	Jevon, Dave	50	Amakhosi MSC-BO	NT	1:16.48	3
9	Bartholomew, Alan	51	East Coast MSC-KZ	NT	1:24.62	2
---	Coetzee, Butch	54	Amakhosi MSC-BO	59.07	NS	
---	Holshausen, Rod	52	Cape Town MSC-WP	NT	NS	

Men 50-54 200 SC Meter Freestyle

WORLD record: 1:56.75 W 2009-10-17 BOB BUGG USA

SAMS record: 2:05.95 S 1999-09-02 T Downes (Jhb)

2:06.50 50-54 SAQT SAMS Colours 2010-11

1	Folscher, Danie	52	Cape Town MSC-WP	NT	2:20.08	12
2	Holshausen, Rod	52	Cape Town MSC-WP	NT	2:28.82	10
3	Stonestreet, Mark	50	Phoenix MSC-CG	2:45.00	2:30.81	8
4	Davies, Richard	50	Highway MSC-KZ	NT	2:54.23	7
5	Jevon, Dave	50	Amakhosi MSC-BO	2:52.96	2:58.69	6
6	Coetzee, Butch	54	Amakhosi MSC-BO	2:56.72	3:14.00	5
---	Jacobs, Roy	51	ET Stingrays MSC-ES	3:20.00	NS	

Men 50-54 400 SC Meter Freestyle

WORLD record: 4:07.99 W 2000-12-10 JIM MCCONICA USA

SAMS record: 4:42.75 S 8-2001 T Downes (Pta)

4:33.26 50-54 SAQT SAMS Colours 2010-11

1	Folscher, Danie	52	Cape Town MSC-WP	NT	5:00.45	12
2	Kohler, Quirin	51	Phoenix MSC-CG	5:30.00	5:06.95	10
3	Holshausen, Rod	52	Cape Town MSC-WP	NT	5:14.89	8
4	Stonestreet, Mark	50	Phoenix MSC-CG	5:50.00	5:23.83	7

Men 50-54 800 SC Meter Freestyle

WORLD record: 8:44.51 W 2000-12-10 JIM MCCONICA USA

SAMS record: 9:44.16 S 9-2005 Doug Howieson (CT)

9:32.08 50-54 SAQT SAMS Colours 2010-11

1	du Toit, Graham	50	East Coast MSC-KZ	NT	10:33.04	12
2	Holshausen, Rod	52	Cape Town MSC-WP	NT	10:46.99	10
3	Stonestreet, Mark	50	Phoenix MSC-CG	12:00.00	11:27.29	8
4	Coetzee, Butch	54	Amakhosi MSC-BO	NT	13:58.00	7

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 50-54 50 SC Meter Backstroke**

WORLD record: 28.37 W 2009-12-06 JAMIE FOWLER USA
SAMS record: 30.05 S 2006-07-08 Andre Steynberg (Jhb)
 30.23 50-54 SAQT SAMS Colours 2010-11

1	Steynberg, Andre	54	Wahoo MSC-CG	32.00	32.48	12
2	Baker, Raymond	52	East Coast MSC-KZ	NT	43.16	10
3	Bartholomew, Alan	51	East Coast MSC-KZ	NT	44.00	8
4	Reeves, Paul	52	Amakhosi MSC-BO	NT	44.12	7
5	Jevon, Dave	50	Amakhosi MSC-BO	41.07	46.16	6
---	Morgan, Trevor	51	Coelacanth MSC-NT	35.40	NS	

Men 50-54 100 SC Meter Backstroke

WORLD record: 1:00.38 W 2009-12-05 JAMIE FOWLER USA
SAMS record: 1:06.56 S 6-2003 Tim Shead (CT)
 1:06.63 50-54 SAQT SAMS Colours 2010-11

1	Steynberg, Andre	54	Wahoo MSC-CG	1:12.00	1:12.80	12
2	Morgan, Trevor	51	Coelacanth MSC-NT	1:15.50	1:16.62	10

Men 50-54 200 SC Meter Backstroke

WORLD record: 2:11.84 W 2009-12-04 JAMIE FOWLER USA
SAMS record: 2:29.57 S 1999-09-03 T Downes (Jhb)
 2:26.96 50-54 SAQT SAMS Colours 2010-11

1	du Toit, Graham	50	East Coast MSC-KZ	NT	2:42.81	12
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Men 50-54 50 SC Meter Breaststroke

WORLD record: 30.91 W 2009-11-07 GLEN CHRISTIANSEN SWE
SAMS record: 31.72 S 3-2002 T Shead (Syd)
 32.02 50-54 SAQT SAMS Colours 2010-11

1	Steynberg, Andre	54	Wahoo MSC-CG	39.00	38.00	12
2	Reeves, Paul	52	Amakhosi MSC-BO	NT	39.19	10
3	Hendricks, Nigel	52	Cape Town MSC-WP	NT	39.92	8
4	Davies, Richard	50	Highway MSC-KZ	NT	40.34	7
5	Jacobs, Roy	51	ET Stingrays MSC-ES	45.00	43.04	6
6	Platte, Gary	54	Winelands MSC-WP	NT	48.02	5
7	Coetzee, Butch	54	Amakhosi MSC-BO	NT	52.31	4
---	Baker, Raymond	52	East Coast MSC-KZ	NT	NS	

Men 50-54 100 SC Meter Breaststroke

WORLD record: 1:08.27 W 2008-12-06 BENN DOYLE USA
SAMS record: 1:09.88 S 3-2002 T Shead (Syd)
 1:11.05 50-54 SAQT SAMS Colours 2010-11

1	Folscher, Danie	52	Cape Town MSC-WP	NT	1:26.49	12
2	Reeves, Paul	52	Amakhosi MSC-BO	NT	1:29.03	10
3	Davies, Richard	50	Highway MSC-KZ	NT	1:37.09	8

Men 50-54 50 SC Meter Butterfly

WORLD record: 25.49 W 2009-05-16 DAN THOMPSON CAN
SAMS record: 28.05 S 2006-07-08 Andre Steynberg (Jhb)
 27.72 50-54 SAQT SAMS Colours 2010-11

1	Steynberg, Andre	54	Wahoo MSC-CG	29.00	30.05	12
2	Hendricks, Nigel	52	Cape Town MSC-WP	NT	33.69	10
3	Carr, Mike	52	Cape Town MSC-WP	NT	34.23	8
4	Davies, Richard	50	Highway MSC-KZ	NT	35.50	7
5	Reeves, Paul	52	Amakhosi MSC-BO	NT	40.00	6
6	Bartholomew, Alan	51	East Coast MSC-KZ	NT	43.29	5
---	Holshausen, Rod	52	Cape Town MSC-WP	NT	NS	
---	Jacobs, Roy	51	ET Stingrays MSC-ES	40.00	NS	
---	Morgan, Trevor	51	Coelacanth MSC-NT	33.00	NS	

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 50-54 100 SC Meter Butterfly****WORLD record: 57.29 W 2007-12-02 PAUL CARTER USA****SAMS record: 1:05.42 S 2006-10-29 Andre Steynberg (Jhb)****1:03.55 50-54 SAQT SAMS Colours 2010-11**

1	Kohler, Quirin	51	Phoenix MSC-CG	1:15.00	1:13.10	12
2	Steynberg, Andre	54	Wahoo MSC-CG	1:08.00	1:15.09	10
3	Holshausen, Rod	52	Cape Town MSC-WP	NT	1:15.93	8
4	Carr, Mike	52	Cape Town MSC-WP	NT	1:30.10	7
5	Platte, Gary	54	Winelands MSC-WP	NT	1:57.80	6

Men 50-54 200 SC Meter Butterfly**WORLD record: 2:12.54 W 2009-11-22 WILLIAM SPECHT USA****SAMS record: 2:36.06 S 12-2001 J Keyter (Dbn)****2:29.19 50-54 SAQT SAMS Colours 2010-11**

--- Holshausen, Rod 52 Cape Town MSC-WP NT NS

Men 50-54 100 SC Meter IM**WORLD record: 1:01.29 W 2009-12-06 JAMIE FOWLER USA****SAMS record: 1:03.54 S 3-2002 T Shead (Syd)****1:05.92 50-54 SAQT SAMS Colours 2010-11**

1	Steynberg, Andre	54	Wahoo MSC-CG	1:20.00	1:10.69	12
2	Folscher, Danie	52	Cape Town MSC-WP	NT	1:15.70	10
3	Hendricks, Nigel	52	Cape Town MSC-WP	NT	1:16.38	8
4	Kohler, Quirin	51	Phoenix MSC-CG	1:20.00	1:17.70	7
5	Holshausen, Rod	52	Cape Town MSC-WP	NT	1:21.38	6
6	Carr, Mike	52	Cape Town MSC-WP	NT	1:23.09	5
7	Jacobs, Roy	51	ET Stingrays MSC-ES	1:35.00	1:25.82	4
8	Baker, Raymond	52	East Coast MSC-KZ	NT	1:28.39	3

Men 50-54 200 SC Meter IM**WORLD record: 2:13.40 W 2009-12-04 JAMIE FOWLER USA****SAMS record: 2:22.23 S 3-2002 T Shead (Syd)****2:25.88 50-54 SAQT SAMS Colours 2010-11**

1	Folscher, Danie	52	Cape Town MSC-WP	NT	2:39.17	12
2	Steynberg, Andre	54	Wahoo MSC-CG	2:49.90	2:58.01	10
3	Holshausen, Rod	52	Cape Town MSC-WP	NT	3:02.77	8
4	Bartholomew, Alan	51	East Coast MSC-KZ	NT	3:58.38	7

Men 55-59 50 SC Meter Freestyle**WORLD record: 24.70 W 2006-04-01 PAUL TREVISAN USA****SAMS record: 26.59 S 2004-10-31 Terry Downes (Jhb)****26.40 55-59 SAQT SAMS Colours 2010-11**

1	Cones, Nigel	55	Cape Town MSC-WP	NT	28.66	12
2	Spies, Izak	56	Cape Dolphins SC - Masters-WP	NT	29.19	10
3	Howieson, Doug	58	Cape Town MSC-WP	NT	33.70	8
---	Arbuthnot, David	57	Coelacanth MSC-NT	31.00	NS	

Men 55-59 100 SC Meter Freestyle**WORLD record: 54.50 W 2009-04-05 JACK GROSELLE USA****SAMS record: 59.13 S 8-2004 Terry Downes (Jhb)****58.85 55-59 SAQT SAMS Colours 2010-11**

1	Spies, Izak	56	Cape Dolphins SC - Masters-WP	NT	1:05.72	12
2	Howieson, Doug	58	Cape Town MSC-WP	NT	1:08.29	10
3	Kloos, Rainer	55	Cape Town MSC-WP	NT	1:12.32	8

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 55-59 200 SC Meter Freestyle**

WORLD record: 1:59.08 W 2009-11-21 MICHAEL MANN USA
SAMS record: 2:14.78 S 2008-10-25 Terry Downes (Jhb)
 2:11.77 55-59 SAQT SAMS Colours 2010-11

1	Spies, Izak	56	Cape Dolphins SC - Masters-WP	NT	2:21.84	12
2	Cones, Nigel	55	Cape Town MSC-WP	NT	2:24.13	10
3	Howieson, Doug	58	Cape Town MSC-WP	NT	2:32.85	8

Men 55-59 400 SC Meter Freestyle

WORLD record: 4:16.03 W 2009-11-22 MICHAEL MANN USA
SAMS record: 4:46.93 S 2007-10-21 Tim Shead (Stb)
 4:42.26 55-59 SAQT SAMS Colours 2010-11

1	Spies, Izak	56	Cape Dolphins SC - Masters-WP	NT	5:03.88	12
2	Howieson, Doug	58	Cape Town MSC-WP	NT	5:18.34	10
3	Hatherly, Bob	59	Wahoo MSC-CG	6:22.00	6:00.78	8

Men 55-59 800 SC Meter Freestyle

WORLD record: 8:51.34 W 2009-11-21 MICHAEL MANN USA
SAMS record: 10:04.18 S 2008-10-19 Doug Howieson (Stb)
 9:46.44 55-59 SAQT SAMS Colours 2010-11

1	Spies, Izak	56	Cape Dolphins SC - Masters-WP	NT	10:40.94	12
2	Howieson, Doug	58	Cape Town MSC-WP	NT	10:52.72	10
---	Harker, Guy	55	Wahoo MSC-CG	15:00.00	NS	

Men 55-59 50 SC Meter Backstroke

WORLD record: 29.07 W 2009-11-21 PHILIPP DJANG USA
SAMS record: 31.09 S 2008-04-10 Tim Shead (CT)
 31.48 55-59 SAQT SAMS Colours 2010-11

1	Den Bakker, Arnaud	55	Coelacanth MSC-NT	35.00	35.44	12
2	Howieson, Doug	58	Cape Town MSC-WP	NT	38.38	10

Men 55-59 100 SC Meter Backstroke

WORLD record: 1:03.75 W 2009-12-05 PHILIPP DJANG USA
SAMS record: 1:07.16 S 2008-07-17 Tim Shead (CT)
 1:08.73 55-59 SAQT SAMS Colours 2010-11

1	Shead, Tim	58	Cape Town MSC-WP	NT	1:09.32	12
2	Howieson, Doug	58	Cape Town MSC-WP	NT	1:21.60	10
3	Harker, Guy	55	Wahoo MSC-CG	1:42.00	1:27.51	8

Men 55-59 200 SC Meter Backstroke

WORLD record: 2:19.42 W 2009-12-04 PHILIPP DJANG USA
SAMS record: 2:29.11 S 2007-08-19 Tim Shead (Stb)
 2:33.50 55-59 SAQT SAMS Colours 2010-11

1	Shead, Tim	58	Cape Town MSC-WP	NT	2:29.47	SAQT 12
2	Howieson, Doug	58	Cape Town MSC-WP	NT	3:04.68	10

Men 55-59 50 SC Meter Breaststroke

WORLD record: 30.50 W 2009-09-26 WALTER KUSCH GER
SAMS record: 32.36 S 2009-10-18 Tim Shead (CT)
 33.80 55-59 SAQT SAMS Colours 2010-11

1	Hatherly, Bob	59	Wahoo MSC-CG	37.00	39.13	12
2	Cones, Nigel	55	Cape Town MSC-WP	NT	39.20	10
3	Harker, Guy	55	Wahoo MSC-CG	45.00	43.49	8
---	Arbuthnot, David	57	Coelacanth MSC-NT	44.00	NS	

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 55-59 100 SC Meter Breaststroke**

WORLD record: 1:08.13 W 2009-09-25 WALTER KUSCH GER
SAMS record: 1:10.50 S 2007-01-28 Tim Shead (Mad)
 1:15.14 55-59 SAQT SAMS Colours 2010-11

1 Miller, Mervyn 58 Wahoo MSC-CG 1:50.00 1:47.97 12

Men 55-59 200 SC Meter Breaststroke

WORLD record: 2:33.79 W 2009-12-06 TIMOTHY SHEAD USA
SAMS record: 2:38.90 S 2007-01-26 Tim Shead (Mad)
 2:47.66 55-59 SAQT SAMS Colours 2010-11

1 Hatherly, Bob 59 Wahoo MSC-CG 3:14.00 3:02.21 12

Men 55-59 50 SC Meter Butterfly

WORLD record: 26.93 W 2009-12-13 GREG SHAW USA
SAMS record: 29.53 S 2007-10-21 Tim Shead (Stb)
 29.00 55-59 SAQT SAMS Colours 2010-11

1 Den Bakker, Arnaud 55 Coelacanth MSC-NT 31.50 31.23 12

2 Kloos, Rainer 55 Cape Town MSC-WP NT 36.47 10

3 Harker, Guy 55 Wahoo MSC-CG 40.00 41.18 8

--- Spies, Izak 56 Cape Dolphins SC - Masters-WP NT DQ

Men 55-59 100 SC Meter Butterfly

WORLD record: 1:00.35 W 2006-12-17 GREG SHAW USA
SAMS record: 1:05.68 S 2008-08-17 Tim Shead (Stb)
 1:06.52 55-59 SAQT SAMS Colours 2010-11

1 Shead, Tim 58 Cape Town MSC-WP NT 1:07.94 12

--- Arbuthnot, David 57 Coelacanth MSC-NT 1:26.00 NS

Men 55-59 200 SC Meter Butterfly

WORLD record: 2:19.72 W 2009-03-21 JOHN CRAIG USA
SAMS record: 2:36.87 S 4-2005 John Keyter (Dbn)
 2:42.62 55-59 SAQT SAMS Colours 2010-11

1 Shead, Tim 58 Cape Town MSC-WP NT 2:46.06 12

Men 55-59 100 SC Meter IM

WORLD record: 1:03.48 W 2009-12-12 TIMOTHY SHEAD USA
SAMS record: 1:03.53 S 2007-01-26 Tim Shead (Mad)
 1:07.60 55-59 SAQT SAMS Colours 2010-11

1 Cones, Nigel 55 Cape Town MSC-WP NT 1:15.60 12

Men 55-59 400 SC Meter IM

WORLD record: 4:51.97 W 2009-11-21 MICHAEL MANN USA
SAMS record: 5:31.34 S 2007-11-17 Tim Shead (CT)
 5:35.82 55-59 SAQT SAMS Colours 2010-11

1 Shead, Tim 58 Cape Town MSC-WP NT 5:30.20 S SAQT 12

2 Hatherly, Bob 59 Wahoo MSC-CG 6:55.00 6:41.01 10

Men 60-64 50 SC Meter Freestyle

WORLD record: 24.90 W 2006-12-03 RICH ABRAHAMS USA
SAMS record: 27.63 S 2009-05-16 Terry Downes (Jhb)
 27.53 60-64 SAQT SAMS Colours 2010-11

1 Wilson, Doug 63 Cape Town MSC-WP NT 30.63 12

2 Morrison, Allen 62 Cape Town MSC-WP NT 31.82 10

3 Harley, John 63 East Coast MSC-KZ NT 33.97 8

4 Hanauer, Francis 63 East Coast MSC-KZ NT 1:00.63 7

--- van Heerden, Carel 60 Wahoo MSC-CG 36.00 NS

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 60-64 100 SC Meter Freestyle****WORLD record: 56.63 W 2008-12-07 RICH ABRAHAMS USA****SAMS record: 59.74 S 2009-10-24 Terry Downes (Jhb)****1:02.18 60-64 SAQT SAMS Colours 2010-11**

1	Wilson, Doug	63	Cape Town MSC-WP	NT	1:10.62	12
2	Harley, John	63	East Coast MSC-KZ	NT	1:17.28	10
3	Morrison, Allen	62	Cape Town MSC-WP	NT	1:22.18	8
4	Miller, Trevor	60	East Coast MSC-KZ	NT	1:32.03	7
5	Fielding, Pete	60	Amakhosi MSC-BO	NT	1:32.07	6
---	van Heerden, Carel	60	Wahoo MSC-CG	1:42.00	NS	

Men 60-64 200 SC Meter Freestyle**WORLD record: 2:10.04 W 2008-12-13 FRED SCHLICHER USA****SAMS record: 2:17.33 S 2009-08-15 Terry Downes (Jhb)****2:19.16 60-64 SAQT SAMS Colours 2010-11**

1	Harley, John	63	East Coast MSC-KZ	NT	3:00.54	12
2	Fielding, Pete	60	Amakhosi MSC-BO	NT	3:59.06	10
3	Hanauer, Francis	63	East Coast MSC-KZ	NT	4:50.89	8

Men 60-64 400 SC Meter Freestyle**WORLD record: 4:40.45 W 2006-10-28 DUNCAN MCCREADIE GBR****SAMS record: 4:54.60 S 2009-10-24 Terry Downes (Jhb)****5:01.18 60-64 SAQT SAMS Colours 2010-11**

1	Fielding, Pete	60	Amakhosi MSC-BO	NT	8:26.59	12
2	Hanauer, Francis	63	East Coast MSC-KZ	NT	10:08.44	10
---	van Heerden, Carel	60	Wahoo MSC-CG	8:00.00	NS	

Men 60-64 800 SC Meter Freestyle**WORLD record: 9:43.83 W 2005-02-10 DUNCAN MCCREADIE GBR****SAMS record: 11:26.93 S 2008-04-06 Peter Larcombe (Dbn)****10:32.20 60-64 SAQT SAMS Colours 2010-11**

1	Downes, Terry	61	Coelacanth MSC-NT	11:00.00	10:50.29 S	12
2	Hanauer, Francis	63	East Coast MSC-KZ	NT	20:55.34	10
---	van Heerden, Carel	60	Wahoo MSC-CG	20:00.00	NS	
---	Mitchell, Tocher	63	Wahoo MSC-CG	NT	NS	

Men 60-64 50 SC Meter Backstroke**WORLD record: 30.80 W 2009-12-05 HUGH WILDER USA****SAMS record: 34.13 S 2009-05-16 Terry Downes (Jhb)****34.08 60-64 SAQT SAMS Colours 2010-11**

1	Wilson, Doug	63	Cape Town MSC-WP	NT	36.68	12
2	Morrison, Allen	62	Cape Town MSC-WP	NT	37.58	10
3	Harley, John	63	East Coast MSC-KZ	NT	46.71	8
---	van Heerden, Carel	60	Wahoo MSC-CG	55.00	NS	

Men 60-64 100 SC Meter Backstroke**WORLD record: 1:07.31 W 2009-12-05 HUGH WILDER USA****SAMS record: 1:21.00 S 2007-06-10 Doug Wilson (Jhb)****1:15.27 60-64 SAQT SAMS Colours 2010-11**

1	Wilson, Doug	63	Cape Town MSC-WP	NT	1:25.47	12
2	Morrison, Allen	62	Cape Town MSC-WP	NT	1:34.92	10

Men 60-64 200 SC Meter Backstroke**WORLD record: 2:30.96 W 2005-05-20 JOHN CALVERT USA****SAMS record: 2:39.52 S 2009-08-15 Terry Downes (Jhb)****2:45.84 60-64 SAQT SAMS Colours 2010-11**

1	Morrison, Allen	62	Cape Town MSC-WP	NT	3:31.46	12
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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 60-64 50 SC Meter Breaststroke**

WORLD record:	32.31	W	2009-12-06	ROBERT STRAND	USA			
SAMS record:	38.14	S	2006-06-11	Brian Nelson (Jhb)				
	35.52			60-64 SAQT SAMS Colours 2010-11				
1	Harley, John		63	East Coast MSC-KZ	NT	50.97		12
---	Slabbert, Coenie		61	Winelands MSC-WP	NT	NS		
---	van Heerden, Carel		60	Wahoo MSC-CG	44.00	NS		

Men 60-64 100 SC Meter Breaststroke

WORLD record:	1:12.09	W	2009-12-05	ROBERT STRAND	USA			
SAMS record:	1:27.43	S	2006-06-11	Brian Nelson (Jhb)				
	1:20.41			60-64 SAQT SAMS Colours 2010-11				
---	van Heerden, Carel		60	Wahoo MSC-CG	1:50.00	NS		

Men 60-64 200 SC Meter Breaststroke

WORLD record:	2:40.76	W	2009-12-06	ROBERT STRAND	USA			
SAMS record:	3:18.07	S	1-1999	D McLachlan (Jhb)				
	3:00.53			60-64 SAQT SAMS Colours 2010-11				
---	van Heerden, Carel		60	Wahoo MSC-CG	3:50.00	NS		

Men 60-64 50 SC Meter Butterfly

WORLD record:	27.87	W	2008-12-06	RICH ABRAHAMS	USA			
SAMS record:	30.41	S	2010-09-16	Halton Cheadle (CT)				
	30.13			60-64 SAQT SAMS Colours 2010-11				
1	Cheadle, Halton		61	Cape Town MSC-WP	NT	31.03		12

Men 60-64 100 SC Meter Butterfly

WORLD record:	1:03.76	W	2006-12-03	RICH ABRAHAMS	USA			
SAMS record:	1:10.66	S	2010-08-19	Halton Cheadle (CT)				
	1:10.59			60-64 SAQT SAMS Colours 2010-11				
1	Cheadle, Halton		61	Cape Town MSC-WP	NT	1:11.83		12
2	Fielding, Pete		60	Amakhosi MSC-BO	NT	2:01.72		10

Men 60-64 200 SC Meter Butterfly

WORLD record:	2:30.18	W	2008-12-13	FRED SCHLICHER	USA			
SAMS record:	3:05.70	S	1-1999	D McLachlan (Jhb)				
	2:56.61			60-64 SAQT SAMS Colours 2010-11				
---	Cheadle, Halton		61	Cape Town MSC-WP	NT	NS		

Men 60-64 100 SC Meter IM

WORLD record:	1:06.89	W	2010-02-13	TAKEO HIRAMOTO	JPN			
SAMS record:	1:13.33	S	2010-08-19	Halton Cheadle (CT)				
	1:13.08			60-64 SAQT SAMS Colours 2010-11				
1	Cheadle, Halton		61	Cape Town MSC-WP	NT	1:13.97		12
2	Harley, John		63	East Coast MSC-KZ	NT	1:39.07		10
3	Fielding, Pete		60	Amakhosi MSC-BO	NT	2:10.53		8
---	Slabbert, Coenie		61	Winelands MSC-WP	NT	NS		
---	van Heerden, Carel		60	Wahoo MSC-CG	1:50.00	NS		

Men 60-64 200 SC Meter IM

WORLD record:	2:30.48	W	2005-05-21	JOHN CALVERT	USA			
SAMS record:	2:41.84	S	2010-09-16	Halton Cheadle (CT)				
	2:42.84			60-64 SAQT SAMS Colours 2010-11				
1	Cheadle, Halton		61	Cape Town MSC-WP	NT	2:39.50 S SAQT		12
2	Fielding, Pete		60	Amakhosi MSC-BO	NT	4:23.94		10
---	van Heerden, Carel		60	Wahoo MSC-CG	4:00.00	NS		

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 65-69 50 SC Meter Freestyle**

WORLD record: 26.68 W 2008-12-06 **KEEFE LODWIG** USA
SAMS record: 30.25 S 9-2004 **Gary Freeling (CT)**
 28.50 65-69 SAQT SAMS Colours 2010-11

1	Stieger, Desmond	67	East Coast MSC-KZ	NT	32.29	12
2	Petersen, John	65	Phoenix MSC-CG	34.00	32.37	10
3	Hughes, Jimmy	67	East Coast MSC-KZ	NT	35.23	8
4	Harrop-Allin, Anton	65	Coelacanth MSC-NT	45.00	36.95	7
5	Wallace, Ronald	69	Amakhosi MSC-BO	NT	39.34	6
6	Myers, Winton	66	Wahoo MSC-CG	38.00	39.99	5
7	Bath, Michael	68	Seals SC - Masters-KZ	NT	48.19	4

Men 65-69 100 SC Meter Freestyle

WORLD record: 59.40 W 2009-12-06 **DAVID QUIGGIN** USA
SAMS record: 1:08.00 S 11-2004 **Gary Freeling (CT)**
 1:04.71 65-69 SAQT SAMS Colours 2010-11

1	Petersen, John	65	Phoenix MSC-CG	1:25.00	1:19.16	12
2	Heuff, Roland	67	East Coast MSC-KZ	NT	1:25.53	10
3	Myers, Winton	66	Wahoo MSC-CG	1:40.00	1:27.96	8
4	Wallace, Ronald	69	Amakhosi MSC-BO	NT	1:39.65	7
5	Bath, Michael	68	Seals SC - Masters-KZ	NT	1:49.60	6

Men 65-69 200 SC Meter Freestyle

WORLD record: 2:15.39 W 2009-10-17 **DAVID QUIGGIN** USA
SAMS record: 2:33.80 S 8-2004 **Gary Freeling (CT)**
 2:27.02 65-69 SAQT SAMS Colours 2010-11

1	Stieger, Desmond	67	East Coast MSC-KZ	NT	2:55.46	12
2	Heuff, Roland	67	East Coast MSC-KZ	NT	3:12.85	10
3	Wallace, Ronald	69	Amakhosi MSC-BO	NT	3:27.25	8
4	Bath, Michael	68	Seals SC - Masters-KZ	NT	4:07.36	7
---	Myers, Winton	66	Wahoo MSC-CG	3:40.00	NS	

Men 65-69 400 SC Meter Freestyle

WORLD record: 4:55.56 W 2007-02-18 **TOM LANDIS** USA
SAMS record: 5:30.59 S 9-2004 **Gary Freeling (CT)**
 5:17.88 65-69 SAQT SAMS Colours 2010-11

1	Hadenham, Leslie	67	East Coast MSC-KZ	NT	6:25.30	12
2	Heuff, Roland	67	East Coast MSC-KZ	NT	6:33.03	10
3	Stieger, Desmond	67	East Coast MSC-KZ	NT	6:38.65	8
4	Myers, Winton	66	Wahoo MSC-CG	7:45.00	7:37.57	7
5	Bath, Michael	68	Seals SC - Masters-KZ	NT	8:38.19	6

Men 65-69 800 SC Meter Freestyle

WORLD record: 10:16.06 W 2007-02-10 **VITTORIO ERMIRIO** ITA
SAMS record: 11:30.17 S 9-2006 **Gary Freeling (CT)**
 11:08.81 65-69 SAQT SAMS Colours 2010-11

1	Hadenham, Leslie	67	East Coast MSC-KZ	NT	12:59.36	12
2	Heuff, Roland	67	East Coast MSC-KZ	NT	14:10.65	10
3	Wallace, Ronald	69	Amakhosi MSC-BO	NT	16:07.31	8

Men 65-69 50 SC Meter Backstroke

WORLD record: 31.64 W 2008-12-07 **RICHARD BURNS** USA
SAMS record: 38.56 S 2009-12-06 **James Hughes (Dbn)**
 35.50 65-69 SAQT SAMS Colours 2010-11

1	Hughes, Jimmy	67	East Coast MSC-KZ	NT	39.12	12
2	Myers, Winton	66	Wahoo MSC-CG	50.00	48.96	10
3	Wallace, Ronald	69	Amakhosi MSC-BO	NT	50.63	8
4	Schoeman, Adrian	69	East Coast MSC-KZ	NT	1:09.69	7

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 65-69 100 SC Meter Backstroke****WORLD record: 1:10.16 W 2009-11-22 RICHARD BURNS USA****SAMS record: 1:26.13 S 2005-10-23 Derek Fyfe (Jhb)****1:20.14 65-69 SAQT SAMS Colours 2010-11**

1	Hughes, Jimmy	67	East Coast MSC-KZ	NT	1:24.95 S	12
2	Myers, Winton	66	Wahoo MSC-CG	1:50.00	1:53.83	10
3	Schoeman, Adrian	69	East Coast MSC-KZ	NT	2:38.26	8

Men 65-69 200 SC Meter Backstroke**WORLD record: 2:34.97 W 2009-12-04 RICHARD BURNS USA****SAMS record: 3:10.42 S 2006-10-29 Derek Fyfe (Jhb)****3:00.35 65-69 SAQT SAMS Colours 2010-11**

1	Hughes, Jimmy	67	East Coast MSC-KZ	NT	3:11.65	12
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Men 65-69 50 SC Meter Breaststroke**WORLD record: 34.21 W 2010-01-24 OSAMU MAEDA JPN****SAMS record: 39.41 S 2010-05-15 Brian Nelson (Jhb)****37.58 65-69 SAQT SAMS Colours 2010-11**

1	Petersen, John	65	Phoenix MSC-CG	44.00	43.12	12
2	Heuff, Roland	67	East Coast MSC-KZ	NT	45.86	10
3	Harrop-Allin, Anton	65	Coelacanth MSC-NT	55.00	50.29	8
4	Schoeman, Adrian	69	East Coast MSC-KZ	NT	51.53	7

Men 65-69 100 SC Meter Breaststroke**WORLD record: 1:17.01 W 2008-10-11 DAVID GILDEA USA****SAMS record: 1:27.27 S 2010-05-15 Brian Nelson (Jhb)****1:24.35 65-69 SAQT SAMS Colours 2010-11**

1	Heuff, Roland	67	East Coast MSC-KZ	NT	1:44.24	12
2	Schoeman, Adrian	69	East Coast MSC-KZ	NT	2:17.65	10

Men 65-69 200 SC Meter Breaststroke**WORLD record: 2:56.37 W 2009-10-18 KENNETH FROST USA****SAMS record: 3:23.35 S 2010-06-19 Brian Nelson (Jhb)****3:11.03 65-69 SAQT SAMS Colours 2010-11**

1	Heuff, Roland	67	East Coast MSC-KZ	NT	3:54.04	12
2	Harrop-Allin, Anton	65	Coelacanth MSC-NT	3:40.00	4:51.84	10

Men 65-69 50 SC Meter Butterfly**WORLD record: 28.91 W 2009-05-30 JOSEP CLARET ESP****SAMS record: 35.83 S 2010-08-14 John Petersen (Jhb)****31.18 65-69 SAQT SAMS Colours 2010-11**

1	Petersen, John	65	Phoenix MSC-CG	37.00	35.28 S	12
2	Schoeman, Adrian	69	East Coast MSC-KZ	NT	48.94	10

Men 65-69 100 SC Meter Butterfly**WORLD record: 1:05.90 W 2009-03-21 JOSEP CLARET ESP****SAMS record: 1:27.95 S 11-2005 Dave McLachlan (CT)****1:13.98 65-69 SAQT SAMS Colours 2010-11**

1	Hadenham, Leslie	67	East Coast MSC-KZ	NT	1:49.29	12
2	Schoeman, Adrian	69	East Coast MSC-KZ	NT	2:10.65	10

Men 65-69 200 SC Meter Butterfly**WORLD record: 2:38.71 W 2008-11-15 ROBERT POILETMAN USA****SAMS record: 3:00.83 S 2-2002 D McLachlan****3:14.63 65-69 SAQT SAMS Colours 2010-11**

1	Hadenham, Leslie	67	East Coast MSC-KZ	NT	3:48.28	12
2	Schoeman, Adrian	69	East Coast MSC-KZ	NT	5:17.50	10

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 65-69 100 SC Meter IM****WORLD record: 1:10.67 W 2008-10-12 RICHARD BURNS USA****SAMS record: 1:22.19 S 11-2005 Gary Freeling (CT)****1:15.85 65-69 SAQT SAMS Colours 2010-11**

1	Petersen, John	65	Phoenix MSC-CG	1:35.00	1:28.56	12
2	Hughes, Jimmy	67	East Coast MSC-KZ	NT	1:30.08	10
3	Schoeman, Adrian	69	East Coast MSC-KZ	NT	2:06.42	8
---	Myers, Winton	66	Wahoo MSC-CG	1:45.00	DQ	

Broke Stroke Cycle - breast

Men 65-69 200 SC Meter IM**WORLD record: 2:38.42 W 2009-12-04 RICHARD BURNS USA****SAMS record: 3:15.28 S 10-2005 Dave McLachlan (CT)****2:55.56 65-69 SAQT SAMS Colours 2010-11**

1	Hadenham, Leslie	67	East Coast MSC-KZ	NT	3:30.56	12
2	Hughes, Jimmy	67	East Coast MSC-KZ	NT	3:31.62	10
3	Schoeman, Adrian	69	East Coast MSC-KZ	NT	4:42.72	8

Men 65-69 400 SC Meter IM**WORLD record: 5:50.91 W 2009-12-05 RICHARD BURNS USA****SAMS record: 7:31.09 S 2009-12-06 Les Hadenham (Dbn)****6:37.97 65-69 SAQT SAMS Colours 2010-11**

1	Hadenham, Leslie	67	East Coast MSC-KZ	NT	7:50.00	12
2	Schoeman, Adrian	69	East Coast MSC-KZ	NT	10:22.27	10

Men 70-74 50 SC Meter Freestyle**WORLD record: 27.70 W 2008-12-06 JEFF FARRELL USA****SAMS record: 32.98 S 2010-09-16 Gary Freeling (CT)****30.67 70-74 SAQT SAMS Colours 2010-11**

1	Freeling, Gary	71	Cape Dolphins SC - Masters-WP	NT	32.41 S	12
2	Fyfe, Derek	70	Coelacanth MSC-NT	35.00	33.24	10
3	Garson, John	72	East Coast MSC-KZ	NT	38.40	8

Men 70-74 100 SC Meter Freestyle**WORLD record: 1:03.33 W 2007-12-02 JEFF FARRELL USA****SAMS record: 1:11.02 S 2009-11-14 Gary Freeling (CT)****1:11.02 70-74 SAQT SAMS Colours 2010-11**

1	Fyfe, Derek	70	Coelacanth MSC-NT	1:22.00	1:20.40	12
---	Freeling, Gary	71	Cape Dolphins SC - Masters-WP	NT	NS	
---	Clark, Mike	73	Cape Town MSC-WP	NT	NS	

Men 70-74 200 SC Meter Freestyle**WORLD record: 2:24.31 W 2001-12-09 GRAHAM JOHNSTON USA****SAMS record: 2:45.97 S 2010-08-19 Gary Freeling (CT)****2:38.39 70-74 SAQT SAMS Colours 2010-11**

1	Freeling, Gary	71	Cape Dolphins SC - Masters-WP	NT	2:50.05	12
2	Fyfe, Derek	70	Coelacanth MSC-NT	3:10.00	2:53.77	10
---	McLachlan, Dave	73	Cape Town MSC-WP	NT	NS	
---	Garson, John	72	East Coast MSC-KZ	NT	NS	

Men 70-74 400 SC Meter Freestyle**WORLD record: 5:09.75 W 2002-03-16 GRAHAM JOHNSTON USA****SAMS record: 5:43.50 S 2009-10-18 Gary Freeling (CT)****5:45.70 70-74 SAQT SAMS Colours 2010-11**

1	Fyfe, Derek	70	Coelacanth MSC-NT	7:00.00	6:01.24	12
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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 70-74 800 SC Meter Freestyle****WORLD record: 10:52.68 W 2001-10-12 GRAHAM JOHNSTON USA****SAMS record: 12:36.93 S 2008-10-19 Dave McLachlan (Stb)****12:57.56 70-74 SAQT SAMS Colours 2010-11**

1	Fyfe, Derek	70	Coelacanth MSC-NT	15:00.00	12:48.99	SAQT	12
---	Freeling, Gary	71	Cape Dolphins SC - Masters-WP	NT	NS		

Men 70-74 50 SC Meter Backstroke**WORLD record: 33.90 W 2003-12-07 YOSHI OYAKAWA USA****SAMS record: 41.25 S 2010-09-16 Gary Freeling (CT)****37.96 70-74 SAQT SAMS Colours 2010-11**

1	Fyfe, Derek	70	Coelacanth MSC-NT	43.00	43.02		12
2	Garson, John	72	East Coast MSC-KZ	NT	44.40		10
3	McLachlan, Dave	73	Cape Town MSC-WP	NT	46.78		8
---	Freeling, Gary	71	Cape Dolphins SC - Masters-WP	NT	NS		
---	Clark, Mike	73	Cape Town MSC-WP	NT	NS		

Men 70-74 100 SC Meter Backstroke**WORLD record: 1:14.31 W 2009-05-16 BARRY YOUNG NZL****SAMS record: 1:36.45 S 2007-10-14 Mike Cameron (Pmb)****1:27.62 70-74 SAQT SAMS Colours 2010-11**

1	Freeling, Gary	71	Cape Dolphins SC - Masters-WP	NT	1:31.21 S		12
2	Fyfe, Derek	70	Coelacanth MSC-NT	1:35.00	1:33.11 S		10
3	McLachlan, Dave	73	Cape Town MSC-WP	NT	1:42.74		8
4	Garson, John	72	East Coast MSC-KZ	NT	1:49.88		7

Men 70-74 200 SC Meter Backstroke**WORLD record: 2:38.73 W 2010-04-08 BARRY YOUNG NZL****SAMS record: 3:36.44 S 1986 G May (Dbn)****3:14.76 70-74 SAQT SAMS Colours 2010-11**

1	Fyfe, Derek	70	Coelacanth MSC-NT	3:30.00	3:14.38 S	SAQT	12
2	McLachlan, Dave	73	Cape Town MSC-WP	NT	3:43.12		10
3	Garson, John	72	East Coast MSC-KZ	NT	4:08.93		8
---	Clark, Mike	73	Cape Town MSC-WP	NT	NS		

Men 70-74 50 SC Meter Breaststroke**WORLD record: 35.85 W 2009-05-10 YOSHIHIKO OSAKI JPN****SAMS record: 44.02 S 2009-04-01 Dave McLachlan (CT)****39.93 70-74 SAQT SAMS Colours 2010-11**

1	McLachlan, Dave	73	Cape Town MSC-WP	NT	45.15		12
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Men 70-74 100 SC Meter Breaststroke**WORLD record: 1:23.70 W 2007-01-21 HANS REICHELT GER****SAMS record: 1:41.60 S 2010-04-15 Dave McLachlan (CT)****1:29.51 70-74 SAQT SAMS Colours 2010-11**

1	McLachlan, Dave	73	Cape Town MSC-WP	NT	1:37.08 S		12
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Men 70-74 200 SC Meter Breaststroke**WORLD record: 3:05.27 W 2007-01-20 HANS REICHELT GER****SAMS record: 3:33.67 S 2007-10-21 Dave McLachlan (Stb)****3:22.22 70-74 SAQT SAMS Colours 2010-11**

1	McLachlan, Dave	73	Cape Town MSC-WP	NT	3:32.41 S		12
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Men 75-79 100 SC Meter Freestyle**WORLD record: 1:05.13 W 2009-04-19 DAVID RADCLIFF USA****SAMS record: 1:28.20 S 1990 G May (Dbn)****1:15.93 75-79 SAQT SAMS Colours 2010-11**

1	Hutchings, Peter	75	Wahoo MSC-CG	1:41.00	1:41.05		12
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SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 75-79 200 SC Meter Freestyle**

WORLD record: 2:27.53 W 2009-04-18 DAVID RADCLIFF USA
SAMS record: 3:25.15 S 12-1993 G May (Dbn)
 2:56.90 75-79 SAQT SAMS Colours 2010-11

1 Garnham, Bob 75 Cape Town MSC-WP NT 3:20.13 S 12

Men 75-79 800 SC Meter Freestyle

WORLD record: 10:59.10 W 2009-04-17 DAVID RADCLIFF USA
SAMS record: 14:52.46 S 1993 G May (Dbn)
 13:44.66 75-79 SAQT SAMS Colours 2010-11

1 Garnham, Bob 75 Cape Town MSC-WP NT 15:02.64 12

Men 75-79 50 SC Meter Backstroke

WORLD record: 35.51 W 2008-11-16 YOSHI OYAKAWA USA
SAMS record: 46.81 S 1990 G May (Dbn)
 42.29 75-79 SAQT SAMS Colours 2010-11

1 Hutchings, Peter 75 Wahoo MSC-CG 1:00.00 1:04.26 12

--- Theron, Sarel 76 Coelacanth MSC-NT 59.00 NS

Men 75-79 50 SC Meter Breaststroke

WORLD record: 39.63 W 2010-02-14 TETSUO NAKAMARU JPN
SAMS record: 42.32 S 2008-10-25 Patrick Galvin (Jhb)
 43.34 75-79 SAQT SAMS Colours 2010-11

1 Theron, Sarel 76 Coelacanth MSC-NT 25.00 58.61 12

Men 75-79 100 SC Meter Breaststroke

WORLD record: 1:28.38 W 2010-02-14 TETSUO NAKAMARU JPN
SAMS record: 2:00.34 S M Bartholomew
 1:39.18 75-79 SAQT SAMS Colours 2010-11

--- Theron, Sarel 76 Coelacanth MSC-NT 2:15.00 DNF

Swimmer did not finish

Men 75-79 200 SC Meter Breaststroke

WORLD record: 3:20.93 W 2008-04-20 TSUTOMU KAJIHARA JPN
SAMS record: 4:52.20 S 1-1999 J Brink (Jhb)
 3:42.72 75-79 SAQT SAMS Colours 2010-11

1 Theron, Sarel 76 Coelacanth MSC-NT 4:50.00 4:53.05 12

Men 75-79 200 SC Meter Butterfly

WORLD record: 3:16.99 W 2009-01-24 TAKASHI HAYASHI JPN
SAMS record: 4:51.75 S J Brink
 4:27.48 75-79 SAQT SAMS Colours 2010-11

--- Garnham, Bob 75 Cape Town MSC-WP NT NS

Men 75-79 100 SC Meter IM

WORLD record: 1:18.80 W 2009-12-06 BURWELL JONES USA
SAMS record: 1:58.15 S 1992 G May (Dbn)
 1:30.45 75-79 SAQT SAMS Colours 2010-11

1 Garnham, Bob 75 Cape Town MSC-WP NT 1:49.79 S 12

Men 85-89 50 SC Meter Freestyle

WORLD record: 34.54 W 2008-04-20 KEIJIRO NAKAMURA JPN
SAMS record: 43.35 S 2008-02-17 Renato Selati (Dbn)
 43.46 85-89 SAQT SAMS Colours 2010-11

1 Salati, Renato 87 East Coast MSC-KZ NT 1:04.67 12

SAMS SC Champs (Consol.) @ various venues - 2010-10-01 to 2010-11-14**Various venues in South Africa****Results****Men 85-89 100 SC Meter Freestyle**

WORLD record: 1:19.42 W 2008-06-21 **KEIJIRO NAKAMURA** **JPN**

SAMS record: 1:48.41 S 2008-02-17 **Renato Selati (Dbn)**

1:50.93 85-89 SAQT SAMS Colours 2010-11

1 Salati, Renato 87 East Coast MSC-KZ NT 2:42.18 12

Men 85-89 200 SC Meter Freestyle

WORLD record: 3:12.85 W 2007-12-09 **WILLARD LAMB** **USA**

SAMS record: 4:15.50 S 9-2001 **G May (Pmb)**

4:19.41 85-89 SAQT SAMS Colours 2010-11

--- Salati, Renato 87 East Coast MSC-KZ NT NS

Men 85-89 50 SC Meter Backstroke

WORLD record: 40.59 W 2009-04-19 **KEIJIRO NAKAMURA** **JPN**

SAMS record: 58.38 S 8-2000 **G May (Dbn)**

54.02 85-89 SAQT SAMS Colours 2010-11

1 Salati, Renato 87 East Coast MSC-KZ NT 2:05.67 12

Men 85-89 100 SC Meter Backstroke

WORLD record: 1:28.98 W 2008-05-18 **KEIJIRO NAKAMURA** **JPN**

SAMS record: 2:10.07 S 11-2000 **G May (Pmb)**

2:09.28 85-89 SAQT SAMS Colours 2010-11

1 Salati, Renato 87 East Coast MSC-KZ NT 4:58.49 12

Men 85-89 50 SC Meter Breaststroke

WORLD record: 45.54 W 2010-01-24 **TOSHIO TAJIMA** **JPN**

SAMS record: 57.56 S 2009-10-24 **Paul Mulder (Jhb)**

59.70 85-89 SAQT SAMS Colours 2010-11

1 Salati, Renato 87 East Coast MSC-KZ NT 1:38.76 12

Men 85-89 100 SC Meter Breaststroke

WORLD record: 1:43.72 W 2010-01-24 **KARL HAUTER** **GER**

SAMS record: 2:33.59 S 2010-05-15 **Paul Mulder (Jhb)**

2:33.46 85-89 SAQT SAMS Colours 2010-11

1 Salati, Renato 87 East Coast MSC-KZ NT 3:55.00 12

Men 85-89 100 SC Meter IM

WORLD record: 1:40.78 W 2010-01-24 **KARL HAUTER** **GER**

SAMS record: 3:03.56 S 2005-10-23 **Jack Brink (Jhb)**

2:36.94 85-89 SAQT SAMS Colours 2010-11

1 Salati, Renato 87 East Coast MSC-KZ NT 4:10.06 12