

South African Masters Swimming 2007-2008 Season

Individual Top Times

Times since: 01-May-07 Times until: 30-Apr-08
Number of Top Times: All Show Short Course Only

	Time	P/F/S	Name	Age/Yr				
Men 50-54 25 Free								
1	12.94 S	F	Cones, Nigel	52	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
2	13.31 S	F	Harker, Guy	52	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)	
3	13.46 S	F	Bristow, Garry	51	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
4	13.62 S	F	Den Bakker, Arnaud	52	COEL NT	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite)	
5	13.76 S	F	Wentworth, Gary	54	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
6	14.12 S	F	Arbuthnot, David	54	COEL NT	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite)	
7	14.59 S	F	Winfield, Mike	52	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
Men 50-54 50 Free								
1	26.76 S	F	Semple, Mike	50	ETSM ES	2007-11-24	GMS (Killer Whales) @ Linden	
2	27.77 S	F	Cones, Nigel	52	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
3	28.05 S	F	Spies, Izak	53	DOLP WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
4	28.37 S	F	Harker, Guy	52	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)	
5	28.39 S	F	Benade, Paul	51	SSHA FS	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
6	29.38 S	F	Yach, Theodore	50	DOLP WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
7	29.70 S	F	Holshausen, Rod	50	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
8	29.89 S	F	Reen, Nick	53	AMAK BO	2007-10-28	SAMS (BMSA) SC Champs @ Hudsor	
9	29.93 S	F	Wentworth, Gary	54	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
10	30.95 S	F	Hodges, Mark	54	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
11	31.86 S	F	Davies, Mike	52	WAHO CG	2007-08-11	GMS SC Champs @ Wahoo AC	
12	31.96 S	F	Kloos, Rainer	53	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
13	32.38 S	F	Barkai, Ram	50	CPTW WP	2007-09-20	WPMSA (Cape Town) @ Long Street	
14	33.56 S	F	Frost, David	50	WINE WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
15	42.93 S	F	Singer, Dan	52	PHOE CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)	
Men 50-54 100 Free								
1	1:01.77 S	F	Cones, Nigel	52	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
2	1:03.79 S	F	Rudolph, Mike	50	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
3	1:04.16 S	F	Spies, Izak	53	DOLP WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
4	1:04.88 S	F	Benade, Paul	51	SSHA FS	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
5	1:06.56 S	F	Reen, Nick	53	AMAK BO	2007-10-28	SAMS (BMSA) SC Champs @ Hudsor	
6	1:08.92 S	F	Holshausen, Rod	50	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
7	1:10.63 S	F	Barkai, Ram	50	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
8	1:10.81 S	F	Arbuthnot, David	54	COEL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)	
9	1:11.24 S	F	Winfield, Mike	52	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
10	1:12.44 S	F	Hodges, Mark	54	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
11	1:16.24 S	F	Frost, David	50	WINE WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
12	1:25.94 S	F	Wright, Ingo	52	HIGH KZ	2008-02-17	KZNMSA (East Coast) @ Gordon Roa	
13	1:31.58 S	F	Singer, Dan	52	PHOE CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite)	
Men 50-54 200 Free								
1	2:16.03 S	F	Semple, Mike	50	ETSM ES	2007-11-24	GMS (Killer Whales) @ Linden	
2	2:24.85 S	F	Rudolph, Mike	50	CPTW WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
3	2:40.96 S	F	Davies, Mike	52	WAHO CG	2007-08-11	GMS SC Champs @ Wahoo AC	
4	2:44.95 S	F	Arbuthnot, David	54	COEL NT	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite)	
5	2:56.14 S	F	Hodges, Mark	54	CPTW WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
Men 50-54 400 Free								
1	5:34.22 S	F	Finch, Roger	50	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	
2	6:39.44 S	F	Wright, Ingo	52	HIGH KZ	2008-02-17	KZNMSA (East Coast) @ Gordon Roa	
Men 50-54 800 Free								
1	11:28.75 S	F	Barkai, Ram	50	CPTW WP	2007-09-20	WPMSA (Cape Town) @ Long Street	
2	11:48.21 S	F	Spies, Izak	53	DOLP WP	2007-09-20	WPMSA (Cape Town) @ Long Street	
Men 50-54 1500 Free								
1	21:32.84 S	F	Finch, Roger	50	WAHO CG	2007-08-11	GMS SC Champs @ Wahoo AC	
2	22:22.81 S	F	Barkai, Ram	50	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops	
3	22:57.98 S	F	Davies, Mike	52	WAHO CG	2007-08-11	GMS SC Champs @ Wahoo AC	

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Men 50-54 25 Back							
1	16.62 S	F	Winfield, Mike	52	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops
2	18.34 S	F	Wentworth, Gary	54	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops
Men 50-54 50 Back							
1	34.09 S	F	Den Bakker, Arnaud	52	COEL NT	2007-11-24	GMS (Killer Whales) @ Linden
2	36.68 S	F	Harker, Guy	52	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /
3	38.76 S	F	Yach, Theodore	50	DOLP WP	2008-04-10	WPMSA (Cape Town) @ Long Street
4	38.80 S	F	Finch, Roger	50	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /
5	39.51 S	F	Arbuthnot, David	54	COEL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite
6	42.49 S	F	Kloos, Rainer	53	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street
Men 50-54 100 Back							
1	1:16.94 S	F	Rudolph, Mike	50	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops
2	1:19.90 S	F	Winfield, Mike	52	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops
3	1:25.44 S	F	Harker, Guy	52	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /
4	1:36.36 S	F	Kloos, Rainer	52	UN-WP WP	2007-09-20	WPMSA (Cape Town) @ Long Street
Men 50-54 200 Back							
1	2:39.36 S	F	Rudolph, Mike	50	CPTW WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo
2	2:54.86 S	F	Den Bakker, Arnaud	52	COEL NT	2007-11-24	GMS (Killer Whales) @ Linden
Men 50-54 25 Breast							
1	17.01 S	F	Cones, Nigel	52	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops
2	17.85 S	F	Wentworth, Gary	54	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops
3	19.89 S	F	Winfield, Mike	52	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops
Men 50-54 50 Breast							
1	36.68 S	F	Cones, Nigel	52	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle
2	38.93 S	F	Wentworth, Gary	54	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle
3	39.43 S	F	Den Bakker, Arnaud	52	COEL NT	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite
4	41.76 S	F	Frost, David	50	WINE WP	2008-04-10	WPMSA (Cape Town) @ Long Street
5	42.30 S	F	Hodges, Mark	54	CPTW WP	2007-07-19	WPMSA (Cape Town) @ Long Street
6	42.36 S	F	Harker, Guy	52	WAHO CG	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /
Men 50-54 100 Breast							
1	1:22.18 S	F	Folscher, Danie	50	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street
2	1:29.58 S	F	Wentworth, Gary	54	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops
3	1:29.69 S	F	Frost, David	50	WINE WP	2008-04-10	WPMSA (Cape Town) @ Long Street
4	1:31.68 S	F	Den Bakker, Arnaud	52	COEL NT	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite
5	1:37.23 S	F	Arbuthnot, David	54	COEL NT	2007-06-10	GMS (Wahoo) @ Wahoo AC (Frostbite
Men 50-54 200 Breast							
1	3:38.47 S	F	Arbuthnot, David	54	COEL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite
Men 50-54 25 Fly							
1	13.79 S	F	Cones, Nigel	52	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops
2	15.75 S	F	Wentworth, Gary	54	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops
3	16.97 S	F	Winfield, Mike	52	CPTW WP	2007-11-17	WPMSA (Dolphin) @ Bishops
Men 50-54 50 Fly							
1	30.17 S	F	Cones, Nigel	52	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle
2	30.63 S	F	Holshausen, Rod	50	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street
3	30.86 S	F	Den Bakker, Arnaud	52	COEL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite
4	30.96 S	F	Semple, Mike	50	ETSM ES	2007-11-24	GMS (Killer Whales) @ Linden
5	32.94 S	F	Spies, Izak	53	DOLP WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle
6	33.35 S	F	Benade, Paul	51	SSHA FS	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /
7	33.72 S	F	Folscher, Danie	50	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street
8	34.99 S	F	Wentworth, Gary	54	CPTW WP	2007-09-20	WPMSA (Cape Town) @ Long Street
9	35.13 S	F	Harker, Guy	52	WAHO CG	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite
10	35.58 S	F	Hodges, Mark	54	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle
11	36.43 S	F	Kloos, Rainer	53	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street

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12	36.86 S	F	Davies, Mike	52	WAHO CG	2007-08-11	GMS SC Champs @ Wahoo AC	
13	39.14 S	F	Frost, David	50	WINE WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
Men 50-54 100 Fly								
1	1:11.40 S	F	Semple, Mike	50	ETSM ES	2007-11-24	GMS (Killer Whales) @ Linden	
Men 50-54 100 IM								
1	1:13.81 S	F	Semple, Mike	50	ETSM ES	2007-11-24	GMS (Killer Whales) @ Linden	
2	1:13.85 S	F	Cones, Nigel	52	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
3	1:15.17 S	F	Den Bakker, Arnaud	52	COEL NT	2007-05-12	GMS (Wahoo) @ Wahoo AC (Frostbite	
4	1:27.01 S	F	Hodges, Mark	54	CPTW WP	2007-10-21	SAMS (WPMSA) SC Champs @ Stelle	
Men 50-54 200 IM								
1	2:38.52 S	F	Folscher, Danie	50	CPTW WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
2	2:40.90 S	F	Rudolph, Mike	50	CPTW WP	2007-08-19	WPMSA (Cape Dolphins) @ Stellenbo	
3	2:59.94 S	F	Yach, Theodore	50	DOLP WP	2008-04-10	WPMSA (Cape Town) @ Long Street	
4	3:15.30 S	F	Arbutnot, David	54	COEL NT	2007-10-28	SAMS (GMS) SC Champs @ Wahoo /	