

South African Masters Swimming

Individual Top Times

Times since: 01-May-08 Times until: 30-Apr-09
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
Men 30-34 50 Free								
1	24.88 L	F	Swart, Glenn	33	WAHO CG	2009-01-31	GMS (Phoenix) @ Ellis Park	
2	25.90 L	T	Petersen, Brett	33	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	26.60 L	F	Lawrenson, Kieren	34	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
4	28.61 L	F	Steenkamp, Neil	32	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	28.89 L	F	Mann, Jeff	33	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	28.94 L	F	Hayes, Johan	30	WAHO CG	2009-02-28	GMS Interregional @ Ellis Park	
7	29.76 L	F	Benton, Douglas	33	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	30.25 L	F	Osborn, Terence	33	COEL NT	2009-02-28	GMS Interregional @ Ellis Park	
Men 30-34 100 Free								
1	1:03.95 L	F	Mann, Jeff	33	COEL NT	2009-02-28	GMS Interregional @ Ellis Park	
2	1:06.55 L	F	Osborn, Terence	33	COEL NT	2009-02-28	GMS Interregional @ Ellis Park	
3	1:06.93 L	F	Steenkamp, Neil	32	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
4	1:07.19 L	F	Benton, Douglas	33	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	1:08.43 L	F	Hayes, Johan	30	WAHO CG	2009-02-28	GMS Interregional @ Ellis Park	
6	1:27.53 L	F	Kienhofer, Frank	34	WAHO CG	2008-11-08	TMS Interregional @ Hillcrest	
Men 30-34 200 Free								
1	2:33.47 L	F	Benton, Douglas	33	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	2:36.14 L	F	Osborn, Terence	33	COEL NT	2009-01-31	GMS (Phoenix) @ Ellis Park	
3	2:37.33 L	F	Steenkamp, Neil	32	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
4	3:21.41 L	F	Kienhofer, Frank	34	WAHO CG	2008-11-08	TMS Interregional @ Hillcrest	
Men 30-34 800 Free								
1	10:16.09 L	F	Hurley, Steven	34	ETSM ES	2009-01-31	GMS (Phoenix) @ Ellis Park	
2	12:14.76 L	F	Osborn, Terence	33	COEL NT	2009-01-31	GMS (Phoenix) @ Ellis Park	
Men 30-34 1500 Free								
1	19:11.96 L	F	Hurley, Steven	33	ETSM ES	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
2	22:59.97 L	F	Barkley, Norman	32	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
Men 30-34 50 Back								
1	34.74 L	F	Benton, Douglas	33	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	35.07 L	F	Mann, Jeff	33	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	40.81 L	F	Steenkamp, Neil	32	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 30-34 100 Back								
1	1:20.22 L	F	Benton, Douglas	33	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:44.12 L	F	Kienhofer, Frank	34	WAHO CG	2008-11-08	TMS Interregional @ Hillcrest	
Men 30-34 50 Breast								
1	31.17 L	F	Petersen, Brett	33	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	33.53 L	F	Swart, Glenn	33	WAHO CG	2009-02-12	TMS LC Champs @ Hillcrest	
3	42.07 L	F	Steenkamp, Neil	32	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 30-34 100 Breast								
1	1:09.85 L	F	Petersen, Brett	33	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 30-34 50 Fly								
1	26.75 L	F	Swart, Glenn	33	WAHO CG	2009-01-31	GMS (Phoenix) @ Ellis Park	
2	27.74 L	F	Lawrenson, Kieren	34	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
3	30.10 L	F	Mann, Jeff	33	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	32.62 L	F	Benton, Douglas	33	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	33.01 L	F	Barkley, Norman	33	COEL NT	2009-02-28	GMS Interregional @ Ellis Park	
6	33.48 L	F	Steenkamp, Neil	32	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	33.66 L	F	Hayes, Johan	30	WAHO CG	2009-02-12	TMS LC Champs @ Hillcrest	
8	39.43 L	F	Osborn, Terence	33	COEL NT	2009-02-28	GMS Interregional @ Ellis Park	
Men 30-34 100 Fly								
1	1:05.07 L	F	Lawrenson, Kieren	34	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
Men 30-34 200 IM								
1	2:44.98 L	F	Mann, Jeff	33	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	2:57.64 L	F	Barkley, Norman	33	COEL NT	2009-02-28	GMS Interregional @ Ellis Park	

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	Time	P/F/S	Name	Age/Yr				
3	3:42.27 L	F	Steenkamp, Neil	32	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	