

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 40-44 50 Free								
1	26.19 L	F	Ruck, Harald	44	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
2	26.68 L	F	Parsons, Graeme	40	WAHO CG	2009-02-12	TMS LC Champs @ Hillcrest	
3	27.13 L	F	Vides, Avron	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	27.44 L	F	vd Westhuizen, Herman	43	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
5	28.07 L	F	Bauer, Eric	42	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
6	28.44 L	F	Smith, Nigel	40	TUKS NT	2009-02-12	TMS LC Champs @ Hillcrest	
7*	29.24 L	F	Bromfield, Brendan	42	HIGH KZ	2008-11-16	KZNMSA (Highway) @ Crawford	
7*	29.24 L	F	Geldard, Darren	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	29.42 L	F	Jevon, Sean	42	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	29.53 L	F	Greeff, Francois	43	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
11	30.40 L	F	Reeves, Andy	42	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
12	30.52 L	F	Dolkens, Anthony	40	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
13	30.75 L	F	Crowther, Bobbie	40	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
14	30.81 L	F	Allner, Anton	44	PHOE CG	2009-02-12	TMS LC Champs @ Hillcrest	
15	31.08 L	F	Thompson, Michael	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
16	31.10 L	F	Page, Derek	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
17	31.64 L	F	Skidmore, Kerry	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
18	33.30 L	F	Snyman, Rouan	40	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
19	34.34 L	F	van Deventer, Japie	44	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
20	35.45 L	F	Saunders, Samuel	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
21	37.15 L	F	Lotz, Jaco	40	WAHO CG	2009-02-12	TMS LC Champs @ Hillcrest	
Men 40-44 100 Free								
1	58.29 L	F	Ruck, Harald	44	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:01.47 L	F	Parsons, Graeme	40	WAHO CG	2009-02-12	TMS LC Champs @ Hillcrest	
3	1:02.92 L	F	Geldard, Darren	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	1:03.29 L	F	Bauer, Eric	42	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
5	1:03.85 L	F	Sneddon, Bruce	41	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
6	1:05.35 L	F	de Gier, Bruce	40	EACS KZ	2008-11-16	KZNMSA (Highway) @ Crawford	
7	1:05.38 L	F	Bromfield, Brendan	43	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	1:05.72 L	F	Greeff, Francois	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	1:08.88 L	F	Jevon, Sean	42	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	1:09.08 L	F	Dolkens, Anthony	40	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	1:12.90 L	F	Skidmore, Kerry	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
12	1:12.95 L	F	Miller, Sean	40	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
13	1:15.69 L	F	Allner, Anton	44	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
14	1:16.21 L	F	Crowther, Bobbie	40	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
15	1:16.93 L	F	Snyman, Rouan	40	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
16	1:22.56 L	F	van Deventer, Japie	44	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
17	1:35.25 L	F	Lotz, Jaco	40	WAHO CG	2009-02-12	TMS LC Champs @ Hillcrest	
Men 40-44 200 Free								
1	2:14.51 L	F	Ruck, Harald	44	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	2:22.46 L	F	Sneddon, Bruce	41	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
3	2:23.12 L	F	Bauer, Eric	42	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
4	2:25.23 L	F	Parsons, Graeme	40	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	2:27.13 L	F	Geldard, Darren	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	2:29.32 L	F	Greeff, Francois	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	2:34.02 L	F	Bromfield, Brendan	43	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	2:38.46 L	F	Miller, Sean	40	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	2:46.26 L	F	Jevon, Sean	42	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	2:49.19 L	F	Snyman, Rouan	40	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	2:52.13 L	F	Beste, Gustav	40	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
12	3:03.55 L	F	Crowther, Bobbie	40	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
13	3:17.94 L	F	van Deventer, Japie	43	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
Men 40-44 400 Free								
1	5:06.59 L	F	Bauer, Eric	42	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	

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	Time	P/F/S	Name	Age/Yr			
2	5:12.00 L	F	vd Westhuizen, Herman	43	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest
3	5:12.08 L	F	Berning, Emil	43	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
4	5:19.53 L	F	Sneddon, Bruce	41	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U
5	5:23.86 L	F	Greeff, Francois	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
6	5:31.92 L	F	Miller, Sean	40	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc
7	5:56.55 L	F	Bromfield, Brendan	43	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc
8	5:59.20 L	F	Skidmore, Kerry	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
9	6:15.84 L	F	Bester, Gustav	40	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
10	6:16.23 L	F	Jevon, Sean	42	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
Men 40-44 800 Free							
1	10:33.45 L	F	vd Westhuizen, Herman	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
2	10:46.11 L	F	Vides, Avron	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
3	11:02.00 L	F	Berning, Emil	43	WAHO CG	2009-02-12	TMS LC Champs @ Hillcrest
4	11:23.26 L	F	Greeff, Francois	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
5	11:44.52 L	F	Miller, Sean	40	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc
6	11:56.13 L	F	Skidmore, Kerry	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
7	12:26.93 L	F	Greaves, Gordon	43	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc
8	13:04.99 L	F	Wolff, Grant	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
9	13:05.90 L	F	Bester, Gustav	40	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
10	13:15.71 L	F	Jevon, Sean	42	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc
Men 40-44 1500 Free							
1	20:55.86 L	F	Ruck, Harald	43	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest
2	21:23.00 L	F	Berning, Emil	43	WAHO CG	2009-02-12	TMS LC Champs @ Hillcrest
3	22:42.00 L	F	Greeff, Francois	43	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest
4	22:45.10 L	F	Luttjeboer, Ronald	41	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest
5	25:17.00 L	F	Greaves, Gordon	42	PHOE CG	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest
6	28:35.00 L	F	van Deventer, Japie	44	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest
7	30:45.00 L	F	Stanton, Craig	40	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest
8	30:46.21 L	F	Nel, Jan	40	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest
Men 40-44 50 Back							
1	29.51 L	F	Ruck, Harald	44	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
2	34.54 L	F	vd Westhuizen, Herman	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
3	34.68 L	F	Sneddon, Bruce	41	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U
4	35.84 L	F	Parsons, Graeme	40	WAHO CG	2009-01-31	GMS (Phoenix) @ Ellis Park
5	36.44 L	F	Bauer, Eric	42	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC
6	39.78 L	F	Snyman, Rouan	40	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc
7	40.62 L	F	Nel, Jan	41	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
8	42.29 L	F	Miller, Sean	40	ETSM ES	2009-02-28	GMS Interregional @ Ellis Park
9	43.09 L	F	Allner, Anton	44	PHOE CG	2009-02-12	TMS LC Champs @ Hillcrest
10	43.47 L	F	Greaves, Gordon	43	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc
11	46.76 L	F	Crowther, Bobbie	40	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
Men 40-44 100 Back							
1	1:08.10 L	F	Ruck, Harald	44	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
2	1:24.20 L	F	Geldard, Darren	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
3	1:24.61 L	F	Stanton, Craig	41	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
4	1:33.53 L	F	Miller, Sean	40	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc
5	1:48.11 L	F	Crowther, Bobbie	40	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
Men 40-44 200 Back							
1	2:29.11 L	F	Taylor, Julian	44	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park
2	2:59.55 L	F	Stanton, Craig	41	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
3	3:00.04 L	F	Geldard, Darren	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
4	3:07.82 L	F	Nel, Jan	41	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc
5	3:30.99 L	F	Miller, Sean	40	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc
6	4:05.26 L	F	Crowther, Bobbie	40	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc
Men 40-44 50 Breast							
1	34.96 L	F	Nel, Jan	41	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc

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	Time	P/F/S	Name	Age/Yr				
2	35.52 L	F	Parsons, Graeme	40	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
3*	39.66 L	F	Smith, Nigel	40	TUKS NT	2009-02-12	TMS LC Champs @ Hillcrest	
3*	39.66 L	F	Reeves, Andy	42	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	39.71 L	F	Dolkens, Anthony	40	UN-CG CG	2009-01-31	GMS (Phoenix) @ Ellis Park	
6	40.81 L	F	Page, Derek	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	41.22 L	F	Greaves, Gordon	43	PHOE CG	2009-02-12	TMS LC Champs @ Hillcrest	
8	46.60 L	F	Allner, Anton	44	PHOE CG	2009-02-12	TMS LC Champs @ Hillcrest	
9	48.30 L	F	Crowther, Bobbie	40	WAHO CG	2009-01-10	GMS (Orphan Annie) @ Delville	
Men 40-44 100 Breast								
1	1:19.99 L	F	Nel, Jan	41	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:26.77 L	F	Sneddon, Bruce	41	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
3	1:27.31 L	F	Stanton, Craig	41	COEL NT	2009-02-28	GMS Interregional @ Ellis Park	
4	1:30.10 L	F	Reeves, Andy	42	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	1:31.25 L	F	Greaves, Gordon	43	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	1:38.34 L	F	Page, Derek	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 40-44 200 Breast								
1	3:01.97 L	F	Nel, Jan	41	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	3:14.87 L	F	Stanton, Craig	41	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	3:25.04 L	F	Greaves, Gordon	43	PHOE CG	2009-02-12	TMS LC Champs @ Hillcrest	
4	3:40.06 L	F	Bester, Gustav	40	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 40-44 50 Fly								
1	28.24 L	F	Ruck, Harald	44	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	28.73 L	F	Vides, Avron	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	30.22 L	F	vd Westhuizen, Herman	43	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
4	31.07 L	F	Parsons, Graeme	40	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	32.14 L	F	Sneddon, Bruce	41	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
6	33.05 L	F	Berning, Emil	43	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	33.58 L	F	Bromfield, Brendan	43	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	33.66 L	F	Thompson, Michael	41	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	34.02 L	F	Reeves, Andy	42	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	34.45 L	F	Skidmore, Kerry	43	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	38.29 L	F	Allner, Anton	44	PHOE CG	2009-02-28	GMS Interregional @ Ellis Park	
12	38.71 L	F	Snyman, Rouan	40	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 40-44 100 Fly								
1	1:12.26 L	F	vd Westhuizen, Herman	43	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:32.38 L	F	Bester, Gustav	40	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 40-44 200 Fly								
1	3:34.08 L	F	Bester, Gustav	40	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 40-44 200 IM								
1	2:29.67 L	F	Taylor, Julian	44	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
2	2:55.59 L	F	Stanton, Craig	41	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	3:06.26 L	F	Bromfield, Brendan	43	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 40-44 400 IM								
1	6:28.84 L	F	Stanton, Craig	41	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	