

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 50-54 50 Free								
1	26.54 L	T	Semple, Mike	52	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	26.80 L	F	Steynberg, Andre	53	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	28.47 L	F	Morgan, Trevor	50	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
4	28.68 L	F	Rudolph, Mike	52	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	28.71 L	F	Harker, Guy	54	WAHO CG	2009-01-31	GMS (Phoenix) @ Ellis Park	
6	29.20 L	F	Baumann, Rene	50	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
7	29.21 L	F	Benade, Paul	53	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	29.34 L	F	Hendricks, Nigel	51	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	29.84 L	F	Garrun, Cliff	53	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	30.03 L	F	Den Bakker, Arnaud	53	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
11	30.04 L	F	Folscher, Danie	51	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
12	30.23 L	F	Nel, Leon	51	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
13	31.16 L	F	Reeves, Paul	51	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
14	31.37 L	F	Holshausen, Rod	51	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
15	31.90 L	F	Baker, Raymond	51	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
16	32.05 L	F	Mitchell, Garry	50	WAHO CG	2008-11-08	TMS Interregional @ Hillcrest	
17	32.28 L	F	Kloos, Rainer	54	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
18	32.48 L	F	Baker, Anthony	53	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
19*	33.81 L	F	Bartholomew, Alan	50	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
19*	33.81 L	F	Kropman, Derek	54	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
21	33.84 L	F	Broodryk, Jakes	53	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
22	33.99 L	F	Frost, David	51	WINE WP	2009-01-24	WPMSA (Cape Town) @ UWC	
23	34.54 L	F	Earley, Terry	54	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
24	38.29 L	F	Delpport, Leon	50	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
25	38.37 L	F	Wright, Ingo	52	HIGH KZ	2008-11-16	KZNMSA (Highway) @ Crawford	
26	39.61 L	F	Singh, Vikram	52	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 50-54 100 Free								
1	59.42 L	F	Semple, Mike	52	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:02.05 L	F	Cones, Nigel	54	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
3	1:04.62 L	F	Hendricks, Nigel	51	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	1:05.22 L	F	Holshausen, Rod	51	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
5	1:06.72 L	F	Benade, Paul	53	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	1:06.92 L	F	Morgan, Trevor	50	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	1:07.35 L	F	Garrun, Cliff	53	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	1:07.47 L	F	Harker, Guy	54	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	1:08.36 L	F	Nel, Leon	51	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	1:09.16 L	F	Baumann, Rene	50	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
11	1:12.23 L	F	Winfield, Mike	54	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
12	1:14.96 L	F	Kloos, Rainer	54	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
13	1:15.55 L	F	Kropman, Derek	54	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
14	1:17.74 L	F	Broodryk, Jakes	53	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
15	1:17.81 L	F	Coetzee, Butch	53	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
16	1:19.71 L	F	Earley, Terry	54	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
17	1:26.47 L	F	Wright, Ingo	52	HIGH KZ	2008-11-16	KZNMSA (Highway) @ Crawford	
18	1:31.60 L	F	Singh, Vikram	52	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
19	1:42.64 L	F	Benkenstein, Mark	51	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 50-54 200 Free								
1	2:13.42 L	F	Semple, Mike	52	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	2:20.25 L	F	Holshausen, Rod	51	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	2:27.79 L	F	Benade, Paul	53	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	2:28.41 L	F	Rudolph, Mike	52	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
5	2:30.88 L	F	Hendricks, Nigel	51	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
6	2:39.59 L	F	Baumann, Rene	50	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
7	2:41.88 L	F	Harker, Guy	53	WAHO CG	2008-11-08	TMS Interregional @ Hillcrest	
8	2:50.44 L	F	Mitchell, Garry	50	WAHO CG	2008-11-08	TMS Interregional @ Hillcrest	
9	2:52.38 L	F	Kropman, Derek	54	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	

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	Time	P/F/S	Name	Age/Yr				
10	2:56.71 L	F	Frost, David	51	WINE WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
11	2:59.29 L	F	Kloos, Rainer	54	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
12	3:04.60 L	F	Earley, Terry	54	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
13	3:10.09 L	F	Gray, David	51	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
14	3:25.55 L	F	Singh, Vikram	52	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
15	4:00.13 L	F	Benkenstein, Mark	51	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 50-54 400 Free								
1	4:57.16 L	F	Holshausen, Rod	51	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	5:24.16 L	F	Benade, Paul	53	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
3	5:55.71 L	F	Frost, David	51	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	6:16.85 L	F	Winfield, Mike	54	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
5	6:18.23 L	F	Coetzee, Butch	53	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	6:45.24 L	F	Earley, Terry	54	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	6:46.96 L	F	Wright, Ingo	52	HIGH KZ	2008-11-16	KZNMSA (Highway) @ Crawford	
8	6:51.89 L	F	Baker, Anthony	53	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	7:26.51 L	F	Singh, Vikram	52	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	9:36.81 L	F	Benkenstein, Mark	51	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 50-54 800 Free								
1	9:57.19 L	F	Semple, Mike	52	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	10:19.45 L	F	Holshausen, Rod	51	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	11:34.47 L	F	Benade, Paul	53	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	11:56.53 L	F	Frost, David	51	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	13:26.45 L	F	Coetzee, Butch	53	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	15:23.19 L	F	Singh, Vikram	52	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 50-54 1500 Free								
1	19:48.88 L	F	Holshausen, Rod	51	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
2	24:20.89 L	F	Frost, David	51	WINE WP	2009-01-24	WPMSA (Cape Town) @ UWC	
3	31:04.00 L	F	van Dyk, Charlie	51	ETSM ES	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
Men 50-54 50 Back								
1	31.91 L	F	Steynberg, Andre	53	WAHO CG	2009-02-12	TMS LC Champs @ Hillcrest	
2	33.54 L	F	Morgan, Trevor	50	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	34.15 L	F	Rudolph, Mike	52	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	34.93 L	F	Den Bakker, Arnaud	53	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
5	36.00 L	F	Winfield, Mike	54	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
6	37.76 L	F	Harker, Guy	54	WAHO CG	2009-01-31	GMS (Phoenix) @ Ellis Park	
7	39.09 L	F	Kropman, Derek	54	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	39.22 L	F	Hendricks, Nigel	51	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	41.19 L	F	Reeves, Paul	51	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	42.79 L	F	Bartholomew, Alan	50	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	44.81 L	F	Kloos, Rainer	54	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
12	48.44 L	F	Baker, Anthony	53	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 50-54 100 Back								
1	1:09.83 L	F	Steynberg, Andre	53	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:13.66 L	F	Morgan, Trevor	50	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	1:14.01 L	F	Rudolph, Mike	52	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	1:30.01 L	F	Kropman, Derek	54	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	1:39.39 L	F	Bartholomew, Alan	50	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 50-54 200 Back								
1	2:40.54 L	F	Rudolph, Mike	52	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	2:48.68 L	F	Morgan, Trevor	50	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	2:57.66 L	F	Den Bakker, Arnaud	54	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
4	3:47.77 L	F	Bartholomew, Alan	50	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 50-54 50 Breast								
1	38.27 L	F	Reeves, Paul	51	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	38.31 L	F	Baker, Anthony	53	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	

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	Time	P/F/S	Name	Age/Yr				
3	38.72 L	F	Folscher, Danie	51	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	40.60 L	F	Hendricks, Nigel	51	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	40.76 L	F	Harker, Guy	54	WAHO CG	2009-01-10	GMS (Orphan Annie) @ Delville	
6	42.74 L	F	Frost, David	51	WINE WP	2009-01-24	WPMSA (Cape Town) @ UWC	
7	43.40 L	F	Baker, Raymond	51	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	44.89 L	F	Gray, David	51	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	45.48 L	F	Broodryk, Jakes	53	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	46.82 L	F	Wright, Ingo	52	HIGH KZ	2008-11-16	KZNMSA (Highway) @ Crawford	
11	48.36 L	F	Singh, Vikram	52	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 50-54 100 Breast								
1	1:22.20 L	F	Folscher, Danie	51	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:28.88 L	F	Reeves, Paul	51	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	1:29.59 L	F	Frost, David	51	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	1:30.07 L	F	Baker, Anthony	53	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	1:35.19 L	F	Harker, Guy	54	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	1:41.06 L	F	Broodryk, Jakes	53	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	1:44.24 L	F	Gray, David	51	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 50-54 200 Breast								
1	3:02.27 L	F	Folscher, Danie	51	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	3:14.26 L	F	Frost, David	51	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	3:32.29 L	F	Reeves, Paul	51	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	3:40.08 L	F	Baker, Anthony	53	HIGH KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	3:41.83 L	F	Baumann, Rene	50	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
Men 50-54 50 Fly								
1	28.45 L	F	Steynberg, Andre	53	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	29.11 L	F	Semple, Mike	52	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	30.53 L	F	Den Bakker, Arnaud	54	COEL NT	2009-02-28	GMS Interregional @ Ellis Park	
4	31.00 L	F	Morgan, Trevor	50	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
5	31.68 L	F	Holshausen, Rod	51	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	32.50 L	F	Cones, Nigel	54	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
7	33.05 L	F	Garrun, Cliff	53	PHOE CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	33.08 L	F	Folscher, Danie	51	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	33.89 L	F	Hendricks, Nigel	51	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	35.03 L	F	Nel, Leon	51	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	35.98 L	F	Kropman, Derek	54	SSHA FS	2009-03-11	SAMS 25th LC Champs @ East Londc	
12	37.62 L	F	Reeves, Paul	51	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
13	38.64 L	F	Kloos, Rainer	54	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
14	41.98 L	F	Frost, David	51	WINE WP	2009-01-24	WPMSA (Cape Town) @ UWC	
15	42.39 L	F	Bartholomew, Alan	50	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
16	48.09 L	F	Earley, Terry	54	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 50-54 100 Fly								
1	1:05.13 L	F	Semple, Mike	52	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:05.64 L	F	Steynberg, Andre	53	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	1:09.22 L	F	Holshausen, Rod	51	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
4	1:48.59 L	F	Earley, Terry	54	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 50-54 200 Fly								
1	2:41.50 L	F	Holshausen, Rod	51	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	3:49.72 L	F	Frost, David	51	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 50-54 200 IM								
1	2:36.69 L	F	Steynberg, Andre	53	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	2:39.31 L	F	Rudolph, Mike	52	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	2:45.41 L	F	Folscher, Danie	51	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	2:47.24 L	F	Cones, Nigel	54	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
5	2:52.64 L	F	Den Bakker, Arnaud	54	COEL NT	2009-02-28	GMS Interregional @ Ellis Park	
6	3:57.30 L	F	Bartholomew, Alan	50	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	

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	Time	P/F/S	Name	Age/Yr				
Men 50-54 400 IM								
1	5:57.54 L	F	Folscher, Danie	51	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	6:57.26 L	F	Frost, David	51	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Lond	