

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 55-59 50 Free								
1	28.35 L	F	Shead, Tim	57	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	28.62 L	T	Tozer, Tyrone	59	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	29.12 L	F	Downes, Terry	59	TUKM NT	2008-11-08	TMS Interregional @ Hillcrest	
4	29.27 L	F	Howieson, Doug	57	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
5	29.40 L	F	Spies, Izak	55	DOLP WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
6	29.53 L	F	Cawood, Tony	57	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
7	30.20 L	F	Arbuthnot, David	56	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
8	30.25 L	F	vd Hoven, Hendrik	56	WAHO CG	2008-11-08	TMS Interregional @ Hillcrest	
9	30.50 L	F	Snyman, Braam	56	COEL NT	2009-01-31	GMS (Phoenix) @ Ellis Park	
10	30.52 L	F	Reen, Nick	55	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
11	30.71 L	F	Hodges, Mark	56	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
12	30.92 L	F	Wentworth, Gary	56	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
13	31.15 L	F	van Rooijen, Gerhard	58	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
14	32.20 L	F	Doveton, Gary	55	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
15	32.35 L	F	Bennetto, Peter	56	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
16	33.56 L	F	Barnhoorn, Philip	58	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Lond	
17	34.56 L	F	Sundelowitz, Selwyn	59	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
18	34.65 L	F	Miller, Trevor	58	EACS KZ	2008-11-16	KZNMSA (Highway) @ Crawford	
19	34.83 L	F	Gordon-Davis, Brian	56	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Lond	
20	35.68 L	F	van Heerden, Carel	59	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Lond	
21	35.70 L	F	van Rensburg, Neil	59	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
22	35.99 L	F	Tabosa-Vaz, Victor	57	EACS KZ	2008-11-16	KZNMSA (Highway) @ Crawford	
23*	37.17 L	F	Price, GV	56	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
23*	37.17 L	F	Robinson, Graham	59	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
25	37.35 L	F	Rolt, John	59	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
26	37.50 L	F	Marlow, Kevin	55	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
27	38.19 L	F	Burger, Francois	59	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
28	41.29 L	F	Fielding, Ant	58	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
29	51.39 L	F	Meier, Keith	58	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
30	51.85 L	F	Stewart, Ron	55	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
Men 55-59 100 Free								
1	1:01.11 L	F	Tozer, Tyrone	59	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	1:04.60 L	F	Howieson, Doug	57	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	1:04.62 L	F	Downes, Terry	59	TUKM NT	2008-11-08	TMS Interregional @ Hillcrest	
4	1:05.69 L	F	Spies, Izak	55	DOLP WP	2009-01-24	WPMSA (Cape Town) @ UWC	
5	1:06.15 L	F	vd Hoven, Hendrik	57	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Lond	
6	1:10.35 L	F	van Rooijen, Gerhard	59	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Lond	
7	1:11.08 L	F	Wentworth, Gary	56	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
8	1:11.89 L	F	Doveton, Gary	56	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Lond	
9	1:12.54 L	F	Hodges, Mark	56	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
10	1:14.15 L	F	Bennetto, Peter	56	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
11	1:15.80 L	F	Sundelowitz, Selwyn	59	COEL NT	2009-02-28	GMS Interregional @ Ellis Park	
12	1:17.16 L	F	Barnhoorn, Philip	58	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Lond	
13	1:19.40 L	F	Gordon-Davis, Brian	56	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Lond	
14	1:26.07 L	F	Rolt, John	59	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
15	1:31.04 L	F	Miller, Trevor	59	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Lond	
16	1:32.90 L	F	Marlow, Kevin	55	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Lond	
Men 55-59 200 Free								
1	2:17.42 L	F	Tozer, Tyrone	59	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
2	2:18.39 L	F	Howieson, Doug	57	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	
3	2:26.74 L	F	Spies, Izak	55	DOLP WP	2009-02-17	WPMSA LC Champs @ UWC/Paar/U	
4	2:37.71 L	F	Doveton, Gary	56	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Lond	
5	2:39.03 L	F	vd Hoven, Hendrik	56	WAHO CG	2008-11-08	TMS Interregional @ Hillcrest	
6	2:41.80 L	F	van Rooijen, Gerhard	59	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Lond	
7	2:45.93 L	F	Sundelowitz, Selwyn	59	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Lond	
8	2:48.08 L	F	Hodges, Mark	56	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Lond	

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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				
9	3:00.79 L	F	Gordon-Davis, Brian	56	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	3:05.19 L	F	Barnhoorn, Philip	58	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	3:17.28 L	F	Burger, Francois	59	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
12	3:18.10 L	F	Rolt, John	59	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
13	3:31.61 L	F	Miller, Trevor	59	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
14	3:48.53 L	F	Marlow, Kevin	55	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 55-59 400 Free								
1	4:53.61 L	F	Howieson, Doug	57	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	5:25.32 L	F	Spies, Izak	55	DOLP WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
3	5:32.84 L	F	Shead, Tim	57	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
4	5:52.24 L	F	Sundelowitz, Selwyn	59	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	5:57.14 L	F	van Rooijen, Gerhard	59	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	7:02.66 L	F	Fielding, Pete	59	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	7:05.15 L	F	van Rensburg, Neil	59	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	7:46.00 L	F	van Heerden, Carel	59	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
9	7:58.71 L	F	Miller, Trevor	59	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	8:20.23 L	F	Marlow, Kevin	55	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	10:31.16 L	F	Meier, Keith	58	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 55-59 800 Free								
1	10:05.09 L	F	Howieson, Doug	57	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	11:14.01 L	F	Spies, Izak	55	DOLP WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
3	11:39.85 L	F	Doveton, Gary	56	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	11:54.95 L	F	Sundelowitz, Selwyn	59	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	11:55.41 L	F	Arbuthnot, David	56	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	12:26.76 L	F	Hodges, Mark	56	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
7	12:46.83 L	F	van Rooijen, Gerhard	59	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	12:49.85 L	F	Hatherly, Bob	58	WAHO CG	2009-01-31	GMS (Phoenix) @ Ellis Park	
9	14:36.31 L	F	van Rensburg, Neil	59	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	14:47.35 L	F	Fielding, Pete	59	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	17:17.90 L	F	Price, GV	56	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
12	22:05.39 L	F	Meier, Keith	58	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 55-59 1500 Free								
1	20:37.50 L	F	Howieson, Doug	57	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
2	20:46.00 L	F	Downes, Terry	59	TUKM NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
3	22:05.02 L	F	Shead, Tim	57	CPTW WP	2009-01-24	WPMSA (Cape Town) @ UWC	
4	22:49.46 L	F	Spies, Izak	55	DOLP WP	2009-01-24	WPMSA (Cape Town) @ UWC	
5	24:19.50 L	F	Arbuthnot, David	55	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
6	28:19.00 L	F	Vile, Danny	56	ETSM ES	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
7	28:22.97 L	F	Swanepoel, Pieter	59	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
8	29:35.00 L	F	Burger, Francois	59	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
9	33:56.00 L	F	Snyman, Braam	55	COEL NT	2008-10-04	TMS (Coelacanth) 1500 @ Hillcrest	
Men 55-59 50 Back								
1	34.12 L	F	Shead, Tim	57	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	34.63 L	F	Reen, Nick	55	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	36.72 L	F	vd Hoven, Hendrik	57	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	39.12 L	F	Snyman, Braam	56	COEL NT	2009-02-28	GMS Interregional @ Ellis Park	
5	41.69 L	F	Barnhoorn, Philip	58	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	44.40 L	F	Tabosa-Vaz, Victor	57	EACS KZ	2008-11-16	KZNMSA (Highway) @ Crawford	
Men 55-59 100 Back								
1	1:19.51 L	F	Howieson, Doug	57	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:20.19 L	F	Downes, Terry	59	TUKM NT	2008-11-08	TMS Interregional @ Hillcrest	
3	1:21.42 L	F	vd Hoven, Hendrik	57	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	1:29.74 L	F	Louw, Attie	56	WINE WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
5	1:37.26 L	F	Sundelowitz, Selwyn	59	COEL NT	2009-02-28	GMS Interregional @ Ellis Park	
Men 55-59 200 Back								
1	2:42.78 L	F	Shead, Tim	57	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	

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				
2	3:00.86 L	F	Howieson, Doug	57	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
3	3:06.55 L	F	vd Hoven, Hendrik	57	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	3:13.18 L	F	Louw, Attie	56	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	3:18.61 L	F	Sundelowitz, Selwyn	59	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	3:45.14 L	F	Tabosa-Vaz, Victor	57	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
Men 55-59 50 Breast								
1	35.03 L	F	Cawood, Tony	57	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
2	35.47 L	F	Shead, Tim	57	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	35.60 L	F	Hatherly, Bob	58	WAHO CG	2009-02-12	TMS LC Champs @ Hillcrest	
4	40.44 L	F	Wentworth, Gary	56	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
5	42.31 L	F	van Heerden, Carel	59	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	42.64 L	F	Hodges, Mark	56	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
7	43.94 L	F	Louw, Attie	56	WINE WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
8	45.15 L	F	van Rooijen, Gerhard	58	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
9	45.64 L	F	van Rensburg, Neil	59	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	47.06 L	F	Barnhoorn, Philip	58	FISH SW	2009-03-11	SAMS 25th LC Champs @ East Londc	
11	48.83 L	F	Miller, Trevor	59	EACS KZ	2009-03-11	SAMS 25th LC Champs @ East Londc	
12	50.40 L	F	Robinson, Graham	59	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
13	1:03.56 L	F	Stewart, Ron	55	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
14	1:38.15 L	F	Meier, Keith	58	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 55-59 100 Breast								
1	1:16.60 L	F	Hatherly, Bob	58	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:19.41 L	F	Shead, Tim	57	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	1:32.59 L	F	Wentworth, Gary	56	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
4	1:40.42 L	F	van Heerden, Carel	59	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	1:42.87 L	F	van Rensburg, Neil	59	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	1:44.82 L	F	Arbuthnot, David	55	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
7	2:01.21 L	F	Robinson, Graham	59	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
8	2:16.50 L	F	Stewart, Ron	55	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 55-59 200 Breast								
1	2:56.29 L	F	Hatherly, Bob	58	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	3:03.05 L	F	Shead, Tim	57	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
3	3:33.63 L	F	Louw, Attie	56	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	3:40.83 L	F	van Heerden, Carel	59	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	3:55.23 L	F	van Rensburg, Neil	59	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	5:13.22 L	F	Stewart, Ron	55	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 55-59 50 Fly								
1	29.98 L	F	Shead, Tim	57	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	32.21 L	F	Tozer, Tyrone	59	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	33.78 L	F	Arbuthnot, David	56	COEL NT	2009-02-12	TMS LC Champs @ Hillcrest	
4	33.92 L	F	du Plooy, Kobus	56	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	34.35 L	F	Cawood, Tony	56	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
6	35.99 L	F	Hodges, Mark	56	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
7	36.13 L	F	Gordon-Davis, Brian	56	ETSM ES	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	36.33 L	F	Snyman, Braam	56	COEL NT	2009-01-31	GMS (Phoenix) @ Ellis Park	
9	36.53 L	F	Wentworth, Gary	56	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
10	45.03 L	F	Tabosa-Vaz, Victor	57	EACS KZ	2008-11-16	KZNMSA (Highway) @ Crawford	
11	52.57 L	F	Fielding, Ant	58	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 55-59 100 Fly								
1	1:22.75 L	F	Arbuthnot, David	56	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	1:25.27 L	F	du Plooy, Kobus	56	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	1:25.48 L	F	Hatherly, Bob	58	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	1:29.22 L	F	Wentworth, Gary	56	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
5	1:38.12 L	F	Hodges, Mark	56	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
6	2:14.52 L	F	Fielding, Pete	59	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	

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 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
Men 55-59 200 Fly								
1	3:20.82 L	F	Arbuthnot, David	56	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
2	3:23.97 L	F	Hatherly, Bob	58	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	3:26.12 L	F	du Plooy, Kobus	56	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	3:55.58 L	F	Louw, Attie	56	WINE WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
5	5:05.14 L	F	Fielding, Pete	59	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 55-59 200 IM								
1	2:45.09 L	F	Shead, Tim	57	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
2	3:06.46 L	F	Arbuthnot, David	56	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	3:07.71 L	F	Louw, Attie	56	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	3:07.85 L	F	du Plooy, Kobus	56	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	3:10.25 L	F	Hatherly, Bob	57	WAHO CG	2008-11-08	TMS Interregional @ Hillcrest	
6	3:11.65 L	F	Cawood, Tony	56	COEL NT	2008-11-08	TMS Interregional @ Hillcrest	
7	3:23.59 L	F	Hodges, Mark	56	CPTW WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
8	3:23.88 L	F	Sundelowitz, Selwyn	59	COEL NT	2009-02-28	GMS Interregional @ Ellis Park	
9	3:38.69 L	F	Tabosa-Vaz, Victor	57	EACS KZ	2009-02-15	KZNMSA LC Champs @ Kings Park	
10	4:14.44 L	F	Fielding, Pete	59	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	
Men 55-59 400 IM								
1	6:04.53 L	F	Shead, Tim	57	CPTW WP	2009-02-17	WPMSA LC Champs @ UWC/Paarl/U	
2	6:32.05 L	F	Hatherly, Bob	58	WAHO CG	2009-03-11	SAMS 25th LC Champs @ East Londc	
3	6:53.42 L	F	Louw, Attie	56	WINE WP	2009-03-11	SAMS 25th LC Champs @ East Londc	
4	6:53.92 L	F	Arbuthnot, David	56	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
5	6:59.43 L	F	Sundelowitz, Selwyn	59	COEL NT	2009-03-11	SAMS 25th LC Champs @ East Londc	
6	9:19.07 L	F	Fielding, Pete	59	AMAK BO	2009-03-11	SAMS 25th LC Champs @ East Londc	