

Men				LONG COURSE			Women			
Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
25.85	Tyler Morrison	Pta	Feb-07	Freestyle	50m	18 - 24	29.60	Bridgette Connell	Dbn	Mar-03
58.67	Pierre Dellieu	Bel	Mar-23	Freestyle	100m	18 - 24	1:04.73	Cassie Shear	Jhb	Mar-15
1:59.61	Tyron Venter	Sas	Mar-07	Freestyle	200m	18 - 24	2:19.68	Jessica De Beer	Jhb	Mar-15
4:15.06	Tyron Venter	Sas	Mar-07	Freestyle	400m	18 - 24	5:02.41	Jessica De Beer	Jhb	Mar-15
9:07.39	Tyron Venter	Grm	Mar-05	Freestyle	800m	18 - 24	10:14.00	Rachelle Isakov	Mar-92	
29:30.37	Michael Homveld	Pta	Oct-14	Freestyle	1500m	18 - 24	24:24.00	Tracey Gardiner	Pta	Sep-06
30.65	Neal Crawford	Grm	Mar-05	Backstroke	50m	18 - 24	35.95	Robyn Henderson	Jhb	Mar-15
1:07.56	Neal Crawford	Grm	Mar-05	Backstroke	100m	18 - 24	1:17.90	Samantha Hunter	Pta	Mar-10
2:29.51	Neal Crawford	Grm	Mar-05	Backstroke	200m	18 - 24	2:51.84	Rachelle Isakov	Mar-94	
34.14	Brandon Venter	Pta	Nov-04	Breaststroke	50m	18 - 24	36.95	Cassie Shear	Jhb	Mar-15
1:17.76	Brandon Venter	Pta	Nov-04	Breaststroke	100m	18 - 24	1:19.49	Cassie Shear	Jhb	Mar-15
2:55.34	Kyle Scott	PE	Mar-13	Breaststroke	200m	18 - 24	2:50.37	Cassie Shear	Jhb	Mar-15
29.46	Pierre Dellieu	Bel	Mar-22	Butterfly	50m	18 - 24	33.18	Rachelle Isakov	Mar-92	
1:03.43	Tyron Venter	Mal	Mar-06	Butterfly	100m	18 - 24	1:12.72	Rachelle Isakov	Mar-92	
2:14.45	Tyron Venter	Sas	Mar-07	Butterfly	200m	18 - 24	2:48.36	Rachelle Isakov	Mar-92	
2:17.35	Tyron Venter	Sas	Mar-07	Individual Medley	200m	18 - 24	2:39.46	Rachelle Isakov	Mar-92	
4:51.32	Tyron Venter	Sas	Mar-07	Individual Medley	400m	18 - 24	5:44.78	Rachelle Isakov	Mar-92	

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
23.95	Heinrich Schoeman	Jhb	Mar-15	Freestyle	50m	25 - 29	27.00	Lehesta Kemp	Pta	Mar-18
54.45	Hans Weiler	CT	Jun-05	Freestyle	100m	25 - 29	59.50	Samantha Gunther	Ric	Jun-12
1:59.39	Tyron Venter	Ric	Jun-12	Freestyle	200m	25 - 29	2:08.65	Samantha Gunther	Ric	Jun-12
4:14.93	Tyron Venter	CT	Mar-12	Freestyle	400m	25 - 29	4:38.55	Samantha Gunther	Ric	Jun-12
8:48.20	Tyron Venter	Ric	Jun-12	Freestyle	800m	25 - 29	9:48.19	Samantha Gunther	PE	Mar-13
18:16.19	Tyron Venter	Pta	Oct-11	Freestyle	1500m	25 - 29	21:24.44	Nadia Bacchini	Pta	Sep-06
29.30	Heinrich Schoeman	Jhb	Mar-15	Backstroke	50m	25 - 29	31.31	Lehesta Kemp	Pta	Mar-18
1:06.74	Mike Kritzinger	Nov-91	Backstroke	100m	25 - 29	1:07.56	Lehesta Kemp	Pta	Mar-18	
2:32.92	Mike Kritzinger	Mar-91	Backstroke	200m	25 - 29	2:29.71	Kristy Kupfer	Bel	Mar-22	
29.14	Chris Stewart	San	Aug-06	Breaststroke	50m	25 - 29	34.97	Lizelle Haupt	EL	Mar-99
1:06.21	Matt Josephson	CT	Mar-12	Breaststroke	100m	25 - 29	1:24.50	Rivelle Baikie	PE	Mar-19
2:25.86	Matt Josephson	CT	Mar-12	Breaststroke	200m	25 - 29	2:53.47	Heather Morris-Eyton	Apr-96	
26.89	Hans Weiler	Mar-91	Butterfly	50m	25 - 29	27.55	Elzanne Werth	Jhb	Mar-15	
1:01.01	Patrick Gombos	Pta	Mar-01	Butterfly	100m	25 - 29	1:05.58	Samantha Gunther	CT	Mar-12
2:12.35	Tyron Venter	CT	Mar-12	Butterfly	200m	25 - 29	2:26.10	Samantha Gunther	CT	Mar-12
2:18.34	Tyron Venter	PE	Mar-13	Individual Medley	200m	25 - 29	2:40.06	Tammy Souster	EL	Mar-04
4:46.76	Tyron Venter	Ric	Jun-12	Individual Medley	400m	25 - 29	5:43.41	Rachelle Isakov	EL	Mar-99

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
24.88	Glenn Swart	Jhb	Jan-09	Freestyle	50m	30 - 34	28.26	Andy Landau	Jhb	Mar-15
55.19	Paul Fryer	Mal	Mar-06	Freestyle	100m	30 - 34	1:02.44	Cyndi Strydom	Pta	Mar-18
2:05.11	Paul Fryer	Mal	Mar-06	Freestyle	200m	30 - 34	2:24.99	Cyndi Strydom	PE	Mar-19
4:33.74	Paul Fryer	Mal	Mar-06	Freestyle	400m	30 - 34	5:05.15	Bianca Troup	Dbn	Mar-08
9:35.13	Paul Fryer	Mal	Mar-06	Freestyle	800m	30 - 34	10:26.84	Rachelle Isakov	EL	Mar-04
18:45.19	Tyron Venter	Pta	Feb-16	Freestyle	1500m	30 - 34	21:18.60	Nadia Bacchini	Pta	Sep-07
29.51	Schalk Malan	Blm	Mar-14	Backstroke	50m	30 - 34	33.49	Romy Altmann	Dbn	Mar-16
1:03.94	Schalk Malan	Blm	Mar-14	Backstroke	100m	30 - 34	1:12.55	Romy Altmann	Dbn	Mar-16
2:35.49	Lain Schutte	Grm	Mar-05	Backstroke	200m	30 - 34	2:42.20	Romy Altmann	Dbn	Mar-16
32.61	Brady Rothchild	Nel	Mar-23	Breaststroke	50m	30 - 34	35.22	Lizelle Haupt	Oud	Feb-02
1:12.13	Gary Coetzee	Syd	Nov-02	Breaststroke	100m	30 - 34	1:18.55	Lizelle Haupt	Pta	Mar-01
2:35.73	Gary Coetzee	Syd	Nov-02	Breaststroke	200m	30 - 34	3:09.76	Chris Mackinnon	Mar-93	
26.75	Glenn Swart	Jhb	Jan-09	Butterfly	50m	30 - 34	31.08	Claire Bolton	Grm	Jan-02
1:03.25	Tyron Venter	Pta	Feb-16	Butterfly	100m	30 - 34	1:12.25	Tania Fryer	Mal	Mar-06
2:24.79	Tyron Venter	Pta	Feb-16	Butterfly	200m	30 - 34	2:39.32	Rachelle Isakov	EL	Mar-04
2:28.54	Paul Fryer	Mal	Mar-06	Individual Medley	200m	30 - 34	2:47.60	Rachelle Isakov	Dbn	Mar-03
5:47.38	Byron Dillon	Sas	Mar-07	Individual Medley	400m	30 - 34	5:42.57	Rachelle Isakov	EL	Mar-04

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
25.43	Simon Thirsk	Dbn	Mar-16	Freestyle	50m	35 - 39	27.91	Cyndi Strydom	Bel	Mar-22
57.40	Stephen Haupt	Oud	Feb-02	Freestyle	100m	35 - 39	1:01.62	Cyndi Strydom	Bel	Mar-22
2:09.59	Steven Hurley	Pta	Mar-10	Freestyle	200m	35 - 39	2:26.44	Bianca Troup	Pta	Mar-10
4:30.71	Steven Hurley	Pta	Mar-10	Freestyle	400m	35 - 39	5:08.30	Rachelle Isakov	San	Aug-06
9:32.32	Steven Hurley	Pta	Mar-10	Freestyle	800m	35 - 39	10:38.35	Rachelle Isakov	Grm	Mar-05
18:30.05	Tyrone Tozer	Dbn	Jun-05	Freestyle	1500m	35 - 39	20:47.06	Rachelle Isakov	Pta	Oct-05
27.42	Simon Thirsk	PE	Mar-13	Backstroke	50m	35 - 39	33.05	Cyndi Strydom	Bel	Mar-22
1:00.76	Simon Thirsk	Jhb	Mar-15	Backstroke	100m	35 - 39	1:20.34	Justine Hunt	Grm	Mar-22
2:12.39	Simon Thirsk	Ric	Jun-12	Backstroke	200m	35 - 39	2:56.89	Justine Hunt	Grm	Mar-22
31.94	Tim Shead	Ind	Jun-05	Breaststroke	50m	35 - 39	38.84	Heather Morris-Eyton	Pta	Feb-05
1:09.23	Terence Parkin	PE	Mar-19	Breaststroke	100m	35 - 39	1:21.75	Heather Morris-Eyton	Pta	Feb-05
2:31.38	Terence Parkin	PE	Mar-19	Breaststroke	200m	35 - 39	2:52.87	Heather Morris-Eyton	Pta	Feb-05
27.59	Simon Thirsk	Ric	Jun-12	Butterfly	50m	35 - 39	30.67	Cyndi Strydom	Bel	Mar-23
1:06.40	Shaun Barson	PE	Mar-19	Butterfly	100m	35 - 39	1:10.41	Rachelle Isakov	San	Aug-06
3:06.36	Tim Shead	Mar-92	Butterfly	200m	35 - 39	2:37.39	Rachelle Isakov	Grm	Mar-05	
2:20.99	Simon Thirsk	Dbn	Mar-16	Individual Medley	200m	35 - 39	2:47.37	Rachelle Isakov	Mal	Mar-06
5:13.07	Tim Shead	Ind	Jun-05	Individual Medley	400m	35 - 39	5:43.13	Rachelle Isakov	San	Aug-06

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
25.40	Stephen Haupt	Pta	Mar-10	Freestyle	50m	40 - 44	29.26	Jaki Fagan	Jhb	Mar-15
57.04	Stephen Haupt	Pta	Mar-10	Freestyle	100m	40 - 44	1:04.38	Debbie Carroll	Oud	Feb-02
2:09.82	Gregg Price	EL	Mar-04	Freestyle	200m	40 - 44	2:22.26	Debbie Carroll	Oud	Feb-02
4:37.04	Tyrone Tozer	Ind	Jun-05	Freestyle	400m	40 - 44	4:59.53	Heather Morris-Eyton	EL	Mar-09
9:37.23	Tyrone Tozer	Ind	Jun-05	Freestyle	800m	40 - 44	10:17.59	Heather Morris-Eyton	EL	Mar-09
19:00.81	Tyrone Tozer	Ind	Mar-91	Freestyle	1500m	40 - 44	20:09.10	Heather Morris-Eyton	Pta	Feb-09
29.30	Simon Thirsk	Grm	Mar-20	Backstroke	50m	40 - 44	35.81	Debbie Carroll	Chc	Mar-02
1:05.90	Simon Thirsk	Grm	Mar-20	Backstroke	100m	40 - 44	1:20.65	Debbie Carroll	EL	Mar-04
2:23.41	Simon Thirsk	Grm	Mar-20	Backstroke	200m	40 - 44	2:50.53	Debbie Carroll	Oud	Feb-02
32.38	Terence Parkin	Grm	Mar-20	Breaststroke	50m	40 - 44	35.59	Heather Morris-Eyton	Pta	Nov-09
1:09.16	Terence Parkin	Grm	Mar-20	Breaststroke	100m	40 - 44	1:15.83	Heather Morris-Eyton	Got	Aug-10
2:40.82	Terence Parkin	Bel	Mar-22	Breaststroke	200m	40 - 44	2:40.76	Heather Morris-Eyton	Got	Aug-10
27.40	Gregg Price	Pta	Nov-04	Butterfly	50m	40 - 44	32.56	Jaki Fagan	Jhb	Mar-15
1:04.23	Gregg Price	EL	Mar-04	Butterfly	100m	40 - 44	1:15.22	Bianca Troup	Dbn	Mar-16
2:30.89	Rowan Wittels	Jhb	Mar-15	Butterfly	200m	40 - 44	2:51.21	Bianca Troup	Dbn	Mar-16
2:23.99	Tim Shead	Ind	Mar-93	Individual Medley	200m	40 - 44	2:46.00	Heather Morris-Eyton	Pta	Nov-09
5:12.39	Tyrone Tozer	Ind	Jun-05	Individual Medley	400m	40 - 44	6:02.14	Bianca Troup	Dbn	Mar-16

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
25.52	Gregg Price	Jhb	Feb-06	Freestyle	50m	45 - 49	29.65	Jaki Fagan	Bel	Mar-22
56.72	Ryno Markgraaff	Bel	Mar-23	Freestyle	100m	45 - 49	1:06.14	Jaki Fagan	Grm	Mar-20
2:08.15	Ryno Markgraaff	Bel	Mar-22	Freestyle	200m	45 - 49	2:25.53	Lesley Pedlar	Dbn	Mar-08
4:32.65	Gregg Price	San	Aug-06	Freestyle	400m	45 - 49	5:04.11	Lesley Pedlar	Dbn	Mar-08
9:20.52	Gregg Price	San	Aug-06	Freestyle	800m	45 - 49	10:34.04	Heather Morris-Eyton	PE	Mar-13
20:08.98	Owen Sheftz	Pta	Feb-22	Freestyle	1500m	45 - 49	21:35.78	Clare Davie	Pta	Oct-05
30.54	Andre Steynberg	Chc	Mar-02	Backstroke	50m	45 - 49	37.05	Debbie Carroll	Dbn	Mar-08
1:10.78	Andre Steynberg	Grm	Mar-05	Backstroke	100m	45 - 49	1:20.51	Clare Davie	Oud	Feb-02
2:37.65	Andrew Marshall	Jhb	Mar-15	Backstroke	200m	45 - 49	2:49.80	Clare Davie	Jhb	Oct-01
34.93	Martin Gasson	Pta	Mar-18	Breaststroke	50m	45 - 49	36.55	Heather Morris-Eyton	PE	Mar-13
1:21.07	Martin Gasson	Bel	Mar-22	Breaststroke	100m	45 - 49	1:19.08	Heather Morris-Eyton	PE	Mar-13
3:02.82	Eric Gillilan	Pta	Mar-01	Breaststroke	200m	45 - 49	2:43.73	Heather Morris-Eyton	PE	Mar-13
26.97	Gregg Price	Pta	Feb-06	Butterfly	50m	45 - 49	33.46	Jaki Fagan	Bel	Mar-23
1:01.69	Gregg Price	San	Aug-06	Butterfly	100m	45 - 49	1:19.66	Jaki Fagan	Grm	Mar-20
2:39.99	Halton Cheadle	Ind	Apr-96	Butterfly	200m	45 - 49	3:01.02	Clare Davie	Oud	Feb-02
2:27.57	Tyrone Tozer	Ind	Jun-96	Individual Medley	200m	45 - 49	2:59.48	Clare Davie	Jhb	Jan-01
5:24.47	Tyrone Tozer	Ind	Jun-96	Individual Medley	400m	45 - 49	6:12.19	Clare Davie	Oud	Feb-02

Backstroke	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
26.32	Andre Steynberg	Dbn	Mar-08	Freestyle	50m	50 - 54	29.95	Debbie Carroll	CT	Mar-12
59.41	William Wilson	Ind	Jul-94	Freestyle	100m	50 - 54	1:04.67	Debbie Carroll	CT	Mar-12
2:14.53	William Wilson	Ind	Jul-94	Freestyle	200m	50 - 54	2:21.64	Debbie Carroll	Ric	Jun-12
4:59.09	William Wilson	Ind	Mar-94	Freestyle	400m	50 - 54	5:27.55	Clare Davie	Mal	Mar-06
9:51.82	Tyrone Tozer	Mun	Aug-00	Freestyle	800m	50 - 54	11:12.81	Clare Davie	San	Aug-06
22:11.12	Roger Finch	Sin	Aug-07	Freestyle	1500m	50 - 54	22:00.00	Karen Kennedy	Pta	Feb-16
30.16	Andre Steynberg	San	Aug-06	Backstroke	50m	50 - 54	35.56	Debbie Carroll	CT	Mar-12
1:08.57	Andre Steynberg	San	Aug-06	Backstroke	100m	50 - 54	1:20.34	Debbie Carroll	CT	Mar-12
2:38.73	Andre Steynberg	Mal	Mar-06	Backstroke	200m	50 - 54	2:49.89	Clare Davie	San	Aug-06
34.69	Robert Hatherly	Dbn	Mar-03	Breaststroke	50m	50 - 54	38.81	Heather Morris-Eyton	Pta	Mar-18
1:16.64	Robert Hatherly	Dbn	Mar-03	Breaststroke	100m	50 - 54	1:25.02	Heather Morris-Eyton	Pta	Mar-18
2:47.36	Robert Hatherly	Dbn	Mar-03	Breaststroke	200m	50 - 54	2:57.39	Heather Morris-Eyton	Pta	Mar-18
27.94	Andre Steynberg	Sas	Mar-07	Butterfly	50m	50 - 54	36.45	Karen Kennedy	Dbn	Mar-16
1:04.23	Andre Steynberg	Sas	Mar-07	Butterfly	100m	50 - 54	1:28.62	Jenny Ireland	CT	Mar-00
2:57.70	Matt Fubbs	Nel	Mar-23	Butterfly	200m	50 - 54	3:04.04	Clare Davie	Mal	Mar-06
2:31.94	Tyrone Tozer	CT	Mar-00	Individual Medley	200m	50 - 54	3:07.10	Clare Davie	Sas	Mar-07
5:30.84	Tyrone Tozer	Mun	Aug-00	Individual Medley	400m	50 - 54	6:16.44	Clare Davie	Mal	Mar-06

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
26.64	Andre Steynberg	Ric	Jun-12	Freestyle	50m	55 - 59	33.04	Marissa Rollnick	EL	Mar-09
59.85	Andre Steynberg	CT	Mar-12	Freestyle	100m	55 - 59	1:13.46	Clare Davie	Jhb	Feb-11
2:17.93	William Wilson	EL	Mar-99	Freestyle	200m	55 - 59	2:41.24	Clare Davie	PE	Mar-13
5:03.41	Joel Finn	Dbn	Mar-16	Freestyle	400m	55 - 59	5:28.01	Clare Davie	Ric	Jun-12
10:27.35	Joel Finn	Pta	Mar-18	Freestyle	800m	55 - 59	11:23.59	Karen Kennedy	Bel	Mar-22
22:41.59	Ross Duncan	Pta	Feb-20	Freestyle	1500m	55 - 59	23:29.25	Marissa Rollnick	Pta	Sep-06
30.48	Andre Steynberg	Ric	Jun-12	Backstroke	50m	55 - 59	40.67	Debbie Scott	Grm	Mar-20
1:08.89	Andre Steynberg	Ric	Jun-12	Backstroke	100m	55 - 59	1:21.53	Clare Davie	Ric	Jun-12
2:42.64	Amour Gittings	Dbn	Mar-16	Backstroke	200m	55 - 59	2:54.63	Clare Davie	Ric	Jun-12
34.91	Bob Hatherly	Dbn	Mar-08	Breaststroke	50m	55 - 59	44.31	Jenny Ireland	Jhb	Jan-06
1:16.60	Bob Hatherly	EL	Mar-09	Breaststroke	100m	55 - 59	1:39.77	Jenny Ireland	Mal	Mar-06
2:51.66	Bob Hatherly	Dbn	Mar-08	Breaststroke	200m	55 - 59	3:32.27	Jenny Ireland	Mal	Mar-06
28.35	Andre Steynberg	PE	Mar-13	Butterfly	50m	55 - 59	39.69	Sue Leuner	Ind	Apr-98
1:04.93	Andre Steynberg	Ric	Jun-12	Butterfly	100m	55 - 59	1:31.85	Jenny Ireland	Sas	Mar-07
3:10.44	James Stewart	Ind	Mar-97	Butterfly	200m	55 - 59	3:54.47	Helen Lawless	Grm	Mar-05
2:47.76	Quirin Kohler	Jhb	Mar-15	Individual Medley	200m	55 - 59	3:10.93	Clare Davie	Pta	Nov-11
6:14.28	Andre Steynberg	Blm	Mar-14	Individual Medley	400m	55 - 59	6:28.80	Clare Davie	Ric	Jun-12

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
26.31	Andre Steynberg	Dbn	Mar-16	Freestyle	50m	60 - 64	33.26	Marissa Rollnick	Jhb	Feb-11
59.76	Andre Steynberg	Dbn	Mar-16	Freestyle	100m	60 - 64	1:15.32	Marissa Rollnick	Jhb	Feb-11
2:22.53	Willie Wilson	San	Aug-06	Freestyle	200m	60 - 64	2:53.84	Maureen Mons	Jhb	Mar-15
5:13.40	Willie Wilson	San	Aug-06	Freestyle	400m	60 - 64	5:58.00	Marissa Rollnick	Jhb	Jan-11
10:43.89	Joel Finn	Bel	Mar-22	Freestyle	800m	60 - 64	12:31.41	Clare Davie	Dbn	Mar-16
23:32.83	Ross Duncan	Pta	Feb-22	Freestyle	1500m	60 - 64	24:30.65	Marissa Rollnick	Pta	Oct-12
30.66	Andre Steynberg	Dbn	Mar-16	Backstroke	50m	60 - 64	43.67	Elaine Alder	EL	Mar-17
1:08.86	Andre Steynberg	Dbn	Mar-16	Backstroke	100m	60 - 64	1:28.55	Clare Davie	Dbn	Mar-16
2:40.27	Andre Steynberg	Dbn	Mar-16	Backstroke	200m	60 - 64	3:08.56	Clare Davie	Dbn	Mar-16
36.59	Bob Hatherly	Oud	Mar-11	Breaststroke	50m	60 - 64	48.06	Elaine Alder	Pta	Mar-18
1:20.34	Bob Hatherly	Oud	Mar-11	Breaststroke	100m	60 - 64	1:46.69	Elaine Alder	Pta	Mar-18
2:58.53	Bob Hatherly	Oud	Mar-11	Breaststroke	200m	60 - 64	4:24.92	Mercia Ferreira	EL	Mar-09
31.53	Quirin Kohler	Grm	Mar-20	Butterfly	50m	60 - 64	40.29	Sue Leuner	Mun	Aug-00
1:05.78	Andre Steynberg	Dbn	Mar-16	Butterfly	100m	60 - 64	1:39.91	Helen Lawless	Pta	Nov-09
3:00.65	David Mclachlan	EL	Mar-99	Butterfly	200m	60 - 64	3:53.62	Helen Lawless	Pta	Mar-10
2:52.11	Joel Finn	Bel	Mar-22	Individual Medley	200m	60 - 64	3:18.63	Clare Davie	Dbn	Mar-16
6:21.71	David Mclachlan	EL	Mar-99	Individual Medley	400m	60 - 64	7:39.81	Marissa Rollnick	Oud	Mar-11

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
30.11	Willie Wilson	EL	Mar-09	Freestyle	50m	65 - 69	33.86	Marissa Rollnick	Dbn	Mar-16
1:06.46	Willie Wilson	EL	Mar-09	Freestyle	100m	65 - 69	1:18.35	Marissa Rollnick	Dbn	Mar-16
2:33.97	Michael Edwards	EL	Mar-04	Freestyle	200m	65 - 69	2:52.88	Maureen Mons	Pta	Nov-16
5:35.05	Willie Wilson	EL	Mar-09	Freestyle	400m	65 - 69	6:05.54	Maureen Mons	Dbn	Mar-16
11:34.50	Dave Mclachlan	Chc	Mar-02	Freestyle	800m	65 - 69	12:33.23	Maureen Mons	Dbn	Mar-16
23:36.09	Michael Edwards	Pta	Feb-04	Freestyle	1500m	65 - 69	24:52.42	Maureen Mons	Pta	Oct-19
37.68	Willie Wilson	EL	Mar-09	Backstroke	50m	65 - 69	45.28	Elaine Alder	Bel	Mar-22
1:29.13	Walter May	Pta	Mar-10	Backstroke	100m	65 - 69	1:54.70	Marissa Rollnick	Pta	Mar-18
3:25.83	Walter May	CT	Mar-12	Backstroke	200m	65 - 69	3:50.48	Anne Jones	Pta	Mar-10
39.60	Brian Nelson	Oud	Mar-11	Breaststroke	50m	65 - 69	49.82	Dael Stojakovic	EL	Mar-17
1:28.74	David Mclachlan	Oud	Feb-02	Breaststroke	100m	65 - 69	1:47.94	Dael Stojakovic	EL	Mar-17
3:19.35	Dave Mclachlan	Dbn	Mar-03	Breaststroke	200m	65 - 69	3:58.53	Dael Stojakovic	EL	Mar-17
35.40	John Petersen	Pta	Feb-11	Butterfly	50m	65 - 69	42.11	Maureen Mons	PE	Mar-19
1:19.53	Dave Mclachlan	Chc	Mar-02	Butterfly	100m	65 - 69	2:00.22	Helen Lawless	Dbn	Mar-16
3:03.05	Dave Mclachlan	Oud	Feb-02	Butterfly	200m	65 - 69	4:05.58	Linda Crawford	Dbn	Mar-16
2:56.51	David Mclachlan	Chc	Mar-02	Individual Medley	200m	65 - 69	3:23.17	Maureen Mons	Jhb	Mar-16
6:24.39	Dave Mclachlan	Chc	Mar-02	Individual Medley	400m	65 - 69	7:19.37	Maureen Mons	Dbn	Mar-16

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
31.86	John Petersen	Jhb	Mar-15	Freestyle	50m	70 - 74	35.39	Anne Jones	Dbn	Mar-16
1:17.19	Walter May	Jhb	Mar-15	Freestyle	100m	70 - 74	1:23.80	Anne Jones	Jhb	Mar-15
3:05.47	Ken Williams	Oud	Mar-11	Freestyle	200m	70 - 74	3:00.73	Maureen Mons	Bel	Mar-22
6:35.65	Derek Maltby	Pta	Mar-18	Freestyle	400m	70 - 74	6:17.02	Maureen Mons	Bel	Mar-22
13:35.05	Derek Maltby	Pta	Mar-18	Freestyle	800m	70 - 74	12:47.00	Maureen Mons	Nel	Mar-23
28:27.44	Russel Wolpe	Pta	Sep-07	Freestyle	1500m	70 - 74	24:31.72	Maureen Mons	Pta	Oct-21
43.15	Walter May	Jhb	Mar-15	Backstroke	50m	70 - 74	46.22	Anne Jones	Jhb	Mar-15
1:35.16	Walter May	EL	Mar-17	Backstroke	100m	70 - 74	2:45.56	Greta Calitz		Mar-94
3:31.44	Walter May	EL	Mar-17	Backstroke	200m	70 - 74	59:59.99	Vacant		
40.17	Bob Hatherly	Nel	Mar-23	Breaststroke	50m	70 - 74	51.91	Anne Jones	Dbn	Mar-16
1:29.47	Bob Hatherly	Nel	Mar-23	Breaststroke	100m	70 - 74	2:25.96	Mercia Ferreira	PE	Mar-19
3:26.73	Bob Hatherly	Nel	Mar-23	Breaststroke	200m	70 - 74	5:45.53	Greta Calitz		Mar-91
37.63	John Petersen	Jhb	Feb-15	Butterfly	50m	70 - 74	42.80	Maureen Mons	Bel	Mar-23
1:52.02	John Petersen	Jhb	Mar-15	Butterfly	100m	70 - 74	1:59.60	Helen Lawless	Bel	Mar-22
4:16.78	Bob Hatherly	Nel	Mar-23	Butterfly	200m	70 - 74	4:29.54	Helen Lawless	Bel	Mar-22
3:23.80	Bob Hatherly	Nel	Mar-23	Individual Medley	200m	70 - 74	3:28.93	Maureen Mons	Bel	Mar-22
7:42.70	Bob Hatherly	Nel	Mar-23	Individual Medley	400m	70 - 74	7:27.94	Maureen Mons	Bel	Mar-22

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
33.47	Ken Williams	CT	Mar-12	Freestyle	50m	75 - 79	38.28	Sue Leuner	Mon	Aug-14
1:18.79	Ken Williams	CT	Mar-12	Freestyle	100m	75 - 79	1:26.34	Sue Leuner	Mon	Aug-14
3:00.20	Ken Williams	CT	Mar-12	Freestyle	200m	75 - 79	3:12.84	Sue Leuner	Mon	Aug-14
6:39.63	Ken Williams	CT	Mar-12	Freestyle	400m	75 - 79	6:50.41	Sue Leuner	Mon	Aug-14
13:59.10	Ken Williams	CT	Mar-12	Freestyle	800m	75 - 79	14:16.12	Sue Leuner	Mon	Aug-14
30:51.00	Russel Wolpe	Pta	Feb-12	Freestyle	1500m	75 - 79	59:59.99	Vacant		
46.66	Walter May	Grm	Mar-20	Backstroke	50m	75 - 79	52.15	Anne Jones	Grm	Mar-20
1:44.52	Walter May	Grm	Mar-20	Backstroke	100m	75 - 79	1:55.83	Sue Leuner	Mon	Mar-16
3:47.76	Patrick Galvin	Pta	Mar-10	Backstroke	200m	75 - 79	59:59.99	Vacant		
43.68	Patrick Galvin	Pta	Mar-10	Breaststroke	50m	75 - 79	55.33	Anne Jones	Nel	Mar-23
1:42.67	Patrick Galvin	Pta	Mar-10	Breaststroke	100m	75 - 79	2:08.84	Anne Jones	Nel	Mar-23
3:50.07	Patrick Galvin	Oud	Mar-11	Breaststroke	200m	75 - 79	5:58.85	Greta Calitz		Apr-96
43.20	Patrick Galvin	Pta	Mar-10	Butterfly	50m	75 - 79	1:01.72	Sue Leuner	Bim	Mar-14
1:52.03	Patrick Galvin	Oud	Mar-11	Butterfly	100m	75 - 79	59:59.99	Vacant		
4:59.08	Jack Brink		Jun-96	Butterfly	200m	75 - 79	59:59.99	Vacant		
4:06.92	Derek Maltby	Bel	Mar-22	Individual Medley	200m	75 - 79	4:33.08	Sue Leuner	Jhb	Mar-15
9:20.80	Jack Brink		Apr-96	Individual Medley	400m	75 - 79	59:59.99	Vacant		

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
38.96	Don Johnston	EL	Mar-09	Freestyle	50m	80 - 84	42.94	Sue Leuner	Jhb	Feb-19
1:38.12	Don Johnston	EL	Mar-09	Freestyle	100m	80 - 84	1:34.64	Sue Leuner	Jhb	Feb-19
3:45.91	Don Johnston	EL	Mar-09	Freestyle	200m	80 - 84	3:45.21	Sue Leuner	Jhb	Feb-19
8:06.42	Don Johnston	EL	Mar-09	Freestyle	400m	80 - 84	8:35.56	Sue Leuner	Grm	Mar-20
17:25.57	Russel Wolpe	Jhb	Feb-17	Freestyle	800m	80 - 84	17:34.08	Sue Leuner	Grm	Mar-20
32:44.00	Russel Wolpe	Pta	Feb-17	Freestyle	1500m	80 - 84	59:59.99	Vacant		
53.51	John Garson	Jhb	Feb-18	Backstroke	50m	80 - 84	54.14	Sue Leuner	Jhb	Mar-19
2:14.43	John Garson	PE	Mar-19	Backstroke	100m	80 - 84	2:06.95	Sue Leuner	Grm	Mar-20
4:59.10	Jack Brink	Pta	Mar-01	Backstroke	200m	80 - 84	59:59.99	Vacant		
48.99	Ivan Schlapobersky	PE	Mar-13	Breaststroke	50m	80 - 84	1:15.17	Jane Hulley	Nel	Mar-23
1:52.49	Ivan Schlapobersky	PE	Mar-13	Breaststroke	100m	80 - 84	59:59.99	Vacant		
4:10.75	Ivan Schlapobersky	PE	Mar-13	Breaststroke	200m	80 - 84	59:59.99	Vacant		
53.11	Ivan Schlapobersky	Blm	Mar-14	Butterfly	50m	80 - 84	1:06.51	Sue Leuner	Jhb	Feb-19
2:44.49	Jack Brink	CT	Mar-00	Butterfly	100m	80 - 84	59:59.99	Vacant		
5:48.33	Jack Brink	CT	Mar-00	Butterfly	200m	80 - 84	4:44.10	Sue Leuner	Jhb	Mar-19
4:42.53	Ivan Schlapobersky	Jhb	Mar-15	Individual Medley	200m	80 - 84	59:59.99	Vacant		
10:12.62	Jack Brink	CT	Mar-00	Individual Medley	400m	80 - 84	59:59.99	Vacant		

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
42.56	Don Johnston	Jhb	Mar-15	Freestyle	50m	85 - 89	59:59.99	Vacant		
2:02.35	Don Johnston	Jhb	Mar-15	Freestyle	100m	85 - 89	59:59.99	Vacant		
3:59.94	Don Johnston	Jhb	Mar-15	Freestyle	200m	85 - 89	59:59.99	Vacant		
9:42.38	Russel Wolpe	Jhb	Jan-22	Freestyle	400m	85 - 89	59:59.99	Vacant		
19:38.80	Russel Wolpe	Nel	Mar-23	Freestyle	800m	85 - 89	59:59.99	Vacant		
44:04.45	Russel Wolpe	Pta	Feb-22	Freestyle	1500m	85 - 89	59:59.99	Vacant		
1:02.67	Don Johnston	Jhb	Mar-15	Backstroke	50m	85 - 89	59:59.99	Vacant		
2:27.11	Alf Cadenhead		Mar-97	Backstroke	100m	85 - 89	59:59.99	Vacant		
5:39.86	Alf Cadenhead		Mar-97	Backstroke	200m	85 - 89	59:59.99	Vacant		
1:07.77	Russel Wolpe	Bel	Mar-22	Breaststroke	50m	85 - 89	59:59.99	Vacant		
2:38.85	Russel Wolpe	Jhb	Jan-22	Breaststroke	100m	85 - 89	59:59.99	Vacant		
5:38.95	Russel Wolpe	Nel	Mar-23	Breaststroke	200m	85 - 89	59:59.99	Vacant		
1:38.31	Jack Brink	Jhb	Mar-05	Butterfly	50m	85 - 89	59:59.99	Vacant		
4:16.45	Jack Brink	Grm	Mar-05	Butterfly	100m	85 - 89	59:59.99	Vacant		
11:23.67	Jack Brink	Mal	Mar-06	Butterfly	200m	85 - 89	59:59.99	Vacant		
6:29.43	Jack Brink	Jhb	Mar-05	Individual Medley	200m	85 - 89	59:59.99	Vacant		
59:59.99	Vacant			Individual Medley	400m	85 - 89	59:59.99	Vacant		

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
59:59.99	Vacant			Freestyle	50m	90 - 94	59:59.99	Vacant		
59:59.99	Vacant			Freestyle	100m	90 - 94	59:59.99	Vacant		
59:59.99	Vacant			Freestyle	200m	90 - 94	59:59.99	Vacant		
59:59.99	Vacant			Freestyle	400m	90 - 94	59:59.99	Vacant		
59:59.99	Vacant			Freestyle	800m	90 - 94	59:59.99	Vacant		
59:59.99	Vacant			Freestyle	1500m	90 - 94	59:59.99	Vacant		
59:59.99	Vacant			Backstroke	50m	90 - 94	59:59.99	Vacant		
59:59.99	Vacant			Backstroke	100m	90 - 94	59:59.99	Vacant		
59:59.99	Vacant			Backstroke	200m	90 - 94	59:59.99	Vacant		
59:59.99	Vacant			Breaststroke	50m	90 - 94	59:59.99	Vacant		
59:59.99	Vacant			Breaststroke	100m	90 - 94	59:59.99	Vacant		
59:59.99	Vacant			Breaststroke	200m	90 - 94	59:59.99	Vacant		
59:59.99	Vacant			Butterfly	50m	90 - 94	59:59.99	Vacant		
59:59.99	Vacant			Butterfly	100m	90 - 94	59:59.99	Vacant		
59:59.99	Vacant			Butterfly	200m	90 - 94	59:59.99	Vacant		
59:59.99	Vacant			Individual Medley	200m	90 - 94	59:59.99	Vacant		
59:59.99	Vacant			Individual Medley	400m	90 - 94	59:59.99	Vacant		

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
59:59.99	Vacant			Freestyle	50m	95 - 99	59:59.99	Vacant		
59:59.99	Vacant			Freestyle	100m	95 - 99	59:59.99	Vacant		
59:59.99	Vacant			Freestyle	200m	95 - 99	59:59.99	Vacant		
59:59.99	Vacant			Freestyle	400m	95 - 99	59:59.99	Vacant		
59:59.99	Vacant			Freestyle	800m	95 - 99	59:59.99	Vacant		
59:59.99	Vacant			Freestyle	1500m	95 - 99	59:59.99	Vacant		
59:59.99	Vacant			Backstroke	50m	95 - 99	59:59.99	Vacant		
59:59.99	Vacant			Backstroke	100m	95 - 99	59:59.99	Vacant		
59:59.99	Vacant			Backstroke	200m	95 - 99	59:59.99	Vacant		
59:59.99	Vacant			Breaststroke	50m	95 - 99	59:59.99	Vacant		
59:59.99	Vacant			Breaststroke	100m	95 - 99	59:59.99	Vacant		
59:59.99	Vacant			Breaststroke	200m	95 - 99	59:59.99	Vacant		
59:59.99	Vacant			Butterfly	50m	95 - 99	59:59.99	Vacant		
59:59.99	Vacant			Butterfly	100m	95 - 99	59:59.99	Vacant		
59:59.99	Vacant			Butterfly	200m	95 - 99	59:59.99	Vacant		
59:59.99	Vacant			Individual Medley	200m	95 - 99	59:59.99	Vacant		
59:59.99	Vacant			Individual Medley	400m	95 - 99	59:59.99	Vacant		