

LONG COURSE RELAY

Event	Distance	Age	Time	Name	Location	Date	Men
Freestyle	200m	72 - 99	1:58.94	Killer Whales	Grm	Mar-05	T Barsdorf, J Wagner, N Crawford, T Venter
Freestyle	200m	100 - 119	1:43.80	Wahoo	Malm	Mar-06	N Winstone, A Fok, J Thom, P Fryer
Freestyle	200m	120 - 159	1:44.05	Wahoo	PE	Mar-13	M Josephson, S Malan, J Erasmus, S Thirsk
Freestyle	200m	160 - 199	1:46.50	Wahoo	Jhb	Mar-15	A Marshall, J Erasmus, R Wittels, S Thirsk
Freestyle	200m	200 - 239	1:49.56	Wahoo	Dbn	Mar-16	T V Bardeleben, G Mottram, J Pieters, A Steynberg
Freestyle	200m	240 - 279	2:02.27	Phoenix	Oud	Feb-02	J Petersen, M Edwards, D Mclachlan, W Wilson
Freestyle	200m	280 - 319	2:18.83	Phoenix	Jhb	Mar-15	J Petersen, D Johnston, A Rivers, Q Kohler
Freestyle	200m	320+					
Freestyle	400m	72 - 99					
Freestyle	400m	100 - 119					
Freestyle	400m	120 - 159					
Freestyle	400m	160 - 199	3:59.89	Wahoo	Dbn	Mar-16	S Collins, R Wittels, A Steynberg, S Thirsk
Freestyle	400m	200 - 239	5:08.18	Wahoo	Dbn	Mar-16	B Mcmanus, W Felix, M Pryke, G Mottram
Freestyle	400m	240 - 279					
Freestyle	400m	280 - 319	6:39.66	Wahoo	Dbn	Mar-16	B Selmer-Olsen, P Hutchings, J Garson, G Harker
Freestyle	400m	320+					
Medley	200m	72 - 99	2:00.39	Killer Whales	Grm	Mar-05	N Crawford, A Crawford, T Venter, T Barsdorf
Medley	200m	100 - 119	1:56.90	Transvaal	Pta	Jun-05	
Medley	200m	120 - 159	1:52.77	Wahoo	PE	Mar-13	S Thirsk, M Josephson, A Steynberg, J Erasmus
Medley	200m	160 - 199	2:01.87	Transvaal		Mar-94	
Medley	200m	200 - 239	2:03.98	Wahoo	Pta	Mar-10	A Steynberg, R Hatherly, S Haupt, G Harker
Medley	200m	240 - 279	2:21.28	Phoenix	Oud	Feb-02	W Wilson, D Mclachlan, J Petersen, M Edwards
Medley	200m	280 - 319	2:43.53	Wahoo	Oud	Mar-11	T Mitchell, B Nelson, P Galvin, K Williams
Medley	200m	320+					
Medley	400m	72 - 99					
Medley	400m	100 - 119					
Medley	400m	120 - 159					
Medley	400m	160 - 199	5:17.39	Wahoo	Pta	Mar-18	J Pieters, M Gasson, A Ford, K Matulovich
Medley	400m	200 - 239	7:01.88	Waterborn	Pta	Mar-18	C Van Heerden, D Smith, R Lotkin, G Taylor
Medley	400m	240 - 279					
Medley	400m	280 - 319					
Medley	400m	320+					

Event	Distance	Age	Time	Name	Location	Date	Woman
Freestyle	200m	72 - 99	2:13.48	Killer Whales	Jhb	Mar-05	B Meyer, K Morris, B Stone, K Taylor
Freestyle	200m	100 - 119	1:54.22	Phoenix	Jhb	Mar-15	S Gunther, L Cloete, A Landau, E Werth
Freestyle	200m	120 - 159	1:57.21	Wahoo	Bel	Mar-22	C Strydom, N Gillis, J Fagan, K Kupfer
Freestyle	200m	160 - 199	2:06.21	Waterborn	Nel	Mar-23	T Martin, J Vreenegegoor, N Ambrose, T Abrie
Freestyle	200m	200 - 239	2:07.28	Phoenix	Jhb	Mar-15	M Rollnick, C Mason, K Kennedy, J Fagan
Freestyle	200m	240 - 279	2:18.47	Phoenix	Dbn	Mar-16	M Davie, M Mons, M Rollnick, C Mason
Freestyle	200m	280 - 319	2:29.63	Phoenix	Pta	Mar-18	M Davie, A Jones, S Leuner, M Mons
Freestyle	200m	320+					
Freestyle	400m	72 - 99					
Freestyle	400m	100 - 119					
Freestyle	400m	120 - 159	5:14.53	Wahoo	Dbn	Mar-16	C Andrew, N Candy, K Mcwilliam, R Altmann
Freestyle	400m	160 - 199	5:16.79	Phoenix	EL	Mar-17	J Homveld, J Johnson, L Callanan, C Mason
Freestyle	400m	200 - 239	6:11.36	Wahoo	EL	Mar-17	C Bridges, H Lawless, C Barit, E Alder
Freestyle	400m	240 - 279	5:59.93	Phoenix	EL	Mar-17	J Hulley, A Jones, M Mons, C Hulley
Freestyle	400m	280 - 319	6:02.25	Phoenix	Grm	Mar-20	
Freestyle	400m	320+					
Medley	200m	72 - 99	2:29.86	Killer Whales	Jhb	Mar-05	C Elcott, T Gardiner, C Coetzee, B Stone
Medley	200m	100 - 119	2:15.16	Phoenix	Jhb	Mar-15	S Hunter, A Landau, L Cloete, E Werth
Medley	200m	120 - 159	2:12.27	Wahoo	Bel	Mar-22	K Kupfer, C Strydom, N Gillis, J Fagan
Medley	200m	160 - 199	2:19.93	Phoenix	Sas	Mar-07	A Dressler, H Morris-Eyton, R Isakov, D Lake
Medley	200m	200 - 239	2:33.52	Phoenix	Dbn	Mar-16	M Davie, L Callanan, K Kennedy, M Rollnick
Medley	200m	240 - 279	2:56.51	Phoenix	EL	Mar-09	M Davie, A Jones, L Crawford, G Williamson
Medley	200m	280 - 319	2:59.44	Phoenix	Pta	Mar-18	M Davie, A Jones, M Mons, S Leuner
Medley	200m	320+					
Medley	400m	72 - 99					
Medley	400m	100 - 119					
Medley	400m	120 - 159	5:15.82	Wahoo	Pta	Mar-18	C Jacobs, K Groenewald, C Strydom, J Fagan
Medley	400m	160 - 199	6:20.02	Waterborn	Pta	Mar-18	W Adam, L Kemp, E Van Heerden, D Du Rand
Medley	400m	200 - 239					
Medley	400m	240 - 279					
Medley	400m	280 - 319	7:43.97	Phoenix	Pta	Mar-18	S Leuner, A Jones, L Crawford, J Hulley
Medley	400m	320+					

Event	Distance	Age	Time	Name	Location	Date	Mixed
Freestyle	200m	72 - 99	1:58.66	Killer Whales	Grm	Mar-05	T Barsdorf, K Morris, B Meyer, T Venter
Freestyle	200m	100 - 119	1:50.44	Wahoo	Pta	Mar-18	A Botes, C Strydom, C Jacobs, K Matulovich
Freestyle	200m	120 - 159	1:48.45	Wahoo	Bel	Mar-23	R Marchi, C Strydom, K Kupfer, R Markgraaff
Freestyle	200m	160 - 199	1:55.66	Wahoo	CT	Mar-12	A Steynberg, D Carroll, E Scholtz, J Erasmus
Freestyle	200m	200 - 239	2:00.38	Phoenix	PE	Mar-13	C Davie, K Kennedy, J Gittings, T Clark
Freestyle	200m	240 - 279	2:06.34	Phoenix	Sas	Mar-07	W Wilson, A Jones, M Rollnick, D Wilson
Freestyle	200m	280 - 319	2:24.64	Wahoo	Nel	Mar-23	Q Kohler, M Mons, M Rollnick, B Hatherly
Freestyle	200m	320+	3:08.38	Wahoo	Nel	Mar-23	A Jones, W Myers, R Wolpe, J Hulley
Freestyle	400m	72 - 99					
Freestyle	400m	100 - 119	4:05.77	Phoenix	CT	Mar-12	K Bulkin, A Homveld, S Gunther, T Venter
Freestyle	400m	120 - 159	4:00.11	Wahoo	Bel	Mar-22	C Strydom, K Kupfer, T Parkin, R Markgraaff
Freestyle	400m	160 - 199	4:45.53	Waterborn	Bel	Mar-22	J Vreenegoor, G Bradshaw, N Ambrose, M Van Olst
Freestyle	400m	200 - 239	4:35.02	Wahoo	Bel	Mar-22	T Von Bardelebem, M Gasson, B Troup, J Fagan
Freestyle	400m	240 - 279	5:25.00	Phoenix	CT	Mar-12	M Rollnick, A Rivers, J Petersen, K Kennedy
Freestyle	400m	280 - 319	6:59.98	Wahoo	Bel	Mar-22	H Lawless, L Pieters, W Myers, M Neu-Ner
Freestyle	400m	320+					
Medley	200m	72 - 99	2:12.85	Killer Whales	Grm	Mar-05	N Crawford, N Simoes, T Venter, K Taylor
Medley	200m	100 - 119	2:01.67	Wahoo	Nel	Mar-23	K Kupfer, B Rothchild, R Marchi, C Strydom
Medley	200m	120 - 159	2:02.12	Wahoo	Bel	Mar-22	K Kupfer, T Parkin, R Marchi, C Strydom
Medley	200m	160 - 199	2:09.80	Wahoo	PE	Mar-13	S Thirsk, E Scholtz, A Steynberg, C Strydom
Medley	200m	200 - 239	2:17.23	Wahoo	Oud	Mar-11	D Carroll, R Hatherly, A Steynberg, J Lecuona
Medley	200m	240 - 279	2:37.36	Phoenix	EL	Mar-09	D Wilson, A Jones, M Davie, W Wilson
Medley	200m	280 - 319	2:42.74	Wahoo	Nel	Mar-23	L Crawford, B Hatherly, Q Kohler, M Mons
Medley	200m	320+	3:49.68	Wahoo	Nel	Mar-23	W Myers, R Wolpe, H Lawless, J Hulley
Medley	400m	72 - 99					
Medley	400m	100 - 119	4:36.01	Wahoo	Nel	Mar-23	K Kupfer, B Rothchild, R Marchi, C Strydom
Medley	400m	120 - 159	5:01.70	Wahoo	PE	Mar-19	C Strydom, R Baikie, M Fubbs, J Pieters
Medley	400m	160 - 199	5:09.59	Wahoo	PE	Mar-19	J Erasmus, M Gasson, B Troup, J Fagan
Medley	400m	200 - 239	5:43.81	Wahoo	PE	Mar-13	E Alder, E Scholtz, A Sternberg, C Jacka
Medley	400m	240 - 279	6:13.11	Wahoo	Nel	Mar-23	C Bridges, M Gasson, T Von Bardeleben, M Rollnick
Medley	400m	280 - 319	6:17.35	Wahoo	Nel	Mar-23	L Crawford, B Hatherly, Q Kohler, M Mons
Medley	400m	320+	8:47.70	Wahoo	Nel	Mar-23	W Myers, R Wolpe, H Lawless, J Hulley