

Men				SHORT COURSE			Women			
Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
24.93	Justin Nicklin	Jhb	Aug-13	Freestyle	50m	18 - 24	29.68	Cheryl Ballard-Tremeer	Jhb	Sep-99
54.89	Justin Nicklin	Jhb	Oct-13	Freestyle	100m	18 - 24	59.77	Kristy Kupfer	Jhb	Oct-21
2:32.21	Neil Gardiner	Jhb	Jun-06	Freestyle	200m	18 - 24	2:35.79	Carmen Coetzee	Jhb	Nov-04
59:59.99	Vacant			Freestyle	400m	18 - 24	5:30.90	Tracey Pretorius	Jhb	Aug-05
10:22.41	Neal Crawford	Jhb	Nov-04	Freestyle	800m	18 - 24	11:19.02	Gabriela Volkel	Jhb	Oct-13
59:59.99	Vacant			Freestyle	1500m	18 - 24	59:59.99	Vacant		
28.75	Schalk Malan	Jhb	Aug-01	Backstroke	50m	18 - 24	31.32	Kristy Kupfer	Jhb	Oct-21
1:00.40	Schalk Malan	Jhb	Aug-01	Backstroke	100m	18 - 24	1:13.62	Cheryl Ballard-Tremeer	Jhb	Sep-99
2:42.18	Neil Gardiner	Jhb	May-06	Backstroke	200m	18 - 24	2:27.42	Kristy Kupfer	Jhb	Oct-21
33.12	Kyle Scott	Jhb	Aug-12	Breaststroke	50m	18 - 24	38.44	Kathy Terwey	Jhb	Sep-99
1:12.75	Kyle Scott	Jhb	Aug-12	Breaststroke	100m	18 - 24	1:24.16	Kathy Terwey	Jhb	Sep-99
2:46.25	Kyle Scott	Jhb	Oct-12	Breaststroke	200m	18 - 24	3:16.72	Tracey Gardiner	Jhb	Oct-05
27.54	Justin Nicklin	Jhb	Aug-13	Butterfly	50m	18 - 24	34.37	Tracey Pretorius	Jhb	Aug-05
1:04.27	Justin Nicklin	Jhb	May-13	Butterfly	100m	18 - 24	1:18.44	Rachelle Isakov	Jhb	Jun-05
2:31.82	Werner Van Staden	Jhb	Oct-04	Butterfly	200m	18 - 24	3:18.72	Tracey Gardiner	Jhb	Jun-06
1:03.04	Justin Nicklin	Jhb	Oct-13	Individual Medley	100m	18 - 24	1:09.18	Kristy Kupfer	Jhb	Oct-21
2:45.63	Neil Gardiner	Jhb	Jun-06	Individual Medley	200m	18 - 24	3:04.51	Tracey Gardiner	Jhb	Oct-05
5:25.91	Werner Van Staden	Jhb	Oct-04	Individual Medley	400m	18 - 24	6:28.10	Tracey Gardiner	Jhb	Oct-06

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
23.96	Ivor Segal		Sep-93	Freestyle	50m	25 - 29	26.47	Elzanne Werth	Jhb	Oct-14
53.81	Heinz Weilert		Jan-91	Freestyle	100m	25 - 29	1:00.31	Tanya Abrie	Jhb	Aug-22
2:03.55	Nick Turner	Jhb	Jun-05	Freestyle	200m	25 - 29	2:11.24	Kristy Kupfer	Jhb	Oct-22
4:26.91	Tyron Venter	Jhb	Aug-14	Freestyle	400m	25 - 29	5:06.93	Heather Morris-Eyton		Feb-96
9:22.77	Tyron Venter	Jhb	Oct-15	Freestyle	800m	25 - 29	10:57.41	Jeanette Brits		Jan-88
17:58.75	Tyron Venter	Jhb	Aug-14	Freestyle	1500m	25 - 29	20:10.34	Heather Morris-Eyton		Jan-96
29.46	Lain Schutte	Jhb	Oct-04	Backstroke	50m	25 - 29	31.20	Kristy Kupfer	Jhb	Oct-22
1:04.30	Lain Schutte	Jhb	Oct-04	Backstroke	100m	25 - 29	1:17.85	Rachelle Isakov		Mar-96
2:26.95	Tyron Venter	Jhb	Oct-15	Backstroke	200m	25 - 29	2:38.36	Tammy Souster	Jhb	Oct-06
30.54	Matthew Josephson	Jhb	May-12	Breaststroke	50m	25 - 29	37.33	Heather Morris-Eyton		Jan-96
1:06.98	Matthew Josephson	Jhb	May-13	Breaststroke	100m	25 - 29	1:21.63	Heather Morris-Eyton		Feb-96
2:29.34	Matthew Josephson	Jhb	May-12	Breaststroke	200m	25 - 29	3:11.55	Genevieve Symons		Jan-86
26.36	Curtis Gericke	Jhb	Oct-22	Butterfly	50m	25 - 29	27.42	Elzanne Werth	Jhb	Oct-14
1:00.64	Tyron Venter	Jhb	Aug-14	Butterfly	100m	25 - 29	1:07.93	Samantha Gunther	Jhb	Jul-13
2:35.00	Nick Winstone	Jhb	Aug-05	Butterfly	200m	25 - 29	2:35.37	Samantha Gunther	Jhb	Oct-12
1:04.33	Brady Rothschild	Jhb	Oct-22	Individual Medley	100m	25 - 29	1:10.19	Kristy Kupfer	Jhb	Oct-22
2:22.41	Brady Rothschild	Jhb	Oct-22	Individual Medley	200m	25 - 29	2:46.35	Nadia Bacchini	Jhb	Jun-06
4:59.12	Tyron Venter	Jhb	Oct-15	Individual Medley	400m	25 - 29	5:57.39	Rachelle Isakov		Feb-96

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
23.79	Andrew Biram	Jhb	Oct-05	Freestyle	50m	30 - 34	27.63	Andrea Landau	Jhb	Nov-12
54.13	Paul Fryer	Jhb	Oct-05	Freestyle	100m	30 - 34	1:00.07	Cyndi Strydom	Jhb	Oct-21
2:04.37	Paul Fryer	Jhb	Nov-05	Freestyle	200m	30 - 34	2:15.69	Cyndi Strydom	Jhb	Jan-21
4:21.76	Paul Fryer	Jhb	Oct-05	Freestyle	400m	30 - 34	5:08.36	Chris Mackinnon		Feb-94
9:20.70	Mike Phillips	Jhb	Oct-13	Freestyle	800m	30 - 34	10:57.20	Cindi Strydom	Jhb	Oct-19
17:42.80	Tyron Venter	CT	Nov-16	Freestyle	1500m	30 - 34	20:42.91	Chris Mackinnon		Jan-94
28.31	Simon Thirsk	Jhb	Jun-11	Backstroke	50m	30 - 34	33.18	Cindi Strydom	Jhb	Aug-18
1:04.44	Andrew Biram	Jhb	Oct-05	Backstroke	100m	30 - 34	1:11.43	Romy Altmann	Jhb	Jun-13
2:15.12	Simon Thirsk	Jhb	Jun-11	Backstroke	200m	30 - 34	2:45.62	Hayley Mee	Jhb	Aug-07
32.05	Glenn Swart	Jhb	May-07	Breaststroke	50m	30 - 34	35.80	Andrea Landau	Jhb	Oct-14
1:12.14	Tim Shead		Jan-86	Breaststroke	100m	30 - 34	1:22.33	Kristen Sullivan	Jhb	Aug-21
2:38.18	Gary Coetzee	Jhb	Nov-04	Breaststroke	200m	30 - 34	3:12.95	Chris Mackinnon		Mar-93
27.39	Glenn Swart	Jhb	Jun-07	Butterfly	50m	30 - 34	30.16	Cyndi Strydom	Jhb	Jan-21
1:01.76	Tyron Venter	Jhb	May-16	Butterfly	100m	30 - 34	1:11.69	Rachelle Isakov	Jhb	Nov-04
59:59.99	Vacant			Butterfly	200m	30 - 34	2:36.09	Rachelle Isakov	Jhb	Nov-04
1:03.31	Gert Hipper		Dec-92	Individual Medley	100m	30 - 34	1:13.54	Cyndi Strydom	Jhb	Aug-18
2:13.29	Gerd Hipper		Mar-95	Individual Medley	200m	30 - 34	2:49.15	Nadia Bacchini	Jhb	Oct-07
6:09.63	Roy Lotkin		Feb-93	Individual Medley	400m	30 - 34	5:32.60	Rachelle Isakov	Tas	Aug-00

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
25.06	Adrian Goate	Jhb	Aug-13	Freestyle	50m	35 - 39	30.56	Charmaine Montanari	Jhb	May-07
55.29	Adrian Goate	Jhb	Aug-13	Freestyle	100m	35 - 39	1:06.27	Rachelle Isakov	Jhb	May-06
2:06.00	Simon Thirsk	Jhb	May-12	Freestyle	200m	35 - 39	2:20.39	Rachelle Isakov	Jhb	Oct-06
4:37.11	Terry Macmanus		Feb-94	Freestyle	400m	35 - 39	4:57.81	Rachelle Isakov	Jhb	Oct-05
9:58.75	Adrian Goate	Jhb	Oct-13	Freestyle	800m	35 - 39	59:59.99	Vacant		
18:28.46	Adrian Goate	Jhb	Aug-13	Freestyle	1500m	35 - 39	20:47.06	Rachelle Isakov	Pta	Oct-05
27.95	Simon Thirsk	Jhb	May-12	Backstroke	50m	35 - 39	34.83	Shirley Morris	Jhb	Aug-19
1:00.03	Simon Thirsk	Jhb	May-12	Backstroke	100m	35 - 39	1:21.75	Heather Morris-Eyton	Jhb	Aug-06
2:40.63	Tim Shead		Jan-89	Backstroke	200m	35 - 39	2:56.93	Shirley Morris	Jhb	Oct-19
32.61	Gary Hall	Jhb	Oct-08	Breaststroke	50m	35 - 39	37.37	Heather Morris-Eyton	CT	Aug-05
1:12.24	Tim Shead		Jan-89	Breaststroke	100m	35 - 39	1:20.03	Heather Morris-Eyton	CT	Aug-05
2:36.00	Gary Coetzee	Jhb	Oct-05	Breaststroke	200m	35 - 39	2:51.12	Heather Morris-Eyton	Jhb	Aug-04
27.68	Simon Thirsk	Jhb	May-12	Butterfly	50m	35 - 39	31.72	Rachelle Isakov	Jhb	Oct-06
1:05.43	Tim Shead		Jan-89	Butterfly	100m	35 - 39	1:08.40	Rachelle Isakov	Jhb	Oct-06
2:18.99	Simon Thirsk	Jhb	Jun-15	Butterfly	200m	35 - 39	2:31.28	Rachelle Isakov	Jhb	Oct-05
1:02.64	Simon Thirsk	Jhb	May-12	Individual Medley	100m	35 - 39	1:17.11	Rachelle Isakov	Jhb	May-06
2:25.54	Tim Shead		Jan-88	Individual Medley	200m	35 - 39	2:50.25	Heather Morris-Eyton	Chi	Jul-06
5:18.21	Terry Heller	Jhb	Oct-06	Individual Medley	400m	35 - 39	5:38.29	Rachelle Isakov	Jhb	Oct-06

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
25.89	Byron Dillon	Jhb	Aug-13	Freestyle	50m	40 - 44	29.82	Jaki Fagan	Jhb	Aug-18
58.24	Byron Dillon	Jhb	May-13	Freestyle	100m	40 - 44	1:06.54	Heather Morris-Eyton	Jhb	Jun-09
2:06.92	Adrian Goate	Jhb	Jun-14	Freestyle	200m	40 - 44	2:23.49	Heather Morris-Eyton	Jhb	Oct-08
4:26.55	Gregg Price	Jhb	Oct-04	Freestyle	400m	40 - 44	5:12.41	Heather Morris-Eyton	Jhb	Aug-08
9:33.07	Gregg Price	Jhb	Nov-04	Freestyle	800m	40 - 44	10:04.49	Heather Morris-Eyton	Jhb	Nov-09
19:02.87	Byron Dillon	Jhb	Aug-13	Freestyle	1500m	40 - 44	20:24.01	Heather Morris-Eyton	Jhb	Aug-09
31.29	Andre Steynberg	Jhb	Sep-99	Backstroke	50m	40 - 44	35.52	Nathalie Boshoff	Jhb	Jan-87
1:08.52	Mike Kritzinger	Jhb	Oct-05	Backstroke	100m	40 - 44	1:18.65	Clare Davie	Jhb	Mar-98
2:37.40	Tim Shead	Jhb	Mar-93	Backstroke	200m	40 - 44	2:51.45	Clare Davie	Jhb	Mar-97
33.29	Tim Shead	Jhb	Aug-94	Breaststroke	50m	40 - 44	34.38	Heather Morris-Eyton	Jhb	Oct-09
1:15.49	Tim Shead	Jhb	Aug-94	Breaststroke	100m	40 - 44	1:15.66	Heather Morris-Eyton	Jhb	Oct-08
2:49.76	Timothy Shead	Jhb	Oct-93	Breaststroke	200m	40 - 44	2:41.87	Heather Morris-Eyton	Jhb	Oct-09
28.39	Gregg Price	Jhb	Jul-04	Butterfly	50m	40 - 44	33.47	Liz Spagnuolo	Jhb	Feb-97
1:02.98	Stephen Haupt	Jhb	Nov-09	Butterfly	100m	40 - 44	1:21.54	Clare Davie	Jhb	Sep-00
2:29.51	Gregg Price	Jhb	Oct-04	Butterfly	200m	40 - 44	2:55.06	Clare Davie	Jhb	Nov-98
1:06.22	Byron Dillon	Jhb	Jun-13	Individual Medley	100m	40 - 44	1:14.73	Heather Morris-Eyton	Jhb	Oct-09
2:24.00	Tyrone Tozer	Jhb	Jan-90	Individual Medley	200m	40 - 44	2:43.77	Heather Morris-Eyton	Jhb	Jun-09
5:20.56	Byron Dillon	Jhb	Oct-13	Individual Medley	400m	40 - 44	5:46.13	Heather Morris-Eyton	Jhb	Aug-08

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
25.37	Gregg Price	Jhb	Oct-06	Freestyle	50m	45 - 49	30.48	Debbie Carroll	Jhb	May-07
59.96	Martin Gasson	Jhb	Oct-19	Freestyle	100m	45 - 49	1:08.51	Heather Morris-Eyton	Jhb	Nov-12
2:18.46	Martin Gasson	Jhb	Nov-20	Freestyle	200m	45 - 49	2:20.90	Heather Morris-Eyton	Jhb	Oct-12
4:55.55	Quirin Kohler	Jhb	Aug-05	Freestyle	400m	45 - 49	5:06.41	Heather Morris-Eyton	Jhb	Jul-12
10:40.41	Ron Prior	Jhb	Nov-94	Freestyle	800m	45 - 49	10:27.71	Heather Morris-Eyton	Jhb	Nov-12
21:10.67	James Stewart	Jhb	Jan-88	Freestyle	1500m	45 - 49	22:10.14	Karen Kennedy	Jhb	Aug-12
30.53	Andre Steynberg	Jhb	Nov-05	Backstroke	50m	45 - 49	36.95	Nathalie Boshoff	Jhb	Jan-89
1:10.01	Andre Steynberg	Jhb	May-05	Backstroke	100m	45 - 49	1:25.74	Moir Lamont	Jhb	Jan-86
2:45.95	Charle Meyer	Jhb	Jan-94	Backstroke	200m	45 - 49	2:47.98	Clare Davie	Jhb	Sep-01
33.60	Martin Gasson	Jhb	Jan-21	Breaststroke	50m	45 - 49	35.87	Heather Morris-Eyton	Jhb	Oct-12
1:17.41	Martin Gasson	Jhb	Oct-21	Breaststroke	100m	45 - 49	1:25.94	Shirley Turner	Jhb	Jun-05
2:54.74	Martin Gasson	Jhb	Mar-21	Breaststroke	200m	45 - 49	2:44.60	Heather Morris-Eyton	Jhb	Oct-12
27.62	Gregg Price	Jhb	Nov-05	Butterfly	50m	45 - 49	35.45	Karen Kennedy	Jhb	Jul-14
1:03.76	Gregg Price	Jhb	Oct-06	Butterfly	100m	45 - 49	1:27.80	Wendy Adam	Jhb	Oct-15
3:00.03	Matt Fubbs	Jhb	Nov-21	Butterfly	200m	45 - 49	3:01.40	Clare Davie	Jhb	Sep-01
1:05.06	Gregg Price	Dbn	Sep-05	Individual Medley	100m	45 - 49	1:17.57	Heather Morris-Eyton	Jhb	Nov-12
2:38.31	Martin Gasson	Jhb	Oct-20	Individual Medley	200m	45 - 49	2:45.93	Heather Morris-Eyton	Jhb	Jul-12
5:15.34	Gregg Price	Jhb	Oct-06	Individual Medley	400m	45 - 49	6:03.88	Heather Morris-Eyton	Jhb	Jun-16

Backstroke	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
25.82	Andre Steynberg	Jhb	May-06	Freestyle	50m	50 - 54	31.82	Karen Kennedy	Jhb	Jun-16
1:00.24	Andre Steynberg	Jhb	Jul-06	Freestyle	100m	50 - 54	1:11.90	Clare Davie	Jhb	May-07
2:21.60	William Wilson	Jhb	Oct-94	Freestyle	200m	50 - 54	2:36.38	Clare Davie	Jhb	Jun-08
4:41.52	Terry Heller	Jhb	Mar-21	Freestyle	400m	50 - 54	5:24.77	Clare Davie	Jhb	Aug-08
9:30.30	Terry Heller	Jhb	Oct-21	Freestyle	800m	50 - 54	11:34.54	Marissa Rollnick	USA	Nov-03
20:33.85	Roger Finch	CT	Sep-08	Freestyle	1500m	50 - 54	21:15.34	Clare Davie	Jhb	Aug-07
30.05	Andre Steynberg	Jhb	Jul-06	Backstroke	50m	50 - 54	37.78	Moir Lamont	Jhb	Jan-89
1:25.44	Guy Harker	Jhb	Oct-07	Backstroke	100m	50 - 54	1:23.76	Clare Davie	Jhb	Jun-08
2:57.52	Ron Prior	Jhb	Oct-97	Backstroke	200m	50 - 54	2:50.27	Clare Davie	Jhb	Jun-08
34.94	Robert Hatherly	Jhb	Dec-01	Breaststroke	50m	50 - 54	38.58	Heather Morris-Eyton	Jhb	May-17
1:15.96	Robert Hatherly	Jhb	Sep-01	Breaststroke	100m	50 - 54	1:31.84	Shirley Turner	Jhb	Sep-99
2:53.06	Robert Hatherly	Jhb	Dec-01	Breaststroke	200m	50 - 54	3:07.17	Shirley Turner	Jhb	Feb-98
28.05	Andre Steynberg	Jhb	Jul-06	Butterfly	50m	50 - 54	37.43	Lynne Callanan	Jhb	Aug-16
1:05.42	Andre Steynberg	Jhb	Oct-06	Butterfly	100m	50 - 54	1:26.25	Clare Davie	Jhb	May-07
3:01.27	Matt Fubbs	Jhb	Nov-22	Butterfly	200m	50 - 54	3:07.12	Clare Davie	Jhb	Aug-08
1:06.10	Gerd Hipper	Jhb	Oct-13	Individual Medley	100m	50 - 54	1:27.81	Clare Davie	Jhb	May-07
2:46.34	Gary Bradshaw	Jhb	Oct-22	Individual Medley	200m	50 - 54	2:58.86	Clare Davie	Jhb	Aug-08
6:26.38	Robert Hatherly	Jhb	Sep-01	Individual Medley	400m	50 - 54	6:24.11	Clare Davie	Jhb	Oct-06

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
26.19	Andre Steynberg	Jhb	Jul-12	Freestyle	50m	55 - 59	32.61	Marissa Rollnick	Jhb	Jun-08
58.94	Andre Steynberg	Jhb	Jul-12	Freestyle	100m	55 - 59	1:12.90	Marissa Rollnick	Jhb	May-06
2:18.10	Grant Pretorius	Jhb	Aug-19	Freestyle	200m	55 - 59	2:39.47	Marissa Rollnick	Jhb	Jun-06
4:56.56	Joel Finn	Jhb	May-16	Freestyle	400m	55 - 59	5:36.10	Karen Kennedy	Jhb	Mar-21
10:18.52	Joel Finn	Jhb	Aug-16	Freestyle	800m	55 - 59	11:23.65	Clare Davie	Jhb	May-12
20:21.62	Joel Finn	Jhb	Aug-17	Freestyle	1500m	55 - 59	21:49.44	Clare Davie	Jhb	Aug-12
30.31	Andre Steynberg	Jhb	Nov-12	Backstroke	50m	55 - 59	40.79	Clare Davie	Jhb	Jul-12
1:05.72	Andre Steynberg	Jhb	May-12	Backstroke	100m	55 - 59	1:24.68	Clare Davie	Jhb	May-12
2:33.85	Andre Steynberg	Jhb	Nov-12	Backstroke	200m	55 - 59	2:56.35	Clare Davie	Jhb	Oct-11
34.96	Bob Hatherly	Jhb	May-07	Breaststroke	50m	55 - 59	45.00	Ruth Smith	Jhb	Aug-21
1:17.16	Bob Hatherly	Jhb	Oct-06	Breaststroke	100m	55 - 59	1:40.02	Jenny Ireland	Jhb	Jun-06
2:53.90	Bob Hatherly	Jhb	May-07	Breaststroke	200m	55 - 59	3:31.33	Jenny Ireland	Jhb	May-06
28.48	Andre Steynberg	Jhb	Oct-12	Butterfly	50m	55 - 59	40.44	Sue Leuner	Jhb	Mar-98
1:04.78	Andre Steynberg	Jhb	May-12	Butterfly	100m	55 - 59	1:35.67	Jenny Ireland	Jhb	May-06
3:12.13	Jimmy Stewart	Jhb	Mar-97	Butterfly	200m	55 - 59	3:36.80	Jenny Ireland	Jhb	Jun-06
1:07.90	Andre Steynberg	Jhb	Aug-12	Individual Medley	100m	55 - 59	1:28.37	Anne Jones	Jhb	Nov-00
2:38.69	Joel Finn	Jhb	Jul-16	Individual Medley	200m	55 - 59	3:07.54	Clare Davie	Jhb	Jul-12
5:58.97	Joel Finn	Jhb	Oct-19	Individual Medley	400m	55 - 59	6:33.06	Clare Davie	Jhb	Oct-11

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
27.86	Quirin Kohler	Jhb	Jul-19	Freestyle	50m	60 - 64	35.75	Anne Jones	Jhb	Oct-05
1:01.74	Quirin Kohler	Jhb	Oct-19	Freestyle	100m	60 - 64	1:17.26	Marissa Rollnick	Jhb	May-11
2:28.98	Joel Finn	Jhb	Jun-22	Freestyle	200m	60 - 64	2:54.87	Maureen Mons	Jhb	Jun-15
5:07.61	Joel Finn	Jhb	Jun-22	Freestyle	400m	60 - 64	6:03.59	Marissa Rollnick	Jhb	May-11
10:33.31	Joel Finn	Jhb	Oct-21	Freestyle	800m	60 - 64	12:20.90	Marissa Rollnick	Jhb	Oct-11
20:26.54	Quirin Kohler	Jhb	Jul-19	Freestyle	1500m	60 - 64	24:48.64	Marissa Rollnick	Jhb	Aug-14
35.70	Doug Wilson	Jhb	Jun-07	Backstroke	50m	60 - 64	45.73	Anne Jones	Jhb	May-05
1:21.00	Doug Wilson	Jhb	Jun-07	Backstroke	100m	60 - 64	1:54.05	Gloria Williamson		Nov-98
3:04.54	Doug Wilson	Jhb	Jun-08	Backstroke	200m	60 - 64	3:43.29	Anne Jones	Jhb	Oct-08
38.14	Brian Nelson	Jhb	Jun-06	Breaststroke	50m	60 - 64	49.76	Anne Jones	Jhb	Oct-06
1:27.43	Brian Nelson	Jhb	Jun-06	Breaststroke	100m	60 - 64	1:59.80	Caroline Kelly		Feb-92
3:08.40	Joel Finn	Jhb	Oct-22	Breaststroke	200m	60 - 64	4:33.89	Caroline Kelly		Nov-92
30.87	Quirin Kohler	Jhb	Jul-19	Butterfly	50m	60 - 64	41.62	Helen Lawless	Jhb	Oct-09
1:16.94	Quirin Kohler	Jhb	Oct-20	Butterfly	100m	60 - 64	1:42.57	Helen Lawless	Jhb	May-09
3:00.83	Dave Mclachlan		Feb-02	Butterfly	200m	60 - 64	3:51.85	Helen Lawless	Jhb	Oct-09
1:16.50	Quirin Kohler	Jhb	Jul-19	Individual Medley	100m	60 - 64	1:40.35	Anne Jones	Jhb	May-07
2:52.73	Joel Finn	Jhb	Nov-21	Individual Medley	200m	60 - 64	3:55.62	Dilys Van Der Merwe		Mar-93
6:30.22	David Mclachlan		Feb-98	Individual Medley	400m	60 - 64	7:34.32	Maureen Mons	Jhb	Aug-15

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
31.87	John Petersen	Jhb	Nov-10	Freestyle	50m	65 - 69	33.85	Marissa Rollnick	Jhb	Jul-16
1:10.26	Michael Edwards	Jhb	Oct-03	Freestyle	100m	65 - 69	1:18.97	Marissa Rollnick	Jhb	Jul-16
3:01.79	Peter Pirow		Mar-97	Freestyle	200m	65 - 69	2:51.80	Maureen Mons	Jhb	Jul-16
5:37.53	Mike Edwards	Jhb	Oct-04	Freestyle	400m	65 - 69	5:59.67	Maureen Mons	Jhb	May-16
13:26.70	Peter Pirow		Nov-95	Freestyle	800m	65 - 69	12:30.86	Maureen Mons	Jhb	Aug-16
27:05.89	Peter Pirow		Jan-97	Freestyle	1500m	65 - 69	24:52.42	Maureen Mons	Jhb	Oct-19
44.93	Donald Johnston		Nov-95	Backstroke	50m	65 - 69	50.82	Dilys Van Der Merwe	Pta	Aug-97
1:33.85	Dave Mclachlan	Jhb	Oct-02	Backstroke	100m	65 - 69	2:06.77	Caroline Kelly		Feb-96
3:29.32	Dave Mclachlan	Jhb	Sep-02	Backstroke	200m	65 - 69	4:38.43	Heather Roche	Jhb	Oct-06
39.41	Brian Nelson	Jhb	May-10	Breaststroke	50m	65 - 69	48.68	Dael Stojakovic	Jhb	Jun-17
1:27.27	Brian Nelson	Jhb	May-10	Breaststroke	100m	65 - 69	2:02.05	Caroline Kelly	Jhb	Jun-05
3:23.35	Brian Nelson	Jhb	Jun-10	Breaststroke	200m	65 - 69	4:34.19	Caroline Kelly		Nov-95
35.28	John Petersen	Jhb	Nov-10	Butterfly	50m	65 - 69	52.77	Linda Crawford	Jhb	Jun-16
1:34.26	John Petersen	Jhb	Nov-11	Butterfly	100m	65 - 69	59:59.99	Vacant		
3:00.83	Dave Mclachlan		Feb-02	Butterfly	200m	65 - 69	4:08.91	Linda Crawford	Jhb	Aug-17
1:28.56	John Petersen	Jhb	Oct-10	Individual Medley	100m	65 - 69	1:34.76	Maureen Mons	Jhb	Oct-17
3:37.54	Peter Pirow		Nov-95	Individual Medley	200m	65 - 69	3:25.14	Maureen Mons	Jhb	Jul-16
7:46.83	Peter Pirow		Feb-96	Individual Medley	400m	65 - 69	7:16.64	Maureen Mons	Jhb	Aug-16

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
34.29	John Petersen	Jhb	Aug-15	Freestyle	50m	70 - 74	37.20	Marissa Rollnick	Jhb	Jan-21
1:26.76	Russel Wolpe	Jhb	Oct-07	Freestyle	100m	70 - 74	1:29.07	Anne Jones	Jhb	May-16
3:09.45	Russel Wolpe	Jhb	Jun-07	Freestyle	200m	70 - 74	2:53.76	Maureen Mons	Jhb	Aug-22
6:44.98	Russel Wolpe	Jhb	Oct-07	Freestyle	400m	70 - 74	5:58.24	Maureen Mons	Jhb	Apr-21
14:16.66	Russel Wolpe	Jhb	Nov-07	Freestyle	800m	70 - 74	12:32.86	Maureen Mons	Jhb	Aug-22
28:24.96	Russel Wolpe	Jhb	Aug-08	Freestyle	1500m	70 - 74	24:23.65	Maureen Mons	Jhb	Jul-22
47.37	John Garson	Jhb	May-12	Backstroke	50m	70 - 74	50.75	Anne Jones	Jhb	May-15
1:52.11	John Garson	Jhb	May-12	Backstroke	100m	70 - 74	59:59.99	Vacant		
3:35.49	Bob Hatherly	PE	Oct-21	Backstroke	200m	70 - 74	59:59.99	Vacant		
41.08	Bob Hatherly	PE	Oct-21	Breaststroke	50m	70 - 74	59.44	Helen Lawless	Jhb	Jan-21
1:31.64	Bob Hatherly	PE	Oct-21	Breaststroke	100m	70 - 74	59:59.99	Vacant		
3:59.83	Russel Wolpe	Jhb	Oct-07	Breaststroke	200m	70 - 74	59:59.99	Vacant		
39.45	John Petersen	Jhb	Aug-15	Butterfly	50m	70 - 74	51.86	Helen Lawless	Jhb	Nov-21
2:01.48	Jack Brink		Oct-91	Butterfly	100m	70 - 74	2:04.83	Helen Lawless	Jhb	Oct-21
4:39.68	Jack Brink		Dec-92	Butterfly	200m	70 - 74	4:32.36	Linda Crawford	Jhb	Mar-21
1:37.65	John Petersen	PE	Oct-18	Individual Medley	100m	70 - 74	1:34.18	Maureen Mons	Jhb	Apr-21
3:58.42	Russel Wolpe	Jhb	Jun-09	Individual Medley	200m	70 - 74	3:25.30	Maureen Mons	Jhb	May-21
7:43.30	Bob Hatherly	PE	Oct-21	Individual Medley	400m	70 - 74	7:13.03	Maureen Mons	Jhb	May-21

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
36.89	Don Johnston	Jhb	May-05	Freestyle	50m	75 - 79	40.26	Sue Leuner	Jhb	Jul-14
1:24.83	Walter May	Jhb	Oct-21	Freestyle	100m	75 - 79	1:29.36	Sue Leuner	Jhb	Jul-14
3:22.96	Ronald Prior	Jhb	Nov-20	Freestyle	200m	75 - 79	3:39.15	Sue Leuner	Jhb	Aug-15
6:51.06	Winton Myers	Jhb	May-21	Freestyle	400m	75 - 79	7:25.21	Anne Jones	Jhb	Oct-21
14:16.77	Derek Maltby	Jhb	Aug-22	Freestyle	800m	75 - 79	15:57.28	Sue Leuner	Jhb	Aug-16
26:53.95	Derek Maltby	Jhb	Aug-22	Freestyle	1500m	75 - 79	59:59.99	Vacant		
48.38	Ronald Prior	Jhb	Jan-21	Backstroke	50m	75 - 79	53.56	Sue Leuner	Jhb	Aug-15
1:47.08	Walter May	Jhb	Jan-21	Backstroke	100m	75 - 79	1:57.66	Sue Leuner	Jhb	Jun-15
4:26.15	Jack Brink		Oct-95	Backstroke	200m	75 - 79	59:59.99	Vacant		
42.32	Patrick Galvin	Jhb	Oct-08	Breaststroke	50m	75 - 79	1:11.39	Greta Calitz		Mar-96
2:09.39	Russel Wolpe	Jhb	Oct-13	Breaststroke	100m	75 - 79	59:59.99	Vacant		
4:20.67	Russel Wolpe	Jhb	May-12	Breaststroke	200m	75 - 79	59:59.99	Vacant		
50.73	Winton Myers	Jhb	Jun-19	Butterfly	50m	75 - 79	57.87	Sue Leuner	Jhb	Aug-15
2:32.37	Jack Brink - Olde-Cg		Sep-99	Butterfly	100m	75 - 79	59:59.99	Vacant		
4:51.75	Jack Brink		Nov-95	Butterfly	200m	75 - 79	59:59.99	Vacant		
1:50.53	Ronald Prior	Jhb	Jan-21	Individual Medley	100m	75 - 79	1:54.91	Anne Jones	Jhb	Oct-21
4:06.77	Ronald Prior	Jhb	Mar-21	Individual Medley	200m	75 - 79	59:59.99	Vacant		
9:25.31	Jack Brink		Feb-96	Individual Medley	400m	75 - 79	59:59.99	Vacant		

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
45.49	John Garson	Jhb	Jul-18	Freestyle	50m	80 - 84	44.67	Sue Leuner	Jhb	Jun-19
1:48.60	Russel Wolpe	Jhb	Jul-17	Freestyle	100m	80 - 84	59:59.99	Vacant		
4:01.85	Russel Wolpe	Jhb	Jul-17	Freestyle	200m	80 - 84	4:15.94	Sue Leuner	Jhb	Aug-22
9:05.38	Russel Wolpe	Jhb	Jul-19	Freestyle	400m	80 - 84	8:01.97	Sue Leuner	Jhb	Aug-19
18:21.54	Russel Wolpe	Jhb	Jul-19	Freestyle	800m	80 - 84	16:35.64	Sue Leuner	Jhb	Jul-19
34:40.30	Russel Wolpe	Jhb	Jul-19	Freestyle	1500m	80 - 84	59:59.99	Vacant		
54.96	John Garson	Jhb	May-18	Backstroke	50m	80 - 84	53.52	Sue Leuner	Jhb	Jun-19
2:13.47	Jack Brink	Jhb	Sep-01	Backstroke	100m	80 - 84	2:04.55	Sue Leuner	Jhb	Jun-19
4:47.57	Jack Brink	Jhb	Sep-01	Backstroke	200m	80 - 84	4:37.79	Sue Leuner	Jhb	Aug-22
59.84	Russel Wolpe	Jhb	Jul-17	Breaststroke	50m	80 - 84	59:59.99	Vacant		
59:59.99	Vacant			Breaststroke	100m	80 - 84	59:59.99	Vacant		
5:25.23	Russel Wolpe	Jhb	Jun-21	Breaststroke	200m	80 - 84	59:59.99	Vacant		
59:59.99	Vacant			Butterfly	50m	80 - 84	59:59.99	Vacant		
59:59.99	Vacant			Butterfly	100m	80 - 84	59:59.99	Vacant		
59:59.99	Vacant			Butterfly	200m	80 - 84	59:59.99	Vacant		
2:24.56	Jack Brink	Jhb	Sep-01	Individual Medley	100m	80 - 84	2:06.31	Sue Leuner	Jhb	Aug-19
59:59.99	Vacant			Individual Medley	200m	80 - 84	59:59.99	Vacant		
59:59.99	Vacant			Individual Medley	400m	80 - 84	59:59.99	Vacant		

Time	Name	Location	Date	Event	Distance	Age	Time	Name	Location	Date
56.41	Russel Wolpe	Jhb	Oct-22	Freestyle	50m	85 - 89	59:59.99	Vacant		
2:33.00	Jack Brink	Jhb	May-05	Freestyle	100m	85 - 89	59:59.99	Vacant		
4:26.87	Russel Wolpe	Jhb	Oct-22	Freestyle	200m	85 - 89	59:59.99	Vacant		
9:27.18	Russel Wolpe	Jhb	Jul-22	Freestyle	400m	85 - 89	59:59.99	Vacant		
19:16.36	Russel Wolpe	Jhb	Jul-22	Freestyle	800m	85 - 89	59:59.99	Vacant		
36:24.80	Russel Wolpe	Jhb	Jul-22	Freestyle	1500m	85 - 89	59:59.99	Vacant		
1:02.06	Alf Cadenhead		Feb-97	Backstroke	50m	85 - 89	59:59.99	Vacant		
2:31.56	Alf Cadenhead	Pta	Aug-97	Backstroke	100m	85 - 89	59:59.99	Vacant		
5:32.15	Alf Cadenhead		Mar-97	Backstroke	200m	85 - 89	59:59.99	Vacant		
1:07.25	Russel Wolpe	Jhb	Oct-22	Breaststroke	50m	85 - 89	59:59.99	Vacant		
3:28.55	Jack Brink	Jhb	Oct-06	Breaststroke	100m	85 - 89	59:59.99	Vacant		
5:25.57	Russel Wolpe	Jhb	Oct-22	Breaststroke	200m	85 - 89	59:59.99	Vacant		
59:59.99	Vacant			Butterfly	50m	85 - 89	59:59.99	Vacant		
4:11.44	Jack Brink	Jhb	May-05	Butterfly	100m	85 - 89	59:59.99	Vacant		
59:59.99	Vacant			Butterfly	200m	85 - 89	59:59.99	Vacant		
3:03.56	Jack Brink	Jhb	Oct-05	Individual Medley	100m	85 - 89	59:59.99	Vacant		
7:05.26	Jack Brink	Jhb	Oct-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	100m	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	100m	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		