

SHORT COURSE RELAY

Event	Distance	Age	Time	Name	Location	Date	Men
Freestyle	200m	72 - 99					
Freestyle	200m	100 - 119	1:54.79	Killer Whales	Jhb	Nov-04	N Crawford, W Van Staden, R Gibson, B Labuschagne
Freestyle	200m	120 - 159	1:44.12	Wahoo	Jhb	May-13	A Goate, J Nicklin, R Coutriers, B Dillon
Freestyle	200m	160 - 199	1:50.19	Wahoo	Jhb	May-09	A Steynberg, G Parsons, E Berning, J Hayes
Freestyle	200m	200 - 239	1:53.23	Wahoo	Jhb	Nov-21	S Kreuger, J Erasmus, G Parsons, T Von Bardeleben
Freestyle	200m	240 - 279	2:16.83	Wahoo	Jhb	May-09	R Hatherly, B Nelson, P Hutchings, G Harker
Freestyle	200m	280 - 319	2:33.71	Wahoo	Jhb	Jun-15	W Myers, J Garson, M Pryke, W May
Freestyle	200m	320+					
Freestyle	400m	72 - 99					
Freestyle	400m	100 - 119					
Freestyle	400m	120 - 159					
Freestyle	400m	160 - 199	4:13.69	Wahoo	Jhb	May-11	F Grobler, A Steynberg, O Sheftz, T Von Bardeleben
Freestyle	400m	200 - 239	4:22.86	Wahoo	Jhb	Nov-21	J Finn, G Parsons, M Gasson, S Kreuger
Freestyle	400m	240 - 279					
Freestyle	400m	280 - 319					
Freestyle	400m	320+					
Freestyle	800m	72 - 99					
Freestyle	800m	100 - 119					
Freestyle	800m	120 - 159	9:27.75	Wahoo	Jhb	Nov-21	R Marchi, O Sheftz, T Parkin, P Dellieu
Freestyle	800m	160 - 199	10:27.10	Wahoo	Jhb	Nov-21	M Van Hille, S Kreuger, A Ford, A Parsons
Freestyle	800m	200 - 239	10:07.63	Wahoo	Jhb	Nov-21	G Parsons, J Erasmus, R Duncan, J Finn
Freestyle	800m	240 - 279					
Freestyle	800m	280 - 319					
Freestyle	800m	320+					
Medley	200m	72 - 99					
Medley	200m	100 - 119	2:11.63	Killer Whales	Jhb	Nov-04	N Crawford, W Van Staden, R Gibson, B Labuschagne
Medley	200m	120 - 159	1:59.45	Aqua Athlete	Jhb	Jun-13	B Dillon, R Coutriers, J Nicklin, A Goate
Medley	200m	160 - 199	2:02.27	Wahoo	Jhb	Nov-21	T Parkin, M Gasson, R Marchi, S Kreuger
Medley	200m	200 - 239	2:34.90	Wahoo	Jhb	Nov-21	G Parsons,, B Crowther, J Erasmus, T Von Bardeleben
Medley	200m	240 - 279					
Medley	200m	280 - 319	3:36.46	Wahoo	Jhb	Jun-13	J Garson, W Myers, B Nelson, P Hutchings
Medley	200m	320+					
Medley	400m	72 - 99					
Medley	400m	100 - 119					
Medley	400m	120 - 159					
Medley	400m	160 - 199	5:21.67	Wahoo	Jhb	Nov-21	O Sheftz, M Van Hille, S Kreuger, C Pillay
Medley	400m	200 - 239	5:07.69	Wahoo	Jhb	Nov-21	J Pieters, M Gasson, M Fubbs, T Von Bardeleben
Medley	400m	240 - 279					
Medley	400m	280 - 319					
Medley	400m	320+					

Event	Distance	Age	Time	Name	Location	Date	Woman
Freestyle	200m	72 - 99					
Freestyle	200m	100 - 119	2:20.14	Wahoo	Jhb	Nov-21	M Kupfer, Z Taylor, L Foot, A Levin
Freestyle	200m	120 - 159	2:06.96	Phoenix	Jhb	Oct-06	H Morris-Eyton, R Isakov, A Dressler, B Troup
Freestyle	200m	160 - 199	2:19.08	Wahoo	Jhb	May-09	D Carroll, D Zambetti, T Helps, C Bridges
Freestyle	200m	200 - 239	2:24.21	Phoenix	Jhb	Oct-06	A Curtis, L Crawford, A Jones, M Rollnick
Freestyle	200m	240 - 279	2:38.62	Phoenix	Jhb	Nov-21	S Leuner, A Jones, L Wantenaar, N Pearse
Freestyle	200m	280 - 319	2:48.83	Wahoo	Jhb	Sep-22	M Mons, M Rollnick, L Crawford, H Lawless
Freestyle	200m	320+					
Freestyle	400m	72 - 99					
Freestyle	400m	100 - 119					
Freestyle	400m	120 - 159					
Freestyle	400m	160 - 199	5:41.00	Wahoo	Jhb	Nov-21	N Candy, A Hayes, B Troup, C Bridges
Freestyle	400m	200 - 239					
Freestyle	400m	240 - 279	6:28.94	Phoenix	Jhb	Nov-21	M Mons, L Crawford, M Rollnick, M Vorster
Freestyle	400m	280 - 319	6:27.58	Wahoo	Jhb	Sep-22	M Mons, M Rollnick, H Lawless, L Crawford
Freestyle	400m	320+					
Freestyle	800m	72 - 99	10:13.95	Wahoo	Jhb	Nov-21	M Kupfer, A Levin, C Strydom, K Kupfer
Freestyle	800m	100 - 119					
Freestyle	800m	120 - 159					
Freestyle	800m	160 - 199	12:13.00	Wahoo	Jhb	Nov-21	N Candy, B Troup, C Bridges, A Hayes
Freestyle	800m	200 - 239	14:27.06	Wahoo	Jhb	Sep-22	C Bridges, N Candy, A Cronje, L Crawford
Freestyle	800m	240 - 279	13:54.51	Phoenix	Jhb	Nov-21	M Mons, M Rollnick, L Crawford, M Vorster
Freestyle	800m	280 - 319					
Freestyle	800m	320+					
Medley	200m	72 - 99	2:17.55	Wahoo	Jhb	Nov-21	K Kupfer, A Levin, M Kupfer, C Strydom
Medley	200m	100 - 119	2:48.18	Killer Whales	Jhb	Nov-04	C Bolton, N Labuschagne, C Coetzee, J Harvey
Medley	200m	120 - 159					
Medley	200m	160 - 199	2:36.56	Phoenix	Jhb	Jun-09	A Jones, H Morris-Eyton, J Johnson, K Kennedy
Medley	200m	200 - 239	2:56.24	Wahoo	Jhb	Oct-09	E Alder, M Ferreira, H Lawless, T Helps
Medley	200m	240 - 279	3:06.95	Wahoo	Jhb	Nov-21	S Leuner, A Jones, L Wantenaar, N Pearse
Medley	200m	280 - 319	3:28.45	Wahoo	Jhb	Sep-22	M Mons, H Lawless, L Crawford, M Rollnick
Medley	200m	320+					
Medley	400m	72 - 99					
Medley	400m	100 - 119					
Medley	400m	120 - 159	6:34.58	Wahoo	Jhb	Sep-22	N Gillis, N Candy, C Bridges, J Fubbs
Medley	400m	160 - 199	6:04.64	Wahoo	Jhb	Nov-21	Z Taylor, L Foot, B Troup, N Candy
Medley	400m	200 - 239					
Medley	400m	240 - 279					
Medley	400m	280 - 319	7:52.13	Wahoo	Jhb	Sep-22	M Mons, H Lawless, L Crawford, M Rollnick
Medley	400m	320+					

Event	Distance	Age	Time	Name	Location	Date	Mixed
Freestyle	200m	72 - 99	2:01.00	Wahoo	Jhb	Oct-06	S Hunter, S May, N Bacchini, J Hoch
Freestyle	200m	100 - 119	1:47.89	Wahoo	Jhb	Nov-21	C Strydom, R Marchi, P Dellieu, K Kupfer
Freestyle	200m	120 - 159	1:54.18	Wahoo	Jhb	Oct-06	N Winstone, A Fok, J Dolkens, T Souster
Freestyle	200m	160 - 199	1:57.21	Phoenix	Jhb	Oct-06	G Price, R Isakov, D Wilson, H Morris-Eyton
Freestyle	200m	200 - 239	2:29.10	Wahoo	Jhb	Nov-21	J Pieters, C Bridges, L Pieters, T Parkin
Freestyle	200m	240 - 279	2:37.21	Wahoo	Jhb	Oct-06	P Hutchings, G V Wimmersperg, B Nelson, M Ferreira
Freestyle	200m	280 - 319					
Freestyle	200m	320+					
Freestyle	400m	72 - 99					
Freestyle	400m	100 - 119	4:38.54	Wahoo	Jhb	Nov-21	M Kupfer, A Levin, A Parsons, P Dellieu
Freestyle	400m	120 - 159	4:09.43	Wahoo	Jhb	Nov-21	S Strydom, T Parkin, R Marchi, K Kupfer
Freestyle	400m	160 - 199	4:59.46	Wahoo	Jhb	Nov-21	M Fubbs, Z Taylor, L Foot, J Pieters
Freestyle	400m	200 - 239					
Freestyle	400m	240 - 279	6:02.56	Wahoo	Jhb	Nov-21	A Cronje, H Lawless, R Duncan, T Von Bardeleben
Freestyle	400m	280 - 319					
Freestyle	400m	320+					
Freestyle	800m	72 - 99					
Freestyle	800m	100 - 119					
Freestyle	800m	120 - 159	10:53.95	Wahoo	Jhb	Sep-22	J Fubbs, N Gillis, M Fubbs, S Kreuger
Freestyle	800m	160 - 199	14:06.83	Wahoo	Jhb	Nov-21	B Crowther, L Foot, Z Taylor, A Hanauer
Freestyle	800m	200 - 239	12:58.54	Wahoo	Jhb	Nov-21	M Gasson, A Cronje, H Lawless, M Fubbs
Freestyle	800m	240 - 279	12:54.67	Wahoo	Jhb	Sep-22	A Hayes, M Mons, W Myers, K Wright
Freestyle	800m	280 - 319					
Freestyle	800m	320+					
Medley	200m	72 - 99					
Medley	200m	100 - 119	2:29.59	Killer Whales	Jhb	Nov-06	R Gibson, J Wagner, T Parsons, T Gardiner
Medley	200m	120 - 159					
Medley	200m	160 - 199	2:41.91	Wahoo	Jhb	Nov-21	Z Taylor, N Candy, C Pillay, A Hanauer
Medley	200m	200 - 239					
Medley	200m	240 - 279					
Medley	200m	280 - 319					
Medley	200m	320+					
Medley	400m	72 - 99					
Medley	400m	100 - 119	5:06.92	Wahoo	Jhb	Nov-21	P Dellieu, A Parsons, M Kupfer, A Levin
Medley	400m	120 - 159	4:27.09	Wahoo	Jhb	Nov-21	K Kupfer, T Parkin, R Marchi, C Strydom
Medley	400m	160 - 199					
Medley	400m	200 - 239	6:44.35	Wahoo	Jhb	Nov-21	J Erasmus, B Crowther, C Bridges, A Hayes
Medley	400m	240 - 279	6:57.38	Wahoo	Jhb	Nov-21	R Duncan, J Finn, H Lawless, A Cronje
Medley	400m	280 - 319					
Medley	400m	320+					