

Western Cape Masters Short Course Gala
29th September 2019 Durbanville, Cape Town

Results

Event 1 Women 30-34 400 SC Meter Freestyle

SA Record: 4:49.51 S 10-2016 Tarryn Stanford

WP Record: 4:45.91 p 10-2018 Tarryn Stanford

4:38.31 30-34 SAQ

5:01.12 30-34 WPQ

1 Stanford, Tarryn 33 CPTW-WP 4:46.83 S p WPQ

Event 1 Women 40-44 400 SC Meter Freestyle

SA Record: 4:55.71 S 8-2014 M Albertyne

WP Record: 4:57.09 p 10-2004 Cecilia Stanford

4:45.45 40-44 SAQ

5:06.32 40-44 WPQ

1 Marais, Bianca 43 TYGB-WP 5:37.65

Event 1 Women 45-49 400 SC Meter Freestyle

SA Record: 4:54.47 S 10-2007 Cecilia Stanford

WP Record: 4:54.47 p 10-2007 Cecilia Stanford

4:47.95 45-49 SAQ

5:08.23 45-49 WPQ

1 Mallows, Bev 49 DOLP-WP 6:25.67

Event 1 Women 90-94 400 SC Meter Freestyle

SA Record: 12:52.83 S 10-2016 Kascha Kloos

WP Record: 12:52.83 p 10-2016 Kascha Kloos

1 Kloos, Kascha 94 CPTW-WP 15:00.00

Event 1 Men 19-24 400 SC Meter Freestyle

SA Record: 4:19.39 S 10-2010 Tyrone Venter

WP Record: 4:32.89 p 8-2008 Paul Brewis

4:07.41 19-24 SAQ

4:28.12 19-24 WPQ

1 Duncan, Matthew 22 UNAT 5:41.17

Event 1 Men 45-49 400 SC Meter Freestyle

SA Record: 4:19.10 S 8-2014 Gary Albertyne

WP Record: 4:38.08 p 9-2010 Johan vd Merwe

4:22.31 45-49 SAQ

4:40.67 45-49 WPQ

1 Senekal, Chris 48 UNAT 5:14.30

2 Merritt, Dimitri 49 UNAT 6:20.80

Event 1 Men 60-64 400 SC Meter Freestyle

SA Record: 4:54.60 S 10-2009 Terry Downes

WP Record: 5:01.00 p 9-2017 Paul Stevenson

4:50.65 60-64 SAQ

5:17.67 60-64 WPQ

1 Holshausen, Rod 61 CPTW-WP 5:53.56

Event 1 Men 65-69 400 SC Meter Freestyle

SA Record: 5:09.50 S 10-2017 Tim Shead

WP Record: 5:09.50 p 10-2017 Tim Shead

5:06.74 65-69 SAQ

5:40.13 65-69 WPQ

1 Spies, Izak 65 CPTW-WP 5:12.28 WPQ

2 Howieson, Doug 67 CPTW-WP 5:40.28

Event 1 Men 80-84 400 SC Meter Freestyle

SA Record: 6:53.08 S 9-2017 Dave McLachlan

WP Record: 6:53.08 p 9-2017 Dave McLachlan

6:57.73 80-84 SAQ

7:58.15 80-84 WPQ

1 McLachlan, Dave 82 CPTW-WP 7:42.33 WPQ

Event 2 Women 25-29 50 SC Meter Butterfly

SA Record: 27.42 S 10-2014 E Werth

WP Record: 30.06 p 11-1999 Marianne Kriel

28.25 25-29 SAQ

30.70 25-29 WPQ

1 Isaacs, Kayla 26 UNAT 34.62

Event 2 Women 45-49 50 SC Meter Butterfly

SA Record: 29.37 S 4-2011 Edith Ottermann

WP Record: 29.37 p 4-2011 Edith Ottermann

30.55 45-49 SAQ

32.80 45-49 WPQ

1 Engela, Norelle 47 CPTW-WP 34.56

Event 2 Women 55-59 50 SC Meter Butterfly

SA Record: 33.66 S 7-2017 Cecilia Stanford

WP Record: 33.66 p 7-2017 Cecilia Stanford

32.42 55-59 SAQ

35.78 55-59 WPQ

1 Stanford, Cecilia 58 CPTW-WP 35.68 WPQ

Event 2 Men 19-24 50 SC Meter Butterfly

SA Record: 26.88 S 10-2011 C. Langenhoven

WP Record: 28.64 p 8-2015 Christiaan Oosthuizen

24.74 19-24 SAQ

26.57 19-24 WPQ

1 Rossouw, Francois 23 TYGB-WP 25.99

2 Manchest, Avron 24 UNAT 28.81

Event 2 Men 25-29 50 SC Meter Butterfly

SA Record: 26.64 S 9-2018 J Oppermaan

WP Record: 26.59 p 9-2018 J Opperman

24.74 25-29 SAQ

26.57 25-29 WPQ

1 van Niekerk, Cornelius 27 TYGB-WP 28.62

2 Farmer-Brent, Garret 29 CPTW-WP 31.90

Event 2 Men 40-44 50 SC Meter Butterfly

SA Record: 26.63 S 3-2017 M Allan

WP Record: 28.06 p 2-2018 Jay Richards

25.74 40-44 SAQ

27.96 40-44 WPQ

1 Richards, Jay 42 CPTW-WP 28.20

Event 2 Men 50-54 50 SC Meter Butterfly

SA Record: 27.93 S 7-2019 Robbie Taylor

WP Record: 27.93 p 7-2019 Robbie Taylor

27.31 50-54 SAQ

29.61 50-54 WPQ

1 Luke, Eddy 54 CPTW-WP 34.55

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Event 2 Men 60-64 50 SC Meter Butterfly

SA Record: 30.41 S 9-2009 Halton Cheadle
 WP Record: 30.41 p 9-2010 Halton Cheadle
 29.65 60-64 SAQ
 31.83 60-64 WPQ

1	Holshausen, Rod	61	CPTW-WP	36.07
2	Kloos, Rainer	64	CPTW-WP	40.01
3	Platte, Gary	63	WINE-WP	54.72

Event 2 Men 65-69 50 SC Meter Butterfly

SA Record: 29.94 S 3-2017 Tim Shead
 WP Record: 29.94 p 3-2017 Tim Shead
 31.17 65-69 SAQ
 33.36 65-69 WPQ

1	Arbuthnot, David	66	COEL-NT	37.46
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Event 3 Women 75-79 50 SC Meter Breaststroke

SA Record: 54.49 S 10-2016 Santa v Jaarsveld
 WP Record: 54.49 p 10-2016 Santa v Jaarsveld
 50.71 75-79 SAQ
 54.26 75-79 WPQ

1	Zundorf, Lenchen	75	CPTW-WP	56.56
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Event 3 Women 90-94 50 SC Meter Breaststroke

SA Record: 1:37.46 S 10-2015 Kascha Kloos
 WP Record: 1:37.46 p 10-2015 Kascha Kloos
 1:48.26 90-94 SAQ
 1:55.84 90-94 WPQ

1	Kloos, Kascha	94	CPTW-WP	2:02.54
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Event 3 Men 19-24 50 SC Meter Breaststroke

SA Record: 31.26 S 10-2008 R. van Rooijen
 WP Record: 32.26 p 10-2011 Taariq Hassiem
 28.72 19-24 SAQ
 30.97 19-24 WPQ

1	Manchest, Avron	24	UNAT	36.97
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Event 3 Men 25-29 50 SC Meter Breaststroke

SA Record: 30.25 S 2-2007 B. Toerien
 WP Record: 30.56 p 7-2008 Grant Galant
 28.52 25-29 SAQ
 30.97 25-29 WPQ

1	van Niekerk, Cornelius	27	TYGB-WP	33.47
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Event 3 Men 40-44 50 SC Meter Breaststroke

SA Record: 32.01 S 10-2010 C. Lyne
 WP Record: 32.26 p 9-2013 Andrew Sexton
 29.76 40-44 SAQ
 32.05 40-44 WPQ

1	Richards, Jay	42	CPTW-WP	35.93
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Event 3 Men 60-64 50 SC Meter Breaststroke

SA Record: 33.37 S 4-2016 Tim Shead
 WP Record: 33.37 p 4-2016 Tim Shead
 34.10 60-64 SAQ
 37.01 60-64 WPQ

1	Hendricks, Nigel	61	CPTW-WP	40.00
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Event 4 Women 30-34 100 SC Meter Backstroke

SA Record: 1:10.58 S 10-2016 Tarryn Stanford
 WP Record: 1:10.58 p 10-2016 Tarryn Stanford
 1:06.65 30-34 SAQ
 1:12.72 30-34 WPQ

1	Stanford, Tarryn	33	CPTW-WP	1:12.26	WPQ
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Event 4 Women 45-49 100 SC Meter Backstroke

SA Record: 1:13.16 S 7-2006 Cecilia Stanford
 WP Record: 1:13.16 p 7-2006 Cecilia Stanford
 1:10.10 45-49 SAQ
 1:15.01 45-49 WPQ

1	Mallows, Bev	49	DOLP-WP	1:30.90
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Event 4 Women 55-59 100 SC Meter Backstroke

SA Record: 1:17.84 S 10-2016 Cecilia Stanford
 WP Record: 1:17.84 p 7-2016 Cecilia Stanford
 1:16.02 55-59 SAQ
 1:24.66 55-59 WPQ

1	Stanford, Cecilia	58	CPTW-WP	1:20.94	WPQ
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Event 5 Men 19-24 100 SC Meter IM

SA Record: 1:01.84 S 9-2012 B Lockett
 WP Record: 1:05.23 p 10-2011 Taariq Hassiem
 57.60 19-24 SAQ
 1:02.08 19-24 WPQ

1	Manchest, Avron	24	UNAT	1:12.96
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Event 5 Men 35-39 100 SC Meter IM

SA Record: 1:02.64 S 5-2012 Simon Thirsk
 WP Record: 1:04.98 p 8-2018 Jacques Joubert
 59.58 35-39 SAQ
 1:03.75 35-39 WPQ

1	Lalin, Luke	36	CPTW-WP	1:07.47
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Event 5 Men 60-64 100 SC Meter IM

SA Record: 1:06.63 S 4-2016 Tim Shead
 WP Record: 1:06.63 p 4-2016 Tim Shead
 1:10.38 60-64 SAQ
 1:16.36 60-64 WPQ

1	Hendricks, Nigel	61	CPTW-WP	1:21.99
2	Holshausen, Rod	61	CPTW-WP	1:31.77
3	Platte, Gary	63	WINE-WP	1:52.49

Event 5 Men 65-69 100 SC Meter IM

SA Record: 1:09.38 S 3-2017 Tim Shead
 WP Record: 1:09.38 p 3-2017 Tim Shead
 1:13.43 65-69 SAQ
 1:20.71 65-69 WPQ

1	Arbuthnot, David	66	COEL-NT	1:28.86
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Event 5 Men 80-84 100 SC Meter IM

SA Record: 1:40.47 S 9-2017 Dave McLachlan
 WP Record: 1:40.47 p 9-2017 Dave McLachlan
 1:40.45 80-84 SAQ
 1:48.98 80-84 WPQ

1	McLachlan, Dave	82	CPTW-WP	1:52.32
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Event 6 Women 25-29 100 SC Meter Freestyle

SA Record: 1:01.05 S 7-2013 Sam Gunther
 WP Record: 1:02.57 p 10-2015 Lezandre Wolmarans
 58.65 25-29 SAQ
 1:02.80 25-29 WPQ

1 Isaacs, Kayla 26 UNAT 1:12.31

Event 6 Women 30-34 100 SC Meter Freestyle

SA Record: 1:00.46 S 7-2017 Lezandre Wolmarans
 WP Record: 1:00.46 p 7-2017 Lezandre Wolmarans
 58.94 30-34 SAQ
 1:03.12 30-34 WPQ

1 Stanford, Tarryn 33 CPTW-WP 1:09.78

Event 6 Women 40-44 100 SC Meter Freestyle

SA Record: 1:02.55 S 11-2004 Bev McCarney
 WP Record: 1:02.86 p 7-2017 Perry Cadiz
 1:00.81 40-44 SAQ
 1:05.07 40-44 WPQ

1 Marais, Bianca 43 TYGB-WP 1:11.40

Event 6 Women 55-59 100 SC Meter Freestyle

SA Record: 1:06.69 S 7-2017 Cecilia Stanford
 WP Record: 1:06.69 p 7-2017 Cecilia Stanford
 1:05.92 55-59 SAQ
 1:11.65 55-59 WPQ

1 Stanford, Cecilia 58 CPTW-WP 1:10.80 WPQ

Event 6 Men 19-24 100 SC Meter Freestyle

SA Record: 54.89 S 10-2013 J. Nicklin
 WP Record: 57.38 p 9-2008 Paul Brewis
 51.26 19-24 SAQ
 55.03

1 Rossouw, Francois 23 TYGB-WP 53.07 S p WPQ

Event 6 Men 25-29 100 SC Meter Freestyle

SA Record: 51.60 S 10-2011 Chris King
 WP Record: 51.60 p 10-2011 Chris King
 51.10 25-29 SAQ
 55.03 25-29 WPQ

1 Farmer-Brent, Garret 29 CPTW-WP 1:07.65

Event 6 Men 40-44 100 SC Meter Freestyle

SA Record: 52.51 S 3-2018 M. Allan
 WP Record: 56.36 p 10-2003 Rob Manners-Wood
 53.16 40-44 SAQ
 56.88 40-44 WPQ

1 Mastenbroek, Riaan 43 UNAT 1:01.09

Event 6 Men 45-49 100 SC Meter Freestyle

SA Record: 54.64 S 9-1995 Terry Downes
 WP Record: 55.06 p 10-2013 Clavin Maughan
 54.45 45-49 SAQ
 58.29 45-49 WPQ

1 Senekal, Chris 48 UNAT 1:06.48

2 Merritt, Dimitri 49 UNAT 1:11.08

Event 6 Men 50-54 100 SC Meter Freestyle

SA Record: 54.79 S 10-2017 Calvin Maughin
 WP Record: 54.79 p 10-2017 Calvin Maughan
 54.70 50-54 SAQ
 59.98 50-54 WPQ

1 McLeRoth, Greg 52 CPTW-WP 58.71 WPQ

2 Luke, Eddy 54 CPTW-WP 1:10.94

Event 6 Men 60-64 100 SC Meter Freestyle

SA Record: 59.74 S 10-2009 Terry Downes
 WP Record: 1:03.63 p 7-2017 Paul Stevenson
 1:00.04 60-64 SAQ
 1:05.21 60-64 WPQ

1 Kloos, Rainer 64 CPTW-WP 1:14.24

2 Platte, Gary 63 WINE-WP 1:40.17

Event 6 Men 65-69 100 SC Meter Freestyle

SA Record: 1:04.54 S 5-2014 Terry Downes
 WP Record: 1:06.20 p 7-2019 Izak Spies
 1:03.38 65-69 SAQ
 1:08.70 65-69 WPQ

1 Spies, Izak 65 CPTW-WP 1:06.47 WPQ

2 Howieson, Doug 67 CPTW-WP 1:15.56

Event 7 Men 19-24 200 SC Meter Butterfly

SA Record: 2:21.24 S 8-2010 Tyrone Venter
 2:09.55 19-24 SAQ
 2:18.65 19-24 WPQ

1 Duncan, Matthew 22 UNAT 3:18.92

Event 7 Men 50-54 200 SC Meter Butterfly

SA Record: 2:36.06 S 12-2001 John Keyter
 WP Record: 2:49.66 p 10-2009 Rod Holshausen
 2:22.48 50-54 SAQ
 2:35.83 50-54 WPQ

1 Taylor, Robbie 50 CPTW-WP 2:33.40 S p WPQ

Event 8 Women 30-34 50 SC Meter Backstroke

SA Record: 33.18 S 8-2018 C Strydom
 WP Record: 33.26 p 10-2018 Tarryn Stanford
 30.69 30-34 SAQ
 33.58 30-34 WPQ

1 Stanford, Tarryn 33 CPTW-WP 35.86

Event 8 Women 45-49 50 SC Meter Backstroke

SA Record: 34.48 S 4-2018 Norelle Engela
 WP Record: 34.48 p 4-2018 Norelle Engela
 32.44 45-49 SAQ
 35.03 45-49 WPQ

1 Engela, Norelle 47 CPTW-WP 34.76 WPQ

2 Mallows, Bev 49 DOLP-WP 41.83

Event 8 Women 90-94 50 SC Meter Backstroke

SA Record: 1:26.20 S 10-2015 Kascha Kloos
 WP Record: 1:26.20 p 10-2015 Kascha Kloos
 1:29.32 90-94 SAQ
 1:35.57 90-94 WPQ

1 Kloos, Kascha 94 CPTW-WP 1:36.81

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Event 8 Men 19-24 50 SC Meter Backstroke

SA Record: 28.75 S 8-2001 S. Malan
 WP Record: 34.59 p 8-2003 Daniel Berk
 25.98 19-24 SAQ
 28.12 19-24 WPQ

1 Manchest, Avron 24 UNAT 34.60

Event 8 Men 65-69 50 SC Meter Backstroke

SA Record: 36.90 S 1-2011 B Stewart
 WP Record: 36.96 p 4-2012 Doug Wilson
 34.04 65-69 SAQ
 37.46 65-69 WPQ

1 Howieson, Doug 67 CPTW-WP 42.45
 2 Arbuthnot, David 66 COEL-NT 45.36

Event 9 Women 55-59 100 SC Meter Breaststroke

SA Record: 1:28.20 S 9-2016 Cecilia Stanford
 WP Record: 1:28.29 p 9-2016 Cecilia Stanford
 1:25.23 55-59 SAQ
 1:32.62 55-59 WPQ

1 Stanford, Cecilia 58 CPTW-WP 1:31.93 WPQ

Event 9 Women 75-79 100 SC Meter Breaststroke

SA Record: 1:58.12 S 11-2016 S Van Jaarsveld
 WP Record: 1:58.12 p 11-2016 Sante van Jaarsveld
 1:53.70 75-79 SAQ
 2:01.66 75-79 WPQ

1 Zundorf, Lenchen 75 CPTW-WP 2:04.29

Event 9 Men 19-24 100 SC Meter Breaststroke

SA Record: 1:07.93 S 8-2005 Ryan Spencer
 WP Record: 1:15.48 p 10-2011 Taariq Hassiem
 1:02.90 19-24 SAQ
 1:08.04 19-24 WPQ

1 Duncan, Matthew 22 UNAT 1:46.28

Event 9 Men 25-29 100 SC Meter Breaststroke

SA Record: 1:06.98 S 5-2013 M Josephson
 WP Record: 1:10.19 p 11-2007 Grant Galant
 1:02.79 25-29 SAQ
 1:08.04 25-29 WPQ

1 van Niekerk, Cornelius 27 TYGB-WP 1:13.25

Event 9 Men 60-64 100 SC Meter Breaststroke

SA Record: 1:12.89 S 12-2016 Tim Shead
 WP Record: 1:12.89 p 12-2016 Tim Shead
 1:17.74 60-64 SAQ
 1:23.91 60-64 WPQ

1 Platte, Gary 63 WINE-WP 2:08.63

Event 9 Men 80-84 100 SC Meter Breaststroke

SA Record: 1:52.77 S 4-2017 Dave McLachlan
 WP Record: 1:52.77 p 4-2017 Dave McLachlan
 1:44.41 80-84 SAQ
 1:53.70 80-84 WPQ

1 McLachlan, Dave 82 CPTW-WP 2:08.07

Event 10 Women 30-34 50 SC Meter Freestyle

SA Record: 27.63 S 11-2012 A. Landau
 WP Record: 28.09 p 7-2017 Lezandre Wolmarans
 26.77 30-34 SAQ
 28.83 30-34 WPQ

1 Stanford, Tarryn 33 CPTW-WP 31.75

Event 10 Women 40-44 50 SC Meter Freestyle

SA Record: 26.67 S 10-2007 Edith Ottermann
 WP Record: 26.67 p 10-2007 Edith Ottermann
 27.43 40-44 SAQ
 29.35 40-44 WPQ

1 Marais, Bianca 43 TYGB-WP 32.55

Event 10 Women 45-49 50 SC Meter Freestyle

SA Record: 26.59 S 4-2011 Edith Ottermann
 WP Record: 26.59 p 4-2011 Edith Ottermann
 27.96 45-49 SAQ
 29.91 45-49 WPQ

1 Mallows, Bev 49 DOLP-WP 37.22

Event 10 Women 90-94 50 SC Meter Freestyle

SA Record: 1:15.43 S 7-2015 Kascha Kloos
 1:14.60 90-94 SAQ
 1:19.82 90-94 WPQ

1 Kloos, Kascha 94 CPTW-WP 1:28.71

Event 10 Men 19-24 50 SC Meter Freestyle

SA Record: 24.93 S 8-2013 J. Nicklin
 WP Record: 25.22 p 9-2002 Marc Moore
 23.02 19-24 SAQ
 24.63 19-24 WPQ

1 Rossouw, Francois 23 TYGB-WP 24.60
 2 Manchest, Avron 24 UNAT 26.20

Event 10 Men 25-29 50 SC Meter Freestyle

SA Record: 23.61 S 10-2011 Chris King
 WP Record: 23.61 p 10-2011 Chris King
 23.02 25-29 SAQ
 24.63 25-29 WPQ

1 van Niekerk, Cornelius 27 TYGB-WP 28.53

Event 10 Men 35-39 50 SC Meter Freestyle

SA Record: 22.48 S 10-2014 Ryk Neethling
 WP Record: 22.48 p 10-2014 Ryk Neethling
 23.68 35-39 SAQ
 25.56 35-39 WPQ

1 Lalin, Luke 36 CPTW-WP 25.75

Event 10 Men 40-44 50 SC Meter Freestyle

SA Record: 24.58 S 3-2017 M. Allan
 WP Record: 25.62 p 10-2003 Rob Manners-Wood
 24.19 40-44 SAQ
 25.96 40-44 WPQ

1 Richards, Jay 42 CPTW-WP 26.30
 2 Mastenbroek, Riaan 43 UNAT 27.04

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Event 10 Men 45-49 50 SC Meter Freestyle

SA Record: 24.90 S 10-2011 Brian Tatterson

WP Record: 25.64 p 4-2012 Harald Kruger

24.32 45-49 SAQ

26.23 45-49 WPQ

1 Senekal, Chris 48 UNAT 39.67

Event 10 Men 60-64 50 SC Meter Freestyle

SA Record: 27.63 S 5-2009 Terry Downes

WP Record: 28.21 p 4-2017 Andre Roothman

26.70 60-64 SAQ

28.92 60-64 WPQ

1 Hendricks, Nigel 61 CPTW-WP 30.43

2 Kloos, Rainer 64 CPTW-WP 32.12

3 Holshausen, Rod 61 CPTW-WP 36.06

Event 10 Men 65-69 50 SC Meter Freestyle

SA Record: 29.22 S 6-2014 Terry Downes

WP Record: 29.86 p 7-2019 Izak Spies

28.23 65-69 SAQ

30.50 65-69 WPQ

1 Spies, Izak 65 CPTW-WP 29.94 WPQ

2 Arbuthnot, David 66 COEL-NT 32.80

Event 10 Men 80-84 50 SC Meter Freestyle

SA Record: 38.31 S 4-2003 Reni Salati

WP Record: 40.91 p 7-2017 Dave McLachlan

34.66 80-84 SAQ

38.37 80-84 WPQ

1 McLachlan, Dave 82 CPTW-WP 45.96

S = SA Masters Record

P = WC Masters Record

SAQ = SAMS Colours Qualifying time

WPQ = WCM Colours Qualifying time