

NMB AQUATICS RECORDS AS AT 30 MAY 2016

BOYS 12 YEARS				GIRLS 12 YEARS			
		EP AC	EP DOM			EP AC	EP DOM
INDIVIDUAL				INDIVIDUAL			
50M FREESTYLE				50M FREESTYLE			
J. Kriel	2006	BO	26.53	Kaley Gouws	2012	EP	28.43
Christopher P. Reid	2008	EP		Kaley Gouws	2012	EP	28.43
100M FREESTYLE				100M FREESTYLE			
J. Kriel	2006	BO	58.16	Christie Vaughan	2010	EP	1:02.05
Christopher P. Reid	2008	EP		Christie Vaughan	2010	EP	1:02.05
200M FREESTYLE				200M FREESTYLE			
Christopher P. Reid	2008	EP	2:09.57	Jessica S. Liss	2007	EP	2:10.91
Christopher P. Reid	2008	EP		Jessica S. Liss	2007	EP	2:10.91
400M FREESTYLE				400M FREESTYLE			
Christopher P. Reid	2008	EP	4:33.78	Jessica S. Liss	2008	EP	4:29.00
Christopher P. Reid	2008	EP		Jessica S. Liss	2008	EP	4:29.00
800M FREESTYLE				800M FREESTYLE			
Christopher P. Reid	2008	EP	9:37.59	Jessica S. Liss	2008	EP	9:08.92
Christopher P. Reid	2008	EP		Jessica S. Liss	2008	EP	9:08.92
1500M FREESTYLE				1500M FREESTYLE			
B. Lockett	2004	EP	18:47.01	Jessica S. Liss	2008	EP	17:52.00
B. Lockett	2004	EP		Jessica S. Liss	2008	EP	17:52.00
50M BACKSTROKE				50M BACKSTROKE			
Christopher P. Reid	2008	EP	30.64	Cailin vd Berg	2011	EP	32.90
Christopher P. Reid	2008	EP		Cailin vd Berg	2011	EP	32.90
100M BACKSTROKE				100M BACKSTROKE			
Christopher P. Reid	2008	EP	1:05.54	Jessica Beukes	2013	EP	1:10.47
Christopher P. Reid	2008	EP		Jessica Beukes	2013	EP	1:10.47
200M BACKSTROKE				200M BACKSTROKE			
Christopher P. Reid	2008	EP	2:19.64	Jessica S. Liss	2008	EP	2:28.89
Christopher P. Reid	2008	EP		Jessica S. Liss	2008	EP	2:28.89
50M BREASTSTROKE				50M BREASTSTROKE			
A. Stevenson	2007	EP	34.76	Jessica S. Liss	2008	EP	34.05
A. Stevenson	2007	EP		Jessica S. Liss	2008	EP	34.05
100M BREASTSTROKE				100M BREASTSTROKE			
D. Marais	2004	EP	1:16.21	Jessica S. Liss	2008	EP	1:11.66
D. Marais	2004	EP		Jessica S. Liss	2008	EP	1:11.66
200M BREASTSTROKE				200M BREASTSTROKE			
D. Marais	2004	EP	2:44.52	Jessica S. Liss	2008	EP	2:28.55
D. Marais	2004	EP		Jessica S. Liss	2008	EP	2:28.55
50M BUTTERFLY				50M BUTTERFLY			
Christopher P. Reid	2008	EP	28.12	Marne Erasmus	2007	BO	30.92
Christopher P. Reid	2008	EP		Jessica S. Liss	2007	EP	31.38
100M BUTTERFLY				100M BUTTERFLY			
Christopher P. Reid	2008	EP	1:03.13	Jessica S. Liss	2008	EP	1:06.45
Christopher P. Reid	2008	EP		Jessica S. Liss	2008	EP	1:06.45
200M BUTTERFLY				200M BUTTERFLY			
Christopher P. Reid	2008	EP	2:27.06	Jessica S. Liss	2008	EP	2:21.63
Christopher P. Reid	2008	EP		Jessica S. Liss	2008	EP	2:21.63
200M INDIVIDUAL MEDLEY				200M INDIVIDUAL MEDLEY			
Christopher P. Reid	2008	EP	2:22.94	Jessica S. Liss	2008	EP	2:21.22
Christopher P. Reid	2008	EP		Jessica S. Liss	2008	EP	2:21.22
400M INDIVIDUAL MEDLEY				400M INDIVIDUAL MEDLEY			
Christopher P. Reid	2008	EP	4:56.93	Jessica S. Liss	2008	EP	4:51.88
Christopher P. Reid	2008	EP		Jessica S. Liss	2008	EP	4:51.88
RELAYS				RELAYS			
4X50M FREESTYLE				4X50M FREESTYLE			
Harlequins	2003	BO	2:01.07	PEA	2014	EP	2:01.04
EP	2009	EP		PEA	2104	EP	2:01.04
4X100M FREESTYLE				4X100M FREESTYLE			
Karoly	2006	EP	4:40.16	Karoly	2005	EP	4:35.37
Karoly	2006	EP		Karoly	2005	EP	4:35.37
4X200M FREESTYLE				4X200M FREESTYLE			
Karoly	2006	EP	9:56.98	Karoly	2006	EP	10:03.37
Karoly	2006	EP		Karoly	2006	EP	10:03.37
4X50M MEDLEY				4X50M MEDLEY			
Harlequins	2002	BO	2:15.99	PEA	2012	EP	2:16.84
Karoly	2006	EP		PEA	2012	EP	2:16.84
4X100M MEDLEY				4X100M MEDLEY			
Karoly Swimming Academy	2008	EP	5:28.90	PEA	2012	EP	5:13.49
Karoly Swimming Academy	2008	EP		PEA	2012	EP	5:13.49
4X50M MIXED MEDLEY - 11 & 12				4X50M MIXED FREESTYLE - 11 & 12			
Aquabear	2015	EP	2:21.78	Aquabear	2015	EP	2:03.28
Aquabear	2015	EP		Aquabear	2015	EP	2:03.28
4X100M MIXED MEDLEY - 11 & 12				4X100M MIXED FREESTYLE - 11 & 12			
				AquaBear	2015	EP	4:43.30
				AquaBear	2015	EP	4:43.30