

# NMB AQUATICS RECORDS AS AT 30 MAY 2016

BOYS 14 YEARS				GIRLS 14 YEARS			
		EP AC	EP DOM			EP AC	EP DOM
INDIVIDUAL				INDIVIDUAL			
<b>50M FREESTYLE</b>				<b>50M FREESTYLE</b>			
Christopher P Reid	2010	EP	25.31	Kaley Gouws	2014	EP	27.24
Christopher P Reid	2010	EP		Kaley Gouws	2014	EP	27.24
<b>100M FREESTYLE</b>				<b>100M FREESTYLE</b>			
Christopher P Reid	2010	EP	53.91	Toni Rafferty	2016	EP	59.45
Christopher P Reid	2010	EP		Toni Rafferty	2016	EP	59.45
<b>200M FREESTYLE</b>				<b>200M FREESTYLE</b>			
M. vd Berg	2006	EP	2:00.14	J Steenkamp	1983	FS	2:09.74
M. vd Berg	2006	EP		Kaley Gouws	2014	EP	2:10.77
<b>400M FREESTYLE</b>				<b>400M FREESTYLE</b>			
B. Lockett	2006	EP	4:13.41	K Moore	1996	WP	4:27.83
B. Lockett	2006	EP		Kaley Gouws	2014	EP	4:33.46
<b>800M FREESTYLE</b>				<b>800M FREESTYLE</b>			
B. Lockett	2006	EP	8:52.98	Jessica Liss	2009	EP	9.14.91
B. Lockett	2006	EP		Jessica S Liss	2009	EP	9.14.91
<b>1500M FREESTYLE</b>				<b>1500M FREESTYLE</b>			
B. Lockett	2006	EP	16:50.32	Jessica S Liss	2010	EP	17.52.13
B. Lockett	2006	EP		Jessica S Liss	2010	EP	17.52.13
<b>50M BACKSTROKE</b>				<b>50M BACKSTROKE</b>			
Christopher P Reid	2010	EP	28.50	Chloe Velde	2015	BO	31.74
Christopher P Reid	2010	EP		Jessica Beukes	2015	EP	31.89
<b>100M BACKSTROKE</b>				<b>100M BACKSTROKE</b>			
Christopher P Reid	2010	EP	59.92	Jessica Beukes	2015	EP	1:06.87
Christopher P Reid	2010	EP		Jessica Beukes	2015	EP	1:06.87
<b>200M BACKSTROKE</b>				<b>200M BACKSTROKE</b>			
Christopher P Reid	2007	EP	2:09.78	Jessica Beukes	2016	EP	2:21.04
Christopher P Reid	2010	EP		Jessica Beukes	2016	EP	2:21.04
<b>50M BREASTSTROKE</b>				<b>50M BREASTSTROKE</b>			
Adam J. Stevenson	2009	EP	31.08	T. Roe	2007	EP	33.28
Adam J. Stevenson	2009	EP		T. Roe	2007	EP	33.28
<b>100M BREASTSTROKE</b>				<b>100M BREASTSTROKE</b>			
K. Muller	1998	BO	1:09.36	Jessica Liss	2009	EP	1.13.03
D. Marais	2006	EP		Jessica Liss	2009	EP	1.13.03
<b>200M BREASTSTROKE</b>				<b>200M BREASTSTROKE</b>			
D. Marais	2006	EP	2:28.64	Jessica Liss	2009	EP	2.33.33
D. Marais	2006	EP		Jessica Liss	2009	EP	2.33.33
<b>50M BUTTERFLY</b>				<b>50M BUTTERFLY</b>			
Christopher P Reid	2010	EP	26.42	Toni Rafferty	2015	EP	29.86
Christopher P Reid	2010	EP		Toni Rafferty	2015	EP	29.86
<b>100M BUTTERFLY</b>				<b>100M BUTTERFLY</b>			
Christopher P Reid	2010	EP	58.92	Taryn Els	2012	EP	1.06.48
Christopher P Reid	2010	EP		Taryn Els	2012	EP	1.06.48
<b>200M BUTTERFLY</b>				<b>200M BUTTERFLY</b>			
B. Lockett	2006	EP	2:13.24	Kaleigh Graham	2010	EP	2.25.24
B. Lockett	2006	EP		Kaleigh Graham	2010	EP	2.25.24
<b>200M INDIVIDUAL MEDLEY</b>				<b>200M INDIVIDUAL MEDLEY</b>			
Adam J. Stevenson	2009	EP	2:13.24	Jessica Liss	2009	EP	2.24.78
Adam J. Stevenson	2009	EP		Jessica Liss	2009	EP	2.24.78
<b>400M INDIVIDUAL MEDLEY</b>				<b>400M INDIVIDUAL MEDLEY</b>			
B. Lockett	2006	EP	4:43.31	Jessica Liss	2009	EP	5.01.51
B. Lockett	2006	EP		Jessica Liss	2009	EP	5.01.51
<b>RELAYS</b>				<b>RELAYS</b>			
<b>4X50M FREESTYLE</b>				<b>4X50M FREESTYLE</b>			
EP	2006	EP	1:42.90	Karoly	2006	EP	1:57.63
EP	2006	EP		Karoly	2006	EP	1:57.63
<b>4X100M FREESTYLE</b>				<b>4X100M FREESTYLE</b>			
Harlequins	1997	BO	4:03.79	PEA	F 2015	EP	4:13.67
PEA	2011	EP		PEA	F 2015	EP	4:13.67
<b>4X200M FREESTYLE</b>				<b>4X200M FREESTYLE</b>			
Aquabear	2015	EP	8:59.45	PEA	F 2014	EP	9:30.33
Aquabear	2015	EP		PEA	F 2014	EP	9:30.33
<b>4X50M MEDLEY</b>				<b>4X50M MEDLEY</b>			
EP	2013	EP	1:56.83	EP	2013	EP	2.11.81
EP	2013	EP		EP	2013	EP	2.11.81
<b>4X100M MEDLEY</b>				<b>4X100M MEDLEY</b>			
Aquabear	2016	EP	4:16.83	PEA	F 2015	EP	4:37.54
Aquabear	2016	EP		PEA	F 2015	EP	4:37.54
<b>4X50M MIXED MEDLEY - 14 &amp; UNDER</b>				<b>4X50M MIXED FREESTYLE - 14 &amp; UNDER</b>			
PEA	2015	EP	2:03.86	PEA	2015	EP	1:51.77
PEA	2015	EP		PEA	2015	EP	1:51.77
<b>4X100M MIXED MEDLEY - 14 &amp; UNDER</b>				<b>4X100M MIXED FREESTYLE - 14 &amp; UNDER</b>			
				AquaBear	2013	EP	4:52.07
				AquaBear	2013	EP	4:52.07
				<b>4X100M MIXED FREESTYLE - 13 &amp; 14</b>			
				AquaBear	2014	EP	4:24.53
				AquaBear	2014	EP	4:25.53