

# NMB AQUATICS RECORDS AS AT 30 MAY 2016

BOYS 18 YEARS				GIRLS 18 YEARS			
		EP AC	EP DOM			EP AC	EP DOM
INDIVIDUAL				INDIVIDUAL			
<b>50M FREESTYLE</b>				<b>50M FREESTYLE</b>			
Christopher vd Sande	2011	EP	23.67	Robyn Charter	2012	EP	27.58
Christopher vd Sande	2011	EP		Robyn Charter	2012	EP	27.58
<b>100M FREESTYLE</b>				<b>100M FREESTYLE</b>			
Christopher Reid	2014	EP	52.12	Robyn Charter	2012	EP	59.94
Christopher Reid	2014	EP		Robyn Charter	2012	EP	59.94
<b>200M FREESTYLE</b>				<b>200M FREESTYLE</b>			
Christopher vd Sande	2011	EP	1:54.61	Carmel Billson	2011	EP	2:08.58
Christopher vd Sande	2011	EP		Carmel Billson	2011	EP	2:08.58
<b>400M FREESTYLE</b>				<b>400M FREESTYLE</b>			
Christopher Reid	2014	EP	4:06.09	Carmel Billson	2011	EP	4:30.07
Christopher Reid	2014	EP		Carmel Billson	2011	EP	4:30.07
<b>800M FREESTYLE</b>				<b>800M FREESTYLE</b>			
Christopher vd Sande	2011	EP	8:51.23	V. Jv Rensburg	2006	EP	9:21.05
Christopher vd Sande	2011	EP		V. Jv Rensburg	2005	EP	9:21.05
<b>1500M FREESTYLE</b>				<b>1500M FREESTYLE</b>			
Christopher vd Sande	2011	EP	16:58.42	V. Jv Rensburg	2006	EP	17:59.97
Christopher vd Sande	2011	EP		V. Jv Rensburg	2006	EP	17:59.97
<b>50M BACKSTROKE</b>				<b>50M BACKSTROKE</b>			
Christopher Reid	2014	EP	26.44	Robyn Charter	2012	EP	30.45
Christopher Reid	2014	EP		Robyn Charter	2012	EP	30.45
<b>100M BACKSTROKE</b>				<b>100M BACKSTROKE</b>			
Christopher Reid	2014	EP	55.69	Tamlyn Price	2013	EP	1:06.01
Christopher Reid	2014	EP		Tamlyn Price	2013	EP	1:06.01
<b>200M BACKSTROKE</b>				<b>200M BACKSTROKE</b>			
Christopher Reid	2014	EP	1:59.77	Hayley Plumstead	2010	EP	2:29.54
Christopher Reid	2014	EP		Tamlyn Price	2013	EP	2:27.99
<b>50M BREASTSTROKE</b>				<b>50M BREASTSTROKE</b>			
Adam Stevenson	2013	EP	29.17	Keri J. Plumstead	2009	EP	32.21
Adam Stevenson	2013	EP		Keri J. Plumstead	2009	EP	32.21
<b>100M BREASTSTROKE</b>				<b>100M BREASTSTROKE</b>			
Alaric Basson	2015	EP	1:03.35	Keri J. Plumstead	2009	EP	1:10.66
Alaric Basson	2015	EP		Keri J. Plumstead	2009	EP	1:10.66
<b>200M BREASTSTROKE</b>				<b>200M BREASTSTROKE</b>			
Alaric Basson	2015	EP	2:18.17	Catherine Richards	2010	NTS	2:36.73
Alaric Basson	2015	EP		Keri J. Plumstead	2009	EP	2:37.17
<b>50M BUTTERFLY</b>				<b>50M BUTTERFLY</b>			
Dylan Bosch	At 2011	CGA	24.84	Tarryn Els	2015	EP	29.03
Alard Basson	2015	EP		Tarryn Els	2015	EP	29.03
<b>100M BUTTERFLY</b>				<b>100M BUTTERFLY</b>			
Dylan Bosch	2011	CGA	53.79	Tarryn Els	2015	EP	1:03.10
Alard Basson	2014	EP		Tarryn Els	2015	EP	1:03.10
<b>200M BUTTERFLY</b>				<b>200M BUTTERFLY</b>			
Dylan Bosch	2011	CGA	2:01.66	Tarryn Els	2015	EP	2:17.76
Alard Basson	2015	EP		Tarryn Els	2015	EP	2:17.76
<b>200M INDIVIDUAL MEDLEY</b>				<b>200M INDIVIDUAL MEDLEY</b>			
Dylan Bosch	2011	CGA	2:05.55	Carrike Terblanche	2010	NTS	2:26.51
Christopher Reid	2014	EP		L. Terblanche	2004	EP	2:28.38
<b>400M INDIVIDUAL MEDLEY</b>				<b>400M INDIVIDUAL MEDLEY</b>			
Christopher vd Sande	2011	EP	4:40.96	M. Bester	1999	FS	5:11.42
Christopher vd Sande	2011	EP		Tarryn Els	2015	EP	5:25.90
<b>RELAYS</b>				<b>RELAYS</b>			
<b>4X50M FREESTYLE</b>				<b>4X50M FREESTYLE</b>			
UPE	2000	EP	1:43.31	PEA	2015	EP	1:54.04
EP	2011	EP		PEA	2015	EP	1:54.04
<b>4X100M FREESTYLE</b>				<b>4X100M FREESTYLE</b>			
Aquabear	2014	EP	3:42.01	PEA	2015	EP	4:12.14
Aquabear	2014	EP		PEA	2015	EP	4:12.14
<b>4X200M FREESTYLE</b>				<b>4X200M FREESTYLE</b>			
PEA	2014	EP	8:13.11	Team Watersmart	2011	EP	9:08.57
PEA	2014	EP		Team Watersmart	2011	EP	9:08.57
<b>4X50M MEDLEY</b>				<b>4X50M MEDLEY</b>			
No Record				PEA	2015	EP	1:55.25
EP	2008	EP	1:51.40	PEA	2015	EP	1:55.25
<b>4X100M MEDLEY</b>				<b>4X100M MEDLEY</b>			
Aquabear	2001	EP	4:29.44	PEA	2015	EP	4:35.33
Aquabear	2011	EP		PEA	2015	EP	4:35.33
<b>MIXED RELAYS</b>							
<b>4X50M MIXED MEDLEY</b>				<b>4X50M MIXED FREESTYLE</b>			
PEA	2014	EP	1:46.40	PEA	2015	EP	1:48.97
PEA	2014	EP		PEA	2015	EP	1:48.97
<b>4X100M MIXED MEDLEY</b>				<b>4X100M MIXED FREESTYLE</b>			
				<b>4X100M MIXED FREESTYLE</b>			