

**Matabeleland Amateur Swimming Board
2014-2015 Season**

RECORDS National

LC Meters-Female

10 & U	50 Free	32.24	10-Nov-12	Amy Adams in Harare	
	100 Free	1:10.41	1-Nov-09	Robyn Lee	
	50 Back	36.86	1-Nov-09	Robyn Lee	
	100 Back	1:18.78	1-Nov-09	Robyn Lee	
	50 Breast	41.25	12-Jan-96	N Bradshaw	
	100 Breast	1:31.28	12-Jan-96	N Bradshaw	
	50 Fly	34.27	1-Nov-09	Robyn Lee	
	200 IM	2:51.43	1-Nov-09	Robyn Lee	
	200 Free Relay	2:26.15	12-Jan-96	Mount Pleasant	
	200 Medley Relay	2:44.24	12-Jan-96	Mount Pleasant	
	11-11	50 Free	30.94	5-Dec-12	Holly Stander at Mash Champs 2012
		100 Free	1:07.02	12-Jan-94	K Coventry
200 Free		2:25.01	12-Jan-94	K Coventry	
400 Free		5:03.96	12-Jan-94	K Coventry	
50 Back		33.45	1-Dec-10	Robyn Lee	
100 Back		1:12.54	1-Dec-10	R Lee	
200 Back		2:41.78	1-Nov-10	R Lee	
50 Breast		40.42	15-Oct-09	Lisa Derera	
100 Breast		1:27.19	11-Jan-94	L Harvey	
200 Breast		3:08.20	12-Jan-97	N Bradshaw	
50 Fly		31.76	1-Dec-10	Robyn Lee	
100 Fly		1:12.29	1-Dec-10	Robyn Lee	
200 IM		2:39.49	1-Dec-10	Robyn Lee	
11-12		400 Free Relay	4:46.93	1-Jan-95	Mashonaland
	400 Medley Relay	5:30.32	1-Jan-98	Mashonaland	
12-12	50 Free	28.77	6-Dec-07	T Rennie	
	100 Free	1:04.34	1-Jan-95	K Coventry	
	200 Free	2:20.02	12-Jan-95	K Coventry	
	400 Free	4:59.69	1-Jan-95	K Coventry	
	50 Back	32.96	1-Dec-11	Robyn Lee	
	100 Back	1:11.72	1-Dec-11	Robyn Lee	
	200 Back	2:32.42	1-Dec-11	Robyn Lee	
	50 Breast	38.11	17-Oct-07	S Welch	
	100 Breast	1:23.60	14-Mar-07	S Welch	
	200 Breast	2:57.87	14-Mar-07	S Welch	
	50 Fly	30.85	1-Dec-11	Robyn Lee	
	100 Fly	1:08.26	1-Dec-11	Robyn Lee	
	200 IM	2:33.81	1-Dec-11	Robyn Lee	
	13-13	50 Free	28.73	26-Feb-08	T Rennie
100 Free		1:01.05	12-Jan-96	K Coventry	
200 Free		2:11.52	1-Jan-96	K Coventry	
400 Free		4:39.25	1-Jan-96	K Coventry	
800 Free		10:40.11	6-Dec-04	M Fraser	
50 Back		30.92	10-Dec-12	Robyn Lee at KZN Champs	
100 Back		1:06.55	10-Dec-12	Robyn Lee at KZN Champs	
200 Back		2:25.83	10-Dec-12	Robyn Lee at KZN Champs	

**Matabeleland Amateur Swimming Board
2014-2015 Season**

RECORDS National

13-13	50 Breast	37.09	17-Oct-08	S Welch
	100 Breast	1:20.73	14-Mar-08	S Welch
	200 Breast	2:55.55	14-Mar-08	S Welch
	50 Fly	30.23	10-Dec-12	Robyn Lee at KZN Champs
	100 Fly	1:07.45	10-Dec-12	Robyn Lee at KZN Champs
	200 Fly	2:28.75	1-Dec-09	Kaleigh Graham
	200 IM	2:30.64	4-Jan-96	K Coventry
13-14	400 Free Relay	4:19.22	12-Jan-96	Zimbabwe
	400 Medley Relay	4:54.64	12-Jan-96	Zimbabwe
14-14	50 Free	27.85	1-Jan-97	K Coventry
	100 Free	59.93	1-Jan-97	K Coventry
	200 Free	2:10.38	12-Jan-97	K Coventry
	400 Free	4:29.94	3-Jan-97	K Coventry
	800 Free	10:01.16	10-Oct-13	Robyn Lee in Perth
	1500 Free	19:28.70	1-Apr-03	K Eeson
	50 Back	30.92	10-Dec-12	Robyn Lee at KZN Champs
	100 Back	1:06.04	28-Aug-13	Robyn Lee at Jun Worlds Dubai
	200 Back	2:23.83	10-Jan-13	Robyn Lee at Perth
	50 Breast	34.63	15-Oct-09	S Welch
	100 Breast	1:15.44	15-Oct-09	S Welch
	200 Breast	2:47.13	9-Jan-95	J Forbes
	50 Fly	29.04	6-Dec-13	Robyn Lee at Afr Jun in Lusaka 13
	100 Fly	1:04.50	28-Aug-13	Robyn Lee at Afr Jun in Lusaka 13
	200 Fly	2:24.56	28-Aug-13	Robyn Lee at Jun Worlds Dubai
	200 IM	2:26.79	10-Apr-13	Robyn Lee in Adelaide 13
	400 IM	5:18.00	10-Nov-13	HIGHL Robyn Lee at Perth
	400 Free Relay	4:19.22	1-Dec-96	Zimbabwe
	400 Medley Relay	4:54.64	12-Dec-96	Zimbabwe
15-15	50 Free	27.33	9-Jan-98	K Coventry
	100 Free	57.81	9-Jan-98	K Coventry
	200 Free	2:09.73	14-Mar-06	M Fraser
	400 Free	4:29.94	3-Jan-97	K Coventry
	800 Free	9:39.00	2-Jan-79	C James
	1500 Free	19:25.11	15-Feb-12	Mieke Koen
	50 Back	30.92	10-Dec-13	Robyn Lee at KZN Champs
	100 Back	1:05.94	9-Sep-98	K Coventry
	200 Back	2:22.69	15-Jan-14	Robyn Lee at Perth
	50 Breast	34.40	14-Mar-10	S Welch
	100 Breast	1:14.13	15-Apr-10	S Welch
	200 Breast	2:39.37	15-Apr-10	S Welch
	50 Fly	28.74	10-Jan-14	Robyn Lee at Perth
	100 Fly	1:04.50	6-Dec-13	Robyn Lee at Afr Jun Lusaka 13
	200 Fly	2:24.18	15-Apr-11	K Graham at Youth Champs
	200 IM	2:19.56	9-Jan-98	K Coventry
	400 IM	5:18.00	10-Nov-13	Robyn Lee at Perth
	400 Free Relay	4:09.85	14-Mar-04	Zimbabwe
	800 Free Relay	9:32.94	1-Sep-94	Zimbabwe
	400 Medley Relay	4:52.99	13-Mar-04	Mashonaland
16-16	50 Free	26.72	9-Jan-99	K Coventry

**Matabeleland Amateur Swimming Board
2014-2015 Season**

RECORDS National

16-16	100 Free	57.81	9-Jan-98	K Coventry	
	200 Free	2:06.98	4-Jan-99	K Coventry	
	400 Free	4:29.94	3-Jan-97	K Coventry	
	800 Free	9:33.77	1-Jan-00	K Coventry	
	1500 Free	18:55.42	26-Feb-07	M Fraser	
	50 Back	30.92	27-Aug-13	Robyn Lee at Jun Worlds Dubai	
	100 Back	1:04.99	9-Jan-99	K Coventry	
	200 Back	2:22.69	10-Jan-14	Robyn Lee in Perth	
	50 Breast	34.40	14-Mar-10	S Welch	
	100 Breast	1:14.13	14-Apr-10	S Welch	
	200 Breast	2:39.37	14-Apr-10	S Welch	
	50 Fly	28.74	10-Jan-14	Robyn Lee at Perth	
	100 Fly	1:04.50	6-Dec-13	Robyn Lee at Afr Jun in Lusaka 13	
	200 Fly	2:24.18	15-Apr-11	Kaleigh Graham at SA Youth Champs	
	200 IM	2:19.56	9-Jan-98	K Coventry	
	400 IM	5:18.00	10-Nov-13	Robyn Lee at Perth	
	400 Free Relay	4:09.85	14-Mar-04	Zimbabwe	
	400 Medley Relay	4:46.86	1-Jan-90	Mashonaland	
	17 & U	200 Free Relay	3:00.00	1-Aug-12	Mash
	17-17	50 Free	26.58	9-Jan-00	K Coventry
100 Free		57.35	4-Jan-00	K Coventry	
200 Free		2:06.98	4-Jan-99	K Coventry	
400 Free		4:29.02	10-Sep-06	K Eeson	
800 Free		9:14.62	10-Sep-06	K Eeson	
1500 Free		17:53.49	10-Sep-06	K Eeson	
50 Back		30.92	27-Aug-13	Robyn Lee at Jun Worlds Dubai	
100 Back		1:02.54	9-Jan-00	K Coventry	
200 Back		2:24.39	1-Jan-99	K Coventry	
50 Breast		34.40	14-Mar-10	S Welch	
100 Breast		1:14.13	14-Apr-10	S Welch	
200 Breast		2:39.37	14-Apr-10	S Welch	
50 Fly		28.74	10-Jan-14	Robyn Lee in perth	
100 Fly		1:04.50	6-Dec-13	Robyn Lee at Afr Jun in Lusaka 13	
200 Fly		2:24.18	15-Apr-11	Kaleigh Graham at S A Youth Champs	
200 IM		2:17.73	9-Jan-00	K Coventry	
400 IM		5:18.00	10-Nov-13	Robyn Lee at Perth	
400 Free Relay		4:01.19	1-Mar-94	Zimbabwe	
400 Medley Relay		4:37.09	1-Mar-94	Zimbabwe	
17 & O		50 Free	26.19	10-Jul-07	K Coventry
	100 Free	56.57	1-Jul-09	N Horn	
	200 Free	1:59.49	6-Apr-09	K Coventry	
	400 Free	4:13.80	14-Apr-09	K Coventry	
	800 Free	8:43.89	10-Jul-07	K Coventry	
	1500 Free	17:31.88	10-Sep-11	Kirsten Lapham at All Africa Games	
	50 Back	28.31	1-Jan-12	K Coventry	
	100 Back	58.77	10-Aug-08	K Coventry	
	200 Back	2:04.81	1-Jul-09	K Coventry	
	50 Breast	33.70	1-Jul-09	M Heard	
	100 Breast	1:11.86	10-Jul-07	K Coventry	

**Matabeleland Amateur Swimming Board
2014-2015 Season**

RECORDS National

17 & O	200 Breast	2:37.77	1-Jul-09	M Heard
	50 Fly	27.83	9-Jul-05	H Brand
	100 Fly	1:00.61	9-Jul-07	H Brand
	200 Fly	2:15.91	14-Mar-07	H Brand
	200 IM	2:08.59	10-Aug-08	K Coventry
	400 IM	4:29.89	10-Aug-08	K Coventry
	200 Free Relay	1:51.35	3-Jan-94	Zimbabwe
	400 Free Relay	3:53.55	9-Jan-99	Zimbabwe
	800 Free Relay	8:35.74	1-Jul-09	Zimbabwe
	400 Medley Relay	4:21.60	10-Jul-07	Zimbabwe
Senior	400 Medley Relay	4:46.86	1-Jan-90	Mashonaland

**Matabeleland Amateur Swimming Board
2014-2015 Season**

RECORDS National

LC Meters-Male

10 & U	50 Free	32.40	1-Jan-83		C McGowan	
	100 Free	1:13.83	1-Dec-05		J Lawson	
	50 Back	38.80	6-Dec-13	dyl	Dylan Huang	
	100 Back	1:26.30	6-Dec-07		F Bescotti	
	50 Breast	41.72	11-Jan-99		J Blevin	
	100 Breast	1:33.35	6-Dec-13		Evan Stoole at Mash Champs	
	50 Fly	36.06	11-Jan-96		B Brider	
	200 IM	3:04.38	1-Dec-05		J Lawson	
	200 Free Relay	2:25.45	12-Jan-92		Highlands Club	
	200 Medley Relay	2:42.99	12-Jan-96		Mount Pleasant	
	11-11	50 Free	29.68	12-Jan-97		Z Ejaz
		100 Free	1:04.64	12-Jan-97		Z Ejaz
200 Free		2:26.77	10-Jan-97		Z Ejaz	
400 Free		5:11.19	12-Jan-97		Z Ejaz	
50 Back		36.77	10-Nov-13		Denilson Cyprianos	
100 Back		1:20.60	13-Dec-13		Denilson Cyprianos at KZN	
200 Back		2:53.43	13-Dec-13		Denilson Cyprianos at KZN	
50 Breast		39.81	1-Dec-04		D Rosser	
100 Breast		1:26.73	12-Jan-94		S Brant	
200 Breast		3:06.92	12-Jan-97		I Henderson	
50 Fly		33.22	10-Jan-97		Z Ejaz	
100 Fly		1:15.24	12-Jan-97		Z Ejaz	
200 IM		2:48.74	12-Jan-97		Z Ejaz	
11-12		400 Free Relay	4:41.51	11-Jan-96		Mount Pleasant
	400 Medley Relay	5:18.37	12-Jan-97		Pirates Club	
12-12	50 Free	28.31	12-Jan-98		Z Ejaz	
	100 Free	1:01.82	12-Jan-98		Z Ejaz	
	200 Free	2:16.16	1-Nov-05		M Lawson	
	400 Free	4:47.50	1-Nov-05		M Lawson	
	50 Back	33.97	12-Jan-98		Z Ejaz	
	100 Back	1:14.60	12-Jan-98		Z Ejaz	
	200 Back	2:39.30	4-Jan-94		R Baxter	
	50 Breast	36.26	5-Dec-12		Liam Davis at Mash Champs 2012	
	100 Breast	1:19.43	5-Dec-12		Liam Davis at Mash Champs 2012	
	200 Breast	2:52.80	1-Dec-07		J Lawson	
	50 Fly	31.82	12-Jan-98		Z Ejaz	
	100 Fly	1:10.68	1-Nov-05		M Lawson	
	200 IM	2:38.51	1-Dec-05		M Lawson	
	13-13	50 Free	26.74	11-Jan-89		I LeRoux
100 Free		58.32	12-Jan-89		I LeRoux	
200 Free		2:08.79	6-Dec-06		M Lawson	
400 Free		4:29.77	1-Mar-06		M Lawson	
800 Free		9:24.12	24-Feb-06	MASH MS	MATTHEW LAWSON at NATIONAL CHAMPIONSHIPS 2006	
50 Back		32.61	6-Dec-08		S Marshall	
100 Back		1:09.70	12-Jan-93		B MacDonald	
200 Back		2:30.02	12-Jan-93		B MacDonald	

Matabeleland Amateur Swimming Board
2014-2015 Season

RECORDS National

13-13	50 Breast	33.62	6-Dec-13	Liam Davis at Afr Jun Lusaka
	100 Breast	1:13.07	6-Dec-13	Liam Davis at Afr Jun Lusaka
	200 Breast	2:40.11	14-Mar-08	J Lawson
	50 Fly	29.47	1-Aug-03	T Ferris
	100 Fly	1:06.39	6-Dec-06	M Lawson
	200 Fly	2:27.40	6-Dec-06	M Lawson
	200 IM	2:30.48	6-Dec-08	J Lawson
	400 Free Relay	4:16.76	1-Dec-96	Zimbabwe
	400 Medley Relay	5:03.67	1-Dec-88	Zimbabwe
14-14	50 Free	25.35	1-Jan-90	I LeRoux
	100 Free	56.82	1-Jan-90	I LeRoux
	200 Free	2:06.27	14-Mar-07	M Lawson
	400 Free	4:23.26	6-Dec-07	M Lawson
	800 Free	9:03.36	7-Dec-08	M Lawson
	1500 Free	18:33.39	2-Feb-09	James Lawson
	50 Back	30.81	1-Dec-11	Peter Wetzlar
	100 Back	1:06.24	4-Jan-94	B MacDonald
	200 Back	2:20.79	4-Jan-94	B MacDonald
	50 Breast	31.83	10-Oct-09	J Lawson
	100 Breast	1:09.20	10-Oct-09	J Lawson
	200 Breast	2:32.63	4-Apr-09	J Lawson
	50 Fly	27.81	6-Dec-13	Chase Onorati at Mash Champs 2013
	100 Fly	1:01.95	12-Jan-98	M Spence
	200 Fly	2:24.37	12-Jan-98	M Spence
	200 IM	2:20.97	10-Oct-09	J Lawson
	400 IM	5:18.48	5-Dec-08	James Lawson at Mash Champs
	400 Free Relay	4:05.01	12-Jan-98	Mount Pleasant
	400 Medley Relay	4:40.09	1-Jan-97	Mashonaland
15-15	50 Free	25.35	1-Jan-90	I LeRoux
	100 Free	54.14	9-Jan-91	I LeRoux
	200 Free	1:58.87	9-Jan-91	I LeRoux
	400 Free	4:20.76	14-Mar-08	M Lawson
	800 Free	9:03.36	6-Dec-08	M Lawson
	1500 Free	17:27.09	25-Feb-08	M Lawson
	50 Back	29.38	10-Dec-12	Peter Wetzlar at KZN Champs 2012
	100 Back	1:03.66	10-Dec-12	Peter Wetzlar at KZN Champs 2012
	200 Back	2:17.60	9-Jan-95	B MacDonald
	50 Breast	30.26	5-Dec-10	J Lawson
	100 Breast	1:05.78	5-Dec-10	J Lawson
	200 Breast	2:23.75	5-Dec-10	J Lawson
	50 Fly	27.02	10-Dec-12	Peter Wetzlar at KZN Champs 2012
	100 Fly	1:00.25	4-Jan-99	M Spence
	200 Fly	2:19.97	4-Jan-99	M Spence
	200 IM	2:16.43	5-Dec-10	J Lawson
	400 IM	5:01.97	14-Mar-08	M Lawson
	400 Free Relay	3:54.42	1-Mar-10	Zimbabwe
	800 Free Relay	8:58.27	1-Sep-94	Zimbabwe
	400 Medley Relay	4:33.46	13-Mar-10	Zimbabwe at Level 3
16-16	50 Free	24.32	8-Jan-92	I LeRoux

**Matabeleland Amateur Swimming Board
2014-2015 Season**

RECORDS National

16-16	100 Free	52.08	4-Jan-92	I LeRoux	
	200 Free	1:55.04	4-Jan-92	I LeRoux	
	400 Free	4:07.40	4-Jan-92	I LeRoux	
	800 Free	8:41.73	10-Dec-12	D Lee at KZN Champs 2012	
	1500 Free	17:27.09	25-Feb-08	M Lawson	
	50 Back	28.59	6-Dec-13	Peter Wetzlar at Afr Jun Lusaka 13	
	100 Back	1:01.68	6-Dec-13	Peter Wetzlar at Afr Jun Lusaka 13	
	200 Back	2:14.79	10-Nov-13	Peter Wetzlar in Durban 2013	
	50 Breast	30.02	7-Sep-11	J Lawson at All Africa Games	
	100 Breast	1:05.21	14-Apr-11	J Lawson	
	200 Breast	2:22.72	14-Apr-11	J Lawson	
	50 Fly	26.33	6-Dec-13	Peter Wetzlar at Afr Jun Lusaka 13	
	100 Fly	59.10	13-Dec-13	Peter Wetzlar at KZN 2013	
	200 Fly	2:15.00	3-Jan-95	F Pellegatta	
	200 IM	2:14.61	14-Apr-11	J Lawson	
	400 IM	4:49.91	1-Dec-11	James ~Lawson	
	400 Free Relay	3:51.38	1-Jan-92	Mashonaland	
	400 Medley Relay	4:20.41	1-Jan-92	Mashonaland	
	17-17	50 Free	23.68	28-Aug-13	Chad Idensohn at Jun Worlds Dubai
		100 Free	52.08	4-Jan-92	I LeRoux
200 Free		1:55.04	4-Jan-92	I LeRoux	
400 Free		4:07.40	4-Jan-92	I LeRoux	
800 Free		8:41.73	10-Dec-12	D Lee at KZN Champs 2012	
1500 Free		16:56.09	5-Mar-13	Damon Lee in Perth	
50 Back		27.42	28-Aug-13	Chad Idensohn at JUN Worlds Dubai	
100 Back		1:00.89	28-Aug-13	Chad Idensohn at Jun Worlds Dubai	
200 Back		2:14.79	10-Nov-13	Peter Wetzlar in Durban	
50 Breast		29.83	1-Apr-12	James Lawson	
100 Breast		1:05.11	15-Jul-12	J Lawson at Speedo Prestige Durban	
200 Breast		2:22.72	14-Mar-11	J Lawson	
50 Fly		26.17	15-May-14	Peter Wetzlar at ANOCA Gaborone 14	
100 Fly		58.20	15-May-14	Peter Wetzlar at ANOCA Gaborone 14	
200 Fly		2:08.20	3-Jan-77	D Lowe	
200 IM		2:12.10	3-Jan-76	G Goosen	
400 IM		4:44.70	3-Jan-76	G Goosen	
400 Free Relay		3:41.92	1-Feb-93	Zimbabwe	
400 Medley Relay		4:10.06	1-Feb-93	Zimbabwe	
17 & O		50 Free	23.12	19-Aug-14	Chad Idensohn at Junior Olympics China
	100 Free	51.93	21-Aug-14	Chad Idensohn at Junior Olympics China	
	200 Free	1:52.75	9-Jan-00	G Walshaw	
	400 Free	4:07.40	4-Jan-92	I LeRoux	
	800 Free	8:41.73	10-Dec-12	D Lee At KZN Champs	
	1500 Free	16:38.28	3-Jan-80	R Duncan	
	50 Back	27.01	1-Jul-09	N James	
	100 Back	58.28	1-Aug-04	B Ashby	
	200 Back	2:10.40	1-Jul-03	B Ashby	
	50 Breast	28.93	17-Aug-10	T Ferris	
	100 Breast	1:04.09	5-Sep-11	T Ferris at All Africa Games	
	200 Breast	2:22.39	31-May-11	T Ferris	
	50 Fly	24.89	1-Jul-09	G Beahan	

**Matabeleland Amateur Swimming Board
2014-2015 Season**

RECORDS National

17 & O	100 Fly	54.89	1-Jul-09	G Beahan
.	200 Fly	2:06.37	14-May-11	G Beahan
.	200 IM	2:10.42	1-Jul-09	N James
.	400 IM	4:37.31	6-Jan-98	C Shaw
.	200 Free Relay	1:37.95	1-Jan-93	Zimbabwe
.	400 Free Relay	3:34.44	9-Jan-99	Zimbabwe
.	800 Free Relay	8:06.97	3-Jan-94	Zimbabwe
.	400 Medley Relay	4:06.08	9-Jan-95	Zimbabwe