
RECORDS Africa-Short Course as at 30/04/2015
SC Meters-Women

50 Free	24.72	19-Dec-07	RSA	Lize Mari Retief-1st International Vladimir Swimming
100 Free	53.96	19-Dec-07	RSA	Lize Mari Retief-1st International Vladimir Swimming
200 Free	1:56.78	7-Apr-07	RSA	Helene K Muller World SC Championhips Moscow
400 Free	4:03.50	9-Apr-08	RSA	Melissa J. Corfe at 9th Fina Swimming World Championship 2008
800 Free	8:22.05	4-Nov-11	RSA	JESSICA E. PENGELLY at Fina Arena Swimming World Cup Singapore
1500 Free	16:11.24	14-Jul-10	RSA	Jessica E Pengelly At the Australian Short Course
50 Back	26.85	13-Apr-08	ZIM	Kirsty Coventry at Manchester UK
100 Back	56.56	15-Nov-09	RSA	Chanelle Van Wyk at World Cup Berlin 2009
200 Back	2:00.91	11-Apr-08	ZIM	Kirsty Coventry at Manchester UK
50 Breast	30.11	6-Aug-09	KEN	Achieng Ajulu-Bushell-British SC Grand Prix-Leeds
100 Breast	1:05.36	9-Apr-08	RSA	SUZAAN VAN BILJON at 9th Fina Swimming World Championship 2008
200 Breast	2:18.73	9-Apr-08	RSA	SUZAAN VAN BILJON at 9th Fina Swimming World Championship 2008
50 Fly	25.90	23-Nov-07	RSA	LIZE-MARI RETIEF at Fina Arena World Cup 2007-Belo Horiz
100 Fly	56.52	19-Dec-07	RSA	Lize Mari Retief-1st International Vladimir Swimming
200 Fly	2:04.24	21-Nov-09	RSA	Mandy LOOTS at Fina Arena World Cup-Singapore
100 IM	59.77	11-Apr-08	ZIM	Kirsty Coventry at Manchester
200 IM	2:06.13	12-Apr-08	ZIM	Kirsty Coventry at Manchester UK
400 IM	4:22.88	21-Nov-09	RSA	Kathryn A. Meaklim at Fina Arena World Cup-Singapore
400 Free Relay	3:45.27	12-Apr-08	RSA	RSA- M Corfe, LM Retief, J Pengelly, K Meaklim at SC World Champs
800 Free Relay	8:06.94	30-Sep-05	RSA	SSA Relay Squad L Vorster, L Roets, K Van Heerden, C Lategan
400 Medley Relay	4:00.73	11-Apr-09	RSA	RSA- M Corfe, S. v Bilj, M Loots, LM Retief at SC World Champs

RECORDS Africa-Short Course as at 30/04/2015
SC Meters-Men

50 Free	20.30	7-Aug-09	RSA	ROLAND M. SCHOEMAN at Telkom SA Short Course Championship
100 Free	46.00	10-Nov-09	RSA	Lydon Ferns at Fina World Cup Sweeden 2009
200 Free	1:40.89	15-Nov-09	RSA	Darian Townsend at Fina World Cup Berlin 2009
400 Free	3:37.91	7-Aug-13	RSA	Myles Brown at Fina Swimming World Cup Eindhoven 2013
800 Free	7:44.10	25-Mar-00	RSA	Ryk Neethling at NCAA Div 1 Men Minneapolis 2000
1500 Free	14:30.54	7-Aug-13	RSA	Myles Brown at Fina Swimming World Cup 2013 Eindhoven
50 Back	22.85	15-Nov-09	RSA	Gerhard ZANDBERG at Fina World Cup Berlin 2009
100 Back	50.00	10-Nov-09	RSA	George Du Rand at Fina World Cup Stockholm 2009
200 Back	1:47.08	7-Nov-09	RSA	George DU RAND at Fina World Cup Stockholm 2009
50 Breast	25.25	14-Nov-09	RSA	CAMERON VD BURGH at Fina Arena World Cup 2009 Berlin
100 Breast	55.61	15-Nov-09	RSA	CAMERON VD BURGH at Fina Arena World Cup 2009 Berlin
200 Breast	2:02.56	14-Nov-09	RSA	Neil R. Versfeld at Fina Arena World Cup 2009 Berlin
50 Fly	21.87	14-Nov-09	RSA	ROLAND M. SCHOEMAN at Fina Arena World Cup 2009 Berlin
100 Fly	48.56	29-Sep-14	SGUL KZ	Chad G. Le Clos at Fina -Mastbank Swimming World Cup 2014 Hong K
200 Fly	1:48.56	5-Nov-13	RSA	Chad G. Le Clos at FINA Swimming World Cup 2013 Singapore
100 IM	51.05	14-Nov-09	RSA	Gerhard Zandberg at Fina World Cup Berlin 2009
200 IM	1:51.55	15-Nov-09	RSA	Darian Townsend at Fina Arena World Cup Berlin 2009
400 IM	3:59.23	9-Nov-13	RSA	Chad G. Le Clos at FINA Swimming World Cup 2013 Tokyo
400 Free Relay	3:20.22	6-Aug-10	RSA	Sa Short Course-J Lawson-W Bosman-J Wilken-E Schoeman
800 Free Relay	7:18.94	8-Oct-04	RSA	RSA J Basson, F Postma, H Prinsloo, J Du Rand World SC Indianapolis
400 Medley Relay	3:35.77	10-Aug-09	RSA	RSA -SA short Course- Van Rensburg, Conrad ,VD Burgh, Cameron , Ferns,