

Individual Top Times

Times since: 01-May-13

Times until: 30-Apr-14

Number of Top Times: All

Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
Women	50 Free						
1	25.51 L	F	Trudi Maree	25	MATI WP	10/07/2013	27th Summer Universiade
2	26.12 L	F	Lehesta Kemp	24	PSC NT	15/06/2013	Mare Nostrum Canet 2013
3	26.24 L	F	Jessica Ashley-Cooper	21	UWCA WP	06/12/2013	WP Championships 2013
4	26.30 L L	F	Karin Prinsloo	24	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
5	26.68 L	S	Marne Erasmus	18	BORD BO	07/04/2014	Sa National Aquatic Championship 2014
6	26.83 L	S	Natasha Vd Walt	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
7	26.89 L	F	Vanessa Mohr	19	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
8	27.23 L	S	Lauren Bezuidenhout	24	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
9	27.32 L	S	Danica McWilliam	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
10	27.52 L	S	Tayla Lovemore	19	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
11	27.58 L	F	Anika Kruger	18	MATI WP	06/12/2013	WP Championships 2013
12	27.64 L	P	Tamlyn Price	19	EP EP	07/04/2014	Sa National Aquatic Championship 2014
13	27.67 L S	F	Kyna Pereira	18	KLOO KZ	10/12/2013	KZN PREMIER CHAMPS 2013
14	27.71 L S	F	Peggy De Villiers	20	UWCA WP	09/07/2013	SPEEDO PRESTIGE 2013
15	27.78 L	P	Megan Stephens	23	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
16	27.93 L	P	Lindsay McLeod	19	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
17	27.94 L	P	Shebjorn Axelson	23	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
18	27.95 L	F	Morgan Nicholls	18	VIKI BO	28/11/2013	Border Championships
19*	28.02 L S	F	Kayla Ferreira	19	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
19*	28.02 L S	P	Kristy Muller	19	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
21	28.05 L	P	Amy Peens	20	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
22	28.14 L	F	Caitlin Kat	21	MATI WP	06/12/2013	WP Championships 2013
23*	28.18 L	F	Bernitia Hess	18	PAQU WP	06/12/2013	WP Championships 2013
23*	28.18 L	F	Sylvia Van Tromp	35	TTNS VT	24/06/2013	Sasol National Winter Championships
25	28.19 L	F	Vicky Van der Merwe	18	NEWS NN	20/03/2014	SA Level 2 Regional Age Group Champs
26	28.24 L	F	Justine Macfarlane	18	WATR CG	05/12/2013	CGA Open Champs
27	28.25 L	F	Beatrix Malan	18	UWCA WP	06/12/2013	WP Championships 2013
28	28.27 L L	F	Kirsty Mc Lauchlan	20	WATR CG	05/12/2013	CGA Open Champs
29	28.32 L	F	Seonaid Leech	18	STAD CG	13/03/2014	SA Level 3 National Age Group Champs
30	28.36 L S	F	Tara-Lynn Nicholas	18	SEAL KZ	10/12/2013	KZN PREMIER CHAMPS 2013
31	28.38 L	P	Odile Dauvellier	20	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
32	28.45 L	F	Natalie Maritz	18	TUKS NT	06/12/2013	NTS Championships 2013
33*	28.46 L	F	Robyn Ferguson	21	UWCA WP	10/07/2013	27th Summer Universiade
33*	28.46 L	P	Marise Nel	18	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
35	28.47 L	P	Louisa De Jongh	18	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
36	28.48 L S	P	Jade Goosen	18	WSTV KZ	09/07/2013	SPEEDO PRESTIGE 2013
37	28.55 L S	P	Carmel Billson	21	ACSA KZ	09/07/2013	SPEEDO PRESTIGE 2013
38	28.59 L	P	Imre Van Huyssteen	18	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
39	28.61 L	P	Michelle Nieuwstad	20	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
40	28.62 L S	P	Carmen Wessels	21	BLOT FS	09/07/2013	SPEEDO PRESTIGE 2013
41	28.63 L	P	Tarryn Holmes	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
42	28.67 L	F	Megan Toye	18	TUKS NT	06/12/2013	NTS Championships 2013
43	28.71 L	F	Anna-Lotte Retief	20	TUKS NT	06/12/2013	NTS Championships 2013
44	28.76 L	F	Samantha Blaauw	18	NWUC NW	18/01/2014	NWS Age Group 4 1314
45*	28.77 L S	P	Michelle Wessels	21	BLOT FS	09/07/2013	SPEEDO PRESTIGE 2013
45*	28.77 L	F	Carmen Morck	26	AZON KZ	23/08/2013	KZN Beavers Winter LongCourse
47	28.85 L	F	Thilde Victor	32	VICT ES	07/09/2013	2013 Arena Hillcrest Sprint Gala
48	28.93 L	F	Lauren Billson	19	PEAS EP	21/06/2013	PEA Winter Gala 2013
49	28.94 L	F	Danielle Small	19	ALSC CG	05/12/2013	CGA Open Champs
50	28.95 L	P	Chynna Stewart	18	TUKS NT	06/12/2013	NTS Championships 2013
51	28.99 L	F	Joaquina Salgado	18	TWSA EP	01/11/2013	32nd Freda Barnard Invitational Gala
52*	29.01 L	F	Samantha Rowe	19	ACSA KZ	18/10/2013	KZN ACTION SWIM CHAMPIONSHIPS
52*	29.01 L	F	Claire De Lange	19	SGUL KZ	01/02/2014	KZN Age Group 8
54	29.08 L	F	Tanya Abrie	18	WATR CG	20/03/2014	SA Level 2 Regional Age Group Champs
55	29.10 L	F	Robyn Charter	20	MATI WP	02/12/2013	USSA Swimming Championships 2013
56	29.19 L	F	Megan Hesse	19	PAC NT	06/12/2013	NTS Championships 2013
57*	29.34 L S	F	Nicolette Ramshaw	19	SEAL KZ	10/12/2013	KZN PREMIER CHAMPS 2013
57*	29.34 L	F	Kaleigh Graham	18	TWSA EP	11/01/2014	EP 5th A League Gala

Individual Top Times

Times since: 01-May-13 **Times until: 30-Apr-14**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
59	29.38 L	F	Casey Pullen	20	STAD CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
60	29.40 L	F	Nadine Kuhn	19	BENS ES	02/11/2013	CGA Level 2-3 gala No 3
61	29.47 L	P	Franko Jonker	21	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
62	29.50 L	F	Amy Fraser	18	NEWS NN	26/10/2013	N-KZN AGE GROUP GALA 5P
63	29.58 L	F	Janet Vlok	18	WHFC WP	12/10/2013	WP Second Skins Senior League 5
64	29.59 L	P	Tina Wong	18	STAD CG	05/12/2013	CGA Open Champs
65	29.62 L	F	Cassie Shear	18	MDOL CG	21/07/2013	19th Maccabiah Games
66*	29.67 L	F	Marli Jacobs	19	MATI WP	06/12/2013	WP Championships 2013
66*	29.67 L	F	Hope Taylor	18	PSC NT	13/09/2013	NTS Sept 2013 Combined Age Group
68	29.69 L	P	Brittany Reeves	19	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
69*	29.76 L	F	Chrizalda Smit	19	TUKS NT	06/12/2013	NTS Championships 2013
69*	29.76 L	F	Heloise Du Plessis	19	MATI WP	12/10/2013	WP Second Skins Senior League 5
71	29.79 L	F	Nicole Lewis	18	FINC MP	29/11/2013	Mpumalanga Championships 2013
72	29.88 L	P	Bronwyn Cumming	33	BLAC ES	05/12/2013	EGA Championships Dec 2013
73	30.01 L S	P	Kamilla Snyman	20	PSC NT	09/07/2013	SPEEDO PRESTIGE 2013
74	30.12 L	P	Genna Greevelink	19	EP EP	07/04/2014	Sa National Aquatic Championship 2014
75	30.16 L S	P	Jessica De Beer	19	FLOD CG	09/07/2013	SPEEDO PRESTIGE 2013
76	30.24 L	F	Esmari Theart	18	BLNE FS	21/06/2013	PEA Winter Gala 2013
77*	30.28 L	F	Kristin Williams	19	VIKI BO	28/11/2013	Border Championships
77*	30.28 L	F	Chane Massey	18	BLSS FS	20/01/2014	Free State Championships 2014
79	30.31 L	F	Shirley Carey	39	HIGH KZ	30/11/2013	N-KZN ZULULAND DECEMBER AGE
80	30.40 L	P	Aelke Vd Venter	18	PLAY WP	06/12/2013	WP Championships 2013
81	30.47 L	F	Annelet Rossouw	19	HSBV LP	19/10/2013	Limpopo HS Topskole 2013
82	30.49 L L	F	Tayla Saunders	18	KOVFS FS	20/03/2014	SA Level 2 Regional Age Group Champs
83*	30.50 L	F	Suné Storme	18	BLOT FS	24/06/2013	Sasol National Winter Championships
83*	30.50 L	F	Emma Delport	20	KOVFS FS	18/10/2013	Otters Prestige Gala
83*	30.50 L S	P	Christine Grobler	18	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
86	30.54 L	P	Kira Maurer	23	CADO WP	06/12/2013	WP Championships 2013
87	30.67 L	F	Denjylie Cordero	21	PSL	08/02/2014	WP Second Skins Senior League 7
88	30.68 L	F	Whitney Turner	26	RBOT NW	07/09/2013	2013 Arena Hillcrest Sprint Gala
89	30.79 L	P	Leverne De Klerk	18	WEST WP	06/12/2013	WP Championships 2013
90	30.90 L	F	Kristy Boucher	21	ONY ES	19/10/2013	EGA Summer 2_19Oct 2013
91	31.01 L	P	Katija Pimenta	19	BOKS ES	05/12/2013	EGA Championships Dec 2013
92	31.04 L	F	Antoinette Rudolph	18	HILL NT	07/09/2013	2013 Arena Hillcrest Sprint Gala
93	31.07 L	P	Yvonne Smith	23	FS FS	07/04/2014	Sa National Aquatic Championship 2014
94	31.12 L	P	Ifke Dorland	18	CADO WP	06/12/2013	WP Championships 2013
95	31.29 L	F	Melene Klinck	18	KOVFS FS	18/10/2013	Otters Prestige Gala
96	31.30 L	F	Suzanne Jv Rensburg	22	PSA LP	24/06/2013	Sasol National Winter Championships
97	31.37 L	F	Kelsey Heatlie	18	BENS ES	09/11/2013	EGA Summer 3
98	31.44 L	P	Samantha Di Domenico	18	ONY ES	05/12/2013	EGA Championships Dec 2013
99*	31.48 L	F	Liza Bahlmann	19	VIKI BO	01/11/2013	Border November Age Group Gala 2013
99*	31.48 L	P	Shireen Sapiro	23	STAD CG	12/08/2013	IPC World Swimming Championship
101	31.50 L	F	Simone Le Roux	21	KOVFS FS	18/10/2013	Otters Prestige Gala
102	31.52 L	F	Robyn Henderson	18	MDOL CG	31/08/2013	Adrian Grafe Memorial Gala
103	31.54 L	F	Abigail Penman	21	BLAC ES	28/09/2013	EGA Summer 1
104	31.84 L	F	Micaela Gerling	20	UNI MP	29/11/2013	Mpumalanga Championships 2013
105	31.90 L	P	Ashton Heatlie	21	BENS ES	05/12/2013	EGA Championships Dec 2013
106	31.91 L	F	Line Grobler	18	PSC NT	14/02/2014	NTS February Age Group Level 2+3
107	31.99 L S	F	Shannon Austin	21	UWCA WP	09/07/2013	SPEEDO PRESTIGE 2013
108	32.09 L	F	Corle Ferreira	20	KOVFS FS	11/01/2014	EP 5th A League Gala
109	32.15 L	F	Kayleigh Watson	18	SOUL ES	28/09/2013	EGA Summer 1
110	32.17 L	F	Amy Weyer	18	VIKI BO	01/11/2013	Border November Age Group Gala 2013
111	32.19 L	F	Samantha Land	18	VIKI BO	24/01/2014	BO-January Age Group Gala 2014
112	32.20 L	P	Jo-Andri Konig	18	DBSC VT	05/12/2013	EGA Championships Dec 2013
113	32.24 L	F	Chantel Smith	20	BLSS FS	20/01/2014	Free State Championships 2014
114*	32.25 L	F	Briana Doust	19	VRY NN	06/12/2013	N-KZN LONG COURSE
114*	32.25 L	F	Adriana Venter	21	KOVFS FS	07/09/2013	KOVSIES AQUATICS LIGA 2 2013
116*	32.26 L	F	Sune Van Der Merwe	18	VALS NF	11/02/2014	NFS High School Championships 2014
116*	32.26 L	P	Gisela Oosthuizen	18	STAD CG	20/03/2014	SA Level 2 Regional Age Group Champs

Individual Top Times

Times since: 01-May-13

Times until: 30-Apr-14

Number of Top Times: All

Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
118	32.29	L	F	Kathryn Allderman	20	KOVS FS	21/06/2013 PEA Winter Gala 2013
119	32.33	L	F	Annezell van Staden	18	PRA MP	29/11/2013 Mpumalanga Championships 2013
120	32.38	L	F	Lauren Hagger	19	BENS ES	09/11/2013 EGA Summer 3
121	32.39	L	F	Sonet Smit	37	WELA NF	02/11/2013 NFSA Interprovincial Meet 2013
122	32.42	L	F	Chantè Jarvis	18	XSAQ WP	14/09/2013 WP Second Skins Senior League 4
123	32.44	L	P	Emily Gray	22	NTS NT	07/04/2014 Sa National Aquatic Championship 2014
124	32.48	L	F	Jennifer Webster	20	MATI WP	02/12/2013 USSA Swimming Championships 2013
125	32.53	L	F	Angelique Johnson	18	WEST WP	12/10/2013 WP Second Skins Senior League 5
126	32.54	L	F	Rhoné Rheeders	24	PENG LP	09/11/2013 LP Age Group 2 9 November 2013
127	32.74	L	F	Landi Cilliers	21	NWUC NW	02/12/2013 USSA Swimming Championships 2013
128*	32.79	L	F	Jozanne Luyt	20	NWUC NW	05/10/2013 NWS Age Group 1
128*	32.79	L	F	San Mari De Jager	18	FAAC NC	26/10/2013 Flamingo Gala 2013
130	32.81	L	F	Iseldri Jv Rensburg	18	HBV LP	19/10/2013 Limpopo HS Topskole 2013
131*	32.82	L S	P	Tayla Van Rooyen	19	AEC CG	09/07/2013 SPEEDO PRESTIGE 2013
131*	32.82	L	F	Kelsey Bester	18	FAAC NC	17/01/2014 Nocasa Age Group 4 2014 Kimberley
133	32.88	L	F	Kris Nel	20	CSC NT	24/08/2013 NTS Aug 2013 Age Group Level 2
134	32.97	L	P	Christelle Kriel	19	WPA WP	07/04/2014 Sa National Aquatic Championship 2014
135	32.98	L S	P	Shelly-Ann King	19	SEAL KZ	09/07/2013 SPEEDO PRESTIGE 2013
136	33.01	L	F	Da Kim	18	NWUC NW	14/02/2014 NW Schools Swimming Championships
137	33.07	L	F	Elizabeth Steenkamp	21	KOVS FS	07/09/2013 KOVSIES AQUATICS LIGA 2 2013
138	33.08	L	F	Anne Swart	20	MP	07/04/2014 Sa National Aquatic Championship 2014
139*	33.13	L	F	Tezna Abrahams	18	WPA WP	07/04/2014 Sa National Aquatic Championship 2014
139*	33.13	L	F	Sinead Davey	18	SSSC CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
141	33.19	L	F	Chelaine Maree	18	FISH SW	26/10/2013 SWD 2nd A League Gala
142	33.72	L	F	Kristin Forrest	18	SEAL KZ	23/08/2013 KZN Beavers Winter LongCourse
143	33.76	L	F	Ivanka Stoycheva	32	VINE WP	08/02/2014 WP Second Skins Senior League 7
144	33.78	L	F	Bianca van Breda	33	TLAC NW	23/11/2013 NWS Age Group 3 2013/2014
145	33.84	L	F	Jolet Du Plessis	18	HWBA LP	19/10/2013 Limpopo HS Topskole 2013
146	33.85	L	F	Carla Myburgh	18	KNYS SW	26/10/2013 SWD 2nd A League Gala
147	34.07	L	F	Emily Gray	22	NT NT	31/03/2014 2014 Nedbank Championships
148	34.13	L	F	Shannay Allmark	19	HBV LP	25/10/2013 Mpumalanga Top Schools 2013 High
149	34.56	L	F	Jaleina Botha	18	KEIK NW	05/10/2013 NWS Age Group 1
150	34.66	L	F	Ester Brand	50	GHSK NC	08/01/2014 Nocasa Champs 2014
151	34.71	L	P	Nazeerah Ally	18	ATLA CG	05/12/2013 EGA Championships Dec 2013
152	34.90	L	F	Janine Van Deventer	37	PRKA NC	26/10/2013 Flamingo Gala 2013
153	34.98	L	F	Gontse Shoro	20	SUPE CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
154	35.09	L	F	Martinette Du Toit	21	UPTS NC	13/12/2013 Upington Gala
155	35.60	L	F	Odelia Roodt	22	NWUC NW	05/10/2013 NWS Age Group 1
156	36.14	L S	F	Cindy Mkhize	23	SEAL KZ	09/07/2013 SPEEDO PRESTIGE 2013
157	37.29	L S	F	Cornelia Fowler	33	KLOO KZ	09/07/2013 SPEEDO PRESTIGE 2013
158	37.36	L	F	Tezna Kirstin Abrahams	18	NW	31/03/2014 2014 Nedbank Championships
159	37.61	L	F	Laura-Ann Hugo	19	BLNE FS	08/02/2014 NOCASA Age Group 5 Kimberley 2014
160	38.05	L	F	Dimakatso Makgakga	18	CGA CG	07/04/2014 Sa National Aquatic Championship 2014
161	38.13	L	F	Elizabeth Craig	69	BEST EP	01/11/2013 32nd Freda Barnard Invitational Gala
162	38.68	L	F	Aalia Patel	18	ATLA CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
163	38.70	L	F	Deidre Van Biljon	41	WELA NF	02/11/2013 NFSA Interprovincial Meet 2013
164	38.80	L	F	Lize-Marie Naude	18	CARN ES	19/10/2013 EGA Summer 2_19Oct 2013
165	39.01	L S	P	Shine' Cornelius	18	SGUL KZ	09/07/2013 SPEEDO PRESTIGE 2013
166	39.11	L	F	Hlengiwe Mqomboti	18	SOWE CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
167	40.12	L	F	Jennifer Higgins	30	KZNA KZ	07/04/2014 Sa National Aquatic Championship 2014
168	40.41	L	F	Melissa Rosenick	18	RBUR NW	05/10/2013 NWS Age Group 1
169	41.66	L	F	Anita Louw	56	VIKI BO	28/11/2013 Border Championships
170	41.87	L	F	Nicole Seyisi	19	PISC KZ	01/06/2013 KZN Sprint Gala 1
171	42.91	L	F	Songo Mfikili	21	HARL BO	28/02/2014 BO-2nd February Age Group Gala 2014
172	43.32	L	F	Bronwyn Ramathula	24	BEAV KZ	23/08/2013 KZN Beavers Winter LongCourse
173	44.09	L	F	Tracy McKay	44	KZNA KZ	07/04/2014 Sa National Aquatic Championship 2014
174	44.67	L	F	Claire Murray	23	BEAV KZ	23/08/2013 KZN Beavers Winter LongCourse
175	44.73	L	F	Maretha Nel	26	WPA WP	31/03/2014 2014 Nedbank Championships
176	45.07	L	F	Donnée Dixon	23	VINE WP	31/01/2014 WP Jack Currie Championships

Individual Top Times

Times since: 01-May-13 **Times until: 30-Apr-14**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
177	47.24 L L	F	Catharina Van Zyl-Smit	40	PSA LP	24/06/2013	Sasol National Winter Championships
178	51.48 L	F	Wendy Van Zyl	59	KZN	31/03/2014	2014 Nedbank Championships
179	51.85 L	P	Adri Visser	26	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
180	53.05 L S	F	Beth Nothling	24	SGUL KZ	09/07/2013	SPEEDO PRESTIGE 2013
181	57.39 L	F	Rentia Oosthuizen	22	AQUB EP	11/01/2014	EP 5th A League Gala
182	57.63 L L	F	Alexandra Quenet	18	MATI WP	06/12/2013	WP Championships 2013
183*	1:01.37 L	F	Tiffany Pereira	18	BARS CG	28/09/2013	EGA Summer 1
183*	1:01.37 L	F	Catherine Van Staden	34	WPA WP	31/03/2014	2014 Nedbank Championships
185	1:04.19 L	F	Fransina Mbiko	19	MDOL CG	05/12/2013	CGA Open Champs
186	1:10.95 L	F	Lindiswa Dzanibe	19	MDOL CG	02/11/2013	CGA Level 2-3 gala No 3
187	1:26.15 L S	F	Patricia Ings	45	ACSA KZ	10/12/2013	KZN PREMIER CHAMPS 2013
Women 100 Free							
1	54.48 L	F	Karin Prinsloo	24	RSA	31/01/2014	2014 BHP Billiton Aquatic Super Series
2	56.45 L	F	Trudi Maree	25	MATI WP	10/07/2013	27th Summer Universiade
3	56.72 L	P	Lehesta Kemp	24	PSC NT	15/06/2013	Mare Nostrum Canet 2013
4	57.33 L	P	Marne Erasmus	18	BORD BO	07/04/2014	Sa National Aquatic Championship 2014
5	57.42 L L	F	Jessica Ashley-Cooper	21	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
6	57.96 L	F	Kyna Pereira	18	KLOO KZ	13/03/2014	SA Level 3 National Age Group Champs
7	58.18 L	S	Danica McWilliam	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
8	58.68 L L	F	Vanessa Mohr	19	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
9	58.89 L	F	Rene' Warnes	22	SGUL KZ	15/11/2013	KZN TYR Westville Sprints Champs
10	58.93 L	F	Natasha Vd Walt	18	ALSC CG	13/03/2014	SA Level 3 National Age Group Champs
11	59.24 L	F	Kayla Ferreira	19	TUKSI NT	09/07/2013	SPEEDO PRESTIGE 2013
12	59.29 L	P	Megan Stephens	23	WATR CG	11/06/2013	Mare Nostrum Barcelona 2013
13	59.34 L	S	Caitlin Kat	21	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
14	59.44 L	S	Anika Kruger	18	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
15	59.71 L L	F	Kirsty Mc Lauchlan	20	WATR CG	05/12/2013	CGA Open Champs
16	59.83 L	S	Lauren Bezuidenhout	24	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
17	1:00.19 L	P	Tayla Lovemore	19	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
18	1:00.32 L	F	Lindsay McLeod	19	RSA	18/07/2013	IAG Championships & Summer Open
19	1:00.45 L	P	Carmel Billson	21	ACSA KZ	09/07/2013	SPEEDO PRESTIGE 2013
20	1:00.47 L	F	Kristy Muller	19	TUKSI NT	09/07/2013	SPEEDO PRESTIGE 2013
21	1:00.53 L L	F	Louisa De Jongh	18	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
22	1:00.60 L	F	Imre Van Huyssteen	18	PLAY WP	06/12/2013	WP Championships 2013
23	1:00.69 L	P	Tamlyn Price	19	EP EP	07/04/2014	Sa National Aquatic Championship 2014
24	1:00.70 L	P	Morgan Nicholls	18	BORD BO	07/04/2014	Sa National Aquatic Championship 2014
25	1:00.91 L	F	Amy Peens	20	TUKS NT	06/12/2013	NTS Championships 2013
26	1:01.12 L	P	Peggy De Villiers	20	UWCA WP	09/07/2013	SPEEDO PRESTIGE 2013
27	1:01.33 L	P	Tyler Mirtle	18	SEAL KZ	09/07/2013	SPEEDO PRESTIGE 2013
28	1:01.54 L	P	Samantha Blaauw	18	NWS NW	07/04/2014	Sa National Aquatic Championship 2014
29	1:01.60 L	F	Beatrix Malan	18	UWCA WP	12/10/2013	WP Second Skins Senior League 5
30	1:01.67 L	F	Robyn Charter	20	MATI WP	02/12/2013	USSA Swimming Championships 2013
31	1:01.68 L	P	Seonaid Leech	18	STAD CG	13/03/2014	SA Level 3 National Age Group Champs
32	1:01.76 L	F	Vicky Van der Merwe	18	NEWS NN	20/03/2014	SA Level 2 Regional Age Group Champs
33	1:01.81 L	F	Tarryn Holmes	18	UNIQ CG	13/02/2014	Hamilton Aquatics Dubai International
34	1:01.91 L	F	Joaquina Salgado	18	TWSA EP	01/11/2013	32nd Freda Barnard Invitational Gala
35	1:01.97 L	F	Anna-Lotte Retief	20	TUKS NT	20/01/2014	Free State Championships 2014
36	1:02.04 L	P	Odile Dauvellier	20	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
37	1:02.05 L	F	Marise Nel	18	PAC NT	06/12/2013	NTS Championships 2013
38	1:02.23 L	F	Michelle Wessels	21	BLOT FS	20/01/2014	Free State Championships 2014
39	1:02.25 L	F	Carmen Wessels	21	BLOT FS	20/01/2014	Free State Championships 2014
40	1:02.28 L	P	Megan Toye	18	TUKS NT	06/12/2013	NTS Championships 2013
41	1:02.31 L	P	Natalie Maritz	18	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
42	1:02.34 L	F	Lauren Billson	19	PEAS EP	21/06/2013	PEA Winter Gala 2013
43	1:02.37 L	P	Jade Goosen	18	WSTV KZ	09/07/2013	SPEEDO PRESTIGE 2013
44	1:02.42 L	P	Justine Macfarlane	18	WATR CG	05/12/2013	CGA Open Champs
45	1:02.61 L	F	Shebjorn Axelson	23	MGSC KZ	29/06/2013	KZN Age Group 1
46	1:02.66 L	P	Bernitia Hess	18	PAQU WP	06/12/2013	WP Championships 2013
47	1:02.68 L	F	Alexandra Quenet	18	MATI WP	06/12/2013	WP Championships 2013

Individual Top Times

Times since: 01-May-13

Times until: 30-Apr-14

Number of Top Times: All

Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
48	1:02.71 L	F	Michelle Nieuwstad	20	MATI WP	06/12/2013	WP Championships 2013
49	1:02.88 L	P	Tanya Abrie	18	WATR CG	20/03/2014	SA Level 2 Regional Age Group Champs
50	1:02.90 L	P	Carmen Morck	26	AZON KZ	09/07/2013	SPEEDO PRESTIGE 2013
51	1:03.07 L	P	Juane Du Plessis	19	BLOT FS	09/07/2013	SPEEDO PRESTIGE 2013
52	1:03.18 L	F	Chynna Stewart	18	TUKS NT	13/09/2013	NTS Sept 2013 Combined Age Group
53	1:03.19 L	F	Chrizalda Smit	19	TUKS NT	06/12/2013	NTS Championships 2013
54	1:03.48 L	P	Claire De Lange	19	SGUL KZ	09/07/2013	SPEEDO PRESTIGE 2013
55*	1:03.49 L	F	Kelly Gunnell	20	MDOL CG	02/02/2014	CGA Level 2-3 gala No 4 - level 3 only
55*	1:03.49 L	F	Amy Fraser	18	NEWS NN	15/11/2013	KZN TYR Westville Sprints Champs
57	1:03.66 L	F	Sarah-Jane Walker	18	WSTV KZ	14/09/2013	KZN Age Group 4
58	1:03.75 L	F	Thilde Victor	32	EGA ES	14/09/2013	CGA Level 1 gala No 1
59	1:03.81 L	F	Kamilla Snyman	20	PSC NT	30/11/2013	SWD LC CHAMPS
60	1:03.96 L	F	Cassie Shear	18	MDOL CG	21/07/2013	19th Maccabiah Games
61	1:04.11 L	P	Sarah-Ann Bouwer	19	MDOL CG	09/07/2013	SPEEDO PRESTIGE 2013
62	1:04.23 L	F	Tara-Lynn Nicholas	18	SEAL KZ	09/11/2013	KZN Age Group 6
63	1:04.49 L	P	Nicole Lewis	18	FINS MP	09/07/2013	SPEEDO PRESTIGE 2013
64	1:04.56 L	P	Jessica De Beer	19	FLOD CG	09/07/2013	SPEEDO PRESTIGE 2013
65	1:04.61 L	F	Japke Engelbrecht	18	LP LP	14/09/2013	CGA Level 1 gala No 1
66	1:04.64 L	P	Christine Grobler	18	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
67	1:04.78 L S	F	Shannon Austin	21	UWCA WP	06/12/2013	WP Championships 2013
68	1:05.18 L	F	Kaleigh Graham	18	TWSA EP	20/03/2014	SA Level 2 Regional Age Group Champs
69	1:05.21 L	F	Cornell Loubser	19	NWS NW	07/04/2014	Sa National Aquatic Championship 2014
70	1:05.22 L	P	Genna Greevelink	19	EP EP	07/04/2014	Sa National Aquatic Championship 2014
71	1:05.33 L	F	Suzanne Jv Rensburg	22	PSA LP	24/06/2013	Sasol National Winter Championships
72	1:05.60 L	F	Tina Wong	18	STAD CG	05/12/2013	CGA Open Champs
73	1:05.67 L	P	Aelke Vd Venter	18	PLAY WP	06/12/2013	WP Championships 2013
74	1:05.82 L	F	Tayla Saunders	18	KOVFS FS	20/03/2014	SA Level 2 Regional Age Group Champs
75*	1:05.90 L	P	Rebekah Napier-Jameson	21	MDOL CG	09/07/2013	SPEEDO PRESTIGE 2013
75*	1:05.90 L	F	Lisa Cowling	20	VINE WP	09/11/2013	WP Second Skins Senior League 6
77	1:05.98 L	F	Yvonne Smith	23	KOVFS FS	06/12/2013	WP Championships 2013
78	1:06.01 L	F	Heloise Du Plessis	19	MATI WP	14/09/2013	WP Second Skins Senior League 4
79	1:06.14 L	F	Ifke Dorland	18	CADO WP	14/09/2013	WP Second Skins Senior League 4
80	1:06.27 L	F	Leverne De Klerk	18	WEST WP	14/09/2013	WP Second Skins Senior League 4
81	1:06.34 L	F	Esmari Theart	18	BLNE FS	20/03/2014	SA Level 2 Regional Age Group Champs
82	1:07.39 L	F	Robyn Ferguson	21	UWCA WP	09/11/2013	WP Second Skins Senior League 6
83*	1:07.54 L	F	Bronwyn Cumming	33	BLAC ES	05/12/2013	EGA Championships Dec 2013
83*	1:07.54 L	F	Suné Storme	18	BLOT FS	24/06/2013	Sasol National Winter Championships
85	1:07.68 L	P	Samantha Di Domenico	18	ONY ES	05/12/2013	EGA Championships Dec 2013
86	1:07.70 L	P	Kristy Boucher	21	ONY ES	05/12/2013	EGA Championships Dec 2013
87	1:07.87 L	F	Kira Maurer	23	CADO WP	09/11/2013	WP Second Skins Senior League 6
88	1:07.91 L	F	Shireen Sapiro	23	STAD CG	09/07/2013	SPEEDO PRESTIGE 2013
89	1:08.29 L	P	Sarah Siepman	19	AZON KZ	18/10/2013	KZN ACTION SWIM CHAMPIONSHIPS
90	1:08.38 L	P	Kelsey Heatlie	18	BENS ES	05/12/2013	EGA Championships Dec 2013
91	1:08.44 L	F	Emily Gray	22	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
92	1:08.88 L	F	Landi Cilliers	21	NWUC NW	02/12/2013	USSA Swimming Championships 2013
93	1:09.06 L	F	Katija Pimenta	19	BOKS ES	19/10/2013	EGA Summer 2_19Oct 2013
94	1:09.17 L	F	Melene Klinck	18	KOVFS FS	18/10/2013	Otters Prestige Gala
95	1:09.66 L	F	Line Grobler	18	PSC NT	14/02/2014	NTS February Age Group Level 2+3
96	1:09.84 L	F	Shirley Carey	39	HIGH KZ	18/01/2014	N-KZN ZULULAND AGE GROUP GALA
97	1:10.13 L	F	Adriana Venter	21	KOVFS FS	18/10/2013	Otters Prestige Gala
98	1:10.16 L	F	Karmi De Jager	18	TUKS NT	13/09/2013	NTS Sept 2013 Combined Age Group
99	1:10.31 L	F	Micaela Gerling	20	UNI MP	29/11/2013	Mpumalanga Championships 2013
100	1:10.36 L	F	Chantel Smith	20	BLSS FS	20/01/2014	Free State Championships 2014
101	1:10.46 L	F	Liza Bahlmann	19	VIKI BO	01/11/2013	Border November Age Group Gala 2013
102	1:10.52 L	F	Corle Ferreira	20	KOVFS FS	18/10/2013	Otters Prestige Gala
103	1:10.56 L	F	Kristin Williams	19	VIKI BO	28/11/2013	Border Championships
104	1:10.77 L	F	Annezell van Staden	18	PRA MP	29/11/2013	Mpumalanga Championships 2013
105	1:10.88 L	F	Tayla Van Rooyen	19	AEC CG	21/09/2013	CGA Level 2-3 Gala No 1 2013
106	1:10.94 L	P	Shelly-Ann King	19	SEAL KZ	09/07/2013	SPEEDO PRESTIGE 2013

Individual Top Times

Times since: 01-May-13

Times until: 30-Apr-14

Number of Top Times: All

Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
107	1:11.01	L	P	Ashton Heatlie	21	BENS ES	05/12/2013	EGA Championships Dec 2013
108	1:11.11	L	F	Jozanne Luyt	20	NWUC NW	05/10/2013	NWS Age Group 1
109	1:11.51	L	F	Megan Hesse	19	PAC NT	23/08/2013	NTS Aug 2013 Age Group Level 3+
110	1:11.55	L	P	Lauren Hagger	19	BENS ES	05/12/2013	EGA Championships Dec 2013
111	1:11.71	L	F	Tayla Brons	18	ONY ES	19/10/2013	EGA Summer 2_19Oct 2013
112	1:11.77	L	F	Chantè Jarvis	18	XSAQ WP	14/09/2013	WP Second Skins Senior League 4
113	1:12.02	L	P	Jo-Andri Konig	18	DBSC VT	05/12/2013	EGA Championships Dec 2013
114	1:12.19	L	F	Jennifer Webster	20	MATI WP	02/12/2013	USSA Swimming Championships 2013
115	1:12.22	L	F	Kathryn Alderman	20	KOVFS FS	21/06/2013	PEA Winter Gala 2013
116	1:12.27	L	F	Chane Massey	18	BLSS FS	18/10/2013	Otters Prestige Gala
117	1:12.35	L	F	Da Kim	18	AQSP NW	05/10/2013	NWS Age Group 1
118	1:12.36	L	F	Emily Gray	22	NT NT	31/03/2014	2014 Nedbank Championships
119	1:12.40	L	F	Gisela Oosthuizen	18	STAD CG	22/02/2014	CGA Level 2 Champs 2014
120	1:12.53	L	F	Elizabeth Steenkamp	21	KOVFS FS	18/10/2013	Otters Prestige Gala
121	1:12.78	L	F	Sune Van Der Merwe	18	VALS NF	11/02/2014	NFS High School Championships 2014
122	1:12.87	L	F	Kris Nel	20	CSC NT	24/06/2013	Sasol National Winter Championships
123	1:12.99	L	F	San Mari De Jager	18	FAAC NC	26/10/2013	Flamingo Gala 2013
124	1:13.05	L	F	Kelsey Bester	18	FAAC NC	26/10/2013	Flamingo Gala 2013
125	1:13.17	L	P	Christelle Kriel	19	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
126	1:13.18	L	F	Ivanka Stoycheva	32	VINE WP	09/11/2013	WP Second Skins Senior League 6
127	1:13.26	L L	F	Annicc Marais	19	MATI WP	02/12/2013	USSA Swimming Championships 2013
128	1:13.45	L	P	Abigail Penman	21	BLAC ES	05/12/2013	EGA Championships Dec 2013
129	1:14.26	L	F	Rhoné Rheeders	24	PENG LP	09/11/2013	LP Age Group 2 9 November 2013
130	1:15.11	L	F	Lieze De Does	18	TYGE WP	17/08/2013	WP Senior League 3
131	1:15.73	L	F	Mariet Tait	21	KOVFS FS	24/08/2013	KOVSIAS AQUATICS LIGA 1 2013
132	1:16.24	L	F	Anne Swart	20	FINNS MP	29/11/2013	Mpumalanga Championships 2013
133	1:16.73	L	F	Sonet Smit	37	PRKA NC	23/11/2013	NOCASA Age Group 3 Kimberley 2013
134	1:16.76	L	F	Lara Bennetto	41	HBV LP	01/02/2014	Valencia Summer Gala - Feb 2014
135	1:16.80	L	F	Kirsty Hyslop	18	LINR CG	21/09/2013	CGA Level 2-3 Gala No 1 2013
136	1:17.10	L	F	Tezna Abrahams	18	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
137	1:18.50	L	F	Briania Doust	19	VRY NN	06/12/2013	N-KZN LONG COURSE
138	1:18.62	L	F	Laura-Ann Hugo	19	BLNE FS	23/11/2013	Neptune Aquatics Open Gala
139	1:18.78	L	F	Carmyn Barnes	23	MATI WP	02/12/2013	USSA Swimming Championships 2013
140	1:19.17	L	F	Jaleina Botha	18	KEIK NW	06/12/2013	NWS Championships 2013/2014
141	1:19.25	L	F	Carla Myburgh	18	KNYS SW	26/10/2013	SWD 2nd A League Gala
142	1:19.44	L	F	Martinette Du Toit	21	UPTS NC	08/01/2014	Nocasa Champs 2014
143	1:21.36	L	F	Cornelia Fowler	33	KLOO KZ	10/12/2013	KZN PREMIER CHAMPS 2013
144	1:21.61	L	F	Janine Van Deventer	37	PRKA NC	23/11/2013	NOCASA Age Group 3 Kimberley 2013
145	1:21.65	L	F	Gontse Shoro	20	SUPE CG	21/09/2013	CGA Level 2-3 Gala No 1 2013
146	1:21.76	L	F	Ester Brand	50	GHSK NC	06/12/2013	NOCASA Sprints 2013
147	1:24.00	L	F	Cindy Mkhize	23	SEAL KZ	09/07/2013	SPEEDO PRESTIGE 2013
148	1:24.01	L	F	Tezna Kirstin Abrahams	18	NW	31/03/2014	2014 Nedbank Championships
149	1:24.66	L	P	Shine' Cornelius	18	SGUL KZ	09/07/2013	SPEEDO PRESTIGE 2013
150	1:27.71	L	P	Dimakatso Makgakga	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
151	1:28.84	L	F	Jennifer Higgins	30	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
152	1:29.99	L	F	Deidre Van Biljon	41	WELA NF	02/11/2013	NFSA Interprovincial Meet 2013
153	1:33.23	L	F	Melissa Rosenick	18	RBUR NW	05/10/2013	NWS Age Group 1
154	1:37.20	L	F	Donnée Dixon	23	VINE WP	31/01/2014	WP Jack Currie Championships
155	1:37.93	L	F	Anita Louw	56	VIKI BO	28/11/2013	Border Championships
156	1:38.31	L	F	Lize-Marie Naude	18	CARN ES	16/02/2014	EGA Summer 5 Gala
157	1:39.83	L	F	Tracy McKay	44	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
158	1:42.47	L	F	Nicole Seyisi	19	PISC KZ	09/11/2013	KZN Age Group 6
159	1:43.46	L	F	Bronwyn Ramathula	24	BEAV KZ	10/12/2013	KZN PREMIER CHAMPS 2013
160	1:43.52	L	F	Songo Mfikili	21	HARL BO	01/11/2013	Border November Age Group Gala 2013
161	1:51.92	L	P	Adri Visser	26	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
162	1:52.48	L	F	Catharina Van Zyl-Smit	40	PSA LP	24/06/2013	Sasol National Winter Championships
163	1:53.96	L	P	Beth Nothing	24	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
164	1:57.65	L	F	Claire Murray	23	BEAV KZ	23/08/2013	KZN Beavers Winter LongCourse
165	2:12.77	L	F	Rentia Oosthuizen	22	AQUB EP	08/02/2014	Uitenhage Swimming Club Gala 2014

Individual Top Times

Times since: 01-May-13 **Times until: 30-Apr-14**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
166	2:29.64 L	F	Tiffany Pereira	18	BARS CG	19/10/2013	EGA Summer 2_19Oct 2013
167	2:33.53 L	P	Fransina Mbiko	19	MDOL CG	05/12/2013	CGA Open Champs
168	2:48.18 L	F	Lindiswa Dzanibe	19	MDOL CG	02/11/2013	CGA Level 2-3 gala No 3
169	3:03.23 L	F	Patricia Ings	45	ACSA KZ	18/10/2013	KZN ACTION SWIM CHAMPIONSHIPS
Women 200 Free							
1	1:57.41 L	F	Karin Prinsloo	24	RSA	31/01/2014	2014 BHP Billiton Aquatic Super Series
2	2:02.30 L	F	Rene' Warnes	22	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
3	2:04.16 L	F	Kyna Pereira	18	KLOO KZ	13/03/2014	SA Level 3 National Age Group Champs
4	2:04.24 L	F	Caitlin Kat	21	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
5	2:04.99 L	P	Jessica Pengelly	22	UNAT KZ	14/12/2013	2013 McDonalds Queensland
6	2:05.86 L	F	Megan Stephens	23	WATR CG	15/06/2013	Mare Nostrum Canet 2013
7	2:06.45 L	F	Kirsty Mc Lauchlan	20	WATR CG	05/12/2013	CGA Open Champs
8	2:07.13 L L	F	Chanel Johnston	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
9	2:07.28 L	F	Lehesta Kemp	24	PSC NT	09/07/2013	SPEEDO PRESTIGE 2013
10	2:07.56 L	P	Oneida Cooper	21	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
11	2:07.99 L L	F	Lindsay McLeod	19	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
12	2:08.57 L	F	Danica McWilliam	18	WATR CG	01/03/2014	The 2014 KZNA International Invitation
13	2:09.24 L	P	Carmel Billson	21	ACSA KZ	09/07/2013	SPEEDO PRESTIGE 2013
14	2:09.64 L	P	Louisa De Jongh	18	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
15	2:09.74 L	F	Kristy Muller	19	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
16	2:10.00 L	F	Amy Peens	20	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
17	2:10.27 L	P	Kayla Ferreira	19	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
18	2:10.63 L	P	Bianca Hauzer	20	MDOL CG	09/07/2013	SPEEDO PRESTIGE 2013
19	2:10.64 L	F	Justine Macfarlane	18	WATR CG	05/12/2013	CGA Open Champs
20	2:10.71 L	F	Natasha Vd Walt	18	ALSC CG	13/03/2014	SA Level 3 National Age Group Champs
21	2:12.58 L	P	Seonaid Leech	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
22	2:13.19 L	F	Imre Van Huyssteen	18	PLAY WP	06/12/2013	WP Championships 2013
23	2:13.29 L S	F	Shannon Austin	21	UWCA WP	06/12/2013	WP Championships 2013
24	2:13.44 L	P	Vanessa Mohr	19	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
25	2:13.96 L	F	Sharnè Dicks	19	UWCA WP	17/08/2013	WP Senior League 3
26	2:14.27 L	P	Juane Du Plessis	19	BLOT FS	09/07/2013	SPEEDO PRESTIGE 2013
27	2:14.31 L	P	Sarah-Ann Bouwer	19	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
28	2:14.67 L	F	Nina Nicholas	21	MATI WP	17/08/2013	WP Senior League 3
29	2:14.94 L	P	Morgan Nicholls	18	VIKI BO	13/03/2014	SA Level 3 National Age Group Champs
30	2:15.28 L	P	Michelle Wessels	21	BLOT FS	09/07/2013	SPEEDO PRESTIGE 2013
31	2:15.29 L	P	Carmen Wessels	21	BLOT FS	09/07/2013	SPEEDO PRESTIGE 2013
32	2:15.45 L	F	Lauren Billson	19	PEAS EP	21/06/2013	PEA Winter Gala 2013
33	2:15.72 L	P	Samantha Blaauw	18	NWUC NW	13/03/2014	SA Level 3 National Age Group Champs
34	2:16.03 L	F	Shebjorn Axelson	23	MGSC KZ	15/11/2013	KZN TYR Westville Sprints Champs
35	2:17.03 L	P	Bernitia Hess	18	PAQU WP	06/12/2013	WP Championships 2013
36	2:17.41 L	P	Michelle Nieuwstad	20	MATI WP	06/12/2013	WP Championships 2013
37	2:17.53 L	P	Megan Toye	18	TUKS NT	06/12/2013	NTS Championships 2013
38	2:18.13 L	P	Christine Grobler	18	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
39	2:19.22 L	P	Lisa Cowling	20	VINE WP	06/12/2013	WP Championships 2013
40	2:19.24 L	P	Chrizalda Smit	19	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
41	2:19.26 L	P	Jessica De Beer	19	FLOD CG	09/07/2013	SPEEDO PRESTIGE 2013
42	2:19.46 L	F	Joaquina Salgado	18	TWSA EP	16/11/2013	EPA 4th A League Gala
43	2:19.75 L	F	Odile Dauvellier	20	STAD CG	05/12/2013	CGA Open Champs
44	2:19.80 L	P	Marise Nel	18	PAC NT	06/12/2013	NTS Championships 2013
45	2:19.88 L	F	Cassie Shear	18	MDOL CG	21/07/2013	19th Maccabiah Games
46	2:20.29 L	P	Carmen Morck	26	AZON KZ	09/07/2013	SPEEDO PRESTIGE 2013
47	2:20.85 L	F	Anika Kruger	18	MATI WP	12/10/2013	WP Second Skins Senior League 5
48	2:20.95 L	F	Vicky Van der Merwe	18	NEWS NN	20/03/2014	SA Level 2 Regional Age Group Champs
49	2:20.99 L	F	Kamilla Snyman	20	PSC NT	30/11/2013	SWD LC CHAMPS
50	2:21.18 L	F	Chynna Stewart	18	TUKS NT	12/10/2013	NTS Oct 2013 Agr Group Level 2
51	2:21.29 L	F	Denjylie Cordero	21	PSL	08/02/2014	WP Second Skins Senior League 7
52	2:21.44 L	F	Tanya Abrie	18	WATR CG	22/02/2014	CGA Level 2 Champs 2014
53	2:21.70 L	F	Tayla Saunders	18	KOVFS FS	20/03/2014	SA Level 2 Regional Age Group Champs
54	2:22.40 L	P	Yvonne Smith	23	KOVFS FS	06/12/2013	WP Championships 2013

Individual Top Times

Times since: 01-May-13

Times until: 30-Apr-14

Number of Top Times: All

Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
55	2:23.09	L	F	Suzanne Jv Rensburg	22	PSA LP	24/06/2013 Sasol National Winter Championships
56	2:23.40	L	F	Cornell Loubser	19	NWUC NW	27/07/2013 22nd Summer Deaflympics
57	2:23.70	L	F	Natalie Maritz	18	TUKS NT	13/09/2013 NTS Sept 2013 Combined Age Group
58	2:23.77	L	P	Tina Wong	18	STAD CG	05/12/2013 CGA Open Champs
59	2:24.89	L	P	Rebekah Napier-Jameson	21	MDOL CG	09/07/2013 SPEEDO PRESTIGE 2013
60	2:25.08	L	F	Esmari Theart	18	BLNE FS	20/03/2014 SA Level 2 Regional Age Group Champs
61	2:26.14	L	F	Sarah Siepman	19	AZON KZ	18/10/2013 KZN ACTION SWIM CHAMPIONSHIPS
62	2:26.38	L	P	Emily Gray	22	NTS NT	07/04/2014 Sa National Aquatic Championship 2014
63	2:26.85	L	P	Shireen Sapiro	23	STAD CG	09/07/2013 SPEEDO PRESTIGE 2013
64	2:28.62	L	F	Kaleigh Graham	18	TWSA EP	24/01/2014 BO-January Age Group Gala 2014
65	2:29.70	L	P	Kelsey Heatlie	18	BENS ES	05/12/2013 EGA Championships Dec 2013
66	2:29.90	L	F	Leverne De Klerk	18	WEST WP	12/10/2013 WP Second Skins Senior League 5
67	2:30.58	L	F	Melene Klinck	18	KOVFS FS	18/10/2013 Otters Prestige Gala
68	2:31.58	L	P	Amy Fraser	18	NEWS NN	20/03/2014 SA Level 2 Regional Age Group Champs
69	2:32.22	L	F	Nicolette Ramshaw	19	SEAL KZ	15/11/2013 KZN TYR Westville Sprints Champs
70	2:32.44	L	F	Adriana Venter	21	KOVFS FS	24/08/2013 KOVSIES AQUATICS LIGA 1 2013
71	2:32.48	L	F	Karmi De Jager	18	TUKS NT	13/09/2013 NTS Sept 2013 Combined Age Group
72	2:32.91	L	F	Jozanne Luyt	20	NWUC NW	02/12/2013 USSA Swimming Championships 2013
73	2:33.84	L	F	Emily Gray	22	NT NT	31/03/2014 2014 Nedbank Championships
74	2:34.61	L	F	Samantha Di Domenico	18	ONY ES	25/01/2014 EGA Summer 4
75	2:34.66	L	F	Lauren Hagger	19	BENS ES	22/11/2013 EGA League C 2013
76	2:34.73	L	F	Chane Massey	18	BLSS FS	18/10/2013 Otters Prestige Gala
77	2:35.33	L	P	Bronwyn Cumming	33	BLAC ES	05/12/2013 EGA Championships Dec 2013
78	2:35.59	L	F	Robyn Henderson	18	MDOL CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
79	2:35.89	L	P	Ashton Heatlie	21	BENS ES	05/12/2013 EGA Championships Dec 2013
80	2:36.55	L	P	Kristy Boucher	21	ONY ES	05/12/2013 EGA Championships Dec 2013
81	2:36.58	L	F	Tayla Brons	18	ONY ES	24/06/2013 Sasol National Winter Championships
82	2:37.02	L	F	Micaela Gerling	20	UNI MP	29/11/2013 Mpumalanga Championships 2013
83	2:37.71	L	F	Kris Nel	20	CSC NT	13/09/2013 NTS Sept 2013 Combined Age Group
84	2:37.85	L	F	Suné Storme	18	BLOT FS	24/06/2013 Sasol National Winter Championships
85	2:38.77	L	P	Tayla Van Rooyen	19	AEC CG	09/07/2013 SPEEDO PRESTIGE 2013
86	2:39.75	L	F	Gisela Oosthuizen	18	STAD CG	22/02/2014 CGA Level 2 Champs 2014
87	2:39.80	L	F	Line Grobler	18	PSC NT	02/11/2013 CGA Level 2-3 gala No 3
88	2:40.27	L	F	Da Kim	18	AQSP NW	06/12/2013 NWS Championships 2013/2014
89	2:40.51	L	F	Kristin Williams	19	VIKI BO	28/11/2013 Border Championships
90	2:41.05	L	F	Christelle Kriel	19	FINS MP	06/12/2013 WP Championships 2013
91	2:41.92	L	F	Kirsty Hyslop	18	LINR CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
92	2:42.75	L	F	Kelsey Bester	18	FAAC NC	18/10/2013 Otters Prestige Gala
93	2:43.79	L	F	Kayleigh Watson	18	SOUL ES	28/09/2013 EGA Summer 1
94	2:44.14	L	F	Angelique Johnson	18	WEST WP	09/11/2013 WP Second Skins Senior League 6
95	2:45.08	L	F	Bianca van Breda	33	TLAC NW	06/12/2013 NWS Championships 2013/2014
96	2:47.90	L	F	Lieze De Does	18	TYGE WP	17/08/2013 WP Senior League 3
97	2:48.27	L	F	Annezell van Staden	18	PRA MP	29/11/2013 Mpumalanga Championships 2013
98	2:48.40	L	F	Odelia Roodt	22	NWUC NW	02/12/2013 USSA Swimming Championships 2013
99	2:49.00	L	P	Jo-Andri Konig	18	DBSC VT	05/12/2013 EGA Championships Dec 2013
100	2:54.36	L	F	Cornelia Fowler	33	KLOO KZ	10/12/2013 KZN PREMIER CHAMPS 2013
101	2:57.35	L	F	Carla Myburgh	18	KNYS SW	16/11/2013 SWD 3RD A LEAGUE GALA
102	3:04.66	L	F	Anne Swart	20	FINS MP	01/11/2013 MP AGE GROUP 2 - 2013
103	3:05.66	L	F	Martinette Du Toit	21	UPTS NC	08/01/2014 Nocasa Champs 2014
104	3:11.40	L	P	Shine' Cornelius	18	SGUL KZ	09/07/2013 SPEEDO PRESTIGE 2013
105	3:11.42	L	P	Cindy Mkhize	23	SEAL KZ	09/07/2013 SPEEDO PRESTIGE 2013
106	3:17.83	L	F	Jennifer Higgins	30	NDSA KZ	10/12/2013 KZN PREMIER CHAMPS 2013
107	3:19.24	L	F	Ester Brand	50	GHSK NC	08/01/2014 Nocasa Champs 2014
108	3:19.83	L	F	Aalia Patel	18	ATLA CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
109	3:31.28	L	F	Donnée Dixon	23	VINE WP	12/10/2013 WP Second Skins Senior League 5
110	3:38.25	L	F	Tracy McKay	44	SGUL KZ	10/12/2013 KZN PREMIER CHAMPS 2013
111	3:51.42	L	F	Adri Visser	26	STAD CG	12/08/2013 IPC World Swimming Championship
112	3:57.70	L	P	Beth Nothing	24	SGUL KZ	09/07/2013 SPEEDO PRESTIGE 2013
113	4:02.43	L	F	Hlengiwe Mqomboti	18	SOWE CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013

Individual Top Times

Times since: 01-May-13 **Times until: 30-Apr-14**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
Women 400 Free							
1	4:07.92 L	F	Karin Prinsloo	24	RSA	31/01/2014	2014 BHP Billiton Aquatic Super Series
2	4:16.07 L	F	Rene' Warnes	22	SGUL KZ	10/12/2013	KZN PREMIER CHAMPS 2013
3	4:17.99 L	F	Caitlin Kat	21	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
4	4:18.41 L	F	Kyna Pereira	18	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
5	4:19.72 L	P	Jessica Pengelly	22	UNAT KZ	14/12/2013	2013 McDonalds Queensland
6	4:27.64 L	P	Megan Stephens	23	WATR CG	15/06/2013	Mare Nostrum Canet 2013
7	4:27.77 L	F	Oneida Cooper	21	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
8	4:28.07 L	P	Kirsty Mc Lauchlan	20	WATR CG	15/06/2013	Mare Nostrum Canet 2013
9	4:29.43 L	P	Chanel Johnston	18	WATR CG	15/06/2013	Mare Nostrum Canet 2013
10	4:29.98 L	P	Lindsay McLeod	19	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
11	4:32.65 L	F	Shannon Austin	21	UWCA WP	06/12/2013	WP Championships 2013
12	4:40.25 L	F	Bianca Hauzer	20	MDOL CG	09/07/2013	SPEEDO PRESTIGE 2013
13	4:40.96 L	F	Carmel Billson	21	ACSA KZ	18/10/2013	KZN ACTION SWIM CHAMPIONSHIPS
14	4:41.89 L	F	Lauren Billson	19	PEAS EP	21/06/2013	PEA Winter Gala 2013
15	4:42.01 L	P	Kristy Muller	19	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
16	4:42.29 L	F	Lisa Cowling	20	VINE WP	06/12/2013	WP Championships 2013
17	4:43.18 L	P	Justine Macfarlane	18	WATR CG	05/12/2013	CGA Open Champs
18	4:44.35 L	F	Sharnè Dicks	19	UWCA WP	26/10/2013	WP IM Gala
19	4:44.82 L	F	Imre Van Huyssteen	18	PLAY WP	06/12/2013	WP Championships 2013
20	4:47.27 L	F	Seonaid Leech	18	STAD CG	13/03/2014	SA Level 3 National Age Group Champs
21	4:48.93 L	F	Shebjorn Axelson	23	MGSC KZ	10/12/2013	KZN PREMIER CHAMPS 2013
22	4:50.28 L	F	Casey Pullen	20	STAD CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
23	4:50.78 L	F	Sarah-Ann Bouwer	19	MDOL CG	02/11/2013	CGA Level 2-3 gala No 3
24	4:54.46 L	F	Morgan Nicholls	18	VIKI BO	24/01/2014	BO-January Age Group Gala 2014
25	4:57.05 L	F	Nina Nicholas	21	MATI WP	02/12/2013	USSA Swimming Championships 2013
26	4:57.59 L	F	Carmen Wessels	21	BLOT FS	23/11/2013	Neptune Aquatics Open Gala
27	4:58.14 L	F	Yvonne Smith	23	KOVS FS	06/12/2013	WP Championships 2013
28	4:58.52 L	F	Megan Toye	18	TUKS NT	11/10/2013	NTS Oct 2013 Age Group Level 3+
29	4:59.09 L	F	Michelle Wessels	21	BLOT FS	23/11/2013	Neptune Aquatics Open Gala
30	4:59.19 L	F	Caitlin Van Niekerk	18	VINE WP	26/10/2013	WP IM Gala
31	4:59.80 L	F	Samantha Blaauw	18	NWUC NW	06/12/2013	NWS Championships 2013/2014
32	5:00.40 L	F	Cassie Shear	18	MDOL CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
33	5:00.52 L	F	Kelly Gunnell	20	MDOL CG	02/02/2014	CGA Level 2-3 gala No 4 - level 3 only
34	5:01.00 L	F	Suzanne Jv Rensburg	22	PSA LP	24/06/2013	Sasol National Winter Championships
35	5:01.10 L	P	Jessica De Beer	19	FLOD CG	09/07/2013	SPEEDO PRESTIGE 2013
36	5:01.94 L	F	Ifke Dorland	18	CADO WP	26/10/2013	WP IM Gala
37	5:03.38 L	F	Sarah Siepman	19	AZON KZ	23/08/2013	KZN Beavers Winter LongCourse
38	5:03.49 L	F	Tayla Saunders	18	KOVS FS	20/03/2014	SA Level 2 Regional Age Group Champs
39	5:04.00 L	P	Emily Gray	22	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
40	5:04.23 L	P	Rebekah Napier-Jameson	21	MDOL CG	09/07/2013	SPEEDO PRESTIGE 2013
41	5:04.29 L	F	Tanya Abrie	18	WATR CG	20/03/2014	SA Level 2 Regional Age Group Champs
42	5:06.95 L	F	Veruschka Jordaan	19	TUKS NT	13/09/2013	NTS Sept 2013 Combined Age Group
43	5:08.00 L	F	Marise Nel	18	PAC NT	14/02/2014	NTS February Age Group Level 2+3
44	5:10.11 L	P	Odile Dauvellier	20	STAD CG	05/12/2013	CGA Open Champs
45	5:10.22 L	P	Shireen Sapiro	23	STAD CG	09/07/2013	SPEEDO PRESTIGE 2013
46	5:10.36 L	F	Natalie Maritz	18	TUKS NT	13/09/2013	NTS Sept 2013 Combined Age Group
47	5:10.47 L	F	Amy Fraser	18	NEWS NN	30/11/2013	N-KZN ND DECEMBER AGE GROUP
48	5:13.49 L	F	Chynna Stewart	18	TUKS NT	13/09/2013	NTS Sept 2013 Combined Age Group
49	5:13.53 L	F	Kelsey Heatlie	18	BENS ES	16/02/2014	EGA Summer 5 Gala
50	5:20.09 L	F	Chane Massey	18	BLSS FS	20/01/2014	Free State Championships 2014
51	5:20.29 L	F	Chantel Smith	20	BLSS FS	20/01/2014	Free State Championships 2014
52	5:20.97 L	F	Esmari Theart	18	BLNE FS	20/01/2014	Free State Championships 2014
53	5:23.37 L	F	Nicole Lewis	18	FINS MP	01/11/2013	MP AGE GROUP 2 - 2013
54	5:23.46 L	F	Jozanne Luyt	20	NWUC NW	02/12/2013	USSA Swimming Championships 2013
55	5:25.51 L	F	Rebecca Newman	21	BEST EP	16/11/2013	EPA 4th A League Gala
56	5:26.97 L	F	Leverne De Klerk	18	WEST WP	14/09/2013	WP Second Skins Senior League 4
57	5:33.14 L	F	Micaela Gerling	20	UNI MP	29/11/2013	Mpumalanga Championships 2013
58	5:34.18 L	F	Kris Nel	20	CSC NT	13/09/2013	NTS Sept 2013 Combined Age Group

Individual Top Times

Times since: 01-May-13 **Times until: 30-Apr-14**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
59	5:34.19 L	F	Ashton Heatlie	21	BENS ES	05/12/2013	EGA Championships Dec 2013
60	5:36.24 L	F	Kirsty Hyslop	18	LINR CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
61	5:53.11 L	F	Suné Storme	18	BLOT FS	24/06/2013	Sasol National Winter Championships
62	5:58.21 L	F	Bianca van Breda	33	TLAC NW	06/12/2013	NWS Championships 2013/2014
63*	5:59.77 L	F	Abigail Penman	21	BLAC ES	19/10/2013	EGA Summer 2_19Oct 2013
63*	5:59.77 L	F	Laura-Ann Hugo	19	BLNE FS	23/11/2013	Neptune Aquatics Open Gala
65	6:01.18 L	F	Odelia Roodt	22	NWUC NW	02/12/2013	USSA Swimming Championships 2013
66	6:02.54 L	P	Cornelia Fowler	33	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
67	6:27.94 L	F	Annezell van Staden	18	PRA MP	04/10/2013	MP Age Group 1 - 2013
68	6:36.52 L	F	Martinette Du Toit	21	UPTS NC	08/01/2014	Nocasa Champs 2014
69	7:22.68 L	F	Donnée Dixon	23	VINE WP	26/10/2013	WP IM Gala
70	7:49.99 L	F	Tracy McKay	44	SGUL KZ	10/12/2013	KZN PREMIER CHAMPS 2013
71	10:21.55 L	O	Venetia Landman	51	TYGE WP	30/11/2013	WP Open Water Challenge 2 2013
Women 800 Free							
1	8:49.23 L	F	Caitlin Kat	21	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
2	8:54.10 L	P	Kyna Pereira	18	RSA	28/07/2013	15th Fina World Championships
3	9:10.21 L	F	Shannon Austin	21	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
4	9:11.68 L	F	Kirsty Mc Lauchlan	20	WATR CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
5	9:25.15 L	F	Justine Macfarlane	18	WATR CG	05/12/2013	CGA Open Champs
6	9:28.52 L	F	Megan Stephens	23	WATR CG	05/12/2013	CGA Open Champs
7	9:35.03 L	F	Bianca Hauzer	20	MDOL CG	09/07/2013	SPEEDO PRESTIGE 2013
8	9:53.07 L	F	Suzanne Jv Rensburg	22	PSA LP	24/06/2013	Sasol National Winter Championships
9	9:55.80 L	F	Sarah-Ann Bouwer	19	MDOL CG	02/11/2013	CGA Level 2-3 gala No 3
10	9:56.59 L	F	Nina Nicholas	21	MATI WP	02/12/2013	USSA Swimming Championships 2013
11	9:59.76 L	F	Casey Pullen	20	STAD CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
12	10:07.48 L	F	Genna Greevelink	19	TWSA EP	27/06/2013	2013 CA BUEN June Age Group
13	10:17.23 L	F	Rebekah Napier-Jameson	21	MDOL CG	09/07/2013	SPEEDO PRESTIGE 2013
14	10:22.83 L	F	Shebjorn Axelson	23	MGSC KZ	27/07/2013	KZN Age Group Gala 2
15	10:28.58 L	F	Veruschka Jordaan	19	TUKS NT	02/12/2013	USSA Swimming Championships 2013
16	10:29.18 L	P	Yvonne Smith	23	FS FS	07/04/2014	Sa National Aquatic Championship 2014
17	10:29.65 L	F	Samantha Blaauw	18	NWUC NW	06/12/2013	NWS Championships 2013/2014
18	10:32.16 L	F	Tayla Saunders	18	UNIQ CG	02/11/2013	CGA Level 2-3 gala No 3
19	10:33.98 L	F	Caitlin Van Niekerk	18	VINE WP	08/02/2014	WP Second Skins Senior League 7
20	10:38.10 L	F	Rebecca Newman	21	BEST EP	06/12/2013	EP Championships 2013
21	10:45.41 L	F	Chantel Smith	20	BLSS FS	20/01/2014	Free State Championships 2014
22	10:47.99 L	F	Tanya Abrie	18	WATR CG	02/11/2013	CGA Level 2-3 gala No 3
23	10:52.88 L	F	Kelsey Heatlie	18	BENS ES	05/12/2013	EGA Championships Dec 2013
24	10:53.14 L	F	Samantha Di Domenico	18	ONY ES	05/12/2013	EGA Championships Dec 2013
25	11:00.98 L	F	Esmari Theart	18	BLNE FS	21/06/2013	PEA Winter Gala 2013
26	11:03.03 L	F	Emily Gray	22	NT NT	31/03/2014	2014 Nedbank Championships
27	11:14.06 L	F	Chane Massey	18	BLSS FS	20/01/2014	Free State Championships 2014
28	11:14.10 L	F	Jozanne Luyt	20	NWUC NW	02/12/2013	USSA Swimming Championships 2013
29	11:22.73 L	F	Ashton Heatlie	21	BENS ES	05/12/2013	EGA Championships Dec 2013
30	11:28.48 L	F	Antoinette Rudolph	18	HILL NT	06/12/2013	NTS Championships 2013
31	11:37.25 L	F	Kirsty Hyslop	18	LINR CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
32	11:44.98 L	F	Nicole Lewis	18	FINS MP	01/11/2013	MP AGE GROUP 2 - 2013
33	11:47.58 L	F	Kris Nel	20	CSC NT	13/09/2013	NTS Sept 2013 Combined Age Group
34	11:48.32 L	F	Micaela Gerling	20	UNI MP	29/11/2013	Mpumalanga Championships 2013
35	12:08.25 L	F	Suné Storme	18	BLOT FS	24/06/2013	Sasol National Winter Championships
36	12:21.18 L	F	Cornelia Fowler	33	KLOO KZ	18/01/2014	KZN Age Group 7
37	12:21.39 L	F	Odelia Roodt	22	NWUC NW	02/12/2013	USSA Swimming Championships 2013
38	12:22.39 L	F	Lara Bennetto	41	HBV LP	01/02/2014	Valencia Summer Gala - Feb 2014
39	12:23.45 L	F	Chelaine Maree	18	FISH SW	26/10/2013	SWD 2nd A League Gala
40	12:46.64 L	F	Sune Van Der Merwe	18	VALS NF	11/02/2014	NFS High School Championships 2014
41	14:16.52 L	F	Martinette Du Toit	21	UPTS NC	08/01/2014	Nocasa Champs 2014
42	20:00.06 L	F	Catherine Van Staden	34	WPA WP	31/03/2014	2014 Nedbank Championships
Women 1000 Free							
1	15.25 L	O	Cassie Shear	18	CGA CG	25/01/2014	Gauteng Open Water Championships

Individual Top Times

Times since: 01-May-13 **Times until: 30-Apr-14**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
2	17:33 L	O	Carol Mason	50	CGA CG	25/01/2014	Gauteng Open Water Championships
3	13:42.95 L	O	Sharnè Dicks	19	CYBE WP	02/11/2013	WP Open Water Challenge 1 2013
4	14:19.65 L	O	Ifke Dorland	18	CADO WP	02/11/2013	WP Open Water Challenge 1 2013
5	15:29.69 L	O	Caitlin Van Niekerk	18	VINE WP	19/01/2014	WP Open Water Challenge 3
6	15:39.74 L	O	Bianca Marais	38	TYGE WP	30/11/2013	WP Open Water Challenge 2 2013
7	17:11.25 L	O	Lynn Brennan	40	QSAM WP	19/01/2014	WP Open Water Challenge 3
8	18:21.05 L	O	Carol Noades	40	MATI WP	19/01/2014	WP Open Water Challenge 3
9	18:34.69 L	O	Sharon Whall	43	QSAM WP	02/11/2013	WP Open Water Challenge 1 2013
10	18:56.87 L	O	Josette Meder	40	TYGE WP	02/11/2013	WP Open Water Challenge 1 2013
11	23:53.15 L	O	Anna Stoltz	34	QSAM WP	02/11/2013	WP Open Water Challenge 1 2013
12	27:48.12 L	O	Penelope Ingram	58	DOLP WP	30/11/2013	WP Open Water Challenge 2 2013
13	30:57.97 L	O	Claire Waumsley	66	DOLP WP	30/11/2013	WP Open Water Challenge 2 2013
Women 1500 Free							
1	17:02.91 L	F	Caitlin Kat	21	MATI WP	10/07/2013	27th Summer Universiade
2	17:13.32 L	P	Kyna Pereira	18	KLOO KZ	26/08/2013	4th FINA World Junior Swimming
3	17:43.51 L	F	Shannon Austin	21	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
4	18:47.98 L	F	Megan Stephens	23	WATR CG	05/12/2013	CGA Open Champs
5	18:53.20 L	F	Suzanne Jv Rensburg	22	PSA LP	24/06/2013	Sasol National Winter Championships
6	19:43.11 L	F	Carmen Wessels	21	BLOT FS	26/10/2013	Supersport Seals Gala
7	19:44.21 L	F	Michelle Wessels	21	BLOT FS	26/10/2013	Supersport Seals Gala
8	20:10.47 L	F	Yvonne Smith	23	KOVS FS	26/10/2013	Supersport Seals Gala
9	20:33.83 L	F	Rebecca Newman	21	BEST EP	06/12/2013	EP Championships 2013
10	20:48.59 L	F	Adriana Venter	21	KOVS FS	26/10/2013	Supersport Seals Gala
11	21:12.97 L	F	Emily Gray	22	NT NT	31/03/2014	2014 Nedbank Championships
12	22:11.49 L	F	Kirsty Hyslop	18	LINR CG	21/09/2013	CGA Level 2-3 Gala No 1 2013
13	22:19.71 L	F	Amy Fraser	18	NEWS NN	01/02/2014	N-KZN ND FEBRUARY AGE GROUP
14	22:29.46 L	F	Kris Nel	20	CSC NT	13/09/2013	NTS Sept 2013 Combined Age Group
15	22:49.14 L	F	Micaela Gerling	20	UNI MP	29/11/2013	Mpumalanga Championships 2013
16	22:59.53 L	F	Marieke Bouwer	50	COEL NT	06/12/2013	NTS Championships 2013
17	23:19.55 L	F	Suné Storme	18	BLOT FS	24/06/2013	Sasol National Winter Championships
18	23:19.77 L	F	Cornelia Fowler	33	KLOO KZ	09/11/2013	KZN Age Group 6
19	24:56.49 L	F	Kim Foster	54	COEL NT	06/12/2013	NTS Championships 2013
20	26:49.27 L	F	Martinette Du Toit	21	UPTS NC	08/01/2014	Nocasa Champs 2014
Women 3000 Free							
1	41.25 L	O	Cassie Shear	18	CGA CG	25/01/2014	Gauteng Open Water Championships
2	41.43 L	O	Neressa Houtman	40	NTS NT	25/01/2014	Gauteng Open Water Championships
3	42.56 L	O	Jessica De Beer	19	CGA CG	25/01/2014	Gauteng Open Water Championships
4	43.04 L	O	Megan Albertyn	40	NTS NT	25/01/2014	Gauteng Open Water Championships
5	44.05 L	O	Antoinette Rudolph	18	NTS NT	25/01/2014	Gauteng Open Water Championships
6	44.15 L	O	Gabriela Volkel	24	CGA CG	25/01/2014	Gauteng Open Water Championships
7	44.25 L	O	Samantha Hillier	18	CGA CG	25/01/2014	Gauteng Open Water Championships
8	54.12 L	O	Jade Homveld	48	CGA CG	25/01/2014	Gauteng Open Water Championships
9	1:14.50 L	O	Linda Fullard	52	NTS NT	25/01/2014	Gauteng Open Water Championships
10	31:29.00 L	O	Kyna Pereira	18	KLOO KZ	23/11/2013	Capital K 10km
11	39:49.00 L	O	Megan Stephens	23	WATR CG	26/10/2013	Sun City Open Water Swim
12	40:43.00 L	O	Michelle Vlasakova	30	NTS NT	10/02/2014	Sa National Aquatic Championship
13	42:09.00 L	O	Sarah Siepman	19	AZON KZ	16/11/2013	LAKE ELAND MILE 2013
14	42:17.00 L	O	Tracy Gous	38	AQUB EP	23/02/2014	Metsi EPA Open Water EP Champs
15	42:29.00 L	F	Alexis Homveld	21	CSC NT	30/11/2013	Heia Safarie Swim 30 Nov 2013
16	43:06.00 L	O	Chane Massey	18	BLSS FS	19/01/2014	Free State Open water Champs
17	43:50.00 L	O	Tamarin Geyer	22	MSAS EP	19/01/2014	Metsi EPA Open Water Series round 3
18	44:15.51 L	O	Ifke Dorland	18	CADO WP	19/01/2014	WP Open Water Challenge 3
19	44:26.86 L	O	Denise Bosman	55	BEST EP	02/02/2014	Metsi EPA Open Water EP Champs
20	44:29.00 L	F	Yvonne Smith	23	FS FS	10/02/2014	Sa National Aquatic Championship
21	44:43.00 L	O	Tayla Saunders	18	UNIQ CG	26/10/2013	Sun City Open Water Swim
22	46:00.00 L	O	Robyn Henderson	18	CGA CG	10/02/2014	Sa National Aquatic Championship
23	46:17.00 L	O	Nadia Bacchini	36	PHOE CG	18/01/2014	Time Freight Lake Heritage Water
24	46:33.00 L	O	Esmari Theart	18	BLNE FS	19/01/2014	Free State Open water Champs

Individual Top Times

Times since: 01-May-13 **Times until: 30-Apr-14**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
25	46:45.00	L	F	Samantha Young	18	WATR CG	09/11/2013 CGA Lion Swim
26	47:19.00	L	O	Adriana Venter	21	KOVFS FS	19/01/2014 Free State Open water Champs
27	47:34.00	L	O	Erika Scheepers	30	BEST EP	27/10/2013 Metsi EPA Open Water Series
28	47:36.00	L	F	Nosipho Stiglmayr	19	MDOL CG	09/11/2013 CGA Lion Swim
29	48:04.00	L	F	Kirsty Hyslop	18	LINR CG	30/11/2013 Heia Safari - NTS OW Champs
30	48:11.76	L	O	Idelette Olivier	38	MSAS EP	02/02/2014 Metsi EPA Open Water EP Champs
31	48:18.00	L	O	Karen Kennedy	47	PHOE CG	26/10/2013 Sun City Open Water Swim
32	49:10.00	L	F	Caren Strydom	46	WAHO CG	30/11/2013 Heia Safari - NTS OW Champs
33	49:15.00	L	O	Sheralee Jolliffe-Cathro	44	STPS KZ	23/11/2013 Capital K 10km
34	50:36.00	L	O	Adele Hunter-Smith	45	BEST EP	19/01/2014 Metsi EPA Open Water Series round 3
35	50:58.00	L	F	Kris Nel	20	CSC NT	26/10/2013 Sun City Swim 26 Oct 2013
36	51:24.00	L	O	Kayleigh Watson	18	SOUL ES	26/10/2013 Sun City Open Water Swim
37	51:32.00	L	O	Kristy Boucher	21	ONY ES	26/10/2013 Sun City Open Water Swim
38	51:58.00	L	O	Cornelia Fowler	33	KLOO KZ	16/11/2013 LAKE ELAND MILE 2013
39	52:31.00	L	O	Kerry Hains	40	AQUB EP	23/02/2014 Metsi EPA Open Water EP Champs
40*	52:59.00	L	O	Karen Saunders	52	UNIQ CG	12/01/2014 Nature Valley Ebotse Swim
40*	52:59.00	L	F	Karen Saunders	52	UNIQ CG	12/01/2014 Nature Valley Ebotse Swim
42	53:00.00	L	F	Micaela Gerling	20	AQUA NT	13/10/2013 Middleburg Myl 2013
43	53:08.00	L	O	Angela Finlay	39	BEST EP	24/11/2013 Metsi EPA Open Water Series round 2
44	53:49.00	L	O	Marguerite Young	40	AQUB EP	23/02/2014 Metsi EPA Open Water EP Champs
45	54:26.76	L	O	Norelle Engela	41	DOLP WP	02/11/2013 WP Open Water Challenge 1 2013
46	54:55.00	L	F	Marissa Rollnick	62	PHOE CG	12/01/2014 Nature Valley Ebotse Swim
47	55:13.00	L	F	Sandra Verryn	26	COEL NT	26/10/2013 Sun City Swim 26 Oct 2013
48	55:14.00	L	F	Heather Phipson	43	WAHO CG	30/11/2013 Heia Safari - NTS OW Champs
49	55:54.00	L	O	Justine Johnson	37	PHOE CG	26/10/2013 Sun City Open Water Swim
50	56:01.00	L	O	Katherine Boast	39	SEAL KZ	23/11/2013 Capital K 10km
51	56:42.00	L	O	Melanie Gertenbach	49	AQUB EP	24/11/2013 Metsi EPA Open Water Series round 2
52	56:45.00	L	O	Tracey Grosse	49	BEST EP	24/11/2013 Metsi EPA Open Water Series round 2
53	56:57.00	L	O	Elizabeth Craig	69	BEST EP	23/02/2014 Metsi EPA Open Water EP Champs
54	56:58.24	L	O	Katherine Bihl	44	CADO WP	19/01/2014 WP Open Water Challenge 3
55	57:32.00	L	O	Sozet Nel	28	FRST FS	19/01/2014 Free State Open water Champs
56	57:41.00	L	O	Cheryl Stacey	41	AA CG	26/10/2013 Sun City Open Water Swim
57	58:57.00	L	O	Ingrid Brown	38	PEAS EP	27/10/2013 Metsi EPA Open Water Series
58	1:05:12.00	L	F	Cecilia Belgraver	45	COEL NT	30/11/2013 Heia Safarie Swim 30 Nov 2013
59	1:05:21.00	L	O	Sandra Lyons	44	AQUB EP	27/10/2013 Metsi EPA Open Water Series
60	1:07:19.00	L	O	Gina Clowes	40	SEAL KZ	23/11/2013 Capital K 10km
61	1:11:28.19	L	O	Gina Lourens	50	MATI WP	30/11/2013 WP Open Water Challenge 2 2013
Women 5000 Free							
1	1:21.17	L	O	Gabriela Volkel	24	CGA CG	25/01/2014 Gauteng Open Water Championships
2	1:21.29	L	O	Samantha Hillier	18	CGA CG	25/01/2014 Gauteng Open Water Championships
3	1:24.49	L	O	Robyn Henderson	18	CGA CG	25/01/2014 Gauteng Open Water Championships
4	1:32.37	L	O	Kirsty Hyslop	18	CGA CG	25/01/2014 Gauteng Open Water Championships
5	1:39.32	L	O	Jade Homveld	48	CGA CG	25/01/2014 Gauteng Open Water Championships
6	57:30.80	L	O	Kyna Pereira	18	RSA	28/07/2013 15th Fina World Championships
7	1:06:06.00	L	O	Shannon Austin	21	WPA WP	10/02/2014 Sa National Aquatic Championship
8	1:09:06.00	L	O	Lisa Cowling	20	VINE WP	02/11/2013 WP Open Water Challenge 1 2013
9	1:09:11.50	L	O	Sharnè Dicks	19	CYBE WP	02/11/2013 WP Open Water Challenge 1 2013
10	1:10:03.00	L	O	Jessica Roux	21	AQUB EP	27/10/2013 Metsi EPA Open Water Series
11	1:10:54.00	L	O	Chantel Smith	20	BLSS FS	19/01/2014 Free State Open water Champs
12	1:11:47.29	L	O	Ifke Dorland	18	CADO WP	02/11/2013 WP Open Water Challenge 1 2013
13	1:12:59.00	L	O	Genna Greevelink	19	EP EP	10/02/2014 Sa National Aquatic Championship
14	1:13:16.00	L	O	Tracy Gous	38	AQUB EP	19/01/2014 Metsi EPA Open Water Series round 3
15	1:13:33.00	L	O	Tayla Saunders	18	UNIQ CG	19/01/2014 Free State Open water Champs
16	1:14:17.00	L	O	Rebecca Newman	21	EP EP	10/02/2014 Sa National Aquatic Championship
17	1:15:42.00	L	F	Cassie Shear	18	MDOL CG	09/11/2013 CGA Lion Swim
18	1:16:13.00	L	O	Tamarin Geyer	22	MSAS EP	23/02/2014 Metsi EPA Open Water EP Champs
19	1:23:20.00	L	F	Alexis Homveld	21	CSC NT	17/11/2013 Heia Safari Swim 17 Nov 2014
20	1:25:01.00	L	O	Idelette Olivier	38	MSAS EP	27/10/2013 Metsi EPA Open Water Series
21	1:25:33.00	L	O	Chane De Jager	18	TWSA EP	24/11/2013 Metsi EPA Open Water Series round 2

Individual Top Times

Times since: 01-May-13 **Times until: 30-Apr-14**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
22	1:26:39.00	L	F	Nosipho Stiglmayr	19	MDOL CG	09/11/2013 CGA Lion Swim
23	1:30:32.00	L	F	Nadia Bacchini	36	PHOE CG	30/11/2013 Heia Safari - NTS OW Champs
24	1:32:32.32	L	O	Anke Engelbrecht	21	UWCA WP	02/11/2013 WP Open Water Challenge 1 2013
25	1:33:21.00	L	F	Caren Strydom	46	WAHO CG	30/11/2013 Heia Safari - NTS OW Champs
26	1:34:29.00	L	F	Marieke Bouwer	50	COEL NT	30/11/2013 Heia Safarie Swim 30 Nov 2013
27	1:35:29.00	L	O	Kerry Hains	40	AQUB EP	19/01/2014 Metsi EPA Open Water Series round 3
28	1:39:03.00	L	O	Sheralee Jolliffe-Cathro	44	STPS KZ	23/11/2013 Capital K 10km
29	1:42:35.21	L	O	Caroline Els	45	PEAS EP	02/02/2014 Metsi EPA Open Water EP Champs
30	1:46:43.00	L	F	Carole Bridges	51	WAHO CG	30/11/2013 Heia Safari - NTS OW Champs
31	1:47:10.34	L	O	Georgina Thomas	48	AQUB EP	02/02/2014 Metsi EPA Open Water EP Champs
32	1:47:18.09	L	O	Jane Schlaphoff	29	TWSA EP	02/02/2014 Metsi EPA Open Water EP Champs
33	2:07:05.00	L	F	Cecilia Belgraver	45	COEL NT	17/11/2013 Heia Safari Swim 17 Nov 2014
34	2:20:07.00	L	O	Gina Clowes	40	SEAL KZ	16/12/2013 KZN Champs 2013
Women 7500 Free							
1	1:44:08.00	L	O	Lisa Cowling	20	WPA WP	10/02/2014 Sa National Aquatic Championship
2	1:44:09.00	L	O	Shannon Austin	21	WPA WP	10/02/2014 Sa National Aquatic Championship
3	1:45:59.00	L	O	Megan Stephens	23	CGA CG	10/02/2014 Sa National Aquatic Championship
4	1:56:54.00	L	O	Rebecca Newman	21	EP EP	10/02/2014 Sa National Aquatic Championship
5	2:17:43.83	L	O	Anke Engelbrecht	21	UWCA WP	30/11/2013 WP Open Water Challenge 2 2013
6	3:12:33.19	L	O	Lindsay de Kock	56	WINE WP	30/11/2013 WP Open Water Challenge 2 2013
Women 10000 Free							
1	2:20:09.00	L	O	Shannon Austin	21	WPA WP	10/02/2014 Sa National Aquatic Championship
2	2:22:50.11	L	O	Lisa Cowling	20	VINE WP	30/11/2013 WP Open Water Challenge 2 2013
3	2:24:24.00	L	O	Megan Stephens	23	CGA CG	10/02/2014 Sa National Aquatic Championship
4	2:33:26.00	L	O	Rebecca Newman	21	BEST EP	02/02/2014 Metsi EPA Open Water EP Champs
5	2:51:48.00	L	F	Nosipho Stiglmayr	19	MDOL CG	30/11/2013 Heia Safari - NTS OW Champs
6	3:08:51.00	L	F	Kirsty Hyslop	18	LINR CG	30/11/2013 Heia Safari - NTS OW Champs
7	3:27:35.00	L	F	Justine Johnson	37	PHOE CG	30/11/2013 Heia Safari - NTS OW Champs
8	3:29:25.00	L	F	Jade Homveld	48	PHOE CG	09/11/2013 CGA Lion Swim
Women 50 Back							
1	29.08	L	P	Jessica Ashley-Cooper	21	RSA	28/07/2013 15th Fina World Championships
2	30.02	L	S	Lehesta Kemp	24	NTS NT	07/04/2014 Sa National Aquatic Championship 2014
3	30.31	L	F	Beatrix Malan	18	WPA WP	07/04/2014 Sa National Aquatic Championship 2014
4*	30.84	L	F	Vanessa Mohr	19	TUKS! NT	09/07/2013 SPEEDO PRESTIGE 2013
4*	30.84	L	F	Tayla Lovemore	19	KZNA KZ	07/04/2014 Sa National Aquatic Championship 2014
6	31.09	L	P	Amy Peens	20	TUKS NT	11/06/2013 Mare Nostrum Barcelona 2013
7	31.22	L	F	Alexandra Quenet	18	MATI WP	06/12/2013 WP Championships 2013
8	31.30	L	S	Tamlyn Price	19	EP EP	07/04/2014 Sa National Aquatic Championship 2014
9	31.32	L	F	Juane Du Plessis	19	BLOT FS	09/07/2013 SPEEDO PRESTIGE 2013
10	31.40	L	S	Lauren Bezuidenhout	24	KZNA KZ	07/04/2014 Sa National Aquatic Championship 2014
11	31.46	L	F	Kyna Pereira	18	KLOO KZ	10/12/2013 KZN PREMIER CHAMPS 2013
12	31.59	L	P	Michelle Nieuwstad	20	WPA WP	07/04/2014 Sa National Aquatic Championship 2014
13	31.61	L	F	Sarah-Ann Bouwer	19	MDOL CG	18/07/2013 IAG Championships & Summer Open
14	31.67	L	F	Janet Vlok	18	WHFC WP	14/09/2013 WP Second Skins Senior League 4
15*	31.68	L	S	Anika Kruger	18	WPA WP	07/04/2014 Sa National Aquatic Championship 2014
15*	31.68	L	F	Robyn Charter	20	MATI WP	02/12/2013 USSA Swimming Championships 2013
17	31.72	L	F	Milize Symington	20	GHSK NC	17/01/2014 Nocasa Age Group 4 2014 Kimberley
18	31.77	L	P	Kayla Ferreira	19	TUKS! NT	09/07/2013 SPEEDO PRESTIGE 2013
19	31.78	L	F	Seonaid Leech	18	STAD CG	16/02/2014 EGA Summer 5 Gala
20	32.11	L	P	Odile Dauvellier	20	NTS NT	07/04/2014 Sa National Aquatic Championship 2014
21	32.26	L	P	Oneida Cooper	21	CGA CG	07/04/2014 Sa National Aquatic Championship 2014
22	32.35	L	P	Brittany Reeves	19	CGA CG	07/04/2014 Sa National Aquatic Championship 2014
23	32.46	L	P	Samantha Blaauw	18	NWS NW	07/04/2014 Sa National Aquatic Championship 2014
24	32.61	L	F	Tyler Mirtle	18	ASA KZ	10/12/2013 KZN PREMIER CHAMPS 2013
25	32.66	L	F	Shebjorn Axelson	23	MGSC KZ	10/12/2013 KZN PREMIER CHAMPS 2013
26	32.69	L	P	Marianna Marini	18	BARS CG	13/03/2014 SA Level 3 National Age Group Champs
27	32.88	L	F	Morgan Nicholls	18	VIKI BO	24/01/2014 BO-January Age Group Gala 2014
28	32.98	L	F	Chanel Johnston	18	WATR CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013

Individual Top Times

Times since: 01-May-13 **Times until: 30-Apr-14**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
29	33.07 L	F	Carmel Billson	21	ACSA KZ	09/07/2013	SPEEDO PRESTIGE 2013
30	33.10 L	F	Chynna Stewart	18	TUKS NT	20/03/2014	SA Level 2 Regional Age Group Champs
31	33.19 L	P	Marise Nel	18	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
32	33.32 L	P	Anna-Lotte Retief	20	TUKS NT	06/12/2013	NTS Championships 2013
33	33.34 L	F	Tina Wong	18	STAD CG	05/12/2013	CGA Open Champs
34	33.46 L	P	Jade Goosen	18	WSTV KZ	09/07/2013	SPEEDO PRESTIGE 2013
35*	33.50 L	F	Louisa De Jongh	18	MATI WP	06/12/2013	WP Championships 2013
35*	33.50 L	F	Carmen Wessels	21	BLOT FS	20/01/2014	Free State Championships 2014
37	33.51 L	F	Japke Engelbrecht	18	HBV LP	19/10/2013	Limpopo HS Topskole 2013
38	33.56 L	F	Caitlin Kat	21	MATI WP	09/11/2013	WP Second Skins Senior League 6
39	33.63 L	F	Lindsay McLeod	19	ACSA KZ	18/01/2014	KZN Age Group 7
40	33.64 L	F	Imre Van Huyssteen	18	PLAY WP	14/09/2013	WP Second Skins Senior League 4
41	33.89 L	P	Christine Grobler	18	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
42	33.96 L	F	Chrizalda Smit	19	TUKS NT	06/12/2013	NTS Championships 2013
43	34.01 L	P	Claire De Lange	19	SGUL KZ	09/07/2013	SPEEDO PRESTIGE 2013
44	34.17 L	F	Samantha Rowe	19	ACSA KZ	18/10/2013	KZN ACTION SWIM CHAMPIONSHIPS
45	34.21 L	F	Suzanne Jv Rensburg	22	PSA LP	24/06/2013	Sasol National Winter Championships
46	34.38 L	F	Nadine Kuhn	19	BENS ES	16/02/2014	EGA Summer 5 Gala
47	34.48 L	F	Michelle Wessels	21	BLOT FS	20/01/2014	Free State Championships 2014
48	34.49 L	F	Shireen Sapiro	23	STAD CG	09/07/2013	SPEEDO PRESTIGE 2013
49	34.66 L	P	Danielle Small	19	ALSC CG	13/03/2014	SA Level 3 National Age Group Champs
50	34.81 L	P	Nicole Lewis	18	FINS MP	20/03/2014	SA Level 2 Regional Age Group Champs
51*	34.84 L	F	Chane Massey	18	BLSS FS	20/01/2014	Free State Championships 2014
51*	34.84 L	F	Bernitia Hess	18	PAQU WP	14/09/2013	WP Second Skins Senior League 4
53	34.95 L	F	Casey Pullen	20	STAD CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
54	35.02 L	F	Kelsey Heatlie	18	BENS ES	05/12/2013	EGA Championships Dec 2013
55	35.15 L	P	Jessica De Beer	19	FLOD CG	09/07/2013	SPEEDO PRESTIGE 2013
56	x35.24 L	F	Melene Klinck	18	KOVS FS	24/08/2013	KOVSIAS AQUATICS LIGA 1 2013
57	35.38 L	F	Esmari Theart	18	BLNE FS	20/03/2014	SA Level 2 Regional Age Group Champs
58	35.40 L	F	Tarryn Holmes	18	UNIQ CG	31/08/2013	Adrian Grafe Memorial Gala
59	35.42 L	F	Aelke Vd Venter	18	PLAY WP	20/03/2014	SA Level 2 Regional Age Group Champs
60	35.46 L	F	Robyn Henderson	18	MDOL CG	31/08/2013	Adrian Grafe Memorial Gala
61	35.48 L	F	San Mari De Jager	18	FAAC NC	26/10/2013	Flamingo Gala 2013
62	35.70 L	F	Suné Storme	18	BLOT FS	24/06/2013	Sasol National Winter Championships
63	35.71 L	F	Karmi De Jager	18	TUKS NT	13/09/2013	NTS Sept 2013 Combined Age Group
64*	35.73 L	P	Gisela Oosthuizen	18	STAD CG	20/03/2014	SA Level 2 Regional Age Group Champs
64*	35.73 L	F	Kaleigh Graham	18	EP EP	18/01/2014	EP Inter-Provincial Gala 2014
66	35.79 L	F	Whitney Turner	26	RBOT NW	07/09/2013	2013 Arena Hillcrest Sprint Gala
67	35.82 L	F	Amy Fraser	18	NEWS NN	15/11/2013	KZN TYR Westville Sprints Champs
68	35.92 L	F	Marli Jacobs	19	MATI WP	14/09/2013	WP Second Skins Senior League 4
69	36.06 L	F	Shirley Carey	39	HIGH KZ	30/11/2013	N-KZN ZULULAND DECEMBER AGE
70	36.15 L	F	Micaela Gerling	20	UNI MP	29/11/2013	Mpumalanga Championships 2013
71	36.25 L	P	Sarah Siepman	19	AZON KZ	18/10/2013	KZN ACTION SWIM CHAMPIONSHIPS
72	36.38 L	F	Dedré Uys	18	HPP LP	19/10/2013	Limpopo HS Topskole 2013
73	36.39 L	F	Hope Taylor	18	PSC NT	13/09/2013	NTS Sept 2013 Combined Age Group
74	36.40 L	F	Kelsey Bester	18	FAAC NC	17/01/2014	Nocasa Age Group 4 2014 Kimberley
75	36.62 L	P	Katija Pimenta	19	BOKS ES	05/12/2013	EGA Championships Dec 2013
76	36.81 L	F	Leverne De Klerk	18	WEST WP	08/02/2014	WP Second Skins Senior League 7
77	36.83 L	F	Amy Weyer	18	VIKI BO	28/11/2013	Border Championships
78	36.88 L	F	Kathryn Allderman	20	KOVS FS	21/06/2013	PEA Winter Gala 2013
79	37.12 L	F	Shannay Allmark	19	HBV LP	25/10/2013	Mpumalanga Top Schools 2013 High
80	37.19 L	F	Jo-Andri Konig	18	DBSC VT	19/10/2013	EGA Summer 2_19Oct 2013
81	37.30 L	F	Sune Van Der Merwe	18	VALS NF	11/02/2014	NFS High School Championships 2014
82	37.39 L	F	Yvonne Smith	23	FS FS	07/04/2014	Sa National Aquatic Championship 2014
83	37.52 L	P	Bronwyn Cumming	33	BLAC ES	05/12/2013	EGA Championships Dec 2013
84	37.55 L	F	Nicolette Ramshaw	19	SEAL KZ	15/11/2013	KZN TYR Westville Sprints Champs
85	37.57 L	F	Kayleigh Watson	18	SOUL ES	28/09/2013	EGA Summer 1
86	37.58 L	F	Emily Gray	22	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
87	37.96 L	P	Tayla Van Rooyen	19	AEC CG	09/07/2013	SPEEDO PRESTIGE 2013

Individual Top Times

Times since: 01-May-13 **Times until: 30-Apr-14**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
88	38.50 L	F	Line Grobler	18	PSC NT	14/02/2014	NTS February Age Group Level 2+3
89	38.86 L	F	Nazeerah Ally	18	ATLA CG	22/02/2014	CGA Level 2 Champs 2014
90	38.91 L	F	Abigail Penman	21	BLAC ES	28/09/2013	EGA Summer 1
91	38.95 L L	F	Lauren Hagger	19	BENS ES	05/12/2013	EGA Championships Dec 2013
92	39.14 L	F	Kristin Forrest	18	SEAL KZ	23/08/2013	KZN Beavers Winter LongCourse
93	39.19 L	F	Da Kim	18	NWUC NW	14/02/2014	NW Schools Swimming Championships
94	39.46 L	F	Chantè Jarvis	18	XSAQ WP	14/09/2013	WP Second Skins Senior League 4
95	39.60 L	P	Ashton Heatlie	21	BENS ES	05/12/2013	EGA Championships Dec 2013
96	39.62 L	F	Briana Doust	19	VRY NN	06/12/2013	N-KZN LONG COURSE
97	39.63 L	F	Rhoné Rheeders	24	PENG LP	09/11/2013	LP Age Group 2 9 November 2013
98	39.75 L	F	Chantel Smith	20	BLSS FS	23/11/2013	Neptune Aquatics Open Gala
99	39.90 L	F	Mariec Tait	21	KOVS FS	24/08/2013	KOVSIES AQUATICS LIGA 1 2013
100	39.92 L	F	Jolet Du Plessis	18	HWBA LP	19/10/2013	Limpopo HS Topskole 2013
101	39.95 L	F	Kris Nel	20	CSC NT	07/09/2013	2013 Arena Hillcrest Sprint Gala
102	40.20 L	F	Jaleina Botha	18	KEIK NW	06/12/2013	NWS Championships 2013/2014
103	40.31 L	F	Christelle Kriel	19	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
104	40.71 L	F	Tezna Abrahams	18	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
105	40.81 L	F	Carmyn Barnes	23	MATI WP	02/12/2013	USSA Swimming Championships 2013
106	40.94 L	F	Landi Cilliers	21	NWUC NW	02/12/2013	USSA Swimming Championships 2013
107	41.11 L	F	Bianca van Breda	33	TLAC NW	09/11/2013	NWS Age Group 2
108	41.26 L	F	Kristin Williams	19	VIKI BO	28/11/2013	Border Championships
109	41.40 L	F	Annezell van Staden	18	PRA MP	21/09/2013	Mpumalanga Sprint Gala
110	41.44 L	F	Carla Myburgh	18	KNYS SW	16/11/2013	SWD 3RD A LEAGUE GALA
111	41.50 L	F	Corle Ferreira	20	KOVS FS	07/09/2013	KOVSIES AQUATICS LIGA 2 2013
112	41.79 L	F	Laura-Ann Hugo	19	BLNE FS	23/11/2013	Neptune Aquatics Open Gala
113	42.25 L	F	Martinette Du Toit	21	UPTS NC	06/12/2013	NOCASA Sprints 2013
114	43.68 L	F	Anne Swart	20	MP	07/04/2014	Sa National Aquatic Championship 2014
115	44.03 L	F	Dimakatso Makgakga	18	MDOL CG	05/12/2013	CGA Open Champs
116	44.53 L	F	Tezna Kirstin Abrahams	18	NW	31/03/2014	2014 Nedbank Championships
117	44.74 L	F	Ester Brand	50	GHSK NC	14/02/2014	NOCASA Age Group 6 Kimberley 2014
118	45.20 L	F	Gontse Shoro	20	SUPE CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
119	45.25 L	P	Shine' Cornelius	18	SGUL KZ	09/07/2013	SPEEDO PRESTIGE 2013
120	45.28 L	F	Janine Van Deventer	37	PRKA NC	26/10/2013	Flamingo Gala 2013
121	47.02 L	F	Cornelia Fowler	33	KLOO KZ	09/07/2013	SPEEDO PRESTIGE 2013
122	47.97 L	F	Cindy Mkhize	23	SEAL KZ	09/07/2013	SPEEDO PRESTIGE 2013
123	48.52 L	F	Melissa Rosenick	18	RBUR NW	05/10/2013	NWS Age Group 1
124	48.92 L	F	Jennifer Higgins	30	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
125	48.95 L	P	Deidre Van Biljon	41	BLAC ES	05/12/2013	EGA Championships Dec 2013
126	51.63 L	F	Lize-Marie Naude	18	CARN ES	09/11/2013	EGA Summer 3
127	52.22 L	F	Beth Nothing	24	SGUL KZ	12/08/2013	IPC World Swimming Championship
128	52.59 L	F	Donnée Dixon	23	VINE WP	31/01/2014	WP Jack Currie Championships
129	55.23 L	F	Songo Mfikili	21	BORD BO	07/04/2014	Sa National Aquatic Championship 2014
130	56.03 L	F	Maretha Nel	26	WPA WP	31/03/2014	2014 Nedbank Championships
131	56.15 L	F	Bronwyn Ramathula	24	BEAV KZ	23/08/2013	KZN Beavers Winter LongCourse
132	56.63 L	P	Catharina Van Zyl-Smit	40	PSA LP	24/06/2013	Sasol National Winter Championships
133	57.10 L	F	Tracy McKay	44	SGUL KZ	18/10/2013	KZN ACTION SWIM CHAMPIONSHIPS
134	58.16 L	F	Claire Murray	23	BEAV KZ	23/08/2013	KZN Beavers Winter LongCourse
135	1:02.46 L	F	Hlengiwe Mqomboti	18	SOWE CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
136	1:06.73 L	F	Wendy Van Zyl	59	KZN	31/03/2014	2014 Nedbank Championships
137	1:13.40 L	F	Rentia Oosthuizen	22	AQUB EP	08/02/2014	Uitenhage Swimming Club Gala 2014
138	1:18.26 L	F	Lindiswa Dzanibe	19	MDOL CG	02/11/2013	CGA Level 2-3 gala No 3
139	1:18.68 L	F	Patricia Ings	45	ACSA KZ	09/07/2013	SPEEDO PRESTIGE 2013
140	1:25.70 L	F	Tiffany Pereira	18	BARS CG	19/10/2013	EGA Summer 2_19Oct 2013
141	1:28.91 L	F	Fransina Mbiko	19	MDOL CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
Women 100 Back							
1	1:00.81 L	F	Karin Prinsloo	24	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
2	1:01.65 L	F	Jessica Ashley-Cooper	21	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
3	1:03.79 L	F	Beatrix Malan	18	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
4	1:03.88 L L	F	Lehesta Kemp	24	NTS NT	07/04/2014	Sa National Aquatic Championship 2014

Individual Top Times

Times since: 01-May-13

Times until: 30-Apr-14

Number of Top Times: All

Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
5	1:05.38 L	F	Kyna Pereira	18	KLOO KZ	13/03/2014	SA Level 3 National Age Group Champs
6	1:05.49 L	P	Oneida Cooper	21	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
7	1:05.96 L	P	Amy Peens	20	TUKS NT	11/06/2013	Mare Nostrum Barcelona 2013
8	1:06.13 L	S	Chanel Johnston	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
9	1:06.21 L	P	Tayla Lovemore	19	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
10	1:06.59 L	F	Alexandra Quenet	18	MATI WP	06/12/2013	WP Championships 2013
11	1:06.76 L	P	Tamlyn Price	19	EP EP	07/04/2014	Sa National Aquatic Championship 2014
12	1:07.04 L	S	Lauren Bezuidenhout	24	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
13	1:07.47 L	F	Rene' Warnes	22	SGUL KZ	15/11/2013	KZN TYR Westville Sprints Champs
14	1:07.65 L	F	Sarah-Ann Bouwer	19	MDOL CG	18/07/2013	IAG Championships & Summer Open
15	1:07.74 L	F	Anika Kruger	18	MATI WP	06/12/2013	WP Championships 2013
16	1:07.84 L S	P	Juane Du Plessis	19	BLOT FS	09/07/2013	SPEEDO PRESTIGE 2013
17	1:08.17 L	P	Lindsay McLeod	19	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
18	1:08.56 L	P	Samantha Blaauw	18	NWUC NW	13/03/2014	SA Level 3 National Age Group Champs
19	1:08.87 L	F	Odile Dauvellier	20	STAD CG	05/12/2013	CGA Open Champs
20	1:08.98 L	P	Louisa De Jongh	18	MATI WP	06/12/2013	WP Championships 2013
21	1:09.05 L	P	Michelle Nieuwstad	20	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
22	1:09.24 L S	F	Vanessa Mohr	19	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
23	1:09.75 L	P	Shebjorn Axelson	23	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
24	1:09.80 L	F	Robyn Charter	20	MATI WP	02/12/2013	USSA Swimming Championships 2013
25	1:09.81 L	F	Marise Nel	18	PAC NT	06/12/2013	NTS Championships 2013
26	1:10.56 L	P	Seonaid Leech	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
27	1:10.65 L	P	Marianna Marini	18	BARS CG	13/03/2014	SA Level 3 National Age Group Champs
28	1:10.85 L	F	Tyler Mirtle	18	ASA KZ	10/12/2013	KZN PREMIER CHAMPS 2013
29	1:11.12 L	F	Tina Wong	18	STAD CG	05/12/2013	CGA Open Champs
30	1:11.39 L	F	Shireen Sapiro	23	STAD CG	09/07/2013	SPEEDO PRESTIGE 2013
31	1:11.53 L	F	Caitlin Kat	21	MATI WP	08/02/2014	WP Second Skins Senior League 7
32	1:11.84 L	F	Japke Engelbrecht	18	LP LP	14/09/2013	CGA Level 1 gala No 1
33	1:12.20 L	F	Imre Van Huyssteen	18	PLAY WP	17/08/2013	WP Senior League 3
34	1:12.23 L	F	Anna-Lotte Retief	20	TUKS NT	06/12/2013	NTS Championships 2013
35	1:12.52 L	P	Chrizalda Smit	19	TUKS NT	06/12/2013	NTS Championships 2013
36	1:12.57 L	F	Morgan Nicholls	18	VIKI BO	10/12/2013	KZN PREMIER CHAMPS 2013
37	1:13.12 L	F	Suzanne Jv Rensburg	22	PSA LP	24/06/2013	Sasol National Winter Championships
38	1:13.17 L	F	Kelsey Heatlie	18	BENS ES	05/12/2013	EGA Championships Dec 2013
39	1:13.34 L	F	Chynna Stewart	18	TUKS NT	06/12/2013	NTS Championships 2013
40	1:13.42 L	F	Carmen Wessels	21	BLOT FS	24/08/2013	KOVSIAS AQUATICS LIGA 1 2013
41	1:13.81 L	F	Samantha Rowe	19	ACSA KZ	10/08/2013	KZN Age Group 3
42	1:13.88 L S	P	Christine Grobler	18	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
43	1:13.94 L	F	Michelle Wessels	21	BLOT FS	24/08/2013	KOVSIAS AQUATICS LIGA 1 2013
44	1:14.49 L	P	Brittany Reeves	19	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
45	1:14.95 L	F	Marli Jacobs	19	MATI WP	12/10/2013	WP Second Skins Senior League 5
46	1:15.12 L	F	Sarah Siepman	19	AZON KZ	22/02/2014	KZN Age Group 9
47	1:15.77 L	F	Esmari Theart	18	BLNE FS	20/03/2014	SA Level 2 Regional Age Group Champs
48	1:16.14 L	F	Nina Nicholas	21	MATI WP	02/12/2013	USSA Swimming Championships 2013
49	1:16.52 L	F	Melene Klinck	18	KOVFS FS	06/12/2013	NOCASA Sprints 2013
50	1:16.63 L	F	Karmi De Jager	18	TUKS NT	12/10/2013	NTS Oct 2013 Agr Group Level 2
51	1:16.94 L	F	Robyn Henderson	18	MDOL CG	21/09/2013	CGA Level 2-3 Gala No 1 2013
52	1:17.12 L	F	Suné Storme	18	BLOT FS	24/06/2013	Sasol National Winter Championships
53	1:17.39 L	F	Tarryn Holmes	18	UNIQ CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
54	1:18.27 L	F	Kaleigh Graham	18	EP EP	18/01/2014	EP Inter-Provincial Gala 2014
55*	1:18.33 L	F	Emily Gray	22	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
55*	1:18.33 L	F	San Mari De Jager	18	FAAC NC	26/10/2013	Flamingo Gala 2013
57	1:18.50 L	F	Chane Massey	18	BLSS FS	18/10/2013	Otters Prestige Gala
58	1:18.65 L	P	Nadine Kuhn	19	BENS ES	05/12/2013	EGA Championships Dec 2013
59	1:18.69 L	F	Gisela Oosthuizen	18	STAD CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
60	1:18.75 L	F	Nicole Lewis	18	FINS MP	29/11/2013	Mpumalanga Championships 2013
61	1:19.65 L	F	Rebecca Newman	21	EP EP	18/01/2014	EP Inter-Provincial Gala 2014
62	1:19.73 L	F	Amy Fraser	18	NEWS NN	15/11/2013	KZN TYR Westville Sprints Champs
63	1:20.15 L	F	Jessica De Beer	19	FLOD CG	21/09/2013	CGA Level 2-3 Gala No 1 2013

Individual Top Times

Times since: 01-May-13

Times until: 30-Apr-14

Number of Top Times: All

Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
64	1:20.95	L	F	Yvonne Smith	23	FS FS	07/04/2014	Sa National Aquatic Championship 2014
65	1:21.06	L	F	Lauren Hagger	19	BENS ES	05/12/2013	EGA Championships Dec 2013
66	1:21.55	L	F	Emma Delport	20	KOVFS FS	18/10/2013	Otters Prestige Gala
67	1:21.87	L	F	Adriana Venter	21	KOVFS FS	18/10/2013	Otters Prestige Gala
68	1:21.98	L L	F	Kristy Boucher	21	ONY ES	05/12/2013	EGA Championships Dec 2013
69	1:22.39	L	F	Amy Weyer	18	VIKI BO	28/11/2013	Border Championships
70	1:22.41	L	F	Kelsey Bester	18	FAAC NC	08/01/2014	Nocasa Champs 2014
71*	1:22.76	L	F	Aelke Vd Venter	18	PLAY WP	17/08/2013	WP Senior League 3
71*	1:22.76	L	P	Christelle Kriel	19	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
73	1:23.33	L	F	Leverne De Klerk	18	WEST WP	12/10/2013	WP Second Skins Senior League 5
74	1:23.74	L	F	Caitlin Hawarden	19	TYGE WP	12/10/2013	WP Second Skins Senior League 5
75	1:23.90	L	F	Angelique Johnson	18	WEST WP	12/10/2013	WP Second Skins Senior League 5
76	1:24.52	L	F	Tayla Van Rooyen	19	AEC CG	21/09/2013	CGA Level 2-3 Gala No 1 2013
77	1:25.06	L	F	Sune Van Der Merwe	18	VALS NF	11/02/2014	NFS High School Championships 2014
78	1:25.26	L	F	Rhoné Rheeders	24	PENG LP	09/11/2013	LP Age Group 2 9 November 2013
79	1:25.29	L	F	Chantè Jarvis	18	XSAQ WP	14/09/2013	WP Second Skins Senior League 4
80	1:25.66	L	F	Emily Gray	22	NT NT	31/03/2014	2014 Nedbank Championships
81	1:25.70	L	F	Nazeerah Ally	18	ATLA CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
82	1:25.77	L	F	Jennifer Webster	20	MATI WP	02/12/2013	USSA Swimming Championships 2013
83	1:25.83	L	F	Jo-Andri Konig	18	SEDI VT	14/09/2013	CGA Level 1 gala No 1
84	1:27.01	L	F	Liza Bahlmann	19	VIKI BO	28/11/2013	Border Championships
85	1:27.16	L	F	Kris Nel	20	CSC NT	24/06/2013	Sasol National Winter Championships
86	1:27.52	L	F	Ashton Heatlie	21	BENS ES	09/11/2013	EGA Summer 3
87	1:27.57	L	F	Briana Doust	19	VRY NN	06/12/2013	N-KZN LONG COURSE
88	1:28.03	L	F	Jozanne Luyt	20	NWUC NW	05/10/2013	NWS Age Group 1
89	1:28.99	L	F	Mariee Tait	21	KOVFS FS	24/08/2013	KOVSIES AQUATICS LIGA 1 2013
90	1:29.03	L	F	Landi Cilliers	21	NWUC NW	02/12/2013	USSA Swimming Championships 2013
91	1:29.19	L	F	Ivanka Stoycheva	32	VINE WP	09/11/2013	WP Second Skins Senior League 6
92	1:29.90	L	F	Annezell van Staden	18	PRA MP	29/11/2013	Mpumalanga Championships 2013
93	1:29.93	L	F	Sinead Davey	18	SSSC CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
94	1:32.64	L	F	Marieke Bouwer	50	COEL NT	06/12/2013	NTS Championships 2013
95	1:33.42	L	F	Jaleina Botha	18	KEIK NW	06/12/2013	NWS Championships 2013/2014
96	1:36.09	L	F	Martinette Du Toit	21	UPTS NC	08/01/2014	Nocasa Champs 2014
97	1:36.26	L	P	Tezna Abrahams	18	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
98	1:36.57	L	F	Anne Swart	20	FINS MP	24/01/2014	MP Age Group 3 - 24 January 2014
99	1:38.11	L S	P	Shine' Cornelius	18	SGUL KZ	09/07/2013	SPEEDO PRESTIGE 2013
100	1:38.62	L	P	Dimakatso Makgakga	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
101	1:41.49	L	F	Cornelia Fowler	33	KLOO KZ	10/12/2013	KZN PREMIER CHAMPS 2013
102	1:43.26	L	F	Jennifer Higgins	30	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
103	1:45.20	L	F	Tezna Kirstin Abrahams	18	NW	31/03/2014	2014 Nedbank Championships
104	1:48.05	L	F	Cindy Mkhize	23	SEAL KZ	09/07/2013	SPEEDO PRESTIGE 2013
105	1:49.93	L	F	Donnée Dixon	23	VINE WP	31/01/2014	WP Jack Currie Championships
106	1:58.71	L	F	Tracy McKay	44	SGUL KZ	15/11/2013	KZN TYR Westville Sprints Champs
107	2:02.24	L	F	Joyce Fyfe	67	COEL NT	06/12/2013	NTS Championships 2013
108	2:04.83	L	F	Songo Mfikili	21	BORD BO	07/04/2014	Sa National Aquatic Championship 2014
109	2:06.42	L	F	Bronwyn Ramathula	24	BEAV KZ	10/12/2013	KZN PREMIER CHAMPS 2013
110	2:09.63	L	F	Marcilla Russell	45	COEL NT	06/12/2013	NTS Championships 2013
111	2:49.85	L	F	Patricia Ings	45	ACSA KZ	15/11/2013	KZN TYR Westville Sprints Champs
112	2:52.16	L	F	Lindiswa Dzanibe	19	MDOL CG	05/12/2013	CGA Open Champs
113	2:54.05	L	P	Fransina Mbiko	19	MDOL CG	05/12/2013	CGA Open Champs
Women 200 Back								
1	2:10.04	L	S	Karin Prinsloo	24	RSA	28/07/2013	15th Fina World Championships
2	2:17.31	L	F	Kyna Pereira	18	KLOO KZ	13/03/2014	SA Level 3 National Age Group Champs
3	2:18.46	L	F	Jessica Pengelly	22	UNAT KZ	14/12/2013	2013 McDonalds Queensland
4	2:18.88	L	F	Beatrix Malan	18	UWCA WP	06/12/2013	WP Championships 2013
5	2:19.46	L	F	Chanel Johnston	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
6	2:23.02	L	F	Amy Peens	20	TUKS NT	02/12/2013	USSA Swimming Championships 2013
7	2:23.45	L	F	Alexandra Quenet	18	MATI WP	06/12/2013	WP Championships 2013
8	2:24.04	L	F	Jessica Ashley-Cooper	21	UWCA WP	08/02/2014	WP Second Skins Senior League 7

Individual Top Times

Times since: 01-May-13 **Times until: 30-Apr-14**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
9	2:24.19 L	F	Rene' Warnes	22	SGUL KZ	15/11/2013	KZN TYR Westville Sprints Champs
10	2:24.26 L	F	Lindsay McLeod	19	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
11	2:24.69 L	F	Juane Du Plessis	19	BLOT FS	09/07/2013	SPEEDO PRESTIGE 2013
12	2:26.74 L	P	Sarah-Ann Bouwer	19	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
13	2:27.28 L	P	Samantha Blaauw	18	NWUC NW	13/03/2014	SA Level 3 National Age Group Champs
14	2:27.60 L	P	Louisa De Jongh	18	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
15	2:28.92 L	P	Michelle Nieuwstad	20	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
16	2:29.08 L	P	Odile Dauvellier	20	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
17	2:31.15 L	F	Marise Nel	18	PAC NT	06/12/2013	NTS Championships 2013
18	2:31.70 L	F	Justine Macfarlane	18	WATR CG	05/12/2013	CGA Open Champs
19	2:32.09 L	P	Tamlyn Price	19	EP EP	07/04/2014	Sa National Aquatic Championship 2014
20	2:33.76 L S	F	Shebjorn Axelson	23	MGSC KZ	10/12/2013	KZN PREMIER CHAMPS 2013
21	2:34.00 L	P	Seonaid Leech	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
22	2:34.73 L	F	Lauren Billson	19	PEAS EP	21/06/2013	PEA Winter Gala 2013
23	2:36.40 L	F	Nina Nicholas	21	MATI WP	02/12/2013	USSA Swimming Championships 2013
24	2:36.95 L	F	Kira Hauptfleisch	20	SEAL KZ	14/09/2013	KZN Age Group 4
25	2:37.77 L	F	Tina Wong	18	STAD CG	05/12/2013	CGA Open Champs
26	2:38.82 L	F	Chrizalda Smit	19	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
27	2:38.86 L	P	Christine Grobler	18	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
28	2:39.22 L	F	Kelsey Heatlie	18	BENS ES	20/03/2014	SA Level 2 Regional Age Group Champs
29	2:39.45 L	F	Chynna Stewart	18	TUKS NT	14/02/2014	NTS February Age Group Level 2+3
30	2:40.55 L	F	Sarah Siepman	19	AZON KZ	18/01/2014	KZN Age Group 7
31	2:41.11 L	F	Chane Massey	18	BLSS FS	20/01/2014	Free State Championships 2014
32	2:41.84 L	F	Esmari Theart	18	BLNE FS	20/03/2014	SA Level 2 Regional Age Group Champs
33	2:42.12 L	F	Imre Van Huyssteen	18	PLAY WP	12/10/2013	WP Second Skins Senior League 5
34	2:43.59 L	F	Michelle Wessels	21	BLOT FS	07/09/2013	KOVSIES AQUATICS LIGA 2 2013
35	2:44.53 L	F	Gisela Oosthuizen	18	STAD CG	20/03/2014	SA Level 2 Regional Age Group Champs
36	2:46.78 L	F	Robyn Henderson	18	MDOL CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
37	2:47.47 L	F	Suzanne Jv Rensburg	22	PSA LP	24/06/2013	Sasol National Winter Championships
38	2:48.45 L	F	Karmi De Jager	18	TUKS NT	06/12/2013	NTS Championships 2013
39	2:48.62 L	F	Rebekah Napier-Jameson	21	MDOL CG	09/07/2013	SPEEDO PRESTIGE 2013
40	2:52.27 L	F	Rebecca Newman	21	BEST EP	06/12/2013	EP Championships 2013
41	2:53.90 L	F	Ashton Heatlie	21	BENS ES	05/12/2013	EGA Championships Dec 2013
42	2:54.27 L	F	Suné Storme	18	BLOT FS	24/06/2013	Sasol National Winter Championships
43	2:54.34 L	F	Morgan Nicholls	18	VIKI BO	21/06/2013	PEA Winter Gala 2013
44	2:56.34 L	P	Christelle Kriel	19	FINS MP	06/12/2013	WP Championships 2013
45	2:57.26 L	F	Nadine Kuhn	19	BENS ES	02/11/2013	CGA Level 2-3 gala No 3
46	2:58.65 L	F	Micaela Gerling	20	UNI MP	29/11/2013	Mpumalanga Championships 2013
47	2:59.92 L	F	Tayla Van Rooyen	19	AEC CG	09/07/2013	SPEEDO PRESTIGE 2013
48	3:02.67 L	P	Yvonne Smith	23	FS FS	07/04/2014	Sa National Aquatic Championship 2014
49	3:06.11 L	F	Nazeerah Ally	18	ATLA CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
50	3:07.33 L	F	Jo-Andri Konig	18	DBSC VT	28/09/2013	EGA Summer 1
51	3:08.26 L	F	Bronwyn Cumming	33	BLAC ES	28/09/2013	EGA Summer 1
52	3:08.81 L	F	Kelsey Bester	18	FAAC NC	07/09/2013	KOVSIES AQUATICS LIGA 2 2013
53	3:31.07 L	F	Martinette Du Toit	21	UPTS NC	08/01/2014	Nocasa Champs 2014
54	3:32.30 L	P	Shine' Cornelius	18	SGUL KZ	09/07/2013	SPEEDO PRESTIGE 2013
55	3:35.91 L	F	Cornelia Fowler	33	KLOO KZ	15/11/2013	KZN TYR Westville Sprints Champs
56	3:54.95 L	F	Donnée Dixon	23	VINE WP	08/02/2014	WP Second Skins Senior League 7
57	4:06.24 L	F	Chavah Barit	18	ELEC CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
Women 50 Breast							
1	31.86 L	F	Tara-Lynn Nicholas	18	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
2	32.12 L	S	Justine Macfarlane	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
3	32.16 L	F	Franko Jonker	21	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
4	32.84 L	S	Taryn Mackenzie	20	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
5	33.11 L	P	Suzaan Van Biljon	26	TUKS NT	02/06/2013	Marne Nostrum Barcelona 2013
6	33.83 L	S	Natalie Maritz	18	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
7*	33.84 L	S	Kelly Gunnell	20	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
7*	33.84 L	F	Robyn Ferguson	21	UWCA WP	10/07/2013	27th Summer Universiade
9	34.02 L	S	Michelle Wessels	21	FS FS	07/04/2014	Sa National Aquatic Championship 2014

Individual Top Times

Times since: 01-May-13

Times until: 30-Apr-14

Number of Top Times: All

Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
10	34.04 L	P	Claire Conlon	21	SEAL KZ	09/07/2013	SPEEDO PRESTIGE 2013
11	34.09 L	F	Danielle Small	19	ALSC CG	13/03/2014	SA Level 3 National Age Group Champs
12	34.38 L	S	Cheri Knoesen	21	EP EP	07/04/2014	Sa National Aquatic Championship 2014
13	34.52 L	P	Genna Greevelink	19	EP EP	07/04/2014	Sa National Aquatic Championship 2014
14	34.55 L	F	Natasha Vd Walt	18	ALSC CG	05/12/2013	CGA Open Champs
15	34.67 L	P	Bernitia Hess	18	PAQU WP	26/08/2013	4th FINA World Junior Swimming
16	34.85 L	P	Carmen Wessels	21	FS FS	07/04/2014	Sa National Aquatic Championship 2014
17	35.07 L	P	Melene Klinck	18	KOVFS FS	13/03/2014	SA Level 3 National Age Group Champs
18	35.27 L	F	Denjylie Cordero	21	PSL	08/02/2014	WP Second Skins Senior League 7
19	35.57 L	P	Marise Nel	18	PAC NT	13/03/2014	SA Level 3 National Age Group Champs
20	35.67 L	F	Annelet Rossouw	19	TUKS LP	22/11/2013	Limpopo Champs 22-24 November 2013
21	35.79 L	P	Cassie Shear	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
22	35.80 L	P	Lisa Cowling	20	VINE WP	06/12/2013	WP Championships 2013
23	36.02 L	F	Amy Weyer	18	VIKI BO	24/01/2014	BO-January Age Group Gala 2014
24	36.10 L	F	Beatrix Malan	18	UWCA WP	06/12/2013	WP Championships 2013
25	36.23 L	P	Imre Van Huyssteen	18	PLAY WP	06/12/2013	WP Championships 2013
26	36.42 L	F	Kyna Pereira	18	KLOO KZ	15/11/2013	KZN TYR Westville Sprints Champs
27	36.50 L	F	Line Grobler	18	PSC NT	20/03/2014	SA Level 2 Regional Age Group Champs
28	36.73 L	P	Carmen Morck	26	AZON KZ	09/07/2013	SPEEDO PRESTIGE 2013
29	36.86 L	F	Trudi Maree	25	MATI WP	02/12/2013	USSA Swimming Championships 2013
30	37.07 L	F	Antoinette Rudolph	18	HILL NT	20/03/2014	SA Level 2 Regional Age Group Champs
31	37.13 L	F	Chantel Smith	20	BLSS FS	20/01/2014	Free State Championships 2014
32	37.17 L	P	Jessica De Beer	19	FLOD CG	09/07/2013	SPEEDO PRESTIGE 2013
33	37.38 L	F	Nadine Kuhn	19	BENS ES	05/12/2013	EGA Championships Dec 2013
34	37.40 L	P	Danica McWilliam	18	WATR CG	05/12/2013	CGA Open Champs
35	37.51 L	P	Juane Du Plessis	19	BLOT FS	09/07/2013	SPEEDO PRESTIGE 2013
36	37.60 L	P	Aelke Vd Venter	18	PLAY WP	06/12/2013	WP Championships 2013
37	37.62 L	F	Kira Maurer	23	CADO WP	06/12/2013	WP Championships 2013
38	37.75 L	P	Kelsey Heatlie	18	BENS ES	05/12/2013	EGA Championships Dec 2013
39	37.80 L	F	Vicky Van der Merwe	18	NEWS NN	20/03/2014	SA Level 2 Regional Age Group Champs
40	37.89 L	F	Janet Vlok	18	WHFC WP	12/10/2013	WP Second Skins Senior League 5
41	37.90 L	F	Caitlin Kat	21	MATI WP	08/02/2014	WP Second Skins Senior League 7
42	38.00 L	F	Nicolette Ramshaw	19	SEAL KZ	15/11/2013	KZN TYR Westville Sprints Champs
43	38.10 L	F	Sharnè Dicks	19	UWCA WP	17/08/2013	WP Senior League 3
44	38.19 L	F	Suzanne Jv Rensburg	22	PSA LP	24/06/2013	Sasol National Winter Championships
45	38.31 L	F	Tayla Lovemore	19	SEAL KZ	09/11/2013	KZN Age Group 6
46	38.65 L	F	Thilde Victor	32	VICT ES	31/08/2013	Adrian Grafe Memorial Gala
47	38.66 L	F	Liza Bahlmann	19	VIKI BO	01/11/2013	Border November Age Group Gala 2013
48*	38.76 L	F	Michelle Nieuwstad	20	MATI WP	08/02/2014	WP Second Skins Senior League 7
48*	38.76 L	F	Tanya Abrie	18	WATR CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
50	38.90 L	F	Morgan Nicholls	18	VIKI BO	24/01/2014	BO-January Age Group Gala 2014
51	39.01 L	F	Tina Wong	18	STAD CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
52	39.15 L	F	Heloise Du Plessis	19	MATI WP	12/10/2013	WP Second Skins Senior League 5
53	39.17 L	F	Megan Hesse	19	PAC NT	06/12/2013	NTS Championships 2013
54	39.20 L	P	Odile Dauvellier	20	STAD CG	05/12/2013	CGA Open Champs
55*	39.42 L	F	Nazeerah Ally	18	ATLA CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
55*	39.42 L	F	Nicole Lewis	18	FINS MP	29/11/2013	Mpumalanga Championships 2013
57	39.65 L	F	Esmari Theart	18	BLNE FS	21/06/2013	PEA Winter Gala 2013
58	39.70 L	F	Ifke Dorland	18	CADO WP	06/12/2013	WP Championships 2013
59	39.99 L	F	Kathryn Allderman	20	KOVFS FS	21/06/2013	PEA Winter Gala 2013
60	40.01 L	P	Abigail Penman	21	BLAC ES	05/12/2013	EGA Championships Dec 2013
61	40.05 L	F	Anniec Marais	19	MATI WP	02/12/2013	USSA Swimming Championships 2013
62	40.41 L	F	Kristy Boucher	21	ONY ES	05/12/2013	EGA Championships Dec 2013
63	40.48 L	F	Samantha Land	18	BORD BO	18/01/2014	EP Inter-Provincial Gala 2014
64	40.50 L	F	Tarryn Holmes	18	UNIQU CG	31/08/2013	Adrian Grafe Memorial Gala
65	40.60 L	P	Bronwyn Cumming	33	BLAC ES	05/12/2013	EGA Championships Dec 2013
66	40.71 L	F	Katija Pimenta	19	BOKS ES	05/12/2013	EGA Championships Dec 2013
67	40.83 L	F	Shebjorn Axelson	23	MGSC KZ	15/11/2013	KZN TYR Westville Sprints Champs
68	41.09 L	F	Emma Delpont	20	KOVFS FS	26/10/2013	Supersport Seals Gala

Individual Top Times

Times since: 01-May-13 **Times until: 30-Apr-14**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr				
69	41.37 L S	F	Shelly-Ann King	19	SEAL KZ	10/12/2013	KZN PREMIER CHAMPS 2013	
70	41.38 L	F	Yvonne Smith	23	KOVS FS	06/12/2013	WP Championships 2013	
71	41.60 L	F	Suné Storme	18	BLOT FS	24/06/2013	Sasol National Winter Championships	
72	41.62 L S	F	Amy Fraser	18	NEWS NN	10/12/2013	KZN PREMIER CHAMPS 2013	
73	41.87 L	F	Samantha Blaauw	18	NWUC NW	06/12/2013	NWS Championships 2013/2014	
74	42.07 L	F	Leverne De Klerk	18	WEST WP	08/02/2014	WP Second Skins Senior League 7	
75*	42.16 L	F	Tezna Abrahams	18	WPA WP	07/04/2014	Sa National Aquatic Championship 2014	
75*	42.16 L	F	Adriana Venter	21	KOVS FS	07/09/2013	KOVSIES AQUATICS LIGA 2 2013	
77	42.19 L	F	Kelsey Bester	18	FAAC NC	08/01/2014	Nocasa Champs 2014	
78	42.22 L	F	Elizabeth Steenkamp	21	KOVS FS	07/09/2013	KOVSIES AQUATICS LIGA 2 2013	
79	42.40 L	F	Kristin Forrest	18	SEAL KZ	23/08/2013	KZN Beavers Winter LongCourse	
80	42.53 L	F	Iseldri Jv Rensburg	18	HBV LP	19/10/2013	Limpopo HS Topskole 2013	
81	42.62 L	F	Whitney Turner	26	RBOT NW	07/09/2013	2013 Arena Hillcrest Sprint Gala	
82	42.84 L	F	San Mari De Jager	18	FAAC NC	26/10/2013	Flamingo Gala 2013	
83	43.21 L	F	Kristin Williams	19	VIKI BO	01/11/2013	Border November Age Group Gala 2013	
84	43.46 L	F	Shannay Allmark	19	HBV LP	25/10/2013	Mpumalanga Top Schools 2013 High	
85	43.47 L	F	Ivanka Stoycheva	32	VINE WP	09/11/2013	WP Second Skins Senior League 6	
86	43.48 L	F	Robyn Henderson	18	MDOL CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013	
87	43.89 L	F	Jozanne Luyt	20	NWUC NW	02/12/2013	USSA Swimming Championships 2013	
88	43.93 L	F	Karmi De Jager	18	TUKS NT	12/10/2013	NTS Oct 2013 Agr Group Level 2	
89	44.21 L	P	Lauren Hagger	19	BENS ES	05/12/2013	EGA Championships Dec 2013	
90	44.54 L	F	Sonet Smit	37	PRKA NC	11/10/2013	NOCASA Age Group 1	
91	44.82 L	F	Da Kim	18	AQSP NW	05/10/2013	NWS Age Group 1	
92	44.91 L	F	Kris Nel	20	CSC NT	07/09/2013	2013 Arena Hillcrest Sprint Gala	
93	45.07 L	F	Cindy Mkhize	23	SEAL KZ	09/07/2013	SPEEDO PRESTIGE 2013	
94	45.14 L	P	Ashton Heatlie	21	BENS ES	05/12/2013	EGA Championships Dec 2013	
95	45.49 L	F	Tezna Kirstin Abrahams	18	NW	31/03/2014	2014 Nedbank Championships	
96	46.08 L	F	Danelle Hattingh	19	HPP LP	19/10/2013	Limpopo HS Topskole 2013	
97	46.53 L	F	Carla Myburgh	18	KNYS SW	16/11/2013	SWD 3RD A LEAGUE GALA	
98	46.54 L	F	Bianca van Breda	33	TLAC NW	23/11/2013	NWS Age Group 3 2013/2014	
99	46.58 L	F	Anne Swart	20	MP	07/04/2014	Sa National Aquatic Championship 2014	
100	46.68 L	F	Briania Doust	19	VRY NN	06/12/2013	N-KZN LONG COURSE	
101	47.48 L	P	Jo-Andri Konig	18	DBSC VT	05/12/2013	EGA Championships Dec 2013	
102	47.63 L	F	Christelle Kriel	19	WPA WP	07/04/2014	Sa National Aquatic Championship 2014	
103	47.73 L	F	Aalia Patel	18	ATLA CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013	
104	47.82 L	F	Odelia Roodt	22	NWUC NW	05/10/2013	NWS Age Group 1	
105	48.26 L	P	Tayla Van Rooyen	19	AEC CG	09/07/2013	SPEEDO PRESTIGE 2013	
106	48.28 L	F	Martinette Du Toit	21	UPTS NC	08/01/2014	Nocasa Champs 2014	
107	49.06 L	F	Dimakatso Makgaka	18	MDOL CG	05/12/2013	CGA Open Champs	
108	49.10 L	F	Cornelia Fowler	33	KLOO KZ	09/07/2013	SPEEDO PRESTIGE 2013	
109	49.20 L	F	Jaleina Botha	18	KEIK NW	09/11/2013	NWS Age Group 2	
110	50.82 L	F	Laura-Ann Hugo	19	BLNE FS	08/02/2014	NOCASA Age Group 5 Kimberley 2014	
111	51.52 L	F	Gontse Shoro	20	SUPE CG	21/09/2013	CGA Level 2-3 Gala No 1 2013	
112	52.24 L	P	Deidre Van Biljon	41	BLAC ES	05/12/2013	EGA Championships Dec 2013	
113	53.61 L	F	Jennifer Higgins	30	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014	
114	56.14 L	F	Hlengiwe Mqomboti	18	SOWE CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013	
115	57.91 L	F	Nicole Seyisi	19	PISC KZ	01/06/2013	KZN Sprint Gala 1	
116	58.32 L	F	Anita Louw	56	VIKI BO	28/11/2013	Border Championships	
117	58.84 L	P	Shine' Cornelius	18	SGUL KZ	09/07/2013	SPEEDO PRESTIGE 2013	
118	59.64 L	F	Lize-Marie Naude	18	CARN ES	16/02/2014	EGA Summer 5 Gala	
119	1:02.06 L	F	Claire Murray	23	BEAV KZ	23/08/2013	KZN Beavers Winter LongCourse	
120	1:03.48 L	F	Rentia Oosthuizen	22	AQUB EP	21/02/2014	EP 6th A League Gala	
121	1:05.57 L	F	Bronwyn Ramathula	24	BEAV KZ	23/08/2013	KZN Beavers Winter LongCourse	
122	1:07.41 L	F	Wendy Van Zyl	59	KZN	31/03/2014	2014 Nedbank Championships	
123	1:08.49 L	F	Donnée Dixon	23	VINE WP	08/02/2014	WP Second Skins Senior League 7	
124	1:08.79 L	P	Catharina Van Zyl-Smit	40	PSA LP	24/06/2013	Sasol National Winter Championships	
125	1:17.52 L	P	Tracy McKay	44	SGUL KZ	18/10/2013	KZN ACTION SWIM CHAMPIONSHIPS	
126	1:21.59 L	F	Fransina Mbiko	19	MDOL CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013	
127	1:31.13 L	F	Patricia Ings	45	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014	

Individual Top Times

Times since: 01-May-13 **Times until: 30-Apr-14**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
128	2:01.55 L	F	Tiffany Pereira	18	BARS CG	28/09/2013	EGA Summer 1
Women 100 Breast							
1	1:08.59 L	F	Tara-Lynn Nicholas	18	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
2	1:09.00 L	P	Franko Jonker	21	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
3	1:09.33 L	S	Justine Macfarlane	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
4	1:09.73 L	F	Suzaan Van Biljon	26	TUKS NT	15/06/2013	Mare Nostrum Canet 2013
5	1:12.24 L	F	Claire Conlon	21	SEAL KZ	09/07/2013	SPEEDO PRESTIGE 2013
6	1:12.94 L	F	Taryn Mackenzie	20	WATR CG	09/07/2013	SPEEDO PRESTIGE 2013
7	1:13.73 L	F	Kirsty Mc Lauchlan	20	WATR CG	15/06/2013	Mare Nostrum Canet 2013
8	1:14.00 L	P	Kelly Gunnell	20	MDOL CG	11/06/2013	Mare Nostrum Barcelona 2013
9	1:14.27 L	S	Michelle Wessels	21	FS FS	07/04/2014	Sa National Aquatic Championship 2014
10	1:14.66 L	F	Danielle Small	19	ALSC CG	13/03/2014	SA Level 3 National Age Group Champs
11	1:14.80 L	F	Natalie Maritz	18	TUKS NT	13/03/2014	SA Level 3 National Age Group Champs
12	1:14.91 L	S	Genna Greevelink	19	EP EP	07/04/2014	Sa National Aquatic Championship 2014
13	1:15.48 L	F	Melene Klinck	18	KOVFS FS	13/03/2014	SA Level 3 National Age Group Champs
14	1:15.52 L	P	Carmen Wessels	21	FS FS	07/04/2014	Sa National Aquatic Championship 2014
15	1:15.54 L	F	Robyn Ferguson	21	UWGA WP	10/07/2013	27th Summer Universiade
16	1:15.61 L	F	Denjylie Cordero	21	PSL	08/02/2014	WP Second Skins Senior League 7
17	1:17.33 L	P	Imre Van Huyssteen	18	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
18	1:18.01 L	P	Cheri Knoesen	21	EP EP	07/04/2014	Sa National Aquatic Championship 2014
19	1:18.06 L	F	Cassie Shear	18	MDOL CG	21/07/2013	19th Maccabiah Games
20	1:18.68 L	P	Bernitia Hess	18	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
21	1:18.86 L	F	Rene' Warnes	22	SGUL KZ	15/11/2013	KZN TYR Westville Sprints Champs
22	1:19.00 L	P	Carmen Morck	26	AZON KZ	09/07/2013	SPEEDO PRESTIGE 2013
23	1:19.39 L	P	Jessica De Beer	19	FLOD CG	09/07/2013	SPEEDO PRESTIGE 2013
24	1:19.56 L	F	Lisa Cowling	20	VINE WP	06/12/2013	WP Championships 2013
25	1:19.57 L	F	Danica McWilliam	18	WATR CG	05/12/2013	CGA Open Champs
26	1:20.41 L	F	Tayla Lovemore	19	SEAL KZ	14/09/2013	KZN Age Group 4
27	1:20.57 L	F	Beatrix Malan	18	UWGA WP	12/10/2013	WP Second Skins Senior League 5
28*	1:21.01 L	F	Antoinette Rudolph	18	HILL NT	20/03/2014	SA Level 2 Regional Age Group Champs
28*	1:21.01 L	F	Caitlin Kat	21	MATI WP	14/09/2013	WP Second Skins Senior League 4
30	1:21.73 L	F	Suzanne Jv Rensburg	22	PSA LP	24/06/2013	Sasol National Winter Championships
31	1:21.82 L	F	Chantel Smith	20	BLSS FS	20/01/2014	Free State Championships 2014
32	1:21.85 L	F	Hope Taylor	18	PSC NT	13/09/2013	NTS Sept 2013 Combined Age Group
33	1:22.00 L	F	Kelsey Heatlie	18	BENS ES	09/11/2013	EGA Summer 3
34	1:22.09 L	P	Sarah-Ann Bouwer	19	MDOL CG	09/07/2013	SPEEDO PRESTIGE 2013
35	1:22.29 L	F	Michelle Nieuwstad	20	MATI WP	02/12/2013	USSA Swimming Championships 2013
36	1:22.50 L	P	Marise Nel	18	PAC NT	13/03/2014	SA Level 3 National Age Group Champs
37	1:23.06 L	F	Kira Maurer	23	CADO WP	14/09/2013	WP Second Skins Senior League 4
38	1:23.20 L	F	Amy Weyer	18	VIKI BO	01/11/2013	Border November Age Group Gala 2013
39	1:23.24 L	F	Annelet Rossouw	19	TUKS LP	22/11/2013	Limpopo Champs 22-24 November 2013
40	1:23.60 L	F	Lindsay McLeod	19	ACSA KZ	14/09/2013	KZN Age Group 4
41	1:23.61 L	F	Nicolette Ramshaw	19	SEAL KZ	09/07/2013	SPEEDO PRESTIGE 2013
42	1:23.81 L	F	Aelke Vd Venter	18	PLAY WP	20/03/2014	SA Level 2 Regional Age Group Champs
43	1:23.89 L	F	Janet Vlok	18	WHFC WP	14/09/2013	WP Second Skins Senior League 4
44	1:24.12 L	F	Liza Bahlmann	19	VIKI BO	01/11/2013	Border November Age Group Gala 2013
45	1:24.18 L	F	Nadine Kuhn	19	BENS ES	25/01/2014	EGA Summer 4
46	1:25.01 L	P	Line Grobler	18	PSC NT	20/03/2014	SA Level 2 Regional Age Group Champs
47	1:25.31 L	P	Tina Wong	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
48	1:25.35 L	F	Ifke Dorland	18	CADO WP	17/08/2013	WP Senior League 3
49	1:25.93 L	F	Megan Hesse	19	PAC NT	17/01/2014	NTS Jan 2014 Combined Age Group
50	1:26.46 L	P	Nazeerah Ally	18	ATLA CG	20/03/2014	SA Level 2 Regional Age Group Champs
51	1:26.77 L	F	Tanya Abrie	18	WATR CG	02/11/2013	CGA Level 2-3 gala No 3
52	1:26.80 L	F	Shelly-Ann King	19	SEAL KZ	10/12/2013	KZN PREMIER CHAMPS 2013
53	1:27.52 L	F	Nicole Lewis	18	FINS MP	29/11/2013	Mpumalanga Championships 2013
54	1:27.68 L	F	Caitlin Van Niekerk	18	VINE WP	08/02/2014	WP Second Skins Senior League 7
55	1:29.43 L	F	Yvonne Smith	23	KOVFS FS	06/12/2013	WP Championships 2013
56	1:29.84 L	F	Abigail Penman	21	BLAC ES	05/12/2013	EGA Championships Dec 2013
57	1:29.89 L	P	Samantha Di Domenico	18	ONY ES	05/12/2013	EGA Championships Dec 2013

Individual Top Times

Times since: 01-May-13

Times until: 30-Apr-14

Number of Top Times: All

Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
58	1:30.33	L	F	Vicky Van der Merwe	18	NEWS NN	15/11/2013 KZN TYR Westville Sprints Champs
59	1:30.88	L	F	Samantha Land	18	BORD BO	18/01/2014 EP Inter-Provincial Gala 2014
60	1:31.04	L	F	Adriana Venter	21	KOVFS FS	18/10/2013 Otters Prestige Gala
61	1:31.06	L	F	Elizabeth Steenkamp	21	KOVFS FS	07/09/2013 KOVSIES AQUATICS LIGA 2 2013
62	1:31.21	L	F	Gisela Oosthuizen	18	STAD CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
63	1:31.69	L	F	Bronwyn Cumming	33	BLAC ES	28/09/2013 EGA Summer 1
64	1:32.25	L	P	Lauren Hagger	19	BENS ES	05/12/2013 EGA Championships Dec 2013
65	1:32.30	L	F	Tayla Brons	18	ONY ES	24/06/2013 Sasol National Winter Championships
66	1:33.15	L	P	Ashton Heatlie	21	BENS ES	05/12/2013 EGA Championships Dec 2013
67	1:33.30	L	F	Leverne De Klerk	18	WEST WP	09/11/2013 WP Second Skins Senior League 6
68	1:34.41	L	F	Suné Storme	18	BLOT FS	24/06/2013 Sasol National Winter Championships
69	1:35.67	L	P	Kristy Boucher	21	ONY ES	05/12/2013 EGA Championships Dec 2013
70	1:36.69	L	F	Ivanka Stoycheva	32	VINE WP	09/11/2013 WP Second Skins Senior League 6
71	1:36.92	L	F	Zozanne Luyt	20	NWUC NW	02/12/2013 USSA Swimming Championships 2013
72	1:37.04	L	F	Da Kim	18	AQSP NW	06/12/2013 NWS Championships 2013/2014
73	1:37.35	L	F	Kelsey Bester	18	FAAC NC	11/10/2013 NOCASA Age Group 1
74	1:38.37	L	F	Sonet Smit	37	WELA NF	02/11/2013 NFSA Interprovincial Meet 2013
75	1:40.83	L	F	Bianca van Breda	33	TLAC NW	06/12/2013 NWS Championships 2013/2014
76	1:41.05	L	F	Tezna Abrahams	18	WPA WP	07/04/2014 Sa National Aquatic Championship 2014
77	1:41.37	L	F	Marieke Bouwer	50	COEL NT	06/12/2013 NTS Championships 2013
78	1:42.71	L	F	Odelia Roodt	22	NWS NW	14/09/2013 CGA Level 1 gala No 1
79	1:42.78	L	F	Anne Swart	20	MP	07/04/2014 Sa National Aquatic Championship 2014
80	1:43.31	L	F	Cornelia Fowler	33	KLOO KZ	09/07/2013 SPEEDO PRESTIGE 2013
81	1:43.52	L	F	Cindy Mkhize	23	SEAL KZ	09/07/2013 SPEEDO PRESTIGE 2013
82	1:44.57	L	F	Kim Foster	54	COEL NT	06/12/2013 NTS Championships 2013
83	1:44.94	L	F	Amy Fraser	18	NEWS NN	09/11/2013 N-KZN ND NOVEMBER AGE GROUP
84	1:45.17	L	P	Jo-Andri Konig	18	DBSC VT	05/12/2013 EGA Championships Dec 2013
85	1:45.67	L	F	Aalia Patel	18	ATLA CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
86	1:46.71	L	P	Dimakatso Makgakga	18	CGA CG	07/04/2014 Sa National Aquatic Championship 2014
87	1:47.94	L	F	Carla Myburgh	18	KNYS SW	16/11/2013 SWD 3RD A LEAGUE GALA
88	1:48.16	L	F	Christelle Kriel	19	FINS MP	01/11/2013 32nd Freda Barnard Invitational Gala
89	1:49.15	L	F	Tezna Kirstin Abrahams	18	NW	31/03/2014 2014 Nedbank Championships
90	1:50.80	L	F	Martinet Du Toit	21	UPTS NC	08/01/2014 Nocasa Champs 2014
91	1:52.25	L	F	Denise Collignon	48	COEL NT	06/12/2013 NTS Championships 2013
92	1:53.28	L	F	Deidre Van Biljon	41	WELA NF	02/11/2013 NFSA Interprovincial Meet 2013
93	1:53.77	L	F	Monica Hefer	45	COEL NT	06/12/2013 NTS Championships 2013
94	1:57.21	L	F	Jennifer Higgins	30	KZNA KZ	07/04/2014 Sa National Aquatic Championship 2014
95	1:57.29	L	F	Gontse Shoro	20	SUPE CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
96	2:03.06	L	F	Hlengiwe Mqomboti	18	SOWE CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
97	2:14.00	L	F	Claire Murray	23	BEAV KZ	23/08/2013 KZN Beavers Winter LongCourse
98	2:17.53	L	F	Rentia Oosthuizen	22	AQUB EP	21/02/2014 EP 6th A League Gala
99	2:25.47	L	F	Bronwyn Ramathula	24	BEAV KZ	23/08/2013 KZN Beavers Winter LongCourse
100	2:26.77	L	F	Beth Nothling	24	SGUL KZ	09/07/2013 SPEEDO PRESTIGE 2013
101	2:53.94	L	F	Tracy McKay	44	SGUL KZ	18/10/2013 KZN ACTION SWIM CHAMPIONSHIPS
102	2:55.13	L	F	Fransina Mbiko	19	MDOL CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
103	3:25.87	L	F	Patricia Ings	45	ACSA KZ	10/12/2013 KZN PREMIER CHAMPS 2013

Women 200 Breast

1	2:28.47	L	F	Justine Macfarlane	18	WATR CG	26/08/2013 4th FINA World Junior Swimming
2	2:28.66	L	F	Franko Jonker	21	NTS NT	07/04/2014 Sa National Aquatic Championship 2014
3	2:30.86	L	F	Suzaan Van Biljon	26	TUKS NT	15/06/2013 Mare Nostrum Canet 2013
4	2:33.22	L	F	Tara-Lynn Nicholas	18	KZNA KZ	07/04/2014 Sa National Aquatic Championship 2014
5	2:35.62	L	F	Kelly Gunnell	20	CGA CG	07/04/2014 Sa National Aquatic Championship 2014
6	2:36.72	L	F	Kirsty Mc Lauchlan	20	WATR CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
7	2:36.81	L	P	Taryn Mackenzie	20	WATR CG	09/07/2013 SPEEDO PRESTIGE 2013
8	2:38.69	L	P	Claire Conlon	21	SEAL KZ	09/07/2013 SPEEDO PRESTIGE 2013
9	2:39.33	L	P	Michelle Wessels	21	FS FS	07/04/2014 Sa National Aquatic Championship 2014
10	2:41.21	L	P	Carmen Wessels	21	FS FS	07/04/2014 Sa National Aquatic Championship 2014
11	2:42.55	L	F	Melene Klinck	18	KOVFS FS	13/03/2014 SA Level 3 National Age Group Champs
12	2:43.15	L	F	Denjylie Cordero	21	PSL	08/02/2014 WP Second Skins Senior League 7

Individual Top Times

Times since: 01-May-13 **Times until: 30-Apr-14**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
13	2:45.43	L	F	Cassie Shear	18	ALSC CG	13/03/2014 SA Level 3 National Age Group Champs
14	2:46.85	L	F	Natalie Maritz	18	TUKS NT	13/03/2014 SA Level 3 National Age Group Champs
15	2:47.00	L	P	Imre Van Huyssteen	18	WPA WP	07/04/2014 Sa National Aquatic Championship 2014
16	2:47.06	L	F	Lisa Cowling	20	VINE WP	06/12/2013 WP Championships 2013
17	2:48.50	L	P	Cheri Knoesen	21	EP EP	07/04/2014 Sa National Aquatic Championship 2014
18	2:49.35	L	F	Genna Greevelink	19	TWSA EP	27/06/2013 2013 CA BUEN June Age Group
19	2:50.55	L	F	Jessica Liss	18	AQUB EP	21/06/2013 PEA Winter Gala 2013
20	2:51.78	L	F	Jessica De Beer	19	FLOD CG	09/07/2013 SPEEDO PRESTIGE 2013
21	2:52.88	L	F	Chantel Smith	20	BLSS FS	20/01/2014 Free State Championships 2014
22	2:53.02	L	F	Bernitia Hess	18	PAQU WP	06/12/2013 WP Championships 2013
23	2:56.89	L	F	Antoinette Rudolph	18	HILL NT	20/03/2014 SA Level 2 Regional Age Group Champs
24	3:03.72	L	F	Ifke Dorland	18	CADO WP	14/09/2013 WP Second Skins Senior League 4
25	3:03.84	L	P	Tanya Abrie	18	WATR CG	20/03/2014 SA Level 2 Regional Age Group Champs
26	3:03.96	L	F	Nicolette Ramshaw	19	SEAL KZ	09/07/2013 SPEEDO PRESTIGE 2013
27	3:04.52	L	F	Suzanne Jv Rensburg	22	PSA LP	24/06/2013 Sasol National Winter Championships
28	3:05.31	L	F	Aelke Vd Venter	18	PLAY WP	20/03/2014 SA Level 2 Regional Age Group Champs
29	3:05.54	L	F	Hope Taylor	18	PSC NT	13/09/2013 NTS Sept 2013 Combined Age Group
30	3:05.79	L	F	Kira Maurer	23	CADO WP	06/12/2013 WP Championships 2013
31	3:06.40	L	F	Kelsey Heatlie	18	BENS ES	05/12/2013 EGA Championships Dec 2013
32	3:10.92	L	F	Annic Marais	19	MATI WP	02/12/2013 USSA Swimming Championships 2013
33	3:11.49	L	P	Nazeerah Ally	18	ATLA CG	20/03/2014 SA Level 2 Regional Age Group Champs
34	3:13.62	L	F	Line Grobler	18	PSC NT	14/02/2014 NTS February Age Group Level 2+3
35	3:16.55	L	F	Adriana Venter	21	KOVFS FS	24/08/2013 KOVSIES AQUATICS LIGA 1 2013
36	3:17.55	L	F	Suné Storme	18	BLOT FS	24/06/2013 Sasol National Winter Championships
37	3:17.96	L	F	Abigail Penman	21	BLAC ES	05/12/2013 EGA Championships Dec 2013
38	3:18.48	L	F	Samantha Blaauw	18	NWUC NW	06/12/2013 NWS Championships 2013/2014
39	3:23.96	L	F	Jozanne Luyt	20	NWUC NW	02/12/2013 USSA Swimming Championships 2013
40	3:25.30	L	F	Tayla Brons	18	ONY ES	19/10/2013 EGA Summer 2_19Oct 2013
41	3:27.93	L	F	Yvonne Smith	23	KOVFS FS	20/01/2014 Free State Championships 2014
42	3:37.84	L	F	Da Kim	18	NWUC NW	14/02/2014 NW Schools Swimming Championships
43	3:39.96	L	F	Amy Fraser	18	NEWS NN	09/11/2013 N-KZN ND NOVEMBER AGE GROUP
44	3:41.46	L	F	Odellia Roodt	22	NWUC NW	02/12/2013 USSA Swimming Championships 2013
45	3:41.67	L	F	Anne Swart	20	FINS MP	29/11/2013 Mpumalanga Championships 2013
46	3:41.86	L	F	Sinead Davey	18	SSSC CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
47	3:49.69	L	P	Cornelia Fowler	33	KLOO KZ	09/07/2013 SPEEDO PRESTIGE 2013
48	3:55.39	L	P	Cindy Mkhize	23	SEAL KZ	09/07/2013 SPEEDO PRESTIGE 2013
49	4:08.40	L	F	Martinette Du Toit	21	UPTS NC	08/01/2014 Nocasa Champs 2014
50	4:10.16	L	F	Deidre Van Biljon	41	BLAC ES	19/10/2013 EGA Summer 2_19Oct 2013
51	4:14.55	L	F	Jennifer Higgins	30	NDSA KZ	09/11/2013 KZN Age Group 6
52	4:17.47	L	F	Hlengiwe Mqomboti	18	SOWE CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
53	4:42.88	L	F	Rentia Oosthuizen	22	AQUB EP	21/02/2014 EP 6th A League Gala
54	4:56.38	L	F	Nicole Seyisi	19	PISC KZ	09/11/2013 KZN Age Group 6
Women 50 Fly							
1	26.94	L	P	Vanessa Mohr	19	NTS NT	07/04/2014 Sa National Aquatic Championship 2014
2	27.22	L	F	Jessica Ashley-Cooper	21	WPA WP	07/04/2014 Sa National Aquatic Championship 2014
3	27.36	L	F	Marne Erasmus	18	BORD BO	07/04/2014 Sa National Aquatic Championship 2014
4	27.40	L	P	Trudi Maree	25	RSA	28/07/2013 15th Fina World Championships
5	28.04	L	S	Tayla Lovemore	19	KZNA KZ	07/04/2014 Sa National Aquatic Championship 2014
6	28.51	L	S	Tamlyn Price	19	EP EP	07/04/2014 Sa National Aquatic Championship 2014
7	28.55	L	S	Lehesta Kemp	24	NTS NT	07/04/2014 Sa National Aquatic Championship 2014
8	28.87	L	S	Natasha Vd Walt	18	CGA CG	07/04/2014 Sa National Aquatic Championship 2014
9	29.12	L	P	Kristy Muller	19	NTS NT	07/04/2014 Sa National Aquatic Championship 2014
10	29.15	L	S	Danica McWilliam	18	CGA CG	07/04/2014 Sa National Aquatic Championship 2014
11	29.20	L	P	Kayla Ferreira	19	TUKS! NT	09/07/2013 SPEEDO PRESTIGE 2013
12	29.22	L	S	Shebjorn Axelson	23	KZNA KZ	07/04/2014 Sa National Aquatic Championship 2014
13	29.29	L	P	Megan Hesse	19	PAC NT	06/12/2013 NTS Championships 2013
14	29.31	L	P	Odile Dauvellier	20	NTS NT	07/04/2014 Sa National Aquatic Championship 2014
15	29.32	L	F	Milize Symington	20	GHSK NC	17/01/2014 Nocasa Age Group 4 2014 Kimberley
16	29.65	L	F	Marise Nel	18	PAC NT	13/03/2014 SA Level 3 National Age Group Champs

Individual Top Times

Times since: 01-May-13

Times until: 30-Apr-14

Number of Top Times: All

Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
17	29.72 L	P	Michelle Wessels	21	FS FS	07/04/2014	Sa National Aquatic Championship 2014
18	29.83 L	F	Juane Du Plessis	19	BLOT FS	09/07/2013	SPEEDO PRESTIGE 2013
19	29.85 L	P	Amy Peens	20	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
20	29.98 L	P	Carmen Wessels	21	FS FS	07/04/2014	Sa National Aquatic Championship 2014
21	30.05 L	P	Marli Jacobs	19	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
22	30.10 L	P	Megan Toyne	18	TUKS NT	06/12/2013	NTS Championships 2013
23	30.17 L	F	Bernitia Hess	18	PAQU WP	06/12/2013	WP Championships 2013
24	30.29 L	F	Marianna Marini	18	BARS CG	13/03/2014	SA Level 3 National Age Group Champs
25	30.36 L	P	Tarryn Holmes	18	WHAS CG	09/07/2013	SPEEDO PRESTIGE 2013
26	30.39 L	F	Chynna Stewart	18	TUKS NT	06/12/2013	NTS Championships 2013
27	30.56 L	F	Jade Goosen	18	WSTV KZ	15/11/2013	KZN TYR Westville Sprints Champs
28	30.59 L	F	Cornell Loubser	19	NWS NW	07/04/2014	Sa National Aquatic Championship 2014
29	30.62 L	P	Anna-Lotte Retief	20	TUKS NT	06/12/2013	NTS Championships 2013
30	30.74 L	F	Terianne Brown	20	PEAS EP	21/02/2014	EP 6th A League Gala
31	30.75 L	F	Kaleigh Graham	18	TWSA EP	01/11/2013	Border November Age Group Gala 2013
32	30.87 L	P	Morgan Nicholls	18	BORD BO	07/04/2014	Sa National Aquatic Championship 2014
33	30.89 L	F	Samantha Blaauw	18	NWUC NW	18/01/2014	NWS Age Group 4 1314
34	31.02 L	F	Thilde Victor	32	VICT ES	07/09/2013	2013 Arena Hillcrest Sprint Gala
35	31.11 L	F	Joaquina Salgado	18	TWSA EP	01/11/2013	32nd Freda Barnard Invitational Gala
36	31.22 L	F	Caitlin Kat	21	MATI WP	08/02/2014	WP Second Skins Senior League 7
37	31.30 L	F	Melene Klinck	18	KOVFS FS	06/12/2013	NOCASA Sprints 2013
38	31.39 L	F	Lindsay McLeod	19	ACSA KZ	15/11/2013	KZN TYR Westville Sprints Champs
39	31.50 L	F	Suné Storme	18	BLOT FS	24/06/2013	Sasol National Winter Championships
40	31.54 L	P	Carmel Billson	21	ACSA KZ	09/07/2013	SPEEDO PRESTIGE 2013
41	31.56 L	F	Casey Pullen	20	STAD CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
42	31.59 L	F	Nadine Kuhn	19	BENS ES	16/02/2014	EGA Summer 5 Gala
43	31.60 L	P	Claire De Lange	19	SFUL KZ	09/07/2013	SPEEDO PRESTIGE 2013
44	31.63 L	F	Nicolette Ramshaw	19	SEAL KZ	10/12/2013	KZN PREMIER CHAMPS 2013
45	31.64 L	F	Lauren Billson	19	PEAS EP	21/06/2013	PEA Winter Gala 2013
46	31.70 L	F	Bronwyn Cumming	33	BLAC ES	16/02/2014	EGA Summer 5 Gala
47*	31.84 L	P	Kamilla Snyman	20	PSC NT	09/07/2013	SPEEDO PRESTIGE 2013
47*	31.84 L	P	Danielle Small	19	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
49*	31.85 L	F	Aelke Vd Venter	18	PLAY WP	06/12/2013	WP Championships 2013
49*	31.85 L	F	Vicky Van der Merwe	18	NEWS NN	20/03/2014	SA Level 2 Regional Age Group Champs
51	31.89 L	F	Robyn Charter	20	MATI WP	02/12/2013	USSA Swimming Championships 2013
52	32.01 L	F	Imre Van Huyssteen	18	PLAY WP	17/08/2013	WP Senior League 3
53	32.13 L	F	Nicole Lewis	18	FINS MP	29/11/2013	Mpumalanga Championships 2013
54	32.17 L	P	Lisa Cowling	20	VINE WP	06/12/2013	WP Championships 2013
55	32.19 L	P	Cheri Knoesen	21	EP EP	07/04/2014	Sa National Aquatic Championship 2014
56*	32.20 L	F	Ivanka Stoycheva	32	VINE WP	27/06/2013	DLOP Men, Women & Youth,50m,2013
56*	32.20 L	F	Brittany Reeves	19	BARS CG	16/02/2014	EGA Summer 5 Gala
58	32.23 L	F	Denjylie Cordero	21	PSL	08/02/2014	WP Second Skins Senior League 7
59*	32.24 L	F	Tina Wong	18	STAD CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
59*	32.24 L	F	Amy Fraser	18	NEWS NN	26/10/2013	N-KZN AGE GROUP GALA 5P
61	32.37 L	F	Japke Engelbrecht	18	HBV LP	19/10/2013	Limpopo HS Topskole 2013
62	32.84 L	P	Caitlin Hawarden	19	TYGE WP	06/12/2013	WP Championships 2013
63	32.98 L	F	Esmari Theart	18	BLNE FS	21/06/2013	PEA Winter Gala 2013
64	33.00 L	F	Emma Delpont	20	KOVFS FS	26/10/2013	Supersport Seals Gala
65	33.10 L	F	Seonaid Leech	18	STAD CG	05/12/2013	CGA Open Champs
66	33.31 L	P	Suzanne Jv Rensburg	22	PSA LP	24/06/2013	Sasol National Winter Championships
67	33.38 L	P	Jessica De Beer	19	FLOD CG	09/07/2013	SPEEDO PRESTIGE 2013
68	33.46 L	F	Liza Bahlmann	19	VIKI BO	28/11/2013	Border Championships
69	33.64 L	F	Tayla Saunders	18	KOVFS FS	20/01/2014	Free State Championships 2014
70	33.73 L	P	Abigail Penman	21	BLAC ES	05/12/2013	EGA Championships Dec 2013
71	33.90 L	F	Genna Greevelink	19	TWSA EP	21/02/2014	EP 6th A League Gala
72*	33.98 L	F	Robyn Henderson	18	MDOL CG	31/08/2013	Adrian Grafe Memorial Gala
72*	33.98 L	F	Kristy Boucher	21	ONY ES	07/09/2013	2013 Arena Hillcrest Sprint Gala
74	34.13 L	F	Dedré Uys	18	HPP LP	19/10/2013	Limpopo HS Topskole 2013
75	34.27 L	F	Chane Massey	18	BLSS FS	20/01/2014	Free State Championships 2014

Individual Top Times

Times since: 01-May-13

Times until: 30-Apr-14

Number of Top Times: All

Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
76	34.39	L	F	Adriana Venter	21	KOVS FS	24/08/2013 KOVSIES AQUATICS LIGA 1 2013
77	34.42	L	P	Kira Maurer	23	CADO WP	06/12/2013 WP Championships 2013
78	34.50	L	F	Landi Cilliers	21	NWUC NW	02/12/2013 USSA Swimming Championships 2013
79	34.56	L	F	Yvonne Smith	23	KOVS FS	06/12/2013 WP Championships 2013
80	34.79	L	F	Micaela Gerling	20	UNI MP	29/11/2013 Mpumalanga Championships 2013
81	34.90	L	F	Line Grobler	18	PSC NT	17/01/2014 NTS Jan 2014 Combined Age Group
82*	35.00	L S	F	Shannon Austin	21	UWCA WP	09/07/2013 SPEEDO PRESTIGE 2013
82*	35.00	L	F	Whitney Turner	26	RBOT NW	07/09/2013 2013 Arena Hillcrest Sprint Gala
84	35.06	L	F	Lauren Hagger	19	BENS ES	09/11/2013 EGA Summer 3
85	35.08	L	F	Kelsey Bester	18	FAAC NC	11/10/2013 NOCASA Age Group 1
86	35.14	L	P	Samantha Di Domenico	18	ONY ES	05/12/2013 EGA Championships Dec 2013
87	35.23	L	F	Corle Ferreira	20	KOVS FS	16/11/2013 EPA 4th A League Gala
88	35.28	L	F	Shirley Carey	39	HIGH KZ	18/01/2014 N-KZN ZULULAND AGE GROUP GALA
89	35.53	L	F	Jennifer Webster	20	MATI WP	02/12/2013 USSA Swimming Championships 2013
90	35.61	L	P	Sarah Siepman	19	AZON KZ	18/10/2013 KZN ACTION SWIM CHAMPIONSHIPS
91	35.68	L	F	Tasha Francis	18	STAD CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
92	35.86	L	F	Angelique Johnson	18	WEST WP	31/01/2014 WP Jack Currie Championships
93	35.88	L	F	Da Kim	18	NWUC NW	14/02/2014 NW Schools Swimming Championships
94	36.31	L	F	Bianca van Breda	33	TLAC NW	23/11/2013 NWS Age Group 3 2013/2014
95	36.86	L	F	Jaleina Botha	18	KEIK NW	09/11/2013 NWS Age Group 2
96	36.95	L	F	Shannay Allmark	19	HBV LP	25/10/2013 Mpumalanga Top Schools 2013 High
97	37.05	L	P	Tayla Van Rooyen	19	AEC CG	09/07/2013 SPEEDO PRESTIGE 2013
98	37.08	L	F	Nazeerah Ally	18	ATLA CG	22/02/2014 CGA Level 2 Champs 2014
99	37.14	L	F	Sune Van Der Merwe	18	VALS NF	11/02/2014 NFS High School Championships 2014
100	37.63	L	F	Christelle Kriel	19	WPA WP	07/04/2014 Sa National Aquatic Championship 2014
101	37.88	L	F	Chelaine Maree	18	FISH SW	26/10/2013 SWD 2nd A League Gala
102	38.18	L S	F	Tanya Abrie	18	WATR CG	22/02/2014 CGA Level 2 Champs 2014
103	39.26	L	F	San Mari De Jager	18	FAAC NC	26/10/2013 Flamingo Gala 2013
104	40.22	L	F	Anne Swart	20	FINS MP	29/11/2013 Mpumalanga Championships 2013
105	40.58	L	F	Annezell van Staden	18	PRA MP	29/11/2013 Mpumalanga Championships 2013
106	40.69	L	F	Dimakatso Makgakga	18	CGA CG	07/04/2014 Sa National Aquatic Championship 2014
107	40.87	L	F	Carla Myburgh	18	KNYS SW	26/10/2013 SWD 2nd A League Gala
108	40.99	L	F	Elizabeth Craig	69	BEST EP	01/11/2013 32nd Freda Barnard Invitational Gala
109	41.39	L	F	Ashton Heatlie	21	BENS ES	09/11/2013 EGA Summer 3
110	41.69	L	F	Emily Gray	22	NTS NT	07/04/2014 Sa National Aquatic Championship 2014
111	41.75	L	F	Elizabeth Steenkamp	21	KOVS FS	24/08/2013 KOVSIES AQUATICS LIGA 1 2013
112	41.82	L	P	Jo-Andri Konig	18	DBSC VT	05/12/2013 EGA Championships Dec 2013
113	41.84	L	F	Kris Nel	20	CSC NT	07/09/2013 2013 Arena Hillcrest Sprint Gala
114	41.93	L	F	Martinette Du Toit	21	UPTS NC	08/01/2014 Nocasa Champs 2014
115	42.30	L	F	Tezna Abrahams	18	WPA WP	07/04/2014 Sa National Aquatic Championship 2014
116	42.62	L	F	Laura-Ann Hugo	19	BLNE FS	08/02/2014 NOCASA Age Group 5 Kimberley 2014
117	43.48	L	F	Marieke Bouwer	50	COEL NT	06/12/2013 NTS Championships 2013
118	44.74	L	F	Chavah Barit	18	ELEC CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
119	45.31	L	F	Tezna Kirstin Abrahams	18	NW	31/03/2014 2014 Nedbank Championships
120	45.85	L	F	Cindy Mkhize	23	SEAL KZ	09/07/2013 SPEEDO PRESTIGE 2013
121	45.96	L	F	Cornelia Fowler	33	KLOO KZ	09/07/2013 SPEEDO PRESTIGE 2013
122	46.43	L	F	Emily Gray	22	NT NT	31/03/2014 2014 Nedbank Championships
123	46.57	L	F	Melissa Rosenick	18	RBUR NW	05/10/2013 NWS Age Group 1
124	47.01	L	F	Jennifer Higgins	30	KZNA KZ	07/04/2014 Sa National Aquatic Championship 2014
125	47.39	L	F	Aalia Patel	18	ATLA CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
126	51.71	L	F	Donnée Dixon	23	VINE WP	12/10/2013 WP Second Skins Senior League 5
127	52.21	L	F	Songo Mfikili	21	HARL BO	01/11/2013 Border November Age Group Gala 2013
128	55.33	L	F	Marcilla Russell	45	COEL NT	06/12/2013 NTS Championships 2013
129	56.01	L	F	Hlengiwe Mqomboti	18	SOWE CG	21/09/2013 CGA Level 2-3 Gala No 1 2013
130	56.88	L	F	Adri Visser	26	CGA CG	07/04/2014 Sa National Aquatic Championship 2014
131	1:02.05	L	F	Bronwyn Ramathula	24	BEAV KZ	10/12/2013 KZN PREMIER CHAMPS 2013
132	1:06.33	L	P	Catharina Van Zyl-Smit	40	PSA LP	24/06/2013 Sasol National Winter Championships
133	1:06.92	L	F	Rentia Oosthuizen	22	AQUB EP	21/02/2014 EP 6th A League Gala
134	1:09.09	L	F	Tracy McKay	44	SGUL KZ	09/07/2013 SPEEDO PRESTIGE 2013

Individual Top Times

Times since: 01-May-13 **Times until: 30-Apr-14**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
135	1:13.22 L	F	Claire Murray	23	BEAV KZ	23/08/2013	KZN Beavers Winter LongCourse
136	1:17.59 L	F	Lindiswa Dzanibe	19	MDOL CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
137	1:28.81 L	F	Fransina Mbiko	19	MDOL CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
138	1:41.02 L	F	Patricia Ings	45	ACSA KZ	09/07/2013	SPEEDO PRESTIGE 2013
Women	100 Fly						
1	59.35 L	P	Marne Erasmus	18	BORD BO	07/04/2014	Sa National Aquatic Championship 2014
2	59.92 L	F	Vanessa Mohr	19	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
3	1:02.09 L	F	Rene' Warnes	22	SGUL KZ	10/12/2013	KZN PREMIER CHAMPS 2013
4	1:02.46 L	F	Jessica Ashley-Cooper	21	UWCA WP	02/12/2013	USSA Swimming Championships 2013
5	1:02.64 L	F	Tayla Lovemore	19	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
6	1:03.62 L	F	Chanel Johnston	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
7*	1:04.72 L	F	Kyna Pereira	18	KLOO KZ	10/12/2013	KZN PREMIER CHAMPS 2013
7*	1:04.72 L	S	Marli Jacobs	19	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
9	1:04.82 L	S	Odile Dauvellier	20	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
10	1:04.94 L	S	Oneida Cooper	21	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
11	1:05.15 L	F	Natasha Vd Walt	18	ALSC CG	13/03/2014	SA Level 3 National Age Group Champs
12	1:05.89 L S	P	Kayla Ferreira	19	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
13	1:05.96 L S	F	Kristy Muller	19	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
14	1:06.92 L	F	Joaquina Salgado	18	TWSA EP	01/11/2013	32nd Freda Barnard Invitational Gala
15	1:07.26 L	P	Shebjorn Axelson	23	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
16	1:07.27 L	F	Megan Hesse	19	PAC NT	06/12/2013	NTS Championships 2013
17	1:07.37 L	P	Marise Nel	18	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
18	1:07.77 L	P	Danica McWilliam	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
19	1:07.85 L	F	Trudi Maree	25	MATI WP	09/11/2013	WP Second Skins Senior League 6
20	1:07.91 L	P	Bernitia Hess	18	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
21	1:08.26 L	F	Lisa Cowling	20	VINE WP	06/12/2013	WP Championships 2013
22	1:08.52 L	F	Marianna Marini	18	BARS CG	13/03/2014	SA Level 3 National Age Group Champs
23	1:08.89 L	F	Terianne Brown	20	PEAS EP	21/02/2014	EP 6th A League Gala
24	1:09.00 L	F	Cornell Loubser	19	NWUC NW	27/07/2013	22nd Summer Deaflympics
25	1:09.04 L	F	Kaleigh Graham	18	TWSA EP	24/01/2014	BO-January Age Group Gala 2014
26	1:09.08 L	F	Casey Pullen	20	STAD CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
27	1:09.14 L S	P	Jade Goosen	18	WSTV KZ	09/07/2013	SPEEDO PRESTIGE 2013
28	1:09.16 L	F	Caitlin Kat	21	MATI WP	08/02/2014	WP Second Skins Senior League 7
29	1:09.20 L	F	Tarryn Holmes	18	UNIQ CG	13/02/2014	Hamilton Aquatics Dubai International
30	1:09.38 L	F	Anna-Lotte Retief	20	TUKS NT	20/01/2014	Free State Championships 2014
31	1:09.74 L	F	Shannon Austin	21	UWCA WP	02/12/2013	USSA Swimming Championships 2013
32	1:09.94 L	P	Louisa De Jongh	18	MATI WP	06/12/2013	WP Championships 2013
33	1:10.40 L	F	Michelle Wessels	21	BLOT FS	20/01/2014	Free State Championships 2014
34	1:10.92 L	F	Suzanne Jv Rensburg	22	PSA LP	24/06/2013	Sasol National Winter Championships
35	1:10.99 L	P	Samantha Blaauw	18	NWS NW	07/04/2014	Sa National Aquatic Championship 2014
36	1:11.04 L	F	Caitlin Hawarden	19	TYGE WP	06/12/2013	WP Championships 2013
37	1:11.64 L	F	Veruschka Jordaan	19	TUKS NT	02/12/2013	USSA Swimming Championships 2013
38	1:11.72 L	F	Carmen Wessels	21	BLOT FS	18/10/2013	Otters Prestige Gala
39	1:12.09 L	F	Nadine Kuhn	19	BENS ES	05/12/2013	EGA Championships Dec 2013
40	1:12.26 L	P	Megan Toyne	18	TUKS NT	06/12/2013	NTS Championships 2013
41	1:12.29 L	F	Tamlyn Price	19	AQUB EP	11/01/2014	EP 5th A League Gala
42	1:12.71 L	P	Melene Klinck	18	FS FS	07/04/2014	Sa National Aquatic Championship 2014
43	1:12.76 L	F	Imre Van Huyssteen	18	PLAY WP	12/10/2013	WP Second Skins Senior League 5
44	1:12.90 L	F	Ivanka Stoycheva	32	VINE WP	27/06/2013	DLOP Men, Women & Youth,50m,2013
45	1:12.96 L	F	Nicolette Ramshaw	19	SEAL KZ	10/12/2013	KZN PREMIER CHAMPS 2013
46	1:14.07 L	F	Chane Massey	18	BLSS FS	20/01/2014	Free State Championships 2014
47	1:14.28 L	F	Tayla Saunders	18	KOVFS FS	20/03/2014	SA Level 2 Regional Age Group Champs
48	1:14.37 L	F	Morgan Nicholls	18	VIKI BO	21/06/2013	PEA Winter Gala 2013
49	1:14.43 L	F	Vicky Van der Merwe	18	NEWS NN	20/03/2014	SA Level 2 Regional Age Group Champs
50	1:14.56 L S	P	Christine Grobler	18	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
51	1:14.58 L	F	Tina Wong	18	STAD CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
52	1:14.83 L	P	Aelke Vd Venter	18	PLAY WP	06/12/2013	WP Championships 2013
53	1:14.99 L	F	Chynna Stewart	18	TUKS NT	06/12/2013	NTS Championships 2013
54	1:15.10 L S	P	Kamilla Snyman	20	PSC NT	09/07/2013	SPEEDO PRESTIGE 2013

Individual Top Times

Times since: 01-May-13 **Times until: 30-Apr-14**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
55	1:15.16 L	F	Suné Storme	18	BLOT FS	24/06/2013	Sasol National Winter Championships
56	1:16.70 L	F	Yvonne Smith	23	FS FS	07/04/2014	Sa National Aquatic Championship 2014
57	1:16.83 L	F	Landi Cilliers	21	NWUC NW	02/12/2013	USSA Swimming Championships 2013
58	1:17.42 L	F	Karmi De Jager	18	TUKS NT	06/12/2013	NTS Championships 2013
59	1:17.68 L	F	Janet Vlok	18	WHFC WP	12/10/2013	WP Second Skins Senior League 5
60	1:18.35 L	F	Cheri Knoesen	21	EP EP	18/01/2014	EP Inter-Provincial Gala 2014
61	1:19.43 L	F	Angelique Johnson	18	WEST WP	12/10/2013	WP Second Skins Senior League 5
62	1:20.11 L	F	Nicole Lewis	18	FINS MP	29/11/2013	Mpumalanga Championships 2013
63	1:20.32 L	F	Brittany Reeves	19	BARS CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
64	1:22.38 L	F	Tayla Brons	18	ONY ES	24/06/2013	Sasol National Winter Championships
65	1:25.08 L	F	Kristy Boucher	21	ONY ES	05/12/2013	EGA Championships Dec 2013
66	1:25.37 L	F	Kelsey Bester	18	FAAC NC	26/10/2013	Flamingo Gala 2013
67	1:26.48 L	F	Corle Ferreira	20	KOVS FS	16/11/2013	EPA 4th A League Gala
68	1:26.65 L	F	Christelle Kriel	19	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
69	1:29.09 L	F	Jennifer Webster	20	MATI WP	02/12/2013	USSA Swimming Championships 2013
70	1:36.50 L	P	Dimakatso Makgakga	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
71	1:44.04 L	F	Anne Swart	20	FINS MP	09/07/2013	SPEEDO PRESTIGE 2013
72	1:47.17 L	P	Martinette Du Toit	21	UPTS NC	08/01/2014	Nocasa Champs 2014
73	1:49.11 L	F	Cindy Mkhize	23	SEAL KZ	09/07/2013	SPEEDO PRESTIGE 2013
74	1:54.43 L	F	Donnée Dixon	23	VINE WP	08/02/2014	WP Second Skins Senior League 7
75	2:07.30 L	F	Amy Fraser	18	NEWS NN	09/11/2013	N-KZN ND NOVEMBER AGE GROUP
76	2:08.10 L	P	Adri Visser	26	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
77	2:55.99 L	F	Claire Murray	23	BEAV KZ	23/08/2013	KZN Beavers Winter LongCourse
78	3:04.12 L	P	Lindiswa Dzanibe	19	MDOL CG	05/12/2013	CGA Open Champs
Women 200 Fly							
1	2:12.31 L	F	Rene' Warnes	22	RSA	31/01/2014	2014 BHP Billiton Aquatic Super Series
2	2:19.50 L	F	Vanessa Mohr	19	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
3	2:19.68 L	F	Megan Stephens	23	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
4	2:21.53 L	F	Marli Jacobs	19	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
5	2:22.81 L	F	Chanel Johnston	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
6	2:22.90 L	F	Kyna Pereira	18	RSA	31/01/2014	2014 BHP Billiton Aquatic Super Series
7	2:23.64 L	P	Caitlin Kat	21	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
8	2:25.34 L	F	Lisa Cowling	20	VINE WP	06/12/2013	WP Championships 2013
9	2:26.57 L	F	Shannon Austin	21	UWCA WP	06/12/2013	WP Championships 2013
10	2:30.12 L	F	Kira Hauptfleisch	20	SEAL KZ	14/09/2013	KZN Age Group 4
11	2:30.79 L	F	Suzanne Jv Rensburg	22	PSA LP	24/06/2013	Sasol National Winter Championships
12	2:31.28 L	F	Jessica Liss	18	AQUB EP	21/06/2013	PEA Winter Gala 2013
13	2:31.74 L	P	Bernita Hess	18	PAQU WP	26/08/2013	4th FINA World Junior Swimming
14	2:34.40 L	P	Lindsay McLeod	19	RSA	18/07/2013	IAG Championships & Summer Open
15	2:34.53 L	F	Kaleigh Graham	18	TWSA EP	01/11/2013	Border November Age Group Gala 2013
16	2:35.31 L	F	Veruschka Jordaan	19	TUKS NT	02/12/2013	USSA Swimming Championships 2013
17	2:35.40 L	F	Marne Erasmus	18	USC BO	28/11/2013	Border Championships
18	2:41.83 L	F	Sharnè Dicks	19	UWCA WP	14/09/2013	WP Second Skins Senior League 4
19	2:43.32 L	F	Terianne Brown	20	USC BO	06/12/2013	EP Championships 2013
20	2:45.95 L	F	Louisa De Jongh	18	MATI WP	09/11/2013	WP Second Skins Senior League 6
21	2:46.05 L	F	Michelle Wessels	21	BLOT FS	18/10/2013	Otters Prestige Gala
22	2:47.82 L	F	Samantha Blaauw	18	NWUC NW	06/12/2013	NWS Championships 2013/2014
23	2:53.51 L	F	Ivanka Stoycheva	32	VINE WP	27/06/2013	DLOP Men, Women & Youth,50m,2013
24	2:53.94 L	F	Nina Nicholas	21	MATI WP	02/12/2013	USSA Swimming Championships 2013
25	3:01.17 L	F	Carmen Wessels	21	BLOT FS	18/10/2013	Otters Prestige Gala
26	3:21.31 L	F	Kelsey Bester	18	FAAC NC	08/11/2013	NOCASA Age Group 2 Kimberley
27	4:08.51 L	F	Donnée Dixon	23	VINE WP	09/11/2013	WP Second Skins Senior League 6
Women 200 IM							
1	2:16.48 L	F	Rene' Warnes	22	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
2	2:19.04 L	F	Kirsty Mc Lauchlan	20	WATR CG	11/06/2013	Mare Nostrum Barcelona 2013
3	2:19.41 L	F	Jessica Pengelly	22	UNAT KZ	14/12/2013	2013 McDonalds Queensland
4	2:20.43 L	F	Beatrix Malan	18	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
5	2:21.65 L	F	Jessica Ashley-Cooper	21	UWCA WP	06/12/2013	WP Championships 2013

Individual Top Times

Times since: 01-May-13 **Times until: 30-Apr-14**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
6	2:23.04 L	F	Justine Macfarlane	18	WATR CG	05/12/2013	CGA Open Champs
7	2:23.36 L S	F	Kyna Pereira	18	KLOO KZ	09/07/2013	SPEEDO PRESTIGE 2013
8	2:23.50 L	F	Chanel Johnston	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
9	2:24.37 L	F	Lindsay McLeod	19	RSA	18/07/2013	IAG Championships & Summer Open
10	2:25.32 L	P	Tayla Lovemore	19	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
11	2:25.56 L S	F	Kristy Muller	19	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
12	2:25.77 L	F	Caitlin Kat	21	MATI WP	06/12/2013	WP Championships 2013
13	2:26.99 L	P	Alexandra Quenet	18	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
14	2:27.29 L S	F	Michelle Wessels	21	BLOT FS	09/07/2013	SPEEDO PRESTIGE 2013
15	2:28.53 L	F	Denjylie Cordero	21	PSL	08/02/2014	WP Second Skins Senior League 7
16	2:28.96 L S	F	Carmen Wessels	21	BLOT FS	09/07/2013	SPEEDO PRESTIGE 2013
17	2:29.15 L S	P	Juane Du Plessis	19	BLOT FS	09/07/2013	SPEEDO PRESTIGE 2013
18	2:29.28 L	P	Sarah-Ann Bouwer	19	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
19	2:31.04 L	F	Lauren Billson	19	PEAS EP	21/06/2013	PEA Winter Gala 2013
20	2:32.10 L	P	Morgan Nicholls	18	BORD BO	07/04/2014	Sa National Aquatic Championship 2014
21	2:33.01 L	F	Danica McWilliam	18	WATR CG	05/12/2013	CGA Open Champs
22	2:33.10 L	P	Michelle Nieuwstad	20	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
23	2:33.25 L	F	Melene Klinck	18	KOVFS FS	13/03/2014	SA Level 3 National Age Group Champs
24	2:33.30 L	F	Shebjorn Axelson	23	MGSC KZ	10/12/2013	KZN PREMIER CHAMPS 2013
25	2:33.57 L	P	Sharnè Dicks	19	CYBE WP	06/12/2013	WP Championships 2013
26	2:33.85 L	F	Imre Van Huyssteen	18	PLAY WP	06/12/2013	WP Championships 2013
27	2:34.31 L	F	Lisa Cowling	20	VINE WP	06/12/2013	WP Championships 2013
28	2:35.31 L	P	Marise Nel	18	NTS NT	07/04/2014	Sa National Aquatic Championship 2014
29	2:35.78 L	F	Louisa De Jongh	18	MATI WP	14/09/2013	WP Second Skins Senior League 4
30	2:35.84 L	P	Tina Wong	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
31	2:36.47 L	P	Megan Toye	18	TUKS NT	06/12/2013	NTS Championships 2013
32	2:36.61 L	F	Vanessa Mohr	19	TUKS NT	23/08/2013	NTS Aug 2013 Age Group Level 3+
33	2:36.84 L S	P	Natalie Maritz	18	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
34	2:37.29 L	F	Amy Peens	20	TUKS NT	12/10/2013	NTS Oct 2013 Agr Group Level 2
35*	2:37.55 L	P	Genna Greevelink	19	TWSA EP	27/06/2013	2013 CA BUEN June Age Group
35*	2:37.55 L	F	Casey Pullen	20	STAD CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
37	2:37.87 L	F	Tamlyn Price	19	EP EP	18/01/2014	EP Inter-Provincial Gala 2014
38	2:38.03 L	F	Bernitia Hess	18	PAQU WP	14/09/2013	WP Second Skins Senior League 4
39	2:38.64 L	F	Joaquina Salgado	18	TWSA EP	01/11/2013	32nd Freda Barnard Invitational Gala
40	2:38.69 L	F	Tyler Mirtle	18	ASA KZ	18/01/2014	KZN Age Group 7
41*	2:39.06 L	P	Tarryn Holmes	18	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
41*	2:39.06 L	P	Natasha Vd Walt	18	ALSC CG	05/12/2013	CGA Open Champs
43	2:39.41 L	F	Samantha Blaauw	18	NWUC NW	06/12/2013	NWS Championships 2013/2014
44	2:39.53 L	F	Suzanne Jv Rensburg	22	PSA LP	24/06/2013	Sasol National Winter Championships
45	2:39.57 L	F	Jade Goosen	18	WSTV KZ	15/11/2013	KZN TYR Westville Sprints Champs
46	2:39.64 L S	F	Jessica De Beer	19	FLOD CG	09/07/2013	SPEEDO PRESTIGE 2013
47	2:39.65 L	F	Janet Vlok	18	WHFC WP	26/10/2013	WP IM Gala
48	2:39.70 L S	P	Christine Grobler	18	TUKS! NT	09/07/2013	SPEEDO PRESTIGE 2013
49	2:40.61 L	F	Chrizalda Smit	19	TUKS NT	13/09/2013	NTS Sept 2013 Combined Age Group
50	2:41.02 L	F	Japke Engelbrecht	18	LP LP	14/09/2013	CGA Level 1 gala No 1
51	2:41.87 L	P	Seonaid Leech	18	STAD CG	05/12/2013	CGA Open Champs
52	2:41.96 L	P	Robyn Ferguson	21	UWCA WP	06/12/2013	WP Championships 2013
53	2:42.01 L	F	Claire De Lange	19	SGUL KZ	23/08/2013	KZN Beavers Winter LongCourse
54	2:42.34 L	F	Odile Dauvellier	20	STAD CG	02/11/2013	CGA Level 2-3 gala No 3
55	2:42.78 L	F	Tayla Saunders	18	KOVFS FS	20/03/2014	SA Level 2 Regional Age Group Champs
56	2:42.82 L	F	Kaleigh Graham	18	TWSA EP	01/11/2013	Border November Age Group Gala 2013
57	2:43.10 L	F	Chynna Stewart	18	TUKS NT	14/02/2014	NTS February Age Group Level 2+3
58	2:44.00 L	F	Aelke Vd Venter	18	PLAY WP	20/03/2014	SA Level 2 Regional Age Group Champs
59	2:44.78 L	F	Yvonne Smith	23	KOVFS FS	06/12/2013	WP Championships 2013
60	2:44.79 L	F	Esmari Theart	18	BLNE FS	21/06/2013	PEA Winter Gala 2013
61	2:44.93 L	F	Nicolette Ramshaw	19	SEAL KZ	18/10/2013	KZN ACTION SWIM CHAMPIONSHIPS
62	2:45.10 L	F	Veruschka Jordaan	19	TUKS NT	23/08/2013	NTS Aug 2013 Age Group Level 3+
63	2:45.50 L	F	Kelsey Heatlie	18	BENS ES	05/12/2013	EGA Championships Dec 2013
64	2:45.65 L	P	Tanya Abrie	18	WATR CG	20/03/2014	SA Level 2 Regional Age Group Champs

Individual Top Times

Times since: 01-May-13 **Times until: 30-Apr-14**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
65	2:45.98	L	F	Ifke Dorland	18	CADO WP	17/08/2013 WP Senior League 3
66	2:46.04	L	F	Chantel Smith	20	BLSS FS	20/01/2014 Free State Championships 2014
67	2:47.07	L	F	Cornell Loubser	19	NWUC NW	27/07/2013 22nd Summer Deaflympics
68	2:47.43	L	P	Katija Pimenta	19	BOKS ES	05/12/2013 EGA Championships Dec 2013
69	2:47.79	L	F	Nicole Lewis	18	HBV LP	25/10/2013 Mpumalanga Top Schools 2013 High
70	2:47.83	L	F	Megan Hesse	19	PAC NT	23/08/2013 NTS Aug 2013 Age Group Level 3+
71	2:49.06	L	F	Danielle Small	19	ALSC CG	25/01/2014 EGA Summer 4
72	2:49.59	L	F	Cassie Shear	18	ALSC CG	25/01/2014 EGA Summer 4
73	2:50.67	L	F	Marianna Marini	18	BARS CG	25/01/2014 EGA Summer 4
74	2:51.12	L	F	Caitlin Van Niekerk	18	VINE WP	26/10/2013 WP IM Gala
75	2:51.46	L	F	Adriana Venter	21	KOVS FS	07/09/2013 KOVSIES AQUATICS LIGA 2 2013
76	2:52.08	L	F	Karmi De Jager	18	TUKS NT	13/09/2013 NTS Sept 2013 Combined Age Group
77	2:52.13	L	F	Whitney Turner	26	RBOT NW	07/09/2013 2013 Arena Hillcrest Sprint Gala
78	2:52.21	L	F	Emma Delport	20	KOVS FS	18/10/2013 Otters Prestige Gala
79	2:52.49	L	F	Suné Storme	18	BLOT FS	24/06/2013 Sasol National Winter Championships
80	2:53.24	L	F	Robyn Henderson	18	MDOL CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
81	2:53.60	L	F	Leverne De Klerk	18	WEST WP	17/08/2013 WP Senior League 3
82	2:53.73	L	P	Lauren Hagger	19	BENS ES	05/12/2013 EGA Championships Dec 2013
83	2:54.72	L	P	Gisela Oosthuizen	18	STAD CG	20/03/2014 SA Level 2 Regional Age Group Champs
84	2:55.09	L	F	Samantha Di Domenico	18	ONY ES	05/12/2013 EGA Championships Dec 2013
85	2:55.39	L	F	Sarah Siepman	19	AZON KZ	18/10/2013 KZN ACTION SWIM CHAMPIONSHIPS
86	2:55.49	L	F	Abigail Penman	21	BLAC ES	28/09/2013 EGA Summer 1
87	2:56.14	L	P	Ashton Heatlie	21	BENS ES	05/12/2013 EGA Championships Dec 2013
88	2:56.30	L	F	Chane Massey	18	BLSS FS	26/10/2013 Supersport Seals Gala
89	2:56.83	L	F	Shannay Allmark	19	HBV LP	25/10/2013 Mpumalanga Top Schools 2013 High
90	2:57.14	L	F	Kelsey Bester	18	NWS NW	25/01/2014 4 + 1 Inter Provincial Gala Kimberley
91	2:57.42	L	F	Kayleigh Watson	18	SOUL ES	28/09/2013 EGA Summer 1
92	2:58.72	L	F	Tayla Brons	18	ONY ES	24/06/2013 Sasol National Winter Championships
93	2:59.63	L	P	Emily Gray	22	NTS NT	07/04/2014 Sa National Aquatic Championship 2014
94*	2:59.98	L	F	Antoinette Rudolph	18	HILL NT	24/08/2013 NTS Aug 2013 Age Group Level 2
94*	2:59.98	L	F	Vicky Van der Merwe	18	NEWS NN	01/02/2014 N-KZN ND FEBRUARY AGE GROUP
96	3:00.14	L	F	Line Grobler	18	PSC NT	13/09/2013 NTS Sept 2013 Combined Age Group
97	3:00.23	L	F	Rebecca Newman	21	BEST EP	06/12/2013 EP Championships 2013
98	3:01.10	L	F	Kristin Williams	19	VIKI BO	28/11/2013 Border Championships
99	3:02.41	L	F	Bronwyn Cumming	33	BLAC ES	28/09/2013 EGA Summer 1
100	3:02.57	L	F	Kristin Forrest	18	SEAL KZ	23/08/2013 KZN Beavers Winter LongCourse
101	3:03.16	L	F	Christelle Kriel	19	WPA WP	07/04/2014 Sa National Aquatic Championship 2014
102	3:03.21	L	F	Annelet Rossouw	19	TUKS LP	19/10/2013 LP Age Group 1 - 19 October 2013
103	3:03.96	L	F	Da Kim	18	AQSP NW	06/12/2013 NWS Championships 2013/2014
104	3:04.96	L	F	Nazeerah Ally	18	ATLA CG	22/02/2014 CGA Level 2 Champs 2014
105	3:05.61	L	F	Rhoné Rheeders	24	PENG LP	09/11/2013 LP Age Group 2 9 November 2013
106	3:05.80	L	F	Bianca van Breda	33	TLAC NW	06/12/2013 NWS Championships 2013/2014
107	3:05.93	L	F	Sune Van Der Merwe	18	VALS NF	20/02/2014 Inter High 2014
108	3:07.67	L	F	Emily Gray	22	NT NT	31/03/2014 2014 Nedbank Championships
109	3:10.92	L	F	Lieze De Does	18	TYGE WP	17/08/2013 WP Senior League 3
110	3:11.18	L	F	Elizabeth Steenkamp	21	KOVS FS	07/09/2013 KOVSIES AQUATICS LIGA 2 2013
111	3:11.23	L	F	Kris Nel	20	CSC NT	07/09/2013 2013 Arena Hillcrest Sprint Gala
112	3:14.26	L	P	Jo-Andri Konig	18	DBSC VT	05/12/2013 EGA Championships Dec 2013
113	3:14.33	L	F	Tasha Francis	18	STAD CG	05/10/2013 CGA Level 2-3 Gala N0 2 2013
114	3:18.20	L	F	Corle Ferreira	20	KOVS FS	07/09/2013 KOVSIES AQUATICS LIGA 2 2013
115	3:20.75	L	F	Dimakatso Makgakga	18	CGA CG	07/04/2014 Sa National Aquatic Championship 2014
116	3:24.13	L	F	Amy Fraser	18	NEWS NN	05/10/2013 N-KZN ND OCTOBER AGE GROUP
117	3:25.89	L	F	Tezna Abrahams	18	WPA WP	07/04/2014 Sa National Aquatic Championship 2014
118	3:26.02	L	F	Cornelia Fowler	33	KLOO KZ	09/07/2013 SPEEDO PRESTIGE 2013
119	3:27.57	L	F	Anne Swart	20	MP	07/04/2014 Sa National Aquatic Championship 2014
120	3:28.00	L	F	Carla Myburgh	18	KNYS SW	16/11/2013 SWD 3RD A LEAGUE GALA
121	3:31.88	L	F	Jennifer Higgins	30	KZNA KZ	07/04/2014 Sa National Aquatic Championship 2014
122	3:33.82	L	F	Cindy Mkhize	23	SEAL KZ	09/07/2013 SPEEDO PRESTIGE 2013
123	3:34.74	L	F	Elizabeth Craig	69	BEST EP	01/11/2013 32nd Freda Barnard Invitational Gala

Individual Top Times

Times since: 01-May-13

Times until: 30-Apr-14

Number of Top Times: All

Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
124	3:36.18 L	F	Martinette Du Toit	21	UPTS NC	08/01/2014	Nocasa Champs 2014
125	3:36.65 L	F	Tezna Kirstin Abrahams	18	NW	31/03/2014	2014 Nedbank Championships
126	3:40.15 L	F	Aalia Patel	18	ATLA CG	05/10/2013	CGA Level 2-3 Gala N0 2 2013
127	3:59.81 L	F	Donnée Dixon	23	VINE WP	31/01/2014	WP Jack Currie Championships
128	4:37.31 L	F	Catharina Van Zyl-Smit	40	PSA LP	24/06/2013	Sasol National Winter Championships
129	4:53.33 L	F	Rentia Oosthuizen	22	AQUB EP	11/01/2014	EP 5th A League Gala
130	4:53.55 L	P	Tracy McKay	44	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
131	4:56.53 L	F	Adri Visser	26	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
132	5:56.59 L	P	Fransina Mbiko	19	MDOL CG	05/12/2013	CGA Open Champs
133	6:24.36 L	P	Lindiswa Dzanibe	19	MDOL CG	05/12/2013	CGA Open Champs
134	6:32.10 L	F	Patricia Ings	45	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
Women 400 IM							
1	4:45.72 L	F	Rene' Warnes	22	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
2	4:45.98 L	P	Jessica Pengelly	22	UNAT KZ	14/12/2013	2013 McDonalds Queensland
3	4:54.09 L	F	Kirsty Mc Lauchlan	20	WATR CG	11/06/2013	Mare Nostrum Barcelona 2013
4	5:02.95 L	F	Beatrix Malan	18	UWCA WP	13/03/2014	SA Level 3 National Age Group Champs
5	5:05.61 L	F	Oneida Cooper	21	CGA CG	07/04/2014	Sa National Aquatic Championship 2014
6	5:07.98 L	F	Lindsay McLeod	19	KZNA KZ	07/04/2014	Sa National Aquatic Championship 2014
7	5:09.98 L	F	Shannon Austin	21	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
8	5:15.09 L	F	Caitlin Kat	21	MATI WP	26/10/2013	WP IM Gala
9	5:16.24 L	F	Lisa Cowling	20	VINE WP	06/12/2013	WP Championships 2013
10	5:18.69 L	F	Jessica Liss	18	AQUB EP	21/06/2013	PEA Winter Gala 2013
11	5:19.97 L	F	Denjylie Cordero	21	PSL	08/02/2014	WP Second Skins Senior League 7
12	5:25.48 L	F	Sharnè Dicks	19	CYBE WP	06/12/2013	WP Championships 2013
13	5:26.44 L	P	Imre Van Huyssteen	18	WPA WP	07/04/2014	Sa National Aquatic Championship 2014
14	5:26.78 L	F	Sarah-Ann Bouwer	19	MDOL CG	05/12/2013	CGA Open Champs
15	5:28.50 L	F	Michelle Wessels	21	BLOT FS	07/09/2013	KOVSIES AQUATICS LIGA 2 2013
16	5:30.84 L	F	Suzanne Jv Rensburg	22	PSA LP	24/06/2013	Sasol National Winter Championships
17	5:35.44 L	F	Carmen Wessels	21	BLOT FS	07/09/2013	KOVSIES AQUATICS LIGA 2 2013
18	5:38.85 L	F	Michelle Nieuwstad	20	MATI WP	02/12/2013	USSA Swimming Championships 2013
19	5:43.81 L	F	Veruschka Jordaan	19	TUKS NT	02/12/2013	USSA Swimming Championships 2013
20	5:45.68 L	F	Samantha Blaauw	18	NWUC NW	06/12/2013	NWS Championships 2013/2014
21	5:52.69 L	F	Kristy Muller	19	TUKS NT	02/12/2013	USSA Swimming Championships 2013
22	6:00.07 L	F	Nicole Lewis	18	FINS MP	29/11/2013	Mpumalanga Championships 2013
23	6:02.89 L	F	Esmari Theart	18	BLNE FS	20/01/2014	Free State Championships 2014
24	6:31.84 L	F	Suné Storme	18	BLOT FS	24/06/2013	Sasol National Winter Championships
25	7:46.45 L	F	Martinette Du Toit	21	UPTS NC	17/01/2014	Nocasa Age Group 4 2014 Upington