

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|                      | Time      | P/F/S | Name                  | Age/Yr |          |            |                                           |
|----------------------|-----------|-------|-----------------------|--------|----------|------------|-------------------------------------------|
| <b>Women 50 Free</b> |           |       |                       |        |          |            |                                           |
| 1                    | 25.54 L   | P     | Karin Prinsloo        | 25     | TUKS NT  | 20/06/2014 | IV Trofeo Citta di Pescara                |
| 2                    | 25.60 L   | S     | Trudi Maree           | 26     | RSA      | 24/07/2014 | Commonwealth Games Swimming Champic       |
| 3                    | 26.17 L   | P     | Jessica Ashley-Cooper | 22     | WPA WP   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 4*                   | 26.19 L   | F     | Tara-Lynn Nicholas    | 19     | SEAL KZ  | 19/02/2015 | 2015 American Athletic Conference         |
| 4*                   | 26.19 L   | F     | Emma Forbes-Milne     | 22     | SEAL KZ  | 05/03/2015 | NIA National Championships 2015           |
| 6                    | 26.27 L   | F     | Lehesta Kemp          | 25     | PSC NT   | 07/11/2014 | NTS November 20014 Age Group - Combin     |
| 7                    | 26.73 L   | F     | Natasha Vd Walt       | 19     | RSA      | 10/12/2014 | African Union Sports-Region 5 Under 20 YT |
| 8                    | 26.82 L   | P     | Emma Chelius          | 18     | WPA WP   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 9                    | 26.84 L   | F     | Vanessa Mohr          | 20     | NTS NT   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 10                   | 27.06 L   | S     | Courtney Perrett      | 18     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 11                   | 27.14 L   | F     | Anika Kruger          | 19     | MATI WP  | 29/11/2014 | USSA Swimming Championships 2014          |
| 12                   | 27.18 L   | T     | Edith Ottermann       | 48     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 13                   | 27.20 L   | P     | Bianca Von Bargaen    | 21     | ACSA KZ  | 17/12/2014 | KZN Premier Championships 2014            |
| 14                   | 27.35 L   | S     | Danica McWilliam      | 19     | CGA CG   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 15                   | 27.50 L   | F     | Amy Peens             | 21     | TUKS NT  | 29/11/2014 | USSA Swimming Championships 2014          |
| 16                   | 27.53 L   | F     | Lauren Bezuidenhout   | 25     | KLOO KZ  | 17/01/2015 | KZN Age Group Gala 10                     |
| 17                   | 27.63 L   | P     | Justine Macfarlane    | 19     | WATR CG  | 18/12/2014 | CGA Open LC Championships 2014            |
| 18                   | 27.65 L   | F     | Megan Scott           | 23     | ONY ES   | 05/12/2014 | EGA Championships Dec 2014                |
| 19                   | 27.70 L   | F     | Morgan Nicholls       | 19     | VIKI BO  | 17/12/2014 | KZN Premier Championships 2014            |
| 20                   | 27.75 L   | F     | Tilka Paljk           | 18     | RSA      | 10/12/2014 | African Union Sports-Region 5 Under 20 YT |
| 21                   | 27.78 L   | F     | Suanne De Wet         | 21     | TUKS NT  | 20/02/2015 | Grand Prix Invitation Swimming Meet 2015  |
| 22                   | 27.88 L   | P     | Marne Erasmus         | 19     | BCA BO   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 23                   | 27.89 L   | P     | Barbora Zavadová      | 22     | CZECH ZZ | 13/02/2015 | SSA GRAND PRIX #1 - STELLENBOSCH          |
| 24                   | 27.90 L   | F     | Claire Featherstone   | 18     | WATR CG  | 18/12/2014 | CGA Open LC Championships 2014            |
| 25                   | 27.91 L   | F     | Samantha Blaauw       | 19     | NWUC NW  | 04/12/2014 | NWS Championships 2014/2015               |
| 26*                  | 27.97 L   | F     | Jessica MacDonald     | 18     | SGUL KZ  | 17/12/2014 | KZN Premier Championships 2014            |
| 26*                  | 27.97 L   | F     | Kyna Pereira          | 19     | KLOO KZ  | 03/10/2014 | Sasol National Championship 2014          |
| 28*                  | 27.99 L   | F     | Shebjorn Axelson      | 24     | MGSC KZ  | 28/11/2014 | KZN TYR Westville Sprints 2014            |
| 28*                  | 27.99 L   | T     | Thilde Victor         | 33     | ETSM ES  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 30                   | 28.04 L   | P     | Marcé Loubser         | 18     | TUKS NT  | 21/08/2014 | 2014 PAN PACIFIC CHAMPIONSHIPS - AL       |
| 31                   | 28.07 L   | T     | Vidette Coetzee       | 25     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 32                   | 28.10 L   | P     | Caitlin Gardiner      | 21     | AZON KZ  | 15/07/2014 | 2014 Speedo Western Section LC Champio    |
| 33*                  | 28.14 L   | F     | Seonaid Leech         | 19     | STAD CG  | 18/12/2014 | CGA Open LC Championships 2014            |
| 33*                  | 28.14 L   | P     | Tarryn Els            | 18     | RSA      | 10/12/2014 | African Union Sports-Region 5 Under 20 YT |
| 35*                  | 28.19 L   | P     | Louisa De Jongh       | 19     | WPA WP   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 35*                  | 28.19 L   | P     | Caitlin Kat           | 22     | MATI WP  | 20/02/2015 | Grand Prix Invitation Swimming Meet 2015  |
| 37                   | 28.21 L   | P     | Carmel Billson        | 22     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 38                   | 28.24 L   | F     | Alke Stopforth        | 24     | KDOR NW  | 04/12/2014 | NWS Championships 2014/2015               |
| 39                   | 28.25 L   | P     | Rebecca Nilsson       | 18     | NKK ZZ   | 13/02/2015 | SSA GRAND PRIX #1 - STELLENBOSCH          |
| 40                   | 28.26 L   | T     | Andrea Landau         | 33     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 41                   | 28.31 L   | P     | Johanna Els           | 18     | FS FS    | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 42                   | 28.34 L   | P     | Vicky Vd Merwe        | 19     | TUKS NT  | 20/02/2015 | Grand Prix Invitation Swimming Meet 2015  |
| 43                   | 28.40 L   | P     | Michelle Nieuwstad    | 21     | WPA WP   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 44                   | 28.41 L   | F     | Vicky Van der Merwe   | 19     | NEWS KZ  | 06/12/2014 | Uthukela District Long Course Championshi |
| 45                   | 28.45 L   | F     | Lindsay Mc Leod       | 20     | WSTV KZ  | 11/06/2014 | Mare Nostrum Canet-en-Rousillon           |
| 46                   | 28.48 L   | P     | Natalie Maritz        | 19     | NTS NT   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 47                   | 28.50 L   | P     | Danielle Masters      | 18     | TUKS NT  | 27/06/2014 | 19 Trofeo Cit ta di Rosinni               |
| 48                   | 28.51 L   | F     | Shana Vilensky        | 18     | STAD CG  | 09/02/2015 | Liga 5 FSA 2015                           |
| 49                   | 28.53 L   | F     | Kristy Muller         | 20     | TUKS NT  | 29/11/2014 | USSA Swimming Championships 2014          |
| 50                   | 28.56 L   | P     | Marise Nel            | 19     | PAC NT   | 04/12/2014 | NTS Championships 2014                    |
| 51                   | 28.57 L   | T     | Tracy Gous            | 39     | AQUB EP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 52                   | 28.58 L S | F     | Sylvia Van Tromp      | 36     | TTNS VT  | 03/10/2014 | Sasol National Championship 2014          |
| 53                   | 28.59 L   | F     | Anna-Lotte Retief     | 21     | BLOT FS  | 09/02/2015 | Liga 5 FSA 2015                           |

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|      | Time  | P/F/S | Name | Age/Yr                 |    |         |                                                      |
|------|-------|-------|------|------------------------|----|---------|------------------------------------------------------|
| 54   | 28.66 | L     | F    | Chantel Blignaut       | 18 | FS FS   | 17/01/2015 Inter-Provincial Gala 2015                |
| 55   | 28.67 | L     | F    | Lindsay McLeod         | 20 | WSTV KZ | 17/12/2014 KZN Premier Championships 2014            |
| 56*  | 28.70 | L     | F    | Carmen Wessels         | 22 | BLOT FS | 08/11/2014 Seal Supersport Gala 2014                 |
| 56*  | 28.70 | L     | P    | Jessica Whelan         | 18 | STAD CG | 20/06/2014 IV Trofeo Cittta di Pescara               |
| 58   | 28.71 | L     | P    | Renelda Scholtz        | 18 | SWAR WP | 10/12/2014 WP Championships 2014                     |
| 59*  | 28.74 | L     | P    | Dawn Schutte           | 18 | KZNA KZ | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 59*  | 28.74 | L     | F    | Odile Dauvellier       | 21 | TUKS NT | 17/12/2014 KZN Premier Championships 2014            |
| 61   | 28.76 | L     | F    | Kirstyn Fourie         | 18 | AQUB EP | 25/10/2014 3rd A-League Gala 2014                    |
| 62*  | 28.82 | L     | P    | Anola Walk             | 18 | MATI WP | 10/12/2014 WP Championships 2014                     |
| 62*  | 28.82 | L     | F    | Michelle Wessels       | 22 | BLOT FS | 13/09/2014 Seals Gala 13 Sept 2014                   |
| 64*  | 28.83 | L L   | F    | Perry-Ann Cadiz        | 39 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 64*  | 28.83 | L     | F    | Sarah-Ann Bouwer       | 20 | TUKS NT | 17/10/2014 NTS Oct 2014 Age Group Lev 2+3            |
| 66*  | 28.84 | L     | F    | Paige Riddin           | 18 | USC BO  | 19/03/2015 SA Level 2 Regional Age Group Champs 20   |
| 66*  | 28.84 | L     | F    | Marli Jacobs           | 20 | MATI WP | 29/11/2014 USSA Swimming Championships 2014          |
| 68   | 28.88 | L L   | F    | Samantha Gunther       | 28 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 69   | 28.90 | L     | F    | Japké Engelbrecht      | 19 | NWUC NW | 29/11/2014 USSA Swimming Championships 2014          |
| 70   | 28.94 | L     | F    | Ashleigh Shepherd      | 18 | MDOL CG | 18/12/2014 CGA Open LC Championships 2014            |
| 71   | 28.99 | L     | F    | Alexandra Quenet       | 19 | MATI WP | 18/07/2014 WPA WINTER CHAMPIONSHIPS                  |
| 72   | 29.00 | L     | P    | Sarah Jorgensen        | 18 | PEAS EP | 12/03/2015 SA Level 3 National Age Group Champs 20   |
| 73   | 29.02 | L     | F    | Tamlyn Price           | 20 | AQUB EP | 25/10/2014 3rd A-League Gala 2014                    |
| 74   | 29.07 | L     | P    | Megan Hesse            | 20 | PAC NT  | 04/12/2014 NTS Championships 2014                    |
| 75   | 29.10 | L     | F    | Ingrid Coetzee         | 18 | GREY WP | 19/03/2015 SA Level 2 Regional Age Group Champs 20   |
| 76   | 29.12 | L     | F    | Michaela Van Niekerk   | 18 | VINE WP | 10/12/2014 WP Championships 2014                     |
| 77   | 29.15 | L     | P    | Imre Van Huyssteen     | 19 | WPA WP  | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 78   | 29.18 | L     | P    | Kelly McCann           | 21 | KZNA KZ | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 79   | 29.20 | L     | F    | Kaleigh Graham         | 19 | TWSA EP | 08/11/2014 4th A-League Gala 2014                    |
| 80   | 29.21 | L     | F    | Jodie Winterton        | 18 | WATR CG | 19/03/2015 SA Level 2 Regional Age Group Champs 20   |
| 81*  | 29.25 | L     | F    | Kathrine Holicki       | 18 | TUKS NT | 07/11/2014 NTS November 20014 Age Group - Combin     |
| 81*  | 29.25 | L     | P    | Nadia Esterhuizen      | 18 | WSTV KZ | 17/12/2014 KZN Premier Championships 2014            |
| 83*  | 29.26 | L     | T    | Jaki Fagan             | 40 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 83*  | 29.26 | L     | F    | Anja Gericke           | 18 | FS FS   | 17/01/2015 Inter-Provincial Gala 2015                |
| 85*  | 29.28 | L     | P    | Tanya Abrie            | 19 | CGA CG  | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 85*  | 29.28 | L     | F    | Rebecca Haines         | 18 | CADO WP | 11/10/2014 WPA LC SENIOR LEAGUE 3                    |
| 87*  | 29.44 | L     | F    | Bernitia Hess          | 19 | PAQU WP | 18/07/2014 WPA WINTER CHAMPIONSHIPS                  |
| 87*  | 29.44 | L     | F    | Michelle Pistorius     | 22 | NWUC NW | 04/12/2014 NWS Championships 2014/2015               |
| 89   | 29.46 | L     | P    | Tina Wong              | 19 | MDOL CG | 18/12/2014 CGA Open LC Championships 2014            |
| 90   | 29.50 | L     | F    | Sasha Coetzee          | 20 | KOVS FS | 05/12/2014 NOCASA Sprints 2014                       |
| 91   | 29.53 | L     | F    | Suné Breed             | 18 | HSBV LP | 17/10/2014 Limpopo Schools Champs October 2014       |
| 92   | 29.57 | L     | F    | Megan Bates            | 18 | SEAL KZ | 28/11/2014 KZN TYR Westville Sprints 2014            |
| 93   | 29.58 | L S   | F    | Antonelle Saporta      | 34 | AQUB EP | 10/01/2015 5th A-League Gala 2014                    |
| 94*  | 29.63 | L     | F    | Janke Grobelaar        | 18 | TUKS NT | 07/11/2014 NTS November 20014 Age Group - Combin     |
| 94*  | 29.63 | L     | P    | Ivana Francescutti     | 18 | GDE CG  | 11/12/2014 SA Schools Swimming Championship 2014     |
| 96   | 29.65 | L     | P    | Cassie Shear           | 19 | CGA CG  | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 97*  | 29.72 | L     | P    | Phillippa Manners-Wood | 18 | STPS KZ | 17/12/2014 KZN Premier Championships 2014            |
| 97*  | 29.72 | L     | F    | Caitlin Truter         | 18 | TYGE WP | 10/12/2014 WP Championships 2014                     |
| 99   | 29.84 | L     | F    | Sarah-Jane Walker      | 19 | KNYS SW | 31/10/2014 Freda Barnard Gala                        |
| 100  | 29.85 | L     | P    | Nicole Lewis           | 19 | TUKS NT | 04/12/2014 NTS Championships 2014                    |
| 101  | 29.89 | L     | F    | Cornell Loubser        | 20 | NWUC NW | 04/12/2014 NWS Championships 2014/2015               |
| 102  | 29.95 | L     | P    | Licinda Kleynhans      | 18 | TUKS NT | 04/12/2014 NTS Championships 2014                    |
| 103  | 30.13 | L L   | F    | Jessica De Beer        | 20 | FLOD CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 104  | 30.14 | L     | F    | Kelsey Heatlie         | 19 | BENS ES | 30/08/2014 Adrian Grafe Memorial Gala                |
| 105* | 30.32 | L L   | F    | Maria Holmes           | 36 | AQUB EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 105* | 30.32 | L     | F    | Ellen vd Walt          | 18 | ISSC NW | 04/12/2014 NWS Championships 2014/2015               |
| 107  | 30.33 | L     | F    | Amy Fraser             | 19 | NEWS KZ | 06/12/2014 Uthukela District Long Course Championshi |

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|------|-----------|-------|-----------------------|--------|----------|------------|------------------------------------------|
| 108  | 30.48 L   | F     | Caitlin Van Niekerk   | 19     | VINE WP  | 29/11/2014 | USSA Swimming Championships 2014         |
| 109  | 30.52 L   | F     | Johanna Els           | 18     | KOVS FS  | 03/12/2014 | Mangaung Aquatics Championship 2014      |
| 110  | 30.59 L   | F     | Megan Albertyn        | 41     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 111  | 30.61 L   | F     | Norelle Engela        | 42     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 112  | 30.67 L   | F     | Erika Scheepers       | 31     | BEST EP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 113  | 30.69 L   | F     | Barbara Fraatz        | 49     | VALS NF  | 22/11/2014 | Welkom League Gala 2 2014                |
| 114  | 30.70 L   | F     | Kirsten Coetzee       | 18     | AZON KZ  | 28/11/2014 | KZN TYR Westville Sprints 2014           |
| 115* | 30.71 L   | P     | Line Grobler          | 19     | PSC NT   | 04/12/2014 | NTS Championships 2014                   |
| 115* | 30.71 L   | F     | Yvonne Smith          | 24     | FS FS    | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 115* | 30.71 L   | F     | Claire Harrington     | 28     | DOLP WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 118  | 30.82 L   | P     | Tayla Saunders        | 19     | KOVS FS  | 18/12/2014 | CGA Open LC Championships 2014           |
| 119  | 30.86 L   | F     | Lara Wantenaar        | 34     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 120  | 30.88 L   | T     | Sabine Verryn         | 53     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 121  | 30.95 L   | F     | Annezell Van Staden   | 19     | TUKS NT  | 16/01/2015 | NTS Jan 2015 Age Group Combined          |
| 122  | 31.14 L   | F     | Janine Bignaut        | 18     | BLSS FS  | 17/10/2014 | Otters Prestige Gala 2014                |
| 123* | 31.17 L   | F     | Jessica De Beer       | 20     | FLOD CG  | 31/01/2015 | EGA Summer 4                             |
| 123* | 31.17 L   | F     | Elizabeth Pieterse    | 40     | FRST FS  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 125  | 31.20 L   | F     | Micaela Anderson      | 18     | VINE WP  | 31/01/2015 | WPA LC Senior League 5                   |
| 126* | 31.22 L   | T     | Annemarie Dressler    | 51     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 126* | 31.22 L   | F     | Claire Ter Morshuizen | 18     | AQUB EP  | 08/11/2014 | 4th A-League Gala 2014                   |
| 128  | 31.24 L   | F     | Shirley Carey         | 40     | HIGH KZ  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 129  | 31.30 L   | F     | Micaela Gerling       | 21     | TUKS NT  | 17/10/2014 | NTS Oct 2014 Age Group Lev 2+3           |
| 130  | 31.34 L   | F     | Annika Strydom        | 18     | TUKS NT  | 19/09/2014 | NTS Sep 2014 Age Group Lev 2+3           |
| 131  | 31.35 L   | T     | Sanderina Kruger      | 65     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 132  | 31.36 L   | T     | Cecilia Stanford      | 53     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 133  | 31.42 L   | F     | Saranne Hudson        | 28     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 134  | 31.45 L   | F     | Nellie Odendaal       | 22     | POTC NW  | 22/11/2014 | NWS Age Group 3 2014/2015                |
| 135  | 31.46 L   | F     | Seabe Ebineng         | 18     | GAC      | 28/02/2015 | 2nd League Gala                          |
| 136  | 31.51 L   | F     | Marcelle Strauss      | 50     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 137  | 31.52 L   | F     | Robyn Shepstone       | 21     | BON CG   | 04/10/2014 | CGA Level 2-3 Gala N0 2 2014             |
| 138  | 31.53 L   | F     | Leandi Toerien        | 18     | HSMER LP | 17/10/2014 | Limpopo Schools Champs October 2014      |
| 139  | 31.57 L   | F     | Bianca Strydom        | 18     | TUKS NT  | 19/09/2014 | NTS Sep 2014 Age Group Lev 2+3           |
| 140  | 31.59 L L | F     | Esmari Theart         | 19     | BLNE FS  | 16/08/2014 | Neptune Aquatics Sprint gala 2014        |
| 141  | 31.73 L   | F     | Ruth Hornickel        | 28     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 142  | 31.77 L   | F     | Sarah Connock         | 18     | AQUB EP  | 08/11/2014 | 4th A-League Gala 2014                   |
| 143  | 31.84 L   | F     | Chantel Smith         | 21     | BLSS FS  | 13/09/2014 | Seals Gala 13 Sept 2014                  |
| 144  | 31.89 L   | F     | Chrizalda Smit        | 20     | TUKS NT  | 15/08/2014 | NTS August 20014 Age Group - Combined    |
| 145  | 31.90 L   | F     | Karliën van Heerden   | 24     | UNI MP   | 28/11/2014 | Mpumalanga Championships 2014            |
| 146  | 32.03 L   | F     | Amy Barnes            | 18     | TYGE WP  | 31/01/2015 | WPA LC Senior League 5                   |
| 147  | 32.18 L   | F     | Karen Kennedy         | 48     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 148  | 32.33 L   | P     | Franko Jonker         | 22     | TUKS NT  | 15/01/2015 | 2015 ST TXLA Arena Pro Swim Series       |
| 149  | 32.40 L L | F     | Emily Gray            | 23     | GAUT CG  | 31/03/2015 | 2015 Nedbank Championships               |
| 150* | 32.45 L   | F     | Tezna Abrahams        | 19     | CADO WP  | 11/10/2014 | WPA LC SENIOR LEAGUE 3                   |
| 150* | 32.45 L   | F     | Aneri Ferreira        | 18     | AQUB EP  | 05/12/2014 | NMBA Championships 2014                  |
| 152  | 32.48 L   | F     | Savannah Greeff       | 18     | UNI MP   | 28/11/2014 | Mpumalanga Championships 2014            |
| 153  | 32.53 L   | F     | Kelly Jamieson        | 27     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 154  | 32.56 L   | F     | Charne Oosthuizen     | 18     | VALS NF  | 27/09/2014 | NFSA Trials 2014                         |
| 155  | 32.72 L   | F     | Elizabeth Muller      | 31     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 156  | 32.74 L L | F     | Jean Degenaar         | 55     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 157  | 32.77 L   | F     | Morgan Hughes         | 18     | MDOL CG  | 01/11/2014 | CGA Level 2-3 Gala No 3                  |
| 158  | 32.78 L   | F     | Cathryn Hempel        | 43     | AQUB EP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 159  | 32.80 L L | F     | Bianca Troup          | 41     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 160  | 32.85 L   | F     | Pierette Labuschagne  | 43     | FINNS MP | 04/02/2015 | MP EVENING GALA - 4 February 2015        |
| 161  | 32.91 L   | F     | Alida Stronkhorst     | 18     | KMT MP   | 31/10/2014 | MP AGE GROUP 2 - 2014                    |

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|------|-------|-------|------|------------------------|----|----------|------------------------------------------------------|
| 162  | 32.92 | L     | T    | Annette Thatcher       | 63 | HIGH KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 163  | 33.11 | L     | F    | Julia Anderson         | 18 | VINE WP  | 11/10/2014 WPA LC SENIOR LEAGUE 3                    |
| 164  | 33.15 | L     | F    | Daniele Fourie         | 18 | AQUA BO  | 27/11/2014 Buffalo City Championships 2014           |
| 165  | 33.29 | L     | T    | Patricia Reen          | 58 | AQUB EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 166  | 33.35 | L     | F    | Wendy Adam             | 46 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 167  | 33.42 | L     | F    | Marissa Rollnick       | 63 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 168  | 33.64 | L     | F    | Gail McCarney          | 55 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 169  | 33.65 | L     | F    | Ancheri Luus           | 35 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 170  | 33.79 | L     | F    | Sonet Smit             | 38 | NCASA NC | 31/01/2015 4 + 1 Inter Provincial Gala 2015          |
| 171* | 33.86 | L     | F    | Kelly McWilliam        | 36 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 171* | 33.86 | L     | F    | Bianca van Breda       | 34 | TLAC NW  | 01/11/2014 NWS Age Group 2 1415                      |
| 173  | 33.92 | L     | F    | Elize Botha            | 18 | HBV LP   | 17/10/2014 Limpopo Schools Champs October 2014       |
| 174  | 33.94 | L     | F    | Anneke Boshoff         | 42 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 175  | 33.96 | L     | F    | Anne Swart             | 21 | FINS MP  | 31/10/2014 MP AGE GROUP 2 - 2014                     |
| 176  | 34.01 | L     | F    | Sonja Sauer            | 18 | LAD KZ   | 06/12/2014 Uthukela District Long Course Championshi |
| 177  | 34.03 | L L   | F    | Carol Mason            | 51 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 178  | 34.06 | L     | F    | Janine Van Deventer    | 38 | NCASA NC | 31/01/2015 4 + 1 Inter Provincial Gala 2015          |
| 179* | 34.10 | L     | F    | Vivian Routledge       | 57 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 179* | 34.10 | L L   | F    | Alexis Homveld         | 22 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 181  | 34.15 | L L   | F    | Janetha SCOTT          | 60 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 182  | 34.19 | L     | F    | Caren Strydom          | 47 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 183  | 34.36 | L L   | F    | Gabriela Volkkel       | 25 | AQUA CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 184  | 34.43 | L L   | F    | Marguerite Young       | 41 | AQUB EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 185  | 34.65 | L     | F    | Corina Andrew          | 44 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 186  | 34.85 | L     | F    | Jaymee Steyn           | 18 | HTO ES   | 08/11/2014 EGA Summer 3                              |
| 187  | 34.90 | L     | P    | Nicoli van der Merwe   | 18 | TTNS VT  | 03/10/2014 Sasol National Championship 2014          |
| 188  | 35.00 | L     | F    | Christelle Kriel       | 20 | UNI-N MP | 07/02/2015 MP Age Group 4 - 7 February 2015          |
| 189  | 35.06 | L L   | F    | Denise Bosman          | 56 | BEST EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 190  | 35.14 | L     | F    | Esther Brand           | 51 | FAAC NC  | 23/01/2015 NOCASA Age Group 2 Kimberley              |
| 191  | 35.20 | L     | F    | Martinette Du Toit     | 22 | UPTS NC  | 15/01/2015 NOCASA Champs 2015                        |
| 192  | 35.31 | L     | F    | Jessica Kenny          | 18 | KFSC BO  | 27/11/2014 Buffalo City Championships 2014           |
| 193  | 35.46 | L     | F    | Tezna Kirstin Abrahams | 19 | NW       | 31/03/2015 2015 Nedbank Championships                |
| 194  | 35.79 | L     | F    | Maritza Snyders        | 18 | KZNA KZ  | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 195  | 35.88 | L L   | F    | Nicola Lee             | 42 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 196  | 35.89 | L     | F    | Astrid Kohlmeyer       | 18 | VRY KZ   | 06/12/2014 Uthukela District Long Course Championshi |
| 197  | 36.00 | L     | F    | Rae Cleriehow          | 42 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 198  | 36.05 | L L   | F    | Anne Jones             | 69 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 199  | 36.10 | L     | F    | Lesley Lee             | 50 | AQUB EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 200  | 36.13 | L     | F    | Erin Burger            | 21 | AMAK     | 23/01/2015 BCA January Age Group Gala 2015           |
| 201  | 36.14 | L     | F    | Deborah McHardy        | 49 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 202  | 36.19 | L     | F    | Deidre Van Biljon      | 42 | ETSM ES  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 203  | 36.31 | L     | F    | Lynne Callanan         | 50 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 204* | 36.51 | L     | F    | Nadia Strydom          | 24 | NWUC NW  | 01/11/2014 NWS Age Group 2 1415                      |
| 204* | 36.51 | L     | F    | Mary Brimble           | 60 | DOLP WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 206  | 36.78 | L     | F    | Elizabeth Craig        | 70 | BEST EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 207  | 36.87 | L     | F    | Dawn Ledbitter         | 21 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 208  | 36.94 | L     | F    | Maureen Mons           | 63 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 209  | 37.08 | L     | F    | Catherine Cronje       | 40 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 210  | 37.34 | L     | F    | Nicole Candy           | 32 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 211  | 37.35 | L     | F    | Junel Vermeulen        | 56 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 212  | 37.37 | L     | F    | Taryn Robertson        | 21 | USC BO   | 27/02/2015 BCA 2nd February Age Group Gala 2015      |
| 213  | 37.41 | L     | F    | Christine Donnelly     | 57 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 214  | 37.67 | L     | F    | Cornelia Fowler        | 34 | KZNA KZ  | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 215  | 37.93 | L     | F    | Terry-Ann Matley       | 57 | DOLP WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|     | Time      | P/F/S | Name                 | Age/Yr |          |            |                                          |
|-----|-----------|-------|----------------------|--------|----------|------------|------------------------------------------|
| 216 | 38.03 L   | F     | Nasiha Mohamed       | 18     | ATLA CG  | 01/11/2014 | CGA Level 2-3 Gala No 3                  |
| 217 | 38.06 L   | F     | Tersia Smit          | 59     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 218 | 38.24 L L | F     | Sandra Dorlas        | 48     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 219 | 38.38 L   | F     | Yolandi Campher      | 40     | LAD KZ   | 13/12/2014 | KZN Amajuba District Dec Age Group Gala  |
| 220 | 38.83 L   | F     | Reinette Harington   | 62     | AQUB EP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 221 | 38.92 L   | F     | Henrietta Karsten    | 50     | FRST FS  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 222 | 39.22 L L | F     | Jane Meaker          | 67     | ETSM ES  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 223 | 39.28 L   | F     | Cindy-Leigh Mazor    | 31     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 224 | 39.40 L L | F     | Jacora Navarria      | 58     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 225 | 39.62 L   | F     | Therese Russell      | 67     | DOLP WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 226 | 39.64 L   | F     | Theresa Lewis        | 42     | FINS MP  | 04/02/2015 | MP EVENING GALA - 4 February 2015        |
| 227 | 39.67 L   | F     | Melinda Winfield     | 54     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 228 | 39.68 L   | F     | Jennifer Higgins     | 31     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 229 | 39.97 L   | F     | Lynette Richards     | 56     | FRST FS  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 230 | 40.05 L   | F     | Monnette Fourie      | 47     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 231 | 40.35 L   | F     | Elsje vd Berg        | 58     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 232 | 40.41 L   | F     | Lenchen Zundorf      | 70     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 233 | 40.59 L   | F     | Susan Skidmore       | 46     | AMAK BO  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 234 | 41.01 L   | P     | Bronwyn Ramathula    | 25     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 235 | 41.03 L   | F     | Elena vd Merwe       | 26     | UPTS NC  | 23/01/2015 | NOCASA Age Group 2 Upington              |
| 236 | 41.04 L   | F     | Tracy Helps          | 39     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 237 | 41.31 L   | F     | Jacqueline Hayselden | 59     | AQUB EP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 238 | 41.32 L   | F     | Seanette van Rooyen  | 45     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 239 | 41.59 L   | F     | Helena Olivier       | 49     | FRST FS  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 240 | 42.17 L   | F     | Angelika Sandri      | 64     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 241 | 42.20 L   | F     | Songo Mfikili        | 22     | HARL BO  | 27/11/2014 | Buffalo City Championships 2014          |
| 242 | 42.58 L   | F     | Yvonne Barnard       | 30     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 243 | 42.69 L   | F     | Sandra Murray        | 54     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 244 | 43.43 L   | F     | Dawn du Rand         | 56     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 245 | 43.47 L   | F     | Tracy McKay          | 45     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 246 | 43.61 L   | F     | Megan Tandy          | 26     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 247 | 43.64 L   | F     | Karen Gibson         | 54     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 248 | 43.78 L   | F     | Jane Hulley          | 72     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 249 | 43.79 L   | F     | Donnée Dixon         | 24     | ASA WP   | 10/12/2014 | WP Championships 2014                    |
| 250 | 44.18 L   | F     | Marilyn Adan         | 63     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 251 | 45.57 L   | F     | Sanet Eksteen        | 48     | COEL NT  | 28/11/2014 | 2014 The Tshwane Mayoral Gala            |
| 252 | 45.86 L   | F     | Gwyneth Guiney       | 62     | FRST FS  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 253 | 45.89 L   | F     | Eileen Gilmartin     | 56     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 254 | 46.07 L   | F     | Isabella McLaren     | 65     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 255 | 46.24 L   | F     | Merle Angelos        | 70     | EACS KZ  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 256 | 46.28 L   | F     | Hesta Moller         | 56     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 257 | 46.54 L   | F     | Joyce Fyfe           | 68     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 258 | 47.26 L   | F     | Ria Erasmus          | 33     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 259 | 48.64 L   | F     | Mercia Ferreira      | 66     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 260 | 49.06 L   | P     | Melisa van Bosch     | 23     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 261 | 50.02 L   | F     | Irene Burger         | 69     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 262 | 50.34 L   | P     | Adri Visser          | 27     | RSA      | 06/08/2014 | 2014 Pan Pacific Para Championships      |
| 263 | 50.72 L   | F     | Cecilia Belgraver    | 46     | COEL NT  | 28/11/2014 | 2014 The Tshwane Mayoral Gala            |
| 264 | 51.11 L   | F     | Claire Murray        | 24     | BEAV KZ  | 17/12/2014 | KZN Premier Championships 2014           |
| 265 | 51.46 L   | F     | Yamkela Mahlathini   | 18     | PIRAN BO | 27/11/2014 | Buffalo City Championships 2014          |
| 266 | 51.63 L   | F     | Wendy Van Zyl        | 60     | KZN      | 31/03/2015 | 2015 Nedbank Championships               |
| 267 | 51.96 L   | F     | Marie van Niekerk    | 56     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 268 | 52.02 L   | F     | Patricia Hanson      | 77     | COEL NT  | 28/11/2014 | 2014 The Tshwane Mayoral Gala            |
| 269 | 53.39 L   | F     | Beth Nothling        | 25     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|                       | Time        | P/F/S | Name                  | Age/Yr |          |            |                                            |
|-----------------------|-------------|-------|-----------------------|--------|----------|------------|--------------------------------------------|
| 270                   | 53.87 L     | F     | Rentia Oosthuizen     | 23     | AQUB EP  | 13/02/2015 | Buffalo City Aquatics February Age Group C |
| 271                   | 53.94 L     | F     | Carol vd Walt         | 66     | ETSM ES  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 272                   | 54.51 L     | F     | Wanda Schroeder       | 52     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 273                   | 54.98 L     | F     | Cheryl Arbuthnot      | 56     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 274                   | 55.89 L L   | F     | Gillian Roets         | 57     | ETSM ES  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 275                   | 57.38 L     | F     | Stephanie De Beer     | 60     | ETSM ES  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 276                   | 58.35 L L   | F     | Sharnè Dicks          | 20     | CYBE WP  | 10/12/2014 | WP Championships 2014                      |
| 277                   | 58.75 L     | F     | Jean Dick             | 64     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 278                   | 59.26 L     | F     | Lesley Tandy          | 56     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 279                   | 1:00.34 L L | F     | Kirsten Marriott      | 18     | ECA EP   | 11/12/2014 | SA Schools Swimming Championship 2014      |
| 280                   | 1:01.30 L   | F     | Margaret Nell         | 60     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 281                   | 1:01.98 L   | F     | Catharina Swartz      | 65     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 282                   | 1:05.76 L   | F     | Tiffany Pereira       | 19     | CRSC CG  | 31/01/2015 | EGA Summer 4                               |
| 283                   | 1:07.45 L L | F     | Wendy Muir            | 73     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 284                   | 1:15.52 L   | F     | Eugenie McLachlan     | 75     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 285                   | 1:16.66 L   | F     | Lindiswa Dzanibe      | 20     | MDOL CG  | 01/11/2014 | CGA Level 2-3 Gala No 3                    |
| 286                   | 1:20.16 L   | F     | Anna Du Plooy         | 84     | ETSM ES  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 287                   | 1:28.61 L   | F     | Patricia Ings         | 46     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du   |
| <b>Women 100 Free</b> |             |       |                       |        |          |            |                                            |
| 1                     | 33.85 L L   | F     | Norelle Engela        | 42     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 2                     | 34.22 L L   | F     | Sanderina Kruger      | 65     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 3                     | 54.79 L     | F     | Karin Prinsloo        | 25     | TUKS NT  | 07/06/2014 | Mare Nostrum 2014 Monaco                   |
| 4                     | 56.53 L     | S     | Trudi Maree           | 26     | RSA      | 24/07/2014 | Commonwealth Games Swimming Champic        |
| 5                     | 57.84 L     | F     | Lehesta Kemp          | 25     | PSC NT   | 17/10/2014 | NTS Oct 2014 Age Group Lev 2+3             |
| 6                     | 57.85 L     | S     | Jessica Ashley-Cooper | 22     | WPA WP   | 13/04/2015 | Sa National Aquatic Championship 2015 Du   |
| 7                     | 58.00 L     | F     | Emma Forbes-Milne     | 22     | SEAL KZ  | 05/03/2015 | NIA National Championships 2015            |
| 8                     | 58.22 L     | S     | Natasha Vd Walt       | 19     | CGA CG   | 13/04/2015 | Sa National Aquatic Championship 2015 Du   |
| 9                     | 58.36 L     | F     | Kyna Pereira          | 19     | KLOO KZ  | 03/10/2014 | Sasol National Championship 2014           |
| 10                    | 58.42 L     | S     | Anika Kruger          | 19     | WPA WP   | 13/04/2015 | Sa National Aquatic Championship 2015 Du   |
| 11                    | 58.71 L     | S     | Courtney Perrett      | 18     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du   |
| 12                    | 58.92 L     | F     | Barbora Zavadová      | 22     | CZECH ZZ | 13/02/2015 | SSA GRAND PRIX #1 - STELLENBOSCH           |
| 13                    | 59.03 L     | F     | Rene' Warnes          | 23     | SGUL KZ  | 17/12/2014 | KZN Premier Championships 2014             |
| 14                    | 59.04 L     | P     | Vanessa Mohr          | 20     | TUKS NT  | 21/08/2014 | 2014 PAN PACIFIC CHAMPIONSHIPS - AL        |
| 15                    | 59.19 L     | S     | Emma Chelius          | 18     | WPA WP   | 13/04/2015 | Sa National Aquatic Championship 2015 Du   |
| 16                    | 59.27 L     | S     | Danica McWilliam      | 19     | CGA CG   | 13/04/2015 | Sa National Aquatic Championship 2015 Du   |
| 17                    | 59.37 L     | F     | Caitlin Kat           | 22     | MATI WP  | 10/12/2014 | WP Championships 2014                      |
| 18                    | 59.57 L     | F     | Tarryn Els            | 18     | PEAS EP  | 12/03/2015 | SA Level 3 National Age Group Champs 20    |
| 19                    | 59.67 L     | F     | Jessica Whelan        | 18     | STAD CG  | 18/12/2014 | CGA Open LC Championships 2014             |
| 20                    | 59.73 L     | F     | Louisa De Jongh       | 19     | MATI WP  | 10/12/2014 | WP Championships 2014                      |
| 21                    | 59.88 L     | F     | Marcé Loubser         | 18     | TUKS NT  | 04/12/2014 | NTS Championships 2014                     |
| 22                    | 59.95 L     | P     | Jessica MacDonald     | 18     | SGUL KZ  | 20/02/2015 | Grand Prix Invitation Swimming Meet 2015   |
| 23                    | 1:00.01 L   | F     | Megan Scott           | 23     | ONY ES   | 05/12/2014 | EGA Championships Dec 2014                 |
| 24                    | 1:00.08 L   | P     | Carmel Billson        | 22     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du   |
| 25                    | 1:00.44 L   | P     | Bianca Von Barga      | 21     | ACSA KZ  | 17/12/2014 | KZN Premier Championships 2014             |
| 26                    | 1:00.45 L   | F     | Amy Peens             | 21     | TUKS NT  | 29/11/2014 | USSA Swimming Championships 2014           |
| 27                    | 1:00.48 L   | P     | Suanne De Wet         | 21     | TUKS NT  | 20/02/2015 | Grand Prix Invitation Swimming Meet 2015   |
| 28                    | 1:00.53 L   | P     | Marne Erasmus         | BR     | SMU NT   | 15/01/2015 | 2015 ST TXLA Arena Pro Swim Series at At   |
| 29                    | 1:00.73 L   | F     | Michelle Weber        | 18     | SGUL KZ  | 17/12/2014 | KZN Premier Championships 2014             |
| 30                    | 1:00.77 L   | F     | Samantha Blaauw       | 19     | NWUC NW  | 04/12/2014 | NWS Championships 2014/2015                |
| 31                    | 1:00.89 L   | F     | Lauren Bezuidenhout   | 25     | KLOO KZ  | 03/10/2014 | Sasol National Championship 2014           |
| 32                    | 1:00.95 L   | F     | Justine Macfarlane    | 19     | WATR CG  | 18/12/2014 | CGA Open LC Championships 2014             |
| 33                    | 1:00.96 L L | F     | Shebjorn Axelson      | 24     | MGSC KZ  | 17/12/2014 | KZN Premier Championships 2014             |
| 34                    | 1:01.30 L   | F     | Johanna Els           | 18     | KOVS FS  | 23/08/2014 | Kovsies Gala 23 August 2014                |
| 35                    | 1:01.31 L   | P     | Vicky Vd Merwe        | 19     | NTS NT   | 13/04/2015 | Sa National Aquatic Championship 2015 Du   |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|     | Time    | P/F/S | Name | Age/Yr               |    |          |                                                      |
|-----|---------|-------|------|----------------------|----|----------|------------------------------------------------------|
| 36  | 1:01.40 | L     | F    | Lindsay McLeod       | 20 | WSTV KZ  | 14/06/2014 Mare Nostrum Barcelone                    |
| 37* | 1:01.47 | L     | F    | Chanelle Van Wyk     | 25 | UWCA WP  | 13/09/2014 WPA LC SENIOR LEAGUE 2                    |
| 37* | 1:01.47 | L     | F    | Seonaid Leech        | 19 | STAD CG  | 18/12/2014 CGA Open LC Championships 2014            |
| 39  | 1:01.50 | L     | P    | Morgan Nicholls      | 19 | VIKI BO  | 17/12/2014 KZN Premier Championships 2014            |
| 40  | 1:01.61 | L     | F    | Alexandra Quenet     | 19 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014          |
| 41  | 1:01.77 | L     | F    | Dawn Schutte         | 18 | SGUL KZ  | 17/12/2014 KZN Premier Championships 2014            |
| 42  | 1:01.79 | L L   | F    | Chantel Blignaut     | 18 | BLOT FS  | 12/03/2015 SA Level 3 National Age Group Champs 20   |
| 43  | 1:01.84 | L     | F    | Tamlyn Price         | 20 | AQUB EP  | 25/10/2014 3rd A-League Gala 2014                    |
| 44  | 1:01.86 | L     | P    | Emma Wael            | 21 | KVIK ZZ  | 13/02/2015 SSA GRAND PRIX #1 - STELLENBOSCH          |
| 45  | 1:01.93 | L     | F    | Nadia Esterhuizen    | 18 | WSTV KZ  | 17/12/2014 KZN Premier Championships 2014            |
| 46  | 1:01.94 | L     | F    | Cecile Olivier       | 18 | GDE      | 06/09/2014 Gauteng Schools Aquatics Trials 2014      |
| 47  | 1:01.96 | L     | F    | Lindsay McLeod       | 20 | WSTV KZ  | 17/12/2014 KZN Premier Championships 2014            |
| 48  | 1:01.98 | L     | F    | Janke Grobbelaar     | 18 | GDE      | 06/09/2014 Gauteng Schools Aquatics Trials 2014      |
| 49  | 1:02.00 | L     | F    | Carmen Wessels       | 22 | BLOT FS  | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 50  | 1:02.02 | L     | P    | Michaela Van Niekerk | 18 | WPA WP   | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 51* | 1:02.09 | L     | F    | Vicky Van der Merwe  | 19 | NEWS KZ  | 06/12/2014 Uthukela District Long Course Championshi |
| 51* | 1:02.09 | L     | P    | Imre Van Huyssteen   | 19 | PLAY WP  | 10/12/2014 WP Championships 2014                     |
| 53  | 1:02.12 | L     | P    | Danielle Masters     | 18 | TUKS NT  | 20/06/2014 IV Trofeo Citta di Pescara                |
| 54  | 1:02.16 | L     | F    | Megan Stephens       | 24 | ASA WP   | 14/06/2014 WPA SC SENIOR LEAGUE 2 - METROPOL         |
| 55  | 1:02.32 | L     | F    | Michelle Wessels     | 22 | BLOT FS  | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 56  | 1:02.37 | L     | P    | Odile Dauvellier     | 21 | NTS NT   | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 57  | 1:02.51 | L     | F    | Renelda Scholtz      | 18 | SWAR WP  | 10/12/2014 WP Championships 2014                     |
| 58  | 1:02.55 | L     | P    | Kathrine Holicki     | 18 | TUKS NT  | 04/12/2014 NTS Championships 2014                    |
| 59  | 1:02.60 | L     | F    | Sylvia Van Tromp     | 36 | TTNS VT  | 03/10/2014 Sasol National Championship 2014          |
| 60* | 1:02.62 | L     | F    | Ashleigh Shepherd    | 18 | MDOL CG  | 18/12/2014 CGA Open LC Championships 2014            |
| 60* | 1:02.62 | L     | P    | Sarah-Ann Bouwer     | 20 | TUKS NT  | 20/02/2015 Grand Prix Invitation Swimming Meet 2015  |
| 62  | 1:02.65 | L     | F    | Michelle Nieuwstad   | 21 | MATI WP  | 10/12/2014 WP Championships 2014                     |
| 63  | 1:02.66 | L     | F    | Tanya Abrie          | 19 | WATR CG  | 14/02/2015 CGA Level 2/3 Gala No 4                   |
| 64  | 1:02.83 | L     | F    | Jodie Winterton      | 18 | WATR CG  | 19/03/2015 SA Level 2 Regional Age Group Champs 20   |
| 65  | 1:02.87 | L     | F    | Thilde Victor        | 33 | ETSM ES  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 66  | 1:02.90 | L     | F    | Natalie Maritz       | 19 | TUKS NT  | 15/08/2014 NTS August 20014 Age Group - Combined     |
| 67  | 1:02.99 | L     | F    | Marise Nel           | 19 | PAC NT   | 04/12/2014 NTS Championships 2014                    |
| 68  | 1:03.04 | L     | F    | Anna-Lotte Retief    | 21 | BLOT FS  | 23/08/2014 Kovsies Gala 23 August 2014               |
| 69  | 1:03.26 | L     | F    | Sarah-Jane Walker    | 19 | KNYS SW  | 31/10/2014 Freda Barnard Gala                        |
| 70  | 1:03.50 | L     | F    | Paige Riddin         | 18 | USC BO   | 27/02/2015 BCA 2nd February Age Group Gala 2015      |
| 71  | 1:03.57 | L     | F    | Alke Stopforth       | 24 | KDOR NW  | 04/12/2014 NWS Championships 2014/2015               |
| 72  | 1:03.78 | L     | F    | Japké Engelbrecht    | 19 | NWUC NW  | 29/11/2014 USSA Swimming Championships 2014          |
| 73  | 1:03.79 | L     | F    | Cornell Loubser      | 20 | NWS NW   | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 74* | 1:03.80 | L     | F    | Anja Gericke         | 18 | KOVFS FS | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 74* | 1:03.80 | L     | F    | Rebecca Haines       | 18 | CADO WP  | 14/06/2014 WPA SC SENIOR LEAGUE 2 - METROPOL         |
| 74* | 1:03.80 | L L   | F    | Sharnè Dicks         | 20 | CYBE WP  | 10/12/2014 WP Championships 2014                     |
| 77  | 1:03.83 | L     | P    | Kaleigh Graham       | 19 | RSA      | 10/12/2014 African Union Sports-Region 5 Under 20 YT |
| 78  | 1:03.92 | L     | P    | Claire Featherstone  | 18 | CGA CG   | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 79  | 1:04.25 | L     | F    | Cassie Shear         | 19 | FLOD CG  | 14/02/2015 CGA Level 2/3 Gala No 4                   |
| 80  | 1:04.53 | L     | F    | Bernitia Hess        | 19 | PAQU WP  | 14/02/2015 Knysna Dragons Night Gala                 |
| 81  | 1:04.74 | L     | F    | Caitlin Van Niekerk  | 19 | VINE WP  | 29/11/2014 USSA Swimming Championships 2014          |
| 82  | 1:04.78 | L     | F    | Perry-Ann Cadiz      | 39 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 83  | 1:04.79 | L     | F    | Tracy Gous           | 39 | AQUB EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 84  | 1:04.84 | L     | F    | Kirstyn Fourie       | 18 | AQUB EP  | 25/10/2014 3rd A-League Gala 2014                    |
| 85* | 1:05.03 | L     | F    | Kelly Gunnell        | 21 | CGA CG   | 13/09/2014 Highveld Inter-Provincial Gala 2014       |
| 85* | 1:05.03 | L     | F    | Megan Bates          | 18 | KZNA KZ  | 11/12/2014 SA Schools Swimming Championship 2014     |
| 87  | 1:05.07 | L     | F    | Edith Ottermann      | 48 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 88  | 1:05.25 | L     | F    | Jessica De Beer      | 20 | FLOD CG  | 14/02/2015 CGA Level 2/3 Gala No 4                   |
| 89  | 1:05.31 | L     | F    | Anna Lennox          | 18 | LIMSC LP | 11/12/2014 SA Schools Swimming Championship 2014     |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|      | Time    | P/F/S | Name | Age/Yr                 |    |          |                                                     |
|------|---------|-------|------|------------------------|----|----------|-----------------------------------------------------|
| 90   | 1:05.49 | L L   | F    | Caitlin Truter         | 18 | TYGE WP  | 10/12/2014 WP Championships 2014                    |
| 91   | 1:05.52 | L     | F    | Anola Walk             | 18 | MATI WP  | 18/07/2014 WPA WINTER CHAMPIONSHIPS                 |
| 92   | 1:05.54 | L     | F    | Jess-Keir Neely        | 18 | SOUL ES  | 25/10/2014 EGA Summer 2_25 Oct 2014                 |
| 93   | 1:05.57 | L     | F    | Jaki Fagan             | 40 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 94   | 1:05.64 | L     | P    | Micaela Gerling        | 21 | TUKS NT  | 17/12/2014 KZN Premier Championships 2014           |
| 95   | 1:05.71 | L     | F    | Tina Wong              | 19 | MDOL CG  | 18/12/2014 CGA Open LC Championships 2014           |
| 96   | 1:05.75 | L     | F    | Tayla Saunders         | 19 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014         |
| 97   | 1:05.83 | L S   | F    | Sarah Jorgensen        | 18 | PEAS EP  | 10/01/2015 5th A-League Gala 2014                   |
| 98   | 1:05.89 | L     | F    | Kirsten Marriott       | 18 | BEST EP  | 25/10/2014 3rd A-League Gala 2014                   |
| 99   | 1:06.02 | L     | F    | Antonelle Saporta      | 34 | AQUB EP  | 22/11/2014 PEA Gala 2014                            |
| 100  | 1:06.03 | L     | P    | Ivana Francescutti     | 18 | GDE CG   | 11/12/2014 SA Schools Swimming Championship 2014    |
| 101  | 1:06.04 | L     | F    | Esmari Theart          | 19 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014         |
| 102  | 1:06.13 | L     | F    | Yvonne Smith           | 24 | FS FS    | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 103  | 1:06.19 | L     | F    | Nicole Lewis           | 19 | TUKS NT  | 19/09/2014 NTS Sep 2014 Age Group Lev 2+3           |
| 104  | 1:06.20 | L     | F    | Michelle Pistorius     | 22 | NWUC NW  | 04/12/2014 NWS Championships 2014/2015              |
| 105  | 1:06.36 | L     | F    | Megan Hesse            | 20 | PAC NT   | 13/02/2015 NTS Feb 2015 Age Group Lev 2+3           |
| 106  | 1:06.45 | L     | F    | Claire Harrington      | 28 | DOLP WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 107  | 1:06.52 | L     | F    | Jessica De Beer        | 20 | FLOD CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 108  | 1:06.76 | L     | F    | Romy-Simone Altmann    | 31 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 109  | 1:07.00 | L     | F    | Nina Nicholas          | 22 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014         |
| 110  | 1:07.10 | L     | F    | Johanna Els            | 18 | KOVFS    | 16/08/2014 Neptune Aquatics Sprint gala 2014        |
| 111  | 1:07.22 | L     | P    | Phillippa Manners-Wood | 18 | STPS KZ  | 17/12/2014 KZN Premier Championships 2014           |
| 112  | 1:07.24 | L     | F    | Angelique Kotze        | 18 | USH KZ   | 28/11/2014 KZN TYR Westville Sprints 2014           |
| 113* | 1:07.43 | L     | F    | Amy Barnes             | 18 | TYGE WP  | 18/07/2014 WPA WINTER CHAMPIONSHIPS                 |
| 113* | 1:07.43 | L     | P    | Suné Breed             | 18 | LIMSC LP | 11/12/2014 SA Schools Swimming Championship 2014    |
| 115  | 1:07.49 | L     | F    | Chrizalda Smit         | 20 | TUKS NT  | 15/08/2014 NTS August 20014 Age Group - Combined    |
| 116  | 1:07.61 | L     | P    | Licinda Kleynhans      | 18 | TUKS NT  | 20/06/2014 IV Trofeo Cittta di Pescara              |
| 117  | 1:07.64 | L     | F    | Cecilia Stanford       | 53 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 118  | 1:07.85 | L     | F    | Lara Wantenaar         | 34 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 119  | 1:07.90 | L     | F    | Erika Scheepers        | 31 | BEST EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 120  | 1:08.03 | L     | F    | Janine Blignaut        | 18 | BLSS FS  | 03/12/2014 Mangaung Aquatics Championship 2014      |
| 121* | 1:08.05 | L     | F    | Jessica Roux           | 22 | NMMU EP  | 29/11/2014 USSA Swimming Championships 2014         |
| 121* | 1:08.05 | L     | P    | Emily Gray             | 23 | NTS NT   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 123  | 1:08.06 | L     | F    | Kelsey Heatlie         | 19 | BENS ES  | 25/10/2014 EGA Summer 2_25 Oct 2014                 |
| 124  | 1:08.08 | L     | F    | Elizabeth Pieterse     | 40 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 125  | 1:08.22 | L     | F    | Barbara Fraatz         | 49 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 126  | 1:08.42 | L     | P    | Annezell Van Staden    | 19 | TUKS NT  | 04/12/2014 NTS Championships 2014                   |
| 127  | 1:08.60 | L     | F    | Claire Ter Morshuizen  | 18 | AQUB EP  | 05/12/2014 NMBA Championships 2014                  |
| 128  | 1:08.78 | L     | F    | Melissa Hemmings       | 20 | FLOD CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 129  | 1:08.82 | L     | F    | Karliën van Heerden    | 24 | UNI MP   | 28/11/2014 KZN TYR Westville Sprints 2014           |
| 130  | 1:08.94 | L     | F    | Melene Klinck          | 19 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014         |
| 131  | 1:09.12 | L     | P    | Line Grobler           | 19 | PSC NT   | 04/12/2014 NTS Championships 2014                   |
| 132  | 1:09.14 | L     | F    | Adriana Venter         | 22 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014         |
| 133  | 1:10.04 | L     | F    | Ellen vd Walt          | 18 | ISSC NW  | 04/12/2014 NWS Championships 2014/2015              |
| 134  | 1:10.16 | L     | F    | Micaela Anderson       | 18 | VINE WP  | 13/09/2014 WPA LC SENIOR LEAGUE 2                   |
| 135  | 1:10.31 | L     | F    | Chantel Smith          | 21 | BLSS FS  | 16/08/2014 Neptune Aquatics Sprint gala 2014        |
| 136  | 1:10.39 | L     | F    | Shirley Carey          | 40 | HIGH KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 137  | 1:10.45 | L     | F    | Marcelle Strauss       | 50 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 138  | 1:10.47 | L     | F    | Nellie Odendaal        | 22 | POTC NW  | 22/11/2014 NWS Age Group 3 2014/2015                |
| 139  | 1:10.79 | L     | F    | Charne Oosthuizen      | 18 | VALS NF  | 20/09/2014 Neptune Volvo Open Gala                  |
| 140  | 1:10.86 | L     | F    | Annika Strydom         | 18 | TUKS NT  | 19/09/2014 NTS Sep 2014 Age Group Lev 2+3           |
| 141  | 1:11.15 | L     | F    | Lisa Cowling           | 21 | UWCA WP  | 14/06/2014 WPA SC SENIOR LEAGUE 2 - METROPOL        |
| 142  | 1:11.22 | L     | F    | Sabine Verryn          | 53 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 143  | 1:11.62 | L     | F    | Micaela Gillion        | 18 | VINE WP  | 14/06/2014 WPA SC SENIOR LEAGUE 2 - METROPOL        |



## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|      | Time    | P/F/S | Name | Age/Yr                 |    |         |                                                      |
|------|---------|-------|------|------------------------|----|---------|------------------------------------------------------|
| 144  | 1:12.11 | L     | F    | Karen Kennedy          | 48 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 145* | 1:12.51 | L     | F    | Bianca Strydom         | 18 | TUKS NT | 19/09/2014 NTS Sep 2014 Age Group Lev 2+3            |
| 145* | 1:12.51 | L     | F    | Julia Anderson         | 18 | VINE WP | 14/06/2014 WPA SC SENIOR LEAGUE 2 - METROPO          |
| 147  | 1:12.55 | L     | F    | Jean Degenaar          | 55 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 148  | 1:12.87 | L     | F    | Amanda Koegelenberg    | 37 | HIGH KZ | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 149  | 1:13.00 | L     | F    | Ruth Hornickel         | 28 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 150  | 1:13.13 | L     | F    | Amy Fraser             | 19 | NEWS KZ | 06/12/2014 Uthukela District Long Course Championshi |
| 151  | 1:13.22 | L     | F    | Christelle Kriel       | 20 | UNI MP  | 28/11/2014 Mpumalanga Championships 2014             |
| 152  | 1:13.36 | L     | F    | Samantha Hunter        | 28 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 153  | 1:13.68 | L     | F    | Seabe Ebineng          | 18 | GAC     | 28/02/2015 2nd League Gala                           |
| 154  | 1:13.80 | L     | F    | Nina Finch             | 18 | UWCA WP | 14/06/2014 WPA SC SENIOR LEAGUE 2 - METROPO          |
| 155  | 1:14.64 | L     | F    | Ivanka Stoycheva       | 33 | ASA WP  | 13/09/2014 WPA LC SENIOR LEAGUE 2                    |
| 156  | 1:14.74 | L     | F    | Kelly McWilliam        | 36 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 157  | 1:14.79 | L     | F    | Carol Mason            | 51 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 158  | 1:15.06 | L     | F    | Gabriela Volkel        | 25 | AQUA CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 159  | 1:15.39 | L     | F    | Lodene Prins           | 18 | QUIC WP | 13/09/2014 WPA LC SENIOR LEAGUE 2                    |
| 160  | 1:15.42 | L     | F    | Tezna Abrahams         | 19 | CADO WP | 10/12/2014 WP Championships 2014                     |
| 161  | 1:15.52 | L     | F    | Denise Bosman          | 56 | BEST EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 162  | 1:15.80 | L     | F    | Nadia Strydom          | 24 | NWUC NW | 29/11/2014 USSA Swimming Championships 2014          |
| 163  | 1:15.81 | L     | F    | Anneke Boshoff         | 42 | COEL NT | 04/12/2014 NTS Championships 2014                    |
| 164  | 1:15.87 | L     | F    | Bianca van Breda       | 34 | TLAC NW | 22/11/2014 NWS Age Group 3 2014/2015                 |
| 165  | 1:16.26 | L     | F    | Anne Swart             | 21 | FINS MP | 20/09/2014 MP Xerox Sprint Gala - 20 September 2014  |
| 166  | 1:16.47 | L     | F    | Caren Strydom          | 47 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 167  | 1:16.58 | L     | F    | Marieta Theart         | 18 | BLNE FS | 16/08/2014 Neptune Aquatics Sprint gala 2014         |
| 168  | 1:16.59 | L     | F    | Ingrid Landman         | 47 | COEL NT | 04/12/2014 NTS Championships 2014                    |
| 169  | 1:16.75 | L     | P    | Nicoli van der Merwe   | 18 | TTNS VT | 03/10/2014 Sasol National Championship 2014          |
| 170  | 1:16.78 | L     | F    | Morgan Hughes          | 18 | MDOL CG | 14/02/2015 CGA Level 2/3 Gala No 4                   |
| 171  | 1:17.26 | L     | F    | Janetha SCOTT          | 60 | FRST FS | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 172  | 1:17.41 | L     | F    | Daniele Fourie         | 18 | AQUA BO | 27/11/2014 Buffalo City Championships 2014           |
| 173  | 1:17.82 | L     | F    | Patricia Reen          | 58 | AQUB EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 174  | 1:17.98 | L     | F    | Aneri Ferreira         | 18 | AQUB EP | 08/11/2014 4th A-League Gala 2014                    |
| 175  | 1:18.25 | L     | F    | Martinette Du Toit     | 22 | UPTS NC | 23/01/2015 NOCASA Age Group 2 Upington               |
| 176  | 1:18.48 | L     | F    | Melanie Norden         | 33 | AQUB EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 177  | 1:18.61 | L     | F    | Marissa Rollnick       | 63 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 178  | 1:18.71 | L     | F    | Vivian Routledge       | 57 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 179  | 1:18.90 | L     | F    | Maritza Snyders        | 18 | KZNA KZ | 11/12/2014 SA Schools Swimming Championship 2014     |
| 180  | 1:19.15 | L     | F    | Belinda Van der Merwe  | 24 | KOVS FS | 23/09/2014 FSA Liga 1                                |
| 181  | 1:19.58 | L     | F    | Astrid Kohlmeyer       | 18 | VRY KZ  | 06/12/2014 Uthukela District Long Course Championshi |
| 182  | 1:19.92 | L     | F    | Corina Andrew          | 44 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 183  | 1:19.94 | L     | F    | Maureen Mons           | 63 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 184  | 1:20.08 | L     | F    | Judith Brewis          | 60 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 185  | 1:20.24 | L     | F    | Mary Brimble           | 60 | DOLP WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 186  | 1:21.11 | L     | F    | Annette Thatcher       | 63 | HIGH KZ | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 187  | 1:21.17 | L     | F    | Cornelia Fowler        | 34 | KLOO KZ | 14/02/2015 KZN Age Group Gala 11                     |
| 188  | 1:21.58 | L     | F    | Tezna Kirstin Abrahams | 19 | NW      | 31/03/2015 2015 Nedbank Championships                |
| 189  | 1:21.81 | L     | F    | Erin Burger            | 21 | AMAK    | 23/01/2015 BCA January Age Group Gala 2015           |
| 190  | 1:22.19 | L     | F    | Esther Brand           | 51 | FAAC NC | 23/01/2015 NOCASA Age Group 2 Kimberley              |
| 191  | 1:22.34 | L     | F    | Sonet Smit             | 38 | PRKA NC | 15/01/2015 NOCASA Champs 2015                        |
| 192  | 1:22.56 | L     | F    | Lynne Callanan         | 50 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 193  | 1:22.88 | L     | F    | Janine Van Deventer    | 38 | PRKA NC | 25/10/2014 Flamingo Gala 2014                        |
| 194  | 1:23.30 | L     | F    | Jaymee Steyn           | 18 | HTO ES  | 08/11/2014 EGA Summer 3                              |
| 195  | 1:23.80 | L     | F    | Anne Jones             | 69 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 196  | 1:24.10 | L     | F    | Deidre Van Biljon      | 42 | VICT ES | 15/02/2015 EGA Summer 5 Gala                         |
| 197  | 1:24.48 | L     | F    | Dawn Ledbitter         | 21 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|     | Time    | P/F/S | Name | Age/Yr               |    |         |                                                       |
|-----|---------|-------|------|----------------------|----|---------|-------------------------------------------------------|
| 198 | 1:24.57 | L     | F    | Deborah McHardy      | 49 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 199 | 1:24.92 | L     | F    | Linda Crawford       | 65 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 200 | 1:25.09 | L     | F    | Christine Donnelly   | 57 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 201 | 1:27.97 | L     | P    | Jennifer Higgins     | 31 | KZNA KZ | 13/04/2015 Sa National Aquatic Championship 2015 Du   |
| 202 | 1:28.02 | L     | F    | Jane Meaker          | 67 | ETSM ES | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 203 | 1:28.18 | L     | F    | Nina Naude           | 42 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 204 | 1:28.19 | L     | F    | Nasiha Mohamed       | 18 | ATLA CG | 20/09/2014 CGA Level 2-3 Gala No 1 2014               |
| 205 | 1:28.79 | L     | F    | Elena vd Merwe       | 26 | UPTS NC | 23/01/2015 NOCASA Age Group 2 Upington                |
| 206 | 1:30.96 | L     | F    | Monnette Fourie      | 47 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 207 | 1:32.54 | L     | F    | Lenchen Zundorf      | 70 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 208 | 1:32.91 | L     | F    | Lynette Richards     | 56 | FRST FS | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 209 | 1:33.29 | L     | F    | Jacora Navarria      | 58 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 210 | 1:33.46 | L     | F    | Henrietta Karsten    | 50 | FRST FS | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 211 | 1:33.65 | L     | F    | Bronwyn Ramathula    | 25 | KZNA KZ | 13/04/2015 Sa National Aquatic Championship 2015 Du   |
| 212 | 1:33.88 | L     | F    | Karen Gibson         | 54 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 213 | 1:34.53 | L     | F    | Elsje vd Berg        | 58 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 214 | 1:35.57 | L     | F    | Angelika Sandri      | 64 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 215 | 1:37.09 | L     | F    | Martini Coetzee      | 44 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 216 | 1:37.84 | L     | F    | Donn e Dixon         | 24 | ASA WP  | 31/01/2015 WPA LC Senior League 5                     |
| 217 | 1:39.45 | L     | F    | Tracy Helps          | 39 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 218 | 1:40.17 | L     | F    | Dawn du Rand         | 56 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 219 | 1:40.58 | L     | P    | Tracy McKay          | 45 | KZNA KZ | 13/04/2015 Sa National Aquatic Championship 2015 Du   |
| 220 | 1:41.55 | L     | F    | Jane Hulley          | 72 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 221 | 1:42.23 | L     | F    | Merryll Vorster      | 58 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 222 | 1:42.61 | L     | F    | Songo Mfikili        | 22 | HARL BO | 27/11/2014 Buffalo City Championships 2014            |
| 223 | 1:43.79 | L     | F    | Yvonne Barnard       | 30 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 224 | 1:44.54 | L     | F    | Sanet Eksteen        | 48 | COEL NT | 04/12/2014 NTS Championships 2014                     |
| 225 | 1:45.02 | L     | F    | Marilyn Adan         | 63 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 226 | 1:46.06 | L     | F    | Michela Curzi        | 37 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 227 | 1:46.57 | L     | F    | Anita McKay          | 56 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 228 | 1:46.86 | L     | F    | Mercia Ferreira      | 66 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 229 | 1:47.62 | L     | F    | Cecilia Belgraver    | 46 | COEL NT | 04/12/2014 NTS Championships 2014                     |
| 230 | 1:48.32 | L     | F    | Isabella McLaren     | 65 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 231 | 1:48.45 | L     | P    | Melisa van Bosch     | 23 | KZNA KZ | 13/04/2015 Sa National Aquatic Championship 2015 Du   |
| 232 | 1:49.30 | L     | F    | Joyce Fyfe           | 68 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 233 | 1:50.20 | L     | F    | Adri Visser          | 27 | RSA     | 06/08/2014 2014 Pan Pacific Para Championships        |
| 234 | 1:50.28 | L     | F    | Ria Erasmus          | 33 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 235 | 1:51.77 | L     | F    | Pearl Potgieter      | 37 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 236 | 1:52.72 | L     | F    | Beth Nothling        | 25 | KZNA KZ | 13/04/2015 Sa National Aquatic Championship 2015 Du   |
| 237 | 1:53.15 | L     | F    | Merle Angelos        | 70 | EACS KZ | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 238 | 1:53.61 | L     | F    | Eileen Gilmartin     | 56 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 239 | 1:55.12 | L     | F    | Irene Burger         | 69 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 240 | 1:59.74 | L     | F    | Elizabeth Bronkhorst | 59 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 241 | 2:00.26 | L     | F    | Patricia Hanson      | 77 | COEL NT | 04/12/2014 NTS Championships 2014                     |
| 242 | 2:02.49 | L     | F    | Rentia Oosthuizen    | 23 | AQUB EP | 13/02/2015 Buffalo City Aquatics February Age Group G |
| 243 | 2:03.03 | L     | F    | Jacoba Sieling       | 56 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 244 | 2:07.03 | L     | F    | Diane Hughes         | 68 | EACS KZ | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 245 | 2:20.67 | L     | F    | Margaret Nell        | 60 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 246 | 2:26.59 | L     | F    | Tiffany Pereira      | 19 | CRSC CG | 08/11/2014 EGA Summer 3                               |
| 247 | 2:47.39 | L     | F    | Lindiswa Dzanibe     | 20 | MDOL CG | 01/11/2014 CGA Level 2-3 Gala No 3                    |
| 248 | 2:58.41 | L     | F    | Gudrun Kloos         | 90 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 249 | 3:03.05 | L     | F    | Anna Du Plooy        | 84 | ETSM ES | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 250 | 3:13.72 | L S   | F    | Patricia Ings        | 46 | ACSA KZ | 17/12/2014 KZN Premier Championships 2014             |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|                       | Time        | P/F/S | Name                 | Age/Yr |          |            |                                           |
|-----------------------|-------------|-------|----------------------|--------|----------|------------|-------------------------------------------|
| <b>Women 200 Free</b> |             |       |                      |        |          |            |                                           |
| 1                     | 1:57.17 L   | F     | Karin Prinsloo       | 25     | TUKS NT  | 07/06/2014 | Mare Nostrum 2014 Monaco                  |
| 2                     | 2:04.10 L   | S     | Kirsty Mc Lauchlan   | 21     | CGA CG   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 3                     | 2:04.22 L   | F     | Rene' Warnes         | 23     | SGUL KZ  | 20/02/2015 | Grand Prix Invitation Swimming Meet 2015  |
| 4                     | 2:05.04 L   | F     | Caitlin Kat          | 22     | MATI WP  | 10/12/2014 | WP Championships 2014                     |
| 5                     | 2:05.69 L   | F     | Kyna Pereira         | 19     | KLOO KZ  | 03/10/2014 | Sasol National Championship 2014          |
| 6                     | 2:05.99 L   | F     | Michelle Weber       | 18     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 7                     | 2:06.92 L   | F     | Caitlin Gardiner     | 21     | AZON KZ  | 15/07/2014 | 2014 Speedo Western Section LC Champio    |
| 8                     | 2:07.05 L   | F     | Louisa De Jongh      | 19     | WPA WP   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 9                     | 2:07.42 L   | F     | Barbora Zavadová     | 22     | CZECH ZZ | 13/02/2015 | SSA GRAND PRIX #1 - STELLENBOSCH          |
| 10                    | 2:07.48 L   | F     | Lindsay Mc Leod      | 20     | WSTV KZ  | 07/06/2014 | Mare Nostrum Monaco                       |
| 11                    | 2:07.57 L   | F     | Danica McWilliam     | 19     | WATR CG  | 20/06/2014 | IV Trofeo Cittta di Pescara               |
| 12                    | 2:07.75 L   | S     | Jessica Whelan       | 18     | CGA CG   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 13                    | 2:08.40 L   | F     | Marcé Loubser        | 18     | TUKS NT  | 04/12/2014 | NTS Championships 2014                    |
| 14                    | 2:08.60 L   | S     | Tarryn Els           | 18     | EP EP    | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 15                    | 2:09.15 L   | F     | Rebecca Nilsson      | 18     | NKK ZZ   | 13/02/2015 | SSA GRAND PRIX #1 - STELLENBOSCH          |
| 16                    | 2:09.22 L   | F     | Justine Macfarlane   | 19     | WATR CG  | 18/12/2014 | CGA Open LC Championships 2014            |
| 17                    | 2:09.38 L   | P     | Natasha Vd Walt      | 19     | RSA      | 10/12/2014 | African Union Sports-Region 5 Under 20 YT |
| 18                    | 2:09.90 L   | P     | Jessica MacDonald    | 18     | SGUL KZ  | 20/02/2015 | Grand Prix Invitation Swimming Meet 2015  |
| 19                    | 2:10.50 L S | P     | Sarah-Jane Walker    | 19     | KNYS SW  | 17/12/2014 | KZN Premier Championships 2014            |
| 20                    | 2:11.54 L   | F     | Lehesta Kemp         | 25     | PSC NT   | 21/06/2014 | Winter 1                                  |
| 21                    | 2:13.58 L   | F     | Sarah-Ann Bouwer     | 20     | MDOL CG  | 20/06/2014 | IV Trofeo Cittta di Pescara               |
| 22                    | 2:13.74 L   | F     | Seonaid Leech        | 19     | STAD CG  | 18/12/2014 | CGA Open LC Championships 2014            |
| 23                    | 2:14.88 L   | P     | Sharnè Dicks         | 20     | CYBE WP  | 10/12/2014 | WP Championships 2014                     |
| 24                    | 2:14.96 L   | P     | Dawn Schutte         | 18     | SGUL KZ  | 12/03/2015 | SA Level 3 National Age Group Champs 20   |
| 25                    | 2:15.06 L   | F     | Alexandra Quenet     | 19     | MATI WP  | 29/11/2014 | USSA Swimming Championships 2014          |
| 26                    | 2:15.11 L   | P     | Samantha Blaauw      | 19     | NWS NW   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 27                    | 2:15.43 L   | P     | Imre Van Huyssteen   | 19     | WPA WP   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 28                    | 2:15.69 L   | F     | Carmen Wessels       | 22     | BLOT FS  | 03/12/2014 | Mangaung Aquatics Championship 2014       |
| 29                    | 2:16.12 L   | F     | Johanna Els          | 18     | KOVS FS  | 23/08/2014 | Kovsies Gala 23 August 2014               |
| 30                    | 2:16.28 L   | F     | Janke Grobbelaar     | 18     | TUKS NT  | 07/11/2014 | NTS November 20014 Age Group - Combin     |
| 31                    | 2:16.51 L S | P     | Nadia Esterhuizen    | 18     | WSTV KZ  | 17/12/2014 | KZN Premier Championships 2014            |
| 32                    | 2:16.56 L   | F     | Michelle Wessels     | 22     | BLOT FS  | 03/12/2014 | Mangaung Aquatics Championship 2014       |
| 33                    | 2:17.28 L   | F     | Suanne De Wet        | 21     | TUKS NT  | 13/02/2015 | NTS Feb 2015 Age Group Lev 2+3            |
| 34                    | 2:17.45 L   | F     | Renelda Scholtz      | 18     | SWAR WP  | 10/12/2014 | WP Championships 2014                     |
| 35                    | 2:17.54 L   | F     | Chantel Bignaut      | 18     | BLOT FS  | 03/12/2014 | Mangaung Aquatics Championship 2014       |
| 36                    | 2:17.70 L   | F     | Amy Barnes           | 18     | TYGE WP  | 10/12/2014 | WP Championships 2014                     |
| 37                    | 2:17.76 L   | F     | Tanya Abrie          | 19     | WATR CG  | 14/02/2015 | CGA Level 2/3 Gala No 4                   |
| 38                    | 2:18.30 L   | P     | Megan Stephens       | 24     | ASA WP   | 10/12/2014 | WP Championships 2014                     |
| 39                    | 2:18.50 L   | F     | Caitlin Van Niekerk  | 19     | VINE WP  | 29/11/2014 | USSA Swimming Championships 2014          |
| 40                    | 2:18.72 L   | F     | Jodie Winterton      | 18     | WATR CG  | 19/03/2015 | SA Level 2 Regional Age Group Champs 20   |
| 41                    | 2:18.87 L   | P     | Caitlin Truter       | 18     | TYGE WP  | 12/03/2015 | SA Level 3 National Age Group Champs 20   |
| 42                    | 2:18.91 L   | F     | Anna Lennox          | 18     | LIMSC LP | 11/12/2014 | SA Schools Swimming Championship 2014     |
| 43                    | 2:19.11 L   | F     | Anika Kruger         | 19     | MATI WP  | 18/07/2014 | WPA WINTER CHAMPIONSHIPS                  |
| 44                    | 2:19.30 L S | P     | Morgan Nicholls      | 19     | VIKI BO  | 17/12/2014 | KZN Premier Championships 2014            |
| 45                    | 2:19.68 L   | F     | Jessica De Beer      | 20     | FLOD CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 46                    | 2:19.79 L   | F     | Anna-Lotte Retief    | 21     | BLOT FS  | 03/12/2014 | Mangaung Aquatics Championship 2014       |
| 47                    | 2:19.87 L   | F     | Kaleigh Graham       | 19     | TWSA EP  | 08/11/2014 | 4th A-League Gala 2014                    |
| 48                    | 2:19.98 L   | F     | Cassie Shear         | 19     | FLOD CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 49                    | 2:20.63 L   | F     | Anja Gericke         | 18     | KOVS FS  | 23/08/2014 | Kovsies Gala 23 August 2014               |
| 50                    | 2:20.82 L   | F     | Kirsten Marriott     | 18     | ECA EP   | 11/12/2014 | SA Schools Swimming Championship 2014     |
| 51                    | 2:20.94 L   | F     | Vicky Van der Merwe  | 19     | NEWS KZ  | 06/12/2014 | Uthukela District Long Course Championshi |
| 52                    | 2:20.95 L   | F     | Michaela Van Niekerk | 18     | VINE WP  | 10/12/2014 | WP Championships 2014                     |
| 53                    | 2:20.96 L   | F     | Lauren Bezuidenhout  | 25     | KLOO KZ  | 03/10/2014 | Sasol National Championship 2014          |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|     | Time    | P/F/S | Name | Age/Yr                |    |          |                                                      |
|-----|---------|-------|------|-----------------------|----|----------|------------------------------------------------------|
| 54  | 2:21.18 | L S   | P    | Shebjorn Axelson      | 24 | MGSC KZ  | 17/12/2014 KZN Premier Championships 2014            |
| 55  | 2:21.34 | L     | F    | Jessica De Beer       | 20 | FLOD CG  | 18/12/2014 CGA Open LC Championships 2014            |
| 56  | 2:21.67 | L L   | F    | Rebecca Haines        | 18 | CADO WP  | 10/12/2014 WP Championships 2014                     |
| 57  | 2:22.52 | L     | F    | Paige Riddin          | 18 | USC BO   | 19/03/2015 SA Level 2 Regional Age Group Champs 2015 |
| 58  | 2:22.83 | L     | F    | Claire Featherstone   | 18 | WATR CG  | 04/10/2014 CGA Level 2-3 Gala N0 2 2014              |
| 59  | 2:23.15 | L     | F    | Ashleigh Shepherd     | 18 | MDOL CG  | 14/02/2015 CGA Level 2/3 Gala No 4                   |
| 60  | 2:23.69 | L     | F    | Yvonne Smith          | 24 | BLSS FS  | 10/12/2014 WP Championships 2014                     |
| 61  | 2:23.90 | L     | F    | Shannon Austin        | 22 | UWCA WP  | 16/08/2014 WPA LC SENIOR LEAGUE 1                    |
| 62  | 2:23.95 | L     | F    | Jessica Roux          | 22 | NMMU EP  | 29/11/2014 USSA Swimming Championships 2014          |
| 63  | 2:24.04 | L     | F    | Bernitia Hess         | 19 | PAQU WP  | 18/07/2014 WPA WINTER CHAMPIONSHIPS                  |
| 64  | 2:24.21 | L     | F    | Esmari Theart         | 19 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014          |
| 65  | 2:24.35 | L     | F    | Licinda Kleynhans     | 18 | TUKS NT  | 07/11/2014 NTS November 20014 Age Group - Combin     |
| 66  | 2:24.76 | L     | F    | Kathryn Nurse         | 35 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 67  | 2:25.31 | L     | F    | Kristy Muller         | 20 | TUKS NT  | 29/11/2014 USSA Swimming Championships 2014          |
| 68  | 2:25.51 | L     | F    | Megan Bates           | 18 | SEAL KZ  | 28/11/2014 KZN TYR Westville Sprints 2014            |
| 69  | 2:25.56 | L     | P    | Tayla Saunders        | 19 | KOVS FS  | 18/12/2014 CGA Open LC Championships 2014            |
| 70  | 2:26.12 | L     | P    | Ingrid Coetzee        | 18 | GREY WP  | 19/03/2015 SA Level 2 Regional Age Group Champs 2015 |
| 71  | 2:26.30 | L     | F    | Karlien van Heerden   | 24 | UNI MP   | 28/11/2014 Mpumalanga Championships 2014             |
| 72  | 2:27.00 | L S   | P    | Micaela Gerling       | 21 | TUKS NT  | 17/12/2014 KZN Premier Championships 2014            |
| 73  | 2:27.42 | L     | P    | Suné Breed            | 18 | LIMSC LP | 11/12/2014 SA Schools Swimming Championship 2014     |
| 74  | 2:27.47 | L     | F    | Chantel Smith         | 21 | BLSS FS  | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 75  | 2:27.96 | L     | F    | Adriana Venter        | 22 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014          |
| 76  | 2:28.04 | L     | F    | Antonelle Saporta     | 34 | AQUB EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 77  | 2:28.15 | L     | F    | Angelique Kotze       | 18 | USH KZ   | 31/01/2015 Ushaka Championship Gala 2015             |
| 78  | 2:28.19 | L     | F    | Claire Ter Morshuizen | 18 | AQUB EP  | 08/11/2014 4th A-League Gala 2014                    |
| 79  | 2:29.24 | L     | F    | Bianca Troup          | 41 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 80  | 2:29.36 | L     | P    | Thilde Victor         | 33 | VICT ES  | 05/12/2014 EGA Championships Dec 2014                |
| 81  | 2:29.65 | L     | F    | Lisa Cowling          | 21 | UWCA WP  | 14/06/2014 WPA SC SENIOR LEAGUE 2 - METROPOL         |
| 82  | 2:29.78 | L     | F    | Heather Morris-Eyton  | 47 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 83  | 2:29.85 | L     | F    | Rebecca Newman        | 22 | BEST EP  | 31/10/2014 Freda Barnard Gala                        |
| 84  | 2:29.98 | L     | F    | Johanna Els           | 18 | KOVS FS  | 23/08/2014 Kovsies Gala 23 August 2014               |
| 85  | 2:30.22 | L     | F    | Carien Rothman        | 20 | NWUC NW  | 29/11/2014 USSA Swimming Championships 2014          |
| 86  | 2:30.83 | L     | F    | Lara Wantenaar        | 34 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 87  | 2:31.01 | L     | F    | Romy-Simone Altmann   | 31 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 88  | 2:31.51 | L     | F    | Diane Coetzee         | 59 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 89  | 2:31.66 | L     | F    | Barbara Fraatz        | 49 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 90* | 2:31.82 | L     | F    | Kirsten Coetzee       | 18 | AZON KZ  | 28/11/2014 KZN TYR Westville Sprints 2014            |
| 90* | 2:31.82 | L     | F    | Lesá-Jo Cloete        | 28 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 92  | 2:31.84 | L     | F    | Line Grobler          | 19 | PSC NT   | 15/08/2014 NTS August 20014 Age Group - Combined     |
| 93  | 2:31.98 | L     | P    | Christelle Kriel      | 20 | MP MP    | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 94  | 2:32.27 | L     | P    | Kelsey Heatlie        | 19 | BENS ES  | 05/12/2014 EGA Championships Dec 2014                |
| 95  | 2:32.56 | L     | F    | Janine Blignaut       | 18 | BLSS FS  | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 96  | 2:33.97 | L     | F    | Annezell Van Staden   | 19 | TUKS NT  | 13/02/2015 NTS Feb 2015 Age Group Lev 2+3            |
| 97* | 2:34.39 | L     | F    | Micaela Gillion       | 18 | VINE WP  | 14/06/2014 WPA SC SENIOR LEAGUE 2 - METROPOL         |
| 97* | 2:34.39 | L     | P    | Nicole Lewis          | 19 | TUKS NT  | 04/12/2014 NTS Championships 2014                    |
| 99  | 2:34.94 | L     | F    | Micaela Anderson      | 18 | VINE WP  | 16/08/2014 WPA LC SENIOR LEAGUE 1                    |
| 100 | 2:35.91 | L     | F    | Julia Anderson        | 18 | VINE WP  | 25/10/2014 WP STRAND MEET                            |
| 101 | 2:36.07 | L     | F    | Claire Amner          | 41 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 102 | 2:36.19 | L     | F    | Sarah Connock         | 18 | AQUB EP  | 25/10/2014 3rd A-League Gala 2014                    |
| 103 | 2:36.25 | L     | F    | Leandi Toerien        | 18 | TASC LP  | 28/11/2014 KZN TYR Westville Sprints 2014            |
| 104 | 2:37.96 | L     | F    | Nina Finch            | 18 | UWCA WP  | 14/06/2014 WPA SC SENIOR LEAGUE 2 - METROPOL         |
| 105 | 2:38.11 | L     | F    | Tamarin Geyer         | 23 | TWSA EP  | 08/11/2014 4th A-League Gala 2014                    |
| 106 | 2:38.82 | L     | F    | Jean Degenaar         | 55 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 107 | 2:40.29 | L     | F    | Denise Bosman         | 56 | BEST EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|      | Time    | P/F/S | Name | Age/Yr                 |    |       |    |                                                      |
|------|---------|-------|------|------------------------|----|-------|----|------------------------------------------------------|
| 108  | 2:40.80 | L     | F    | Rachelle Isakov        | 44 | WAHO  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 109  | 2:41.43 | L     | F    | Marcelle Strauss       | 50 | CPTW  | WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 110  | 2:41.51 | L     | F    | Bianca Strydom         | 18 | TUKS  | NT | 19/09/2014 NTS Sep 2014 Age Group Lev 2+3            |
| 111  | 2:41.63 | L S   | P    | Phillippa Manners-Wood | 18 | STPS  | KZ | 17/12/2014 KZN Premier Championships 2014            |
| 112  | 2:41.88 | L     | F    | Sanderina Kruger       | 65 | CPTW  | WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 113  | 2:42.20 | L     | F    | Sandra Verryn          | 27 | COEL  | NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 114  | 2:42.26 | L     | F    | Samantha Hunter        | 28 | PHOE  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 115  | 2:42.67 | L     | F    | Annika Strydom         | 18 | TUKS  | NT | 19/09/2014 NTS Sep 2014 Age Group Lev 2+3            |
| 116  | 2:42.86 | L     | F    | Belinda Van der Merwe  | 24 | KOVS  | FS | 08/11/2014 Seal Supersport Gala 2014                 |
| 117  | 2:44.59 | L     | F    | Kim Foster             | 55 | COEL  | NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 118  | 2:45.81 | L     | F    | Catherine Warrender    | 39 | PHOE  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 119  | 2:46.13 | L     | F    | Bianca van Breda       | 34 | TLAC  | NW | 01/11/2014 NWS Age Group 2 1415                      |
| 120  | 2:47.78 | L     | F    | Kirsty Hyslop          | 19 | TUKS  | NT | 15/08/2014 NTS August 20014 Age Group - Combined     |
| 121  | 2:48.33 | L     | F    | Carol Mason            | 51 | PHOE  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 122  | 2:48.46 | L     | F    | Cathryn Hempel         | 43 | AQUB  | EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 123  | 2:48.88 | L     | F    | Caren Strydom          | 47 | WAHO  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 124  | 2:49.14 | L     | P    | Nicoli van der Merwe   | 18 | TTNS  | VT | 03/10/2014 Sasol National Championship 2014          |
| 125  | 2:49.78 | L     | F    | Ingrid Landman         | 47 | COEL  | NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 126  | 2:51.24 | L     | F    | Rae Cleriehow          | 42 | COEL  | NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 127  | 2:52.38 | L     | P    | Cornelia Fowler        | 34 | KLOO  | KZ | 20/02/2015 Grand Prix Invitation Swimming Meet 2015  |
| 128  | 2:53.42 | L     | F    | Ruth Hornickel         | 28 | PHOE  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 129  | 2:53.84 | L     | F    | Maureen Mons           | 63 | PHOE  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 130  | 2:54.86 | L     | F    | Vivian Routledge       | 57 | CPTW  | WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 131  | 2:58.64 | L     | F    | Judith Brewis          | 60 | CPTW  | WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 132  | 2:59.02 | L     | F    | Marissa Rollnick       | 63 | PHOE  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 133  | 2:59.26 | L     | F    | Nicole Candy           | 32 | WAHO  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 134  | 2:59.48 | L     | F    | Corina Andrew          | 44 | WAHO  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 135  | 2:59.89 | L     | F    | Junel Vermeulen        | 56 | PHOE  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 136  | 3:00.30 | L     | F    | Martinette Du Toit     | 22 | UPTS  | NC | 23/01/2015 NOCASA Age Group 2 Upington               |
| 137  | 3:01.65 | L     | F    | Patricia Reen          | 58 | AQUB  | EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 138  | 3:02.05 | L     | F    | Annamarie Des Fontaine | 35 | FRST  | FS | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 139  | 3:02.31 | L     | F    | Justine Johnson        | 38 | PHOE  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 140  | 3:03.48 | L     | F    | Taryn Robertson        | 21 | USC   | BO | 27/02/2015 BCA 2nd February Age Group Gala 2015      |
| 141  | 3:03.50 | L     | F    | Astrid Kohlmeyer       | 18 | VRY   | KZ | 06/12/2014 Uthukela District Long Course Championshi |
| 142  | 3:04.32 | L     | F    | Jennifer Higgins       | 31 | NDSA  | KZ | 17/12/2014 KZN Premier Championships 2014            |
| 143  | 3:05.38 | L     | F    | Lynne Callanan         | 50 | WAHO  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 144  | 3:07.85 | L     | F    | Nasiha Mohamed         | 18 | ATLA  | CG | 01/11/2014 CGA Level 2-3 Gala No 3                   |
| 145  | 3:08.70 | L     | F    | Anne Swart             | 21 | FINS  | MP | 23/01/2015 MP Age Group 3 - 23/24 January 2015       |
| 146  | 3:10.37 | L     | F    | Anne Jones             | 69 | PHOE  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 147  | 3:10.92 | L     | F    | Linda Crawford         | 65 | PHOE  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 148  | 3:11.30 | L     | F    | Yolandi Campher        | 40 | LAD   | KZ | 13/12/2014 KZN Amajuba District Dec Age Group Gala   |
| 149  | 3:11.88 | L     | F    | Liesl Roberts          | 37 | WAHO  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 150  | 3:12.00 | L     | F    | Jane Meaker            | 67 | ETSM  | ES | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 151  | 3:13.79 | L     | F    | Heather Phipson        | 44 | WAHO  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 152  | 3:14.86 | L     | P    | Deidre Van Biljon      | 42 | VICT  | ES | 05/12/2014 EGA Championships Dec 2014                |
| 153  | 3:15.41 | L     | F    | Tanya Cohen            | 45 | WAHO  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 154  | 3:15.58 | L     | F    | Carole Bridges         | 52 | WAHO  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 155  | 3:16.10 | L     | F    | Nina Naude             | 42 | WAHO  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 156* | 3:17.62 | L     | F    | Erin Burger            | 21 | AMAK  |    | 23/01/2015 BCA January Age Group Gala 2015           |
| 156* | 3:17.62 | L     | F    | Elena vd Merwe         | 26 | NCASA | NC | 31/01/2015 4 + 1 Inter Provincial Gala 2015          |
| 158  | 3:18.85 | L     | F    | Karen Gibson           | 54 | WAHO  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 159  | 3:23.00 | L     | F    | Tezna Abrahams         | 19 | UWCA  | WP | 16/08/2014 WPA LC SENIOR LEAGUE 1                    |
| 160  | 3:24.47 | L     | F    | Monnette Fourie        | 47 | COEL  | NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 161  | 3:24.67 | L     | F    | Katharine Steel        | 36 | WAHO  | CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|                       | Time    | P/F/S | Name | Age/Yr              |    |          |                                                      |
|-----------------------|---------|-------|------|---------------------|----|----------|------------------------------------------------------|
| 162                   | 3:25.22 | L     | F    | Dawn du Rand        | 56 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 163                   | 3:28.14 | L     | P    | Bronwyn Ramathula   | 25 | KZNA KZ  | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 164                   | 3:30.13 | L     | F    | Donnée Dixon        | 24 | ASA WP   | 16/08/2014 WPA LC SENIOR LEAGUE 1                    |
| 165                   | 3:32.66 | L     | F    | Seanette van Rooyen | 45 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 166                   | 3:34.10 | L     | F    | Elsje vd Berg       | 58 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 167                   | 3:35.78 | L     | F    | Tracy Helps         | 39 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 168                   | 3:39.73 | L     | F    | Tracy McKay         | 45 | SGUL KZ  | 28/11/2014 KZN TYR Westville Sprints 2014            |
| 169                   | 3:42.72 | L     | F    | Lynette Richards    | 56 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 170                   | 3:42.76 | L     | F    | Merryll Vorster     | 58 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 171                   | 3:47.34 | L     | F    | Jane Hulley         | 72 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 172                   | 3:47.47 | L     | F    | Sanet Eksteen       | 48 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 173                   | 3:50.87 | L     | P    | Adri Visser         | 27 | RSA      | 06/08/2014 2014 Pan Pacific Para Championships       |
| 174                   | 3:50.92 | L     | F    | Elizabeth Lordan    | 73 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 175                   | 3:56.49 | L     | F    | Songo Mfikili       | 22 | HARL BO  | 27/11/2014 Buffalo City Championships 2014           |
| 176                   | 3:58.63 | L     | F    | Marcilla Russell    | 46 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 177                   | 4:00.84 | L     | F    | Michela Curzi       | 37 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 178                   | 4:01.60 | L     | F    | Joyce Fyfe          | 68 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 179                   | 4:06.47 | L     | F    | Pearl Potgieter     | 37 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 180                   | 4:07.29 | L     | F    | Mercia Ferreira     | 66 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 181                   | 4:16.90 | L     | F    | Hendrika van Schie  | 58 | AMAK BO  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 182                   | 4:18.08 | L     | F    | Ria Erasmus         | 33 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 183                   | 4:18.43 | L     | F    | Winifred Gray       | 66 | HIGH KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 184                   | 4:19.93 | L     | F    | Merle Angelos       | 70 | EACS KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 185                   | 4:41.04 | L     | F    | Patricia Hanson     | 77 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 186                   | 4:44.94 | L     | F    | Jean Dick           | 64 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 187                   | 4:45.81 | L     | F    | Margaret Nell       | 60 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 188                   | 4:50.56 | L     | F    | Jacoba Sieling      | 56 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 189                   | 6:26.04 | L     | F    | Patricia Ings       | 46 | ACSA KZ  | 17/12/2014 KZN Premier Championships 2014            |
| 190                   | 6:28.73 | L     | F    | Gudrun Kloos        | 90 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| <b>Women 400 Free</b> |         |       |      |                     |    |          |                                                      |
| 1                     | 4:08.50 | L     | P    | Karin Prinsloo      | 25 | TUKS NT  | 07/06/2014 Mare Nostrum 2014 Monaco                  |
| 2                     | 4:18.47 | L     | F    | Caitlin Kat         | 22 | MATI WP  | 10/12/2014 WP Championships 2014                     |
| 3                     | 4:23.66 | L     | F    | Michelle Weber      | 18 | KZNA KZ  | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 4                     | 4:25.59 | L     | F    | Kyna Pereira        | 19 | KLOO KZ  | 03/10/2014 Sasol National Championship 2014          |
| 5                     | 4:26.42 | L     | P    | Barbora Zavadová    | 22 | CZECH ZZ | 13/02/2015 SSA GRAND PRIX #1 - STELLENBOSCH          |
| 6                     | 4:28.44 | L     | F    | Jessica Whelan      | 18 | RSA      | 10/12/2014 African Union Sports-Region 5 Under 20 YT |
| 7                     | 4:30.54 | L     | P    | Ida Schütt          | 19 | KVIK ZZ  | 13/02/2015 SSA GRAND PRIX #1 - STELLENBOSCH          |
| 8                     | 4:30.90 | L     | F    | Lindsay Mc Leod     | 20 | WSTV KZ  | 07/06/2014 Mare Nostrum Monaco                       |
| 9                     | 4:33.48 | L     | F    | Sarah-Jane Walker   | 19 | KNYS SW  | 17/12/2014 KZN Premier Championships 2014            |
| 10                    | 4:35.06 | L     | F    | Louisa De Jongh     | 19 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014          |
| 11                    | 4:35.08 | L     | P    | Emma Wael           | 21 | KVIK ZZ  | 13/02/2015 SSA GRAND PRIX #1 - STELLENBOSCH          |
| 12                    | 4:35.20 | L     | F    | Carmel Billson      | 22 | ACSA KZ  | 29/11/2014 USSA Swimming Championships 2014          |
| 13                    | 4:35.73 | L     | F    | Marcé Loubser       | 18 | TUKS NT  | 04/12/2014 NTS Championships 2014                    |
| 14                    | 4:36.29 | L     | F    | Justine Macfarlane  | 19 | WATR CG  | 18/12/2014 CGA Open LC Championships 2014            |
| 15                    | 4:36.65 | L     | F    | Shannon Austin      | 22 | UWCA WP  | 29/11/2014 USSA Swimming Championships 2014          |
| 16                    | 4:37.67 | L     | P    | Sarah-Ann Bouwer    | 20 | NTS NT   | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 17                    | 4:39.48 | L     | F    | Jessica MacDonald   | 18 | SGUL KZ  | 12/03/2015 SA Level 3 National Age Group Champs 20   |
| 18*                   | 4:39.49 | L     | P    | Clarice Le Roux     | 18 | ACSA KZ  | 17/12/2014 KZN Premier Championships 2014            |
| 18*                   | 4:39.49 | L S   | F    | Tarryn Els          | 18 | PEAS EP  | 07/02/2015 6th A-League Gala 2014                    |
| 20                    | 4:40.54 | L     | F    | Dawn Schutte        | 18 | SGUL KZ  | 12/03/2015 SA Level 3 National Age Group Champs 20   |
| 21                    | 4:45.01 | L     | P    | Amy Barnes          | 18 | WPA WP   | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 22                    | 4:47.28 | L     | F    | Seonaid Leech       | 19 | STAD CG  | 18/12/2014 CGA Open LC Championships 2014            |
| 23                    | 4:49.50 | L     | F    | Chantel Blignaut    | 18 | BLOT FS  | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 24                    | 4:51.26 | L     | F    | Caitlin Truter      | 18 | TYGE WP  | 10/12/2014 WP Championships 2014                     |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|    | Time      | P/F/S | Name                  | Age/Yr |         |                                                      |
|----|-----------|-------|-----------------------|--------|---------|------------------------------------------------------|
| 25 | 4:51.56 L | F     | Kirsten Marriott      | 18     | BEST EP | 25/10/2014 3rd A-League Gala 2014                    |
| 26 | 4:53.38 L | F     | Johanna Els           | 18     | KOVS FS | 12/03/2015 SA Level 3 National Age Group Champs 20   |
| 27 | 4:53.72 L | F     | Imre Van Huyssteen    | 19     | PLAY WP | 11/10/2014 WPA LC SENIOR LEAGUE 3                    |
| 28 | 4:55.48 L | F     | Carmen Wessels        | 22     | BLOT FS | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 29 | 4:56.66 L | F     | Janke Grobbelaar      | 18     | TUKS NT | 12/03/2015 SA Level 3 National Age Group Champs 20   |
| 30 | 4:56.77 L | F     | Samantha Blaauw       | 19     | NWUC NW | 04/12/2014 NWS Championships 2014/2015               |
| 31 | 4:57.01 L | P     | Emily Gray            | 23     | NTS NT  | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 32 | 4:59.39 L | F     | Michelle Wessels      | 22     | BLOT FS | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 33 | 5:00.31 L | F     | Tayla Saunders        | 19     | MATI WP | 29/11/2014 USSA Swimming Championships 2014          |
| 34 | 5:01.06 L | F     | Cornell Loubser       | 20     | NWUC NW | 29/11/2014 USSA Swimming Championships 2014          |
| 35 | 5:02.07 L | F     | Caitlin Van Niekerk   | 19     | VINE WP | 29/11/2014 USSA Swimming Championships 2014          |
| 36 | 5:02.15 L | F     | Jessica De Beer       | 20     | FLOD CG | 18/12/2014 CGA Open LC Championships 2014            |
| 37 | 5:02.41 L | F     | Jessica De Beer       | 20     | FLOD CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 38 | 5:03.15 L | F     | Megan Albertyn        | 41     | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 39 | 5:04.41 L | F     | Tamlyn Price          | 20     | AQUB EP | 25/10/2014 3rd A-League Gala 2014                    |
| 40 | 5:05.48 L | F     | Anna-Lotte Retief     | 21     | BLOT FS | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 41 | 5:05.52 L | F     | Sylvia Van Tromp      | 36     | TTNS VT | 03/10/2014 Sasol National Championship 2014          |
| 42 | 5:06.65 L | F     | Rebecca Newman        | 22     | BEST EP | 05/12/2014 NMBA Championships 2014                   |
| 43 | 5:08.75 L | F     | Yvonne Smith          | 24     | BLSS FS | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 44 | 5:10.51 L | F     | Angelique Kotze       | 18     | USH KZ  | 28/11/2014 KZN TYR Westville Sprints 2014            |
| 45 | 5:10.80 L | F     | Tracy Gous            | 39     | AQUB EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 46 | 5:10.97 L | F     | Kathryn Nurse         | 35     | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 47 | 5:11.35 L | F     | Caitlyn Payn          | 20     | MATI WP | 11/10/2014 WPA LC SENIOR LEAGUE 3                    |
| 48 | 5:11.36 L | F     | Adriana Venter        | 22     | MATI WP | 29/11/2014 USSA Swimming Championships 2014          |
| 49 | 5:12.25 L | F     | Lauren Bezuidenhout   | 25     | KLOO KZ | 03/10/2014 Sasol National Championship 2014          |
| 50 | 5:12.26 L | F     | Kelsey Heatlie        | 19     | BENS ES | 25/10/2014 EGA Summer 2_25 Oct 2014                  |
| 51 | 5:13.88 L | F     | Micaela Gerling       | 21     | TUKS NT | 04/12/2014 NTS Championships 2014                    |
| 52 | 5:15.10 L | F     | Chantel Smith         | 21     | BLSS FS | 17/10/2014 Others Prestige Gala 2014                 |
| 53 | 5:15.92 L | F     | Carlen Rothman        | 20     | NWUC NW | 29/11/2014 USSA Swimming Championships 2014          |
| 54 | 5:16.16 L | F     | Esmari Theart         | 19     | MATI WP | 29/11/2014 USSA Swimming Championships 2014          |
| 55 | 5:17.78 L | F     | Bianca Troup          | 41     | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 56 | 5:19.02 L | F     | Karli van Heerden     | 24     | UNI MP  | 28/11/2014 KZN TYR Westville Sprints 2014            |
| 57 | 5:23.18 L | F     | Diane Coetzee         | 59     | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 58 | 5:23.78 L | F     | Michelle Pistorius    | 22     | NWUC NW | 22/11/2014 NWS Age Group 3 2014/2015                 |
| 59 | 5:27.11 L | F     | Heather Morris-Eyton  | 47     | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 60 | 5:27.66 L | F     | Julia Anderson        | 18     | VINE WP | 11/10/2014 WPA LC SENIOR LEAGUE 3                    |
| 61 | 5:29.78 L | F     | Claire Amner          | 41     | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 62 | 5:31.58 L | F     | Gail McCarney         | 55     | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 63 | 5:32.73 L | F     | Amanda Koegelenberg   | 37     | HIGH KZ | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 64 | 5:33.82 L | F     | Lara Wantenaar        | 34     | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 65 | 5:37.07 L | F     | Belinda Van der Merwe | 24     | KOVS FS | 21/10/2014 Liga 3 FSA 2014                           |
| 66 | 5:41.58 L | F     | Denise Bosman         | 56     | BEST EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 67 | 5:49.90 L | F     | Kirsty Hyslop         | 19     | TUKS NT | 15/08/2014 NTS August 20014 Age Group - Combined     |
| 68 | 5:50.57 L | F     | Marcelle Strauss      | 50     | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 69 | 6:00.22 L | F     | Cornelia Fowler       | 34     | KLOO KZ | 14/02/2015 KZN Age Group Gala 11                     |
| 70 | 6:05.22 L | F     | Caren Strydom         | 47     | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 71 | 6:06.23 L | F     | Kim Foster            | 55     | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 72 | 6:07.70 L | F     | Melanie Norden        | 33     | AQUB EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 73 | 6:11.68 L | F     | Judith Brewis         | 60     | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 74 | 6:11.86 L | F     | Amy Fraser            | 19     | NEWS KZ | 06/12/2014 Uthukela District Long Course Championshi |
| 75 | 6:15.11 L | F     | Maureen Mons          | 63     | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 76 | 6:15.85 L | F     | Ingrid Landman        | 47     | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 77 | 6:17.31 L | F     | Vivian Routledge      | 57     | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 78 | 6:18.35 L | F     | Mary Brimble          | 60     | DOLP WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|                       | Time        | P/F/S | Name                 | Age/Yr |         |            |                                          |
|-----------------------|-------------|-------|----------------------|--------|---------|------------|------------------------------------------|
| 79                    | 6:20.20 L   | F     | Jennifer Higgins     | 31     | NDSA KZ | 17/12/2014 | KZN Premier Championships 2014           |
| 80                    | 6:27.44 L   | F     | Angela Finlay        | 40     | BEST EP | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 81                    | 6:28.22 L   | F     | Marissa Rollnick     | 63     | PHOE CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 82                    | 6:29.22 L   | F     | Justine Johnson      | 38     | PHOE CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 83                    | 6:32.41 L   | F     | Wendy Cowper         | 45     | AQUA CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 84                    | 6:33.66 L   | F     | Patricia Reen        | 58     | AQUB EP | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 85                    | 6:36.15 L   | F     | Corina Andrew        | 44     | WAHO CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 86                    | 6:38.67 L   | F     | Junel Vermeulen      | 56     | PHOE CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 87                    | 6:50.54 L   | F     | Linda Crawford       | 65     | PHOE CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 88                    | 6:50.75 L   | F     | Liesl Roberts        | 37     | WAHO CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 89                    | 6:52.40 L   | F     | Jane Meaker          | 67     | ETSM ES | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 90                    | 6:53.41 L   | F     | Karen Gibson         | 54     | WAHO CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 91                    | 6:55.43 L   | F     | Anne Jones           | 69     | PHOE CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 92                    | 6:57.25 L   | F     | Nina Naude           | 42     | WAHO CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 93                    | 6:59.46 L   | F     | Martinette Du Toit   | 22     | UPTS NC | 15/01/2015 | NOCASA Champs 2015                       |
| 94                    | 7:01.07 L   | F     | Marguerite Young     | 41     | AQUB EP | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 95                    | 7:07.85 L   | F     | Carole Bridges       | 52     | WAHO CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 96                    | 7:10.16 L   | F     | Dawn du Rand         | 56     | WAHO CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 97                    | 7:21.54 L   | F     | Donnée Dixon         | 24     | ASA WP  | 11/10/2014 | WPA LC SENIOR LEAGUE 3                   |
| 98                    | 7:29.83 L   | F     | Jacqueline Hayselden | 59     | AQUB EP | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 99                    | 7:30.34 L   | F     | Denise Collignon     | 49     | COEL NT | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 100                   | 7:30.56 L   | F     | Monica Hefer         | 46     | COEL NT | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 101                   | 7:32.64 L   | F     | Elena vd Merwe       | 26     | UPTS NC | 15/01/2015 | NOCASA Champs 2015                       |
| 102                   | 7:36.05 L   | F     | Ethelwyn Van Niekerk | 67     | FRST FS | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 103                   | 7:37.14 L   | F     | Colleen Godfrey      | 65     | DOLP WP | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 104                   | 7:44.18 L   | F     | Elsje vd Berg        | 58     | COEL NT | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 105                   | 7:49.48 L   | F     | Martini Coetzee      | 44     | COEL NT | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 106                   | 7:52.58 L   | F     | Jane Hulley          | 72     | PHOE CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 107                   | 8:00.08 L   | F     | Angelika Sandri      | 64     | COEL NT | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 108                   | 8:01.35 L   | F     | Jacora Navarria      | 58     | COEL NT | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 109                   | 8:02.32 L   | F     | Merryl Vorster       | 58     | WAHO CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 110                   | 8:02.83 L   | F     | Lynette Richards     | 56     | FRST FS | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 111                   | 8:10.77 L   | F     | Elizabeth Lordan     | 73     | FRST FS | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 112                   | 8:27.62 L   | O     | Petru Marais         | 46     | GREY WP | 17/01/2015 | WP Open Water Challenge 3                |
| 113                   | 8:38.47 L   | F     | Marcilla Russell     | 46     | COEL NT | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 114                   | 8:42.01 L   | F     | Pearl Potgieter      | 37     | WAHO CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 115                   | 8:42.88 L   | F     | Mercia Ferreira      | 66     | WAHO CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 116                   | 8:47.63 L   | F     | Michela Curzi        | 37     | WAHO CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 117                   | 8:57.85 L   | F     | Winifred Gray        | 66     | HIGH KZ | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 118                   | 9:02.99 L   | F     | Elizabeth Bronkhorst | 59     | GAUT CG | 31/03/2015 | 2015 Nedbank Championships               |
| 119                   | 9:12.43 L   | O     | Thea Greyling        | 45     | TYGE WP | 17/01/2015 | WP Open Water Challenge 3                |
| 120                   | 9:18.37 L   | F     | Patricia Rix         | 72     | CPTW WP | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 121                   | 9:21.41 L   | F     | Diane Hughes         | 68     | EACS KZ | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 122                   | 9:46.84 L   | F     | Patricia Hanson      | 77     | COEL NT | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 123                   | 10:02.99 L  | O     | Wadieah Abrahams     | 37     | MANT WP | 07/02/2015 | WP Open Water Championships              |
| 124                   | 10:40.17 L  | F     | Margaret Nell        | 60     | COEL NT | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| <b>Women 800 Free</b> |             |       |                      |        |         |            |                                          |
| 1                     | 8:53.35 L   | F     | Michelle Weber       | 18     | KZNA KZ | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 2                     | 8:53.88 L   | F     | Caitlin Kat          | 22     | WPA WP  | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 3                     | 9:05.93 L   | F     | Karin Prinsloo       | 25     | TUKS NT | 16/01/2015 | NTS Jan 2015 Age Group Combined          |
| 4                     | 9:11.11 L   | F     | Jessica Whelan       | 18     | CGA CG  | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 5                     | 9:14.71 L   | F     | Clarice Le Roux      | 18     | ACSA KZ | 17/12/2014 | KZN Premier Championships 2014           |
| 6                     | 9:16.62 L S | F     | Kyna Pereira         | 19     | KLOO KZ | 03/10/2014 | Sasol National Championship 2014         |
| 7                     | 9:26.26 L   | F     | Carmel Billson       | 22     | ACSA KZ | 29/11/2014 | USSA Swimming Championships 2014         |



## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|    | Time     | P/F/S | Name | Age/Yr                |    |         |                                                      |
|----|----------|-------|------|-----------------------|----|---------|------------------------------------------------------|
| 8  | 9:28.86  | L     | F    | Sarah-Jane Walker     | 19 | KNYS SW | 17/12/2014 KZN Premier Championships 2014            |
| 9  | 9:29.24  | L     | F    | Shannon Austin        | 22 | UWCA WP | 13/02/2015 SSA GRAND PRIX #1 - STELLENBOSCH          |
| 10 | 9:30.89  | L     | F    | Louisa De Jongh       | 19 | MATI WP | 29/11/2014 USSA Swimming Championships 2014          |
| 11 | 9:43.17  | L     | P    | Amy Barnes            | 18 | WPA WP  | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 12 | 9:43.60  | L     | F    | Sarah-Ann Bouwer      | 20 | TUKS NT | 07/11/2014 NTS November 20014 Age Group - Combin     |
| 13 | 10:02.34 | L     | F    | Imre Van Huyssteen    | 19 | PLAY WP | 08/11/2014 WPA LC SENIOR LEAGUE 4                    |
| 14 | 10:15.16 | L     | F    | Caitlin Van Niekerk   | 19 | VINE WP | 29/11/2014 USSA Swimming Championships 2014          |
| 15 | 10:15.59 | L     | F    | Samantha Blaauw       | 19 | NWUC NW | 04/12/2014 NWS Championships 2014/2015               |
| 16 | 10:15.91 | L     | F    | Carmen Wessels        | 22 | BLOT FS | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 17 | 10:17.82 | L     | F    | Emily Gray            | 23 | TUKS NT | 29/11/2014 USSA Swimming Championships 2014          |
| 18 | 10:18.23 | L     | F    | Chantel Blignaut      | 18 | BLOT FS | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 19 | 10:21.14 | L     | F    | Michelle Wessels      | 22 | BLOT FS | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 20 | 10:27.00 | L     | F    | Rebecca Newman        | 22 | BEST EP | 29/11/2014 USSA Swimming Championships 2014          |
| 21 | 10:32.35 | L     | F    | Tayla Saunders        | 19 | MATI WP | 29/11/2014 USSA Swimming Championships 2014          |
| 22 | 10:38.47 | L     | F    | Yvonne Smith          | 24 | BLSS FS | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 23 | 10:39.62 | L     | F    | Megan Albertyn        | 41 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 24 | 10:40.34 | L     | F    | Samantha Gunther      | 28 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 25 | 10:40.65 | L     | F    | Anna-Lotte Retief     | 21 | BLOT FS | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 26 | 10:43.14 | L S   | F    | Sylvia Van Tromp      | 36 | TTNS VT | 03/10/2014 Sasol National Championship 2014          |
| 27 | 10:46.19 | L     | F    | Tracy Gous            | 39 | AQUB EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 28 | 10:48.49 | L     | F    | Kelsey Heatlie        | 19 | BENS ES | 05/12/2014 EGA Championships Dec 2014                |
| 29 | 10:49.63 | L     | F    | Adriana Venter        | 22 | MATI WP | 29/11/2014 USSA Swimming Championships 2014          |
| 30 | 10:54.52 | L     | F    | Kathryn Nurse         | 35 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 31 | 11:15.62 | L     | F    | Diane Coetzee         | 59 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 32 | 11:17.85 | L     | F    | Belinda Van der Merwe | 24 | KOVS FS | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 33 | 11:18.74 | L     | F    | Claire Amner          | 41 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 34 | 11:21.50 | L     | F    | Angelique Kotze       | 18 | USH KZ  | 08/11/2014 KZN Uthungulu Nov Age Group Gala          |
| 35 | 11:24.37 | L     | F    | Denise Bosman         | 56 | BEST EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 36 | 11:26.67 | L     | F    | Heather Morris-Eyton  | 47 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 37 | 11:45.84 | L     | F    | Karlien van Heerden   | 24 | UNI MP  | 28/11/2014 KZN TYR Westville Sprints 2014            |
| 38 | 11:46.54 | L     | F    | Karen Kennedy         | 48 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 39 | 11:49.65 | L     | F    | Amanda Koegelenberg   | 37 | HIGH KZ | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 40 | 11:59.62 | L     | F    | Kirsty Hyslop         | 19 | TUKS NT | 15/08/2014 NTS August 20014 Age Group - Combined     |
| 41 | 12:10.06 | L     | F    | Sandra Verryn         | 27 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 42 | 12:14.83 | L     | F    | Sandra Dorlas         | 48 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 43 | 12:23.26 | L     | F    | Amy Fraser            | 19 | NEWS KZ | 06/12/2014 Uthukela District Long Course Championshi |
| 44 | 12:25.50 | L     | F    | Kim Foster            | 55 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 45 | 12:28.42 | L     | F    | Cornelia Fowler       | 34 | KLOO KZ | 17/01/2015 KZN Age Group Gala 10                     |
| 46 | 12:36.73 | L     | F    | Rae Cleriehew         | 42 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 47 | 12:39.77 | L     | F    | Mary Brimble          | 60 | DOLP WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 48 | 12:43.67 | L     | F    | Caren Strydom         | 47 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 49 | 12:45.81 | L     | F    | Judith Brewis         | 60 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 50 | 12:47.80 | L     | F    | Alexis Homveld        | 22 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 51 | 12:47.82 | L     | F    | Maryann Davie         | 58 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 52 | 12:52.11 | L     | F    | Maureen Mons          | 63 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 53 | 12:57.00 | L     | F    | Maria Fuchs           | 51 | DOLP WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 54 | 13:10.16 | L     | F    | Nadia Strydom         | 24 | NWUC NW | 29/11/2014 USSA Swimming Championships 2014          |
| 55 | 13:20.09 | L     | F    | Justine Johnson       | 38 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 56 | 13:22.22 | L     | F    | Ingrid Landman        | 47 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 57 | 13:25.23 | L     | F    | Angela Finlay         | 40 | BEST EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 58 | 13:27.50 | L     | F    | Corina Andrew         | 44 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 59 | 13:30.67 | L     | F    | Carolyn van Niekerk   | 42 | FRST FS | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 60 | 13:36.65 | L     | F    | Taryn Robertson       | 21 | USC BO  | 23/01/2015 BCA January Age Group Gala 2015           |
| 61 | 13:37.11 | L     | F    | Marissa Rollnick      | 63 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|     | Time     | P/F/S | Name | Age/Yr               |    |         |                                               |
|-----|----------|-------|------|----------------------|----|---------|-----------------------------------------------|
| 62  | 13:40.28 | L     | F    | Aletta Steenkamp     | 28 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 63  | 13:41.99 | L     | F    | Elaine Alder         | 57 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 64  | 13:45.59 | L     | F    | Junel Vermeulen      | 56 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 65  | 14:14.58 | L     | F    | Liesl Roberts        | 37 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 66  | 14:15.58 | L     | F    | Jennifer Ireland     | 64 | HIGH KZ | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 67  | 14:18.43 | L     | F    | Anne Jones           | 69 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 68  | 14:19.44 | L     | F    | Heather Phipson      | 44 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 69  | 14:28.31 | L     | F    | Martinette Du Toit   | 22 | UPTS NC | 15/01/2015 NOCASA Champs 2015                 |
| 70  | 14:30.49 | L     | F    | Linda Crawford       | 65 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 71  | 14:46.09 | L     | F    | Reinette Harington   | 62 | AQUB EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 72  | 14:51.61 | L     | F    | Carole Bridges       | 52 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 73  | 14:56.60 | L     | F    | Dawn du Rand         | 56 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 74  | 15:20.73 | L     | F    | Sandra Murray        | 54 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 75  | 15:23.65 | L     | F    | Donnée Dixon         | 24 | ASA WP  | 12/07/2014 WPA WINTER SENIOR LEAGUE 3         |
| 76  | 15:28.78 | L     | F    | Colleen Godfrey      | 65 | DOLP WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 77  | 15:29.30 | L     | F    | Monnette Fourie      | 47 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 78  | 15:38.43 | L     | F    | Elena vd Merwe       | 26 | UPTS NC | 15/01/2015 NOCASA Champs 2015                 |
| 79  | 15:49.69 | L     | F    | Elsje vd Berg        | 58 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 80  | 16:00.48 | L     | F    | Ethelwyn Van Niekerk | 67 | FRST FS | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 81  | 16:18.23 | L     | F    | Elizabeth Lordan     | 73 | FRST FS | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 82  | 16:21.27 | L     | F    | Jacora Navarria      | 58 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 83  | 16:35.40 | L     | F    | Merryll Vorster      | 58 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 84  | 16:39.69 | L     | F    | Jane Hulley          | 72 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 85  | 17:31.92 | L     | F    | Lynette Richards     | 56 | FRST FS | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 86  | 17:34.00 | L     | F    | Mercia Ferreira      | 66 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 87  | 17:48.66 | L     | F    | Marcilla Russell     | 46 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 88  | 17:55.46 | L     | F    | Riani vd Merwe       | 51 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 89  | 18:04.36 | L     | F    | Jeanne Loxton        | 64 | FRST FS | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 90  | 18:19.33 | L     | F    | Marilyn Adan         | 63 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 91  | 18:20.61 | L     | F    | Winifred Gray        | 66 | HIGH KZ | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 92  | 18:24.95 | L     | F    | Patricia Rix         | 72 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 93  | 18:34.95 | L     | F    | Elizabeth Bronkhorst | 59 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 94  | 18:47.88 | L     | F    | Dawn Rottanburg      | 56 | FRST FS | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 95  | 19:06.42 | L     | F    | Diane Hughes         | 68 | EACS KZ | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 96  | 19:38.22 | L     | F    | Florence Burbidge    | 51 | AMAK BO | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 97  | 20:05.16 | L     | F    | Patricia Hanson      | 77 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 98  | 21:23.75 | L     | F    | Ria Erasmus          | 33 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 99  | 22:53.10 | L     | F    | Margaret Nell        | 60 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |
| 100 | 27:38.05 | L     | F    | Gudrun Kloos         | 90 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg |

**Women 1000 Free**

|    |          |   |   |                  |    |         |                                             |
|----|----------|---|---|------------------|----|---------|---------------------------------------------|
| 1  | 13:45.63 | L | O | Amy Barnes       | 18 | TYGE WP | 06/12/2014 WP Open Water Challenge 2 2014   |
| 2  | 14:37.26 | L | O | Jessika Steyn    | 21 | SWAR WP | 15/11/2014 WP Open Water Challenge 1 2014   |
| 3  | 14:41.00 | L | O | Kirsten Marriott | 18 | BEST EP | 08/02/2015 NMBA Open Water                  |
| 4  | 15:32.19 | L | O | Julia Anderson   | 18 | VINE WP | 06/12/2014 WP Open Water Challenge 2 2014   |
| 5  | 15:56.73 | L | O | Ingrid Coetzee   | 18 | GREY WP | 17/01/2015 WP Open Water Challenge 3        |
| 6  | 15:58.96 | L | O | Shannon Austin   | 22 | UWCA WP | 15/11/2014 WP Open Water Challenge 1 2014   |
| 7  | 16:06.71 | L | O | Bianca Marais    | 39 | TYGE WP | 15/11/2014 WP Open Water Challenge 1 2014   |
| 8  | 16:08.59 | L | O | Marië Smith      | 29 | CPTW WP | 07/02/2015 WP Open Water Championships      |
| 9  | 16:35.00 | L | O | Tiemke Rijpstra  | 37 | OFF SW  | 22/02/2015 NMBA Open Water 4                |
| 10 | 16:39.48 | L | O | Lucy Barlow      | 39 | GREY WP | 06/12/2014 WP Open Water Challenge 2 2014   |
| 11 | 16:47.91 | L | O | Fadia Abels      | 22 | GREY WP | 06/12/2014 WP Open Water Challenge 2 2014   |
| 12 | 16:49.00 | L | F | Carol Mason      | 51 | CGA CG  | 24/01/2015 Gauteng Open Water Championships |
| 13 | 18:39.68 | L | O | Vivian Routledge | 57 | CPTW WP | 07/02/2015 WP Open Water Championships      |
| 14 | 19:40.00 | L | F | Marissa Rollnick | 63 | CGA CG  | 24/01/2015 Gauteng Open Water Championships |

### Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|                        | Time     | P/F/S | Name | Age/Yr               |    |         |                                                      |
|------------------------|----------|-------|------|----------------------|----|---------|------------------------------------------------------|
| 15                     | 19:49.20 | L     | O    | Josette Meder        | 41 | TYGE WP | 06/12/2014 WP Open Water Challenge 2 2014            |
| 16                     | 20:02.40 | L     | O    | Tarryn Stanford      | 28 | CPTW WP | 06/12/2014 WP Open Water Challenge 2 2014            |
| 17                     | 20:05.00 | L     | O    | Reinette Harington   | 62 | AQUB EP | 22/02/2015 NMBA Open Water 4                         |
| 18                     | 20:10.00 | L     | O    | Marguerite Young     | 41 | AQUB EP | 22/02/2015 NMBA Open Water 4                         |
| 19                     | 20:24.00 | L     | O    | Ingrid Brown         | 39 | PEAS EP | 19/10/2014 NMBA Open Water                           |
| 20                     | 20:52.71 | L     | O    | Mariè Du Toit        | 57 | SWAR WP | 06/12/2014 WP Open Water Challenge 2 2014            |
| 21                     | 21:56.00 | L     | F    | Katharine Steel      | 36 | CGA CG  | 24/01/2015 Gauteng Open Water Championships          |
| 22                     | 22:49.00 | L     | O    | Marissa Haswell      | 45 | PEAS EP | 19/10/2014 NMBA Open Water                           |
| 23                     | 24:49.34 | L     | O    | Lindsay de Kock      | 57 | WINE WP | 17/01/2015 WP Open Water Challenge 3                 |
| 24                     | 27:44.24 | L     | O    | Claire Waumsley      | 67 | DOLP WP | 17/01/2015 WP Open Water Challenge 3                 |
| 25                     | 28:03.00 | L     | O    | Margaret De Swardt   | 46 | AQUB EP | 08/02/2015 NMBA Open Water                           |
| <b>Women 1500 Free</b> |          |       |      |                      |    |         |                                                      |
| 1                      | 16:54.90 | L     | F    | Michelle Weber       | 18 | KZNA KZ | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 2                      | 17:11.28 | L     | P    | Caitlin Kat          | 22 | WPA WP  | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 3                      | 17:31.72 | L     | F    | Clarice Le Roux      | 18 | ACSA KZ | 17/12/2014 KZN Premier Championships 2014            |
| 4                      | 17:34.57 | L     | F    | Kyna Pereira         | 19 | KLOO KZ | 03/10/2014 Sasol National Championship 2014          |
| 5                      | 18:07.10 | L     | F    | Shannon Austin       | 22 | UWCA WP | 10/12/2014 WP Championships 2014                     |
| 6                      | 18:28.26 | L     | F    | Amy Barnes           | 18 | TYGE WP | 10/12/2014 WP Championships 2014                     |
| 7                      | 19:30.89 | L     | F    | Kirsten Marriott     | 18 | BEST EP | 05/12/2014 NMBA Championships 2014                   |
| 8                      | 19:49.79 | L     | F    | Rebecca Newman       | 22 | BEST EP | 05/12/2014 NMBA Championships 2014                   |
| 9                      | 20:00.02 | L     | F    | Samantha Blaauw      | 19 | NWUC NW | 04/12/2014 NWS Championships 2014/2015               |
| 10                     | 20:29.54 | L     | F    | Sylvia Van Tromp     | 36 | TTNS VT | 03/10/2014 Sasol National Championship 2014          |
| 11                     | 21:11.21 | L     | F    | Karliën van Heerden  | 24 | UNI MP  | 28/11/2014 Mpumalanga Championships 2014             |
| 12                     | 21:27.15 | L     | F    | Emily Gray           | 23 | TUKS NT | 19/09/2014 NTS Sep 2014 Age Group Lev 2+3            |
| 13                     | 24:11.50 | L     | F    | Amy Fraser           | 19 | NEWS KZ | 06/12/2014 Uthukela District Long Course Championshi |
| 14                     | 29:52.92 | L     | F    | Yolandi Campher      | 40 | LAD KZ  | 13/12/2014 KZN Amajuba District Dec Age Group Gala   |
| 15                     | 32:08.86 | L     | F    | Elena vd Merwe       | 26 | UPTS NC | 15/01/2015 NOCASA Champs 2015                        |
| 16                     | 35:10.84 | L     | F    | Elizabeth Bronkhorst | 59 | GAUT CG | 31/03/2015 2015 Nedbank Championships                |
| <b>Women 3000 Free</b> |          |       |      |                      |    |         |                                                      |
| 1                      | 39.36    | L     | O    | Jessica De Beer      | 20 | CGA CG  | 17/01/2015 Time Freight Lake Heritage Water Festival |
| 2                      | 45.41    | L     | O    | Samantha Hillier     | 19 | CGA CG  | 01/02/2015 Platinum Mile                             |
| 3                      | 46.19    | L     | O    | Jessica Vd Merwe     | 18 | CGA CG  | 17/01/2015 Time Freight Lake Heritage Water Festival |
| 4                      | 47.06    | L     | O    | Jade Homeveld        | 49 | CGA CG  | 17/01/2015 Time Freight Lake Heritage Water Festival |
| 5                      | 54.53    | L     | O    | Caren Strydom        | 47 | CGA CG  | 18/10/2014 Dis Chem Sun City Swim                    |
| 6                      | 39:34.99 | L     | O    | Nina Nicholas        | 22 | MATI WP | 07/02/2015 WP Open Water Championships               |
| 7                      | 39:42.78 | L     | O    | Tarryn Stanford      | 28 | WPA WP  | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 8                      | 40:56.85 | L     | O    | Kirsten Marriott     | 18 | EP EP   | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 9                      | 41:14.58 | L     | O    | Jessica De Beer      | 20 | CGA CG  | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 10                     | 41:26.35 | L     | O    | Megan Albertyn       | 41 | NTS NT  | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 11                     | 41:42.24 | L     | O    | Shannon Austin       | 22 | UWCA WP | 15/11/2014 WP Open Water Challenge 1 2014            |
| 12                     | 42:53.64 | L     | O    | Erika Scheepers      | 31 | EP EP   | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 13                     | 44:14.79 | L     | O    | Caitlin Truter       | 18 | TYGE WP | 06/12/2014 WP Open Water Challenge 2 2014            |
| 14                     | 44:34.76 | L     | O    | Claire Rolt          | 33 | NTS NT  | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 15                     | 44:57.37 | L     | O    | Kathryn Nurse        | 35 | CPTW WP | 06/12/2014 WP Open Water Challenge 2 2014            |
| 16                     | 45:04.74 | L     | O    | Adriana Venter       | 22 | FS FS   | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 17                     | 45:08.81 | L     | O    | Neressa Houtman      | 41 | NTS NT  | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 18                     | 45:46.00 | L     | O    | Denise Bosman        | 56 | BEST EP | 08/02/2015 NMBA Open Water                           |
| 19                     | 47:02.22 | L     | O    | Mariè Smith          | 29 | CPTW WP | 07/02/2015 WP Open Water Championships               |
| 20                     | 47:22.28 | L     | O    | Idelette Olivier     | 39 | EP EP   | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 21                     | 47:31.00 | L     | F    | Kirsty Hyslop        | 19 | TUKS NT | 18/10/2014 Sun City Swim                             |
| 22                     | 47:46.00 | L     | O    | Maria Holmes         | 36 | AQUB EP | 08/02/2015 NMBA Open Water                           |
| 23                     | 47:52.00 | L     | O    | Tamarin Geyer        | 23 | TWSA EP | 19/10/2014 NMBA Open Water                           |
| 24                     | 47:56.22 | L     | O    | Ingrid Coetzee       | 18 | WPA WP  | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 25                     | 48:09.26 | L     | O    | Jeanine Pearse       | 45 | VINE WP | 15/11/2014 WP Open Water Challenge 1 2014            |

### Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|                         | Time       | P/F/S | Name | Age/Yr                |    |          |                                                      |
|-------------------------|------------|-------|------|-----------------------|----|----------|------------------------------------------------------|
| 26                      | 48:15.72   | L     | O    | Claire Amner          | 41 | CPTW WP  | 06/12/2014 WP Open Water Challenge 2 2014            |
| 27                      | 48:26.00   | L     | O    | Antonelle Saporta     | 34 | AQUB EP  | 19/10/2014 NMBA Open Water                           |
| 28                      | 48:32.87   | L     | O    | Lucy Barlow           | 39 | WPA WP   | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 29                      | 49:54.00   | L     | O    | Tiemke Rijpstra       | 37 | OFF SW   | 22/02/2015 NMBA Open Water 4                         |
| 30                      | 52:03.00   | L     | F    | Kim Foster            | 55 | NTS NT   | 24/01/2015 Gauteng Open Water Championships          |
| 31                      | 52:52.00   | L     | O    | Angela Finlay         | 40 | BEST EP  | 22/02/2015 NMBA Open Water 4                         |
| 32                      | 52:54.53   | L     | F    | Cornelia Fowler       | 34 | FS FS    | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 33                      | 55:08.00   | L     | F    | Marissa Rollnick      | 63 | CGA CG   | 24/01/2015 Gauteng Open Water Championships          |
| 34                      | 56:20.00   | L     | F    | Alexis Homeveld       | 22 | CGA CG   | 24/01/2015 Gauteng Open Water Championships          |
| 35                      | 58:54.97   | L     | O    | Hazel McQueen         | 47 | WPSIA WP | 06/12/2014 WP Open Water Challenge 2 2014            |
| 36                      | 59:29.00   | L     | F    | Sandra Verryn         | 27 | COEL NT  | 18/10/2014 Sun City Swim                             |
| 37                      | 59:35.00   | L     | O    | Elizabeth Craig       | 70 | BEST EP  | 19/10/2014 NMBA Open Water                           |
| 38                      | 1:01:23.58 | L     | O    | Vivian Routledge      | 57 | CPTW WP  | 06/12/2014 WP Open Water Challenge 2 2014            |
| 39                      | 1:02:34.64 | L     | O    | Marië Du Toit         | 57 | SWAR WP  | 17/01/2015 WP Open Water Challenge 3                 |
| 40                      | 1:10:44.00 | L     | O    | Lindsay de Kock       | 57 | WINE WP  | 15/11/2014 WP Open Water Challenge 1 2014            |
| 41                      | 1:17:00.00 | L     | F    | Cecilia Belgraver     | 46 | COEL NT  | 26/10/2014 Heia Safari 26 Oct 2014                   |
| 42                      | 1:23:00.00 | L     | F    | Linda Fullard         | 53 | NTS NT   | 24/01/2015 Gauteng Open Water Championships          |
| <b>Women 5000 Free</b>  |            |       |      |                       |    |          |                                                      |
| 1                       | 1:15.08    | L     | O    | Samantha Hillier      | 19 | CGA CG   | 17/01/2015 Time Freight Lake Heritage Water Festival |
| 2                       | 1:03:12.40 | L     | O    | Michelle Weber        | 18 | FS FS    | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 3                       | 1:03:28.00 | L     | F    | Clarice Le Roux       | 18 | ACSA KZ  | 22/11/2014 Capital K 2014                            |
| 4                       | 1:05:26.74 | L     | O    | Shannon Austin        | 22 | WPA WP   | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 5                       | 1:09:12.58 | L     | O    | Nina Nicholas         | 22 | MATI WP  | 07/02/2015 WP Open Water Championships               |
| 6                       | 1:10:38.00 | L     | F    | Megan Albertyn        | 41 | COEL NT  | 17/01/2015 Heia Safari 17 Jan 2015                   |
| 7                       | 1:10:39.50 | L     | O    | Emma Kinghorn         | 18 | MATI WP  | 07/02/2015 WP Open Water Championships               |
| 8                       | 1:10:43.92 | L     | O    | Amy Barnes            | 18 | WPA WP   | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 9                       | 1:11:06.53 | L     | O    | Kirsten Marriott      | 18 | EP EP    | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 10                      | 1:13:46.00 | L     | O    | Rebecca Newman        | 22 | BEST EP  | 22/02/2015 NMBA Open Water 4                         |
| 11                      | 1:14:34.00 | L     | F    | Chantel Smith         | 21 | FS FS    | 18/01/2015 Free State Open Water Champs 2015         |
| 12                      | 1:15:01.00 | L     | F    | Neressa Houtman       | 41 | COEL NT  | 17/01/2015 Heia Safari 17 Jan 2015                   |
| 13                      | 1:16:20.00 | L     | F    | Claire Rolt           | 33 | COEL NT  | 17/01/2015 Heia Safari 17 Jan 2015                   |
| 14                      | 1:16:33.36 | L     | O    | Nina Finch            | 18 | WPA WP   | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 15                      | 1:17:42.00 | L     | O    | Tracy Gous            | 39 | AQUB EP  | 19/10/2014 NMBA Open Water                           |
| 16                      | 1:17:44.51 | L     | O    | Adriana Venter        | 22 | FS FS    | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 17                      | 1:20:10.00 | L     | F    | Belinda Van der Merwe | 24 | FS FS    | 18/01/2015 Free State Open Water Champs 2015         |
| 18                      | 1:20:19.07 | L     | O    | Marië Smith           | 29 | CPTW WP  | 17/01/2015 WP Open Water Challenge 3                 |
| 19                      | 1:21:04.82 | L     | O    | Anke Engelbrecht      | 22 | WPA WP   | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 20                      | 1:22:23.00 | L     | F    | Kirsty Hyslop         | 19 | TUKS NT  | 17/01/2015 Heia Safari 17 Jan 2015                   |
| 21                      | 1:23:59.00 | L     | O    | Tamarin Geyer         | 23 | TWSA EP  | 11/01/2015 NMBA Open Water                           |
| 22                      | 1:39:16.00 | L     | F    | Jade Homeveld         | 49 | CGA CG   | 24/01/2015 Gauteng Open Water Championships          |
| 23                      | 1:44:43.72 | L     | O    | Gina Lourens          | 51 | MATI WP  | 17/01/2015 WP Open Water Challenge 3                 |
| 24                      | 1:46:34.28 | L     | O    | Marië Du Toit         | 57 | SWAR WP  | 17/01/2015 WP Open Water Challenge 3                 |
| 25                      | 1:58:46.78 | L     | O    | Lindsay de Kock       | 57 | WINE WP  | 17/01/2015 WP Open Water Challenge 3                 |
| <b>Women 7500 Free</b>  |            |       |      |                       |    |          |                                                      |
| 1                       | 1:57:44.09 | L     | O    | Amy Barnes            | 18 | TYGE WP  | 06/12/2014 WP Open Water Challenge 2 2014            |
| 2                       | 2:17:21.20 | L     | O    | Anke Engelbrecht      | 22 | UWCA WP  | 06/12/2014 WP Open Water Challenge 2 2014            |
| 3                       | 2:42:43.91 | L     | O    | Gina Lourens          | 51 | MATI WP  | 07/02/2015 WP Open Water Championships               |
| 4                       | 3:38:31.00 | L     | O    | Lindsay de Kock       | 57 | WINE WP  | 06/12/2014 WP Open Water Challenge 2 2014            |
| <b>Women 10000 Free</b> |            |       |      |                       |    |          |                                                      |
| 1                       | 2:07:49.46 | L     | O    | Michelle Weber        | 18 | FS FS    | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 2                       | 2:12:00.88 | L     | O    | Clarice Le Roux       | 18 | FS FS    | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 3                       | 2:20:07.92 | L     | O    | Shannon Austin        | 22 | WPA WP   | 07/03/2015 Sa National Aquatic Championship 2015-OV  |
| 4                       | 2:25:53.34 | L     | O    | Amy Barnes            | 18 | WPA WP   | 07/03/2015 Sa National Aquatic Championship 2015-OV  |

### Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|                      | Time         | P/F/S | Name                  | Age/Yr |          |            |                                          |
|----------------------|--------------|-------|-----------------------|--------|----------|------------|------------------------------------------|
| 5                    | 2:30:48.00 L | O     | Rebecca Newman        | 22     | BEST EP  | 08/02/2015 | NMBA Open Water                          |
| 6                    | 2:58:57.37 L | O     | Kim Carey             | 45     | CPTW WP  | 07/02/2015 | WP Open Water Championships              |
| 7                    | 3:09:32.00 L | O     | Phillipa Holtz        | PN     | COLL EP  | 08/02/2015 | NMBA Open Water                          |
| <b>Women 50 Back</b> |              |       |                       |        |          |            |                                          |
| 1                    | 29.34 L      | F     | Karin Prinsloo        | 25     | TUKS NT  | 20/06/2014 | IV Trofeo Citta di Pescara               |
| 2                    | 29.38 L      | F     | Jessica Ashley-Cooper | 22     | UWCA WP  | 29/11/2014 | USSA Swimming Championships 2014         |
| 3                    | 30.51 L      | F     | Lehesta Kemp          | 25     | PSC NT   | 17/10/2014 | NTS Oct 2014 Age Group Lev 2+3           |
| 4                    | 30.56 L      | S     | Beatrix Malan         | 19     | WPA WP   | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 5                    | 30.81 L      | F     | Nadia Esterhuizen     | 18     | WSTV KZ  | 17/12/2014 | KZN Premier Championships 2014           |
| 6                    | 30.85 L      | F     | Amy Peens             | 21     | TUKS NT  | 29/11/2014 | USSA Swimming Championships 2014         |
| 7                    | 31.03 L      | F     | Barbora Zavadová      | 22     | CZECH ZZ | 13/02/2015 | SSA GRAND PRIX #1 - STELLENBOSCH         |
| 8                    | 31.04 L      | F     | Chanelle Van Wyk      | 25     | CYBE WP  | 10/12/2014 | WP Championships 2014                    |
| 9                    | 31.05 L      | P     | Claire Featherstone   | 18     | CGA CG   | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 10                   | 31.07 L      | S     | Marcé Loubser         | 18     | NTS NT   | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 11                   | 31.27 L      | F     | Kathrine Holicki      | 18     | TUKS NT  | 17/12/2014 | KZN Premier Championships 2014           |
| 12                   | 31.40 L      | F     | Tamlyn Price          | 20     | AQUB EP  | 08/11/2014 | 4th A-League Gala 2014                   |
| 13                   | 31.42 L      | S     | Michelle Pistorius    | 22     | NWS NW   | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 14                   | 31.60 L      | F     | Odile Dauvellier      | 21     | TUKS NT  | 17/12/2014 | KZN Premier Championships 2014           |
| 15                   | 31.63 L      | F     | Seonaid Leech         | 19     | STAD CG  | 18/12/2014 | CGA Open LC Championships 2014           |
| 16                   | 31.73 L      | F     | Megan Scott           | 23     | ONY ES   | 05/12/2014 | EGA Championships Dec 2014               |
| 17                   | 31.74 L      | F     | Shebjorn Axelson      | 24     | MGSC KZ  | 28/11/2014 | KZN TYR Westville Sprints 2014           |
| 18                   | 31.75 L      | F     | Johanna Els           | 18     | KOVS FS  | 23/08/2014 | Kovsies Gala 23 August 2014              |
| 19                   | 31.86 L      | P     | Sarah-Ann Bouwer      | 20     | MDOL CG  | 27/06/2014 | 19 Trofeo Cit ta di Rosinni              |
| 20                   | 31.87 L S    | F     | Lauren Bezuidenhout   | 25     | KLOO KZ  | 03/10/2014 | Sasol National Championship 2014         |
| 21                   | 31.98 L      | F     | Anika Kruger          | 19     | MATI WP  | 29/11/2014 | USSA Swimming Championships 2014         |
| 22                   | 32.02 L      | F     | Emma Chelius          | 18     | SGUL KZ  | 28/11/2014 | KZN TYR Westville Sprints 2014           |
| 23                   | 32.08 L L    | F     | Caitlin Gardiner      | 21     | AZON KZ  | 15/07/2014 | 2014 Speedo Western Section LC Champio   |
| 24                   | 32.12 L S    | F     | Kyna Pereira          | 19     | KLOO KZ  | 03/10/2014 | Sasol National Championship 2014         |
| 25                   | 32.17 L      | F     | Suanne De Wet         | 21     | TUKS NT  | 04/12/2014 | NTS Championships 2014                   |
| 26                   | 32.27 L      | F     | Dawn Schutte          | 18     | SGUL KZ  | 12/03/2015 | SA Level 3 National Age Group Champs 20  |
| 27                   | 32.43 L      | P     | Michelle Nieuwstad    | 21     | WPA WP   | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 28                   | 32.53 L      | F     | Michaela Van Niekerk  | 18     | VINE WP  | 13/02/2015 | SSA GRAND PRIX #1 - STELLENBOSCH         |
| 29                   | 32.58 L      | F     | Lindsay Mc Leod       | 20     | WSTV KZ  | 14/06/2014 | Mare Nostrum Barcelone                   |
| 30                   | 32.61 L      | F     | Louisa De Jongh       | 19     | MATI WP  | 29/11/2014 | USSA Swimming Championships 2014         |
| 31                   | 32.75 L      | F     | Samantha Blaauw       | 19     | NWUC NW  | 24/01/2015 | NWS Age Group 4 1415                     |
| 32                   | 32.80 L      | F     | Japké Engelbrecht     | 19     | NWUC NW  | 29/11/2014 | USSA Swimming Championships 2014         |
| 33                   | 32.90 L      | P     | Jessica MacDonald     | 18     | SGUL KZ  | 17/12/2014 | KZN Premier Championships 2014           |
| 34                   | 33.10 L      | P     | Kelly McCann          | 21     | AZON KZ  | 17/12/2014 | KZN Premier Championships 2014           |
| 35*                  | 33.12 L      | F     | Maria Holmes          | 36     | AQUB EP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 35*                  | 33.12 L      | F     | Carmel Billson        | 22     | ACSA KZ  | 29/11/2014 | USSA Swimming Championships 2014         |
| 37                   | 33.37 L      | F     | Anja Gericke          | 18     | FS FS    | 17/01/2015 | Inter-Provincial Gala 2015               |
| 38*                  | 33.39 L      | P     | Morgan Nicholls       | 19     | VIKI BO  | 17/12/2014 | KZN Premier Championships 2014           |
| 38*                  | 33.39 L      | F     | Alke Stopforth        | 24     | NWS NW   | 31/01/2015 | 4 + 1 Inter Provincial Gala 2015         |
| 40                   | 33.42 L      | F     | Marise Nel            | 19     | PAC NT   | 04/12/2014 | NTS Championships 2014                   |
| 41                   | 33.44 L      | F     | Carmen Wessels        | 22     | BLOT FS  | 03/12/2014 | Mangaung Aquatics Championship 2014      |
| 42                   | 33.47 L      | P     | Lindsay McLeod        | 20     | WSTV KZ  | 17/12/2014 | KZN Premier Championships 2014           |
| 43                   | 33.52 L      | F     | Anna-Lotte Retief     | 21     | BLOT FS  | 09/02/2015 | Liga 5 FSA 2015                          |
| 44                   | 33.53 L      | P     | Tina Wong             | 19     | MDOL CG  | 18/12/2014 | CGA Open LC Championships 2014           |
| 45                   | 33.68 L      | P     | Jodie Winterton       | 18     | WATR CG  | 19/03/2015 | SA Level 2 Regional Age Group Champs 2C  |
| 46                   | 33.79 L      | F     | Leandi Toerien        | 18     | TASC LP  | 19/03/2015 | SA Level 2 Regional Age Group Champs 2C  |
| 47                   | 33.88 L      | P     | Johanna Els           | 18     | FS FS    | 11/12/2014 | SA Schools Swimming Championship 2014    |
| 48                   | 33.98 L      | F     | Chantel Blignaut      | 18     | BLSS FS  | 06/09/2014 | Kovsies Gala 2                           |
| 49                   | 34.23 L      | F     | Suné Breed            | 18     | HSBV LP  | 17/10/2014 | Limpopo Schools Champs October 2014      |
| 50                   | 34.26 L      | F     | Perry-Ann Cadiz       | 39     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|     | Time      | P/F/S | Name                | Age/Yr |         |            |                                          |
|-----|-----------|-------|---------------------|--------|---------|------------|------------------------------------------|
| 51  | 34.32 L   | F     | Sarah-Jane Walker   | 19     | KNYS SW | 31/10/2014 | Freda Barnard Gala                       |
| 52  | 34.39 L   | F     | Megan Bates         | 18     | KZNA KZ | 11/12/2014 | SA Schools Swimming Championship 2014    |
| 53  | 34.40 L   | F     | Sasha Coetzee       | 20     | KOVS FS | 05/12/2014 | NOCASA Sprints 2014                      |
| 54  | 34.45 L   | F     | Michelle Wessels    | 22     | BLOT FS | 08/11/2014 | Seal Supersport Gala 2014                |
| 55  | 34.46 L   | P     | Brie Parker         | 18     | SEAL KZ | 17/12/2014 | KZN Premier Championships 2014           |
| 56  | 34.53 L   | F     | Esmari Theart       | 19     | MATI WP | 29/11/2014 | USSA Swimming Championships 2014         |
| 57  | 34.69 L   | F     | Amy Barnes          | 18     | TYGE WP | 08/11/2014 | WPA LC SENIOR LEAGUE 4                   |
| 58  | 34.73 L   | F     | Cornell Loubser     | 20     | NWS NW  | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 59  | 34.76 L   | F     | Licinda Kleynhans   | 18     | TUKS NT | 30/08/2014 | Adrian Grafe Memorial Gala               |
| 60  | 34.92 L   | F     | Chrizzalda Smit     | 20     | TUKS NT | 15/08/2014 | NTS August 20014 Age Group - Combined    |
| 61  | 35.01 L L | F     | Elizabeth Muller    | 31     | COEL NT | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 62  | 35.05 L   | F     | Janke Grobbelaar    | 18     | TUKS NT | 07/11/2014 | NTS November 20014 Age Group - Combin    |
| 63  | 35.11 L   | F     | Kelsey Heatlie      | 19     | BENS ES | 03/10/2014 | EGA League B and C 2014                  |
| 64  | 35.14 L L | F     | Norelle Engela      | 42     | CPTW WP | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 65  | 35.15 L   | F     | Rebecca Haines      | 18     | CADO WP | 12/07/2014 | WPA WINTER SENIOR LEAGUE 3               |
| 66  | 35.46 L   | F     | Micaela Anderson    | 18     | VINE WP | 31/01/2015 | WPA LC Senior League 5                   |
| 67  | 35.87 L   | F     | Paige Riddin        | 18     | USC BO  | 05/12/2014 | NMBA Championships 2014                  |
| 68  | 36.13 L   | F     | Nina Nicholas       | 22     | MATI WP | 29/11/2014 | USSA Swimming Championships 2014         |
| 69  | 36.16 L   | F     | Karliën van Heerden | 24     | UNI MP  | 28/11/2014 | KZN TYR Westville Sprints 2014           |
| 70  | 36.19 L   | F     | Sharnè Dicks        | 20     | CYBE WP | 08/11/2014 | WPA LC SENIOR LEAGUE 4                   |
| 71  | 36.44 L   | F     | Shirley Carey       | 40     | HIGH KZ | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 72  | 36.45 L   | F     | Kelly Jamieson      | 27     | PHOE CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 73  | 36.50 L   | F     | Diane Coetzee       | 59     | CPTW WP | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 74  | 36.57 L   | F     | Nicole Lewis        | 19     | TUKS NT | 07/11/2014 | NTS November 20014 Age Group - Combin    |
| 75  | 36.68 L   | F     | Janine Blignaut     | 18     | BLSS FS | 06/09/2014 | Kovsies Gala 2                           |
| 76  | 36.75 L   | F     | Elize Botha         | 18     | HBV LP  | 17/10/2014 | Limpopo Schools Champs October 2014      |
| 77  | 36.86 L   | F     | Annemarie Dressler  | 51     | COEL NT | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 78  | 36.87 L   | F     | Megan Stephens      | 24     | ASA WP  | 12/07/2014 | WPA WINTER SENIOR LEAGUE 3               |
| 79  | 36.94 L   | F     | Minnie-Lize Olivier | 35     | FRST FS | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 80  | 36.96 L   | F     | Yvonne Smith        | 24     | FS FS   | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 81  | 36.97 L   | F     | Thilde Victor       | 33     | VICT ES | 08/11/2014 | EGA Summer 3                             |
| 82  | 37.02 L S | F     | Sylvia Van Tromp    | 36     | TTNS VT | 03/10/2014 | Sasol National Championship 2014         |
| 83* | 37.03 L   | P     | Amy Stanley         | 18     | CRSC CG | 05/12/2014 | EGA Championships Dec 2014               |
| 83* | 37.03 L   | F     | Imre Van Huyssteen  | 19     | PLAY WP | 08/11/2014 | WPA LC SENIOR LEAGUE 4                   |
| 83* | 37.03 L   | F     | Ellen vd Walt       | 18     | ISSC NW | 04/12/2014 | NWS Championships 2014/2015              |
| 86  | 37.11 L   | F     | Edith Ottermann     | 48     | CPTW WP | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 87  | 37.12 L   | F     | Amanda Koegelenberg | 37     | HIGH KZ | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 88  | 37.20 L   | F     | Nellie Odendaal     | 22     | POTC NW | 04/12/2014 | NWS Championships 2014/2015              |
| 89  | 37.41 L   | F     | Chantel Smith       | 21     | BLSS FS | 08/11/2014 | Seal Supersport Gala 2014                |
| 90  | 37.83 L   | F     | Seabe Ebineng       | 18     | GAC     | 28/02/2015 | 2nd League Gala                          |
| 91  | 37.87 L   | F     | Christelle Kriel    | 20     | MP MP   | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 92  | 38.14 L   | F     | Megan Mukheibir     | 18     | GZSA NT | 07/11/2014 | NTS November 20014 Age Group - Combin    |
| 93  | 38.50 L   | F     | Marieta Theart      | 18     | BLNE FS | 16/08/2014 | Neptune Aquatics Sprint gala 2014        |
| 94  | 38.53 L   | F     | Barbara Fraatz      | 49     | COEL NT | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 95  | 38.61 L L | F     | Lara Wantenaar      | 34     | PHOE CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 96  | 38.66 L   | F     | Amy Fraser          | 19     | NEWS KZ | 04/10/2014 | KZN - Amajuba District October Age Group |
| 97  | 38.70 L   | F     | Annezell Van Staden | 19     | TUKS NT | 16/01/2015 | NTS Jan 2015 Age Group Combined          |
| 98  | 38.73 L   | F     | Kelly McWilliam     | 36     | WAHO CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 99  | 38.79 L L | F     | Elizabeth Pieterse  | 40     | FRST FS | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 100 | 38.97 L L | F     | Katherine Bihl      | 45     | CPTW WP | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 101 | 39.03 L   | F     | Caitlin Truter      | 18     | TYGE WP | 31/10/2014 | Freda Barnard Gala                       |
| 102 | 39.09 L   | F     | Jean Degenaar       | 55     | CPTW WP | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 103 | 39.12 L L | F     | Samantha Hunter     | 28     | PHOE CG | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 104 | 39.80 L   | F     | Savannah Greeff     | 18     | UNI MP  | 20/09/2014 | MP Xerox Sprint Gala - 20 September 2014 |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|      | Time      | P/F/S | Name                   | Age/Yr |          |            |                                          |
|------|-----------|-------|------------------------|--------|----------|------------|------------------------------------------|
| 105  | 39.92 L   | F     | Nadia Strydom          | 24     | NWUC NW  | 29/11/2014 | USSA Swimming Championships 2014         |
| 106  | 40.15 L   | F     | Charne Oosthuizen      | 18     | NFS NF   | 31/01/2015 | 4 + 1 Inter Provincial Gala 2015         |
| 107  | 40.17 L   | F     | Anneke Boshoff         | 42     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 108  | 40.36 L L | F     | Nicola Lee             | 42     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 109  | 40.70 L   | F     | Amy Avery              | 30     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 110  | 40.93 L L | F     | Catherine Warrender    | 39     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 111  | 41.51 L L | F     | Ingrid Landman         | 47     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 112  | 41.95 L L | F     | Alexis Homveld         | 22     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 113  | 41.98 L L | F     | Sanderina Kruger       | 65     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 114  | 42.05 L L | F     | Annette Thatcher       | 63     | HIGH KZ  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 115  | 42.13 L   | F     | Sonet Smit             | 38     | PRKA NC  | 15/01/2015 | NOCASA Champs 2015                       |
| 116  | 42.14 L   | F     | Aletta Steenkamp       | 28     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 117  | 42.21 L   | F     | Martinette Du Toit     | 22     | NCASA NC | 31/01/2015 | 4 + 1 Inter Provincial Gala 2015         |
| 118  | 42.43 L S | F     | Nicoli van der Merwe   | 18     | TTNS VT  | 03/10/2014 | Sasol National Championship 2014         |
| 119  | 42.64 L   | F     | Jessica Kenny          | 18     | KFSC BO  | 27/11/2014 | Buffalo City Championships 2014          |
| 120  | 42.74 L   | F     | Reinette Harington     | 62     | AQUB EP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 121  | 43.00 L   | F     | Daniele Fourie         | 18     | AQUA BO  | 27/11/2014 | Buffalo City Championships 2014          |
| 122  | 43.04 L   | F     | Anne Swart             | 21     | FINS MP  | 07/02/2015 | MP Age Group 4 - 7 February 2015         |
| 123  | 43.29 L L | F     | Caren Strydom          | 47     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 124  | 43.52 L L | F     | Judith Brewis          | 60     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 125  | 43.62 L   | F     | Elaine Alder           | 57     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 126  | 43.76 L L | F     | Justine Johnson        | 38     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 127  | 43.86 L   | F     | Wendy Cowper           | 45     | AQUA CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 128  | 43.94 L   | F     | Maritza Snyders        | 18     | BEAV KZ  | 17/12/2014 | KZN Premier Championships 2014           |
| 129  | 43.99 L   | F     | Esther Brand           | 51     | FAAC NC  | 25/10/2014 | Flamingo Gala 2014                       |
| 130* | 44.25 L   | F     | Janine Van Deventer    | 38     | PRKA NC  | 15/01/2015 | NOCASA Champs 2015                       |
| 130* | 44.25 L   | F     | Dawn Ledbitter         | 21     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 132  | 44.69 L   | F     | Liesl Roberts          | 37     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 133  | 45.02 L   | F     | Cindy-Leigh Mazor      | 31     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 134  | 45.06 L   | F     | Tezna Kirstin Abrahams | 19     | NW       | 31/03/2015 | 2015 Nedbank Championships               |
| 135  | 45.15 L L | F     | Catherine Cronje       | 40     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 136  | 45.87 L   | F     | Deidre Van Biljon      | 42     | ETSM ES  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 137  | 46.22 L   | F     | Anne Jones             | 69     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 138  | 46.23 L   | F     | Nasiha Mohamed         | 18     | ATLA CG  | 01/11/2014 | CGA Level 2-3 Gala No 3                  |
| 139  | 46.81 L   | F     | Deborah McHardy        | 49     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 140  | 47.16 L   | F     | Therese Russell        | 67     | DOLP WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 141  | 47.41 L   | F     | Yolandi Campher        | 40     | LAD KZ   | 13/12/2014 | KZN Amajuba District Dec Age Group Gala  |
| 142  | 47.53 L   | F     | Jacqueline Hayselden   | 59     | AQUB EP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 143  | 47.61 L   | F     | Elena vd Merwe         | 26     | UPTS NC  | 15/01/2015 | NOCASA Champs 2015                       |
| 144  | 47.90 L   | F     | Jennifer Higgins       | 31     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 145  | 48.18 L   | F     | Tracy Helps            | 39     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 146  | 48.27 L   | F     | Cornelia Fowler        | 34     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 147  | 48.44 L L | F     | Marissa Rollnick       | 63     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 148  | 48.72 L   | F     | Michela Curzi          | 37     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 149  | 48.93 L   | F     | Marli Venter           | 49     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 150  | 48.95 L   | F     | Christine Donnelly     | 57     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 151  | 49.35 L L | F     | Lenchen Zundorf        | 70     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 152  | 50.04 L   | F     | Tersia Smit            | 59     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 153  | 50.29 L   | F     | Susan Skidmore         | 46     | AMAK BO  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 154  | 51.97 L   | F     | Yvonne Barnard         | 30     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 155  | 52.17 L   | F     | Joyce Fyfe             | 68     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 156  | 52.45 L L | F     | Marilyn Adan           | 63     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 157  | 52.51 L   | F     | Denise Collignon       | 49     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 158  | 53.00 L   | F     | Bronwyn Ramathula      | 25     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|                       | Time        | P/F/S | Name                  | Age/Yr |          |            |                                          |
|-----------------------|-------------|-------|-----------------------|--------|----------|------------|------------------------------------------|
| 159                   | 53.68 L     | F     | Donnée Dixon          | 24     | ASA WP   | 10/12/2014 | WP Championships 2014                    |
| 160                   | 54.23 L     | F     | Songo Mfikili         | 22     | HARL BO  | 23/01/2015 | BCA January Age Group Gala 2015          |
| 161                   | 54.55 L L   | F     | Merle Angelos         | 70     | EACS KZ  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 162                   | 54.92 L     | F     | Helena Olivier        | 49     | FRST FS  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 163                   | 54.96 L     | P     | Melisa van Bosch      | 23     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 164                   | 55.23 L     | F     | Beth Nothling         | 25     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 165                   | 55.29 L L   | F     | Ethelwyn Van Niekerk  | 67     | FRST FS  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 166                   | 55.66 L     | F     | Helen Lawless         | 65     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 167                   | 56.38 L     | F     | Irene Burger          | 69     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 168                   | 56.65 L     | P     | Claire Murray         | 24     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 169                   | 57.15 L     | F     | Martini Coetzee       | 44     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 170                   | 57.33 L     | F     | Elizabeth Bronkhorst  | 59     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 171                   | 57.83 L     | F     | Tracy McKay           | 45     | SGUL KZ  | 17/12/2014 | KZN Premier Championships 2014           |
| 172                   | 58.88 L     | F     | Eileen Gilmartin      | 56     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 173                   | 58.94 L     | F     | Gwyneth Guiney        | 62     | FRST FS  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 174                   | 59.84 L L   | F     | Jacoba Sieling        | 56     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 175                   | 1:04.05 L   | F     | Mercia Ferreira       | 66     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 176                   | 1:04.71 L   | F     | Rentia Oosthuizen     | 23     | AQUB EP  | 05/12/2014 | NMBA Championships 2014                  |
| 177                   | 1:06.10 L   | F     | Wanda Schroeder       | 52     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 178                   | 1:07.20 L   | F     | Stephanie De Beer     | 60     | ETSM ES  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 179                   | 1:07.21 L   | F     | Catherine Van Staden  | 35     | CADO WP  | 08/11/2014 | WPA LC SENIOR LEAGUE 4                   |
| 180                   | 1:07.69 L   | F     | Carol vd Walt         | 66     | ETSM ES  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 181                   | 1:09.32 L   | F     | Laraine Harris        | 65     | ETSM ES  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 182                   | 1:18.38 L   | F     | Eugenie McLachlan     | 75     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 183                   | 1:19.32 L   | F     | Wendy Muir            | 73     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 184                   | 1:22.47 L   | F     | Patricia Ings         | 46     | ACSA KZ  | 28/11/2014 | KZN TYR Westville Sprints 2014           |
| 185                   | 1:22.48 L   | F     | Anna Du Plooy         | 84     | ETSM ES  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 186                   | 1:23.17 L   | F     | Lindiswa Dzanibe      | 20     | MDOL CG  | 01/11/2014 | CGA Level 2-3 Gala No 3                  |
| 187                   | 1:28.70 L   | F     | Patricia Hanson       | 77     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| <b>Women 100 Back</b> |             |       |                       |        |          |            |                                          |
| 1                     | 1:00.78 L   | F     | Karin Prinsloo        | 25     | TUKS NT  | 14/06/2014 | 2014 Mare Nostrum Barcelona              |
| 2                     | 1:03.07 L   | S     | Jessica Ashley-Cooper | 22     | RSA      | 24/07/2014 | Commonwealth Games Swimming Champic      |
| 3                     | 1:04.40 L L | F     | Caitlin Gardiner      | 21     | AZON KZ  | 15/07/2014 | 2014 Speedo Western Section LC Champio   |
| 4                     | 1:04.46 L   | S     | Marcé Loubser         | 18     | NTS NT   | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 5                     | 1:05.21 L   | F     | Barbora Zavadová      | 22     | CZECH ZZ | 13/02/2015 | SSA GRAND PRIX #1 - STELLENBOSCH         |
| 6                     | 1:05.40 L   | F     | Lehesta Kemp          | 25     | PSC NT   | 17/10/2014 | NTS Oct 2014 Age Group Lev 2+3           |
| 7                     | 1:05.42 L   | S     | Beatrix Malan         | 19     | WPA WP   | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 8                     | 1:05.66 L   | F     | Kathrine Holicki      | 18     | TUKS NT  | 04/12/2014 | NTS Championships 2014                   |
| 9                     | 1:06.72 L   | F     | Amy Peens             | 21     | TUKS NT  | 29/11/2014 | USSA Swimming Championships 2014         |
| 10                    | 1:06.98 L   | F     | Kyna Pereira          | 19     | KLOO KZ  | 03/10/2014 | Sasol National Championship 2014         |
| 11                    | 1:07.34 L   | P     | Sarah-Ann Bouwer      | 20     | NTS NT   | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 12                    | 1:07.55 L   | F     | Hannah Nissen         | 18     | KVIK ZZ  | 13/02/2015 | SSA GRAND PRIX #1 - STELLENBOSCH         |
| 13                    | 1:07.61 L   | F     | Chanelle Van Wyk      | 25     | UWCA WP  | 16/08/2014 | WPA LC SENIOR LEAGUE 1                   |
| 14                    | 1:07.72 L   | F     | Nadia Esterhuizen     | 18     | WSTV KZ  | 28/11/2014 | KZN TYR Westville Sprints 2014           |
| 15*                   | 1:07.80 L   | F     | Alexandra Quenet      | 19     | MATI WP  | 18/07/2014 | WPA WINTER CHAMPIONSHIPS                 |
| 15*                   | 1:07.80 L   | F     | Tamlyn Price          | 20     | AQUB EP  | 22/11/2014 | PEA Gala 2014                            |
| 17                    | 1:07.97 L L | F     | Johanna Els           | 18     | KOVS FS  | 12/03/2015 | SA Level 3 National Age Group Champs 20  |
| 18                    | 1:08.21 L   | F     | Odile Dauvellier      | 21     | TUKS NT  | 29/11/2014 | USSA Swimming Championships 2014         |
| 19                    | 1:08.26 L   | F     | Lindsay Mc Leod       | 20     | WSTV KZ  | 11/06/2014 | Mare Nostrum Canet-en-Rousillon          |
| 20                    | 1:08.60 L   | P     | Anika Kruger          | 19     | WPA WP   | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 21                    | 1:08.75 L   | F     | Megan Scott           | 23     | ONY ES   | 05/12/2014 | EGA Championships Dec 2014               |
| 22                    | 1:08.86 L   | F     | Emma Chelius          | 18     | SGUL KZ  | 28/11/2014 | KZN TYR Westville Sprints 2014           |
| 23                    | 1:08.88 L   | P     | Claire Featherstone   | 18     | CGA CG   | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 24                    | 1:08.91 L   | F     | Dawn Schutte          | 18     | KZNA KZ  | 11/12/2014 | SA Schools Swimming Championship 2014    |



## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|    | Time    | P/F/S | Name | Age/Yr               |    |          |                                                     |
|----|---------|-------|------|----------------------|----|----------|-----------------------------------------------------|
| 25 | 1:08.93 | L     | P    | Michelle Pistorius   | 22 | NWS NW   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 26 | 1:08.96 | L     | F    | Michaela Van Niekerk | 18 | VINE WP  | 13/02/2015 SSA GRAND PRIX #1 - STELLENBOSCH         |
| 27 | 1:09.16 | L     | P    | Seonaid Leech        | 19 | CGA CG   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 28 | 1:09.21 | L     | F    | Michelle Nieuwstad   | 21 | MATI WP  | 10/12/2014 WP Championships 2014                    |
| 29 | 1:09.24 | L     | P    | Samantha Blaauw      | 19 | NWS NW   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 30 | 1:09.93 | L     | P    | Louisa De Jongh      | 19 | MATI WP  | 10/12/2014 WP Championships 2014                    |
| 31 | 1:10.32 | L     | F    | Marise Nel           | 19 | PAC NT   | 04/12/2014 NTS Championships 2014                   |
| 32 | 1:10.33 | L     | P    | Shebjorn Axelson     | 24 | MGSC KZ  | 17/12/2014 KZN Premier Championships 2014           |
| 33 | 1:10.35 | L     | F    | Lindsay McLeod       | 20 | WSTV KZ  | 17/12/2014 KZN Premier Championships 2014           |
| 34 | 1:10.44 | L     | P    | Jessica MacDonald    | 18 | SGUL KZ  | 17/12/2014 KZN Premier Championships 2014           |
| 35 | 1:10.63 | L     | F    | Caitlin Kat          | 22 | MATI WP  | 18/07/2014 WPA WINTER CHAMPIONSHIPS                 |
| 36 | 1:10.97 | L     | P    | Sarah-Jane Walker    | 19 | KNYS SW  | 17/12/2014 KZN Premier Championships 2014           |
| 37 | 1:11.17 | L     | F    | Suanne De Wet        | 21 | TUKS NT  | 16/01/2015 NTS Jan 2015 Age Group Combined          |
| 38 | 1:11.20 | L     | F    | Jodie Winterton      | 18 | WATR CG  | 14/02/2015 CGA Level 2/3 Gala No 4                  |
| 39 | 1:12.03 | L     | P    | Johanna Els          | 18 | FS FS    | 11/12/2014 SA Schools Swimming Championship 2014    |
| 40 | 1:12.07 | L     | P    | Morgan Nicholls      | 19 | VIKI BO  | 17/12/2014 KZN Premier Championships 2014           |
| 41 | 1:12.20 | L     | F    | Japké Engelbrecht    | 19 | NWUC NW  | 29/11/2014 USSA Swimming Championships 2014         |
| 42 | 1:12.22 | L     | F    | Carmen Wessels       | 22 | BLOT FS  | 03/12/2014 Mangaung Aquatics Championship 2014      |
| 43 | 1:12.25 | L     | P    | Amy Barnes           | 18 | TYGE WP  | 10/12/2014 WP Championships 2014                    |
| 44 | 1:12.28 | L     | F    | Michelle Weber       | 18 | SGUL KZ  | 06/12/2014 KZN Age Group 9 Gala                     |
| 45 | 1:12.38 | L     | F    | Anna-Lotte Retief    | 21 | FS FS    | 17/01/2015 Inter-Provincial Gala 2015               |
| 46 | 1:12.64 | L     | F    | Alke Stopforth       | 24 | KDOR NW  | 04/12/2014 NWS Championships 2014/2015              |
| 47 | 1:12.77 | L     | F    | Kelsey Heatlie       | 19 | BENS ES  | 13/02/2015 NTS Feb 2015 Age Group Lev 2+3           |
| 48 | 1:12.89 | L     | P    | Tina Wong            | 19 | MDOL CG  | 18/12/2014 CGA Open LC Championships 2014           |
| 49 | 1:12.96 | L     | T    | Shireen Sapiro       | 24 | KZNA KZ  | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 50 | 1:13.04 | L     | P    | Kelly McCann         | 21 | AZON KZ  | 17/12/2014 KZN Premier Championships 2014           |
| 51 | 1:13.56 | L     | P    | Tasmynne Roe         | 22 | SGUL KZ  | 17/12/2014 KZN Premier Championships 2014           |
| 52 | 1:13.82 | L     | F    | Esmari Theart        | 19 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014         |
| 53 | 1:13.84 | L     | F    | Michelle Wessels     | 22 | BLOT FS  | 03/12/2014 Mangaung Aquatics Championship 2014      |
| 54 | 1:13.87 | L     | F    | Lauren Bezuidenhout  | 25 | KLOO KZ  | 03/10/2014 Sasol National Championship 2014         |
| 55 | 1:14.40 | L     | F    | Chantel Blignaut     | 18 | BLSS FS  | 20/09/2014 Neptune Volvo Open Gala                  |
| 56 | 1:14.41 | L     | F    | Rebecca Haines       | 18 | CADO WP  | 14/06/2014 WPA SC SENIOR LEAGUE 2 - METROPOL        |
| 57 | 1:14.78 | L     | P    | Megan Bates          | 18 | KZNA KZ  | 11/12/2014 SA Schools Swimming Championship 2014    |
| 58 | 1:15.04 | L     | F    | Tarryn Els           | 18 | PEAS EP  | 22/11/2014 PEA Gala 2014                            |
| 59 | 1:15.09 | L     | F    | Maria Holmes         | 36 | AQUB EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 60 | 1:15.31 | L     | P    | Leandi Toerien       | 18 | TASC LP  | 19/03/2015 SA Level 2 Regional Age Group Champs 2C  |
| 61 | 1:15.32 | L     | F    | Imre Van Huyssteen   | 19 | PLAY WP  | 16/08/2014 WPA LC SENIOR LEAGUE 1                   |
| 62 | 1:15.39 | L     | F    | Chrizalda Smit       | 20 | TUKS NT  | 15/08/2014 NTS August 20014 Age Group - Combined    |
| 63 | 1:16.53 | L     | F    | Perry-Ann Cadiz      | 39 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 64 | 1:16.88 | L     | P    | Brie Parker          | 18 | SEAL KZ  | 17/12/2014 KZN Premier Championships 2014           |
| 65 | 1:16.91 | L     | F    | Nina Nicholas        | 22 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014         |
| 66 | 1:17.03 | L     | F    | Karliën van Heerden  | 24 | UNI MP   | 28/11/2014 KZN TYR Westville Sprints 2014           |
| 67 | 1:17.17 | L     | F    | Emily Gray           | 23 | NTS NT   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 68 | 1:17.30 | L     | F    | Kaleigh Graham       | 19 | TWSA EP  | 08/11/2014 4th A-League Gala 2014                   |
| 69 | 1:17.41 | L     | F    | Micaela Anderson     | 18 | VINE WP  | 31/01/2015 WPA LC Senior League 5                   |
| 70 | 1:17.63 | L     | F    | Elizabeth Muller     | 31 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 71 | 1:17.71 | L     | F    | Jessica Whelan       | 18 | CGA CG   | 13/09/2014 Highveld Inter-Provincial Gala 2014      |
| 72 | 1:18.31 | L     | F    | Janine Blignaut      | 18 | BLSS FS  | 03/12/2014 Mangaung Aquatics Championship 2014      |
| 73 | 1:18.53 | L     | F    | Natasha Vd Walt      | 19 | WATR CG  | 04/10/2014 CGA Level 2-3 Gala N0 2 2014             |
| 74 | 1:18.77 | L     | F    | Anja Gericke         | 18 | KOVFS FS | 23/08/2014 Kovsies Gala 23 August 2014              |
| 75 | 1:19.07 | L     | P    | Christelle Kriel     | 20 | MP MP    | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 76 | 1:19.12 | L     | P    | Nicole Lewis         | 19 | TUKS NT  | 04/12/2014 NTS Championships 2014                   |
| 77 | 1:19.58 | L     | P    | Yvonne Smith         | 24 | FS FS    | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 78 | 1:19.60 | L     | F    | Ingrid Coetzee       | 18 | GREY WP  | 25/10/2014 WP STRAND MEET                           |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|     | Time    | P/F/S | Name | Age/Yr               |    |         |                                                     |
|-----|---------|-------|------|----------------------|----|---------|-----------------------------------------------------|
| 79  | 1:19.73 | L     | F    | Charne Oosthuizen    | 18 | VALS NF | 20/09/2014 Neptune Volvo Open Gala                  |
| 80* | 1:19.79 | L     | P    | Amy Stanley          | 18 | CRSC CG | 05/12/2014 EGA Championships Dec 2014               |
| 80* | 1:19.79 | L     | F    | Rebecca Newman       | 22 | BEST EP | 31/10/2014 Freda Barnard Gala                       |
| 82  | 1:19.82 | L     | F    | Chantel Smith        | 21 | BLSS FS | 13/09/2014 Seals Gala 13 Sept 2014                  |
| 83  | 1:20.21 | L     | F    | Janke Grobbelaar     | 18 | TUKS NT | 16/01/2015 NTS Jan 2015 Age Group Combined          |
| 84  | 1:20.30 | L     | F    | Caitlin Truter       | 18 | TYGE WP | 16/08/2014 WPA LC SENIOR LEAGUE 1                   |
| 85  | 1:20.51 | L     | F    | Norelle Engela       | 42 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 86  | 1:21.47 | L     | F    | Amanda Koegelenberg  | 37 | HIGH KZ | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 87  | 1:21.70 | L     | F    | Annemarie Dressler   | 51 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 88  | 1:22.19 | L     | F    | Diane Coetzee        | 59 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 89  | 1:22.29 | L     | F    | Nellie Odendaal      | 22 | POTC NW | 04/12/2014 NWS Championships 2014/2015              |
| 90  | 1:22.36 | L     | F    | Ellen vd Walt        | 18 | ISSC NW | 04/12/2014 NWS Championships 2014/2015              |
| 91  | 1:23.58 | L     | F    | Annezell Van Staden  | 19 | TUKS NT | 13/02/2015 NTS Feb 2015 Age Group Lev 2+3           |
| 92  | 1:23.68 | L     | F    | Shirley Carey        | 40 | HIGH KZ | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 93  | 1:24.51 | L     | F    | Jean Degenaar        | 55 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 94  | 1:24.69 | L     | F    | Barbara Fraatz       | 49 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 95  | 1:25.36 | L     | F    | Katherine Bihl       | 45 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 96  | 1:25.52 | L     | F    | Kelly McWilliam      | 36 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 97  | 1:26.62 | L     | F    | Sarah Connock        | 18 | AQUB EP | 25/10/2014 3rd A-League Gala 2014                   |
| 98  | 1:27.03 | L     | F    | Daniele Fourie       | 18 | AQUA BO | 27/11/2014 Buffalo City Championships 2014          |
| 99  | 1:27.29 | L     | F    | Samantha Hunter      | 28 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 100 | 1:27.62 | L     | F    | Anneke Boshoff       | 42 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 101 | 1:27.95 | L     | F    | Elizabeth Pieterse   | 40 | FRST FS | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 102 | 1:28.62 | L     | F    | Sandra Verryn        | 27 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 103 | 1:29.35 | L     | F    | Jessica Vd Merwe     | 18 | FLOD CG | 20/09/2014 CGA Level 2-3 Gala No 1 2014             |
| 104 | 1:29.50 | L     | F    | Catherine Warrender  | 39 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 105 | 1:29.51 | L     | F    | Sandra Dorlas        | 48 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 106 | 1:29.71 | L     | F    | Nicola Lee           | 42 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 107 | 1:30.09 | L     | F    | Elize Botha          | 18 | LP LP   | 24/10/2014 2014 NTS Sen Inter Prov                  |
| 108 | 1:32.22 | L     | F    | Alexis Homveld       | 22 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 109 | 1:32.23 | L     | P    | Maritza Snyders      | 18 | KZNA KZ | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 110 | 1:32.67 | L     | F    | Ingrid Landman       | 47 | COEL NT | 04/12/2014 NTS Championships 2014                   |
| 111 | 1:32.81 | L     | F    | Judith Brewis        | 60 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 112 | 1:33.36 | L     | F    | Sanderina Kruger     | 65 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 113 | 1:33.91 | L     | F    | Nicoli van der Merwe | 18 | TTNS VT | 03/10/2014 Sasol National Championship 2014         |
| 114 | 1:34.14 | L     | F    | Melanie Norden       | 33 | AQUB EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 115 | 1:36.01 | L     | F    | Caren Strydom        | 47 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 116 | 1:36.06 | L     | F    | Anne Swart           | 21 | FINS MP | 31/10/2014 MP AGE GROUP 2 - 2014                    |
| 117 | 1:36.35 | L     | F    | Martinette Du Toit   | 22 | UPTS NC | 21/11/2014 Upt Gala                                 |
| 118 | 1:36.66 | L     | F    | Nadia Strydom        | 24 | NWUC NW | 29/11/2014 USSA Swimming Championships 2014         |
| 119 | 1:36.67 | L     | F    | Elaine Alder         | 57 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 120 | 1:36.87 | L     | F    | Reinette Harington   | 62 | AQUB EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 121 | 1:40.25 | L     | P    | Cornelia Fowler      | 34 | KZNA KZ | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 122 | 1:41.14 | L     | F    | Jennifer Higgins     | 31 | KZNA KZ | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 123 | 1:42.89 | L     | F    | Jacqueline Hayselden | 59 | AQUB EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 124 | 1:45.25 | L     | F    | Therese Russell      | 67 | DOLP WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 125 | 1:45.29 | L     | F    | Sandra Murray        | 54 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 126 | 1:45.33 | L     | P    | Deidre Van Biljon    | 42 | VICT ES | 05/12/2014 EGA Championships Dec 2014               |
| 127 | 1:48.06 | L     | F    | Donnée Dixon         | 24 | ASA WP  | 10/12/2014 WP Championships 2014                    |
| 128 | 1:48.17 | L     | F    | Deborah McHardy      | 49 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 129 | 1:51.04 | L     | F    | Lenchen Zundorf      | 70 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 130 | 1:51.97 | L     | F    | Tersia Smit          | 59 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 131 | 1:52.11 | L     | F    | Tracy Helps          | 39 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 132 | 1:54.20 | L     | F    | Michela Curzi        | 37 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|                       | Time    | P/F/S | Name | Age/Yr               |    |          |                                                     |
|-----------------------|---------|-------|------|----------------------|----|----------|-----------------------------------------------------|
| 133                   | 1:55.05 | L     | F    | Marli Venter         | 49 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 134                   | 1:57.76 | L     | F    | Ethelwyn Van Niekerk | 67 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 135                   | 1:59.07 | L     | F    | Tracy McKay          | 45 | SGUL KZ  | 17/12/2014 KZN Premier Championships 2014           |
| 136                   | 2:00.30 | L     | F    | Bronwyn Ramathula    | 25 | KZNA KZ  | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 137                   | 2:01.18 | L     | F    | Songo Mfikili        | 22 | BCA BO   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 138                   | 2:02.78 | L     | F    | Irene Burger         | 69 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 139                   | 2:02.99 | L     | F    | Yvonne Barnard       | 30 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 140                   | 2:05.52 | L     | P    | Claire Murray        | 24 | KZNA KZ  | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 141                   | 2:06.06 | L     | F    | Joyce Fyfe           | 68 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 142                   | 2:06.73 | L     | F    | Marilyn Adan         | 63 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 143                   | 2:10.15 | L     | F    | Melisa van Bosch     | 23 | NDSA KZ  | 17/01/2015 KZN Age Group Gala 10                    |
| 144                   | 2:10.88 | L     | F    | Gwyneth Guiney       | 62 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 145                   | 2:19.47 | L     | F    | Eileen Gilmartin     | 56 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 146                   | 2:25.38 | L     | F    | Carol vd Walt        | 66 | ETSM ES  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 147                   | 2:36.33 | L     | F    | Diane Hughes         | 68 | EACS KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 148                   | 2:52.32 | L     | F    | Patricia Ings        | 46 | ACSA KZ  | 28/11/2014 KZN TYR Westville Sprints 2014           |
| 149                   | 3:01.75 | L     | F    | Wendy Muir           | 73 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 150                   | 3:06.22 | L     | F    | Anna Du Plooy        | 84 | ETSM ES  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 151                   | 3:22.09 | L     | F    | Gudrun Kloos         | 90 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 152                   | 3:35.50 | L     | F    | Eugenie McLachlan    | 75 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| <b>Women 200 Back</b> |         |       |      |                      |    |          |                                                     |
| 1                     | 2:10.84 | L     | F    | Karin Prinsloo       | 25 | TUKS NT  | 11/06/2014 Mare Nostrum 2014 Canet                  |
| 2                     | 2:17.91 | L     | F    | Marcé Loubser        | 18 | TUKS NT  | 04/12/2014 NTS Championships 2014                   |
| 3                     | 2:19.27 | L     | F    | Caitlin Gardiner     | 21 | AZON KZ  | 15/07/2014 2014 Speedo Western Section LC Champio   |
| 4                     | 2:19.42 | L     | F    | Beatrix Malan        | 19 | MATI WP  | 21/08/2014 2014 PAN PACIFIC CHAMPIONSHIPS - AL      |
| 5                     | 2:22.22 | L     | P    | Barbora Zavadová     | 22 | CZECH ZZ | 13/02/2015 SSA GRAND PRIX #1 - STELLENBOSCH         |
| 6                     | 2:23.43 | L     | F    | Kathrine Holicki     | 18 | TUKS NT  | 17/12/2014 KZN Premier Championships 2014           |
| 7                     | 2:23.55 | L     | F    | Michelle Weber       | 18 | SGUL KZ  | 17/12/2014 KZN Premier Championships 2014           |
| 8                     | 2:24.01 | L     | F    | Sarah-Ann Bouwer     | 20 | TUKS! NT | 13/02/2015 SSA GRAND PRIX #1 - STELLENBOSCH         |
| 9                     | 2:24.28 | L     | F    | Justine Macfarlane   | 19 | WATR CG  | 18/12/2014 CGA Open LC Championships 2014           |
| 10                    | 2:26.36 | L     | F    | Lindsay Mc Leod      | 20 | WSTV KZ  | 14/06/2014 Mare Nostrum Barcelone                   |
| 11                    | 2:26.53 | L     | P    | Louisa De Jongh      | 19 | WPA WP   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 12                    | 2:27.66 | L     | F    | Alexandra Quenet     | 19 | MATI WP  | 18/07/2014 WPA WINTER CHAMPIONSHIPS                 |
| 13                    | 2:27.81 | L     | P    | Michaela Van Niekerk | 18 | WPA WP   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 14                    | 2:28.74 | L     | P    | Dawn Schutte         | 18 | SGUL KZ  | 17/12/2014 KZN Premier Championships 2014           |
| 15                    | 2:29.46 | L     | P    | Samantha Blaauw      | 19 | NWS NW   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 16                    | 2:29.65 | L     | F    | Michelle Nieuwstad   | 21 | MATI WP  | 10/12/2014 WP Championships 2014                    |
| 17                    | 2:29.83 | L     | P    | Nadia Esterhuizen    | 18 | WSTV KZ  | 17/12/2014 KZN Premier Championships 2014           |
| 18                    | 2:30.40 | L     | F    | Amy Barnes           | 18 | TYGE WP  | 10/12/2014 WP Championships 2014                    |
| 19                    | 2:30.76 | L     | P    | Johanna Els          | 18 | FS FS    | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 20                    | 2:31.27 | L     | F    | Seonaid Leech        | 19 | STAD CG  | 18/12/2014 CGA Open LC Championships 2014           |
| 21                    | 2:31.81 | L     | F    | Jessica MacDonald    | 18 | SGUL KZ  | 14/02/2015 KZN Age Group Gala 11                    |
| 22                    | 2:33.92 | L     | P    | Odile Dauvellier     | 21 | TUKS NT  | 17/12/2014 KZN Premier Championships 2014           |
| 23                    | 2:34.62 | L     | F    | Vanessa Mohr         | 20 | TUKS NT  | 07/11/2014 NTS November 20014 Age Group - Combin    |
| 24                    | 2:34.97 | L     | F    | Tamlyn Price         | 20 | AQUB EP  | 25/10/2014 3rd A-League Gala 2014                   |
| 25                    | 2:35.13 | L     | P    | Michelle Pistorius   | 22 | NWS NW   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 26                    | 2:35.15 | L     | F    | Shebjorn Axelson     | 24 | MGSC KZ  | 28/11/2014 KZN TYR Westville Sprints 2014           |
| 27                    | 2:37.59 | L     | F    | Nina Nicholas        | 22 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014         |
| 28                    | 2:37.96 | L     | F    | Jodie Winterton      | 18 | WATR CG  | 19/03/2015 SA Level 2 Regional Age Group Champs 20  |
| 29                    | 2:38.23 | L     | F    | Carmen Wessels       | 22 | BLOT FS  | 03/12/2014 Mangaung Aquatics Championship 2014      |
| 30                    | 2:38.83 | L     | F    | Sarah-Jane Walker    | 19 | VINE WP  | 18/07/2014 WPA WINTER CHAMPIONSHIPS                 |
| 31                    | 2:38.86 | L     | P    | Tina Wong            | 19 | MDOL CG  | 18/12/2014 CGA Open LC Championships 2014           |
| 32                    | 2:38.98 | L     | F    | Kelsey Heatlie       | 19 | BENS ES  | 05/12/2014 EGA Championships Dec 2014               |
| 33                    | 2:39.27 | L     | F    | Japké Engelbrecht    | 19 | NWUC NW  | 29/11/2014 USSA Swimming Championships 2014         |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|    | Time    | P/F/S | Name | Age/Yr               |    |          |                                                      |
|----|---------|-------|------|----------------------|----|----------|------------------------------------------------------|
| 34 | 2:39.69 | L     | P    | Brie Parker          | 18 | SEAL KZ  | 17/12/2014 KZN Premier Championships 2014            |
| 35 | 2:40.65 | L     | F    | Michelle Wessels     | 22 | BLOT FS  | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 36 | 2:40.84 | L     | F    | Esmari Theart        | 19 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014          |
| 37 | 2:42.03 | L S   | F    | Kyna Pereira         | 19 | KLOO KZ  | 03/10/2014 Sasol National Championship 2014          |
| 38 | 2:42.10 | L     | F    | Anna-Lotte Retief    | 21 | BLOT FS  | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 39 | 2:43.29 | L     | F    | Claire Featherstone  | 18 | WATR CG  | 04/10/2014 CGA Level 2-3 Gala N0 2 2014              |
| 40 | 2:44.99 | L     | F    | Megan Bates          | 18 | SEAL KZ  | 28/11/2014 KZN TYR Westville Sprints 2014            |
| 41 | 2:45.08 | L     | F    | Anja Gericke         | 18 | KOVFS FS | 06/09/2014 Kovsies Gala 2                            |
| 42 | 2:45.74 | L     | F    | Caitlyn Payn         | 20 | MATI WP  | 11/10/2014 WPA LC SENIOR LEAGUE 3                    |
| 43 | 2:46.53 | L     | F    | Rebecca Newman       | 22 | BEST EP  | 05/12/2014 NMBA Championships 2014                   |
| 44 | 2:46.98 | L     | P    | Leandi Toerien       | 18 | TASC LP  | 19/03/2015 SA Level 2 Regional Age Group Champs 2015 |
| 45 | 2:47.19 | L     | F    | Imre Van Huyssteen   | 19 | PLAY WP  | 11/10/2014 WPA LC SENIOR LEAGUE 3                    |
| 46 | 2:47.38 | L     | F    | Chantel Blignaut     | 18 | BLOT FS  | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 47 | 2:47.94 | L     | P    | Christelle Kriel     | 20 | MP MP    | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 48 | 2:48.08 | L S   | F    | Lauren Bezuidenhout  | 25 | KLOO KZ  | 03/10/2014 Sasol National Championship 2014          |
| 49 | 2:48.21 | L     | F    | Micaela Anderson     | 18 | VINE WP  | 11/10/2014 WPA LC SENIOR LEAGUE 3                    |
| 50 | 2:48.41 | L     | F    | Karliën van Heerden  | 24 | UNI MP   | 31/10/2014 MP AGE GROUP 2 - 2014                     |
| 51 | 2:50.20 | L     | F    | Romy-Simone Altmann  | 31 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 52 | 2:50.29 | L     | F    | Elizabeth Muller     | 31 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 53 | 2:51.87 | L     | F    | Ingrid Coetzee       | 18 | GREY WP  | 11/10/2014 WPA LC SENIOR LEAGUE 3                    |
| 54 | 2:52.07 | L     | F    | Emily Gray           | 23 | TUKS NT  | 17/10/2014 NTS Oct 2014 Age Group Lev 2+3            |
| 55 | 2:52.66 | L     | F    | Annemarie Dressler   | 51 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 56 | 2:54.00 | L     | F    | Nicole Lewis         | 19 | TUKS NT  | 17/10/2014 NTS Oct 2014 Age Group Lev 2+3            |
| 57 | 2:55.98 | L     | F    | Norelle Engela       | 42 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 58 | 2:56.40 | L     | F    | Nellie Odendaal      | 22 | POTC NW  | 04/12/2014 NWS Championships 2014/2015               |
| 59 | 2:58.04 | L     | F    | Tamarin Geyer        | 23 | TWSA EP  | 08/11/2014 4th A-League Gala 2014                    |
| 60 | 2:59.66 | L     | F    | Annezell Van Staden  | 19 | TUKS NT  | 13/02/2015 NTS Feb 2015 Age Group Lev 2+3            |
| 61 | 3:00.39 | L     | F    | Amanda Koegelenberg  | 37 | HIGH KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 62 | 3:03.46 | L     | F    | Diane Coetzee        | 59 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 63 | 3:03.67 | L     | F    | Samantha Hunter      | 28 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 64 | 3:06.44 | L     | F    | Yvonne Smith         | 24 | BLSS FS  | 08/11/2014 Seal Supersport Gala 2014                 |
| 65 | 3:07.37 | L     | F    | Sandra Dorlas        | 48 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 66 | 3:11.38 | L     | F    | Anneke Boshoff       | 42 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 67 | 3:11.92 | L     | F    | Nicola Lee           | 42 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 68 | 3:13.14 | L     | F    | Katherine Bihl       | 45 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 69 | 3:16.85 | L     | F    | Ingrid Landman       | 47 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 70 | 3:23.40 | L     | F    | Nadia Strydom        | 24 | NWUC NW  | 29/11/2014 USSA Swimming Championships 2014          |
| 71 | 3:24.52 | L     | F    | Judith Brewis        | 60 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 72 | 3:33.03 | L     | F    | Elaine Alder         | 57 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 73 | 3:36.32 | L     | F    | Jennifer Higgins     | 31 | NDSA KZ  | 28/11/2014 KZN TYR Westville Sprints 2014            |
| 74 | 3:36.41 | L     | F    | Heather Phipson      | 44 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 75 | 3:36.54 | L     | F    | Martinette Du Toit   | 22 | UPTS NC  | 15/01/2015 NOCASA Champs 2015                        |
| 76 | 3:40.55 | L     | F    | Sanderina Kruger     | 65 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 77 | 3:48.66 | L     | F    | Donnée Dixon         | 24 | ASA WP   | 25/10/2014 WP STRAND MEET                            |
| 78 | 3:55.45 | L     | F    | Therese Russell      | 67 | DOLP WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 79 | 4:05.07 | L     | F    | Tracy Helps          | 39 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 80 | 4:07.57 | L     | F    | Ethelwyn Van Niekerk | 67 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 81 | 4:28.06 | L     | F    | Irene Burger         | 69 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 82 | 4:30.60 | L     | F    | Marli Venter         | 49 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 83 | 4:37.17 | L     | F    | Gwyneth Guiney       | 62 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 84 | 4:38.53 | L     | F    | Patricia Rix         | 72 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 85 | 4:46.67 | L     | F    | Marilyn Adan         | 63 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 86 | 5:05.16 | L     | F    | Joyce Fyfe           | 68 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 87 | 5:09.13 | L     | F    | Carol vd Walt        | 66 | ETSM ES  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|                        | Time      | P/F/S | Name                  | Age/Yr |          |            |                                           |
|------------------------|-----------|-------|-----------------------|--------|----------|------------|-------------------------------------------|
| 88                     | 5:27.56 L | F     | Ingrid Vorwerk Marren | 63     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 89                     | 6:38.84 L | F     | Wendy Muir            | 73     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 90                     | 6:53.78 L | F     | Anna Du Plooy         | 84     | ETSM ES  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 91                     | 7:02.35 L | F     | Gudrun Kloos          | 90     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| <b>Women 50 Breast</b> |           |       |                       |        |          |            |                                           |
| 1                      | 31.48 L   | P     | Tara-Lynn Nicholas    | 19     | RSA      | 24/07/2014 | Commonwealth Games Swimming Champi        |
| 2                      | 32.55 L   | F     | Franko Jonker         | 22     | NTS NT   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 3                      | 32.85 L   | P     | Justine Macfarlane    | 19     | WATR CG  | 17/08/2014 | 2nd Youth Olympic Games 2014-Nanjing      |
| 4                      | 33.60 L   | P     | Kelly Gunnell         | 21     | CGA CG   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 5                      | 33.70 L   | F     | Claire Conlon         | 22     | SEAL KZ  | 17/12/2014 | KZN Premier Championships 2014            |
| 6*                     | 33.76 L   | F     | Tilka Paljk           | 18     | RSA      | 10/12/2014 | African Union Sports-Region 5 Under 20 YT |
| 6*                     | 33.76 L   | F     | Vidette Coetzee       | 25     | TUKS NT  | 17/12/2014 | KZN Premier Championships 2014            |
| 8                      | 33.80 L   | F     | Barbora Zavadová      | 22     | CZECH ZZ | 13/02/2015 | SSA GRAND PRIX #1 - STELLENBOSCH          |
| 9                      | 34.02 L   | F     | Johanna Els           | 18     | KOVS FS  | 12/03/2015 | SA Level 3 National Age Group Champs 20   |
| 10                     | 34.33 L   | F     | Michelle Wessels      | 22     | BLOT FS  | 03/12/2014 | Mangaung Aquatics Championship 2014       |
| 11                     | 34.34 L   | F     | Courtney Perrett      | 18     | SEAL KZ  | 17/12/2014 | KZN Premier Championships 2014            |
| 12                     | 34.35 L   | F     | Anola Walk            | 18     | MATI WP  | 10/12/2014 | WP Championships 2014                     |
| 13                     | 34.37 L   | S     | Natalie Maritz        | 19     | NTS NT   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 14                     | 34.42 L   | P     | Danielle Masters      | 18     | TUKS NT  | 27/06/2014 | 19 Trofeo Cit ta di Rosinni               |
| 15                     | 34.50 L   | P     | Jessica Whelan        | 18     | RSA      | 10/12/2014 | African Union Sports-Region 5 Under 20 YT |
| 16*                    | 34.53 L   | F     | Carmen Wessels        | 22     | BLOT FS  | 15/11/2014 | Penguin Gala 2014                         |
| 16*                    | 34.53 L   | F     | Tasmynne Roe          | 22     | SGUL KZ  | 17/01/2015 | KZN Age Group Gala 10                     |
| 18                     | 34.83 L   | F     | Kelly McCann          | 21     | AZON KZ  | 17/12/2014 | KZN Premier Championships 2014            |
| 19                     | 34.85 L   | P     | Natasha Vd Walt       | 19     | RSA      | 10/12/2014 | African Union Sports-Region 5 Under 20 YT |
| 20                     | 34.91 L   | P     | Sarah Jorgensen       | 18     | PEAS EP  | 12/03/2015 | SA Level 3 National Age Group Champs 20   |
| 21                     | 35.29 L   | F     | Shana Vilensky        | 18     | KOVS FS  | 12/03/2015 | SA Level 3 National Age Group Champs 20   |
| 22                     | 35.46 L   | F     | Anna Lennox           | 18     | LIMSC LP | 11/12/2014 | SA Schools Swimming Championship 2014     |
| 23                     | 35.53 L   | P     | Caitlin Truter        | 18     | TYGE WP  | 13/02/2015 | SSA GRAND PRIX #1 - STELLENBOSCH          |
| 24                     | 35.61 L   | F     | Alke Stopforth        | 24     | KDOR NW  | 04/12/2014 | NWS Championships 2014/2015               |
| 25                     | 35.84 L   | P     | Kirstyn Fourie        | 18     | MATI WP  | 12/03/2015 | SA Level 3 National Age Group Champs 20   |
| 26                     | 35.86 L   | F     | Michaela Diaz         | 18     | KZNA KZ  | 11/12/2014 | SA Schools Swimming Championship 2014     |
| 27                     | 36.03 L   | F     | Kirsten Coetzee       | 18     | AZON KZ  | 28/11/2014 | KZN TYR Westville Sprints 2014            |
| 28                     | 36.11 L   | F     | Claire Rolt           | 33     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 29                     | 36.16 L   | F     | Michelle Nieuwstad    | 21     | MATI WP  | 29/11/2014 | USSA Swimming Championships 2014          |
| 30                     | 36.17 L   | P     | Brie Parker           | 18     | SEAL KZ  | 17/12/2014 | KZN Premier Championships 2014            |
| 31                     | 36.19 L   | F     | Marise Nel            | 19     | PAC NT   | 04/12/2014 | NTS Championships 2014                    |
| 32                     | 36.37 L   | F     | Nadine Kuhn           | 20     | BENS ES  | 25/07/2014 | EGA Combined League A 2014                |
| 33                     | 36.39 L   | P     | Cassie Shear          | 19     | CGA CG   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 34                     | 36.40 L   | F     | Renelda Scholtz       | 18     | SWAR WP  | 10/12/2014 | WP Championships 2014                     |
| 35                     | 36.44 L   | P     | Jessica De Beer       | 20     | FLOD CG  | 20/02/2015 | Grand Prix Invitation Swimming Meet 2015  |
| 36                     | 36.45 L   | P     | Licinda Kleynhans     | 18     | TUKS NT  | 12/03/2015 | SA Level 3 National Age Group Champs 20   |
| 37                     | 36.48 L   | F     | Annelet Rossouw       | 20     | MATI WP  | 29/11/2014 | USSA Swimming Championships 2014          |
| 38                     | 36.49 L   | P     | Chantel Smith         | 21     | BLSS FS  | 17/12/2014 | KZN Premier Championships 2014            |
| 39                     | 36.56 L   | F     | Andrea Landau         | 33     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 40*                    | 36.78 L   | F     | Lehesta Kemp          | 25     | PSC NT   | 21/06/2014 | Winter 1                                  |
| 40*                    | 36.78 L   | F     | Melene Klinck         | 19     | MATI WP  | 29/11/2014 | USSA Swimming Championships 2014          |
| 42                     | 36.93 L   | P     | Amy Stanley           | 18     | CRSC CG  | 19/03/2015 | SA Level 2 Regional Age Group Champs 20   |
| 43                     | 37.09 L   | P     | Line Grobler          | 19     | PSC NT   | 04/12/2014 | NTS Championships 2014                    |
| 44                     | 37.12 L   | F     | Jessica De Beer       | 20     | FLOD CG  | 05/12/2014 | EGA Championships Dec 2014                |
| 45                     | 37.31 L   | F     | Kelsey Heatlie        | 19     | BENS ES  | 13/02/2015 | NTS Feb 2015 Age Group Lev 2+3            |
| 46*                    | 37.44 L   | F     | Blair Neely           | 23     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 46*                    | 37.44 L   | F     | Bernitia Hess         | 19     | PAQU WP  | 16/08/2014 | WPA LC SENIOR LEAGUE 1                    |
| 48                     | 37.45 L   | P     | Morgan Nicholls       | 19     | VIKI BO  | 17/12/2014 | KZN Premier Championships 2014            |
| 49                     | 37.52 L   | F     | Caitlin Kat           | 22     | MATI WP  | 16/08/2014 | WPA LC SENIOR LEAGUE 1                    |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|     | Time  | P/F/S | Name | Age/Yr                 |    |       |                                                         |
|-----|-------|-------|------|------------------------|----|-------|---------------------------------------------------------|
| 50  | 37.66 | L     | P    | Danica McWilliam       | 19 | WATR  | CG 18/12/2014 CGA Open LC Championships 2014            |
| 51  | 37.92 | L     | F    | Imre Van Huyssteen     | 19 | PLAY  | WP 16/08/2014 WPA LC SENIOR LEAGUE 1                    |
| 52  | 38.02 | L     | P    | Thilde Victor          | 33 | VICT  | ES 05/12/2014 EGA Championships Dec 2014                |
| 53  | 38.04 | L     | F    | Johanna Els            | 18 | KOVS  | FS 03/12/2014 Mangaung Aquatics Championship 2014       |
| 54* | 38.12 | L     | F    | Heather Morris-Eyton   | 47 | WAHO  | CG 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 54* | 38.12 | L     | F    | Claire Harrington      | 28 | DOLP  | WP 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 56  | 38.76 | L     | P    | Megan Hesse            | 20 | PAC   | NT 04/12/2014 NTS Championships 2014                    |
| 57  | 38.95 | L     | F    | Paige Riddin           | 18 | USC   | BO 05/12/2014 NMBA Championships 2014                   |
| 58  | 38.96 | L     | F    | Annemarie Dressler     | 51 | COEL  | NT 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 59  | 38.97 | L     | F    | Wendy Cook             | 44 | EACS  | KZ 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 60  | 39.03 | L     | F    | Rebecca Haines         | 18 | CADO  | WP 16/08/2014 WPA LC SENIOR LEAGUE 1                    |
| 61  | 39.25 | L     | F    | Karliën van Heerden    | 24 | UNI   | MP 28/11/2014 Mpumalanga Championships 2014             |
| 62  | 39.31 | L     | F    | Sasha Coetzee          | 20 | KOVS  | FS 05/12/2014 NOCASA Sprints 2014                       |
| 63  | 39.33 | L     | P    | Janke Grobbelaar       | 18 | TUKS  | NT 12/03/2015 SA Level 3 National Age Group Champs 20   |
| 64  | 39.34 | L     | P    | Phillippa Manners-Wood | 18 | STPS  | KZ 17/12/2014 KZN Premier Championships 2014            |
| 65  | 39.35 | L     | F    | Erika Scheepers        | 31 | BEST  | EP 31/10/2014 Freda Barnard Gala                        |
| 66  | 39.74 | L     | F    | Chantel Blignaut       | 18 | BLOT  | FS 03/12/2014 Mangaung Aquatics Championship 2014       |
| 67  | 39.79 | L     | F    | Pierette Labuschagne   | 43 | FINS  | MP 04/02/2015 MP EVENING GALA - 4 February 2015         |
| 68* | 39.83 | L     | F    | Minnie-Lize Olivier    | 35 | FRST  | FS 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 68* | 39.83 | L     | F    | Cathryn Hempel         | 43 | AQUB  | EP 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 70  | 39.85 | L     | F    | Leandi Toerien         | 18 | LIMSC | LP 26/02/2015 Limpopo Province Interprovincial          |
| 71  | 39.94 | L     | F    | Sarah-Jane Walker      | 19 | KNYS  | SW 31/10/2014 Freda Barnard Gala                        |
| 72  | 39.98 | L     | F    | Aletta Steenkamp       | 28 | CPTW  | WP 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 73  | 40.06 | L     | F    | Perry-Ann Cadiz        | 39 | CPTW  | WP 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 74  | 40.16 | L     | F    | Melissa Hemmings       | 20 | FLOD  | CG 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 75  | 40.38 | L     | F    | Tanya Abrie            | 19 | WATR  | CG 04/10/2014 CGA Level 2-3 Gala N0 2 2014              |
| 76  | 40.64 | L     | F    | Samantha Blaauw        | 19 | NWUC  | NW 04/12/2014 NWS Championships 2014/2015               |
| 77  | 40.68 | L     | F    | Cecilia Stanford       | 53 | CPTW  | WP 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 78  | 41.21 | L     | F    | Janine Blignaut        | 18 | BLSS  | FS 03/12/2014 Mangaung Aquatics Championship 2014       |
| 79  | 41.22 | L     | F    | Tezna Abrahams         | 19 | WPA   | WP 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 80  | 41.26 | L     | F    | Yvonne Smith           | 24 | FS    | FS 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 81  | 41.37 | L     | F    | Annika Strydom         | 18 | TUKS  | NT 19/09/2014 NTS Sep 2014 Age Group Lev 2+3            |
| 82  | 41.61 | L     | F    | Nellie Odendaal        | 22 | POTC  | NW 22/11/2014 NWS Age Group 3 2014/2015                 |
| 83  | 41.81 | L     | F    | Ellen vd Walt          | 18 | ISSC  | NW 04/12/2014 NWS Championships 2014/2015               |
| 84  | 41.82 | L     | F    | Nicole Lewis           | 19 | TUKS  | NT 13/09/2014 2014 Speedo Hillcrest Sprint Gala 13&Over |
| 85  | 41.95 | L     | F    | Micaela Anderson       | 18 | VINE  | WP 25/10/2014 WP STRAND MEET                            |
| 86  | 41.98 | L     | F    | Terry-Ann Matley       | 57 | DOLP  | WP 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 87  | 42.05 | L     | F    | Kyna Pereira           | 19 | KLOO  | KZ 03/10/2014 Sasol National Championship 2014          |
| 88  | 42.20 | L     | F    | Julia Anderson         | 18 | VINE  | WP 25/10/2014 WP STRAND MEET                            |
| 89  | 42.30 | L     | F    | Alida Stronkhorst      | 18 | KMT   | MP 31/10/2014 MP AGE GROUP 2 - 2014                     |
| 90  | 42.33 | L     | F    | Anna-Lotte Retief      | 21 | BLOT  | FS 03/12/2014 Mangaung Aquatics Championship 2014       |
| 91  | 42.38 | L     | F    | Sonja Sauer            | 18 | LAD   | KZ 08/11/2014 KZN Uthukela District Age Group Gala      |
| 92  | 42.43 | L     | F    | Saranne Hudson         | 28 | COEL  | NT 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 93  | 42.47 | L     | F    | Kelly Jamieson         | 27 | PHOE  | CG 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 94  | 42.55 | L     | F    | Lauren Bezuidenhout    | 25 | KLOO  | KZ 03/10/2014 Sasol National Championship 2014          |
| 95  | 42.57 | L     | F    | Katherine Bihl         | 45 | CPTW  | WP 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 96  | 42.89 | L     | F    | Michaela Van Niekerk   | 18 | VINE  | WP 16/08/2014 WPA LC SENIOR LEAGUE 1                    |
| 97* | 42.92 | L     | F    | Gail McCarney          | 55 | CPTW  | WP 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 97* | 42.92 | L     | F    | Nicola Lee             | 42 | WAHO  | CG 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 99  | 42.97 | L     | F    | Sabine Verryn          | 53 | COEL  | NT 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 100 | 43.25 | L     | F    | Bianca Strydom         | 18 | TUKS  | NT 19/09/2014 NTS Sep 2014 Age Group Lev 2+3            |
| 101 | 43.69 | L     | F    | Carol Mason            | 51 | PHOE  | CG 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 102 | 44.05 | L     | F    | Sharon Cumming         | 41 | AMAK  | BO 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 103 | 44.18 | L     | F    | Marguerite Young       | 41 | AQUB  | EP 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|      | Time  | P/F/S | Name | Age/Yr                 |    |          |                                                      |
|------|-------|-------|------|------------------------|----|----------|------------------------------------------------------|
| 104  | 44.39 | L     | F    | Tezna Kirstin Abrahams | 19 | NW       | 31/03/2015 2015 Nedbank Championships                |
| 105  | 44.83 | L     | F    | Savannah Greeff        | 18 | UNI MP   | 31/10/2014 MP AGE GROUP 2 - 2014                     |
| 106  | 44.91 | L     | F    | Seabe Ebineng          | 18 | GAC      | 28/02/2015 2nd League Gala                           |
| 107  | 45.12 | L     | P    | Jaymee Steyn           | 18 | HTO ES   | 05/12/2014 EGA Championships Dec 2014                |
| 108  | 45.47 | L     | F    | Jessica Vd Merwe       | 18 | FLOD CG  | 20/09/2014 CGA Level 2-3 Gala No 1 2014              |
| 109  | 45.63 | L     | F    | Sonet Smit             | 38 | PRKA NC  | 15/01/2015 NOCASA Champs 2015                        |
| 110  | 45.67 | L     | F    | Melanie Norden         | 33 | AQUB EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 111  | 45.72 | L     | F    | Annette Thatcher       | 63 | HIGH KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 112* | 45.77 | L     | F    | Lynne Callanan         | 50 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 112* | 45.77 | L     | F    | Bianca van Breda       | 34 | TLAC NW  | 01/11/2014 NWS Age Group 2 1415                      |
| 114  | 45.85 | L     | F    | Cindy-Leigh Mazor      | 31 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 115  | 46.21 | L     | F    | Dawn Ledbitter         | 21 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 116  | 46.38 | L     | F    | Wendy Adam             | 46 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 117  | 46.56 | L     | F    | Maritza Snyders        | 18 | BEAV KZ  | 17/01/2015 KZN Age Group Gala 10                     |
| 118  | 46.61 | L     | F    | Justine Johnson        | 38 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 119  | 46.69 | L     | F    | Catherine Cronje       | 40 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 120  | 46.97 | L     | F    | Astrid Kohlmeyer       | 18 | VRY KZ   | 06/12/2014 Uthukela District Long Course Championshi |
| 121* | 47.26 | L     | F    | Jessica Kenny          | 18 | KFSC BO  | 27/11/2014 Buffalo City Championships 2014           |
| 121* | 47.26 | L     | F    | Charne Oosthuizen      | 18 | NFS NF   | 31/01/2015 4 + 1 Inter Provincial Gala 2015          |
| 123  | 47.30 | L     | F    | Anne Swart             | 21 | FINS MP  | 31/10/2014 MP AGE GROUP 2 - 2014                     |
| 124  | 47.36 | L     | F    | Elize Botha            | 18 | LIMSC LP | 26/02/2015 Limpopo Province Interprovincial          |
| 125  | 47.40 | L     | F    | Maria Fuchs            | 51 | DOLP WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 126  | 47.51 | L     | F    | Carolyn van Niekerk    | 42 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 127  | 48.05 | L     | F    | Nina Naude             | 42 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 128  | 48.29 | L     | F    | Deborah McHardy        | 49 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 129  | 48.46 | L     | F    | Annezell Van Staden    | 19 | TUKS NT  | 13/09/2014 2014 Speedo Hillcrest Sprint Gala 13&Over |
| 130  | 48.51 | L     | F    | Christine Donnelly     | 57 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 131  | 49.10 | L     | F    | Elaine Alder           | 57 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 132  | 49.15 | L     | F    | Deidre Van Biljon      | 42 | ETSM ES  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 133  | 49.55 | L     | F    | Melinda Winfield       | 54 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 134  | 49.83 | L     | F    | Barbara Berridge       | 63 | EACS KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 135  | 50.09 | L     | F    | Helena Olivier         | 49 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 136  | 50.50 | L     | F    | Liesl Roberts          | 37 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 137  | 50.63 | L     | F    | Cornelia Fowler        | 34 | KZNA KZ  | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 138  | 51.16 | L     | F    | Susan Skidmore         | 46 | AMAK BO  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 139  | 51.26 | L     | F    | Martinette Du Toit     | 22 | UPTS NC  | 15/01/2015 NOCASA Champs 2015                        |
| 140  | 51.27 | L     | F    | Catrina Mackenzie      | 59 | AMAK BO  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 141  | 51.45 | L     | F    | Jacora Navarria        | 58 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 142  | 51.53 | L     | F    | Jeanne Loxton          | 64 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 143  | 52.33 | L     | F    | Monica Hefer           | 46 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 144  | 52.52 | L     | F    | Karen Gibson           | 54 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 145  | 53.05 | L     | F    | Henrietta Karsten      | 50 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 146  | 53.83 | L     | F    | Tersia Smit            | 59 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 147  | 53.87 | L     | F    | Lenchen Zundorf        | 70 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 148  | 54.09 | L     | F    | Marié Avery            | 67 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 149  | 54.71 | L     | F    | Lesley Lee             | 50 | AQUB EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 150  | 54.80 | L     | F    | Gillian Roets          | 57 | ETSM ES  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 151  | 55.02 | L     | F    | Lynda Benjamin         | 64 | AQUB EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 152  | 55.08 | L     | F    | Elsje vd Berg          | 58 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 153  | 55.39 | L     | F    | Jennifer Higgins       | 31 | KZNA KZ  | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 154  | 55.44 | L     | F    | Elena vd Merwe         | 26 | UPTS NC  | 23/01/2015 NOCASA Age Group 2 Upington               |
| 155  | 55.59 | L     | F    | Dawn du Rand           | 56 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 156  | 55.67 | L     | F    | Gwyneth Guiney         | 62 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 157  | 55.73 | L     | F    | Lynette Richards       | 56 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|                         | Time      | P/F/S | Name                  | Age/Yr |          |            |                                            |
|-------------------------|-----------|-------|-----------------------|--------|----------|------------|--------------------------------------------|
| 158                     | 56.17 L   | F     | Colleen Godfrey       | 65     | DOLP WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 159                     | 56.71 L   | F     | Pearl Potgieter       | 37     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 160                     | 57.00 L   | F     | Hesta Moller          | 56     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 161                     | 57.10 L   | F     | Angelika Sandri       | 64     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 162                     | 57.14 L   | F     | Claire Murray         | 24     | BEAV KZ  | 17/12/2014 | KZN Premier Championships 2014             |
| 163                     | 58.04 L   | F     | Wanda Schroeder       | 52     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 164                     | 58.32 L   | F     | Isabella McLaren      | 65     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 165                     | 59.52 L   | F     | Jacoba Sieling        | 56     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 166                     | 1:00.12 L | F     | Rentia Oosthuizen     | 23     | AQUB EP  | 13/02/2015 | Buffalo City Aquatics February Age Group C |
| 167                     | 1:00.88 L | F     | Bronwyn Ramathula     | 25     | BEAV KZ  | 17/12/2014 | KZN Premier Championships 2014             |
| 168                     | 1:01.37 L | F     | Yvonne Barnard        | 30     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 169                     | 1:01.47 L | F     | Elizabeth Lordan      | 73     | FRST FS  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 170                     | 1:02.41 L | F     | Melisa van Bosch      | 23     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du   |
| 171                     | 1:03.91 L | F     | Marli Venter          | 49     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 172                     | 1:04.53 L | F     | Laraine Harris        | 65     | ETSM ES  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 173                     | 1:05.52 L | F     | Wendy Van Zyl         | 60     | KZN      | 31/03/2015 | 2015 Nedbank Championships                 |
| 174                     | 1:06.63 L | F     | Martini Coetzee       | 44     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 175                     | 1:06.93 L | F     | Donnée Dixon          | 24     | ASA WP   | 16/08/2014 | WPA LC SENIOR LEAGUE 1                     |
| 176                     | 1:07.74 L | F     | Cheryl Arbutnot       | 56     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 177                     | 1:10.42 L | F     | Ingrid Vorwerk Marren | 63     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 178                     | 1:12.72 L | F     | Jean Dick             | 64     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 179                     | 1:14.10 L | F     | Tracy McKay           | 45     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du   |
| 180                     | 1:15.50 L | F     | Florence Burbidge     | 51     | AMAK BO  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 181                     | 1:16.00 L | F     | Eugenie McLachlan     | 75     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 182                     | 1:16.40 L | F     | Elizabeth Ledbitter   | 55     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 183                     | 1:16.82 L | F     | Patricia Hanson       | 77     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 184                     | 1:20.68 L | F     | Diane Hughes          | 68     | EACS KZ  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 185                     | 1:27.78 L | F     | Patricia Ings         | 46     | ACSA KZ  | 17/12/2014 | KZN Premier Championships 2014             |
| 186                     | 1:30.86 L | F     | Wendy Muir            | 73     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg         |
| 187                     | 1:44.28 L | F     | Tiffany Pereira       | 19     | CRSC CG  | 08/11/2014 | EGA Summer 3                               |
| <b>Women 100 Breast</b> |           |       |                       |        |          |            |                                            |
| 1                       | 1:07.62 L | F     | Tara-Lynn Nicholas    | 19     | SEAL KZ  | 19/02/2015 | 2015 American Athletic Conference          |
| 2                       | 1:09.24 L | F     | Franko Jonker         | 22     | TUKS NT  | 15/01/2015 | 2015 ST TXLA Arena Pro Swim Series         |
| 3                       | 1:10.55 L | S     | Justine Macfarlane    | 19     | WATR CG  | 17/08/2014 | 2nd Youth Olympic Games 2014-Nanjing       |
| 4                       | 1:10.68 L | F     | Kelly Gunnell         | 21     | CGA CG   | 13/04/2015 | Sa National Aquatic Championship 2015 Du   |
| 5                       | 1:11.06 L | P     | Claire Conlon         | 22     | SEAL KZ  | 17/12/2014 | KZN Premier Championships 2014             |
| 6                       | 1:13.95 L | F     | Kirsty Mc Lauchlan    | 21     | WATR CG  | 15/01/2015 | 2015 ST TXLA Arena Pro Swim Series         |
| 7                       | 1:14.83 L | S     | Courtney Perrett      | 18     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du   |
| 8                       | 1:14.96 L | F     | Vidette Coetzee       | 25     | TUKS NT  | 29/11/2014 | USSA Swimming Championships 2014           |
| 9                       | 1:14.97 L | P     | Barbora Zavadová      | 22     | CZECH ZZ | 13/02/2015 | SSA GRAND PRIX #1 - STELLENBOSCH           |
| 10                      | 1:15.03 L | S     | Michelle Wessels      | 22     | FS FS    | 13/04/2015 | Sa National Aquatic Championship 2015 Du   |
| 11                      | 1:15.58 L | P     | Jessica Whelan        | 18     | STAD CG  | 20/06/2014 | IV Trofeo Cittta di Pescara                |
| 12                      | 1:15.82 L | P     | Danielle Masters      | 18     | NTS NT   | 13/04/2015 | Sa National Aquatic Championship 2015 Du   |
| 13                      | 1:15.83 L | F     | Natalie Maritz        | 19     | LP LP    | 13/09/2014 | Highveld Inter-Provincial Gala 2014        |
| 14                      | 1:16.04 L | F     | Kelly McCann          | 21     | AZON KZ  | 17/12/2014 | KZN Premier Championships 2014             |
| 15                      | 1:16.43 L | F     | Johanna Els           | 18     | KOVS FS  | 12/03/2015 | SA Level 3 National Age Group Champs 20    |
| 16                      | 1:16.85 L | P     | Anola Walk            | 18     | MATI WP  | 10/12/2014 | WP Championships 2014                      |
| 17*                     | 1:16.89 L | F     | Sarah Jorgensen       | 18     | PEAS EP  | 12/03/2015 | SA Level 3 National Age Group Champs 20    |
| 17*                     | 1:16.89 L | P     | Tasmyne Roe           | 22     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du   |
| 19                      | 1:17.27 L | F     | Tilka Paljk           | 18     | RSA      | 10/12/2014 | African Union Sports-Region 5 Under 20 YT  |
| 20                      | 1:17.36 L | P     | Carmen Wessels        | 22     | FS FS    | 13/04/2015 | Sa National Aquatic Championship 2015 Du   |
| 21                      | 1:17.51 L | P     | Kirsten Coetzee       | 18     | AZON KZ  | 17/12/2014 | KZN Premier Championships 2014             |
| 22                      | 1:17.61 L | P     | Cassie Shear          | 19     | FLOD CG  | 20/02/2015 | Grand Prix Invitation Swimming Meet 2015   |
| 23                      | 1:17.73 L | F     | Anna Lennox           | 18     | LIMSC LP | 11/12/2014 | SA Schools Swimming Championship 2014      |



## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|     | Time    | P/F/S | Name | Age/Yr                 |    |          |                                                      |
|-----|---------|-------|------|------------------------|----|----------|------------------------------------------------------|
| 24  | 1:18.38 | L     | F    | Melene Klinck          | 19 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014          |
| 25  | 1:18.57 | L     | F    | Alke Stopforth         | 24 | KDOR NW  | 04/12/2014 NWS Championships 2014/2015               |
| 26  | 1:18.69 | L     | F    | Shana Vilensky         | 18 | STAD CG  | 09/02/2015 Liga 5 FSA 2015                           |
| 27  | 1:18.73 | L     | F    | Caitlin Truter         | 18 | TYGE WP  | 31/01/2015 WPA LC Senior League 5                    |
| 28  | 1:18.83 | L     | P    | Jessica De Beer        | 20 | FLOD CG  | 20/02/2015 Grand Prix Invitation Swimming Meet 2015  |
| 29  | 1:19.17 | L     | F    | Michelle Nieuwstad     | 21 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014          |
| 30  | 1:19.29 | L     | F    | Michaela Diaz          | 18 | STPS KZ  | 17/12/2014 KZN Premier Championships 2014            |
| 31  | 1:20.04 | L     | F    | Caitlin Kat            | 22 | MATI WP  | 18/07/2014 WPA WINTER CHAMPIONSHIPS                  |
| 32  | 1:20.17 | L     | P    | Chantel Smith          | 21 | BLSS FS  | 17/12/2014 KZN Premier Championships 2014            |
| 33  | 1:20.42 | L     | F    | Megan Stephens         | 24 | ASA WP   | 14/06/2014 WPA SC SENIOR LEAGUE 2 - METROPOL         |
| 34  | 1:20.47 | L     | P    | Licinda Kleynhans      | 18 | TUKS NT  | 20/06/2014 IV Trofeo Citta di Pescara                |
| 35  | 1:20.57 | L     | P    | Kirstyn Fourie         | 18 | WPA WP   | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 36  | 1:20.64 | L     | F    | Ashleigh Shepherd      | 18 | MDOL CG  | 18/12/2014 CGA Open LC Championships 2014            |
| 37  | 1:20.98 | L     | F    | Heather Morris-Eyton   | 47 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 38  | 1:21.11 | L     | P    | Imre Van Huyssteen     | 19 | WPA WP   | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 39  | 1:21.30 | L     | F    | Jessica De Beer        | 20 | FLOD CG  | 05/12/2014 EGA Championships Dec 2014                |
| 40  | 1:21.42 | L     | F    | Claire Rolt            | 33 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 41  | 1:21.69 | L     | P    | Amy Stanley            | 18 | CRSC CG  | 19/03/2015 SA Level 2 Regional Age Group Champs 2014 |
| 42  | 1:22.32 | L     | F    | Bernitia Hess          | 19 | PAQU WP  | 18/07/2014 WPA WINTER CHAMPIONSHIPS                  |
| 43  | 1:22.37 | L     | F    | Renelda Scholtz        | 18 | SWAR WP  | 10/12/2014 WP Championships 2014                     |
| 44  | 1:22.52 | L     | F    | Line Grobler           | 19 | PSC NT   | 04/12/2014 NTS Championships 2014                    |
| 45  | 1:22.83 | L     | F    | Alexandra Quenet       | 19 | MATI WP  | 13/09/2014 WPA LC SENIOR LEAGUE 2                    |
| 46  | 1:23.03 | L     | F    | Johanna Els            | 18 | FS FS    | 11/12/2014 SA Schools Swimming Championship 2014     |
| 47  | 1:23.20 | L     | F    | Kelsey Heatlie         | 19 | BENS ES  | 05/12/2014 EGA Championships Dec 2014                |
| 48  | 1:23.37 | L     | P    | Brie Parker            | 18 | SEAL KZ  | 17/12/2014 KZN Premier Championships 2014            |
| 49  | 1:23.59 | L     | F    | Claire Harrington      | 28 | DOLP WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 50  | 1:24.26 | L     | F    | Anja Gericke           | 18 | KOVFS FS | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 51  | 1:25.25 | L     | F    | Blair Neely            | 23 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 52  | 1:25.39 | L     | F    | Annelet Rossouw        | 20 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014          |
| 53  | 1:25.93 | L     | F    | Pierette Labuschagne   | 43 | FINS MP  | 04/02/2015 MP EVENING GALA - 4 February 2015         |
| 54  | 1:26.24 | L     | F    | Kyna Pereira           | 19 | KLOO KZ  | 03/10/2014 Sasol National Championship 2014          |
| 55  | 1:26.38 | L     | F    | Marise Nel             | 19 | PAC NT   | 17/10/2014 NTS Oct 2014 Age Group Lev 2+3            |
| 56  | 1:26.53 | L     | F    | Lisa Cowling           | 21 | UWCA WP  | 14/06/2014 WPA SC SENIOR LEAGUE 2 - METROPOL         |
| 57  | 1:26.70 | L     | P    | Tanya Abrie            | 19 | CGA CG   | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 58  | 1:27.12 | L     | F    | Karliën van Heerden    | 24 | UNI MP   | 28/11/2014 KZN TYR Westville Sprints 2014            |
| 59  | 1:27.46 | L     | F    | Paige Riddin           | 18 | ECA EP   | 11/12/2014 SA Schools Swimming Championship 2014     |
| 60  | 1:27.79 | L     | F    | Samantha Blaauw        | 19 | NWUC NW  | 04/12/2014 NWS Championships 2014/2015               |
| 61  | 1:28.25 | L     | F    | Lauren Bezuidenhout    | 25 | KLOO KZ  | 03/10/2014 Sasol National Championship 2014          |
| 62  | 1:28.26 | L     | P    | Phillippa Manners-Wood | 18 | STPS KZ  | 17/12/2014 KZN Premier Championships 2014            |
| 63  | 1:28.38 | L     | F    | Leandi Toerien         | 18 | HSMER LP | 17/10/2014 Limpopo Schools Champs October 2014       |
| 64  | 1:28.57 | L     | F    | Wendy Cook             | 44 | EACS KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 65  | 1:28.72 | L     | F    | Angelique Kotze        | 18 | USH KZ   | 28/11/2014 KZN TYR Westville Sprints 2014            |
| 66  | 1:28.88 | L     | F    | Minnie-Lize Olivier    | 35 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 67  | 1:29.10 | L     | F    | Julia Anderson         | 18 | VINE WP  | 14/06/2014 WPA SC SENIOR LEAGUE 2 - METROPOL         |
| 68  | 1:29.60 | L     | F    | Nellie Odendaal        | 22 | NWS NW   | 13/09/2014 Highveld Inter-Provincial Gala 2014       |
| 69  | 1:29.86 | L     | F    | Erika Scheepers        | 31 | BEST EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 70  | 1:30.00 | L     | F    | Melissa Hemmings       | 20 | FLOD CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 71  | 1:30.54 | L     | F    | Anna-Lotte Retief      | 21 | BLOT FS  | 17/10/2014 Otters Prestige Gala 2014                 |
| 72  | 1:30.73 | L     | P    | Ellen vd Walt          | 18 | ISSC NW  | 19/03/2015 SA Level 2 Regional Age Group Champs 2014 |
| 73  | 1:31.03 | L     | F    | Adriana Venter         | 22 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014          |
| 74  | 1:31.06 | L     | F    | Yvonne Smith           | 24 | FS FS    | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 75  | 1:31.91 | L     | F    | Katherine Bihl         | 45 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 76  | 1:32.62 | L     | F    | Janine Blyghaut        | 18 | BLSS FS  | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 77* | 1:33.77 | L     | F    | Melanie Van Wyk        | 37 | QSAM WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|     | Time    | P/F/S | Name | Age/Yr                 |    |         |                                                       |
|-----|---------|-------|------|------------------------|----|---------|-------------------------------------------------------|
| 77* | 1:33.77 | L     | F    | Nicola Lee             | 42 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 79  | 1:33.88 | L     | F    | Gail McCarney          | 55 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 80  | 1:34.19 | L     | F    | Nicole Lewis           | 19 | TUKS NT | 17/10/2014 NTS Oct 2014 Age Group Lev 2+3             |
| 81  | 1:34.87 | L     | F    | Marieta Theart         | 18 | BLNE FS | 16/08/2014 Neptune Aquatics Sprint gala 2014          |
| 82  | 1:34.98 | L     | F    | Micaela Anderson       | 18 | VINE WP | 25/10/2014 WP STRAND MEET                             |
| 83  | 1:35.09 | L     | F    | Sarah-Jane Walker      | 19 | KNYS SW | 31/10/2014 Freda Barnard Gala                         |
| 84  | 1:36.02 | L     | F    | Micaela Gillion        | 18 | VINE WP | 14/06/2014 WPA SC SENIOR LEAGUE 2 - METROPOL          |
| 85  | 1:36.21 | L     | F    | Alida Stronkhorst      | 18 | KMT MP  | 31/10/2014 MP AGE GROUP 2 - 2014                      |
| 86  | 1:36.53 | L     | F    | Charne Oosthuizen      | 18 | NFS NF  | 08/11/2014 NFSA Four Provinces Interprovincial 8 Nov  |
| 87  | 1:36.96 | L     | F    | Sonja Sauer            | 18 | LAD KZ  | 06/12/2014 Uthukela District Long Course Championship |
| 88  | 1:37.58 | L     | F    | Tezna Abrahams         | 19 | WPA WP  | 13/04/2015 Sa National Aquatic Championship 2015 Du   |
| 89  | 1:37.87 | L     | F    | Terry-Ann Matley       | 57 | DOLP WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 90  | 1:38.11 | L     | P    | Christelle Kriel       | 20 | MP MP   | 13/04/2015 Sa National Aquatic Championship 2015 Du   |
| 91  | 1:38.30 | L     | F    | Sabine Verryn          | 53 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 92  | 1:38.60 | L     | F    | Marguerite Young       | 41 | AQUB EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 93  | 1:39.56 | L     | F    | Aletta Steenkamp       | 28 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 94  | 1:39.89 | L     | F    | Sharon Cumming         | 41 | AMAK BO | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 95  | 1:40.90 | L     | P    | Maritza Snyders        | 18 | KZNA KZ | 13/04/2015 Sa National Aquatic Championship 2015 Du   |
| 96  | 1:41.44 | L     | F    | Annamarie Des Fontaine | 35 | FRST FS | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 97  | 1:41.50 | L     | F    | Savannah Greeff        | 18 | UNI MP  | 20/09/2014 MP Xerox Sprint Gala - 20 September 2014   |
| 98  | 1:41.96 | L     | F    | Lynne Callanan         | 50 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 99  | 1:42.52 | L     | F    | Tezna Kirstin Abrahams | 19 | NW      | 31/03/2015 2015 Nedbank Championships                 |
| 100 | 1:42.64 | L     | F    | Anne Swart             | 21 | FINS MP | 20/09/2014 MP Xerox Sprint Gala - 20 September 2014   |
| 101 | 1:42.93 | L     | F    | Angela Finlay          | 40 | BEST EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 102 | 1:43.05 | L     | F    | Melanie Norden         | 33 | AQUB EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 103 | 1:43.29 | L     | F    | Catherine Cronje       | 40 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 104 | 1:43.49 | L     | F    | Nicole Candy           | 32 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 105 | 1:43.99 | L     | F    | Maria Fuchs            | 51 | DOLP WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 106 | 1:44.01 | L     | F    | Dawn Ledbitter         | 21 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 107 | 1:44.17 | L     | F    | Astrid Kohlmeyer       | 18 | VRY KZ  | 06/12/2014 Uthukela District Long Course Championship |
| 108 | 1:44.49 | L     | F    | Jaymee Steyn           | 18 | HTO ES  | 08/11/2014 EGA Summer 3                               |
| 109 | 1:44.58 | L     | F    | Annette Thatcher       | 63 | HIGH KZ | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 110 | 1:45.34 | L     | F    | Carolyn van Niekerk    | 42 | FRST FS | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 111 | 1:45.52 | L     | F    | Sandra Dorlas          | 48 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 112 | 1:45.57 | L     | P    | Nicoli van der Merwe   | 18 | TTNS VT | 03/10/2014 Sasol National Championship 2014           |
| 113 | 1:45.85 | L     | F    | Jennifer Ireland       | 64 | HIGH KZ | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 114 | 1:46.59 | L     | F    | Elaine Alder           | 57 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 115 | 1:46.63 | L     | F    | Nina Naude             | 42 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 116 | 1:47.34 | L     | F    | Christine Donnelly     | 57 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 117 | 1:48.01 | L     | F    | Tanya Cohen            | 45 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 118 | 1:48.07 | L     | F    | Deidre Van Biljon      | 42 | ETSM ES | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 119 | 1:48.53 | L     | F    | Cornelia Fowler        | 34 | KZNA KZ | 13/04/2015 Sa National Aquatic Championship 2015 Du   |
| 120 | 1:49.37 | L     | F    | Jessica Kenny          | 18 | KFSC BO | 27/11/2014 Buffalo City Championships 2014            |
| 121 | 1:50.11 | L     | F    | Margaretta vd Walt     | 60 | ALCA NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 122 | 1:50.32 | L     | F    | Barbara Berridge       | 63 | EACS KZ | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 123 | 1:51.26 | L     | F    | Susan Skidmore         | 46 | AMAK BO | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 124 | 1:53.17 | L     | F    | Emily Gray             | 23 | TUKS NT | 19/09/2014 NTS Sep 2014 Age Group Lev 2+3             |
| 125 | 1:54.56 | L     | F    | Helena Olivier         | 49 | FRST FS | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 126 | 1:54.65 | L     | F    | Melinda Winfield       | 54 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 127 | 1:54.78 | L     | F    | Jacora Navarria        | 58 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 128 | 1:56.94 | L     | F    | Jeanne Loxton          | 64 | FRST FS | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 129 | 1:57.27 | L     | F    | Catrina Mackenzie      | 59 | AMAK BO | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 130 | 1:57.59 | L     | F    | Lenchen Zundorf        | 70 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 131 | 1:59.17 | L     | F    | Jennifer Higgins       | 31 | KZNA KZ | 13/04/2015 Sa National Aquatic Championship 2015 Du   |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|                         | Time    | P/F/S | Name | Age/Yr             |    |          |                                                       |
|-------------------------|---------|-------|------|--------------------|----|----------|-------------------------------------------------------|
| 132                     | 1:59.27 | L     | F    | Martinette Du Toit | 22 | UPTS NC  | 15/01/2015 NOCASA Champs 2015                         |
| 133*                    | 2:00.64 | L     | F    | Therese Russell    | 67 | DOLP WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 133*                    | 2:00.64 | L     | F    | Sanet Eksteen      | 48 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 135                     | 2:01.36 | L     | F    | Henrietta Karsten  | 50 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 136                     | 2:02.69 | L     | F    | Colleen Godfrey    | 65 | DOLP WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 137                     | 2:05.66 | L     | F    | Angelika Sandri    | 64 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 138                     | 2:06.78 | L     | F    | Rentia Oosthuizen  | 23 | AQUB EP  | 13/02/2015 Buffalo City Aquatics February Age Group C |
| 139                     | 2:07.88 | L     | F    | Hesta Moller       | 56 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 140                     | 2:08.31 | L     | F    | Claire Murray      | 24 | BEAV KZ  | 17/12/2014 KZN Premier Championships 2014             |
| 141                     | 2:08.73 | L     | F    | Lynda Benjamin     | 64 | AQUB EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 142                     | 2:10.49 | L     | F    | Marie van Niekerk  | 56 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 143                     | 2:10.79 | L     | F    | Gwyneth Guiney     | 62 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 144                     | 2:11.64 | L     | F    | Wanda Schroeder    | 52 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 145                     | 2:13.92 | L     | F    | Isabella McLaren   | 65 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 146                     | 2:17.99 | L     | F    | Melisa van Bosch   | 23 | NDSA KZ  | 28/11/2014 KZN TYR Westville Sprints 2014             |
| 147                     | 2:18.78 | L     | F    | Elizabeth Lordan   | 73 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 148                     | 2:21.42 | L     | F    | Juanita Fick       | 39 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 149                     | 2:26.25 | L     | F    | Marli Venter       | 49 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 150                     | 2:27.80 | L     | F    | Wendy Van Zyl      | 60 | KZN      | 31/03/2015 2015 Nedbank Championships                 |
| 151                     | 2:43.28 | L     | F    | Florence Burbidge  | 51 | AMAK BO  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 152                     | 2:43.60 | L     | F    | Jean Dick          | 64 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 153                     | 2:46.13 | L     | F    | Eugenie McLachlan  | 75 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 154                     | 2:49.57 | L     | F    | Beth Nothling      | 25 | SGUL KZ  | 17/12/2014 KZN Premier Championships 2014             |
| 155                     | 2:53.75 | L     | F    | Diane Hughes       | 68 | EACS KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| 156                     | 3:19.97 | L     | F    | Patricia Ings      | 46 | ACSA KZ  | 17/12/2014 KZN Premier Championships 2014             |
| 157                     | 3:28.39 | L     | F    | Wendy Muir         | 73 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg         |
| <b>Women 200 Breast</b> |         |       |      |                    |    |          |                                                       |
| 1                       | 2:30.33 | L     | F    | Tara-Lynn Nicholas | 19 | SEAL KZ  | 19/02/2015 2015 American Athletic Conference          |
| 2                       | 2:31.33 | L     | P    | Franko Jonker      | 22 | NTS NT   | 13/04/2015 Sa National Aquatic Championship 2015 Du   |
| 3                       | 2:31.49 | L     | S    | Kelly Gunnell      | 21 | CGA CG   | 13/04/2015 Sa National Aquatic Championship 2015 Du   |
| 4                       | 2:32.51 | L     | F    | Justine Macfarlane | 19 | WATR CG  | 17/08/2014 2nd Youth Olympic Games 2014-Nanjing       |
| 5                       | 2:34.46 | L     | F    | Kirsty Mc Lauchlan | 21 | WATR CG  | 15/01/2015 2015 ST TXLA Arena Pro Swim Series         |
| 6                       | 2:34.47 | L S   | F    | Claire Conlon      | 22 | SEAL KZ  | 17/12/2014 KZN Premier Championships 2014             |
| 7                       | 2:40.91 | L     | F    | Barbora Zavadová   | 22 | CZECH ZZ | 13/02/2015 SSA GRAND PRIX #1 - STELLENBOSCH           |
| 8                       | 2:42.66 | L     | S    | Michelle Wessels   | 22 | FS FS    | 13/04/2015 Sa National Aquatic Championship 2015 Du   |
| 9                       | 2:46.61 | L     | F    | Johanna Els        | 18 | KOVS FS  | 23/08/2014 Kovsies Gala 23 August 2014                |
| 10                      | 2:47.56 | L     | F    | Vidette Coetzee    | 25 | TUKS NT  | 29/11/2014 USSA Swimming Championships 2014           |
| 11                      | 2:48.06 | L     | P    | Kelly McCann       | 21 | AZON KZ  | 20/02/2015 Grand Prix Invitation Swimming Meet 2015   |
| 12                      | 2:48.57 | L     | F    | Danielle Masters   | 18 | TUKS NT  | 20/06/2014 IV Trofeo Citta di Pescara                 |
| 13                      | 2:49.15 | L     | P    | Carmen Wessels     | 22 | FS FS    | 13/04/2015 Sa National Aquatic Championship 2015 Du   |
| 14                      | 2:49.41 | L     | F    | Anna Lennox        | 18 | PHS LP   | 17/10/2014 Limpopo Schools Champs October 2014        |
| 15                      | 2:49.55 | L     | P    | Cassie Shear       | 19 | FLOD CG  | 20/02/2015 Grand Prix Invitation Swimming Meet 2015   |
| 16                      | 2:49.56 | L     | P    | Jessica Whelan     | 18 | CGA CG   | 13/04/2015 Sa National Aquatic Championship 2015 Du   |
| 17                      | 2:49.96 | L     | F    | Sarah Jorgensen    | 18 | PEAS EP  | 25/10/2014 3rd A-League Gala 2014                     |
| 18                      | 2:50.03 | L     | P    | Jessica De Beer    | 20 | FLOD CG  | 20/02/2015 Grand Prix Invitation Swimming Meet 2015   |
| 19                      | 2:50.31 | L     | F    | Anola Walk         | 18 | MATI WP  | 10/12/2014 WP Championships 2014                      |
| 20                      | 2:51.01 | L     | F    | Natalie Maritz     | 19 | TUKS NT  | 04/12/2014 NTS Championships 2014                     |
| 21                      | 2:51.15 | L     | F    | Caitlin Truter     | 18 | TYGE WP  | 31/01/2015 WPA LC Senior League 5                     |
| 22*                     | 2:52.59 | L S   | P    | Chantel Smith      | 21 | BLSS FS  | 17/12/2014 KZN Premier Championships 2014             |
| 22*                     | 2:52.59 | L S   | P    | Michaela Diaz      | 18 | STPS KZ  | 17/12/2014 KZN Premier Championships 2014             |
| 24                      | 2:52.97 | L     | F    | Licinda Kleynhans  | 18 | TUKS NT  | 04/12/2014 NTS Championships 2014                     |
| 25                      | 2:53.84 | L S   | F    | Kirsten Coetzee    | 18 | AZON KZ  | 17/12/2014 KZN Premier Championships 2014             |
| 26                      | 2:54.59 | L     | F    | Michelle Nieuwstad | 21 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014           |
| 27                      | 2:54.86 | L     | F    | Melene Klinck      | 19 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014           |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|    | Time    | P/F/S | Name | Age/Yr               |    |         |                                                      |
|----|---------|-------|------|----------------------|----|---------|------------------------------------------------------|
| 28 | 2:55.35 | L     | F    | Heather Morris-Eyton | 47 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 29 | 2:56.30 | L     | P    | Shana Vilensky       | 18 | KOVS FS | 12/03/2015 SA Level 3 National Age Group Champs 20   |
| 30 | 2:56.51 | L     | F    | Imre Van Huyssteen   | 19 | PLAY WP | 10/12/2014 WP Championships 2014                     |
| 31 | 2:56.75 | L     | F    | Jessica De Beer      | 20 | FLOD CG | 18/12/2014 CGA Open LC Championships 2014            |
| 32 | 2:58.05 | L S   | F    | Brie Parker          | 18 | SEAL KZ | 17/12/2014 KZN Premier Championships 2014            |
| 33 | 2:58.95 | L     | P    | Tilka Paljk          | 18 | RSA     | 10/12/2014 African Union Sports-Region 5 Under 20 YT |
| 34 | 2:59.63 | L     | F    | Bernitia Hess        | 19 | PAQU WP | 18/07/2014 WPA WINTER CHAMPIONSHIPS                  |
| 35 | 2:59.67 | L     | F    | Johanna Els          | 18 | FS FS   | 11/12/2014 SA Schools Swimming Championship 2014     |
| 36 | 2:59.92 | L     | F    | Renelda Scholtz      | 18 | SWAR WP | 10/12/2014 WP Championships 2014                     |
| 37 | 3:00.49 | L     | F    | Line Grobler         | 19 | PSC NT  | 04/12/2014 NTS Championships 2014                    |
| 38 | 3:00.85 | L     | F    | Karlien van Heerden  | 24 | UNI MP  | 28/11/2014 Mpumalanga Championships 2014             |
| 39 | 3:02.49 | L     | F    | Claire Harrington    | 28 | DOLP WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 40 | 3:04.13 | L     | F    | Amy Stanley          | 18 | CRSC CG | 19/03/2015 SA Level 2 Regional Age Group Champs 20   |
| 41 | 3:04.75 | L     | F    | Annelet Rossouw      | 20 | MATI WP | 29/11/2014 USSA Swimming Championships 2014          |
| 42 | 3:05.86 | L     | F    | Caitlin Van Niekerk  | 19 | VINE WP | 29/11/2014 USSA Swimming Championships 2014          |
| 43 | 3:06.21 | L     | F    | Samantha Blaauw      | 19 | NWS NW  | 31/01/2015 4 + 1 Inter Provincial Gala 2015          |
| 44 | 3:06.55 | L     | F    | Nadine Kuhn          | 20 | BENS ES | 03/10/2014 EGA League B and C 2014                   |
| 45 | 3:07.12 | L     | P    | Tanya Abrie          | 19 | WATR CG | 18/12/2014 CGA Open LC Championships 2014            |
| 46 | 3:07.96 | L     | F    | Kyna Pereira         | 19 | KLOO KZ | 03/10/2014 Sasol National Championship 2014          |
| 47 | 3:08.80 | L     | F    | Kelsey Heatlie       | 19 | BENS ES | 05/12/2014 EGA Championships Dec 2014                |
| 48 | 3:11.16 | L     | F    | Julia Anderson       | 18 | VINE WP | 14/06/2014 WPA SC SENIOR LEAGUE 2 - METROPOI         |
| 49 | 3:11.69 | L     | F    | Pierette Labuschagne | 43 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 50 | 3:12.26 | L     | F    | Adriana Venter       | 22 | MATI WP | 29/11/2014 USSA Swimming Championships 2014          |
| 51 | 3:15.45 | L     | F    | Annemarie Dressler   | 51 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 52 | 3:15.98 | L     | F    | Carien Rothman       | 20 | NWUC NW | 29/11/2014 USSA Swimming Championships 2014          |
| 53 | 3:16.25 | L     | F    | Anna-Lotte Retief    | 21 | BLOT FS | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 54 | 3:17.28 | L     | F    | Micaela Gillion      | 18 | VINE WP | 14/06/2014 WPA SC SENIOR LEAGUE 2 - METROPOI         |
| 55 | 3:18.08 | L     | F    | Wendy Cook           | 44 | EACS KZ | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 56 | 3:20.98 | L     | F    | Yvonne Smith         | 24 | BLSS FS | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 57 | 3:21.92 | L     | F    | Ellen vd Walt        | 18 | ISSA NW | 13/02/2015 NW Schools Swimming Championships 201     |
| 58 | 3:23.86 | L     | F    | Katherine Bihl       | 45 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 59 | 3:23.95 | L     | F    | Gail McCarney        | 55 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 60 | 3:27.06 | L     | F    | Melissa Hemmings     | 20 | FLOD CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 61 | 3:30.03 | L     | F    | Nicola Lee           | 42 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 62 | 3:30.13 | L     | F    | Sharon Cumming       | 41 | AMAK BO | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 63 | 3:33.14 | L     | F    | Melanie Van Wyk      | 37 | QSAM WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 64 | 3:35.98 | L     | F    | Sonja Sauer          | 18 | LAD KZ  | 06/12/2014 Uthukela District Long Course Championshi |
| 65 | 3:38.08 | L     | F    | Sabine Verryn        | 53 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 66 | 3:41.72 | L     | F    | Wendy Adam           | 46 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 67 | 3:42.04 | L     | F    | Juanita Strydom      | 38 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 68 | 3:42.33 | L     | F    | Terry-Ann Matley     | 57 | DOLP WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 69 | 3:42.42 | L     | F    | Melanie Norden       | 33 | AQUB EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 70 | 3:43.66 | L     | F    | Sandra Dorlas        | 48 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 71 | 3:43.86 | L     | P    | Jaymee Steyn         | 18 | HTO ES  | 05/12/2014 EGA Championships Dec 2014                |
| 72 | 3:44.78 | L     | F    | Nicole Candy         | 32 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 73 | 3:44.79 | L     | F    | Maria Fuchs          | 51 | DOLP WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 74 | 3:48.22 | L     | F    | Annette Thatcher     | 63 | HIGH KZ | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 75 | 3:48.68 | L     | F    | Nina Naude           | 42 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 76 | 3:49.62 | L     | F    | Anne Swart           | 21 | FINS MP | 28/11/2014 KZN TYR Westville Sprints 2014            |
| 77 | 3:49.84 | L     | F    | Jennifer Ireland     | 64 | HIGH KZ | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 78 | 3:50.04 | L     | F    | Lynne Callanan       | 50 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 79 | 3:50.96 | L     | F    | Dawn Ledbitter       | 21 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 80 | 3:52.23 | L     | F    | Catherine Cronje     | 40 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 81 | 3:52.95 | L     | F    | Deidre Van Biljon    | 42 | ETSM ES | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|                     | Time    | P/F/S | Name | Age/Yr                |    |          |                                                     |
|---------------------|---------|-------|------|-----------------------|----|----------|-----------------------------------------------------|
| 82                  | 3:56.85 | L     | F    | Margaretta vd Walt    | 60 | ALCA NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 83                  | 4:04.92 | L     | F    | Cornelia Fowler       | 34 | KLOO KZ  | 17/01/2015 KZN Age Group Gala 10                    |
| 84                  | 4:07.86 | L     | F    | Heather Goldstein     | 59 | HIGH KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 85                  | 4:12.37 | L     | F    | Susan Skidmore        | 46 | AMAK BO  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 86                  | 4:15.34 | L     | F    | Martinette Du Toit    | 22 | UPTS NC  | 15/01/2015 NOCASA Champs 2015                       |
| 87                  | 4:16.28 | L     | F    | Barbara Berridge      | 63 | EACS KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 88                  | 4:22.11 | L     | F    | Colleen Godfrey       | 65 | DOLP WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 89                  | 4:34.28 | L     | F    | Rentia Oosthuizen     | 23 | AQUB EP  | 25/10/2014 3rd A-League Gala 2014                   |
| 90                  | 4:41.26 | L     | F    | Hesta Moller          | 56 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 91                  | 4:45.61 | L     | F    | Marie van Niekerk     | 56 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 92                  | 4:59.43 | L     | F    | Patricia Rix          | 72 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 93                  | 5:00.80 | L     | F    | Elizabeth Lordan      | 73 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 94                  | 5:03.30 | L     | F    | Isabella McLaren      | 65 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 95                  | 5:10.93 | L     | F    | Marli Venter          | 49 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 96                  | 5:39.52 | L     | F    | Florence Burbidge     | 51 | AMAK BO  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 97                  | 5:41.29 | L     | F    | Jean Dick             | 64 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 98                  | 7:23.21 | L     | F    | Wendy Muir            | 73 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 99                  | 8:00.51 | L     | F    | Gudrun Kloos          | 90 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| <b>Women 50 Fly</b> |         |       |      |                       |    |          |                                                     |
| 1                   | 27.01   | L     | F    | Vanessa Mohr          | 20 | TUKS NT  | 11/06/2014 Mare Nostrum 2014 Canet                  |
| 2                   | 27.39   | L     | F    | Jessica Ashley-Cooper | 22 | UWCA WP  | 20/06/2014 IV Trofeo Citta di Pescara               |
| 3                   | 27.40   | L     | P    | Marne Erasmus         | 19 | RSA      | 24/07/2014 Commonwealth Games Swimming Champic      |
| 4                   | 27.55   | L     | F    | Elzanne Werth         | 26 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 5                   | 27.62   | L     | P    | Trudi Maree           | 26 | RSA      | 24/07/2014 Commonwealth Games Swimming Champic      |
| 6                   | 28.69   | L     | F    | Barbora Zavadová      | 22 | CZECH ZZ | 13/02/2015 SSA GRAND PRIX #1 - STELLENBOSCH         |
| 7                   | 28.97   | L     | F    | Tarryn Els            | 18 | PEAS EP  | 12/03/2015 SA Level 3 National Age Group Champs 20  |
| 8                   | 28.98   | L     | F    | Natasha Vd Walt       | 19 | WATR CG  | 18/12/2014 CGA Open LC Championships 2014           |
| 9                   | 29.03   | L     | F    | Lehesta Kemp          | 25 | PSC NT   | 07/11/2014 NTS November 20014 Age Group - Combin    |
| 10                  | 29.08   | L     | S    | Danica McWilliam      | 19 | CGA CG   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 11                  | 29.20   | L     | P    | Rene' Warnes          | 23 | SGUL KZ  | 17/12/2014 KZN Premier Championships 2014           |
| 12                  | 29.26   | L     | P    | Emma Chelius          | 18 | WPA WP   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 13                  | 29.31   | L     | F    | Shebjorn Axelson      | 24 | MGSC KZ  | 28/11/2014 KZN TYR Westville Sprints 2014           |
| 14                  | 29.33   | L     | F    | Kyna Pereira          | 19 | KLOO KZ  | 03/10/2014 Sasol National Championship 2014         |
| 15                  | 29.38   | L     | F    | Chantel Blignaut      | 18 | BLOT FS  | 03/12/2014 Mangaung Aquatics Championship 2014      |
| 16*                 | 29.40   | L     | F    | Chanelle Van Wyk      | 25 | UWCA WP  | 13/09/2014 WPA LC SENIOR LEAGUE 2                   |
| 16*                 | 29.40   | L     | P    | Megan Hesse           | 20 | PAC NT   | 20/02/2015 Grand Prix Invitation Swimming Meet 2015 |
| 18                  | 29.45   | L     | F    | Carmen Wessels        | 22 | BLOT FS  | 09/02/2015 Liga 5 FSA 2015                          |
| 19                  | 29.58   | L     | S    | Samantha Blaauw       | 19 | NWS NW   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 20*                 | 29.59   | L     | S    | Kirstyn Fourie        | 18 | WPA WP   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 20*                 | 29.59   | L     | F    | Megan Scott           | 23 | ONY ES   | 25/10/2014 EGA Summer 2_25 Oct 2014                 |
| 22*                 | 29.68   | L     | F    | Amy Peens             | 21 | TUKS NT  | 29/11/2014 USSA Swimming Championships 2014         |
| 22*                 | 29.68   | L     | F    | Michelle Wessels      | 22 | BLOT FS  | 09/02/2015 Liga 5 FSA 2015                          |
| 24                  | 29.69   | L     | F    | Tamlyn Price          | 20 | AQUB EP  | 08/11/2014 4th A-League Gala 2014                   |
| 25*                 | 29.70   | L     | S    | Odile Dauvellier      | 21 | NTS NT   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 25*                 | 29.70   | L     | F    | Shana Vilensky        | 18 | STAD CG  | 09/02/2015 Liga 5 FSA 2015                          |
| 27                  | 29.75   | L     | F    | Marli Jacobs          | 20 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014         |
| 28                  | 29.80   | L     | F    | Marise Nel            | 19 | PAC NT   | 04/12/2014 NTS Championships 2014                   |
| 29                  | 29.93   | L     | F    | Cornell Loubser       | 20 | NWS NW   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 30                  | 29.95   | L     | P    | Jessica MacDonald     | 18 | SGUL KZ  | 20/02/2015 Grand Prix Invitation Swimming Meet 2015 |
| 31                  | 29.97   | L     | P    | Bianca Von Bargaen    | 21 | ACSA KZ  | 17/12/2014 KZN Premier Championships 2014           |
| 32                  | 30.11   | L     | P    | Suanne De Wet         | 21 | TUKS NT  | 04/12/2014 NTS Championships 2014                   |
| 33                  | 30.20   | L     | F    | Johanna Els           | 18 | KOVFS FS | 23/08/2014 Kovsies Gala 23 August 2014              |
| 34                  | 30.22   | L     | P    | Courtney Perrett      | 18 | KZNA KZ  | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 35                  | 30.29   | L     | F    | Ashleigh Shepherd     | 18 | MDOL CG  | 18/12/2014 CGA Open LC Championships 2014           |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|     | Time      | P/F/S | Name                 | Age/Yr |          |            |                                           |
|-----|-----------|-------|----------------------|--------|----------|------------|-------------------------------------------|
| 36  | 30.36 L   | F     | Terianne Brown       | 21     | PEAS EP  | 08/11/2014 | 4th A-League Gala 2014                    |
| 37  | 30.42 L   | F     | Kristy Muller        | 20     | TUKS NT  | 29/11/2014 | USSA Swimming Championships 2014          |
| 38  | 30.53 L   | F     | Edith Ottermann      | 48     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 39  | 30.57 L   | F     | Lauren Bezuidenhout  | 25     | KLOO KZ  | 03/10/2014 | Sasol National Championship 2014          |
| 40  | 30.67 L   | F     | Lauren Billson       | 20     | MATI WP  | 29/11/2014 | USSA Swimming Championships 2014          |
| 41  | 30.71 L   | F     | Louisa De Jongh      | 19     | MATI WP  | 10/12/2014 | WP Championships 2014                     |
| 42  | 30.74 L   | F     | Anna-Lotte Retief    | 21     | BLOT FS  | 03/12/2014 | Mangaung Aquatics Championship 2014       |
| 43  | 30.79 L   | F     | Thilde Victor        | 33     | VICT ES  | 05/12/2014 | EGA Championships Dec 2014                |
| 44  | 30.80 L   | P     | Michelle Pistorius   | 22     | NWS NW   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 45  | 30.84 L   | F     | Kaleigh Graham       | 19     | TWSA EP  | 23/01/2015 | BCA January Age Group Gala 2015           |
| 46  | 30.88 L   | F     | Tracy Gous           | 39     | AQUB EP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 47  | 30.90 L   | F     | Anola Walk           | 18     | MATI WP  | 31/01/2015 | WPA LC Senior League 5                    |
| 48  | 30.92 L   | P     | Vicky Vd Merwe       | 19     | NTS NT   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 49  | 31.09 L   | F     | Nadine Kuhn          | 20     | BENS ES  | 25/07/2014 | EGA Combined League A 2014                |
| 50  | 31.23 L   | F     | Michaela Van Niekerk | 18     | VINE WP  | 10/12/2014 | WP Championships 2014                     |
| 51* | 31.24 L   | F     | Alexandra Quenet     | 19     | MATI WP  | 13/09/2014 | WPA LC SENIOR LEAGUE 2                    |
| 51* | 31.24 L   | F     | Caitlin Kat          | 22     | MATI WP  | 13/09/2014 | WPA LC SENIOR LEAGUE 2                    |
| 53  | 31.25 L   | F     | Jodie Winterton      | 18     | WATR CG  | 19/03/2015 | SA Level 2 Regional Age Group Champs 20   |
| 54  | 31.37 L   | P     | Kathrine Holicki     | 18     | TUKS NT  | 04/12/2014 | NTS Championships 2014                    |
| 55  | 31.40 L   | F     | Kelly McCann         | 21     | AZON KZ  | 17/12/2014 | KZN Premier Championships 2014            |
| 56  | 31.46 L   | P     | Claire Featherstone  | 18     | CGA CG   | 13/04/2015 | Sa National Aquatic Championship 2015 Du  |
| 57  | 31.49 L   | F     | Bernitia Hess        | 19     | PAQU WP  | 31/01/2015 | WPA LC Senior League 5                    |
| 58  | 31.52 L   | F     | Vicky Van der Merwe  | 19     | NEWS KZ  | 06/12/2014 | Uthukela District Long Course Championshi |
| 59  | 31.55 L   | F     | Anja Gericke         | 18     | KOVS FS  | 03/12/2014 | Mangaung Aquatics Championship 2014       |
| 60  | 31.60 L   | F     | Cecile Olivier       | 18     | GDE      | 06/09/2014 | Gauteng Schools Aquatics Trials 2014      |
| 61* | 31.61 L   | F     | Antonelle Saporta    | 34     | AQUB EP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 61* | 31.61 L   | F     | Renelda Scholtz      | 18     | SWAR WP  | 10/12/2014 | WP Championships 2014                     |
| 63  | 31.70 L   | P     | Ingrid Coetzee       | 18     | GREY WP  | 19/03/2015 | SA Level 2 Regional Age Group Champs 20   |
| 64  | 31.89 L S | F     | Sarah Jorgensen      | 18     | PEAS EP  | 07/02/2015 | 6th A-League Gala 2014                    |
| 65  | 31.90 L   | F     | Johanna Els          | 18     | KOVS FS  | 03/12/2014 | Mangaung Aquatics Championship 2014       |
| 66  | 31.99 L   | F     | Alke Stopforth       | 24     | KDOR NW  | 04/10/2014 | NWS Age Group 1 1415                      |
| 67  | 32.00 L   | P     | Dawn Schutte         | 18     | SGUL KZ  | 12/03/2015 | SA Level 3 National Age Group Champs 20   |
| 68  | 32.01 L   | P     | Licinda Kleynhans    | 18     | TUKS NT  | 04/12/2014 | NTS Championships 2014                    |
| 69  | 32.05 L   | P     | Morgan Nicholls      | 19     | VIKI BO  | 17/12/2014 | KZN Premier Championships 2014            |
| 70  | 32.15 L   | F     | Jess-Keir Neely      | 18     | SOUL ES  | 27/09/2014 | EGA Summer 1                              |
| 71  | 32.20 L   | F     | Nicole Lewis         | 19     | TUKS NT  | 13/09/2014 | 2014 Speedo Hillcrest Sprint Gala 13&Over |
| 72  | 32.21 L   | F     | Karli van Heerden    | 24     | UNI MP   | 28/11/2014 | Mpumalanga Championships 2014             |
| 73  | 32.30 L   | F     | Tina Wong            | 19     | MDOL CG  | 18/12/2014 | CGA Open LC Championships 2014            |
| 74  | 32.38 L   | F     | Japké Engelbrecht    | 19     | NWUC NW  | 29/11/2014 | USSA Swimming Championships 2014          |
| 75  | 32.55 L   | F     | Erika Scheepers      | 31     | BEST EP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 76  | 32.56 L   | F     | Jaki Fagan           | 40     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 77  | 32.60 L   | F     | Megan Bates          | 18     | KZNA KZ  | 11/12/2014 | SA Schools Swimming Championship 2014     |
| 78  | 32.62 L   | F     | Suné Breed           | 18     | HSBV LP  | 17/10/2014 | Limpopo Schools Champs October 2014       |
| 79  | 32.70 L   | F     | Perry-Ann Cadiz      | 39     | CPTW WP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 80  | 32.75 L   | F     | Sarah-Jane Walker    | 19     | KNYS SW  | 31/10/2014 | Freda Barnard Gala                        |
| 81  | 32.84 L   | F     | Ivanka Stoycheva     | 33     | ASA WP   | 24/07/2014 | BULGARIAN NATIONAL CHAMPIONSHIPS          |
| 82  | 32.91 L   | P     | Veruschka Jordaan    | 20     | TUKS NT  | 04/12/2014 | NTS Championships 2014                    |
| 83  | 33.01 L   | F     | Tayla Saunders       | 19     | KOVS FS  | 18/12/2014 | CGA Open LC Championships 2014            |
| 84  | 33.11 L   | F     | Les-a-Jo Cloete      | 28     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg        |
| 85  | 33.28 L   | F     | Leandi Toerien       | 18     | HSMER LP | 17/10/2014 | Limpopo Schools Champs October 2014       |
| 86  | 33.29 L   | F     | Janine Blignaut      | 18     | EUNIC FS | 31/10/2014 | FS Schools Gala Proewe 2014               |
| 87  | 33.33 L   | F     | Melene Klinck        | 19     | KOVS FS  | 23/08/2014 | Kovsies Gala 23 August 2014               |
| 88  | 33.41 L   | F     | Michelle Nieuwstad   | 21     | MATI WP  | 13/09/2014 | WPA LC SENIOR LEAGUE 2                    |
| 89  | 33.63 L   | P     | Tilka Paljk          | 18     | RSA      | 10/12/2014 | African Union Sports-Region 5 Under 20 YT |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|      | Time  | P/F/S | Name | Age/Yr              |    |          |                                                      |
|------|-------|-------|------|---------------------|----|----------|------------------------------------------------------|
| 90   | 33.68 | L     | F    | Caitlin Truter      | 18 | TYGE WP  | 31/10/2014 Freda Barnard Gala                        |
| 91   | 33.71 | L     | F    | Christelle Kriel    | 20 | MP MP    | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 92   | 33.81 | L     | F    | Cecilia Stanford    | 53 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 93   | 33.92 | L     | F    | Sarah Connock       | 18 | AQUB EP  | 08/11/2014 4th A-League Gala 2014                    |
| 94   | 33.94 | L     | F    | Imre Van Huyssteen  | 19 | PLAY WP  | 13/09/2014 WPA LC SENIOR LEAGUE 2                    |
| 95   | 34.23 | L     | F    | Maria Holmes        | 36 | AQUB EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 96   | 34.25 | L     | F    | Angelique Kotze     | 18 | USH KZ   | 31/01/2015 Ushaka Championship Gala 2015             |
| 97   | 34.29 | L     | F    | Elizabeth Muller    | 31 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 98   | 34.38 | L     | F    | Nellie Odendaal     | 22 | POTC NW  | 04/12/2014 NWS Championships 2014/2015               |
| 99   | 34.41 | L     | F    | Kim Foster          | 55 | COEL NT  | 04/12/2014 NTS Championships 2014                    |
| 100  | 34.43 | L     | F    | Savannah Greeff     | 18 | UNI MP   | 31/10/2014 MP AGE GROUP 2 - 2014                     |
| 101* | 34.45 | L     | F    | Blair Neely         | 23 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 101* | 34.45 | L     | F    | Yvonne Smith        | 24 | FS FS    | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 103  | 34.49 | L     | F    | Barbara Fraatz      | 49 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 104  | 34.79 | L     | F    | Lodene Prins        | 18 | QUIC WP  | 13/09/2014 WPA LC SENIOR LEAGUE 2                    |
| 105  | 34.80 | L     | F    | Norelle Engela      | 42 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 106  | 34.83 | L     | P    | Janke Grobbelaar    | 18 | TUKS NT  | 12/03/2015 SA Level 3 National Age Group Champs 20   |
| 107  | 34.95 | L     | F    | Cathryn Hempel      | 43 | AQUB EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 108  | 34.97 | L     | P    | Amy Stanley         | 18 | CRSC CG  | 19/03/2015 SA Level 2 Regional Age Group Champs 20   |
| 109  | 35.32 | L     | F    | Jessica De Beer     | 20 | FLOD CG  | 25/10/2014 EGA Summer 2_25 Oct 2014                  |
| 110  | 35.35 | L     | F    | Micaela Anderson    | 18 | VINE WP  | 13/09/2014 WPA LC SENIOR LEAGUE 2                    |
| 111  | 35.41 | L     | F    | Aneri Ferreira      | 18 | AQUB EP  | 25/10/2014 3rd A-League Gala 2014                    |
| 112  | 35.51 | L     | F    | Romy-Simone Altmann | 31 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 113  | 35.86 | L     | P    | Kelsey Heatlie      | 19 | BENS ES  | 05/12/2014 EGA Championships Dec 2014                |
| 114  | 35.91 | L     | F    | Ellen vd Walt       | 18 | ISSC NW  | 24/01/2015 NWS Age Group 4 1415                      |
| 115  | 35.94 | L     | F    | Kelly McWilliam     | 36 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 116  | 36.05 | L     | F    | Annika Strydom      | 18 | TUKS NT  | 19/09/2014 NTS Sep 2014 Age Group Lev 2+3            |
| 117  | 36.13 | L     | F    | Sandra Verryn       | 27 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 118  | 36.20 | L     | F    | Elizabeth Pieterse  | 40 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 119  | 36.30 | L     | F    | Shirley Carey       | 40 | HIGH KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 120  | 36.35 | L     | F    | Seabe Ebineng       | 18 | GAC      | 28/02/2015 2nd League Gala                           |
| 121  | 36.36 | L     | F    | Wendy Adam          | 46 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 122  | 36.37 | L     | F    | Wendy Cook          | 44 | EACS KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 123  | 36.41 | L     | F    | Charne Oosthuizen   | 18 | NFS NF   | 31/01/2015 4 + 1 Inter Provincial Gala 2015          |
| 124  | 36.42 | L     | F    | Bianca Strydom      | 18 | TUKS NT  | 19/09/2014 NTS Sep 2014 Age Group Lev 2+3            |
| 125  | 36.52 | L     | F    | Gail McCarney       | 55 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 126  | 36.62 | L     | F    | Karen Kennedy       | 48 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 127  | 36.85 | L     | F    | Sabine Verryn       | 53 | COEL NT  | 04/12/2014 NTS Championships 2014                    |
| 128  | 36.96 | L     | P    | Michaela Diaz       | 18 | STPS KZ  | 17/12/2014 KZN Premier Championships 2014            |
| 129  | 37.16 | L     | F    | Bianca van Breda    | 34 | TLAC NW  | 01/11/2014 NWS Age Group 2 1415                      |
| 130  | 37.56 | L     | F    | Amy Barnes          | 18 | TYGE WP  | 31/01/2015 WPA LC Senior League 5                    |
| 131  | 37.62 | L     | F    | Patricia Reen       | 58 | AQUB EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 132  | 38.00 | L     | F    | Ruth Hornickel      | 28 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 133  | 38.14 | L     | F    | Anneke Boshoff      | 42 | COEL NT  | 04/12/2014 NTS Championships 2014                    |
| 134  | 38.81 | L     | F    | Marieta Theart      | 18 | BLNE FS  | 16/08/2014 Neptune Aquatics Sprint gala 2014         |
| 135  | 39.25 | L     | P    | Maritza Snyders     | 18 | KZNA KZ  | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 136  | 39.35 | L     | F    | Julia Anderson      | 18 | VINE WP  | 25/10/2014 WP STRAND MEET                            |
| 137  | 39.36 | L     | F    | Annezell Van Staden | 19 | TUKS NT  | 13/09/2014 2014 Speedo Hillcrest Sprint Gala 13&Over |
| 138  | 39.45 | L     | F    | Elize Botha         | 18 | LIMSC LP | 26/02/2015 Limpopo Province Interprovincial          |
| 139  | 39.90 | L     | F    | Vivian Routledge    | 57 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 140  | 40.02 | L     | F    | Rachelle Isakov     | 44 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 141  | 40.73 | L     | F    | Justine Johnson     | 38 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 142  | 40.79 | L     | F    | Anne Swart          | 21 | FINNS MP | 28/11/2014 Mpumalanga Championships 2014             |
| 143  | 40.87 | L     | P    | Tezna Abrahams      | 19 | WPA WP   | 13/04/2015 Sa National Aquatic Championship 2015 Du  |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|                      | Time        | P/F/S | Name                   | Age/Yr |          |            |                                          |
|----------------------|-------------|-------|------------------------|--------|----------|------------|------------------------------------------|
| 144                  | 41.23 L     | F     | Elizabeth Craig        | 70     | BEST EP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 145                  | 41.43 L     | F     | Martinette Du Toit     | 22     | UPTS NC  | 23/01/2015 | NOCASA Age Group 2 Upington              |
| 146                  | 41.55 L     | F     | Nicoli van der Merwe   | 18     | TTNS VT  | 03/10/2014 | Sasol National Championship 2014         |
| 147                  | 41.58 L     | F     | Lesley Lee             | 50     | AQUB EP  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 148                  | 41.62 L     | F     | Erin Burger            | 21     | AMAK     | 23/01/2015 | BCA January Age Group Gala 2015          |
| 149                  | 41.79 L     | F     | Nicole Candy           | 32     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 150                  | 42.19 L     | F     | Catherine Cronje       | 40     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 151                  | 42.37 L     | F     | Janetha SCOTT          | 60     | FRST FS  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 152                  | 43.51 L     | F     | Annamarie Des Fontaine | 35     | FRST FS  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 153                  | 43.89 L     | F     | Tezna Kirstin Abrahams | 19     | NW       | 31/03/2015 | 2015 Nedbank Championships               |
| 154                  | 44.25 L     | F     | Nasiha Mohamed         | 18     | ATLA CG  | 20/09/2014 | CGA Level 2-3 Gala No 1 2014             |
| 155                  | 44.29 L     | F     | Jaymee Steyn           | 18     | HTO ES   | 25/10/2014 | EGA Summer 2_25 Oct 2014                 |
| 156                  | 44.58 L     | F     | Almoné Oosthuizen      | 18     | LBHS NW  | 13/02/2015 | NW Schools Swimming Championships 2015   |
| 157                  | 44.79 L     | F     | Junel Vermeulen        | 56     | PHOE CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 158                  | 44.84 L     | F     | Tanya Cohen            | 45     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 159                  | 45.63 L     | F     | Elena vd Merwe         | 26     | UPTS NC  | 23/01/2015 | NOCASA Age Group 2 Upington              |
| 160                  | 46.06 L     | F     | Corina Andrew          | 44     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 161                  | 46.42 L     | F     | Jennifer Higgins       | 31     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 162                  | 47.99 L     | F     | Cornelia Fowler        | 34     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 163                  | 48.62 L     | F     | Donnée Dixon           | 24     | ASA WP   | 10/12/2014 | WP Championships 2014                    |
| 164                  | 49.33 L     | F     | Helen Lawless          | 65     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 165                  | 49.34 L     | F     | Songo Mfikili          | 22     | HARL BO  | 27/11/2014 | Buffalo City Championships 2014          |
| 166                  | 49.54 L     | F     | Tersia Smit            | 59     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 167                  | 49.79 L     | F     | Henrietta Karsten      | 50     | FRST FS  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 168                  | 51.38 L     | F     | Heather Goldstein      | 59     | HIGH KZ  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 169                  | 51.45 L     | F     | Jeanne Loxton          | 64     | FRST FS  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 170                  | 51.71 L     | F     | Yvonne Barnard         | 30     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 171                  | 52.23 L     | P     | Deidre Van Biljon      | 42     | VICT ES  | 05/12/2014 | EGA Championships Dec 2014               |
| 172                  | 53.53 L     | F     | Angelika Sandri        | 64     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 173                  | 53.78 L     | F     | Jane Meaker            | 67     | ETSM ES  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 174                  | 53.87 L     | F     | Adri Visser            | 27     | RSA      | 06/08/2014 | 2014 Pan Pacific Para Championships      |
| 175                  | 58.01 L     | F     | Rentia Oosthuizen      | 23     | AQUB EP  | 05/12/2014 | NMBA Championships 2014                  |
| 176                  | 59.08 L     | F     | Dawn Rottanburg        | 56     | FRST FS  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 177                  | 59.48 L     | F     | Pearl Potgieter        | 37     | WAHO CG  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 178                  | 59.58 L     | F     | Bronwyn Ramathula      | 25     | BEAV KZ  | 17/12/2014 | KZN Premier Championships 2014           |
| 179                  | 1:00.02 L   | P     | Melisa van Bosch       | 23     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 180                  | 1:01.81 L   | F     | Cecilia Belgraver      | 46     | COEL NT  | 04/12/2014 | NTS Championships 2014                   |
| 181                  | 1:04.12 L   | F     | Tracy McKay            | 45     | SGUL KZ  | 14/02/2015 | KZN Age Group Gala 11                    |
| 182                  | 1:07.34 L   | F     | Cheryl Arbuthnot       | 56     | COEL NT  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 183                  | 1:16.71 L   | F     | Winifred Gray          | 66     | HIGH KZ  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 184                  | 1:19.73 L   | F     | Stephanie De Beer      | 60     | ETSM ES  | 18/03/2015 | SAMS 31st LC Champs @ Johannesburg       |
| 185                  | 1:51.14 L   | F     | Patricia Ings          | 46     | ACSA KZ  | 17/12/2014 | KZN Premier Championships 2014           |
| <b>Women 100 Fly</b> |             |       |                        |        |          |            |                                          |
| 1                    | 1:00.21 L   | F     | Vanessa Mohr           | 20     | NTS NT   | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 2                    | 1:00.72 L   | S     | Marne Erasmus          | 19     | RSA      | 24/07/2014 | Commonwealth Games Swimming Champi       |
| 3                    | 1:01.14 L   | F     | Jessica Ashley-Cooper  | 22     | WPA WP   | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 4                    | 1:01.92 L   | F     | Rene' Warnes           | 23     | KZNA KZ  | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 5                    | 1:03.10 L   | S     | Tarryn Els             | 18     | EP EP    | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 6                    | 1:03.84 L   | P     | Barbora Zavadová       | 22     | CZECH ZZ | 13/02/2015 | SSA GRAND PRIX #1 - STELLENBOSCH         |
| 7                    | 1:04.23 L   | P     | Marli Jacobs           | 20     | WPA WP   | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 8                    | 1:04.84 L   | F     | Chantel Bignaut        | 18     | EUNIC FS | 31/10/2014 | FS Schools Gala Proewe 2014              |
| 9                    | 1:04.97 L   | S     | Emma Chelius           | 18     | WPA WP   | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 10                   | 1:05.31 L   | S     | Louisa De Jongh        | 19     | WPA WP   | 13/04/2015 | Sa National Aquatic Championship 2015 Du |
| 11                   | 1:05.42 L S | F     | Kyna Pereira           | 19     | KLOO KZ  | 03/10/2014 | Sasol National Championship 2014         |



## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|     | Time    | P/F/S | Name | Age/Yr               |    |         |                                                      |
|-----|---------|-------|------|----------------------|----|---------|------------------------------------------------------|
| 12  | 1:06.44 | L S   | P    | Odile Dauvellier     | 21 | TUKS NT | 17/12/2014 KZN Premier Championships 2014            |
| 13* | 1:06.58 | L     | F    | Lehesta Kemp         | 25 | PSC CG  | 17/10/2014 NTS Oct 2014 Age Group Lev 2+3            |
| 13* | 1:06.58 | L     | F    | Natasha Vd Walt      | 19 | WATR CG | 18/12/2014 CGA Open LC Championships 2014            |
| 15  | 1:06.65 | L     | F    | Megan Hesse          | 20 | PAC NT  | 20/02/2015 Grand Prix Invitation Swimming Meet 2015  |
| 16  | 1:06.71 | L     | P    | Caitlin Kat          | 22 | MATI WP | 20/02/2015 Grand Prix Invitation Swimming Meet 2015  |
| 17  | 1:06.78 | L     | P    | Megan Scott          | 23 | ONY ES  | 05/12/2014 EGA Championships Dec 2014                |
| 18  | 1:06.88 | L     | P    | Anola Walk           | 18 | MATI WP | 10/12/2014 WP Championships 2014                     |
| 19  | 1:07.13 | L     | F    | Cornell Loubser      | 20 | NWS NW  | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 20  | 1:07.46 | L     | F    | Samantha Blaauw      | 19 | NWS NW  | 08/11/2014 NFSA Four Provinces Interprovincial 8 Nov |
| 21  | 1:07.89 | L     | F    | Lauren Billson       | 20 | MATI WP | 29/11/2014 USSA Swimming Championships 2014          |
| 22  | 1:08.11 | L     | F    | Kirstyn Fourie       | 18 | AQUB EP | 27/11/2014 Buffalo City Championships 2014           |
| 23  | 1:08.55 | L     | F    | Marise Nel           | 19 | PAC NT  | 04/12/2014 NTS Championships 2014                    |
| 24* | 1:08.72 | L     | F    | Terianne Brown       | 21 | PEAS EP | 08/11/2014 4th A-League Gala 2014                    |
| 24* | 1:08.72 | L     | F    | Kaleigh Graham       | 19 | TWSA EP | 08/11/2014 4th A-League Gala 2014                    |
| 26  | 1:08.84 | L     | P    | Kirsten Coetzee      | 18 | KZNA KZ | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 27  | 1:09.26 | L     | P    | Danica McWilliam     | 19 | WATR CG | 18/12/2014 CGA Open LC Championships 2014            |
| 28  | 1:09.45 | L     | F    | Tamlyn Price         | 20 | AQUB EP | 25/10/2014 3rd A-League Gala 2014                    |
| 29  | 1:09.63 | L     | P    | Jodie Winterton      | 18 | WATR CG | 19/03/2015 SA Level 2 Regional Age Group Champs 2C   |
| 30  | 1:09.64 | L     | F    | Kristy Muller        | 20 | TUKS NT | 29/11/2014 USSA Swimming Championships 2014          |
| 31  | 1:10.01 | L     | F    | Michaela Van Niekerk | 18 | VINE WP | 10/12/2014 WP Championships 2014                     |
| 32  | 1:10.06 | L     | F    | Jessica Whelan       | 18 | CGA CG  | 13/09/2014 Highveld Inter-Provincial Gala 2014       |
| 33  | 1:10.25 | L     | F    | Michelle Wessels     | 22 | BLOT FS | 06/09/2014 Kovsies Gala 2                            |
| 34  | 1:10.31 | L     | F    | Shebjorn Axelson     | 24 | MGSC KZ | 28/11/2014 KZN TYR Westville Sprints 2014            |
| 35  | 1:10.52 | L     | F    | Samantha Gunther     | 28 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 36  | 1:10.96 | L     | F    | Anna-Lotte Retief    | 21 | BLOT FS | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 37  | 1:11.00 | L     | F    | Bernitia Hess        | 19 | PAQU WP | 14/02/2015 Knysna Dragons Night Gala                 |
| 38  | 1:11.13 | L     | F    | Kathryn Nurse        | 35 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 39* | 1:11.18 | L     | P    | Licinda Kleynhans    | 18 | TUKS NT | 04/12/2014 NTS Championships 2014                    |
| 39* | 1:11.18 | L     | P    | Vicky Vd Merwe       | 19 | TUKS NT | 20/02/2015 Grand Prix Invitation Swimming Meet 2015  |
| 41  | 1:11.37 | L     | F    | Sarah-Ann Bouwer     | 20 | TUKS NT | 17/10/2014 NTS Oct 2014 Age Group Lev 2+3            |
| 42  | 1:11.42 | L     | F    | Carmen Wessels       | 22 | BLOT FS | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 43  | 1:11.43 | L     | P    | Ivanka Stoycheva     | 33 | ASA WP  | 10/12/2014 WP Championships 2014                     |
| 44  | 1:11.50 | L     | F    | Vicky Van der Merwe  | 19 | NEWS KZ | 06/12/2014 Uthukela District Long Course Championshi |
| 45  | 1:11.53 | L     | F    | Antonelle Saporta    | 34 | AQUB EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 46  | 1:11.58 | L     | F    | Veruschka Jordaan    | 20 | TUKS NT | 29/11/2014 USSA Swimming Championships 2014          |
| 47  | 1:11.92 | L     | F    | Imre Van Huyssteen   | 19 | PLAY WP | 10/12/2014 WP Championships 2014                     |
| 48  | 1:11.99 | L     | F    | Nadine Kuhn          | 20 | BENS ES | 03/10/2014 EGA League B and C 2014                   |
| 49  | 1:12.32 | L     | F    | Sarah Jorgensen      | 18 | PEAS EP | 08/11/2014 4th A-League Gala 2014                    |
| 50  | 1:12.41 | L S   | P    | Emma Kinghorn        | 18 | ACSA KZ | 17/12/2014 KZN Premier Championships 2014            |
| 51  | 1:12.42 | L     | F    | Sarah-Jane Walker    | 19 | KNYS SW | 31/10/2014 Freda Barnard Gala                        |
| 52  | 1:12.60 | L S   | P    | Bianca Von Bargaen   | 21 | ACSA KZ | 17/12/2014 KZN Premier Championships 2014            |
| 53  | 1:13.13 | L     | F    | Jess-Keir Neely      | 18 | SOUL ES | 21/06/2014 Winter 1                                  |
| 54  | 1:13.29 | L     | F    | Natalie Maritz       | 19 | TUKS NT | 07/11/2014 NTS November 20014 Age Group - Combin     |
| 55  | 1:13.40 | L     | F    | Ivana Francescutti   | 18 | GDE CG  | 11/12/2014 SA Schools Swimming Championship 2014     |
| 56  | 1:13.58 | L     | F    | Karlien van Heerden  | 24 | UNI MP  | 28/11/2014 Mpumalanga Championships 2014             |
| 57  | 1:13.85 | L     | F    | Tina Wong            | 19 | MDOL CG | 18/12/2014 CGA Open LC Championships 2014            |
| 58  | 1:13.98 | L     | F    | Tayla Saunders       | 19 | MATI WP | 29/11/2014 USSA Swimming Championships 2014          |
| 59  | 1:14.04 | L     | F    | Lesajo Cloete        | 28 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 60  | 1:14.07 | L     | F    | Cecilia Stanford     | 53 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 61  | 1:14.24 | L     | F    | Renelda Scholtz      | 18 | SWAR WP | 11/10/2014 WPA LC SENIOR LEAGUE 3                    |
| 62  | 1:14.68 | L     | F    | Angelique Kotze      | 18 | USH KZ  | 28/11/2014 KZN TYR Westville Sprints 2014            |
| 63  | 1:15.67 | L     | F    | Brie Parker          | 18 | SEAL KZ | 17/01/2015 KZN Age Group Gala 10                     |
| 64  | 1:15.80 | L     | F    | Jessica Roux         | 22 | NMMU EP | 29/11/2014 USSA Swimming Championships 2014          |
| 65  | 1:16.07 | L     | F    | Bianca Troup         | 41 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|     | Time    | P/F/S | Name | Age/Yr               |    |          |                                                     |
|-----|---------|-------|------|----------------------|----|----------|-----------------------------------------------------|
| 66  | 1:16.32 | L     | F    | Thilde Victor        | 33 | ETSM ES  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 67  | 1:16.91 | L     | F    | Kayla-Ann Haycock    | 18 | AZON KZ  | 28/11/2014 KZN TYR Westville Sprints 2014           |
| 68  | 1:17.81 | L     | F    | Micaela Anderson     | 18 | VINE WP  | 11/10/2014 WPA LC SENIOR LEAGUE 3                   |
| 69  | 1:17.94 | L     | F    | Caitlin Truter       | 18 | TYGE WP  | 31/10/2014 Freda Barnard Gala                       |
| 70  | 1:18.36 | L     | F    | Yvonne Smith         | 24 | FS FS    | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 71  | 1:18.50 | L     | F    | Sarah Connock        | 18 | AQUB EP  | 08/11/2014 4th A-League Gala 2014                   |
| 72  | 1:18.54 | L     | F    | Nellie Odendaal      | 22 | POTC NW  | 04/12/2014 NWS Championships 2014/2015              |
| 73  | 1:19.47 | L     | F    | Nicole Lewis         | 19 | TUKS NT  | 07/11/2014 NTS November 20014 Age Group - Combin    |
| 74  | 1:19.54 | L     | P    | Amy Stanley          | 18 | CRSC CG  | 19/03/2015 SA Level 2 Regional Age Group Champs 20  |
| 75  | 1:20.06 | L     | P    | Ingrid Coetzee       | 18 | GREY WP  | 19/03/2015 SA Level 2 Regional Age Group Champs 20  |
| 76  | 1:20.80 | L     | F    | Leandi Toerien       | 18 | TASC LP  | 28/11/2014 Mpumalanga Championships 2014            |
| 77  | 1:22.27 | L     | F    | Carien Rothman       | 20 | NWUC NW  | 29/11/2014 USSA Swimming Championships 2014         |
| 78  | 1:23.19 | L     | F    | Kim Foster           | 55 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 79  | 1:23.24 | L     | F    | Christelle Kriel     | 20 | UNI-N MP | 04/02/2015 MP EVENING GALA - 4 February 2015        |
| 80  | 1:24.19 | L     | F    | Daniele Fourie       | 18 | AQUA BO  | 27/11/2014 Buffalo City Championships 2014          |
| 81  | 1:25.60 | L     | F    | Sandra Dorlas        | 48 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 82  | 1:25.97 | L     | F    | Rebecca Newman       | 22 | BEST EP  | 31/10/2014 Freda Barnard Gala                       |
| 83  | 1:26.02 | L     | F    | Charne Oosthuizen    | 18 | VALS NF  | 27/09/2014 NFSA Trials 2014                         |
| 84  | 1:27.24 | L S   | F    | Aneri Ferreira       | 18 | AQUB EP  | 10/01/2015 5th A-League Gala 2014                   |
| 85  | 1:27.59 | L     | F    | Maritza Snyders      | 18 | BEAV KZ  | 17/01/2015 KZN Age Group Gala 10                    |
| 86  | 1:27.61 | L     | F    | Ellen vd Walt        | 18 | ISSC NW  | 04/12/2014 NWS Championships 2014/2015              |
| 87  | 1:29.52 | L     | F    | Wendy Adam           | 46 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 88  | 1:29.68 | L     | F    | Sandra Verryn        | 27 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 89  | 1:31.44 | L     | F    | Rachelle Isakov      | 44 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 90  | 1:42.98 | L     | F    | Jennifer Ireland     | 64 | HIGH KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 91  | 1:43.14 | L     | F    | Margaretta vd Walt   | 60 | ALCA NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 92  | 1:44.86 | L S   | F    | Nicoli van der Merwe | 18 | TTNS VT  | 03/10/2014 Sasol National Championship 2014         |
| 93  | 1:45.41 | L     | F    | Donn e Dixon         | 24 | ASA WP   | 11/10/2014 WPA LC SENIOR LEAGUE 3                   |
| 94  | 1:45.96 | L     | F    | Janetha SCOTT        | 60 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 95  | 1:46.80 | L     | F    | Jennifer Higgins     | 31 | KZNA KZ  | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 96  | 1:50.49 | L     | F    | Denise Collignon     | 49 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 97  | 1:53.61 | L     | F    | Elizabeth Craig      | 70 | BEST EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 98  | 2:01.50 | L     | F    | Jane Meaker          | 67 | ETSM ES  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 99  | 2:01.73 | L     | F    | Heather Goldstein    | 59 | HIGH KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 100 | 2:03.64 | L     | F    | Henrietta Karsten    | 50 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 101 | 2:05.03 | L     | F    | Adri Visser          | 27 | CGA CG   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 102 | 2:08.72 | L     | F    | Helen Lawless        | 65 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 103 | 2:12.88 | L     | F    | Dawn Rottanburg      | 56 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 104 | 2:24.13 | L     | F    | Melisa van Bosch     | 23 | NDSA KZ  | 28/11/2014 KZN TYR Westville Sprints 2014           |
| 105 | 3:04.50 | L     | F    | Lindiswa Dzanibe     | 20 | MDOL CG  | 01/11/2014 CGA Level 2-3 Gala No 3                  |
| 106 | 3:08.70 | L     | F    | Winifred Gray        | 66 | HIGH KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |

**Women 200 Fly**

|    |         |   |   |                   |    |          |                                                     |
|----|---------|---|---|-------------------|----|----------|-----------------------------------------------------|
| 1  | 2:14.32 | L | P | Rene' Warnes      | 23 | KZNA KZ  | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 2  | 2:17.76 | L | F | Tarryn Els        | 18 | EP EP    | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 3  | 2:19.05 | L | P | Vanessa Mohr      | 20 | TUKS NT  | 21/08/2014 2014 PAN PACIFIC CHAMPIONSHIPS - AL      |
| 4  | 2:20.78 | L | F | Caitlin Kat       | 22 | MATI WP  | 10/12/2014 WP Championships 2014                    |
| 5  | 2:22.05 | L | F | Marli Jacobs      | 20 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014         |
| 6  | 2:23.05 | L | F | Barbora Zavadov a | 22 | CZECH ZZ | 13/02/2015 SSA GRAND PRIX #1 - STELLENBOSCH         |
| 7  | 2:26.44 | L | F | Kyna Pereira      | 19 | KLOO KZ  | 03/10/2014 Sasol National Championship 2014         |
| 8  | 2:27.72 | L | F | Chantel Blygnaut  | 18 | BLOT FS  | 12/03/2015 SA Level 3 National Age Group Champs 20  |
| 9  | 2:29.04 | L | F | Megan Stephens    | 24 | ASA WP   | 31/01/2015 WPA LC Senior League 5                   |
| 10 | 2:29.46 | L | F | Jessica Whelan    | 18 | STAD CG  | 14/02/2015 CGA Level 2/3 Gala No 4                  |
| 11 | 2:29.78 | L | F | Chanelle Van Wyk  | 25 | UWCA WP  | 16/08/2014 WPA LC SENIOR LEAGUE 1                   |
| 12 | 2:30.12 | L | F | Shannon Austin    | 22 | UWCA WP  | 10/12/2014 WP Championships 2014                    |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|                     | Time    | P/F/S | Name | Age/Yr               |    |          |                                                     |
|---------------------|---------|-------|------|----------------------|----|----------|-----------------------------------------------------|
| 13                  | 2:31.70 | L     | P    | Cornell Loubser      | 20 | NWS NW   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 14                  | 2:37.24 | L     | F    | Veruschka Jordaan    | 20 | TUKS NT  | 29/11/2014 USSA Swimming Championships 2014         |
| 15                  | 2:37.34 | L     | F    | Samantha Blaauw      | 19 | NWUC NW  | 04/12/2014 NWS Championships 2014/2015              |
| 16                  | 2:42.69 | L     | F    | Lisa Cowling         | 21 | UWCA WP  | 14/06/2014 WPA SC SENIOR LEAGUE 2 - METROPOL        |
| 17                  | 2:43.61 | L     | F    | Sarah-Jane Walker    | 19 | VINE WP  | 18/07/2014 WPA WINTER CHAMPIONSHIPS                 |
| 18                  | 2:44.84 | L     | F    | Michelle Wessels     | 22 | BLOT FS  | 03/12/2014 Mangaung Aquatics Championship 2014      |
| 19                  | 2:45.66 | L     | F    | Bernitia Hess        | 19 | PAQU WP  | 16/08/2014 WPA LC SENIOR LEAGUE 1                   |
| 20                  | 2:46.07 | L     | F    | Ivanka Stoycheva     | 33 | ASA WP   | 10/12/2014 WP Championships 2014                    |
| 21                  | 2:47.71 | L     | F    | Anna-Lotte Retief    | 21 | BLOT FS  | 03/12/2014 Mangaung Aquatics Championship 2014      |
| 22                  | 2:50.83 | L     | F    | Kathryn Nurse        | 35 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 23*                 | 2:52.47 | L     | F    | Bianca Troup         | 41 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 23*                 | 2:52.47 | L     | F    | Angelique Kotze      | 18 | USH KZ   | 31/01/2015 Ushaka Championship Gala 2015            |
| 25                  | 2:54.68 | L     | F    | Amy Barnes           | 18 | TYGE WP  | 16/08/2014 WPA LC SENIOR LEAGUE 1                   |
| 26                  | 2:57.68 | L     | F    | Michaela Van Niekerk | 18 | VINE WP  | 16/08/2014 WPA LC SENIOR LEAGUE 1                   |
| 27                  | 2:58.28 | L     | F    | Carmen Wessels       | 22 | BLOT FS  | 03/12/2014 Mangaung Aquatics Championship 2014      |
| 28                  | 2:59.61 | L     | F    | Rebecca Newman       | 22 | BEST EP  | 29/11/2014 USSA Swimming Championships 2014         |
| 29                  | 3:12.15 | L     | F    | Claire Amner         | 41 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 30                  | 3:13.24 | L     | F    | Kim Foster           | 55 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 31                  | 3:45.98 | L     | F    | Wendy Adam           | 46 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 32                  | 3:56.50 | L     | F    | Jennifer Higgins     | 31 | NDSA KZ  | 28/11/2014 KZN TYR Westville Sprints 2014           |
| 33                  | 3:57.58 | L     | F    | Margaretta vd Walt   | 60 | ALCA NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 34                  | 3:59.30 | L     | F    | Donnée Dixon         | 24 | ASA WP   | 16/08/2014 WPA LC SENIOR LEAGUE 1                   |
| 35                  | 4:08.83 | L     | F    | Sharon Cumming       | 41 | AMAK BO  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 36                  | 4:22.77 | L     | F    | Elizabeth Craig      | 70 | BEST EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 37                  | 4:29.05 | L     | F    | Heather Goldstein    | 59 | HIGH KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 38                  | 4:33.46 | L     | F    | Linda Crawford       | 65 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 39                  | 4:35.27 | L     | F    | Karin Irvine-Smith   | 43 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 40                  | 4:44.24 | L     | F    | Carole Bridges       | 52 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 41                  | 4:58.02 | L     | F    | Dawn Rottanburg      | 56 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| <b>Women 200 IM</b> |         |       |      |                      |    |          |                                                     |
| 1                   | 2:17.35 | L     | F    | Kirsty Mc Lauchlan   | 21 | CGA CG   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 2                   | 2:17.89 | L     | S    | Rene' Warnes         | 23 | KZNA KZ  | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 3                   | 2:20.97 | L     | F    | Johanna Els          | 18 | FS FS    | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 4                   | 2:21.61 | L     | P    | Justine Macfarlane   | 19 | WATR CG  | 20/02/2015 Grand Prix Invitation Swimming Meet 2015 |
| 5                   | 2:22.41 | L     | F    | Barbora Zavadová     | 22 | CZECH ZZ | 13/02/2015 SSA GRAND PRIX #1 - STELLENBOSCH         |
| 6                   | 2:22.95 | L S   | F    | Kyna Pereira         | 19 | KLOO KZ  | 03/10/2014 Sasol National Championship 2014         |
| 7                   | 2:24.50 | L     | F    | Beatrix Malan        | 19 | MATI WP  | 21/08/2014 2014 PAN PACIFIC CHAMPIONSHIPS - AL      |
| 8                   | 2:24.79 | L     | P    | Jessica Whelan       | 18 | STAD CG  | 20/02/2015 Grand Prix Invitation Swimming Meet 2015 |
| 9                   | 2:24.84 | L     | F    | Lindsay Mc Leod      | 20 | WSTV KZ  | 07/06/2014 Mare Nostrum Monaco                      |
| 10                  | 2:27.86 | L     | F    | Caitlin Kat          | 22 | MATI WP  | 13/02/2015 SSA GRAND PRIX #1 - STELLENBOSCH         |
| 11                  | 2:27.97 | L     | F    | Lehesta Kemp         | 25 | PSC NT   | 21/06/2014 Winter 1                                 |
| 12                  | 2:28.94 | L     | F    | Tasmynne Roe         | 22 | SGUL KZ  | 14/02/2015 KZN Age Group Gala 11                    |
| 13                  | 2:29.36 | L     | F    | Shannon Austin       | 22 | UWCA WP  | 10/12/2014 WP Championships 2014                    |
| 14                  | 2:29.66 | L     | F    | Sarah-Ann Bouwer     | 20 | MDOL CG  | 20/06/2014 IV Trofeo Città di Pescara               |
| 15                  | 2:29.93 | L     | F    | Chanelle Van Wyk     | 25 | CYBE WP  | 10/12/2014 WP Championships 2014                    |
| 16                  | 2:29.94 | L     | F    | Alexandra Quenet     | 19 | MATI WP  | 18/07/2014 WPA WINTER CHAMPIONSHIPS                 |
| 17                  | 2:30.06 | L     | F    | Michelle Wessels     | 22 | BLOT FS  | 03/12/2014 Mangaung Aquatics Championship 2014      |
| 18                  | 2:30.51 | L     | P    | Tarryn Els           | 18 | PEAS EP  | 12/03/2015 SA Level 3 National Age Group Champs 20  |
| 19                  | 2:30.94 | L     | F    | Lauren Billson       | 20 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014         |
| 20                  | 2:31.03 | L     | P    | Carmen Wessels       | 22 | FS FS    | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 21                  | 2:31.07 | L     | P    | Sharnè Dicks         | 20 | CYBE WP  | 10/12/2014 WP Championships 2014                    |
| 22                  | 2:31.66 | L     | P    | Chantel Blignaut     | 18 | BLOT FS  | 12/03/2015 SA Level 3 National Age Group Champs 20  |
| 23                  | 2:31.91 | L     | P    | Lindsay McLeod       | 20 | WSTV KZ  | 17/12/2014 KZN Premier Championships 2014           |
| 24                  | 2:32.31 | L     | P    | Danica McWilliam     | 19 | WATR CG  | 18/12/2014 CGA Open LC Championships 2014           |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|     | Time    | P/F/S | Name | Age/Yr               |    |          |                                                     |
|-----|---------|-------|------|----------------------|----|----------|-----------------------------------------------------|
| 25  | 2:32.68 | L     | F    | Megan Stephens       | 24 | ASA WP   | 31/01/2015 WPA LC Senior League 5                   |
| 26  | 2:32.96 | L     | F    | Michaela Van Niekerk | 18 | VINE WP  | 10/12/2014 WP Championships 2014                    |
| 27  | 2:33.57 | L     | P    | Jessica MacDonald    | 18 | SGUL KZ  | 17/12/2014 KZN Premier Championships 2014           |
| 28  | 2:34.10 | L     | P    | Johanna Els          | 18 | KOVFS FS | 12/03/2015 SA Level 3 National Age Group Champs 20  |
| 29  | 2:34.14 | L     | P    | Morgan Nicholls      | 19 | VIKI BO  | 17/12/2014 KZN Premier Championships 2014           |
| 30  | 2:34.15 | L     | F    | Vidette Coetzee      | 25 | TUKS NT  | 29/11/2014 USSA Swimming Championships 2014         |
| 31  | 2:34.50 | L     | F    | Kristy Muller        | 20 | TUKS NT  | 29/11/2014 USSA Swimming Championships 2014         |
| 32  | 2:34.60 | L     | F    | Samantha Blaauw      | 19 | NWS NW   | 31/01/2015 4 + 1 Inter Provincial Gala 2015         |
| 33  | 2:34.71 | L     | F    | Imre Van Huyssteen   | 19 | PLAY WP  | 10/12/2014 WP Championships 2014                    |
| 34  | 2:34.94 | L     | F    | Kelly Gunnell        | 21 | MDOL CG  | 01/11/2014 CGA Level 2-3 Gala No 3                  |
| 35  | 2:35.00 | L     | F    | Louisa De Jongh      | 19 | MATI WP  | 08/11/2014 WPA LC SENIOR LEAGUE 4                   |
| 36  | 2:35.05 | L     | P    | Licinda Kleynhans    | 18 | TUKS NT  | 12/03/2015 SA Level 3 National Age Group Champs 20  |
| 37  | 2:35.62 | L     | F    | Bianca Von Bargen    | 21 | ACSA KZ  | 28/11/2014 KZN TYR Westville Sprints 2014           |
| 38  | 2:36.76 | L     | F    | Anola Walk           | 18 | MATI WP  | 10/12/2014 WP Championships 2014                    |
| 39* | 2:37.26 | L     | F    | Nadia Esterhuizen    | 18 | WSTV KZ  | 28/11/2014 KZN TYR Westville Sprints 2014           |
| 39* | 2:37.26 | L     | F    | Kelly McCann         | 21 | AZON KZ  | 06/12/2014 KZN Age Group 9 Gala                     |
| 41  | 2:37.62 | L     | F    | Jodie Winterton      | 18 | WATR CG  | 31/01/2015 EGA Summer 4                             |
| 42  | 2:37.66 | L     | P    | Seonaid Leech        | 19 | STAD CG  | 18/12/2014 CGA Open LC Championships 2014           |
| 43  | 2:37.75 | L     | F    | Caitlin Truter       | 18 | TYGE WP  | 10/12/2014 WP Championships 2014                    |
| 44  | 2:38.59 | L     | F    | Sarah-Jane Walker    | 19 | VINE WP  | 18/07/2014 WPA WINTER CHAMPIONSHIPS                 |
| 45  | 2:38.78 | L     | F    | Tamlyn Price         | 20 | AQUB EP  | 22/11/2014 PEA Gala 2014                            |
| 46  | 2:38.84 | L     | F    | Jessica De Beer      | 20 | FLOD CG  | 18/12/2014 CGA Open LC Championships 2014           |
| 47  | 2:38.86 | L     | F    | Amy Barnes           | 18 | TYGE WP  | 18/07/2014 WPA WINTER CHAMPIONSHIPS                 |
| 48  | 2:38.97 | L     | P    | Danielle Masters     | 18 | TUKS NT  | 20/02/2015 Grand Prix Invitation Swimming Meet 2015 |
| 49  | 2:39.11 | L     | F    | Brie Parker          | 18 | SEAL KZ  | 17/12/2014 KZN Premier Championships 2014           |
| 50  | 2:39.31 | L     | P    | Ashleigh Shepherd    | 18 | MDOL CG  | 12/03/2015 SA Level 3 National Age Group Champs 20  |
| 51  | 2:39.50 | L     | F    | Sarah Jorgensen      | 18 | EP EP    | 17/01/2015 Inter-Provincial Gala 2015               |
| 52  | 2:40.17 | L     | P    | Emma Kinghorn        | 18 | ACSA KZ  | 17/12/2014 KZN Premier Championships 2014           |
| 53  | 2:40.29 | L     | F    | Shana Vilensky       | 18 | STAD CG  | 31/01/2015 EGA Summer 4                             |
| 54  | 2:40.32 | L     | F    | Michelle Nieuwstad   | 21 | MATI WP  | 08/11/2014 WPA LC SENIOR LEAGUE 4                   |
| 55  | 2:40.46 | L     | P    | Kirsten Coetzee      | 18 | AZON KZ  | 17/12/2014 KZN Premier Championships 2014           |
| 56  | 2:40.88 | L     | F    | Karli van Heerden    | 24 | UNI MP   | 28/11/2014 KZN TYR Westville Sprints 2014           |
| 57  | 2:41.02 | L     | F    | Anja Gericke         | 18 | KOVFS FS | 06/09/2014 Kovsies Gala 2                           |
| 58  | 2:41.13 | L     | F    | Marise Nel           | 19 | PAC NT   | 17/10/2014 NTS Oct 2014 Age Group Lev 2+3           |
| 59  | 2:41.28 | L     | F    | Tayla Saunders       | 19 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014         |
| 60  | 2:41.46 | L     | F    | Rebecca Haines       | 18 | CADO WP  | 18/07/2014 WPA WINTER CHAMPIONSHIPS                 |
| 61  | 2:41.53 | L     | F    | Anna Lennox          | 18 | EAGA LP  | 28/11/2014 Mpumalanga Championships 2014            |
| 62  | 2:41.97 | L     | P    | Bernitia Hess        | 19 | PAQU WP  | 10/12/2014 WP Championships 2014                    |
| 63  | 2:41.99 | L     | F    | Odile Dauvellier     | 21 | TUKS NT  | 31/01/2015 EGA Summer 4                             |
| 64  | 2:42.05 | L     | F    | Renelda Scholtz      | 18 | SWAR WP  | 08/11/2014 WPA LC SENIOR LEAGUE 4                   |
| 65  | 2:42.24 | L     | F    | Samantha Gunther     | 28 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 66  | 2:42.54 | L     | F    | Tanya Abrie          | 19 | WATR CG  | 18/12/2014 CGA Open LC Championships 2014           |
| 67  | 2:42.96 | L     | F    | Melene Klinck        | 19 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014         |
| 68  | 2:43.11 | L     | F    | Cornell Loubser      | 20 | NWUC NW  | 29/11/2014 USSA Swimming Championships 2014         |
| 69* | 2:43.24 | L     | P    | Tina Wong            | 19 | MDOL CG  | 18/12/2014 CGA Open LC Championships 2014           |
| 69* | 2:43.24 | L     | F    | Claire Harrington    | 28 | DOLP WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 71  | 2:43.96 | L     | F    | Anna-Lotte Retief    | 21 | BLOT FS  | 03/12/2014 Mangaung Aquatics Championship 2014      |
| 72  | 2:44.23 | L     | F    | Dawn Schutte         | 18 | SGUL KZ  | 28/11/2014 KZN TYR Westville Sprints 2014           |
| 73  | 2:45.17 | L     | F    | Janke Grobbelaar     | 18 | GDE      | 06/09/2014 Gauteng Schools Aquatics Trials 2014     |
| 74  | 2:45.31 | L     | F    | Tracy Gous           | 39 | AQUB EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 75  | 2:45.62 | L     | F    | Jess-Keir Neely      | 18 | SOUL ES  | 21/06/2014 Winter 1                                 |
| 76  | 2:45.64 | L     | F    | Chantel Smith        | 21 | BLSS FS  | 03/12/2014 Mangaung Aquatics Championship 2014      |
| 77  | 2:46.22 | L     | P    | Amy Stanley          | 18 | CRSC CG  | 05/12/2014 EGA Championships Dec 2014               |
| 78  | 2:46.94 | L     | F    | Jessica Roux         | 22 | NMMU EP  | 29/11/2014 USSA Swimming Championships 2014         |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|     | Time    | P/F/S | Name | Age/Yr                |    |          |                                                      |
|-----|---------|-------|------|-----------------------|----|----------|------------------------------------------------------|
| 79  | 2:46.97 | L     | F    | Jessica De Beer       | 20 | FLOD CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 80  | 2:47.15 | L     | F    | Yvonne Smith          | 24 | FS FS    | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 81  | 2:47.30 | L     | P    | Kelsey Heatlie        | 19 | BENS ES  | 05/12/2014 EGA Championships Dec 2014                |
| 82  | 2:48.00 | L     | F    | Cecilia Stanford      | 53 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 83  | 2:48.39 | L     | F    | Erika Scheepers       | 31 | BEST EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 84  | 2:49.35 | L     | F    | Claire Featherstone   | 18 | WATR CG  | 01/11/2014 CGA Level 2-3 Gala No 3                   |
| 85  | 2:49.49 | L     | F    | Megan Hesse           | 20 | PAC NT   | 17/10/2014 NTS Oct 2014 Age Group Lev 2+3            |
| 86  | 2:49.63 | L     | F    | Antonelle Saporta     | 34 | AQUB EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 87  | 2:49.80 | L     | P    | Veruschka Jordaan     | 20 | TUKS NT  | 04/12/2014 NTS Championships 2014                    |
| 88  | 2:50.15 | L     | P    | Suné Breed            | 18 | LIMSC LP | 11/12/2014 SA Schools Swimming Championship 2014     |
| 89  | 2:50.17 | L     | F    | Christelle Kriel      | 20 | MP MP    | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 90  | 2:50.34 | L     | F    | Angelique Kotze       | 18 | USH KZ   | 08/11/2014 KZN Uthungulu Nov Age Group Gala          |
| 91  | 2:50.44 | L     | P    | Michaela Diaz         | 18 | STPS KZ  | 17/12/2014 KZN Premier Championships 2014            |
| 92  | 2:51.36 | L     | F    | Kayla-Ann Haycock     | 18 | AZON KZ  | 28/11/2014 KZN TYR Westville Sprints 2014            |
| 93  | 2:51.69 | L     | P    | Ingrid Coetzee        | 18 | GREY WP  | 10/12/2014 WP Championships 2014                     |
| 94  | 2:51.93 | L     | F    | Carien Rothman        | 20 | NWUC NW  | 29/11/2014 USSA Swimming Championships 2014          |
| 95  | 2:52.77 | L     | F    | Jaki Fagan            | 40 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 96  | 2:53.66 | L     | F    | Nicole Lewis          | 19 | TUKS NT  | 19/09/2014 NTS Sep 2014 Age Group Lev 2+3            |
| 97  | 2:53.67 | L     | F    | Micaela Anderson      | 18 | VINE WP  | 18/07/2014 WPA WINTER CHAMPIONSHIPS                  |
| 98  | 2:54.19 | L     | F    | Paige Riddin          | 18 | USC BO   | 31/10/2014 Buffalo City November Age Group Gala 201  |
| 99  | 2:54.22 | L     | F    | Nellie Odendaal       | 22 | POTC NW  | 04/12/2014 NWS Championships 2014/2015               |
| 100 | 2:54.52 | L     | F    | Lara Wantenaar        | 34 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 101 | 2:54.88 | L     | F    | Rebecca Newman        | 22 | BEST EP  | 31/10/2014 Freda Barnard Gala                        |
| 102 | 2:55.01 | L     | F    | Janine Blignaut       | 18 | BLSS FS  | 03/12/2014 Mangaung Aquatics Championship 2014       |
| 103 | 2:55.10 | L     | F    | Sarah Connock         | 18 | AQUB EP  | 08/11/2014 4th A-League Gala 2014                    |
| 104 | 2:55.96 | L     | F    | Claire Amner          | 41 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 105 | 2:57.74 | L     | F    | Elizabeth Muller      | 31 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 106 | 2:58.59 | L     | F    | Ellen vd Walt         | 18 | ISSC NW  | 24/01/2015 NWS Age Group 4 1415                      |
| 107 | 2:59.01 | L     | P    | Emily Gray            | 23 | NTS NT   | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 108 | 2:59.07 | L     | F    | Claire Ter Morshuizen | 18 | AQUB EP  | 08/11/2014 4th A-League Gala 2014                    |
| 109 | 2:59.28 | L     | F    | Minnie-Lize Olivier   | 35 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 110 | 3:00.02 | L     | F    | Kirstyn Fourie        | 18 | AQUB EP  | 05/12/2014 NMBA Championships 2014                   |
| 111 | 3:00.35 | L     | F    | Julia Anderson        | 18 | VINE WP  | 08/11/2014 WPA LC SENIOR LEAGUE 4                    |
| 112 | 3:00.66 | L     | F    | Melissa Hemmings      | 20 | FLOD CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 113 | 3:01.64 | L     | F    | Jean Degenaar         | 55 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 114 | 3:03.25 | L     | F    | Barbara Fraatz        | 49 | VALS NF  | 22/11/2014 Welkom League Gala 2 2014                 |
| 115 | 3:03.93 | L     | F    | Rachelle Isakov       | 44 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 116 | 3:05.19 | L     | F    | Bianca van Breda      | 34 | TLAC NW  | 22/11/2014 NWS Age Group 3 2014/2015                 |
| 117 | 3:07.89 | L     | F    | Elizabeth Pieterse    | 40 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 118 | 3:08.01 | L     | F    | Marieta Theart        | 18 | BLNE FS  | 16/08/2014 Neptune Aquatics Sprint gala 2014         |
| 119 | 3:08.22 | L     | F    | Maritza Snyders       | 18 | KZNA KZ  | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 120 | 3:08.42 | L     | F    | Cathryn Hempel        | 43 | AQUB EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 121 | 3:08.61 | L     | F    | Sandra Verryn         | 27 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 122 | 3:11.70 | L     | F    | Ruth Hornickel        | 28 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 123 | 3:12.50 | L     | F    | Samantha Hunter       | 28 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 124 | 3:13.06 | L     | F    | Daniele Fourie        | 18 | AQUA BO  | 27/11/2014 Buffalo City Championships 2014           |
| 125 | 3:16.73 | L     | F    | Savannah Greeff       | 18 | BLNE FS  | 25/02/2015 Inter High School Gala - 25 February 2015 |
| 126 | 3:17.24 | L     | F    | Shirley Carey         | 40 | HIGH KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 127 | 3:17.86 | L     | F    | Anneke Boshoff        | 42 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 128 | 3:18.99 | L     | F    | Aletta Steenkamp      | 28 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 129 | 3:19.20 | L     | F    | Annezell Van Staden   | 19 | TUKS NT  | 19/09/2014 NTS Sep 2014 Age Group Lev 2+3            |
| 130 | 3:20.31 | L     | F    | Jessica Vd Merwe      | 18 | FLOD CG  | 20/09/2014 CGA Level 2-3 Gala No 1 2014              |
| 131 | 3:21.79 | L     | F    | Amy Fraser            | 19 | NEWS KZ  | 06/12/2014 Uthukela District Long Course Championshi |
| 132 | 3:21.92 | L     | F    | Morgan Hughes         | 18 | MDOL CG  | 14/02/2015 CGA Level 2/3 Gala No 4                   |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|                     | Time    | P/F/S | Name | Age/Yr               |    |          |                                                      |
|---------------------|---------|-------|------|----------------------|----|----------|------------------------------------------------------|
| 133                 | 3:22.90 | L     | F    | Vicky Van der Merwe  | 19 | NEWS KZ  | 04/10/2014 KZN - Amajuba District October Age Group  |
| 134                 | 3:25.54 | L     | F    | Anne Swart           | 21 | FINS MP  | 23/01/2015 MP Age Group 3 - 23/24 January 2015       |
| 135                 | 3:25.65 | L     | F    | Alexis Homveld       | 22 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 136                 | 3:28.06 | L     | F    | Elize Botha          | 18 | LIMSC LP | 26/02/2015 Limpopo Province Interprovincial          |
| 137                 | 3:28.16 | L     | F    | Vivian Routledge     | 57 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 138                 | 3:28.24 | L     | F    | Nasiha Mohamed       | 18 | ATLA CG  | 01/11/2014 CGA Level 2-3 Gala No 3                   |
| 139                 | 3:28.32 | L S   | F    | Jennifer Higgins     | 31 | NDSA KZ  | 17/12/2014 KZN Premier Championships 2014            |
| 140                 | 3:28.37 | L     | F    | Maria Fuchs          | 51 | DOLP WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 141                 | 3:28.55 | L     | F    | Janetha SCOTT        | 60 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 142                 | 3:29.25 | L     | F    | Astrid Kohlmeyer     | 18 | VRY KZ   | 06/12/2014 Uthukela District Long Course Championshi |
| 143                 | 3:29.99 | L     | F    | Cornelia Fowler      | 34 | KZNA KZ  | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 144                 | 3:30.02 | L     | F    | Melanie Van Wyk      | 37 | QSAM WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 145                 | 3:30.42 | L     | F    | Nicole Candy         | 32 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 146                 | 3:32.39 | L     | F    | Jennifer Ireland     | 64 | HIGH KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 147                 | 3:36.13 | L     | F    | Carolyn van Niekerk  | 42 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 148                 | 3:36.41 | L     | F    | Erin Burger          | 21 | AMAK     | 23/01/2015 BCA January Age Group Gala 2015           |
| 149                 | 3:37.37 | L     | F    | Annette Thatcher     | 63 | HIGH KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 150                 | 3:38.11 | L     | F    | MartINETTE Du Toit   | 22 | NCASA NC | 31/01/2015 4 + 1 Inter Provincial Gala 2015          |
| 151                 | 3:45.13 | L     | F    | Aneri Ferreira       | 18 | AQUB EP  | 25/10/2014 3rd A-League Gala 2014                    |
| 152                 | 3:46.44 | L     | F    | Tanya Cohen          | 45 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 153                 | 3:48.10 | L     | F    | Elizabeth Craig      | 70 | BEST EP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 154                 | 3:50.49 | L     | F    | Denise Collignon     | 49 | COEL NT  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 155                 | 3:54.84 | L     | F    | Donnée Dixon         | 24 | ASA WP   | 29/11/2014 WP STRAND MEET - DISTANCE                 |
| 156                 | 3:57.87 | L     | F    | Jane Meaker          | 67 | ETSM ES  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 157                 | 3:58.36 | L     | F    | Carole Bridges       | 52 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 158                 | 4:00.21 | L     | F    | Ethelwyn Van Niekerk | 67 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 159                 | 4:10.10 | L     | F    | Jeanne Loxton        | 64 | FRST FS  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 160                 | 4:13.75 | L S   | F    | Bronwyn Ramathula    | 25 | BEAV KZ  | 17/12/2014 KZN Premier Championships 2014            |
| 161                 | 4:15.20 | L     | F    | Linda Crawford       | 65 | PHOE CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 162                 | 4:17.20 | L     | F    | Heather Goldstein    | 59 | HIGH KZ  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 163                 | 4:18.57 | L     | F    | Helen Lawless        | 65 | WAHO CG  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 164                 | 4:28.95 | L     | F    | Melisa van Bosch     | 23 | NDSA KZ  | 14/02/2015 KZN Age Group Gala 11                     |
| 165                 | 4:31.50 | L     | F    | Rentia Oosthuizen    | 23 | AQUB EP  | 05/12/2014 NMBA Championships 2014                   |
| 166                 | 4:41.20 | L     | F    | Adri Visser          | 27 | CGA CG   | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 167                 | 4:45.85 | L S   | F    | Tracy McKay          | 45 | SGUL KZ  | 17/12/2014 KZN Premier Championships 2014            |
| 168                 | 5:13.67 | L     | F    | Patricia Rix         | 72 | CPTW WP  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 169                 | 5:41.95 | L     | F    | Florence Burbidge    | 51 | AMAK BO  | 18/03/2015 SAMS 31st LC Champs @ Johannesburg        |
| 170                 | 6:41.71 | L     | F    | Lindiswa Dzanibe     | 20 | MDOL CG  | 01/11/2014 CGA Level 2-3 Gala No 3                   |
| 171                 | 6:43.06 | L     | P    | Patricia Ings        | 46 | KZNA KZ  | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| <b>Women 400 IM</b> |         |       |      |                      |    |          |                                                      |
| 1                   | 4:49.04 | L     | F    | Rene' Warnes         | 23 | KZNA KZ  | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 2                   | 4:51.22 | L     | F    | Kirsty Mc Lauchlan   | 21 | CGA CG   | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 3                   | 5:02.26 | L     | F    | Jessica Whelan       | 18 | CGA CG   | 13/04/2015 Sa National Aquatic Championship 2015 Du  |
| 4                   | 5:03.29 | L     | F    | Kyna Pereira         | 19 | KLOO KZ  | 03/10/2014 Sasol National Championship 2014          |
| 5                   | 5:05.19 | L     | F    | Ida Schütt           | 19 | KVIK ZZ  | 13/02/2015 SSA GRAND PRIX #1 - STELLENBOSCH          |
| 6                   | 5:06.60 | L     | P    | Hannah Nissen        | 18 | KVIK ZZ  | 13/02/2015 SSA GRAND PRIX #1 - STELLENBOSCH          |
| 7                   | 5:06.73 | L     | F    | Lindsay Mc Leod      | 20 | WSTV KZ  | 07/06/2014 Mare Nostrum Monaco                       |
| 8                   | 5:10.26 | L     | F    | Caitlin Kat          | 22 | MATI WP  | 10/12/2014 WP Championships 2014                     |
| 9                   | 5:10.57 | L     | F    | Johanna Els          | 18 | KOVS FS  | 12/03/2015 SA Level 3 National Age Group Champs 20   |
| 10                  | 5:12.62 | L     | F    | Clarice Le Roux      | 18 | ACSA KZ  | 17/12/2014 KZN Premier Championships 2014            |
| 11                  | 5:13.99 | L     | F    | Sarah-Jane Walker    | 19 | KNYS SW  | 17/12/2014 KZN Premier Championships 2014            |
| 12                  | 5:15.12 | L     | F    | Shannon Austin       | 22 | UWCA WP  | 10/12/2014 WP Championships 2014                     |
| 13                  | 5:21.43 | L     | F    | Lauren Billson       | 20 | MATI WP  | 29/11/2014 USSA Swimming Championships 2014          |
| 14                  | 5:25.18 | L     | F    | Michelle Wessels     | 22 | BLOT FS  | 03/12/2014 Mangaung Aquatics Championship 2014       |

## Individual Top Times

Times since: 01-May-14

Number of Top Times: All Show Long Course Only

|    | Time     | P/F/S | Name | Age/Yr               |    |         |                                                     |
|----|----------|-------|------|----------------------|----|---------|-----------------------------------------------------|
| 15 | 5:25.76  | L     | P    | Johanna Els          | 18 | FS FS   | 13/04/2015 Sa National Aquatic Championship 2015 Du |
| 16 | 5:28.46  | L     | F    | Amy Barnes           | 18 | TYGE WP | 10/12/2014 WP Championships 2014                    |
| 17 | 5:29.25  | L     | F    | Carmen Wessels       | 22 | BLOT FS | 03/12/2014 Mangaung Aquatics Championship 2014      |
| 18 | 5:34.96  | L     | F    | Samantha Blaauw      | 19 | NWUC NW | 04/12/2014 NWS Championships 2014/2015              |
| 19 | 5:35.57  | L     | F    | Kirsten Coetzee      | 18 | AZON KZ | 28/11/2014 KZN TYR Westville Sprints 2014           |
| 20 | 5:36.31  | L     | F    | Michaela Van Niekerk | 18 | VINE WP | 31/01/2015 WPA LC Senior League 5                   |
| 21 | 5:38.98  | L     | F    | Sharnè Dicks         | 20 | CYBE WP | 14/06/2014 WPA SC SENIOR LEAGUE 2 - METROPOI        |
| 22 | 5:41.34  | L     | F    | Caitlin Truter       | 18 | TYGE WP | 13/09/2014 WPA LC SENIOR LEAGUE 2                   |
| 23 | 5:43.81  | L     | F    | Lisa Cowling         | 21 | UWCA WP | 14/06/2014 WPA SC SENIOR LEAGUE 2 - METROPOI        |
| 24 | 5:44.02  | L     | F    | Imre Van Huyssteen   | 19 | PLAY WP | 13/09/2014 WPA LC SENIOR LEAGUE 2                   |
| 25 | 5:45.40  | L     | F    | Licinda Kleynhans    | 18 | TUKS NT | 15/08/2014 NTS August 20014 Age Group - Combined    |
| 26 | 5:46.89  | L     | F    | Chantel Smith        | 21 | BLSS FS | 03/12/2014 Mangaung Aquatics Championship 2014      |
| 27 | 5:47.59  | L     | F    | Veruschka Jordaan    | 20 | TUKS NT | 29/11/2014 USSA Swimming Championships 2014         |
| 28 | 5:52.98  | L     | F    | Samantha Gunther     | 28 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 29 | 5:56.77  | L     | F    | Amy Stanley          | 18 | CRSC CG | 05/12/2014 EGA Championships Dec 2014               |
| 30 | 6:00.58  | L     | F    | Anna-Lotte Retief    | 21 | BLOT FS | 03/12/2014 Mangaung Aquatics Championship 2014      |
| 31 | 6:01.86  | L     | F    | Carien Rothman       | 20 | NWUC NW | 29/11/2014 USSA Swimming Championships 2014         |
| 32 | 6:02.62  | L     | F    | Rebecca Newman       | 22 | BEST EP | 29/11/2014 USSA Swimming Championships 2014         |
| 33 | 6:04.49  | L     | F    | Bianca Troup         | 41 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 34 | 6:09.80  | L     | F    | Kathryn Nurse        | 35 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 35 | 6:13.98  | L     | F    | Angelique Kotze      | 18 | USH KZ  | 28/11/2014 KZN TYR Westville Sprints 2014           |
| 36 | 6:17.09  | L     | F    | Micaela Anderson     | 18 | VINE WP | 13/09/2014 WPA LC SENIOR LEAGUE 2                   |
| 37 | 6:21.21  | L     | F    | Claire Amner         | 41 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 38 | 6:31.87  | L     | F    | Rachelle Isakov      | 44 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 39 | 6:39.03  | L     | F    | Jean Degenaar        | 55 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 40 | 6:58.69  | L     | F    | Ruth Hornickel       | 28 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 41 | 7:22.01  | L     | F    | Alexis Homveld       | 22 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 42 | 7:22.64  | L     | F    | Angela Finlay        | 40 | BEST EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 43 | 7:26.87  | L     | F    | Aletta Steenkamp     | 28 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 44 | 7:34.05  | L     | F    | Margaretta vd Walt   | 60 | ALCA NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 45 | 7:37.87  | L     | F    | Justine Johnson      | 38 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 46 | 7:40.28  | L     | F    | Junel Vermeulen      | 56 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 47 | 7:40.90  | L     | F    | Jennifer Ireland     | 64 | HIGH KZ | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 48 | 8:00.05  | L     | F    | Elizabeth Craig      | 70 | BEST EP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 49 | 8:06.28  | L     | F    | Marissa Rollnick     | 63 | PHOE CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 50 | 8:12.63  | L     | F    | Donnée Dixon         | 24 | ASA WP  | 25/10/2014 WP STRAND MEET                           |
| 51 | 8:16.61  | L     | F    | Sharon Cumming       | 41 | AMAK BO | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 52 | 8:17.85  | L     | F    | Denise Collignon     | 49 | COEL NT | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 53 | 8:20.42  | L     | F    | Carole Bridges       | 52 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 54 | 8:58.41  | L     | F    | Helen Lawless        | 65 | WAHO CG | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 55 | 8:59.72  | L     | F    | Ethelwyn Van Niekerk | 67 | FRST FS | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 56 | 9:01.09  | L     | F    | Heather Goldstein    | 59 | HIGH KZ | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 57 | 10:41.16 | L     | F    | Dawn Rottanburg      | 56 | FRST FS | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |
| 58 | 10:51.99 | L     | F    | Patricia Rix         | 72 | CPTW WP | 18/03/2015 SAMS 31st LC Champs @ Johannesburg       |