

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Men 19 &amp; Over 50 Free</b>							
1	21.79 L	F	Bradley Tandy	26	RSA	06/08/2016	2016 Rio Olympic
2	22.37 L	P	Douglas Erasmus	27	RSA	06/08/2016	2016 Rio Olympic
3	22.41 L	F	Zane Waddell	19	FS MAN	03/04/2017	Sa National Aquatic Championship
4	23.11 L	F	Caydon Muller	22	TUKS FSH	07/12/2016	NTS Championships 2016
5	23.17 L	P	Armand Maritz	20	NTS FSH	03/04/2017	Sa National Aquatic Championship
6	23.23 L	S	Reynard Wessels	23	FS MAN	03/04/2017	Sa National Aquatic Championship
7	23.26 L	F	Ryan Coetzee	21	NTS FSH	03/04/2017	Sa National Aquatic Championship
8	23.36 L	P	Clayton Jimmie	22	KZNA ETH	03/04/2017	Sa National Aquatic Championship
9	23.44 L	F	Calvyn Justus	21	SGUL ETH	04/02/2017	2017 Grand Prix Invitation Swimm
10	23.61 L	S	Bryce Pendock	21	WCA CPT	03/04/2017	Sa National Aquatic Championship
11	23.64 L	F	Jacobus Jv Rensburg	22	TUKS FSH	07/12/2016	NTS Championships 2016
12	23.69 L	F	Joshua Saunders	21	KZNA ETH	03/04/2017	Sa National Aquatic Championship
13	23.72 L	P	Alaric Basson	21	RSA	16/10/2016	12th African Swimming Champs 20
14	23.80 L	F	Jacques Van Wyk	24	TUKS FSH	23/09/2016	NTS September 2016 Age Group I
15*	23.96 L	S	Kyle Van Niekerk	19	CGA JHB	03/04/2017	Sa National Aquatic Championship
15*	23.96 L	F	Ralph Goveia	21	TUKS FSH	24/02/2017	2017 Grand Prix Invitation Swiimin
17	24.02 L	P	Marno Langeveldt	23	NTS FSH	03/04/2017	Sa National Aquatic Championship
18	24.05 L	F	Alard Basson	21	NMMU NMA	24/02/2017	2017 Grand Prix Invitation Swiimin
19*	24.18 L	F	Jarryd Hoole	21	SRAY BUF	05/11/2016	BCA Nov Age Group Gala 2016
19*	24.18 L	F	Matthew Bowers	22	CADO CPT	01/12/2016	Western Cape Summer Champion
21	24.26 L	F	Cameron Oliver	21	MDOL JHB	04/02/2017	2017 Grand Prix Invitation Swimm
22	24.30 L	F	Jan Bezuidenhout	19	TLAC BPD	03/06/2016	Hamilton Aquatics Summer Sizzler
23	24.31 L	F	Tiaan Fourie	19	DDA FSH	23/09/2016	NTS September 2016 Age Group I
24	24.35 L S	F	Jason Lawson	29	NMMU NMA	10/02/2017	6th A League Gala 2017
25	24.37 L	F	Joshua Walters	20	RSA	14/12/2016	African Union Sports-Region 5 Un
26	24.40 L	P	Vincent Delagey	23	AEC JHB	16/12/2016	Vita-thion CGA Open LC Champs
27	24.42 L	F	Josef Kieser	20	MATI CED	24/02/2017	2017 Grand Prix Invitation Swiimin
28	24.44 L	P	Keanu Silent	20	WCA CPT	03/04/2017	Sa National Aquatic Championship
29	24.46 L	F	Martin Binedell	21	SGUL ETH	25/11/2016	KZN TYR Westville Sprints 2016
30*	24.49 L	F	Johan Lourens	21	TUKS FSH	23/09/2016	NTS September 2016 Age Group I
30*	24.49 L	F	Rudo Looek	19	PSC FSH	21/10/2016	NTS October 2016 Age Group Gal
32	24.51 L	F	Pierre Dellieu	19	CGA JHB	03/04/2017	Sa National Aquatic Championship
33*	24.54 L	P	Nicolaas Deacon	23	NTS FSH	03/04/2017	Sa National Aquatic Championship
33*	24.54 L	P	Timothy Simpson	22	SASE JHB	16/12/2016	Vita-thion CGA Open LC Champs
35	24.56 L	F	Kevin Bargate	19	SGUL ETH	02/09/2016	KZN Beavers Winter LongCourse
36*	24.57 L	F	Willem Scheepers	30	NWUC KKD	08/12/2016	NWS Championships 2016/2017
36*	24.57 L	F	Bradley Reen	40	AQUB NMA	30/09/2016	Aquabear Invitational Meet
36*	24.57 L	F	Wiehann Kock	23	NWUC KKD	10/12/2016	Amajuba District December Age G
39	24.62 L	P	Christopher King	31	VINE CPT	24/02/2017	2017 Grand Prix Invitation Swiimin
40	24.64 L	F	Neil Fair	20	CSC FSH	23/09/2016	NTS September 2016 Age Group I
41*	24.67 L	F	Daniel Vd Merwe	19	TUKS FSH	17/03/2017	SA National JNR Age Group Char
41*	24.67 L S	P	Hylton Collinson	19	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
43	24.71 L	F	Jan vd Merwe	23	TUKS FSH	23/09/2016	NTS September 2016 Age Group I
44	24.74 L	F	Credence Pattinson	19	AQUB NMA	02/12/2016	NMBA Championships 2016
45	24.79 L	F	Kyle Holmes	19	SRAY BUF	13/12/2016	KZN Speedo Provincial Champion
46	24.80 L	P	Brenden Crawford	21	CGA JHB	03/04/2017	Sa National Aquatic Championship
47	24.81 L	F	Janco Saaiman	19	TUKS FSH	07/12/2016	NTS Championships 2016
48	24.82 L	P	Bradley Van Staden	20	SEAL UMD	13/12/2016	KZN Speedo Provincial Champion
49	24.86 L	F	Ryan Botha	20	TUKS FSH	07/12/2016	NTS Championships 2016
50	24.90 L	F	Mel Stronkhorst	25	KSC EZD	25/11/2016	Mpumalanga Championships 2016
51	24.92 L	F	Trent Panzera	19	WATR JHB	17/09/2016	CGA Level 3/SANJ Gala No 1
52	24.93 L	F	Mark Roach	20	WCA CPT	03/04/2017	Sa National Aquatic Championship
53	24.99 L	P	Mario Ervedosa	19	TUKS FSH	07/12/2016	NTS Championships 2016
54	25.01 L	P	Mpumelelo Mosue	19	TUKS FSH	07/12/2016	NTS Championships 2016
55	25.04 L	F	Reynier Pretorius	23	KOVS MAN	01/10/2016	Seals Gala
56*	25.10 L	P	James Dhooge	19	CGA JHB	03/04/2017	Sa National Aquatic Championship
56*	25.10 L	F	Dean Coetzee	32	NWS	07/10/2016	NTS Invitational Gala 2016
58	25.18 L	F	Jarred Stigant	20	WSAA CPT	01/12/2016	Western Cape Summer Champion

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Time	P/F/S	Name	Age/Yr				
59	25.19 L	P	Joshua Stegen	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
60	25.22 L	P	Darren Minnies	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
61	25.23 L	P	Dagyn Davis-Hannibal	20	QUES FSH	07/12/2016	NTS Championships 2016
62	25.24 L	F	Jared Pike	26	SODO JHB	10/09/2016	Adrian Grafe Memorial Gala 2016
63	25.26 L	F	Louis Aucamp	23	MATI CED	18/02/2017	Western Cape Qualify Gala 3
64	25.27 L S	P	Bailey Musgrave	19	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
65	25.28 L	P	Benjamin Van Staden	19	DDA FSH	07/12/2016	NTS Championships 2016
66	25.29 L	P	Flavio Ferreri	21	TUKS FSH	07/12/2016	NTS Championships 2016
67	25.31 L	F	Brandon Arlow	19	TYGE CPT	01/12/2016	Western Cape Summer Champion
68	25.32 L	F	Byron Lockett	26	BEST NMA	15/10/2016	3rd A League Gala 2016
69	25.33 L	P	Arthur Loftie-Eaton	19	DOL	07/12/2016	NTS Championships 2016
70	25.36 L S	P	Alexander Finney	23	WSAA CPT	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
71	25.42 L	P	Tristan Haig	19	EGA EKU	03/04/2017	Sa National Aquatic Championship
72	25.43 L	F	Raul Henney	21	MATI CED	01/12/2016	Western Cape Summer Champion
73	25.48 L	P	Daniel Vorster	19	AQUB NMA	17/03/2017	SA National JNR Age Group Charr
74	25.50 L	F	Jacobus Engelbrecht	20	DDA FSH	23/09/2016	NTS September 2016 Age Group I
75*	25.53 L	P	Edwin Jeppe	26	CADO CPT	24/02/2017	2017 Grand Prix Invitation Swiimin
75*	25.53 L	F	Michael Jones	24	SEAL UMD	13/12/2016	KZN Speedo Provincial Champion
77*	25.55 L	F	Jack Carlisle	19	SGUL ETH	11/06/2016	EThekwini Age Group Gala 2
77*	25.55 L	P	Connor Leone	20	TUKS FSH	07/12/2016	NTS Championships 2016
79	25.62 L	P	Robin Raven	21	TUKS FSH	07/12/2016	NTS Championships 2016
80	25.63 L	F	Brandon Thysse	20	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
81	25.64 L	F	Matthew Alexander	19	MATI CED	01/12/2016	Western Cape Summer Champion
82	25.66 L	P	William Ochse	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
83	25.68 L	P	Philip Opperman	22	TUKS FSH	07/12/2016	NTS Championships 2016
84	25.70 L	P	Jamie Jackson	21	NMA NMA	03/04/2017	Sa National Aquatic Championship
85*	25.71 L	P	John Maree	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
85*	25.71 L	F	Michael Bowers	22	CADO CPT	01/12/2016	Western Cape Summer Champion
87	25.74 L	F	Louis Lotter	36	PAC FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
88	25.77 L	P	Brendan Levy	20	RSA	14/12/2016	African Union Sports-Region 5 Un
89*	25.79 L S	P	Jayson Van der Walt	20	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
89*	25.79 L	P	Trad Louw	22	ONYX EKU	08/12/2016	EGA Championships 2016
91	25.80 L	P	Damian Mullen	21	WATR JHB	16/12/2016	Vita-thion CGA Open LC Champs
92*	25.87 L	F	Justin Nicklin	27	SODO JHB	16/12/2016	Vita-thion CGA Open LC Champs
92*	25.87 L	F	Marthinus Wiid	19	FAAC FBD	22/10/2016	Flamingo Gala 2016
94	25.88 L	F	Marthinus Matthee	19	KALA JTD	09/12/2016	NCASA Sprints 2016
95*	25.92 L	F	Brandon Isemonger	20	SOUL EKU	15/10/2016	EGA Summer 2_15 Oct 2016
95*	25.92 L	F	Ludick Nel	22	NWS	07/10/2016	NTS Invitational Gala 2016
97	25.93 L S	F	Daniel Jones	19	BEST NMA	10/02/2017	6th A League Gala 2017
98	25.95 L S	P	Joshua Dannhauser	19	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
99	25.99 L	P	Jean Rabie	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
100*	26.00 L	P	Jacobus Gloak	24	PAC FSH	07/12/2016	NTS Championships 2016
100*	26.00 L S	F	Mark Hunter	21	SEAL UMD	27/06/2016	Sasol National Championship 2016
102	26.01 L	F	Pierre Theron	22	KOV5 MAN	13/12/2016	KZN Speedo Provincial Champion
103	26.04 L	P	Apiwe Nkumbi	25	SUPE JHB	16/12/2016	Vita-thion CGA Open LC Champs
104	26.08 L S	P	Jarod Goosen	19	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
105	26.11 L	F	Jordan Nel	19	WSAA CPT	15/10/2016	Western Cape Summer 3
106	26.12 L	F	Jean-Pierre Van Rooyen	19	ASA CPT	18/11/2016	Western Cape Summer QF2
107	26.16 L	P	Irfaan Essof	20	ATLA JHB	08/12/2016	EGA Championships 2016
108	26.19 L S	F	Joshua Bellairs	19	TWSA NMA	14/01/2017	5th A League Gala 2017
109	26.20 L	F	Francois Van Niekerk	19	PWC CED	08/12/2016	NWS Championships 2016/2017
110	26.21 L	F	Gregory Kotze	20	NMMU NMA	19/08/2016	Nedbank Madibaz Swim Meet
111	26.23 L S	P	Roberto Marchi	20	HASC JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
112	26.29 L	P	Dustin Hale	20	TRAZ FSH	07/12/2016	NTS Championships 2016
113	26.30 L	P	Johann Adriaanse	25	MATI CED	01/12/2016	Western Cape Summer Champion
114	26.32 L	F	Jonathan Heubner	19	SUPE JHB	28/01/2017	CGA Level 3-SANJ Last Chance g
115*	26.35 L	P	Branden Deiss	19	CGA JHB	03/04/2017	Sa National Aquatic Championship
115*	26.35 L	P	Keenan George	20	MANT CPT	30/09/2016	Aquabear Invitational Meet
117	26.46 L	P	Johnathan Wilmans	19	CYBE CPT	01/12/2016	Western Cape Summer Champion

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	Time	P/F/S	Name	Age/Yr				
118	26.49	L	F	Van Zyl Brand	19	NWUC KKD	08/12/2016	NWS Championships 2016/2017
119	26.51	L	F	Wazier Kara	21	AA JHB	16/12/2016	Vita-thion CGA Open LC Champs
120*	26.52	L	F	Varish Ramautar	22	NEWS ADJ	25/11/2016	KZN TYR Westville Sprints 2016
120*	26.52	L S	P	Rudolf Visser	21	CYBE CPT	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
122	26.53	L	P	Joshua Mills	21	CADO CPT	01/12/2016	Western Cape Summer Champion
123	26.58	L	F	Johann Minnaar	21	MATI CED	18/11/2016	Western Cape Summer QF2
124	26.61	L	F	Blake Kelly	19	BLMA CPT	18/11/2016	Western Cape Summer QF2
125	26.62	L	F	Stephanus Roodt	20	MATI CED	15/10/2016	Western Cape Summer 3
126*	26.64	L S	P	Marco Smit	20	SEAL UMD	27/06/2016	Sasol National Championship 2016
126*	26.64	L	F	Gert van Heerden	21	FS MAN	03/04/2017	Sa National Aquatic Championship
128	26.67	L	P	George Williams	20	ONYX ECU	08/12/2016	EGA Championships 2016
129	26.73	L	F	Akeel Singh	19	BEAV ETH	02/09/2016	KZN Beavers Winter LongCourse
130	26.76	L S	P	Sphephelo Ntaka	21	UMSH ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
131*	26.78	L	F	Brendon de Beer	21	NWS	05/11/2016	Fezile Dabi Inter Provincial Gala
131*	26.78	L	P	Ockert Van Schalkwyk	43	TUKS FSH	07/12/2016	NTS Championships 2016
133	26.79	L	F	Raymond Pretorius	37	KNYD EDD	28/01/2017	Eden 5th A League Gala
134	26.85	L	P	Hendrik Herbst	25	RSA	12/09/2016	2016 Rio Paralympic Games Rio
135	26.88	L	F	Jordan Fisher	21	TUKS FSH	23/09/2016	NTS September 2016 Age Group 1
136	26.93	L	F	Hannes Jordaan	19	RFA FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
137	26.96	L	F	Conrad Scheepers	19	TUKS FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
138	27.05	L	F	Juan-Jacques Van der Hoogen	22	LAD UTD	25/11/2016	KZN TYR Westville Sprints 2016
139	27.06	L	F	Dayen Wilson	19	WATR JHB	01/10/2016	Waterborn Invitational 2016
140*	27.07	L	P	Petrus Van Niekerk	21	MATI CED	30/09/2016	Aquabear Invitational Meet
140*	27.07	L	F	Sudesh Pillay	23	INFA NMA	11/11/2016	4th A League Gala 2016
142	27.09	L S	P	Luan Boshoff	19	BLOT MAN	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
143	27.10	L S	F	Michael Mc Lennan	19	AQUB NMA	14/01/2017	5th A League Gala 2017
144	27.18	L	F	Nishwan Ebrahim	20	SGUL ETH	02/09/2016	KZN Beavers Winter LongCourse
145	27.19	L	P	Kent Field	20	ESP ECU	08/12/2016	EGA Championships 2016
146	27.20	L S	P	Alano Salotto	19	HASC JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
147	27.21	L	F	Deon Johnstone	20	SUPE JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
148	27.30	L	F	Jean-Michel Alves	22	AEC JHB	05/11/2016	EGA Summer 3
149	27.34	L	F	Michael Teles	19	TUKS FSH	18/02/2017	EGA Summer 5 Gala
150	27.40	L	P	Gareth Demmer	19	ONYX ECU	08/12/2016	EGA Championships 2016
151	27.49	L	F	Marceleno Thomas	21	SUPE JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
152	27.51	L	F	Michael Esterhuysen	52	USH UJD	01/10/2016	Waterborn Invitational 2016
153	27.69	L	F	Ethan Paulse	21	ASA CPT	01/12/2016	Western Cape Summer Champion
154	27.72	L	P	Jarryd Gosling	19	SOUL ECU	08/12/2016	EGA Championships 2016
155	27.81	L	P	Markus Burri	20	NMMU NMA	30/09/2016	Aquabear Invitational Meet
156	27.83	L	F	Deshaan Pillay	19	INFA NMA	02/12/2016	NMBA Championships 2016
157	27.85	L	F	Grant Ferguson	44	KNYD EDD	15/10/2016	EDEN 1st A-League Gala 2016
158	27.88	L	F	Hendrik Weideman	21	GTC EZD	17/09/2016	MP Xerox Sprint Gala - 17 Septem
159	28.11	L	P	Tumelo Molepo	19	RPAC ECU	08/12/2016	EGA Championships 2016
160	28.14	L	F	Cornelius Van Niekerk	24	CYBE CPT	15/10/2016	Western Cape Summer 3
161	28.23	L	F	Grantham Manchest	25	XSAQ CPT	15/10/2016	Western Cape Summer 3
162	28.25	L	F	Himal Gosai	19	ATLA JHB	03/12/2016	CGA Level 3/SANJ Gala No 3
163	28.33	L S	P	Stephanus Steenekamp	20	DBSC SDD	27/06/2016	Sasol National Championship 2016
164	28.38	L	F	Craig Groenewald	38	STAD JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
165	28.41	L	P	Nicholas Smith	19	ESP ECU	23/03/2017	SA Level 3 Regional Age Group Ci
166	28.43	L	F	Russell Nugent	47	UPTS ZMD	09/12/2016	NCASA Sprints 2016
167*	28.49	L	P	Faadhil Shaikh	19	ATLA JHB	08/12/2016	EGA Championships 2016
167*	28.49	L	P	Jean Pretorius	20	WCA CPT	03/04/2017	Sa National Aquatic Championship
169	28.56	L	F	Eduan Appel	19	NWUC KKD	15/10/2016	NWS Age Group 1 1617
170	28.64	L	F	Barry Serfontein	43	AQUB NMA	30/09/2016	Aquabear Invitational Meet
171	28.67	L	F	Johannes Malan Snr	44	CUDU CPT	30/09/2016	Aquabear Invitational Meet
172	28.68	L S	P	Gomolemo Khomo	21	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
173	28.80	L	F	Aaron Putz	21	KZNA ETH	03/04/2017	Sa National Aquatic Championship
174	28.81	L	F	Gary Bradshaw	47	WATR JHB	01/10/2016	Waterborn Invitational Master 2016
175*	28.86	L	F	Ntandoyenkosi Nxumalo	21	UMSH ETH	02/09/2016	KZN Beavers Winter LongCourse
175*	28.86	L	F	Marco Broere	19	SR FBD	09/12/2016	NCASA Sprints 2016

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177	28.93 L	F	Michael Swartz	24	BCA BUF	03/04/2017	Sa National Aquatic Championship
178	29.01 L	F	Hendrik Tryhou	40	CSA EZD	25/11/2016	Mpumalanga Championships 2016
179	29.13 L	F	Mswane Tsabedze	21	MATL KKD	15/10/2016	NWS Age Group 1 1617
180	29.39 L S	P	Lourens Grobler	19	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
181	29.56 L	F	Vincent Frenz	28	MATI CED	15/10/2016	Western Cape Summer 3
182	29.61 L	F	Trevor Wright	32	MATL KKD	29/10/2016	NWS Age Group 2 1617
183	29.64 L	F	Tshepang Matebele	19	WCSS CPT	18/11/2016	Western Cape Summer QF2
184	29.70 L	F	Sifiso Jeza	19	UMSH ETH	02/09/2016	KZN Beavers Winter LongCourse
185	29.85 L	F	Caleb Swanepoel	22	CADO CPT	01/12/2016	Western Cape Summer Champion
186	29.87 L	F	Jacobus Minnaar	19	ESS EZD	28/10/2016	Top Schools - High School 28 Oct
187	29.89 L	F	Herman Knoetze	22	ONYX ECU	03/09/2016	2016 Speedo Hillcrest Sprint Gala
188*	29.90 L	P	Andre Petrov	19	UNIQ JHB	08/12/2016	EGA Championships 2016
188*	29.90 L	F	Pieter Coetze	44	RBOT BPD	15/10/2016	NWS Age Group 1 1617
188*	29.90 L	F	Raymond de Freitas	27	MP EZD	03/04/2017	Sa National Aquatic Championship
191	29.95 L	F	Hendrik Groenewald	37	KALA JTD	15/10/2016	Age Group 1 2016 Kalaharie
192	30.16 L	F	Valentino Vergotine	29	WCA CPT	03/04/2017	Sa National Aquatic Championship
193	30.17 L	F	Peter Michaelides	42	KNYD EDD	26/11/2016	Eden LC Champs 2016
194	30.44 L	F	Charl Craig	43	SR FBD	10/02/2017	NCASA Age Group 5 KBY 2017
195	30.61 L	F	Christian Sadie	19	MATI CED	01/12/2016	Western Cape Summer Champion
196	30.72 L	F	Bruce Rankin	53	TLAC BPD	08/12/2016	NWS Championships 2016/2017
197	30.73 L	F	Nicholas Reen	62	AQUB NMA	30/09/2016	Aquabear Invitational Meet
198	30.76 L	F	Rialdo Abrahams	29	NCASA	28/01/2017	4 + 1 Inter District Gala 2017
199	30.85 L	F	Clinton Ivings	41	PEAS NMA	04/02/2017	Uitenhage Swimming Club Gala 2017
200	30.86 L	F	Sandile Shezi	20	KZNA ETH	03/04/2017	Sa National Aquatic Championship
201	30.88 L	F	Charl Parkin	48	NMA NMA	03/04/2017	Sa National Aquatic Championship
202*	30.89 L	P	Aston Wilson	21	SUPE JHB	16/12/2016	Vita-thion CGA Open LC Champs
202*	30.89 L	F	Ruben McHarlies	21	BLNE MAN	28/10/2016	Neptune Open Gala
204	31.44 L	F	Richard Joubert	47	CSA EZD	17/09/2016	MP Xerox Sprint Gala - 17 Septem
205	31.47 L	F	Tinyiko Shabangu	19	CGA JHB	03/04/2017	Sa National Aquatic Championship
206	31.59 L	F	Maxmillian Carbonell Taylor	21	HREF BPD	15/10/2016	NWS Age Group 1 1617
207	31.64 L	F	Christopher Harvey-Fletcher	24	AQUB NMA	30/09/2016	Aquabear Invitational Meet
208	32.08 L	F	Sean Lindsay	42	TLAC BPD	26/11/2016	NWS Age Group 3 2016/2017
209	32.28 L	F	Wade Dannhauser	24	SGUL ETH	11/06/2016	EThekwini Age Group Gala 2
210	32.49 L	F	Zimele Mhlanga	24	UMSH ETH	25/11/2016	KZN TYR Westville Sprints 2016
211	32.92 L	F	Colin Hepburn	50	CYBE CPT	30/09/2016	Aquabear Invitational Meet
212	33.36 L	F	Andre' Maritz	41	GHSK FBD	18/02/2017	NCASA Age Group 6 KBY 2017
213	33.40 L	F	Kenneth Pattinson	53	AQUB NMA	30/09/2016	Aquabear Invitational Meet
214	33.44 L	F	Pierre Burger	50	NCASA	28/01/2017	4 + 1 Inter District Gala 2017
215	33.57 L	F	Mnqobi Macanda	19	UMSH ETH	25/11/2016	KZN TYR Westville Sprints 2016
216	34.25 L	F	David Williams	29	KZNA ETH	03/04/2017	Sa National Aquatic Championship
217	34.31 L S	P	David Blaauw	47	MATL KKD	27/06/2016	Sasol National Championship 2016
218	34.41 L	F	Roy Ternent	52	BOKS ECU	15/10/2016	EGA Summer 2_15 Oct 2016
219	34.86 L S	F	Francis Searle	68	BEST NMA	14/01/2017	5th A League Gala 2017
220	35.31 L	F	Moses Malatji	24	MDOL JHB	28/01/2017	CGA Level 3-SANJ Last Chance g
221	36.00 L	F	Hercules Weideman	22	FISH EDD	24/06/2016	PEA Winter Gala 2016
222	37.97 L	F	Karl Hebbelmann	29	SGUL ETH	02/09/2016	KZN Beavers Winter LongCourse
223	38.46 L	F	Wade Van Rensburg	42	AQUB NMA	30/09/2016	Aquabear Invitational Meet
224	38.58 L	F	Xavier Palmer	42	NWUC KKD	08/12/2016	NWS Championships 2016/2017
225	39.07 L	F	Donavan Minnie	19	ESS EZD	17/09/2016	MP Xerox Sprint Gala - 17 Septem
226	39.63 L	F	Mduzuzi Sibanda	19	MDOL JHB	16/12/2016	Vita-thion CGA Open LC Champs
227	40.02 L	F	Bongani Letsebe	20	KWHA NGD	25/11/2016	Mpumalanga Championships 2016
228	40.24 L	F	Matthys Walters	48	BARR CPT	18/02/2017	Western Cape Qualify Gala 3
229	48.66 L	F	Zukisani Nikelo	31	AQUB NMA	15/10/2016	3rd A League Gala 2016
230	50.05 L	F	Michael Lebakeng	29	NWS	28/01/2017	4 + 1 Inter District Gala 2017
231	54.66 L	F	Bahle Mkhize	20	FSE UHD	28/01/2017	Ushaka Championship Gala 2017
<b>Men 19 &amp; Over 100 Free</b>							
1	48.85 L	P	Chad Le Clos	25	CLCA CPT	24/02/2017	2017 Grand Prix Invitation Swiimin
2	49.09 L	F	Zane Waddell	19	FS MAN	03/04/2017	Sa National Aquatic Championship
3	49.59 L	F	Devon Brown	25	SGUL ETH	04/06/2016	2016 Mare Nostrum Barcelona

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
4	49.85 L	P	Douglas Erasmus	27	NTS FSH	03/04/2017	Sa National Aquatic Championship	
5*	49.90 L	P	Bradley Tandy	26	KZNA ETH	03/04/2017	Sa National Aquatic Championship	
5*	49.90 L	F	Caydon Muller	22	TUKS FSH	07/12/2016	NTS Championships 2016	
7	50.21 L	F	Calvyn Justus	21	RSA	16/10/2016	12th African Swimming Champs 2016	
8	50.28 L	F	Clayton Jimmie	22	KZNA ETH	03/04/2017	Sa National Aquatic Championship	
9	50.72 L	P	Armand Maritz	20	NTS FSH	03/04/2017	Sa National Aquatic Championship	
10	50.74 L	S	Ryan Coetzee	21	NTS FSH	03/04/2017	Sa National Aquatic Championship	
11	50.85 L	S	Kyle Van Niekerk	19	CGA JHB	03/04/2017	Sa National Aquatic Championship	
12	51.05 L	F	Jacques Van Wyk	24	TUKS FSH	07/12/2016	NTS Championships 2016	
13	51.60 L	F	Martin Binedell	21	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion	
14	51.65 L	F	Cameron Oliver	2N	HAM	20/07/2016	IAG Championships & Summer Op	
15	51.71 L	F	Reynard Wessels	23	KOVS MAN	30/11/2016	FS CHAMPS	
16	51.75 L	F	Jacobus Jv Rensburg	22	TUKS FSH	07/12/2016	NTS Championships 2016	
17	51.76 L	P	Alaric Basson	21	NMA NMA	03/04/2017	Sa National Aquatic Championship	
18	51.99 L	S	Joshua Saunders	21	KZNA ETH	03/04/2017	Sa National Aquatic Championship	
19	52.25 L	S	Ruan Ras	20	NTS FSH	03/04/2017	Sa National Aquatic Championship	
20	52.48 L	P	Joshua Walters	20	RSA	14/12/2016	African Union Sports-Region 5 Un	
21	52.66 L	P	Nicolaas Deacon	23	NTS FSH	03/04/2017	Sa National Aquatic Championship	
22	52.85 L	P	Alard Basson	21	NMA NMA	03/04/2017	Sa National Aquatic Championship	
23	52.86 L	F	Richard Ellis	29	WATR JHB	01/10/2016	Waterborn Invitational 2016	
24	52.92 L	F	Rudo Loock	19	PSC FSH	07/12/2016	NTS Championships 2016	
25	53.05 L	P	Keanu Silent	20	UWCA CPT	24/02/2017	2017 Grand Prix Invitation Swiimin	
26	53.09 L	F	Bryce Pendock	21	MATI CED	01/12/2016	Western Cape Summer Champion	
27	53.13 L	P	Tiaan Fourie	19	WCA CPT	03/04/2017	Sa National Aquatic Championship	
28*	53.14 L	P	Kyle Holmes	19	BCA BUF	03/04/2017	Sa National Aquatic Championship	
28*	53.14 L	P	Brent Szurdoki	20	WATR JHB	21/01/2017	2017 Grand Prix Invitation Swimm	
30	53.21 L	P	Kevin Bargate	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship	
31	53.23 L	F	Ayrton Sweeney	24	SGUL ETH	25/11/2016	KZN TYR Westville Sprints 2016	
32	53.27 L	P	Johan Lourens	21	NTS FSH	03/04/2017	Sa National Aquatic Championship	
33	53.28 L	F	Matthew Bowers	22	CADO CPT	01/12/2016	Western Cape Summer Champion	
34	53.31 L	P	Ralph Goveia	21	NTS FSH	03/04/2017	Sa National Aquatic Championship	
35	53.39 L	F	Credence Pattinson	19	AQUB NMA	30/09/2016	Aquabear Invitational Meet	
36	53.45 L	P	Bailey Musgrave	19	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion	
37	53.48 L	P	Daniel Vd Merwe	19	NTS FSH	03/04/2017	Sa National Aquatic Championship	
38	53.49 L	F	Eben Vorster	20	KOVS MAN	05/11/2016	Mangaung Aquatics Gala	
39	53.53 L	P	Vincent Delagey	23	CGA JHB	03/04/2017	Sa National Aquatic Championship	
40	53.56 L	P	Joshua Barry	21	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP	
41	53.62 L	P	Christopher King	31	VINE CPT	24/02/2017	2017 Grand Prix Invitation Swiimin	
42	53.76 L	P	Brandon Norman	23	CGA JHB	03/04/2017	Sa National Aquatic Championship	
43	53.90 L	P	Timothy Simpson	22	CGA JHB	03/04/2017	Sa National Aquatic Championship	
44	53.91 L	P	Joshua Stegen	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship	
45	53.95 L	P	Brandon Arlow	19	TYGE CPT	01/12/2016	Western Cape Summer Champion	
46*	53.97 L	F	Joshua Dannhauser	19	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion	
46*	53.97 L	P	Connor Leone	20	NTS FSH	03/04/2017	Sa National Aquatic Championship	
48	54.02 L	F	Willem Scheepers	30	NWUC KKD	08/12/2016	NWS Championships 2016/2017	
49	54.11 L	F	Reynier Pretorius	23	KOVS MAN	13/12/2016	KZN Speedo Provincial Champion	
50	54.12 L	P	Flavio Ferreri	21	NTS FSH	03/04/2017	Sa National Aquatic Championship	
51	54.32 L	P	Darren Minnies	19	WCA CPT	03/04/2017	Sa National Aquatic Championship	
52	54.34 L	F	Dayne Odendaal	20	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion	
53*	54.36 L	P	Brendan Levy	20	RSA	14/12/2016	African Union Sports-Region 5 Un	
53*	54.36 L	F	Neil Fair	20	CSC FSH	23/09/2016	NTS September 2016 Age Group I	
55	54.42 L	P	Marno Langeveldt	23	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP	
56	54.49 L	P	Benjamin Van Staden	19	NTS FSH	03/04/2017	Sa National Aquatic Championship	
57	54.59 L	F	Byron Lockett	26	BEST NMA	15/10/2016	3rd A League Gala 2016	
58	54.62 L	P	Raul Henney	21	MATI CED	01/12/2016	Western Cape Summer Champion	
59	54.66 L	P	Janco Saaiman	19	NTS FSH	03/04/2017	Sa National Aquatic Championship	
60	54.79 L	P	Johnathan Wilmans	19	WCA CPT	03/04/2017	Sa National Aquatic Championship	
61	54.82 L	P	Jordan Le Clos	19	SGUL ETH	04/02/2017	2017 Grand Prix Invitation Swimm	
62	54.88 L	F	Bradley Van Staden	20	SEAL UMD	13/12/2016	KZN Speedo Provincial Champion	

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

Time	P/F/S	Name	Age/Yr				
63	54.89 L	P	Jan vd Merwe	23	TUKS FSH	07/12/2016	NTS Championships 2016
64*	54.92 L	F	Pierre Dellieu	19	CGA JHB	03/04/2017	Sa National Aquatic Championship
64*	54.92 L	P	Josef Kieser	20	WCA CPT	03/04/2017	Sa National Aquatic Championship
66	54.93 L	F	Bradley Reen	40	AQUB NMA	30/09/2016	Aquabear Invitational Meet
67	54.94 L	F	Jarryd Hoole	21	SRAY BUF	02/12/2016	BCA Championships 2016
68	55.04 L	P	Ude Fuchs	19	RSA	14/12/2016	African Union Sports-Region 5 Un
69	55.27 L	P	James Dhooge	19	CGA JHB	03/04/2017	Sa National Aquatic Championship
70	55.31 L	P	William Ochse	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
71	55.37 L	P	Jack Carlisle	19	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
72	55.38 L	P	Ryan Botha	20	TUKS FSH	24/02/2017	2017 Grand Prix Invitation Swiimin
73	55.40 L	P	Stephanus Roodt	20	WCA CPT	03/04/2017	Sa National Aquatic Championship
74	55.41 L	P	Mpumelelo Mosue	19	TUKS FSH	07/12/2016	NTS Championships 2016
75*	55.52 L	P	Damian Mullen	21	WATR JHB	16/12/2016	Vita-thion CGA Open LC Champs
75*	55.52 L S	F	Mark Hunter	21	SEAL UMD	27/06/2016	Sasol National Championship 2016
77	55.53 L	P	Gerhard Von Aspern	20	CADO CPT	01/12/2016	Western Cape Summer Champion
78	55.54 L	P	Tristan Haig	19	EGA ECU	03/04/2017	Sa National Aquatic Championship
79*	55.65 L	F	Daniel Jones	19	BEST NMA	02/12/2016	NMBA Championships 2016
79*	55.65 L	P	Robin Raven	21	TUKS FSH	07/12/2016	NTS Championships 2016
81	55.71 L	P	Daniel Vorster	19	AQUB NMA	17/03/2017	SA National JNR Age Group Cham
82*	55.72 L	F	Francois Van Niekerk	19	PLAY CED	17/09/2016	Western Cape Summer 2
82*	55.72 L	P	Dagyn Davis-Hannibal	20	QUES FSH	07/12/2016	NTS Championships 2016
84	55.82 L	P	Edward Johannisen	22	NMMU NMA	24/02/2017	2017 Grand Prix Invitation Swiimin
85	55.88 L	P	Jayson Van der Walt	20	TUKS FSH	07/12/2016	NTS Championships 2016
86	56.00 L	P	Rudolf Visser	21	CYBE CPT	01/12/2016	Western Cape Summer Champion
87	56.01 L	P	Branden Deiss	19	CRSC JHB	17/03/2017	SA National JNR Age Group Cham
88	56.11 L	P	Van Zyl Brand	19	NWS	03/04/2017	Sa National Aquatic Championship
89	56.20 L	F	Brandon Thyse	20	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
90	56.21 L	P	Trent Panzera	19	WATR JHB	16/12/2016	Vita-thion CGA Open LC Champs
91	56.29 L	F	Trad Louw	22	ONYX ECU	24/09/2016	EGA Summer 1
92	56.41 L	P	Paul Stoltz	19	NTS FSH	03/04/2017	Sa National Aquatic Championship
93	56.51 L	P	Marco Smit	20	SEAL UMD	13/12/2016	KZN Speedo Provincial Champion
94	56.54 L	F	Jared Pike	26	NTS FSH	07/10/2016	NTS Invitational Gala 2016
95	56.55 L	P	Brandon Isemonger	20	SOUL ECU	08/12/2016	EGA Championships 2016
96	56.67 L	F	Joshua Bellairs	19	TWSA NMA	15/10/2016	3rd A League Gala 2016
97	56.71 L	F	Mel Stronkhorst	25	KSC EZD	25/11/2016	Mpumalanga Championships 2016
98*	56.76 L	P	Jordan Nel	19	WSAA CPT	01/12/2016	Western Cape Summer Champion
98*	56.76 L	P	Roberto Marchi	20	HASC JHB	07/12/2016	NTS Championships 2016
100	56.78 L	F	Armin Oberholster	20	MATI CED	17/09/2016	Western Cape Summer 2
101	56.81 L	P	Dustin Hale	20	TRAZ FSH	07/12/2016	NTS Championships 2016
102	56.84 L	P	Hylton Collinson	19	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
103	56.92 L	P	Joshua Mills	21	CADO CPT	01/12/2016	Western Cape Summer Champion
104*	57.00 L	P	Blake Kelly	19	BLMA CPT	01/12/2016	Western Cape Summer Champion
104*	57.00 L	F	Wiehann Kock	23	NWS	05/11/2016	Fezile Dabi Inter Provincial Gala
106	57.17 L	P	Mario Ervedosa	19	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
107	57.23 L	P	Jean Rabie	19	CUDU CPT	30/09/2016	Aquabear Invitational Meet
108	57.26 L	F	Jamie Jackson	21	NMMU NMA	04/02/2017	Uitenhage Swimming Club Gala 2017
109*	57.27 L	P	John Maree	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
109*	57.27 L	F	Dayen Wilson	19	WATR JHB	01/10/2016	Waterborn Invitational 2016
111	57.29 L	P	Mark Roach	20	ASA CPT	01/12/2016	Western Cape Summer Champion
112	57.30 L	P	Edwin Jeppe	26	CADO CPT	24/02/2017	2017 Grand Prix Invitation Swiimin
113	57.37 L	P	Jacobus Gloak	24	PAC FSH	07/12/2016	NTS Championships 2016
114	57.41 L	P	Keown Delomoney	19	ACSA ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
115	57.67 L	F	Michael Hadlow	19	MDOL JHB	18/02/2017	EGA Summer 5 Gala
116	57.72 L	F	Marthinus Wiid	19	NCASA	05/11/2016	Fezile Dabi Inter Provincial Gala
117	57.81 L	F	Gert van Heerden	21	FS MAN	03/04/2017	Sa National Aquatic Championship
118	57.85 L	P	Jarod Goosen	19	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
119	57.86 L	F	Willem Steyn	20	MDOL JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
120	57.87 L S	F	Michael Jones	24	SEAL UMD	27/06/2016	Sasol National Championship 2016
121	57.94 L	P	Ockert Van Schalkwyk	43	TUKS FSH	07/12/2016	NTS Championships 2016

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

Time	P/F/S	Name	Age/Yr				
122	58.01 L	F	George Williams	20	ONYX ECU	08/12/2016	EGA Championships 2016
123	58.03 L	F	Ludick Nel	22	NWS	07/10/2016	NTS Invitational Gala 2016
124	58.06 L	F	Marthinus Matthee	19	KALA JTD	11/02/2017	NCASA Age Group 5 KTU 2017
125	58.10 L	P	Alexander Finney	23	WSAA CPT	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
126	58.25 L	P	Achmat Hassiem	35	RSA	12/09/2016	2016 Rio Paralympic Games Rio
127	58.44 L	F	Sphephelo Ntaka	21	UMSH ETH	03/07/2016	eThekwini Age Group Gala 3
128	58.62 L	F	Michael Mc Lennan	19	AQUB NMA	19/08/2016	Nedbank Madibaz Swim Meet
129	58.68 L	P	Jean-Pierre Van Rooyen	19	ASA CPT	01/12/2016	Western Cape Summer Champion
130	58.75 L	F	Deon Johnstone	20	SUPE JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
131	58.79 L	P	Nishwan Ebrahim	20	SGUL ETH	04/02/2017	2017 Grand Prix Invitation Swimm
132	58.85 L	P	Keenan George	20	MANT CPT	01/12/2016	Western Cape Summer Champion
133	58.86 L	F	Deshaan Pillay	19	INFA NMA	02/12/2016	NMBA Championships 2016
134	58.88 L	F	Juan-Jacques Van der Hoogen	22	LAD JTD	25/11/2016	KZN TYR Westville Sprints 2016
135	58.91 L	F	Gregory Kotze	20	NMMU NMA	19/08/2016	Nedbank Madibaz Swim Meet
136	58.92 L	F	Jean-Michel Alves	22	AEC JHB	18/02/2017	EGA Summer 5 Gala
137	59.01 L	P	Apiwe Nkumbi	25	SUPE JHB	16/12/2016	Vita-thion CGA Open LC Champs
138	59.02 L	F	Jasper Venter	29	UNI-N EZD	25/11/2016	Mpumalanga Championships 2016
139	59.03 L	F	Wazier Kara	21	AA JHB	03/12/2016	CGA Level 3/SANJ Gala No 3
140	59.08 L	F	Varish Ramautar	22	NEWS ADJ	25/11/2016	KZN TYR Westville Sprints 2016
141	59.18 L	P	Kent Field	20	ESP ECU	08/12/2016	EGA Championships 2016
142	59.19 L	F	Michael Bowers	22	CADO CPT	17/09/2016	Western Cape Summer 2
143	59.20 L	P	Petrus Van Niekerk	21	MATI CED	01/12/2016	Western Cape Summer Champion
144	59.32 L S	P	Michael Esterhuysen	52	USH JHD	13/12/2016	KZN Speedo Provincial Champion
145	59.59 L	P	Irfaan Essof	20	ATLA JHB	08/12/2016	EGA Championships 2016
146	59.71 L	F	Hendrik Herbst	25	RSA	12/09/2016	2016 Rio Paralympic Games Rio
147	59.90 L	F	Akeel Singh	19	BEAV ETH	02/09/2016	KZN Beavers Winter LongCourse
148	1:00.26 L	F	Raymond Pretorius	37	KNYD EDD	08/02/2017	Dragons Night Fury 2017
149	1:00.29 L	F	Sudesh Pillay	23	INFA NMA	02/12/2016	NMBA Championships 2016
150	1:00.32 L	F	Harald Ruck	51	COEL TSH	07/12/2016	NTS Championships 2016
151	1:00.33 L	F	Michael Teles	19	TUKS TSH	18/02/2017	EGA Summer 5 Gala
152	1:00.43 L	P	Gareth Demmer	19	ONYX ECU	08/12/2016	EGA Championships 2016
153	1:00.44 L	F	Conrad Scheepers	19	TUKS TSH	23/09/2016	NTS September 2016 Age Group I
154	1:00.48 L	P	Nicholas Smith	19	ESP ECU	23/03/2017	SA Level 3 Regional Age Group C
155	1:00.71 L	F	Jonathan Heubner	19	SUPE JHB	05/02/2017	CGA Level 2 last chance gala Day
156	1:00.92 L	F	Jordan Fisher	21	TUKS TSH	23/09/2016	NTS September 2016 Age Group I
157	1:01.12 L	F	Moegamat Davids	21	UWCA CPT	17/09/2016	Western Cape Summer 2
158	1:01.22 L	F	Ethan Pause	21	ASA CPT	01/12/2016	Western Cape Summer Champion
159	1:01.65 L	F	Hendrik Weideman	21	GTC EZD	17/09/2016	MP Xerox Sprint Gala - 17 Septerr
160	1:01.88 L	F	Markus Burri	20	NMMU NMA	24/06/2016	PEA Winter Gala 2016
161	1:02.05 L	F	Jean Pretorius	20	WCA CPT	03/04/2017	Sa National Aquatic Championship
162	1:02.29 L	P	Faadhil Shaikh	19	ATLA JHB	08/12/2016	EGA Championships 2016
163	1:02.33 L	F	Marceleno Thomas	21	SUPE JHB	11/03/2017	SA Level 1 Provincal Age Group Ch
164	1:02.62 L	F	Avron Manchest	21	XSAQ CPT	17/09/2016	Western Cape Summer 2
165	1:02.70 L S	F	Aaron Putz	21	AZON ETH	13/12/2016	KZN Speedo Provincial Champion
166	1:03.01 L	F	Brendon de Beer	21	MATL KKD	08/12/2016	NWS Championships 2016/2017
167	1:03.06 L	F	Michael Swartz	24	BCA BUF	03/04/2017	Sa National Aquatic Championship
168	1:03.12 L S	F	Kayden Busarello	19	QUES TSH	23/09/2016	NTS September 2016 Age Group I
169	1:03.35 L	F	Eduan Appel	19	NWUC KKD	15/10/2016	NWS Age Group 1 1617
170	1:03.82 L	F	Grantham Manchest	25	XSAQ CPT	17/09/2016	Western Cape Summer 2
171	1:04.03 L	F	Hendrik Tryhou	40	CSA EZD	25/11/2016	Mpumalanga Championships 2016
172	1:04.12 L	F	Mswane Tsabedze	21	MATL KKD	08/12/2016	NWS Championships 2016/2017
173	1:04.25 L	F	Ntandoyenkosi Nxumalo	21	UMSH ETH	02/09/2016	KZN Beavers Winter LongCourse
174	1:04.29 L	F	Peter-John Duffy	47	AQUB NMA	30/09/2016	Aquabear Invitational Meet
175	1:04.37 L	F	Himal Gosai	19	ATLA JHB	21/01/2017	CGA Level 3 - SANJ Last Chance
176	1:04.38 L	P	Lourens Grobler	19	TUKS TSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
177	1:04.39 L	F	Vincent Frenz	28	MATI CED	17/09/2016	Western Cape Summer 2
178	1:04.71 L	F	Johannes Malan Snr	44	CUDU CPT	30/09/2016	Aquabear Invitational Meet
179	1:04.80 L	F	Barry Serfontein	43	AQUB NMA	30/09/2016	Aquabear Invitational Meet
180	1:04.81 L	P	Raymond de Freitas	27	MP EZD	03/04/2017	Sa National Aquatic Championship

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
181	1:04.84	L S	F	Jason Lawson	29	NMMU NMA	10/02/2017 6th A League Gala 2017
182	1:05.28	L	F	Caleb Swanepoel	22	WCA CPT	03/04/2017 Sa National Aquatic Championship
183	1:05.44	L	F	Jarryd Irvine	23	PER JHB	03/12/2016 CGA Level 3/SANJ Gala No 3
184	1:05.46	L	P	Tumelo Molepo	19	RPAC EKU	08/12/2016 EGA Championships 2016
185	1:05.84	L	P	Gomolemo Khomo	21	TUKS TSH	07/12/2016 NTS Championships 2016
186	1:05.93	L	F	Rushen Kemp	20	WEST CPT	17/09/2016 Western Cape Summer 2
187	1:06.07	L	F	Tshepang Matebele	19	WCSS CPT	17/09/2016 Western Cape Summer 2
188	1:06.08	L S	F	Stephanus Steenekamp	20	DBSC SDD	27/06/2016 Sasol National Championship 2016
189	1:06.12	L	F	Valentino Vergotine	29	WCA CPT	03/04/2017 Sa National Aquatic Championship
190	1:06.31	L	F	Herman Knoetze	22	ONYX EKU	24/09/2016 EGA Summer 1
191	1:07.35	L	F	Russell Nugent	47	UPTS ZMD	14/10/2016 Age Group 1 2016 Upington
192	1:07.53	L	F	Terence Downes	68	COEL TSH	07/12/2016 NTS Championships 2016
193	1:07.56	L	F	Sifiso Jeza	19	UMSH ETH	02/09/2016 KZN Beavers Winter LongCourse
194	1:08.20	L	F	Cheyne Fisher	27	SGUL ETH	03/07/2016 eThekwini Age Group Gala 3
195	1:08.49	L	F	Gary Bradshaw	47	WATR JHB	01/10/2016 Waterborn Invitational Master 2016
196	1:08.89	L	F	Christian Sadie	19	WCA CPT	03/04/2017 Sa National Aquatic Championship
197	1:09.04	L	P	Andre Petrov	19	UNIQ JHB	08/12/2016 EGA Championships 2016
198	1:09.20	L	F	Markus Burri	59	AQUB NMA	30/09/2016 Aquabear Invitational Meet
199	1:09.43	L	F	Richard Joubert	47	CSA EZD	17/09/2016 MP Xerox Sprint Gala - 17 Septem
200	1:09.96	L S	F	Sandile Shezi	20	PISC ETH	13/12/2016 KZN Speedo Provincial Champion
201	1:10.32	L	F	Bruce Rankin	53	TLAC BPD	08/12/2016 NWS Championships 2016/2017
202	1:10.85	L	F	Aston Wilson	21	SUPE JHB	21/01/2017 CGA Level 3 - SANJ Last Chance
203	1:11.13	L	P	Charl Parkin	48	NMA NMA	03/04/2017 Sa National Aquatic Championship
204	1:11.24	L	F	Marco Broere	19	SR FBD	29/10/2016 Good Hope Swimming Club
205	1:11.30	L	F	Nicholas Green	62	AQUB NMA	30/09/2016 Aquabear Invitational Meet
206	1:11.37	L	F	Hendrik Groenewald	37	KALA JTD	09/12/2016 NCASA Sprints 2016
207	1:11.71	L	F	Cornè Volschenk	20	DDA TSH	07/12/2016 NTS Championships 2016
208	1:11.81	L	F	Trevor Wright	32	NWS	05/11/2016 Fezile Dabi Inter Provincial Gala
209	1:11.89	L	P	Tinyiko Shabangu	19	CGA JHB	03/04/2017 Sa National Aquatic Championship
210	1:13.08	L	F	Maxmillian Carbonell Taylor	21	HREF BPD	15/10/2016 NWS Age Group 1 1617
211	1:13.79	L	F	Zimele Mhlanga	24	UMSH ETH	14/01/2017 Ethekwini Age Group 9
212	1:13.80	L	F	David Williams	CR	TSSC ETH	02/09/2016 KZN Beavers Winter LongCourse
213	1:13.88	L	F	Ruben McHarlies	21	BLNE MAN	28/10/2016 Neptune Open Gala
214	1:15.05	L	F	Andre' Maritz	41	GHSK FBD	18/02/2017 NCASA Age Group 6 KBY 2017
215	1:15.48	L	F	Pierre Burger	50	KALA JTD	05/01/2017 NCASA Champs 2017
216	1:15.99	L	F	Mnqobi Macanda	19	UMSH ETH	03/07/2016 eThekwini Age Group Gala 3
217	1:16.07	L	F	Sean Lindsay	42	TLAC BPD	26/11/2016 NWS Age Group 3 2016/2017
218	1:16.33	L	F	Kenneth Pattinson	53	AQUB NMA	30/09/2016 Aquabear Invitational Meet
219	1:17.69	L	F	Rialdo Abrahams	29	UPTS ZMD	05/01/2017 NCASA Champs 2017
220	1:18.15	L	F	Colin Hepburn	50	CYBE CPT	30/09/2016 Aquabear Invitational Meet
221	1:19.11	L	F	Pieter Bell	26	WOAQ CED	17/09/2016 Western Cape Summer 2
222	1:21.53	L	F	Moses Malatji	24	MDOL JHB	29/10/2016 CGA Level 3/SANJ Gala No 2
223	1:22.55	L	F	Derek Fyfe	76	COEL TSH	07/12/2016 NTS Championships 2016
224	1:22.57	L	F	Anthony Clifford	53	PSC TSH	07/12/2016 NTS Championships 2016
225	1:26.09	L	F	Wade Van Rensburg	42	AQUB NMA	30/09/2016 Aquabear Invitational Meet
226	1:26.89	L	F	Mduduzi Sibanda	19	MDOL JHB	16/12/2016 Vita-thion CGA Open LC Champs
227	1:27.43	L	F	Hercules Weideman	22	FISH EDD	24/06/2016 PEA Winter Gala 2016
228*	1:27.48	L	F	Roy Ternent	52	BOKS EKU	05/11/2016 EGA Summer 3
228*	1:27.48	L	F	Jacobus Burger	67	COEL TSH	07/12/2016 NTS Championships 2016
230	1:29.49	L	F	Karl Hebbelmann	29	SGUL ETH	02/09/2016 KZN Beavers Winter LongCourse
231	1:30.32	L	F	Matthys Walters	48	BARR CPT	04/11/2016 Freda Barnard Gala 35
232	1:33.84	L	F	Donavan Minnie	19	ESS EZD	17/09/2016 MP Xerox Sprint Gala - 17 Septem
233	1:36.44	L	F	Xavier Palmer	42	NWUC KKD	08/12/2016 NWS Championships 2016/2017
234	1:36.88	L	F	Bongani Letsebe	20	KWHA NGD	25/11/2016 Mpumalanga Championships 2016
235	1:39.01	L	F	Sarel Corrie	59	UPTS ZMD	05/01/2017 NCASA Champs 2017
236	1:49.88	L	F	Zukisani Nikelo	31	AQUB NMA	04/02/2017 Uitenhage Swimming Club Gala 2016
237	2:59.98	L	F	Zolani Khumalo	23	TMAC ETH	25/11/2016 KZN TYR Westville Sprints 2016
<b>Men 19 &amp; Over 200 Free</b>							
1	1:45.20	L	F	Chad Le Clos	25	RSA	06/08/2016 2016 Rio Olympic



## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
2	1:46.78 L	S	Devon Brown	25	RSA	06/08/2016	2016 Rio Olympic
3	1:51.10 L	S	Brent Szurdoki	20	CGA JHB	03/04/2017	Sa National Aquatic Championship
4	1:51.19 L	F	Calvyn Justus	21	SGUL ETH	04/06/2016	2016 Mare Nostrum Barcelona
5*	1:52.20 L	F	Jacobus Jv Rensburg	22	NTS FSH	03/04/2017	Sa National Aquatic Championship
5*	1:52.20 L	S	Ruan Ras	20	NTS FSH	03/04/2017	Sa National Aquatic Championship
7	1:52.50 L	F	Joshua Dannhauser	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
8	1:52.78 L	P	Kyle Van Niekerk	19	CGA JHB	03/04/2017	Sa National Aquatic Championship
9	1:53.19 L	P	Caydon Muller	22	TUKS FSH	07/12/2016	NTS Championships 2016
10	1:54.82 L	F	Trent Panzera	19	CGA JHB	03/04/2017	Sa National Aquatic Championship
11	1:54.89 L	P	Matthew Meyer	19	ACSA ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
12	1:55.41 L S	F	Dayne Odendaal	20	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
13	1:55.47 L	F	Kyle Holmes	19	SRAY BUF	17/03/2017	SA National JNR Age Group Cham
14	1:55.71 L	S	Connor Leone	20	NTS FSH	03/04/2017	Sa National Aquatic Championship
15	1:55.75 L	P	Flavio Ferreri	21	NTS FSH	03/04/2017	Sa National Aquatic Championship
16	1:56.34 L	F	Martin Binedell	21	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
17	1:56.47 L	F	Rudo Look	19	PSC FSH	21/10/2016	NTS October 2016 Age Group Gal
18	1:56.86 L	F	Kevin Bargate	19	SGUL ETH	18/02/2017	Ethekwini Age Group Gala 10
19	1:56.95 L	F	Credence Pattinson	19	AQUB NMA	30/09/2016	Aquabear Invitational Meet
20	1:57.31 L S	F	Alaric Basson	21	NMMU NMA	14/01/2017	5th A League Gala 2017
21	1:57.47 L S	P	Joshua Saunders	21	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
22	1:57.58 L	P	Nicolaas Deacon	23	NTS FSH	03/04/2017	Sa National Aquatic Championship
23	1:57.65 L	P	Ayrton Sweeney	24	SGUL ETH	04/02/2017	2017 Grand Prix Invitation Swimm
24	1:57.96 L	P	Johan Lourens	21	NTS FSH	03/04/2017	Sa National Aquatic Championship
25	1:57.98 L	P	Johnathan Wilmans	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
26	1:58.13 L	P	Darren Minnies	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
27	1:58.35 L	P	Francois Van Niekerk	19	NWS	03/04/2017	Sa National Aquatic Championship
28	1:58.37 L	F	Matthew Bowers	22	CADO CPT	01/12/2016	Western Cape Summer Champion
29	1:58.54 L	P	Branden Deiss	19	CGA JHB	03/04/2017	Sa National Aquatic Championship
30	1:58.85 L	P	Joshua Barry	21	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
31	1:58.88 L	P	Tiaan Fourie	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
32	1:58.94 L	F	Eben Vorster	20	KOVs MAN	07/10/2016	Otters Prestige Gala
33	1:59.18 L	F	Brendan Levy	20	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
34	1:59.27 L	P	Stephanus Roodt	20	WCA CPT	03/04/2017	Sa National Aquatic Championship
35	1:59.33 L	P	Joshua Stegen	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
36*	1:59.39 L	F	Jan vd Merwe	23	TUKS FSH	23/09/2016	NTS September 2016 Age Group I
36*	1:59.39 L	F	Jacques Van Wyk	24	NWS	07/10/2016	NTS Invitational Gala 2016
38	1:59.53 L	P	Neil Fair	20	CSC FSH	21/01/2017	2017 Grand Prix Invitation Swimm
39	1:59.87 L	P	Nicholas Quenet	20	MATI CED	01/12/2016	Western Cape Summer Champion
40	1:59.91 L	F	Reynard Wessels	23	KOVs MAN	30/11/2016	FS CHAMPS
41	2:00.00 L	F	Keanu Silent	20	UWC CPT	08/12/2016	NWS Championships 2016/2017
42	2:00.16 L S	F	Jack Carlisle	19	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
43	2:00.17 L	P	Vincent Delagey	23	CGA JHB	03/04/2017	Sa National Aquatic Championship
44	2:00.29 L	P	Brandon Arlow	19	TYGE CPT	01/12/2016	Western Cape Summer Champion
45*	2:00.52 L	P	Benjamin Van Staden	19	NTS FSH	03/04/2017	Sa National Aquatic Championship
45*	2:00.52 L	F	Zane Waddell	19	BLSS MAN	27/06/2016	Sasol National Championship 2016
47	2:00.63 L	F	Gerhard Von Aspern	20	CADO CPT	01/12/2016	Western Cape Summer Champion
48	2:00.94 L	F	Cameron Oliver	21	MDOL JHB	16/12/2016	Vita-thion CGA Open LC Champs
49	2:01.27 L S	P	Bailey Musgrave	19	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
50	2:01.30 L	P	Rudolf Visser	21	CYBE CPT	01/12/2016	Western Cape Summer Champion
51	2:01.37 L	F	Richard Ellis	29	WATR JHB	01/10/2016	Waterborn Invitational 2016
52	2:01.41 L	F	Byron Lockett	26	BEST NMA	02/12/2016	NMBA Championships 2016
53	2:01.62 L	F	Michael Mc Lennan	19	AQUB NMA	30/09/2016	Aquabear Invitational Meet
54	2:01.98 L	P	Ockert Vermeulen	20	LP LP	03/04/2017	Sa National Aquatic Championship
55	2:02.15 L	F	Alexio dos Santos	20	NWUC KKD	27/06/2016	Sasol National Championship 2016
56	2:02.40 L	F	Mark Hunter	21	SEAL UMD	27/06/2016	Sasol National Championship 2016
57	2:02.45 L	F	Reynier Pretorius	23	KOVs MAN	01/10/2016	Seals Gala
58	2:02.67 L	P	Dayen Wilson	19	CGA JHB	03/04/2017	Sa National Aquatic Championship
59	2:02.95 L	F	Brandon Thyse	20	SGUL ETH	18/02/2017	Ethekwini Age Group Gala 10
60	2:03.00 L	F	Daniel Vd Merwe	19	TUKS FSH	21/10/2016	NTS October 2016 Age Group Gal

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
61	2:03.25	L	P	Timothy Simpson	22	SASE JHB	16/12/2016 Vita-thion CGA Open LC Champs
62	2:03.55	L	F	Daniel Jones	19	BEST NMA	02/12/2016 NMBA Championships 2016
63	2:03.66	L	P	Marco Smit	20	KZNA ETH	03/04/2017 Sa National Aquatic Championship
64	2:04.30	L	P	Ryan Botha	20	TUKS FSH	24/02/2017 2017 Grand Prix Invitation Swimming
65	2:04.42	L	P	Tevin Du Toit	20	ACSA ETH	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
66	2:04.62	L	P	Bradley Van Staden	20	SEAL UMD	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
67	2:04.72	L	F	Van Zyl Brand	19	NWUC KKD	29/10/2016 NWS Age Group 2 1617
68	2:04.82	L	P	Joshua Mills	21	CADO CPT	01/12/2016 Western Cape Summer Champion
69	2:04.89	L	P	Arthur Loftie-Eaton	19	DOL	07/12/2016 NTS Championships 2016
70	2:05.07	L	P	Jayson Van der Walt	20	TUKS FSH	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
71	2:05.17	L	P	James Dhooge	19	CGA JHB	03/04/2017 Sa National Aquatic Championship
72	2:05.57	L	P	Roberto Marchi	20	HASC JHB	07/12/2016 NTS Championships 2016
73	2:05.83	L	F	Justin Nicklin	27	SODO JHB	16/12/2016 Vita-thion CGA Open LC Champs
74	2:05.86	L	P	Jordan Nel	19	WSAA CPT	01/12/2016 Western Cape Summer Champion
75	2:05.93	L	P	Jean Rabie	19	WCA CPT	03/04/2017 Sa National Aquatic Championship
76	2:06.26	L	F	Armand Maritz	20	TUKS FSH	23/09/2016 NTS September 2016 Age Group 1
77	2:06.60	L	P	Joshua Walters	20	ACSA ETH	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
78	2:06.63	L	P	Keown Delomoney	19	ACSA ETH	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
79	2:07.05	L	F	Raul Henney	21	MATI CED	20/08/2016 Western Cape Summer 1
80	2:07.35	L	F	Bradley Reen	40	AQUB NMA	30/09/2016 Aquabear Invitational Meet
81	2:07.38	L	P	Ockert Van Schalkwyk	43	TUKS FSH	23/03/2017 SA Level 3 Regional Age Group C
82	2:07.44	L	F	Armin Oberholster	20	MATI CED	20/08/2016 Western Cape Summer 1
83	2:07.65	L S	F	Deshaan Pillay	19	INFA NMA	14/01/2017 5th A League Gala 2017
84	2:08.34	L	P	Reino von Wielligh	24	NWUC KKD	27/06/2016 Sasol National Championship 2016
85	2:08.36	L	P	Daniel Vorster	19	AQUB NMA	17/03/2017 SA National JNR Age Group Champion
86	2:08.64	L	F	Tyron Venter	31	VINE CPT	03/02/2017 Western Cape Jack Currie Champion
87	2:08.94	L	P	Mpumelelo Mosue	19	RSA	14/12/2016 African Union Sports-Region 5 Un
88	2:09.84	L	F	Brandon Isemonger	20	SOUL ECU	08/12/2016 EGA Championships 2016
89	2:10.18	L	F	Alex Fitchet	19	WSAA CPT	20/08/2016 Western Cape Summer 1
90	2:10.40	L S	P	Sphephelo Ntaka	21	UMSH ETH	13/12/2016 KZN Speedo Provincial Champion
91*	2:10.86	L	F	Bryce Pendock	21	MATI CED	20/08/2016 Western Cape Summer 1
91*	2:10.86	L	F	Michael Jones	24	SEAL UMD	27/06/2016 Sasol National Championship 2016
93	2:10.97	L	F	Markus Burri	20	NMMU NMA	09/09/2016 2nd A League 2016
94	2:11.43	L	P	Pierre Dellieu	19	CGA JHB	03/04/2017 Sa National Aquatic Championship
95	2:11.65	L	P	Johann Adriaanse	25	MATI CED	01/12/2016 Western Cape Summer Champion
96	2:12.44	L	P	Michael Esterhuysen	52	USH UJD	13/12/2016 KZN Speedo Provincial Champion
97	2:12.93	L	P	Jean-Pierre Van Rooyen	19	ASA CPT	01/12/2016 Western Cape Summer Champion
98	2:13.09	L	F	Hannes Jordaan	19	RFA FSH	23/09/2016 NTS September 2016 Age Group 1
99	2:13.18	L	F	Kayden Busarello	19	QUES FSH	23/09/2016 NTS September 2016 Age Group 1
100	2:13.19	L	F	Dagyn Davis-Hannibal	20	QUES FSH	21/10/2016 NTS October 2016 Age Group Gal
101	2:13.39	L	F	Mel Stronkhorst	25	KSC EZ	30/09/2016 Uniswim Spar Summer Gala
102	2:13.40	L	P	Nicholas Smith	19	ESP ECU	23/03/2017 SA Level 3 Regional Age Group C
103	2:13.89	L	F	Cornelius Van Niekerk	24	CYBE CPT	20/08/2016 Western Cape Summer 1
104	2:14.08	L	P	Gareth Palmer-Owen	19	ASA CPT	23/03/2017 SA Level 3 Regional Age Group C
105	2:14.14	L	P	Keenan George	20	MANT CPT	01/12/2016 Western Cape Summer Champion
106	2:14.86	L	F	Edward Johannisen	22	NMMU NMA	30/09/2016 Aquabear Invitational Meet
107	2:14.94	L	F	Marthinus Matthee	19	KALA JTD	21/01/2017 4 + 1 Gala Trials Kathu
108	2:15.03	L	F	Juan-Jacques Van der Hoogen	22	LAD UTD	25/11/2016 KZN TYR Westville Sprints 2016
109	2:15.76	L	F	Conrad Scheepers	19	TUKS FSH	23/09/2016 NTS September 2016 Age Group 1
110	2:15.80	L S	F	Jamie Jackson	21	NMMU NMA	10/02/2017 6th A League Gala 2017
111	2:16.89	L	P	Alano Salotto	19	HASC JHB	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
112	2:17.10	L	P	Aaron Putz	21	KZNA ETH	03/04/2017 Sa National Aquatic Championship
113	2:18.31	L	F	Tristan Haig	19	ONYX ECU	21/01/2017 EGA Summer 4
114*	2:19.14	L	F	Ethan Pause	21	ASA CPT	01/12/2016 Western Cape Summer Champion
114*	2:19.14	L	F	Jean Pretorius	20	CUDU CPT	18/02/2017 Western Cape Qualify Gala 3
116	2:20.26	L	F	Wazier Kara	21	AA JHB	24/09/2016 EGA Summer 1
117	2:20.30	L	P	Kent Field	20	ESP ECU	08/12/2016 EGA Championships 2016
118	2:20.60	L	F	Craig Groenewald	38	STAD JHB	29/10/2016 CGA Level 3/SANJ Gala No 2
119	2:22.69	L	F	Jordan Fisher	21	TUKS FSH	23/09/2016 NTS September 2016 Age Group 1

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
120	2:22.92 L	F	Tshepang Matebele	19	WCSS CPT	20/08/2016	Western Cape Summer 1
121	2:23.52 L	F	Caleb Swanepoel	22	CADO CPT	01/12/2016	Western Cape Summer Champion
122	2:24.37 L	F	Vincent Frenz	28	MATI CED	20/08/2016	Western Cape Summer 1
123	2:25.09 L	P	Raymond de Freitas	27	MP EZD	03/04/2017	Sa National Aquatic Championship
124*	2:26.32 L	P	Lourens Grobler	19	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
124*	2:26.32 L	F	Mswane Tsabedze	21	MATL KKD	14/01/2017	NWS Age Group 4 1617
126	2:28.16 L	F	Hendrik Tryhou	40	CSA EZD	25/11/2016	Mpumalanga Championships 2016
127	2:28.55 L	P	Valentino Vergotine	29	WCA CPT	03/04/2017	Sa National Aquatic Championship
128	2:28.83 L	F	Tumelo Molepo	19	RPAC EKU	21/01/2017	EGA Summer 4
129	2:31.61 L	F	Jarryd Irvine	23	PER JHB	03/12/2016	CGA Level 3/SANJ Gala No 3
130	2:31.91 L	P	Faadhil Shaikh	19	ATLA JHB	08/12/2016	EGA Championships 2016
131	2:32.57 L	F	Markus Burri	59	AQUB NMA	30/09/2016	Aquabear Invitational Meet
132	2:33.13 L	P	Himal Gosai	19	ATLA JHB	08/12/2016	EGA Championships 2016
133	2:34.02 L	F	Rushen Kemp	20	WEST CPT	20/08/2016	Western Cape Summer 1
134	2:35.28 L	F	Michael Swartz	24	SRAY BUF	10/02/2017	BCA February Age Group Gala 20
135	2:35.34 L	F	Clayton Jimmie	22	SGUL ETH	18/02/2017	Ethekwini Age Group Gala 10
136	2:35.60 L	F	Russell Nugent	47	UPTS ZMD	05/01/2017	NCASA Champs 2017
137	2:36.43 L	F	Sifiso Jeza	19	UMSH ETH	22/10/2016	eThekwini Age Group Gala 7
138	2:37.92 L	F	Roderick Holshausen	59	CADO CPT	30/09/2016	Aquabear Invitational Meet
139	2:38.47 L	F	Raymond Pretorius	37	KNYD EDD	14/01/2017	Eden 4th A League Gala
140	2:38.72 L	P	Gomolemo Khomo	21	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
141	2:38.82 L	F	Dion Minifie	42	UNI-N EZD	25/11/2016	Mpumalanga Championships 2016
142	2:39.78 L	F	David Williams	CR	TSSC ETH	02/09/2016	KZN Beavers Winter LongCourse
143	2:40.01 L S	F	Alan Searle	42	BEST NMA	14/01/2017	5th A League Gala 2017
144	2:41.93 L	P	Tinyiko Shabangu	19	CGA JHB	03/04/2017	Sa National Aquatic Championship
145	2:44.15 L	F	Peter Michaelides	42	KNYD EDD	19/11/2016	EDEN 3rd A-League Gala 2016
146	2:44.34 L	F	Sandile Shezi	20	PISC ETH	13/12/2016	KZN Speedo Provincial Champion
147	2:48.36 L	F	Bruce Rankin	53	TLAC BPD	14/01/2017	NWS Age Group 4 1617
148	2:50.56 L	F	Trevor Wright	32	MATL KKD	29/10/2016	NWS Age Group 2 1617
149	2:50.65 L	F	Mnqobi Macanda	19	UMSH ETH	22/10/2016	eThekwini Age Group Gala 7
150	2:51.27 L	F	Zimele Mhlanga	24	UMSH ETH	04/11/2016	KZN Action Swimming Champs 20
151	2:51.31 L	F	Hendrik Groenewald	37	KALA JTD	09/12/2016	NCASA Sprints 2016
152	2:53.84 L	F	Pierre Burger	50	KALA JTD	05/01/2017	NCASA Champs 2017
153	2:58.90 L	F	Moses Malatji	24	MDOL JHB	28/01/2017	CGA Level 3-SANJ Last Chance g
154	2:59.35 L	F	Hendrik Herbst	25	MATI CED	20/08/2016	Western Cape Summer 1
155	3:03.69 L	F	Christian Sadie	19	MATI CED	20/08/2016	Western Cape Summer 1
156	3:08.97 L	F	Hercules Weideman	22	FISH EDD	24/06/2016	PEA Winter Gala 2016
157	3:13.37 L	F	Wade Van Rensburg	42	AQUB NMA	30/09/2016	Aquabear Invitational Meet
158	3:15.95 L	F	Rialdo Abrahams	29	UPTS ZMD	05/01/2017	NCASA Champs 2017
159	3:21.01 L	F	Mduduzi Sibanda	19	MDOL JHB	28/01/2017	CGA Level 3-SANJ Last Chance g
160	3:50.39 L	F	Sarel Corrie	59	UPTS ZMD	05/01/2017	NCASA Champs 2017
161	3:52.56 L	F	Anthony Barson	68	SRAY BUF	02/12/2016	BCA Championships 2016

### Men 19 & Over 400 Free

1	3:45.92 L	P	Devon Brown	25	RSA	06/08/2016	2016 Rio Olympic
2	3:49.55 L	F	Matthew Meyer	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
3	3:51.21 L	F	Brent Szurdoki	20	CGA JHB	03/04/2017	Sa National Aquatic Championship
4	3:55.09 L	F	Joshua Dannhauser	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
5	3:57.49 L	F	Ruan Ras	20	NTS FSH	03/04/2017	Sa National Aquatic Championship
6	4:00.22 L	P	Daniel Marais	24	WCA CPT	03/04/2017	Sa National Aquatic Championship
7	4:01.36 L	F	Jacobus Jv Rensburg	22	NTS FSH	03/04/2017	Sa National Aquatic Championship
8	4:06.78 L	F	Trent Panzera	19	WATR JHB	17/03/2017	SA National JNR Age Group Char
9	4:07.45 L	P	Dayen Wilson	19	CGA JHB	03/04/2017	Sa National Aquatic Championship
10	4:08.07 L	F	Martin Binedell	21	SGUL ETH	17/09/2016	eThekwini Age Group Gala 6
11	4:08.44 L	F	Dayne Odendaal	20	SGUL ETH	25/11/2016	KZN TYR Westville Sprints 2016
12	4:08.87 L	F	Ayrton Sweeney	24	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
13	4:09.31 L	P	Stephanus Roodt	20	WCA CPT	03/04/2017	Sa National Aquatic Championship
14	4:10.87 L	F	Johnathan Wilmans	19	CYBE CPT	24/02/2017	2017 Grand Prix Invitation Swiimin
15	4:11.05 L	P	Flavio Ferreri	21	NTS FSH	03/04/2017	Sa National Aquatic Championship
16	4:11.76 L	P	Credence Pattinson	19	NMA NMA	03/04/2017	Sa National Aquatic Championship

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
17	4:11.81 L	P	Branden Deiss	19	CGA JHB	03/04/2017	Sa National Aquatic Championship	
18	4:12.23 L	P	Connor Leone	20	NTS FSH	03/04/2017	Sa National Aquatic Championship	
19	4:12.28 L	P	Brendan Levy	20	KZNA ETH	03/04/2017	Sa National Aquatic Championship	
20	4:12.61 L	F	Rudolf Visser	21	CYBE CPT	01/12/2016	Western Cape Summer Champion	
21	4:15.01 L	F	Kyle Holmes	19	SRAY BUF	19/08/2016	Nedbank Madibaz Swim Meet	
22	4:15.04 L	F	Nicholas Quenet	20	MATI CED	01/12/2016	Western Cape Summer Champion	
23	4:15.61 L	P	Darren Minnies	19	WCA CPT	03/04/2017	Sa National Aquatic Championship	
24	4:15.64 L S	F	Alaric Basson	21	NMMU NMA	14/01/2017	5th A League Gala 2017	
25	4:16.19 L	F	Neil Fair	20	CSC FSH	23/09/2016	NTS September 2016 Age Group 1	
26	4:17.15 L	F	Michael Mc Lennan	19	AQUB NMA	02/12/2016	NMBA Championships 2016	
27	4:17.31 L	P	Francois Van Niekerk	19	NWS	03/04/2017	Sa National Aquatic Championship	
28	4:17.37 L	F	Marco Smit	20	SEAL UMD	05/07/2016	TYR PRESTIGE CHAMPIONSHIP	
29	4:19.54 L	F	Damian Mullen	21	WATR JHB	03/12/2016	CGA Level 3/SANJ Gala No 3	
30	4:19.61 L	F	Daniel Jones	19	BEST NMA	19/08/2016	Nedbank Madibaz Swim Meet	
31	4:19.88 L	F	Byron Lockett	26	BEST NMA	02/12/2016	NMBA Championships 2016	
32	4:21.31 L	F	Brandon Thyse	20	SGUL ETH	18/02/2017	Ethekwini Age Group Gala 10	
33	4:22.83 L	F	Jordan Le Clos	19	SGUL ETH	03/07/2016	eThekwini Age Group Gala 3	
34	4:24.01 L	F	Edward Johannisen	22	NMMU NMA	30/09/2016	Aquabear Invitational Meet	
35	4:24.63 L	F	Alexio dos Santos	20	NWUC KKD	27/06/2016	Sasol National Championship 2016	
36	4:24.90 L	F	Gerhard Von Aspern	20	CADO CPT	01/12/2016	Western Cape Summer Champion	
37	4:28.83 L	F	Deshaan Pillay	19	INFA NMA	02/12/2016	NMBA Championships 2016	
38	4:29.53 L	F	Joshua Mills	21	CADO CPT	01/12/2016	Western Cape Summer Champion	
39	4:30.04 L	F	Tevin Du Toit	20	ACSA ETH	17/09/2016	eThekwini Age Group Gala 6	
40	4:30.32 L	F	Reino von Wielligh	24	NWS	07/10/2016	NTS Invitational Gala 2016	
41	4:32.60 L	F	Jean Rabie	19	CUDU CPT	01/12/2016	Western Cape Summer Champion	
42	4:33.06 L	F	Ockert Vermeulen	20	EAGA LP	25/11/2016	Limpopo Champs 25-27 Novembe	
43	4:33.29 L	P	Ryan Botha	20	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP	
44	4:35.91 L	F	Justin Nicklin	27	SODO JHB	02/09/2016	EGA Long Distance Gala # 1	
45	4:39.72 L	F	Van Zyl Brand	19	NWUC KKD	08/12/2016	NWS Championships 2016/2017	
46	4:39.98 L	F	Kayden Busarello	19	QUES FSH	07/12/2016	NTS Championships 2016	
47	4:42.71 L	F	Bradley Reen	40	AQUB NMA	30/09/2016	Aquabear Invitational Meet	
48	4:43.02 L	F	Hannes Jordaan	19	RFA FSH	23/09/2016	NTS September 2016 Age Group 1	
49	4:45.36 L	F	Cornelius Van Niekerk	24	CYBE CPT	15/10/2016	Western Cape Summer 3	
50	4:46.00 L	F	Michael Jones	24	SEAL UMD	27/06/2016	Sasol National Championship 2016	
51	4:46.70 L	F	Jean-Michel Alves	22	AEC JHB	05/11/2016	EGA Summer 3	
52	4:47.65 L	F	Markus Burri	20	NMMU NMA	15/10/2016	3rd A League Gala 2016	
53	4:50.13 L	F	Nicholas Smith	19	ESP EKU	23/03/2017	SA Level 3 Regional Age Group Ci	
54	4:51.75 L	F	Michael Teles	19	TUKS FSH	18/02/2017	EGA Summer 5 Gala	
55	4:52.24 L	F	Sphephelo Ntaka	21	UMSH ETH	20/08/2016	eThekwini Age Group Gala 5	
56	4:55.44 L	F	Gareth Palmer-Owen	19	ASA CPT	01/12/2016	Western Cape Summer Champion	
57	4:56.16 L	F	Juan-Jacques Van der Hoogen	22	LAD UTD	25/11/2016	KZN TYR Westville Sprints 2016	
58	4:59.64 L	F	Deon Johnstone	20	SUPE JHB	03/12/2016	CGA Level 3/SANJ Gala No 3	
59	5:06.68 L	F	Apiwe Nkumbi	25	SUPE JHB	03/12/2016	CGA Level 3/SANJ Gala No 3	
60	5:08.70 L	F	Jean Pretorius	20	CUDU CPT	30/09/2016	Aquabear Invitational Meet	
61	5:11.54 L	F	Michael Esterhuyse	52	USH UJD	07/10/2016	PWTT SASOL	
62	5:15.43 L	F	Peter-John Duffy	47	AQUB NMA	30/09/2016	Aquabear Invitational Meet	
63	5:17.55 L	P	Lourens Grobler	19	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP	
64	5:21.07 L	F	Kent Field	20	ESP EKU	02/09/2016	EGA Long Distance Gala # 1	
65	5:22.23 L	F	Valentino Vergotine	29	UWCA CPT	15/10/2016	Western Cape Summer 3	
66	5:25.37 L	F	Grantham Manchest	25	XSAQ CPT	15/10/2016	Western Cape Summer 3	
67	5:28.81 L	F	Mswane Tsabedze	21	MATL KKD	08/12/2016	NWS Championships 2016/2017	
68	5:29.74 L	F	Raymond de Freitas	27	NSA EZD	25/11/2016	Mpumalanga Championships 2016	
69	5:30.37 L	F	Markus Burri	59	AQUB NMA	30/09/2016	Aquabear Invitational Meet	
70	5:31.10 L	F	Roderick Holshausen	59	CADO CPT	30/09/2016	Aquabear Invitational Meet	
71	5:32.85 L	F	Hendrik Tryhou	40	CSA EZD	25/11/2016	Mpumalanga Championships 2016	
72	5:36.42 L	F	Maxmillian Carbonell Taylor	21	HREF BPD	15/10/2016	NWS Age Group 1 1617	
73	5:36.88 L	F	Sifiso Jeza	19	UMSH ETH	20/08/2016	eThekwini Age Group Gala 5	
74	5:38.50 L	F	Raymond Pretorius	37	KNYD EDD	28/01/2017	Eden 5th A League Gala	
75	5:39.50 L	F	Michael Swartz	24	SRAY BUF	02/12/2016	BCA Championships 2016	

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
76	5:40.12 L	F	David Williams	CR	TSSC	ETH	13/12/2016	KZN Speedo Provincial Champion
77	5:45.72 L	F	Russell Nugent	47	UPTS	ZMD	05/01/2017	NCASA Champs 2017
78	5:53.69 L	F	Tumelo Molepo	19	RPAC	EKU	05/11/2016	EGASA Summer 3
79	6:18.32 L	F	Bruce Rankin	53	TLAC	BPD	26/11/2016	NWS Age Group 3 2016/2017
80	6:18.89 L	F	Mnqobi Macanda	19	UMSH	ETH	20/08/2016	eThekwini Age Group Gala 5
81	6:22.65 L	F	Zimele Mhlanga	24	UMSH	ETH	20/08/2016	eThekwini Age Group Gala 5
82	6:37.37 L	F	Hercules Weideman	22	FISH	EDD	24/06/2016	PEA Winter Gala 2016
83	6:47.70 L	F	Wade Van Rensburg	42	AQUB	NMA	30/09/2016	Aquabear Invitational Meet
84	7:17.05 L	F	Sean Lindsay	42	TLAC	BPD	15/10/2016	NWS Age Group 1 1617
85	7:51.39 L	F	Rialdo Abrahams	29	UPTS	ZMD	05/01/2017	NCASA Champs 2017
86	8:04.17 L	F	Sarel Corrie	59	UPTS	ZMD	05/01/2017	NCASA Champs 2017
87	8:17.10 L	F	Bongani Letsebe	20	KWHA	NGD	25/11/2016	Mpumalanga Championships 2016
88	8:25.44 L	F	Anthony Barson	68	SRAY	BUF	02/12/2016	BCA Championships 2016
<b>Men 19 &amp; Over 800 Free</b>								
1	7:54.53 L	F	Matthew Meyer	19	KZNA	ETH	03/04/2017	Sa National Aquatic Championship
2	8:01.02 L	F	Joshua Dannhauser	19	KZNA	ETH	03/04/2017	Sa National Aquatic Championship
3	8:14.75 L	F	Brent Szurdoki	20	RSA		16/10/2016	12th African Swimming Champs 2016
4	8:25.54 L	F	Dayen Wilson	19	CGA	JHB	03/04/2017	Sa National Aquatic Championship
5	8:38.16 L	F	Stephanus Roodt	20	WCA	CPT	03/04/2017	Sa National Aquatic Championship
6	8:38.82 L	F	Rudolf Visser	21	CYBE	CPT	01/12/2016	Western Cape Summer Champion
7	8:41.92 L	P	Johnathan Wilmans	19	WCA	CPT	03/04/2017	Sa National Aquatic Championship
8	8:58.90 L	F	Kyle Holmes	19	SRAY	BUF	19/08/2016	Nedbank Madibaz Swim Meet
9	8:59.14 L	F	Michael Mc Lennan	19	AQUB	NMA	02/12/2016	NMBA Championships 2016
10	9:01.39 L	F	Marco Smit	20	SEAL	UMD	27/06/2016	Sasol National Championship 2016
11	9:06.98 L	F	Byron Lockett	26	BEST	NMA	19/08/2016	Nedbank Madibaz Swim Meet
12	9:08.79 L	F	Neil Fair	20	CSC	TSH	23/09/2016	NTS September 2016 Age Group 1
13	9:16.43 L	F	Abdul-Malick Railoun	24	SODO	JHB	17/09/2016	CGA Level 3/SANJ Gala No 1
14	9:21.26 L	F	Alexio dos Santos	20	NWUC	KKD	27/06/2016	Sasol National Championship 2016
15	9:23.80 L	F	Branden Deiss	19	CRSC	JHB	17/09/2016	CGA Level 3/SANJ Gala No 1
16	9:24.85 L	F	Francois Van Niekerk	19	PWC	GED	08/12/2016	NWS Championships 2016/2017
17	9:39.30 L	F	Reino von Wielligh	24	NWUC	KKD	27/06/2016	Sasol National Championship 2016
18	10:04.12 L	P	Jean Pretorius	20	WCA	CPT	03/04/2017	Sa National Aquatic Championship
19	10:26.90 L S	F	Kayden Busarello	19	QUES	TSH	07/12/2016	NTS Championships 2016
20	10:40.81 L	F	Coillard Ford Snr	42	CSC	TSH	03/02/2017	NTS Feb 2017 Age Group Level 3
21	11:25.17 L	F	Maxmillian Carbonell Taylor	21	HREF	BPD	15/10/2016	NWS Age Group 1 1617
22	11:31.12 L	F	Hendrik Tryhou	40	CSA	EZD	25/11/2016	Mpumalanga Championships 2016
23	11:39.05 L	F	Roderick Holshausen	59	CADO	CPT	30/09/2016	Aquabear Invitational Meet
24	12:02.27 L	F	David Williams	CR	TSSC	ETH	17/09/2016	eThekwini Age Group Gala 6
25	12:38.73 L	F	Valentino Vergotine	29	UWCA	CPT	12/11/2016	Western Cape Summer 4
26	13:41.95 L	F	Hercules Weideman	22	FISH	EDD	24/06/2016	PEA Winter Gala 2016
27	13:54.12 L	F	Wade Van Rensburg	42	AQUB	NMA	30/09/2016	Aquabear Invitational Meet
28	14:55.27 L	F	Anthony Barson	68	SRAY	BUF	02/12/2016	BCA Championships 2016
29	16:27.93 L	F	Sarel Corrie	59	UPTS	ZMD	05/01/2017	NCASA Champs 2017
30	16:53.03 L	F	Rialdo Abrahams	29	UPTS	ZMD	05/01/2017	NCASA Champs 2017
<b>Men 19 &amp; Over 1500 Free</b>								
1	15:11.22 L	F	Brent Szurdoki	20	CGA	JHB	03/04/2017	Sa National Aquatic Championship
2	15:13.11 L	F	Matthew Meyer	19	KZNA	ETH	03/04/2017	Sa National Aquatic Championship
3	15:24.69 L	F	Joshua Dannhauser	19	KZNA	ETH	03/04/2017	Sa National Aquatic Championship
4	15:55.02 L	F	Daniel Marais	24	WCA	CPT	03/04/2017	Sa National Aquatic Championship
5	16:01.50 L	F	Dayen Wilson	19	CGA	JHB	03/04/2017	Sa National Aquatic Championship
6	16:23.41 L	F	Rudolf Visser	21	CYBE	CPT	01/12/2016	Western Cape Summer Champion
7	16:39.54 L	P	Johnathan Wilmans	19	WCA	CPT	03/04/2017	Sa National Aquatic Championship
8	16:43.03 L	P	Stephanus Roodt	20	WCA	CPT	03/04/2017	Sa National Aquatic Championship
9	17:00.52 L	F	Neil Fair	20	NWS		07/10/2016	NTS Invitational Gala 2016
10*	17:05.65 L	P	Michael Mc Lennan	19	NMA	NMA	03/04/2017	Sa National Aquatic Championship
10*	17:05.65 L	F	Branden Deiss	19	CRSC	JHB	17/03/2017	SA National JNR Age Group Cham
12	17:14.17 L	F	Byron Lockett	26	BEST	NMA	11/11/2016	4th A League Gala 2016
13	17:17.77 L	F	Jacobus Jv Rensburg	22	TUKS	TSH	21/10/2016	NTS October 2016 Age Group Gal

### Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
14	17:19.09	L	F	Credence Pattinson	19	AQUB NMA	11/11/2016 4th A League Gala 2016
15	17:19.71	L	F	Marco Smit	20	SEAL UMD	27/06/2016 Sasol National Championship 2016
16	17:28.84	L	F	Kyle Holmes	19	SRAY BUF	27/01/2017 BCA 2nd January Age Group Gala
17	17:34.60	L	F	Flavio Ferreri	21	TUKS FSH	23/09/2016 NTS September 2016 Age Group 1
18	17:36.09	L	F	Dayne Odendaal	20	SGUL ETH	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
19	17:37.07	L	F	Daniel Jones	19	BEST NMA	11/11/2016 4th A League Gala 2016
20	17:37.43	L	F	Brandon Thyssen	20	SGUL ETH	14/01/2017 Ethekwini Age Group 9
21	17:51.77	L S	F	Deshaan Pillay	19	INFA NMA	10/02/2017 6th A League Gala 2017
22	18:07.58	L	F	Ryan Botha	20	TUKS FSH	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
23	18:15.25	L	F	Tyron Venter	31	VINE CPT	03/02/2017 Western Cape 1500 Gala 2017
24	18:27.00	L	F	Reino von Wielligh	24	NWUC KKD	14/01/2017 NWS Age Group 4 1617
25	19:34.16	L	F	Justin Nicklin	27	SODO JHB	29/10/2016 CGA Level 3/SANJ Gala No 2
26	19:36.34	L	F	Kayden Busarello	19	QUES FSH	07/12/2016 NTS Championships 2016
27	19:54.29	L	F	Nicholas Smith	19	ESP EKU	08/12/2016 EGA Championships 2016
28	20:52.56	L	F	Juan-Jacques Van der Hoogen	22	LAD UTD	10/12/2016 Amajuba District December Age G
29	21:24.15	L	F	Valentino Vergotine	29	UWCA CPT	12/11/2016 Western Cape Summer 4
30	21:38.86	L	F	Hendrik Tryhou	40	CSA EZD	25/11/2016 Mpumalanga Championships 2016
31	23:14.83	L	F	Phillip Dempster	47	VINE CPT	03/02/2017 Western Cape 1500 Gala 2017
32	31:48.71	L	F	Rialdo Abrahams	29	UPTS ZMD	05/01/2017 NCASA Champs 2017
33	32:02.00	L	F	Sarel Corrie	59	UPTS ZMD	05/01/2017 NCASA Champs 2017

#### Men 19 & Over 50 Back

1	25.99	L	F	Jacques Van Wyk	24	TUKS FSH	07/12/2016 NTS Championships 2016
2	26.35	L	F	Zane Waddell	19	BLSS MAN	27/06/2016 Sasol National Championship 2016
3	26.78	L	P	Clayton Jimmie	22	KZNA ETH	03/04/2017 Sa National Aquatic Championship
4	27.00	L	P	Neil Fair	20	NTS FSH	03/04/2017 Sa National Aquatic Championship
5*	27.04	L	F	Joshua Walters	20	RSA	14/12/2016 African Union Sports-Region 5 Un
5*	27.04	L	P	Marno Langeveldt	23	NTS FSH	03/04/2017 Sa National Aquatic Championship
7	27.05	L	F	Richard Ellis	29	WATR JHB	01/10/2016 Waterborn Invitational 2016
8*	27.10	L	F	Damian Mullen	21	CGA JHB	03/04/2017 Sa National Aquatic Championship
8*	27.10	L	F	Credence Pattinson	19	NMA NMA	03/04/2017 Sa National Aquatic Championship
10	27.22	L	P	Martin Binedell	21	SGUL ETH	13/12/2016 KZN Speedo Provincial Champion
11	27.28	L	S	Brandon Norman	23	CGA JHB	03/04/2017 Sa National Aquatic Championship
12	27.56	L	S	Willem Scheepers	30	NWS	03/04/2017 Sa National Aquatic Championship
13	27.64	L	F	Ude Fuchs	19	WATR JHB	17/03/2017 SA National JNR Age Group Chan
14	27.77	L	S	John Maree	19	WCA CPT	03/04/2017 Sa National Aquatic Championship
15	27.89	L	P	Paul Stoltz	19	NTS FSH	03/04/2017 Sa National Aquatic Championship
16	27.91	L	F	Brent Szurdoki	20	WATR JHB	01/10/2016 Waterborn Invitational 2016
17	28.15	L	P	Armand Maritz	20	TUKS FSH	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
18	28.32	L	F	Reynier Pretorius	23	KOVS MAN	13/12/2016 KZN Speedo Provincial Champion
19	28.33	L	F	Daniel Vorster	19	AQUB NMA	17/03/2017 SA National JNR Age Group Chan
20	28.34	L	F	Jarryd Hoole	21	SRAY BUF	05/11/2016 BCA Nov Age Group Gala 2016
21	28.35	L	P	Kyle Holmes	19	SRAY BUF	17/03/2017 SA National JNR Age Group Chan
22	28.39	L	F	Cameron Oliver	21	MDOL JHB	16/12/2016 Vita-thion CGA Open LC Champs
23	28.40	L	F	Janco Saaiman	19	TUKS FSH	07/12/2016 NTS Championships 2016
24	28.50	L	P	Vincent Delagey	23	AEC JHB	16/12/2016 Vita-thion CGA Open LC Champs
25	28.52	L	F	Johan Lourens	21	TUKS FSH	21/10/2016 NTS October 2016 Age Group Gal
26	28.55	L	F	Dagyn Davis-Hannibal	20	QUES FSH	07/12/2016 NTS Championships 2016
27	28.61	L	F	Reynard Wessels	23	KOVS MAN	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
28	28.62	L	P	Jordan Le Clos	19	SGUL ETH	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
29	28.78	L	P	Jordan Nel	19	WSAA CPT	01/12/2016 Western Cape Summer Champion
30	28.79	L	F	Daniel Jones	19	BEST NMA	02/12/2016 NMBA Championships 2016
31	28.88	L	F	Keanu Silent	20	RSA	16/10/2016 12th African Swimming Champs 20
32	29.02	L	F	Alard Basson	21	NMMU NMA	30/09/2016 Aquabear Invitational Meet
33	29.12	L	F	Kyle Van Niekerk	19	WATR JHB	01/10/2016 Waterborn Invitational 2016
34	29.14	L	P	Van Zyl Brand	19	NWS	03/04/2017 Sa National Aquatic Championship
35	29.17	L	P	Joshua Dannhauser	19	SGUL ETH	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
36	29.22	L	P	Timothy Simpson	22	SASE JHB	16/12/2016 Vita-thion CGA Open LC Champs
37	29.28	L S	F	Gregory Kahn	47	AQUB NMA	14/01/2017 5th A League Gala 2017
38	29.31	L	F	Pierre Dellieu	19	CGA JHB	03/04/2017 Sa National Aquatic Championship

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
39	29.33 L	P	Bradley Van Staden	20	SEAL UMD	13/12/2016	KZN Speedo Provincial Champion
40	29.57 L	P	William Ochse	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
41	29.63 L	F	Mark Hunter	21	SEAL UMD	27/06/2016	Sasol National Championship 2016
42	29.83 L	F	Johnathan Wilmans	19	CYBE CPT	01/12/2016	Western Cape Summer Champion
43	29.87 L	P	Trad Louw	22	ONYX EKU	08/12/2016	EGA Championships 2016
44	29.89 L	P	Darren Minnies	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
45	29.97 L	P	Mark Roach	20	ASA CPT	24/02/2017	2017 Grand Prix Invitation Swiimin
46	30.00 L S	F	Jason Lawson	29	NMMU NMA	10/02/2017	6th A League Gala 2017
47	30.12 L	F	Tristan Haig	19	ONYX EKU	10/09/2016	Adrian Grafe Memorial Gala 2016
48	30.14 L	P	Jacobus Olivier	22	NWUC KKD	13/12/2016	KZN Speedo Provincial Champion
49	30.20 L	F	Mel Stronkhorst	25	KSC EZD	25/11/2016	Mpumalanga Championships 2016
50	30.26 L	F	Jack Carlisle	19	SGUL ETH	11/06/2016	EThekwini Age Group Gala 2
51	30.35 L	F	Brandon Isemonger	20	SOUL EKU	08/12/2016	EGA Championships 2016
52	30.41 L	F	Gregory Kotze	20	NMMU NMA	19/08/2016	Nedbank Madibaz Swim Meet
53	30.46 L	P	Petrus Van Niekerk	21	MATI CED	01/12/2016	Western Cape Summer Champion
54	30.55 L	F	Matthew Alexander	19	MATI CED	12/11/2016	Western Cape Summer 4
55	30.56 L	F	Brandon Arlow	19	TYGE CPT	12/11/2016	Western Cape Summer 4
56	30.95 L	P	Jacobus Gloak	24	PAC FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
57	30.96 L	F	Jayson Van der Walt	20	TUKS FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
58	30.98 L	P	Rudolf Visser	21	CYBE CPT	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
59	31.01 L	F	Dean Coetzee	32	BOKS EKU	10/09/2016	Adrian Grafe Memorial Gala 2016
60	31.20 L	F	Jared Pike	26	SODO JHB	10/09/2016	Adrian Grafe Memorial Gala 2016
61	31.23 L	F	Arthur Loftie-Eaton	19	DOL	07/12/2016	NTS Championships 2016
62	31.33 L	P	Jean Rabie	19	CUDU CPT	30/09/2016	Aquabear Invitational Meet
63	31.34 L	F	Sphephelo Ntaka	21	UMSH ETH	04/11/2016	KZN Action Swimming Champs 2016
64	31.36 L	F	Raymond Pretorius	37	KNYD EDD	28/01/2017	Eden 5th A League Gala
65	31.46 L	P	Justin Nicklin	27	SODO JHB	16/12/2016	Vita-thion CGA Open LC Champs
66	31.76 L	F	Thomas Hansford	24	NMMU NMA	19/08/2016	Nedbank Madibaz Swim Meet
67	31.84 L	P	Roberto Marchi	20	HASC JHB	07/12/2016	NTS Championships 2016
68	31.91 L	P	Faadhil Shaikh	19	ATLA JHB	08/12/2016	EGA Championships 2016
69	32.00 L	F	Tevin Du Toit	20	ACSA ETH	04/11/2016	KZN Action Swimming Champs 2016
70	32.02 L	P	Francois Van Niekerk	19	PLAY CED	01/12/2016	Western Cape Summer Champion
71	32.09 L	F	Jasper Venter	29	UNI-N EZD	25/11/2016	Mpumalanga Championships 2016
72	32.13 L	P	Gareth Demmer	19	ONYX EKU	08/12/2016	EGA Championships 2016
73	32.28 L	F	Jean Pretorius	20	WCA CPT	03/04/2017	Sa National Aquatic Championship
74	32.35 L	F	Keown Delomoney	19	ACSA ETH	22/10/2016	eThekwini Age Group Gala 7
75	32.37 L	P	Mohamed Gamieldeen	19	RSA	14/12/2016	African Union Sports-Region 5 Uni
76	32.39 L	P	Keenan George	20	MANT CPT	30/09/2016	Aquabear Invitational Meet
77	32.41 L	F	Hannes Jordaan	19	RFA FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
78	32.45 L	F	Jean-Michel Alves	22	AEC JHB	18/02/2017	EGA Summer 5 Gala
79	32.72 L	P	Nicholas Smith	19	ESP EKU	23/03/2017	SA Level 3 Regional Age Group Cl
80	32.96 L	P	Kent Field	20	ESP EKU	08/12/2016	EGA Championships 2016
81	32.99 L	F	Conrad Scheepers	19	TUKS FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
82	33.14 L	F	Deon Johnstone	20	SUPE JHB	03/12/2016	CGA Level 3/SANJ Gala No 3
83	33.22 L	F	Mpumelelo Mosue	19	TUKS FSH	21/10/2016	NTS October 2016 Age Group Gal
84	33.24 L	P	Lourens Grobler	19	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
85	33.29 L	F	Marthinus Wiid	19	FAAC FBD	22/10/2016	Flamingo Gala 2016
86	33.42 L	F	Wazier Kara	21	AA JHB	16/12/2016	Vita-thion CGA Open LC Champs
87	33.43 L	P	Luan Boshoff	19	BLOT MAN	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
88	33.84 L	F	Jonathan Heubner	19	SUPE JHB	16/12/2016	Vita-thion CGA Open LC Champs
89	33.89 L	F	Jordan Fisher	21	TUKS FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
90	33.90 L	F	Brendon de Beer	21	MATL KKD	29/10/2016	NWS Age Group 2 1617
91	33.91 L	F	Marceleno Thomas	21	SUPE JHB	16/12/2016	Vita-thion CGA Open LC Champs
92	33.97 L	F	Ethan Pause	21	ASA CPT	01/12/2016	Western Cape Summer Champion
93	34.03 L	F	Marthinus Matthee	19	KALA JTD	05/01/2017	NCASA Champs 2017
94	34.50 L	F	Apiwe Nkumbi	25	SUPE JHB	03/12/2016	CGA Level 3/SANJ Gala No 3
95	34.54 L	F	Aaron Putz	21	KZNA ETH	03/04/2017	Sa National Aquatic Championship
96	34.66 L	F	Michael Esterhuysen	52	USH JHD	02/09/2016	KZN Beavers Winter LongCourse
97	34.82 L	P	Himal Gosai	19	ATLA JHB	08/12/2016	EGA Championships 2016

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
98	34.98 L	F	Deshaan Pillay	19	INFA NMA	04/02/2017	Uitenhage Swimming Club Gala 2016
99	35.19 L	F	Hendrik Tryhou	40	CSA EZZ	25/11/2016	Mpumalanga Championships 2016
100	35.22 L	F	Barry Serfontein	43	AQUB NMA	30/09/2016	Aquabear Invitational Meet
101*	35.29 L	F	Eduan Appel	19	NWUC KKD	15/10/2016	NWS Age Group 1 1617
101*	35.29 L	P	Raymond de Freitas	27	MP EZZ	03/04/2017	Sa National Aquatic Championship
103	35.67 L	P	Stephanus Steenekamp	20	DBSC SDD	27/06/2016	Sasol National Championship 2016
104	35.72 L	F	Dion Minifie	42	UNI-N EZZ	25/11/2016	Mpumalanga Championships 2016
105	35.88 L	F	Vincent Frenz	28	MATI CED	12/11/2016	Western Cape Summer 4
106	35.89 L	F	Craig Groenewald	38	STAD JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
107	35.93 L	P	Trevor Wright	32	MATL KKD	27/06/2016	Sasol National Championship 2016
108	36.02 L	P	Mswane Tsabedze	21	MATL KKD	27/06/2016	Sasol National Championship 2016
109	36.07 L	F	Juan-Jacques Van der Hoogen	22	LAD JTD	25/11/2016	KZN TYR Westville Sprints 2016
110	36.35 L	F	Christian Sadie	19	MATI CED	01/12/2016	Western Cape Summer Championship
111	36.40 L	F	Valentino Vergotine	29	WCA CPT	03/04/2017	Sa National Aquatic Championship
112	36.41 L	F	Hendrik Weideman	21	GTC EZZ	17/09/2016	MP Xerox Sprint Gala - 17 Septem
113	36.76 L	F	Nicholas Reen	62	AQUB NMA	30/09/2016	Aquabear Invitational Meet
114	36.90 L	F	Rushen Kemp	20	WEST CPT	12/11/2016	Western Cape Summer 4
115*	37.30 L	F	Herman Knoetze	22	ONYX EKV	10/09/2016	Adrian Grafe Memorial Gala 2016
115*	37.30 L	F	Marco Broere	19	SR FBD	21/01/2017	4 + 1 Gala Trials Kimberley
117	37.61 L	F	Tshepang Matebele	19	WCSS CPT	12/11/2016	Western Cape Summer 4
118	38.12 L	F	Bruce Rankin	53	TLAC BPD	14/01/2017	NWS Age Group 4 1617
119	38.27 L	P	Michael Swartz	24	BCA BUF	03/04/2017	Sa National Aquatic Championship
120	38.46 L	F	Maxmillian Carbonell Taylor	21	HREF BPD	15/10/2016	NWS Age Group 1 1617
121	38.52 L	F	Tumelo Molepo	19	RPAC EKV	10/09/2016	Adrian Grafe Memorial Gala 2016
122	39.37 L	F	Charl Parkin	48	AQUB NMA	30/09/2016	Aquabear Invitational Meet
123	39.53 L	F	Jacobus Minnaar	19	ESS EZZ	28/10/2016	Top Schools - High School 28 Oct
124	39.58 L	F	Hendrik Groenewald	37	KALA JTD	15/10/2016	Age Group 1 2016 Kalaharie
125	39.60 L	F	Ntandoyenkosi Nxumalo	21	UMSH ETH	02/09/2016	KZN Beavers Winter LongCourse
126	39.93 L	F	Tinyiko Shabangu	19	CGA JHB	03/04/2017	Sa National Aquatic Championship
127	40.19 L	F	Msizi Silangwe	20	UMSH ETH	02/09/2016	KZN Beavers Winter LongCourse
128	40.36 L	F	Russell Nugent	47	UPTS ZMD	09/12/2016	NCASA Sprints 2016
129	40.82 L	P	David Williams	29	KZNA ETH	03/04/2017	Sa National Aquatic Championship
130	40.97 L S	F	Alan Searle	42	BEST NMA	14/01/2017	5th A League Gala 2017
131	41.10 L	F	Kenneth Pattinson	53	AQUB NMA	30/09/2016	Aquabear Invitational Meet
132	41.40 L	F	Aston Wilson	21	SUPE JHB	16/12/2016	Vita-thion CGA Open LC Champs
133	42.42 L	F	Sandile Shezi	20	PISC ETH	11/06/2016	EThekwini Age Group Gala 2
134	42.60 L	F	Rialdo Abrahams	29	UPTS ZMD	05/01/2017	NCASA Champs 2017
135	42.92 L S	F	Francis Searle	68	BEST NMA	14/01/2017	5th A League Gala 2017
136	43.42 L	F	Mnqobi Macanda	19	UMSH ETH	22/10/2016	eThekwini Age Group Gala 7
137	43.65 L	F	Quintin Schroll	39	MATL KKD	29/10/2016	NWS Age Group 2 1617
138	43.79 L	F	Pieter Bell	26	WOAQ CED	12/11/2016	Western Cape Summer 4
139	45.05 L	F	Moses Malatji	24	MDOL JHB	28/01/2017	CGA Level 3-SANJ Last Chance g
140	45.31 L	F	Colin Hepburn	50	CYBE CPT	30/09/2016	Aquabear Invitational Meet
141	46.20 L	F	Sifiso Jeza	19	UMSH ETH	02/09/2016	KZN Beavers Winter LongCourse
142	47.66 L	F	Matthys Walters	48	BARR CPT	04/11/2016	Freda Barnard Gala 35
143	47.81 L	F	Donavan Minnie	19	ESS EZZ	17/09/2016	MP Xerox Sprint Gala - 17 Septem
144	48.03 L	F	Andre' Maritz	41	GHSK FBD	22/10/2016	Flamingo Gala 2016
145	48.10 L	F	Hercules Weideman	22	FISH EDD	24/06/2016	PEA Winter Gala 2016
146	52.00 L	F	Karl Hebbelmann	29	SGUL ETH	02/09/2016	KZN Beavers Winter LongCourse
147	57.69 L	F	Mduduzi Sibanda	19	MDOL JHB	28/01/2017	CGA Level 3-SANJ Last Chance g
148	1:08.51 L	F	Michael Lebakeng	29	NWS	28/01/2017	4 + 1 Inter District Gala 2017
149	1:16.37 L	F	Bahle Mkhize	20	FSE JHD	14/01/2017	Uthungulu District January Age Gr

### Men 19 & Over 100 Back

1	53.68 L	P	Christopher Reid	21	RSA	06/08/2016	2016 Rio Olympic
2	56.29 L	S	Jacques Van Wyk	24	NTS FSH	03/04/2017	Sa National Aquatic Championship
3	56.48 L	F	Calvyn Justus	21	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
4	56.58 L	F	Martin Binedell	21	KZNA ETH	03/04/2017	Sa National Aquatic Championship
5	56.69 L	F	Richard Ellis	29	WATR JHB	01/10/2016	Waterborn Invitational 2016
6	57.17 L	S	Neil Fair	20	NTS FSH	03/04/2017	Sa National Aquatic Championship



## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
7	57.43 L	F	David De Villiers	24	RSA	16/10/2016	12th African Swimming Champs 2016
8	57.87 L	F	Zane Waddell	19	BLSS MAN	27/06/2016	Sasol National Championship 2016
9	57.95 L	F	Credence Pattinson	19	AQUB NMA	02/12/2016	NMBA Championships 2016
10	58.40 L	S	Cameron Oliver	21	CGA JHB	03/04/2017	Sa National Aquatic Championship
11	58.65 L	S	Brandon Norman	23	CGA JHB	03/04/2017	Sa National Aquatic Championship
12	58.76 L	F	Ude Fuchs	19	WATR JHB	17/03/2017	SA National JNR Age Group Championship
13	58.99 L	P	Damian Mullen	21	CGA JHB	03/04/2017	Sa National Aquatic Championship
14	59.22 L	F	Johan Lourens	21	TUKS TSH	23/09/2016	NTS September 2016 Age Group Gala
15	59.33 L	F	Joshua Walters	20	RSA	14/12/2016	African Union Sports-Region 5 Un
16	59.50 L	F	Christopher King	31	VINE CPT	24/02/2017	2017 Grand Prix Invitation Swimming
17	59.53 L S	F	Brent Szurdoki	20	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
18	59.78 L S	F	Ruan Ras	20	TUKS TSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
19	1:00.01 L	F	Kyle Holmes	19	SRAY BUF	17/03/2017	SA National JNR Age Group Championship
20	1:00.18 L	P	Willem Scheepers	30	NWS	03/04/2017	Sa National Aquatic Championship
21	1:00.19 L	S	John Maree	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
22	1:00.37 L S	F	Marno Langeveldt	23	TUKS TSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
23	1:00.48 L	P	Janco Saaiman	19	NTS TSH	03/04/2017	Sa National Aquatic Championship
24	1:00.53 L	F	Reynier Pretorius	23	KOVS MAN	13/12/2016	KZN Speedo Provincial Championship
25	1:00.56 L	P	Paul Stoltz	19	NTS TSH	03/04/2017	Sa National Aquatic Championship
26	1:00.73 L	F	Kyle Van Niekerk	19	RSA	14/12/2016	African Union Sports-Region 5 Un
27	1:00.91 L	P	Jack Carlisle	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
28	1:00.92 L	P	Vincent Delagey	23	CGA JHB	03/04/2017	Sa National Aquatic Championship
29	1:00.98 L S	F	Jordan Le Clos	19	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
30	1:01.07 L	F	Reynard Wessels	23	KOVS MAN	30/11/2016	FS CHAMPS
31	1:01.11 L	P	Ayrton Sweeney	24	KZNA ETH	03/04/2017	Sa National Aquatic Championship
32	1:01.25 L	P	Joshua Dannhauser	19	SGUL ETH	13/12/2016	KZN Speedo Provincial Championship
33	1:01.46 L	P	Van Zyl Brand	19	NWS	03/04/2017	Sa National Aquatic Championship
34	1:01.72 L	P	Daniel Vorster	19	AQUB NMA	17/03/2017	SA National JNR Age Group Championship
35	1:01.76 L	P	Keanu Silent	20	WCA CPT	03/04/2017	Sa National Aquatic Championship
36	1:01.91 L	F	Daniel Jones	19	BEST NMA	02/12/2016	NMBA Championships 2016
37	1:02.37 L	F	Kevin Bargate	19	SGUL ETH	02/09/2016	KZN Beavers Winter LongCourse
38	1:02.55 L	F	Jordan Nel	19	WSAA CPT	01/12/2016	Western Cape Summer Championship
39	1:02.58 L	P	Johnathan Wilmans	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
40	1:02.67 L	F	Joshua Finch	22	UWCA CPT	18/02/2017	Western Cape Qualify Gala 3
41	1:02.71 L	P	Bradley Van Staden	20	SEAL UMD	13/12/2016	KZN Speedo Provincial Championship
42	1:02.75 L	F	Alex Fitchet	19	WSAA CPT	20/08/2016	Western Cape Summer 1
43	1:02.80 L	P	Dagyn Davis-Hannibal	20	QUES TSH	07/12/2016	NTS Championships 2016
44	1:03.09 L	F	Jarryd Hoole	21	SRAY BUF	02/12/2016	BCA Championships 2016
45	1:03.11 L	F	Matthew Alexander	19	MATI CED	01/12/2016	Western Cape Summer Champion
46	1:03.16 L	F	Kayden Busarello	19	QUES TSH	21/10/2016	NTS October 2016 Age Group Gala
47	1:03.28 L	F	Gregory Kahn	47	AQUB NMA	13/08/2016	1st A League 2016
48	1:03.40 L	P	Ockert Vermeulen	20	LP LP	03/04/2017	Sa National Aquatic Championship
49	1:03.49 L	F	Eben Vorster	20	KOVS MAN	05/11/2016	Mangaung Aquatics Gala
50	1:03.50 L	P	Darren Minnies	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
51	1:03.54 L	P	Joshua Stegen	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
52	1:04.34 L	F	Gregory Kotze	20	NMMU NMA	19/08/2016	Nedbank Madibaz Swim Meet
53	1:04.59 L	P	William Ochse	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
54	1:05.07 L	F	Edward Johannisen	22	NMMU NMA	11/11/2016	4th A League Gala 2016
55	1:05.09 L	F	Blake Kelly	19	BLMA CPT	01/12/2016	Western Cape Summer Champion
56	1:05.58 L	P	Petrus Van Niekerk	21	MATI CED	01/12/2016	Western Cape Summer Champion
57	1:06.15 L S	P	Rudolf Visser	21	CYBE CPT	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
58	1:06.20 L	P	Mohamed Gamielidien	19	RSA	14/12/2016	African Union Sports-Region 5 Un
59	1:06.40 L	F	Jarryd Gosling	19	SOUL EKU	08/12/2016	EGA Championships 2016
60	1:06.92 L	F	Trad Louw	22	ONYX EKU	05/11/2016	EGA Summer 3
61	1:06.96 L S	P	Dayne Odendaal	20	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
62*	1:07.08 L S	P	Jacobus Gloak	24	PAC TSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
62*	1:07.08 L	P	Brandon Arlow	19	TYGE CPT	24/02/2017	2017 Grand Prix Invitation Swimming
64	1:07.56 L	F	Benjamin Van Staden	19	DDA TSH	21/10/2016	NTS October 2016 Age Group Gala
65	1:07.77 L S	F	Jason Lawson	29	NMMU NMA	10/02/2017	6th A League Gala 2017

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
66	1:07.84 L	F	Tevin Du Toit	20	ACSA ETH	04/11/2016	KZN Action Swimming Champs 20
67	1:07.93 L	P	Jean-Pierre Van Rooyen	19	ASA CPT	01/12/2016	Western Cape Summer Champion
68	1:07.96 L	F	Francois Van Niekerk	19	PLAY CED	04/11/2016	Freda Barnard Gala 35
69	1:08.14 L	P	Arthur Loftie-Eaton	19	DOL	07/12/2016	NTS Championships 2016
70	1:08.59 L	F	Harald Ruck	51	COEL TSH	07/12/2016	NTS Championships 2016
71	1:08.76 L	F	Faadhil Shaikh	19	ATLA JHB	17/09/2016	CGA Level 3/SANJ Gala No 1
72	1:08.80 L	P	Jean Rabie	19	CUDU CPT	01/12/2016	Western Cape Summer Champion
73	1:09.22 L	F	Wiehann Kock	23	NWS	05/11/2016	Fezile Dabi Inter Provincial Gala
74	1:09.36 L	F	Deon Johnstone	20	SUPE JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
75	1:09.67 L	P	Nicholas Smith	19	ESP ECU	23/03/2017	SA Level 3 Regional Age Group Ch
76	1:09.82 L	F	Michael Mc Lennan	19	AQUB NMA	30/09/2016	Aquabear Invitational Meet
77	1:10.75 L	F	Jean Pretorius	20	WCA CPT	03/04/2017	Sa National Aquatic Championship
78	1:11.06 L	F	Wazier Kara	21	AA JHB	16/12/2016	Vita-thion CGA Open LC Champs
79	1:11.42 L	P	Tyron Venter	31	VINE CPT	03/02/2017	Western Cape Jack Currie Champ
80	1:11.55 L	F	Keenan George	20	MANT CPT	20/08/2016	Western Cape Summer 1
81	1:11.89 L S	P	Lourens Grobler	19	TUKS TSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
82	1:12.11 L	P	Michael Esterhuuse	52	USH UJD	13/12/2016	KZN Speedo Provincial Champion
83	1:12.49 L	F	Pierre Dellieu	19	GDE	17/02/2017	Gauteng Schools Swimming Trials
84	1:12.69 L	P	Gareth Demmer	19	ONYX ECU	08/12/2016	EGA Championships 2016
85	1:13.45 L	F	Aaron Putz	21	AZON ETH	14/01/2017	Ethekwini Age Group 9
86	1:14.44 L	P	Hendrik Herbst	25	RSA	12/09/2016	2016 Rio Paralympic Games Rio
87	1:14.59 L	F	Brandon Isemonger	20	SOUL ECU	21/01/2017	EGA Summer 4
88	1:14.64 L	F	Ethan Paulse	21	ASA CPT	18/02/2017	Western Cape Qualify Gala 3
89	1:15.46 L	F	Raymond Pretorius	37	KNYD EDD	18/02/2017	Dragons Night Fury 2017
90	1:15.61 L	F	Jonathan Heubner	19	SUPE JHB	11/03/2017	SA Level 1 Provincl Age Group Ch
91	1:15.98 L	P	Himal Gosai	19	ATLA JHB	08/12/2016	EGA Championships 2016
92	1:15.99 L	P	Jean-Michel Alves	22	AEC JHB	16/12/2016	Vita-thion CGA Open LC Champs
93	1:16.27 L	F	Raymond de Freitas	27	MP EZD	03/04/2017	Sa National Aquatic Championship
94	1:16.45 L	P	Marceleno Thomas	21	SUPE JHB	16/12/2016	Vita-thion CGA Open LC Champs
95	1:16.68 L	F	Eduan Appel	19	NWUC KKD	15/10/2016	NWS Age Group 1 1617
96	1:16.83 L	F	Hendrik Tryhou	40	CSA EZD	25/11/2016	Mpumalanga Championships 2016
97	1:17.66 L	F	Tshepang Matebele	19	WCSS CPT	20/08/2016	Western Cape Summer 1
98	1:18.29 L	F	Mswane Tsabedze	21	MATL KKD	08/12/2016	NWS Championships 2016/2017
99	1:20.25 L	F	Rushen Kemp	20	WEST CPT	20/08/2016	Western Cape Summer 1
100	1:20.48 L	F	Valentino Vergotine	29	UWCA CPT	20/08/2016	Western Cape Summer 1
101	1:23.24 L	P	Stephanus Steenekamp	20	DBSC SDD	27/06/2016	Sasol National Championship 2016
102	1:23.87 L	F	Marco Broere	19	SR FBD	09/12/2016	NCASA Sprints 2016
103	1:24.08 L	F	Bruce Rankin	53	TLAC BPD	08/12/2016	NWS Championships 2016/2017
104	1:24.98 L	F	Maxmillian Carbonell Taylor	21	NCASA	05/11/2016	Fezile Dabi Inter Provincial Gala
105	1:25.03 L	F	Cornè Volschenk	20	DDA TSH	07/12/2016	NTS Championships 2016
106	1:25.94 L	P	David Williams	29	KZNA ETH	03/04/2017	Sa National Aquatic Championship
107	1:27.04 L	P	Michael Swartz	24	BCA BUF	03/04/2017	Sa National Aquatic Championship
108	1:27.70 L	F	Terence Downes	68	COEL TSH	07/12/2016	NTS Championships 2016
109	1:30.25 L	P	Tinyiko Shabangu	19	MDOL JHB	16/12/2016	Vita-thion CGA Open LC Champs
110	1:39.55 L	F	Moses Malatji	24	MDOL JHB	21/01/2017	CGA Level 3 - SANJ Last Chance
111	1:39.61 L	F	Mnqobi Macanda	19	UMSH ETH	25/11/2016	KZN TYR Westville Sprints 2016
112	1:39.69 L S	F	Francis Searle	68	BEST NMA	14/01/2017	5th A League Gala 2017
113	1:42.79 L	F	Matthys Walters	48	BARR CPT	18/02/2017	Western Cape Qualify Gala 3
114	1:48.80 L	F	Karl Hebbelmann	29	SGUL ETH	02/09/2016	KZN Beavers Winter LongCourse
115	1:52.03 L	F	Donavan Minnie	19	ESS EZD	30/09/2016	Uniswim Spar Summer Gala
116	1:52.14 L	F	Bongani Letsebe	20	KWHA NGD	25/11/2016	Mpumalanga Championships 2016
117	1:52.50 L	F	Mduduzi Sibanda	19	MDOL JHB	16/12/2016	Vita-thion CGA Open LC Champs
118	2:11.13 L	F	Jacobus Burger	67	COEL TSH	07/12/2016	NTS Championships 2016

### Men 19 & Over 200 Back

1	1:59.69 L	F	Martin Binedell	21	KZNA ETH	03/04/2017	Sa National Aquatic Championship
2	2:00.49 L	F	Chad Le Clos	25	SGUL ETH	04/02/2017	2017 Grand Prix Invitation Swimm
3	2:01.47 L	F	Neil Fair	20	NTS TSH	03/04/2017	Sa National Aquatic Championship
4	2:04.10 L	F	Ruan Ras	20	NTS TSH	03/04/2017	Sa National Aquatic Championship
5	2:04.74 L	F	Brent Szurdoki	20	WATR JHB	24/02/2017	2017 Grand Prix Invitation Swiimin

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
6	2:05.47 L	F	Richard Ellis	29	WATR JHB	01/10/2016	Waterborn Invitational 2016
7	2:06.54 L	F	Cameron Oliver	2N	HAM	20/07/2016	IAG Championships & Summer Op
8	2:07.31 L	F	Ayrton Sweeney	24	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
9	2:08.43 L	F	Brandon Norman	23	CGA JHB	03/04/2017	Sa National Aquatic Championship
10	2:09.13 L	S	Credence Pattinson	19	NMA NMA	03/04/2017	Sa National Aquatic Championship
11	2:09.56 L	F	Matthew Meyer	19	ACSA ETH	17/09/2016	eThekweni Age Group Gala 6
12*	2:13.14 L	S	Janco Saaiman	19	NTS FSH	03/04/2017	Sa National Aquatic Championship
12*	2:13.14 L	F	Daniel Jones	19	BEST NMA	02/12/2016	NMBA Championships 2016
14	2:13.53 L	S	Johnathan Wilmans	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
15	2:13.63 L	F	Damian Mullen	21	WATR JHB	01/10/2016	Waterborn Invitational 2016
16	2:13.64 L	S	Van Zyl Brand	19	NWS	03/04/2017	Sa National Aquatic Championship
17	2:13.77 L	P	Ude Fuchs	19	WATR JHB	17/03/2017	SA National JNR Age Group Cham
18	2:14.22 L	F	Kyle Holmes	19	SRAY BUF	24/06/2016	PEA Winter Gala 2016
19	2:14.45 L	F	Reynier Pretorius	23	KOVS MAN	13/12/2016	KZN Speedo Provincial Champion
20	2:14.79 L S	F	Zane Waddell	19	BLSS MAN	27/06/2016	Sasol National Championship 2016
21	2:16.40 L	F	Keanu Silent	20	RSA	14/12/2016	African Union Sports-Region 5 Un
22	2:17.21 L	F	Johan Lourens	21	TUKS FSH	23/09/2016	NTS September 2016 Age Group I
23	2:17.80 L	P	Joshua Walters	20	ACSA ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
24	2:17.95 L	F	Joshua Dannhauser	19	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
25	2:18.30 L S	F	Reynard Wessels	23	KOVS MAN	30/11/2016	FS CHAMPS
26	2:18.53 L	P	Ockert Vermeulen	20	EAGA CCD	24/02/2017	2017 Grand Prix Invitation Swiimin
27	2:18.73 L	F	Jordan Nel	19	WSAA CPT	15/10/2016	Western Cape Summer 3
28	2:18.75 L	P	Daniel Vorster	19	NMA NMA	03/04/2017	Sa National Aquatic Championship
29	2:20.37 L	F	Tevin Du Toit	20	ACSA ETH	04/11/2016	KZN Action Swimming Champs 20
30	2:21.50 L	F	Vincent Delagey	23	AEC JHB	05/11/2016	EGA Summer 3
31	2:22.31 L	P	Jacques Van Wyk	24	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
32	2:22.61 L	P	Paul Stoltz	19	NTS FSH	03/04/2017	Sa National Aquatic Championship
33	2:22.83 L	F	Rudolf Visser	21	CYBE CPT	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
34	2:23.18 L	P	Mark Roach	20	ASA CPT	01/12/2016	Western Cape Summer Champion
35	2:23.38 L S	F	Dagyn Davis-Hannibal	20	QUES FSH	07/12/2016	NTS Championships 2016
36	2:23.61 L	F	Nicholas Smith	19	ESP EKU	08/12/2016	EGA Championships 2016
37	2:26.84 L	F	Francois Van Niekerk	19	PLAY CED	01/12/2016	Western Cape Summer Champion
38	2:27.90 L	F	Jean Rabie	19	CUDU CPT	30/09/2016	Aquabear Invitational Meet
39	2:28.04 L	F	Jean-Pierre Van Rooyen	19	ASA CPT	01/12/2016	Western Cape Summer Champion
40	2:28.08 L	F	Petrus Van Niekerk	21	MATI CED	01/12/2016	Western Cape Summer Champion
41	2:28.23 L	F	Michael Hadlow	19	MDOL JHB	18/02/2017	EGA Summer 5 Gala
42	2:29.77 L	F	Michael Mc Lennan	19	AQUB NMA	19/08/2016	Nedbank Madibaz Swim Meet
43	2:34.03 L S	F	Aaron Putz	21	AZON ETH	13/12/2016	KZN Speedo Provincial Champion
44	2:35.05 L	F	Stephanus Roodt	20	MATI CED	15/10/2016	Western Cape Summer 3
45	2:36.06 L	F	Lourens Grobler	19	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
46	2:47.06 L	F	Ethan Paulse	21	ASA CPT	15/10/2016	Western Cape Summer 3
47	2:48.73 L	F	Jean Pretorius	20	CUDU CPT	18/11/2016	Western Cape Summer QF2
48	2:52.88 L	F	Mswane Tsabedze	21	MATL KKD	29/10/2016	NWS Age Group 2 1617
49	2:56.88 L	F	Cornelius Van Niekerk	24	CYBE CPT	15/10/2016	Western Cape Summer 3
50	2:57.55 L	F	Raymond de Freitas	27	NSA EZD	30/09/2016	Uniswim Spar Summer Gala
51	3:01.75 L S	F	Stephanus Steenekamp	20	DBSC SDD	27/06/2016	Sasol National Championship 2016
52	3:07.92 L	F	Bruce Rankin	53	TLAC BPD	08/12/2016	NWS Championships 2016/2017
53	3:10.47 L	F	Marco Broere	19	SR FBD	09/12/2016	NCASA Sprints 2016
54	3:12.37 L S	F	David Williams	CR	TSSC ETH	13/12/2016	KZN Speedo Provincial Champion
55	3:33.56 L	F	Tinyiko Shabangu	19	MDOL JHB	28/01/2017	CGA Level 3-SANJ Last Chance g
56	3:50.88 L	F	Moses Malatji	24	MDOL JHB	28/01/2017	CGA Level 3-SANJ Last Chance g
<b>Men 19 &amp; Over 50 Breast</b>							
1	21.71 L	P	Cameron Vd Burgh	29	TUKS FSH	04/06/2016	2016 Mare Nostrum Barcelona
2	27.16 L	F	Jarred Crous	21	CSC FSH	04/06/2016	2016 Mare Nostrum Barcelona
3	28.00 L	S	Bradley Tandy	26	KZNA ETH	03/04/2017	Sa National Aquatic Championship
4	28.34 L	F	Jared Pike	26	CGA JHB	03/04/2017	Sa National Aquatic Championship
5	28.67 L	F	Alaric Basson	21	NMA NMA	03/04/2017	Sa National Aquatic Championship
6	28.95 L	S	Brenden Crawford	21	CGA JHB	03/04/2017	Sa National Aquatic Championship
7	29.00 L	F	Jan Bezuidenhout	19	TLAC BPD	16/12/2016	Hamilton Aquatics Winter Long Co

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
8	29.17 L	P	Jamie Jackson	21	NMMU NMA	24/02/2017	2017 Grand Prix Invitation Swiimin
9	29.35 L	F	Bailey Musgrave	19	SGUL ETH	17/03/2017	SA National JNR Age Group Char
10	29.37 L	F	Alard Basson	21	NMMU NMA	30/09/2016	Aquabear Invitational Meet
11	29.39 L	F	Mario Ervedosa	19	TUKS FSH	07/12/2016	NTS Championships 2016
12	29.44 L	P	Ralph Goveia	21	NTS FSH	03/04/2017	Sa National Aquatic Championship
13	29.68 L	F	Ude Fuchs	19	WATR JHB	17/03/2017	SA National JNR Age Group Char
14	29.84 L	P	Pierre Theron	22	KOVS MAN	13/12/2016	KZN Speedo Provincial Champion
15	30.02 L	F	Louis Lotter	36	PAC FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
16	30.21 L	F	Richard Ellis	29	WATR JHB	01/10/2016	Waterborn Invitational 2016
17	30.22 L	S	Benjamin Sack	21	WCA CPT	03/04/2017	Sa National Aquatic Championship
18	30.30 L	F	Bryce Pendock	21	MATI CED	01/12/2016	Western Cape Summer Champion
19	30.35 L	P	Michael Jones	24	KZNA ETH	03/04/2017	Sa National Aquatic Championship
20*	30.39 L	F	Philip Opperman	22	TUKS FSH	07/12/2016	NTS Championships 2016
20*	30.39 L	F	Hylton Collinson	19	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
20*	30.39 L	F	Benjamin Van Staden	19	DDA FSH	07/12/2016	NTS Championships 2016
23*	30.50 L	F	Edward Johannisen	22	NMMU NMA	02/12/2016	NMBA Championships 2016
23*	30.50 L	F	Ashley Oliver	29	ASA CPT	20/08/2016	Western Cape Summer 1
25	30.52 L	F	Kayden Busarello	19	QUES FSH	21/10/2016	NTS October 2016 Age Group Gal
26	30.53 L	F	Armand Maritz	20	TUKS FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
27	30.55 L	F	Mel Stronkhorst	25	KSC EZD	25/11/2016	Mpumalanga Championships 2016
28*	30.61 L	F	James Lawson	22	TUKS FSH	23/09/2016	NTS September 2016 Age Group I
28*	30.61 L	P	Joshua Finch	22	WCA CPT	03/04/2017	Sa National Aquatic Championship
30	30.62 L	P	Kevin Paul	26	SGUL ETH	04/06/2016	2016 Mare Nostrum Barcelona
31	30.81 L	F	Timothy Simpson	22	SASE JHB	16/12/2016	Vita-thion CGA Open LC Champs
32	30.82 L	P	Jarred Stigant	20	WSAA CPT	01/12/2016	Western Cape Summer Champion
33	30.85 L	F	Willem Steyn	20	MDOL JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
34	30.87 L	P	Alexander Finney	23	WCA CPT	03/04/2017	Sa National Aquatic Championship
35	30.89 L	P	Matthew Alexander	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
36	30.92 L	F	Mohamed Gamiieldien	19	TUKS FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
37	30.98 L	P	Dustin Hale	20	TRAZ FSH	07/12/2016	NTS Championships 2016
38	31.00 L	F	Keown Delomoney	19	ACSA ETH	04/11/2016	KZN Action Swimming Champs 20
39	31.01 L	P	Reynard Wessels	23	KOVS MAN	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
40	31.15 L	F	Pierre Dellieu	19	CGA JHB	03/04/2017	Sa National Aquatic Championship
41	31.18 L	P	Cornelius Van Niekerk	24	CYBE CPT	01/12/2016	Western Cape Summer Champion
42	31.22 L	F	Kyle Holmes	19	SRAY BUF	27/01/2017	BCA 2nd January Age Group Gala
43	31.23 L	F	Tiaan Fourie	19	DDA FSH	21/10/2016	NTS October 2016 Age Group Gal
44	31.30 L	F	Mark Hunter	21	SEAL UMD	27/06/2016	Sasol National Championship 2016
45	31.33 L S	F	Jason Lawson	29	NMMU NMA	10/02/2017	6th A League Gala 2017
46	31.34 L	F	Jarod Goosen	19	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
47	31.37 L	F	Tevin Du Toit	20	ACSA ETH	04/11/2016	KZN Action Swimming Champs 20
48	31.50 L	P	Joshua Saunders	21	SGUL ETH	04/02/2017	2017 Grand Prix Invitation Swimm
49*	31.51 L	F	Sergio dos Santos	22	NWUC KKD	08/12/2016	NWS Championships 2016/2017
49*	31.51 L	P	Michael Bowers	22	WCA CPT	03/04/2017	Sa National Aquatic Championship
51	31.55 L	F	Keanu Silent	20	UWC CPT	08/12/2016	NWS Championships 2016/2017
52	31.63 L	F	Cheyne Fisher	27	SGUL ETH	03/07/2016	eThekwini Age Group Gala 3
53*	31.79 L	F	Jacobus Engelbrecht	20	DDA FSH	23/09/2016	NTS September 2016 Age Group I
53*	31.79 L	P	Wazier Kara	21	AA JHB	16/12/2016	Vita-thion CGA Open LC Champs
55	31.83 L	F	Byron Lockett	26	BEST NMA	15/10/2016	3rd A League Gala 2016
56	31.86 L	P	Jean Rabie	19	CUDU CPT	30/09/2016	Aquabear Invitational Meet
57*	31.97 L	F	Gregory Kotze	20	NMMU NMA	19/08/2016	Neubank Madibaz Swim Meet
57*	31.97 L	F	Apiwe Nkumbi	25	SUPE JHB	16/12/2016	Vita-thion CGA Open LC Champs
59	32.01 L	F	Justin Nicklin	27	SODO JHB	16/12/2016	Vita-thion CGA Open LC Champs
60	32.12 L	F	Gert van Heerden	21	FS MAN	03/04/2017	Sa National Aquatic Championship
61	32.14 L	P	Caydon Muller	22	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
62	32.16 L	F	Willem Scheepers	30	NWUC KKD	08/12/2016	NWS Championships 2016/2017
63	32.27 L	F	Wade Dannhauser	24	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
64	32.29 L	P	Joshua Stegen	19	SEAL UMD	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
65	32.34 L	P	Arthur Loftie-Eaton	19	DOL	07/12/2016	NTS Championships 2016
66	32.52 L	F	Roberto Marchi	20	HASC JHB	16/12/2016	Vita-thion CGA Open LC Champs

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
67	32.59 L	F	Alex Fitchet	19	WSAA CPT	20/08/2016	Western Cape Summer 1
68	32.63 L	P	Sphephelo Ntaka	21	UMSH ETH	04/02/2017	2017 Grand Prix Invitation Swimm
69	32.70 L	P	Damian Mullen	21	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
70	32.76 L	F	Matthew Bowers	22	CADO CPT	20/08/2016	Western Cape Summer 1
71	32.78 L	P	Johann Adriaanse	25	MATI CED	01/12/2016	Western Cape Summer Champion
72	32.81 L	F	Dagyn Davis-Hannibal	20	QUES TSH	25/11/2016	NTS November 2016 Age Group C
73	32.85 L	F	Tristan Haig	19	ONYX EKU	08/12/2016	EGA Championships 2016
74	33.29 L	F	Jayson Van der Walt	20	TUKS TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
75	33.47 L S	F	Deshaan Pillay	19	INFA NMA	14/01/2017	5th A League Gala 2017
76	33.48 L	F	Zane Waddell	19	BLSS MAN	27/06/2016	Sasol National Championship 2016
77	33.52 L	F	Joshua Bellairs	19	TWSA NMA	02/12/2016	NMBA Championships 2016
78	33.59 L	F	Kent Field	20	ESP EKU	08/12/2016	EGA Championships 2016
79	33.64 L	F	Varish Ramautar	22	NEWS ADJ	25/11/2016	KZN TYR Westville Sprints 2016
80	33.67 L	P	Jarryd Gosling	19	SOUL EKU	08/12/2016	EGA Championships 2016
81	33.75 L	P	Ockert Van Schalkwyk	43	TUKS TSH	07/12/2016	NTS Championships 2016
82	33.81 L	P	Trad Louw	22	ONYX EKU	08/12/2016	EGA Championships 2016
83	33.84 L	F	Michael Esterhuysen	52	USH UJD	13/12/2016	KZN Speedo Provincial Champion
84	33.87 L	F	Conrad Scheepers	19	TUKS TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
85	33.88 L	F	Louis Aucamp	23	MATI CED	18/02/2017	Western Cape Qualify Gala 3
86	33.97 L	F	Sudesh Pillay	23	INFA NMA	11/11/2016	4th A League Gala 2016
87	34.00 L	P	Bradley Van Staden	20	SEAL UMD	13/12/2016	KZN Speedo Provincial Champion
88	34.03 L	F	Hannes Jordaan	19	RFA TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
89	34.07 L	F	Jordan Fisher	21	TUKS TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
90	34.19 L	P	Marno Langeveldt	23	TUKS TSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
91	34.23 L	P	Jonathan Heubner	19	SUPE JHB	16/12/2016	Vita-thion CGA Open LC Champs
92	34.24 L	F	Mpendulo Nondumo	32	RPAC EKU	21/01/2017	EGA Summer 4
93	34.40 L	P	Brandon Isemonger	20	SOUL EKU	08/12/2016	EGA Championships 2016
94	34.41 L	P	Luan Boshoff	19	BLOT MAN	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
95	34.48 L	F	Johan Lourens	21	TUKS TSH	21/10/2016	NTS October 2016 Age Group Gal
96	34.50 L	F	Jean Pretorius	20	WCA CPT	03/04/2017	Sa National Aquatic Championship
97	34.65 L	F	Jean-Michel Alves	22	AEC JHB	15/10/2016	EGA Summer 2_15 Oct 2016
98	34.70 L	P	Alano Salotto	19	HASC JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
99	34.78 L	F	Grant Ferguson	44	KNYD EDD	04/11/2016	Freda Barnard Gala 35
100	34.94 L	F	Hendrik Weideman	21	GTC EZD	17/09/2016	MP Xerox Sprint Gala - 17 Septem
101	34.95 L	F	Francois Van Niekerk	19	PLAY CED	04/11/2016	Freda Barnard Gala 35
102	35.05 L	F	Deon Johnstone	20	SUPE JHB	17/09/2016	CGA Level 3/SANJ Gala No 1
103	35.16 L	F	Aaron Putz	21	KZNA ETH	03/04/2017	Sa National Aquatic Championship
104	35.18 L	F	Brendon de Beer	21	MATL KKD	27/06/2016	Sasol National Championship 2016
105	35.22 L	P	Rudolf Visser	21	CYBE CPT	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
106	35.49 L	F	Ntandoyenkosi Nxumalo	21	UMSH ETH	02/09/2016	KZN Beavers Winter LongCourse
107	35.55 L	F	William Ochse	19	TYGE CPT	18/11/2016	Western Cape Summer QF2
108	35.59 L	F	Mpumelelo Mosue	19	TUKS TSH	21/10/2016	NTS October 2016 Age Group Gal
109	36.06 L	F	Reino von Wielligh	24	NWUC KKD	14/01/2017	NWS Age Group 4 1617
110	36.21 L	F	Jasper Venter	29	UNI-N EZD	25/11/2016	Mpumalanga Championships 2016
111	36.22 L	F	Herman Knoetze	22	ONYX EKU	03/09/2016	2016 Speedo Hillcrest Sprint Gala
112	36.34 L	P	Michael Swartz	24	BCA BUF	03/04/2017	Sa National Aquatic Championship
113	36.37 L	P	Craig Groenewald	38	STAD JHB	16/12/2016	Vita-thion CGA Open LC Champs
114	36.51 L	F	Marthinus Mathee	19	NCASA	28/01/2017	4 + 1 Inter District Gala 2017
115	36.58 L	P	Petrus Van Niekerk	21	MATI CED	01/12/2016	Western Cape Summer Champion
116	36.65 L	F	Msizi Silangwe	20	UMSH ETH	02/09/2016	KZN Beavers Winter LongCourse
117	36.67 L	F	Marco Broere	19	SR FBD	22/10/2016	Flamingo Gala 2016
118	36.68 L	P	Irfaan Essof	20	ATLA JHB	08/12/2016	EGA Championships 2016
119	36.75 L	F	Jarryd Irvine	23	PER JHB	03/12/2016	CGA Level 3/SANJ Gala No 3
120	36.79 L	P	Gareth Demmer	19	ONYX EKU	08/12/2016	EGA Championships 2016
121	36.83 L	F	Rushen Kemp	20	WEST CPT	20/08/2016	Western Cape Summer 1
122	37.07 L	F	Eduan Appel	19	NWUC KKD	29/10/2016	NWS Age Group 2 1617
123	37.17 L	F	Akeel Singh	19	BEAV ETH	02/09/2016	KZN Beavers Winter LongCourse
124	37.59 L	F	Vincent Frenz	28	MATI CED	20/08/2016	Western Cape Summer 1
125	37.77 L	F	Armin Oberholster	20	MATI CED	20/08/2016	Western Cape Summer 1

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

Time	P/F/S	Name	Age/Yr				
126	37.87 L	P	Nicholas Smith	19	ESP EKU	08/12/2016	EGA Championships 2016
127	38.03 L	F	Raymond de Freitas	27	MP EZD	03/04/2017	Sa National Aquatic Championship
128	38.39 L	F	Marceleno Thomas	21	SUPE JHB	11/03/2017	SA Level 1 Provincial Age Group Ch
129	38.42 L	F	Gary Bradshaw	47	WATR JHB	01/10/2016	Waterborn Invitational Master 2016
130	38.43 L	P	Sandile Shezi	20	KZNA ETH	03/04/2017	Sa National Aquatic Championship
131	38.44 L	F	Gomolemo Khomo	21	TUKS TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
132	38.58 L	F	Sifiso Jeza	19	UMSH ETH	02/09/2016	KZN Beavers Winter LongCourse
133	38.64 L	F	Juan-Jacques Van der Hoogen	22	LAD UTD	25/11/2016	KZN TYR Westville Sprints 2016
134	38.89 L	F	Raymond Pretorius	37	KNYD EDD	18/02/2017	Dragons Night Fury 2017
135	39.02 L	F	Valentino Vergotine	29	WCA CPT	03/04/2017	Sa National Aquatic Championship
136	39.10 L	F	Pieter Coetze	44	RBOT BPD	15/10/2016	NWS Age Group 1 1617
137	40.12 L	F	Mswane Tsabedze	21	MATL KKD	15/10/2016	NWS Age Group 1 1617
138	40.24 L	F	Dion Minifie	42	UNI-N EZD	25/11/2016	Mpumalanga Championships 2016
139	40.38 L	F	Maxmillian Carbonell Taylor	21	HREF BPD	15/10/2016	NWS Age Group 1 1617
140	40.48 L	F	Gareth Palmer-Owen	19	ASA CPT	18/02/2017	Western Cape Qualify Gala 3
141	40.96 L	F	Ethan Paulse	21	ASA CPT	01/12/2016	Western Cape Summer Champion
142	41.43 L	F	Mnqobi Macanda	19	KZNA ETH	10/04/2017	SA Schools Swimming Champions
143	41.74 L	P	Stephanus Steenekamp	20	DBSC SDD	27/06/2016	Sasol National Championship 2016
144	41.76 L	F	Trevor Wright	32	MATL KKD	29/10/2016	NWS Age Group 2 1617
145	42.04 L	F	Zimele Mhlanga	24	UMSH ETH	02/09/2016	KZN Beavers Winter LongCourse
146	42.20 L	F	Pierre Burger	50	NCASA	28/01/2017	4 + 1 Inter District Gala 2017
147	42.60 L	F	Aston Wilson	21	SUPE JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
148	42.75 L	P	Christian Sadie	19	MATI CED	01/12/2016	Western Cape Summer Champion
149	43.56 L	F	Tumelo Molepo	19	RPAC EKU	18/02/2017	EGA Summer 5 Gala
150	43.92 L	F	Andre' Maritz	41	GHSK FBD	29/10/2016	Good Hope Swimming Club
151	44.19 L	P	Tinyiko Shabangu	19	MDOL JHB	23/03/2017	SA Level 3 Regional Age Group Cl
152	44.26 L	F	Bruce Rankin	53	NWS	28/01/2017	4 + 1 Inter District Gala 2017
153	45.37 L	F	Rialdo Abrahams	29	UPTS ZMD	11/11/2016	Age group 2 2016 Upington
154	45.81 L	F	Roy Ternent	52	BOKS EKU	05/11/2016	EGA Summer 3
155	45.90 L	F	Jacobus Minnaar	19	ESS EZD	28/10/2016	Top Schools - High School 28 Oct
156	45.91 L	F	Wade Van Rensburg	42	AQUB NMA	30/09/2016	Aquabear Invitational Meet
157	47.23 L	F	Mduduzi Sibanda	19	MDOL JHB	16/12/2016	Vita-thion CGA Open LC Champs
158	47.97 L	P	Moses Malatji	24	MDOL JHB	16/12/2016	Vita-thion CGA Open LC Champs
159	48.63 L	F	Karl Hebbelmann	29	SGUL ETH	14/01/2017	Ethekwini Age Group 9
160	48.94 L	F	David Williams	CR	TSSC ETH	02/09/2016	KZN Beavers Winter LongCourse
161	49.49 L	F	Christopher Harvey-Fletcher	24	AQUB NMA	30/09/2016	Aquabear Invitational Meet
162	53.63 L	F	Matthys Walters	48	BARR CPT	04/11/2016	Freda Barnard Gala 35
163	54.66 L	F	Anthony Barson	68	SRAY BUF	02/12/2016	BCA Championships 2016
164	55.10 L	F	Bongani Letsebe	20	KWHA NGD	25/11/2016	Mpumalanga Championships 2016
165	1:15.42 L	F	Zukisani Nikelo	31	AQUB NMA	15/10/2016	3rd A League Gala 2016
166	1:20.21 L	F	Bahle Mkhize	20	FSE UJD	01/10/2016	Uthungulu District October Age Gr

### Men 19 & Over 100 Breast

1	58.69 L	F	Cameron Vd Burgh	29	RSA	06/08/2016	2016 Rio Olympic
2	1:00.99 L	F	Jarred Crous	21	CSC TSH	04/06/2016	2016 Mare Nostrum Barcelona
3	1:02.56 L	S	Alaric Basson	21	NMA NMA	03/04/2017	Sa National Aquatic Championship
4	1:03.05 L	S	Jared Pike	26	CGA JHB	03/04/2017	Sa National Aquatic Championship
5	1:03.56 L	S	Bailey Musgrave	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
6	1:03.62 L	S	Brenden Crawford	21	CGA JHB	03/04/2017	Sa National Aquatic Championship
7	1:03.84 L	F	Ayrton Sweeney	24	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
8	1:03.85 L	F	Alard Basson	21	NMMU NMA	30/09/2016	Aquabear Invitational Meet
9	1:04.47 L	F	Pierre Theron	22	KOVS MAN	13/12/2016	KZN Speedo Provincial Champion
10	1:04.86 L	F	Kevin Paul	26	RSA	12/09/2016	2016 Rio Paralympic Games Rio
11	1:04.92 L	F	Jan Bezuidenhout	19	TLAC BPD	16/12/2016	Hamilton Aquatics Winter Long Co
12	1:05.07 L	S	Edward Johannisen	22	NMA NMA	03/04/2017	Sa National Aquatic Championship
13	1:05.23 L	P	Jamie Jackson	21	NMA NMA	03/04/2017	Sa National Aquatic Championship
14	1:05.41 L	P	Michael Jones	24	KZNA ETH	03/04/2017	Sa National Aquatic Championship
15	1:05.53 L	F	Ude Fuchs	19	WATR JHB	17/03/2017	SA National JNR Age Group Cham
16	1:05.66 L	P	Philip Opperman	22	NTS TSH	03/04/2017	Sa National Aquatic Championship
17	1:05.70 L	F	Benjamin Van Staden	19	DDA TSH	07/12/2016	NTS Championships 2016

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

Time	P/F/S	Name	Age/Yr
18	1:05.97 L	F Mario Ervedosa	19 TUKS FSH 07/12/2016 NTS Championships 2016
19	1:06.20 L S	F Mark Hunter	21 SEAL UMD 27/06/2016 Sasol National Championship 2016
20	1:06.48 L	P Benjamin Sack	21 WCA CPT 03/04/2017 Sa National Aquatic Championship
21	1:06.78 L	F Hylton Collinson	19 WATR JHB 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
22	1:07.25 L	F Keown Delomoney	19 ACSA ETH 18/02/2017 Ethekwini Age Group Gala 10
23*	1:07.66 L	P Alexander Finney	23 WSA CPT 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
23*	1:07.66 L	P Tiaan Fourie	19 WCA CPT 03/04/2017 Sa National Aquatic Championship
25	1:07.75 L	P Joshua Stegen	19 KZNA ETH 03/04/2017 Sa National Aquatic Championship
26	1:07.78 L	F James Lawson	22 TUKS FSH 23/09/2016 NTS September 2016 Age Group I
27	1:08.09 L	P Neil Fair	20 CSC FSH 04/02/2017 2017 Grand Prix Invitation Swimm
28	1:08.44 L S	F Sergio dos Santos	22 NWUC KKD 27/06/2016 Sasol National Championship 2016
29	1:08.57 L	P Joshua Finch	22 WCA CPT 03/04/2017 Sa National Aquatic Championship
30	1:08.70 L	P Jordan Le Clos	19 WCA CPT 03/04/2017 Sa National Aquatic Championship
31	1:08.74 L	F Armand Maritz	20 TUKS FSH 23/09/2016 NTS September 2016 Age Group I
32	1:08.79 L	P Kayden Busarello	19 QUES FSH 07/12/2016 NTS Championships 2016
33	1:08.97 L	F Willem Steyn	20 MDOL JHB 29/10/2016 CGA Level 3/SANJ Gala No 2
34	1:08.99 L	F Tevin Du Toit	20 ACSA ETH 04/11/2016 KZN Action Swimming Champs 20
35	1:09.00 L	P Mohamed Gamielidien	19 RSA 14/12/2016 African Union Sports-Region 5 Un
36	1:09.14 L	P Dustin Hale	20 TRAZ FSH 07/12/2016 NTS Championships 2016
37	1:09.18 L	P Kyle Holmes	19 SRAY BUF 17/03/2017 SA National JNR Age Group Cham
38	1:09.44 L	F Wade Dannhauser	24 SGUL ETH 11/06/2016 EThekwini Age Group Gala 2
39	1:09.62 L	P Matthew Alexander	19 WCA CPT 03/04/2017 Sa National Aquatic Championship
40	1:09.74 L	P Cornelius Van Niekerk	24 CYBE CPT 01/12/2016 Western Cape Summer Champion
41	1:09.94 L	F Byron Lockett	26 BEST NMA 02/12/2016 NMBA Championships 2016
42	1:10.47 L	F Mel Stronkhorst	25 KSC EZD 25/11/2016 Mpumalanga Championships 2016
43	1:11.05 L	P Arthur Loftie-Eaton	19 DOL 07/12/2016 NTS Championships 2016
44	1:11.12 L	F Timothy Simpson	22 HASC JHB 29/10/2016 CGA Level 3/SANJ Gala No 2
45	1:11.18 L	F Jacques Van Wyk	24 TUKS FSH 23/09/2016 NTS September 2016 Age Group I
46	1:11.36 L	F Michael Zondagh	41 SR FBD 22/10/2016 Flamingo Gala 2016
47	1:11.68 L	F Jacobus Jv Rensburg	22 TUKS FSH 23/09/2016 NTS September 2016 Age Group I
48	1:11.85 L	P Wazier Kara	21 AA JHB 08/12/2016 EGA Championships 2016
49	1:11.90 L	P Jean Rabie	19 CUDU CPT 30/09/2016 Aquabear Invitational Meet
50	1:11.95 L	P Jayson Van der Walt	20 TUKS FSH 07/12/2016 NTS Championships 2016
51	1:12.18 L	F Robin Raven	21 TUKS FSH 23/09/2016 NTS September 2016 Age Group I
52	1:12.20 L	P Ockert Van Schalkwyk	43 TUKS FSH 23/03/2017 SA Level 3 Regional Age Group Cl
53	1:12.44 L	F Thomas Hansford	24 NMMU NMA 19/08/2016 Nedbank Madibaz Swim Meet
54*	1:12.61 L	F Gert van Heerden	21 FS MAN 03/04/2017 Sa National Aquatic Championship
54*	1:12.61 L S	F Deshaan Pillay	19 INFA NMA 10/02/2017 6th A League Gala 2017
56	1:12.70 L	P Johann Adriaanse	25 MATI CED 01/12/2016 Western Cape Summer Champion
57	1:12.73 L	P Reynard Wessels	23 KOVS MAN 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
58	1:13.09 L	F Van Zyl Brand	19 NWS 05/11/2016 Fezile Dabi Inter Provincial Gala
59	1:13.33 L	F Justin Nicklin	27 SODO JHB 17/09/2016 CGA Level 3/SANJ Gala No 1
60	1:13.42 L	F Rudolf Visser	21 CYBE CPT 17/09/2016 Western Cape Summer 2
61	1:13.53 L	F Gregory Kotze	20 NMMU NMA 19/08/2016 Nedbank Madibaz Swim Meet
62	1:13.77 L	P Roberto Marchi	20 HASC JHB 07/12/2016 NTS Championships 2016
63	1:13.80 L	F Sphephelo Ntaka	21 UMSH ETH 06/08/2016 eThekwini Age Group Gala 4
64	1:13.81 L	F Michael Esterhuysen	52 USH UJD 13/12/2016 KZN Speedo Provincial Champion
65	1:13.90 L	F Alexio dos Santos	20 NWS 07/10/2016 NTS Invitational Gala 2016
66	1:13.92 L	P Jarred Stigant	20 WSA CPT 01/12/2016 Western Cape Summer Champion
67	1:13.95 L	P Jarod Goosen	19 WATR JHB 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
68	1:14.07 L	F Moegamat Davids	21 UWCA CPT 17/09/2016 Western Cape Summer 2
69	1:14.15 L	F Nicholas Mortley	19 TYGE CPT 18/02/2017 Western Cape Qualify Gala 3
70	1:14.27 L	F Jarryd Gosling	19 SOUL ECU 08/12/2016 EGA Championships 2016
71	1:15.10 L	F Jacobus Engelbrecht	20 DDA FSH 23/09/2016 NTS September 2016 Age Group I
72	1:15.37 L	F Hannes Jordaan	19 RFA FSH 23/09/2016 NTS September 2016 Age Group I
73	1:15.59 L	F Kent Field	20 ESP ECU 08/12/2016 EGA Championships 2016
74	1:16.45 L	F Aaron Putz	21 KZNA ETH 03/04/2017 Sa National Aquatic Championship
75	1:16.58 L	F Conrad Scheepers	19 TUKS FSH 23/09/2016 NTS September 2016 Age Group I
76	1:16.99 L	F Jordan Fisher	21 TUKS FSH 23/09/2016 NTS September 2016 Age Group I

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
77	1:17.00 L	P	Bradley Van Staden	20	SEAL UMD	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
78	1:17.18 L	F	Francois Van Niekerk	19	PLAY CED	04/11/2016	Freda Barnard Gala 35
79	1:17.30 L	P	Joshua Mills	21	CADO CPT	01/12/2016	Western Cape Summer Champion
80	1:17.32 L	P	Apiwe Nkumbi	25	SUPE JHB	16/12/2016	Vita-thion CGA Open LC Champs
81	1:17.64 L	P	Luan Boshoff	19	BLOT MAN	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
82	1:17.91 L	F	Flavio Ferreri	21	TUKS TSH	23/09/2016	NTS September 2016 Age Group 1
83	1:18.39 L	P	Jean Pretorius	20	WCA CPT	03/04/2017	Sa National Aquatic Championship
84	1:18.77 L	F	Brendon de Beer	21	NWS	05/11/2016	Fezile Dabi Inter Provincial Gala
85	1:18.86 L	F	Mpendulo Nondumo	32	RPAC ECU	21/01/2017	EGA Summer 4
86	1:19.40 L	P	Jean-Michel Alves	22	AEC JHB	16/12/2016	Vita-thion CGA Open LC Champs
87	1:19.72 L	F	Sudesh Pillay	23	INFA NMA	11/11/2016	4th A League Gala 2016
88	1:20.44 L	P	Jonathan Heubner	19	SUPE JHB	16/12/2016	Vita-thion CGA Open LC Champs
89	1:20.53 L	F	Vincent Frenz	28	MATI CED	17/09/2016	Western Cape Summer 2
90	1:20.58 L	F	Ntandoyenkosi Nxumalo	21	UMSH ETH	02/09/2016	KZN Beavers Winter LongCourse
91	1:20.72 L	F	Jarryd Irvine	23	PER JHB	03/12/2016	CGA Level 3/SANJ Gala No 3
92	1:21.15 L	F	Grantham Manchest	25	XSAQ CPT	17/09/2016	Western Cape Summer 2
93	1:21.24 L	F	Michael Swartz	24	BCA BUF	03/04/2017	Sa National Aquatic Championship
94	1:22.36 L	F	Msizi Silangwe	20	UMSH ETH	02/09/2016	KZN Beavers Winter LongCourse
95	1:22.56 L	F	Hendrik Weideman	21	GTC EZD	17/09/2016	MP Xerox Sprint Gala - 17 Septem
96	1:23.51 L	F	Herman Knoetze	22	ONYX ECU	24/09/2016	EGA Summer 1
97	1:24.02 L	F	Eduan Appel	19	NWUC KKD	08/12/2016	NWS Championships 2016/2017
98	1:24.19 L	F	Raymond de Freitas	27	MP EZD	03/04/2017	Sa National Aquatic Championship
99	1:25.33 L	F	Valentino Vergotine	29	WCA CPT	03/04/2017	Sa National Aquatic Championship
100	1:26.85 L	P	Sandile Shezi	20	KZNA ETH	03/04/2017	Sa National Aquatic Championship
101	1:27.04 L	F	Marthinus Matthee	19	KALA JTD	09/12/2016	NCASA Sprints 2016
102	1:27.53 L	F	Marco Broere	19	SR FBD	22/10/2016	Flamingo Gala 2016
103	1:27.54 L	F	Rushen Kemp	20	WEST CPT	17/09/2016	Western Cape Summer 2
104	1:28.14 L	F	Cornelis Uitenweerde	52	COEL TSH	07/12/2016	NTS Championships 2016
105	1:28.18 L	F	Sifiso Jeza	19	UMSH ETH	02/09/2016	KZN Beavers Winter LongCourse
106	1:29.12 L	F	Christian Sadie	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
107	1:29.17 L	P	Gomolemo Khomo	21	TUKS TSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
108	1:29.56 L	F	Tshepang Matebele	19	WCSS CPT	17/09/2016	Western Cape Summer 2
109	1:29.98 L	F	Maxmillian Carbonell Taylor	21	HREF BPD	15/10/2016	NWS Age Group 1 1617
110	1:31.25 L	F	Ethan Paulse	21	ASA CPT	01/12/2016	Western Cape Summer Champion
111	1:33.41 L	F	Peter-John Duffy	47	AQUB NMA	30/09/2016	Aquabear Invitational Meet
112	1:34.56 L	P	Aston Wilson	21	SUPE JHB	16/12/2016	Vita-thion CGA Open LC Champs
113	1:35.11 L	P	Mnqobi Macanda	19	KZNA ETH	10/04/2017	SA Schools Swimming Champions
114	1:35.68 L	F	Zimele Mhlanga	24	UMSH ETH	18/02/2017	Ethekwini Age Group Gala 10
115	1:38.82 L	F	Trevor Wright	32	NWS	05/11/2016	Fezile Dabi Inter Provincial Gala
116	1:40.07 L	F	Stephanus Steenekamp	20	DBSC SDD	24/09/2016	EGA Summer 1
117	1:40.75 L	F	Andre' Maritz	41	GHSK FBD	29/10/2016	Good Hope Swimming Club
118	1:40.88 L	P	Tinyiko Shabangu	19	MDOL JHB	16/12/2016	Vita-thion CGA Open LC Champs
119	1:41.83 L	F	Anthony Clifford	53	PSC TSH	07/12/2016	NTS Championships 2016
120	1:42.77 L	F	Mduduzi Sibanda	19	MDOL JHB	16/12/2016	Vita-thion CGA Open LC Champs
121	1:44.27 L S	P	David Blaauw	47	MATL KKD	27/06/2016	Sasol National Championship 2016
122	1:49.51 L	F	Karl Hebbelmann	29	SGUL ETH	02/09/2016	KZN Beavers Winter LongCourse
123	1:50.36 L	F	Tumelo Molepo	19	RPAC ECU	21/01/2017	EGA Summer 4
124	1:55.04 L	F	David Williams	CR	TSSC ETH	02/09/2016	KZN Beavers Winter LongCourse
125	2:01.72 L	F	Anthony Barson	68	SRAY BUF	02/12/2016	BCA Championships 2016
126	2:08.02 L	F	Rialdo Abrahams	29	UPTS ZMD	11/02/2017	NCASA Age Group 5 UPT2017
127	2:16.24 L	F	Zukisani Nikelo	31	AQUB NMA	04/02/2017	Uitenhage Swimming Club Gala 21
128	2:19.85 L	F	Bongani Letsebe	20	KWHA NGD	25/11/2016	Mpumalanga Championships 2016
129	2:48.63 L	F	Zolani Khumalo	23	TMAC ETH	25/11/2016	KZN TYR Westville Sprints 2016

### Men 19 & Over 200 Breast

1	2:10.80 L	P	Jarred Crous	21	CSC TSH	04/06/2016	2016 Mare Nostrum Barcelona
2	2:12.67 L	P	Cameron Vd Burgh	29	RSA	06/08/2016	2016 Rio Olympic
3	2:13.67 L	S	Ayrton Sweeney	24	KZNA ETH	03/04/2017	Sa National Aquatic Championship
4	2:16.17 L	F	Alaric Basson	21	NMA NMA	03/04/2017	Sa National Aquatic Championship
5	2:17.77 L	F	Bailey Musgrave	19	SGUL ETH	17/03/2017	SA National JNR Age Group Cham



## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
6	2:19.27 L	S	Jared Pike	26	CGA JHB	03/04/2017	Sa National Aquatic Championship
7	2:19.75 L S	F	Pierre Theron	22	KOVS MAN	13/12/2016	KZN Speedo Provincial Champion
8	2:21.63 L	S	Edward Johannisen	22	NMA NMA	03/04/2017	Sa National Aquatic Championship
9	2:23.98 L	F	Hylton Collinson	19	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
10	2:24.05 L S	F	Benjamin Van Staden	19	DDA FSH	07/12/2016	NTS Championships 2016
11	2:24.77 L	P	Kevin Paul	26	SGUL ETH	04/06/2016	2016 Mare Nostrum Barcelona
12	2:24.82 L	S	Michael Jones	24	KZNA ETH	03/04/2017	Sa National Aquatic Championship
13	2:25.00 L	P	Brenden Crawford	21	CGA JHB	03/04/2017	Sa National Aquatic Championship
14	2:25.54 L	F	Jan Bezuidenhout	19	TLAC BPD	16/12/2016	Hamilton Aquatics Winter Long Co
15	2:26.07 L S	F	Alard Basson	21	NMMU NMA	14/01/2017	5th A League Gala 2017
16	2:26.64 L	S	Benjamin Sack	21	WCA CPT	03/04/2017	Sa National Aquatic Championship
17	2:26.65 L	F	Mark Hunter	21	SEAL UMD	27/06/2016	Sasol National Championship 2016
18	2:27.59 L	F	Jordan Le Clos	19	CLCA CPT	17/03/2017	SA National JNR Age Group Cham
19	2:27.82 L	F	Mohamed Gamiieldien	19	TUKS FSH	23/09/2016	NTS September 2016 Age Group I
20	2:29.61 L	F	Keown Delomoney	19	ACSA ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
21	2:31.14 L	F	Ude Fuchs	19	WATR JHB	21/01/2017	2017 Grand Prix Invitation Swimm
22	2:32.40 L	P	Cornelius Van Niekerk	24	CYBE CPT	01/12/2016	Western Cape Summer Champion
23	2:33.17 L	F	Joshua Dannhauser	19	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
24	2:33.84 L S	P	Dustin Hale	20	TRAZ FSH	07/12/2016	NTS Championships 2016
25	2:34.20 L	F	Sergio dos Santos	22	NWUC KKD	27/06/2016	Sasol National Championship 2016
26	2:36.17 L S	F	Arthur Loftie-Eaton	19	DOL	07/12/2016	NTS Championships 2016
27	2:36.20 L	F	Tevin Du Toit	20	ACSA ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
28	2:36.26 L	F	Matthew Alexander	19	MATI CED	01/12/2016	Western Cape Summer Champion
29	2:36.39 L	F	Wade Dannhauser	24	SGUL ETH	25/11/2016	KZN TYR Westville Sprints 2016
30	2:36.83 L	F	Rudolf Visser	21	CYBE CPT	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
31	2:39.16 L S	F	Ockert Van Schalkwyk	43	TUKS FSH	07/12/2016	NTS Championships 2016
32	2:39.78 L	F	Michael Esterhuysen	52	USH UHD	13/12/2016	KZN Speedo Provincial Champion
33	2:40.33 L	F	Jean Rabie	19	CUDU CPT	30/09/2016	Aquabear Invitational Meet
34	2:41.00 L	P	Mario Ervedosa	19	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
35	2:41.04 L S	F	Deshaan Pillay	19	INFA NMA	10/02/2017	6th A League Gala 2017
36	2:42.50 L	F	Van Zyl Brand	19	NWUC KKD	08/12/2016	NWS Championships 2016/2017
37	2:42.54 L	F	Keanu Silent	20	UWCA CPT	12/11/2016	Western Cape Summer 4
38	2:42.94 L	F	Ockert Vermeulen	20	EAGA LP	25/11/2016	Limpopo Champs 25-27 Novembe
39	2:43.42 L	F	Jayson Van der Walt	20	TUKS FSH	23/09/2016	NTS September 2016 Age Group I
40	2:43.85 L	P	Wazier Kara	21	AA JHB	08/12/2016	EGA Championships 2016
41	2:43.92 L	F	Francois Van Niekerk	19	PLAY CED	01/12/2016	Western Cape Summer Champion
42	2:44.55 L	F	Hannes Jordaan	19	RFA FSH	23/09/2016	NTS September 2016 Age Group I
43	2:45.45 L	F	Jarryd Gosling	19	SOUL ECU	08/12/2016	EGA Championships 2016
44	2:45.68 L	F	Aaron Putz	21	SGUL ETH	25/11/2016	KZN TYR Westville Sprints 2016
45	2:45.89 L	F	Mark Roach	20	ASA CPT	12/11/2016	Western Cape Summer 4
46	2:47.10 L	F	Kayden Busarello	19	QUES FSH	21/10/2016	NTS October 2016 Age Group Gal
47	2:47.66 L	F	Conrad Scheepers	19	TUKS FSH	23/09/2016	NTS September 2016 Age Group I
48	2:47.87 L	F	Roberto Marchi	20	HASC JHB	17/09/2016	CGA Level 3/SANJ Gala No 1
49	2:48.28 L	P	Johann Adriaanse	25	MATI CED	01/12/2016	Western Cape Summer Champion
50	2:48.30 L	F	Nicholas Mortley	19	TYGE CPT	18/02/2017	Western Cape Qualify Gala 3
51	2:53.44 L	P	Kent Field	20	ESP ECU	08/12/2016	EGA Championships 2016
52	2:53.75 L	F	Vincent Frenz	28	MATI CED	12/11/2016	Western Cape Summer 4
53	2:57.19 L	F	Craig Groenewald	38	STAD JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
54	2:59.97 L	F	Ntandoyenkosi Nxumalo	21	UMSH ETH	20/08/2016	eThekwini Age Group Gala 5
55	3:04.96 L	F	Jean Pretorius	20	CUDU CPT	18/02/2017	Western Cape Qualify Gala 3
56	3:06.40 L	F	Jonathan Heubner	19	SUPE JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
57	3:08.44 L	F	Herman Knoetze	22	ONYX ECU	15/10/2016	EGA Summer 2_15 Oct 2016
58	3:10.00 L	F	Raymond de Freitas	27	NSA EZD	30/09/2016	Uniswim Spar Summer Gala
59	3:10.40 L	F	Msizi Silangwe	20	UMSH ETH	20/08/2016	eThekwini Age Group Gala 5
60	3:14.06 L	F	Sandile Shezi	20	PISC ETH	22/10/2016	eThekwini Age Group Gala 7
61	3:16.29 L	F	Maxmillian Carbonell Taylor	21	NWS	07/10/2016	NTS Invitational Gala 2016
62	3:21.72 L	F	Grant Ferguson	44	KNYD EDD	15/10/2016	EDEN 1st A-League Gala 2016
63	3:22.25 L	F	Mswane Tsabedze	21	MATL KKD	29/10/2016	NWS Age Group 2 1617
64	3:27.41 L	F	Marco Broere	19	SR FBD	09/12/2016	NCASA Sprints 2016

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
65	3:34.06 L	F	Mnqobi Macanda	19	UMSH ETH	22/10/2016	eThekwini Age Group Gala 7
66	3:41.32 L	F	Aston Wilson	21	SUPE JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
67	3:45.06 L	P	Mduduzi Sibanda	19	MDOL JHB	16/12/2016	Vita-thion CGA Open LC Champs
68	4:05.05 L	F	Rialdo Abrahams	29	UPTS ZMD	25/11/2016	NCASA Age Group 3 Upington 2016
69	4:25.50 L	F	David Williams	CR	TSSC ETH	13/12/2016	KZN Speedo Provincial Champion
70	4:26.56 L	F	Anthony Barson	68	SRAY BUF	02/12/2016	BCA Championships 2016
<b>Men 19 &amp; Over 50 Fly</b>							
1	23.91 L	F	Douglas Erasmus	27	NTS FSH	03/04/2017	Sa National Aquatic Championship
2	24.24 L	F	Ryan Coetzee	21	NTS FSH	03/04/2017	Sa National Aquatic Championship
3	24.28 L	S	Reynard Wessels	23	FS MAN	03/04/2017	Sa National Aquatic Championship
4	24.29 L	S	Zane Waddell	19	FS MAN	03/04/2017	Sa National Aquatic Championship
5	24.30 L	F	Bradley Tandy	26	KZNA ETH	03/04/2017	Sa National Aquatic Championship
6	24.33 L	S	Ralph Goveia	21	NTS FSH	03/04/2017	Sa National Aquatic Championship
7	24.64 L	S	Clayton Jimmie	22	KZNA ETH	03/04/2017	Sa National Aquatic Championship
8	24.69 L	P	Willem Scheepers	30	NWS	03/04/2017	Sa National Aquatic Championship
9	24.83 L	F	Alard Basson	21	RSA	16/10/2016	12th African Swimming Champs 2016
10	25.02 L	F	Jacobus Jv Rensburg	22	TUKS FSH	07/12/2016	NTS Championships 2016
11	25.03 L	F	Caydon Muller	22	TUKS FSH	07/12/2016	NTS Championships 2016
12	25.10 L	S	Kyle Van Niekerk	19	CGA JHB	03/04/2017	Sa National Aquatic Championship
13	25.14 L	F	Alaric Basson	21	NMMU NMA	11/11/2016	4th A League Gala 2016
14	25.29 L	P	Jacques Van Wyk	24	NTS FSH	03/04/2017	Sa National Aquatic Championship
15	25.41 L	F	Armand Maritz	20	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
16	25.43 L	F	Matthew Bowers	22	CADO CPT	01/12/2016	Western Cape Summer Champion
17	25.47 L	S	Cameron Oliver	21	CGA JHB	03/04/2017	Sa National Aquatic Championship
18	25.59 L	F	Rudo Looek	19	PSC FSH	07/12/2016	NTS Championships 2016
19	25.67 L	P	Robin Raven	21	NTS FSH	03/04/2017	Sa National Aquatic Championship
20	25.71 L	F	Ruan Ras	20	TUKS FSH	07/12/2016	NTS Championships 2016
21	25.73 L	F	Jan vd Merwe	23	TUKS FSH	23/09/2016	NTS September 2016 Age Group 1
22	25.78 L	S	Nicolaas Deacon	23	NTS FSH	03/04/2017	Sa National Aquatic Championship
23	25.81 L	P	Joshua Walters	20	RSA	14/12/2016	African Union Sports-Region 5 Un
24	25.84 L	S	Martin Binedell	21	KZNA ETH	03/04/2017	Sa National Aquatic Championship
25	25.86 L	F	Bryce Pendock	21	MATI CED	24/02/2017	2017 Grand Prix Invitation Swiimin
26	25.93 L	F	Neil Fair	20	CSC FSH	04/02/2017	2017 Grand Prix Invitation Swimm
27	25.94 L	F	Jarryd Hoole	21	SRAY BUF	05/11/2016	BCA Nov Age Group Gala 2016
28	25.95 L	F	Brandon Arlow	19	TYGE CPT	17/09/2016	Western Cape Summer 2
29	26.09 L	F	Eben Vorster	20	KOV5 MAN	05/11/2016	Mangaung Aquatics Gala
30	26.12 L	F	Credence Pattinson	19	AQUB NMA	30/09/2016	Aquabear Invitational Meet
31	26.16 L	F	Vincent Delagey	23	AEC JHB	18/02/2017	EGA Summer 5 Gala
32	26.18 L	F	Alexander Finney	23	WSAA CPT	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
33*	26.27 L	P	Brendan Levy	20	RSA	14/12/2016	African Union Sports-Region 5 Un
33*	26.27 L	F	Johan Lourens	21	TUKS FSH	23/09/2016	NTS September 2016 Age Group 1
35	26.35 L	P	Timothy Simpson	22	SASE JHB	16/12/2016	Vita-thion CGA Open LC Champs
36	26.37 L	P	Jack Carlisle	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
37	26.39 L	F	Byron Lockett	26	BEST NMA	02/12/2016	NMBA Championships 2016
38	26.41 L	F	Mark Roach	20	WCA CPT	03/04/2017	Sa National Aquatic Championship
39	26.49 L	F	Jordan Le Clos	19	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
40	26.51 L	F	Armin Oberholster	20	MATI CED	17/09/2016	Western Cape Summer 2
41*	26.53 L	P	Ude Fuchs	19	RSA	14/12/2016	African Union Sports-Region 5 Un
41*	26.53 L	F	Mohamed Gamielidien	19	TUKS FSH	23/09/2016	NTS September 2016 Age Group 1
43*	26.59 L	P	Daniel Vd Merwe	19	NTS FSH	03/04/2017	Sa National Aquatic Championship
43*	26.59 L	F	Michael Bowers	22	CADO CPT	01/12/2016	Western Cape Summer Champion
43*	26.59 L	F	Jan Bezuidenhout	19	TLAC BPD	16/12/2016	Hamilton Aquatics Winter Long Co
43*	26.59 L	P	Raul Henney	21	MATI CED	01/12/2016	Western Cape Summer Champion
47	26.64 L	F	Edward Johannisen	22	NMMU NMA	30/09/2016	Aquabear Invitational Meet
48	26.68 L	F	Damian Mullen	21	WATR JHB	01/10/2016	Waterborn Invitational 2016
49	26.73 L	P	Hylton Collinson	19	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
50	26.78 L	P	Janco Saaiman	19	NTS FSH	03/04/2017	Sa National Aquatic Championship
51	26.81 L	P	Trent Panzera	19	WATR JHB	17/03/2017	SA National JNR Age Group Char
52	26.82 L	F	Jared Pike	26	SODO JHB	10/09/2016	Adrian Grafe Memorial Gala 2016

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
53*	26.84 L	P	Marno Langeveldt	23	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
53*	26.84 L	P	Josef Kieser	20	MATI CED	24/02/2017	2017 Grand Prix Invitation Swiimin
55	26.86 L	F	Pierre Dellieu	19	GDE	10/04/2017	SA Schools Swimming Champions
56	26.87 L	P	Joshua Stegen	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
57	26.88 L	P	Brenden Crawford	21	CGA JHB	03/04/2017	Sa National Aquatic Championship
58	26.91 L	P	Mpumelelo Mosue	19	TUKS FSH	07/12/2016	NTS Championships 2016
59*	26.98 L	F	Joshua Bellairs	19	TWSA NMA	15/10/2016	3rd A League Gala 2016
59*	26.98 L	F	Louis Aucamp	23	MATI CED	18/02/2017	Western Cape Qualify Gala 3
61*	27.01 L	F	Tiaan Fourie	19	DDA FSH	23/09/2016	NTS September 2016 Age Group 1
61*	27.01 L	P	Paul Stoltz	19	NTS FSH	03/04/2017	Sa National Aquatic Championship
63	27.09 L	P	Rudolf Visser	21	CYBE CPT	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
64	27.13 L	P	Jamie Jackson	21	NMMU NMA	24/02/2017	2017 Grand Prix Invitation Swiimin
65*	27.15 L	P	Joshua Barry	21	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
65*	27.15 L	P	Bradley Van Staden	20	SEAL UMD	13/12/2016	KZN Speedo Provincial Champion
67*	27.21 L	P	Tristan Haig	19	ONYX EKU	08/12/2016	EGA Championships 2016
67*	27.21 L	F	Ayrton Sweeney	24	SGUL ETH	25/11/2016	KZN TYR Westville Sprints 2016
69	27.22 L	P	Matthew Alexander	19	MATI CED	01/12/2016	Western Cape Summer Champion
70*	27.26 L	P	Jarred Stigant	20	WSAA CPT	01/12/2016	Western Cape Summer Champion
70*	27.26 L	P	Dustin Hale	20	TRAZ FSH	07/12/2016	NTS Championships 2016
72	27.28 L	F	Mel Stronkhorst	25	KSC EZ	07/01/2017	2017 Grand Prix Invitation -MP
73	27.31 L	P	William Ochse	19	MATI CED	24/02/2017	2017 Grand Prix Invitation Swiimin
74	27.32 L	F	Keenan George	20	MANT CPT	18/02/2017	Western Cape Qualify Gala 3
75	27.34 L	F	Jean Rabie	19	CUDU CPT	30/09/2016	Aquabear Invitational Meet
76	27.35 L	F	Benjamin Van Staden	19	DDA FSH	23/09/2016	NTS September 2016 Age Group 1
77	27.39 L	F	Roberto Marchi	20	HASC JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
78	27.42 L	P	Gregory Kahn	47	AQUB NMA	24/02/2017	2017 Grand Prix Invitation Swiimin
79	27.43 L	P	Trad Louw	22	ONYX EKU	08/12/2016	EGA Championships 2016
80	27.44 L	F	Kyle Holmes	19	SRAY BUF	27/01/2017	BCA 2nd January Age Group Gala
81	27.47 L	F	Thomas Hansford	24	NMMU NMA	19/08/2016	Nedbank Madibaz Swim Meet
82	27.52 L	F	Brandon Isemonger	20	SOUL EKU	05/11/2016	EGA Summer 3
83*	27.53 L	F	Dayen Wilson	19	WATR JHB	01/10/2016	Waterborn Invitational 2016
83*	27.53 L	F	Johann Minnaar	21	MATI CED	18/11/2016	Western Cape Summer QF2
85*	27.55 L	P	Ryan Botha	20	TUKS FSH	07/12/2016	NTS Championships 2016
85*	27.55 L	F	Dayne Odendaal	20	SGUL ETH	25/11/2016	KZN TYR Westville Sprints 2016
85*	27.55 L	P	Darren Minnies	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
88	27.58 L	P	Apiwe Nkumbi	25	SUPE JHB	16/12/2016	Vita-thion CGA Open LC Champs
89*	27.59 L	P	Jayson Van der Walt	20	TUKS FSH	07/12/2016	NTS Championships 2016
89*	27.59 L	F	Keanu Silent	20	UWC CPT	08/12/2016	NWS Championships 2016/2017
91	27.65 L	P	Arthur Loftie-Eaton	19	DOL	07/12/2016	NTS Championships 2016
92	27.66 L	F	Marthinus Wiid	19	FAAC FBD	22/10/2016	Flamingo Gala 2016
93*	27.67 L	P	Mario Ervedosa	19	TUKS FSH	07/12/2016	NTS Championships 2016
93*	27.67 L	P	Flavio Ferreri	21	TUKS FSH	07/12/2016	NTS Championships 2016
95	27.68 L	F	Dean Coetzee	32	BOKS EKU	10/09/2016	Adrian Grafe Memorial Gala 2016
96	27.86 L	F	Jonathan Heubner	19	SUPE JHB	21/01/2017	CGA Level 3 - SANJ Last Chance
97	27.92 L	F	Joshua Dannhauser	19	SGUL ETH	11/06/2016	EThekwini Age Group Gala 2
98	27.94 L	P	Sphephelo Ntaka	21	UMSH ETH	04/02/2017	2017 Grand Prix Invitation Swimm
99	27.95 L	P	Irfaan Essof	20	ATLA JHB	08/12/2016	EGA Championships 2016
100	28.00 L	F	Marco Smit	20	SEAL UMD	27/06/2016	Sasol National Championship 2016
101	28.01 L	P	Johann Adriaanse	25	MATI CED	01/12/2016	Western Cape Summer Champion
102	28.02 L	P	Daniel Vorster	19	AQUB NMA	17/03/2017	SA National JNR Age Group Charr
103	28.08 L	P	Gert van Heerden	21	FS MAN	03/04/2017	Sa National Aquatic Championship
104	28.09 L	F	Justin Nicklin	27	SODO JHB	16/12/2016	Vita-thion CGA Open LC Champs
105	28.11 L	F	Nicholas Els	19	MATI CED	24/06/2016	PEA Winter Gala 2016
106	28.13 L	F	Hannes Jordaan	19	RFA FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
107	28.18 L	F	Louis Lotter	36	PAC FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
108	28.23 L	P	Blake Kelly	19	BLMA CPT	01/12/2016	Western Cape Summer Champion
109*	28.27 L	F	Keown Delomoney	19	ACSA ETH	11/06/2016	EThekwini Age Group Gala 2
109*	28.27 L	F	Markus Burri	20	NMMU NMA	02/12/2016	NMBA Championships 2016
111	28.32 L	P	Francois Van Niekerk	19	PLAY CED	01/12/2016	Western Cape Summer Champion

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

Time	P/F/S	Name	Age/Yr				
112	28.36 L	F	Benjamin Sack	21	ASA CPT	18/11/2016	Western Cape Summer QF2
113	28.39 L	P	Gareth Palmer-Owen	19	ASA CPT	23/03/2017	SA Level 3 Regional Age Group C
114	28.49 L	P	Jarod Goosen	19	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
115	28.53 L	F	Nishwan Ebrahim	20	SGUL ETH	02/09/2016	KZN Beavers Winter LongCourse
116	28.54 L	F	Jasper Venter	29	UNI-N EZD	25/11/2016	Mpumalanga Championships 2016
117	28.55 L	P	Luan Boshoff	19	BLOT MAN	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
118	28.63 L	F	Daniel Jones	19	BEST NMA	15/10/2016	3rd A League Gala 2016
119	28.64 L	P	Jean-Pierre Van Rooyen	19	ASA CPT	01/12/2016	Western Cape Summer Champion
120	28.65 L	P	Jacobus Gloak	24	PAC TSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
121	28.71 L	P	Joshua Mills	21	CADO CPT	01/12/2016	Western Cape Summer Champion
122	28.72 L	F	Varish Ramautar	22	NEWS ADJ	25/11/2016	KZN TYR Westville Sprints 2016
123	28.76 L S	F	Harald Ruck	51	COEL TSH	07/12/2016	NTS Championships 2016
124	28.79 L	P	Marceleno Thomas	21	SUPE JHB	16/12/2016	Vita-thion CGA Open LC Champs
125	28.82 L	P	Kent Field	20	ESP EKU	08/12/2016	EGA Championships 2016
126	28.90 L	P	Branden Deiss	19	CRSC JHB	17/03/2017	SA National JNR Age Group Charr
127	28.97 L	F	Marthinus Matthee	19	KALA JTD	05/01/2017	NCASA Champs 2017
128	29.14 L	F	Deshaan Pillay	19	INFA NMA	09/09/2016	2nd A League 2016
129	29.27 L	F	Pierre Theron	22	KOVS MAN	19/08/2016	Kovsie Aquatics Gala 1
130	29.40 L	F	Jean-Michel Alves	22	AEC JHB	05/11/2016	EGA Summer 3
131	29.41 L	F	Tevin Du Toit	20	ACSA ETH	11/06/2016	EThekwini Age Group Gala 2
132	29.44 L	F	Moegamat Davids	21	UWCA CPT	17/09/2016	Western Cape Summer 2
133	29.59 L	F	Gerhard Von Aspern	20	CADO CPT	17/09/2016	Western Cape Summer 2
134	29.68 L	F	Ethan Paulse	21	ASA CPT	18/02/2017	Western Cape Qualify Gala 3
135	29.77 L	F	Brandon Thyse	20	SGUL ETH	11/06/2016	EThekwini Age Group Gala 2
136	29.83 L	F	Juan-Jacques Van der Hoogen	22	LAD JTD	25/11/2016	KZN TYR Westville Sprints 2016
137	29.93 L	P	Faadhil Shaikh	19	ATLA JHB	08/12/2016	EGA Championships 2016
138	30.00 L	F	Akeel Singh	19	BEAV ETH	06/08/2016	eThekwini Age Group Gala 4
139	30.02 L	F	Himal Gosai	19	ATLA JHB	21/01/2017	CGA Level 3 - SANJ Last Chance
140*	30.03 L	F	Reino von Wielligh	24	NWUC KKD	14/01/2017	NWS Age Group 4 1617
140*	30.03 L	F	Edwin Jeppe	26	CADO CPT	17/09/2016	Western Cape Summer 2
140*	30.03 L	F	Cornelius Van Niekerk	24	CYBE CPT	17/09/2016	Western Cape Summer 2
143	30.05 L	F	Rushen Kemp	20	WEST CPT	17/09/2016	Western Cape Summer 2
144	30.06 L	P	Petrus Van Niekerk	21	MATI CED	01/12/2016	Western Cape Summer Champion
145*	30.13 L	P	Wazier Kara	21	AA JHB	16/12/2016	Vita-thion CGA Open LC Champs
145*	30.13 L	P	Gareth Demmer	19	ONYX EKU	08/12/2016	EGA Championships 2016
147	30.14 L	P	James Dhooge	19	STAD JHB	16/12/2016	Vita-thion CGA Open LC Champs
148*	30.16 L	F	Michael Esterhuysen	52	USH UJD	28/01/2017	Ushaka Championship Gala 2017
148*	30.16 L	F	Michael Teles	19	TUKS TSH	18/02/2017	EGA Summer 5 Gala
150	30.17 L	F	Conrad Scheepers	19	TUKS TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
151	30.20 L	F	Gomolemo Khomo	21	TUKS TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
152	30.30 L	P	Nicholas Smith	19	ESP EKU	23/03/2017	SA Level 3 Regional Age Group C
153	30.37 L	F	Jarryd Irvine	23	PER JHB	03/12/2016	CGA Level 3/SANJ Gala No 3
154	30.39 L	F	Jordan Fisher	21	TUKS TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
155	30.45 L	F	Herman Knoetze	22	ONYX EKU	03/09/2016	2016 Speedo Hillcrest Sprint Gala
156	30.63 L	P	Brendon de Beer	21	MATL KKD	27/06/2016	Sasol National Championship 2016
157*	30.78 L	F	Johannes Malan Snr	44	CUDU CPT	30/09/2016	Aquabear Invitational Meet
157*	30.78 L	F	Eduan Appel	19	NWUC KKD	15/10/2016	NWS Age Group 1 1617
159	30.87 L	F	Mswane Tsabedze	21	MATL KKD	08/12/2016	NWS Championships 2016/2017
160	30.93 L	F	Jean Pretorius	20	WCA CPT	03/04/2017	Sa National Aquatic Championship
161	30.99 L	F	Mpendulo Nondumo	32	RPAC EKU	21/01/2017	EGA Summer 4
162	31.13 L	F	Hendrik Tryhou	40	CSA EZD	25/11/2016	Mpumalanga Championships 2016
163	31.30 L	F	Msizi Silangwe	20	UMSH ETH	06/08/2016	eThekwini Age Group Gala 4
164	31.47 L	F	Raymond Pretorius	37	KNYD EDD	18/02/2017	Dragons Night Fury 2017
165	31.65 L	F	Christian Sadie	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
166	31.67 L	F	Peter Michaelides	42	KNYD EDD	26/11/2016	Eden LC Champs 2016
167	31.98 L	F	Barry Serfontein	43	AQUB NMA	30/09/2016	Aquabear Invitational Meet
168	32.24 L	F	Gary Bradshaw	47	WATR JHB	01/10/2016	Waterborn Invitational Master 2016
169	32.27 L	F	Aaron Putz	21	SGUL ETH	02/09/2016	KZN Beavers Winter LongCourse
170	32.57 L	F	Grant Ferguson	44	KNYD EDD	18/02/2017	Dragons Night Fury 2017

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

Time	P/F/S	Name	Age/Yr				
171	32.62 L	F	Vincent Frenz	28	MATI CED	17/09/2016	Western Cape Summer 2
172	32.64 L	F	Tumelo Molepo	19	RPAC EKU	21/01/2017	EGA Summer 4
173	32.68 L	F	Maxmillian Carbonell Taylor	21	HREF BPD	15/10/2016	NWS Age Group 1 1617
174	32.69 L	F	Caleb Swanepoel	22	CADO CPT	01/12/2016	Western Cape Summer Champion
175	32.79 L	F	Tshepang Matebele	19	WCSS CPT	17/09/2016	Western Cape Summer 2
176	33.40 L	F	Valentino Vergotine	29	UWCA CPT	01/12/2016	Western Cape Summer Champion
177	33.56 L	F	Raymond de Freitas	27	MP EZD	03/04/2017	Sa National Aquatic Championship
178	33.82 L	F	Dion Minifie	42	UNI-N EZD	25/11/2016	Mpumalanga Championships 2016
179	33.90 L	F	Marco Broere	19	SR FBD	22/10/2016	Flamingo Gala 2016
180	34.39 L S	F	Cornè Volschenk	20	DDA TSH	07/12/2016	NTS Championships 2016
181	34.47 L	F	Roderick Holshausen	59	CADO CPT	30/09/2016	Aquabear Invitational Meet
182	34.50 L	F	Aston Wilson	21	SUPE JHB	11/03/2017	SA Level 1 Provincial Age Group Ch
183	34.67 L	F	Pieter Bell	26	WOAQ CED	17/09/2016	Western Cape Summer 2
184	34.83 L	P	Trevor Wright	32	MATL KKD	27/06/2016	Sasol National Championship 2016
185	34.97 L	F	Nicholas Reen	62	AQUB NMA	30/09/2016	Aquabear Invitational Meet
186	35.05 L	F	David Williams	CR	TSSC ETH	02/09/2016	KZN Beavers Winter LongCourse
187	35.09 L	F	Markus Burri	59	AQUB NMA	30/09/2016	Aquabear Invitational Meet
188	35.34 L	F	Rialdo Abrahams	29	NCASA	28/01/2017	4 + 1 Inter District Gala 2017
189	35.98 L	F	Andre' Maritz	41	GHSK FBD	29/10/2016	Good Hope Swimming Club
190	35.99 L	P	Zimele Mhlanga	24	UMSH ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
191	36.10 L S	F	Arthur Tamsen	47	COEL TSH	07/12/2016	NTS Championships 2016
192	36.46 L	F	Michael Swartz	24	BCA BUF	03/04/2017	Sa National Aquatic Championship
193	36.93 L	F	Tinyiko Shabangu	19	CGA JHB	03/04/2017	Sa National Aquatic Championship
194	38.38 L	F	Bruce Rankin	53	TLAC BPD	08/12/2016	NWS Championships 2016/2017
195	38.56 L	F	Russell Nugent	47	UPTS ZMD	05/01/2017	NCASA Champs 2017
196	38.71 L	F	Mnqobi Macanda	19	UMSH ETH	25/11/2016	KZN TYR Westville Sprints 2016
197	39.07 L	F	Sandile Shezi	20	PISC ETH	11/06/2016	EThekweni Age Group Gala 2
198	39.20 L	F	Hercules Weideman	22	FISH EDD	24/06/2016	PEA Winter Gala 2016
199	40.34 L	F	Moses Malatji	24	MDOL JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
200	40.77 L	F	Ruben McHarlies	21	BLNE MAN	05/11/2016	Mangaung Aquatics Gala
201	41.50 L S	F	Anthony Clifford	53	PSC TSH	07/12/2016	NTS Championships 2016
202	44.82 L	F	Mduduzi Sibanda	19	MDOL JHB	16/12/2016	Vita-thion CGA Open LC Champs
203	46.32 L	F	Matthys Walters	48	BARR CPT	04/11/2016	Freda Barnard Gala 35
204	47.48 L	F	Bongani Letsebe	20	KWHA NGD	25/11/2016	Mpumalanga Championships 2016
205	1:45.57 L	F	Zolani Khumalo	23	TMAC ETH	25/11/2016	KZN TYR Westville Sprints 2016
<b>Men 19 &amp; Over 100 Fly</b>							
1	51.14 L	F	Chad Le Clos	25	RSA	06/08/2016	2016 Rio Olympic
2	53.29 L	F	Ryan Coetzee	21	NTS TSH	03/04/2017	Sa National Aquatic Championship
3	54.21 L	P	Alard Basson	21	NMA NMA	03/04/2017	Sa National Aquatic Championship
4	54.30 L	F	Ralph Goveia	21	NTS TSH	03/04/2017	Sa National Aquatic Championship
5	55.05 L	F	Jacobus Jv Rensburg	22	NTS TSH	03/04/2017	Sa National Aquatic Championship
6	55.06 L S	F	Martin Binedell	21	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
7	55.42 L	F	Jan vd Merwe	23	NTS TSH	03/04/2017	Sa National Aquatic Championship
8	55.62 L	F	Reynard Wessels	23	KOVS MAN	02/09/2016	Kovsie Aquatics Gala 2
9	55.92 L	F	Robin Raven	21	NTS TSH	03/04/2017	Sa National Aquatic Championship
10	56.18 L	S	Jack Carlisle	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
11	56.40 L	F	Brendan Levy	20	SGUL ETH	04/02/2017	2017 Grand Prix Invitation Swimm
12	56.54 L	S	Ockert Vermeulen	20	LP LP	03/04/2017	Sa National Aquatic Championship
13	56.77 L	F	Matthew Bowers	22	CADO CPT	01/12/2016	Western Cape Summer Champion
14	56.81 L	F	Ude Fuchs	19	WATR JHB	17/03/2017	SA National JNR Age Group Charr
15	56.82 L S	F	Alaric Basson	21	NMMU NMA	14/01/2017	5th A League Gala 2017
16	56.85 L	F	Armand Maritz	20	TUKS TSH	21/10/2016	NTS October 2016 Age Group Gal
17	56.91 L	F	Eben Vorster	20	KOVS MAN	07/10/2016	Otters Prestige Gala
18	57.03 L	F	Kyle Van Niekerk	19	WATR JHB	01/10/2016	Waterborn Invitational 2016
19	57.19 L	F	Rudo Looock	19	PSC TSH	21/10/2016	NTS October 2016 Age Group Gal
20	57.24 L	F	Rudolf Visser	21	CYBE CPT	01/12/2016	Western Cape Summer Champion
21	57.27 L	S	Brandon Arlow	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
22	57.41 L	F	Jacques Van Wyk	24	TUKS TSH	23/09/2016	NTS September 2016 Age Group I
23	57.51 L	S	Daniel Vd Merwe	19	NTS TSH	03/04/2017	Sa National Aquatic Championship

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

Time	P/F/S	Name	Age/Yr
24	57.62 L	S Nicolaas Deacon	23 NTS FSH 03/04/2017 Sa National Aquatic Championship
25	57.66 L	F Byron Lockett	26 BEST NMA 02/12/2016 NMBA Championships 2016
26	57.68 L	F Trent Panzera	19 WATR JHB 17/03/2017 SA National JNR Age Group Cham
27	57.79 L S	P Hylton Collinson	19 WATR JHB 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
28	57.80 L	F Willem Scheepers	30 NWS 07/10/2016 NTS Invitational Gala 2016
29	57.84 L	F Ayrtion Sweeney	24 SGUL ETH 04/11/2016 KZN Action Swimming Champs 20
30	57.87 L	F Michael Bowers	22 CADO CPT 01/12/2016 Western Cape Summer Champion
31	57.92 L	F Credence Pattinson	19 AQUB NMA 30/09/2016 Aquabear Invitational Meet
32	57.96 L	P Mohamed Gamieldien	19 NTS FSH 03/04/2017 Sa National Aquatic Championship
33	58.15 L	F Edward Johannisen	22 NMMU NMA 02/12/2016 NMBA Championships 2016
34*	58.16 L	F Caydon Muller	22 TUKS FSH 23/09/2016 NTS September 2016 Age Group I
34*	58.16 L	F Joshua Walters	20 SGUL ETH 25/11/2016 KZN TYR Westville Sprints 2016
36	58.39 L	P Jordan Le Clos	19 SGUL ETH 04/02/2017 2017 Grand Prix Invitation Swimm
37	59.07 L	P Darren Minnies	19 WCA CPT 03/04/2017 Sa National Aquatic Championship
38*	59.15 L	F Jan Bezuidenhout	19 TLAC BPD 16/12/2016 Hamilton Aquatics Winter Long Co
38*	59.15 L	P Vincent Delagey	23 CGA JHB 03/04/2017 Sa National Aquatic Championship
40	59.28 L	F Thomas Hansford	24 NMMU NMA 19/08/2016 Nedbank Madibaz Swim Meet
41	59.30 L	F Dayne Odendaal	20 SGUL ETH 25/11/2016 KZN TYR Westville Sprints 2016
42	59.38 L	P Tiaan Fourie	19 WCA CPT 03/04/2017 Sa National Aquatic Championship
43*	59.43 L	P Cameron Oliver	2N HAM 20/07/2016 IAG Championships & Summer Op
43*	59.43 L	P Francois Van Niekerk	19 NWS 03/04/2017 Sa National Aquatic Championship
45	59.45 L S	F Bradley Van Staden	20 SEAL UMD 13/12/2016 KZN Speedo Provincial Champion
46	59.46 L	P Kyle Holmes	19 SRAY BUF 17/03/2017 SA National JNR Age Group Cham
47	59.54 L	P Matthew Alexander	19 WCA CPT 03/04/2017 Sa National Aquatic Championship
48	59.65 L	F Damian Mullen	21 WATR JHB 16/12/2016 Vita-thion CGA Open LC Champs
49	59.86 L	P Joshua Finch	22 WCA CPT 03/04/2017 Sa National Aquatic Championship
50	59.87 L S	P Jayson Van der Walt	20 TUKS FSH 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
51	59.89 L S	F Kayden Busarello	19 QUES FSH 07/12/2016 NTS Championships 2016
52	1:00.03 L	F Jared Pike	26 NTS FSH 07/10/2016 NTS Invitational Gala 2016
53	1:00.06 L S	P Marco Smit	20 SEAL UMD 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
54	1:00.09 L	F Johnathan Wilmans	19 CYBE CPT 01/12/2016 Western Cape Summer Champion
55	1:00.16 L	P Tristan Haig	19 EGA EKU 03/04/2017 Sa National Aquatic Championship
56	1:00.18 L	F Johan Lourens	21 TUKS FSH 21/10/2016 NTS October 2016 Age Group Gal
57	1:00.31 L	P William Ochse	19 WCA CPT 03/04/2017 Sa National Aquatic Championship
58*	1:00.38 L	F Mark Roach	20 WCA CPT 03/04/2017 Sa National Aquatic Championship
58*	1:00.38 L	P Neil Fair	20 CSC FSH 21/01/2017 2017 Grand Prix Invitation Swimm
60	1:00.40 L	P Achmat Hassiem	35 RSA 12/09/2016 2016 Rio Paralympic Games Rio
61	1:00.41 L	F Jarryd Hoole	21 SRAY BUF 02/12/2016 BCA Championships 2016
62	1:00.46 L S	F Joshua Bellairs	19 TWSA NMA 14/01/2017 5th A League Gala 2017
63	1:00.49 L	F Trad Louw	22 ONYX EKU 18/02/2017 EGA Summer 5 Gala
64	1:00.69 L	P Jamie Jackson	21 NMA NMA 03/04/2017 Sa National Aquatic Championship
65	1:00.83 L S	P Alexander Finney	23 WSA CPT 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
66	1:00.86 L	P Joshua Stegen	19 KZNA ETH 03/04/2017 Sa National Aquatic Championship
67	1:00.97 L	F Markus Burri	20 NMMU NMA 02/12/2016 NMBA Championships 2016
68	1:00.98 L	P Connor Leone	20 TUKS FSH 24/02/2017 2017 Grand Prix Invitation Swiimin
69	1:01.06 L	F Daniel Jones	19 BEST NMA 02/12/2016 NMBA Championships 2016
70	1:01.31 L	P Jean Rabie	19 WCA CPT 03/04/2017 Sa National Aquatic Championship
71	1:01.45 L	P Raul Henney	21 MATI CED 24/02/2017 2017 Grand Prix Invitation Swiimin
72	1:01.57 L S	P Dustin Hale	20 TRAZ FSH 07/12/2016 NTS Championships 2016
73	1:01.73 L	P Timothy Simpson	22 CGA JHB 03/04/2017 Sa National Aquatic Championship
74	1:01.82 L	F Sphephelo Ntaka	21 UMSH ETH 14/01/2017 Ethekwini Age Group 9
75	1:01.95 L	P Keanu Silent	20 RSA 14/12/2016 African Union Sports-Region 5 Unv
76	1:02.01 L	P Paul Stoltz	19 NTS FSH 03/04/2017 Sa National Aquatic Championship
77	1:02.16 L	F Hannes Jordaan	19 RFA FSH 23/09/2016 NTS September 2016 Age Group I
78	1:02.20 L	P Roberto Marchi	20 HASC JHB 16/12/2016 Vita-thion CGA Open LC Champs
79	1:02.27 L S	P Arthur Loftie-Eaton	19 DOL 07/12/2016 NTS Championships 2016
80	1:02.43 L	F Nicholas Els	19 MATI CED 24/06/2016 PEA Winter Gala 2016
81	1:02.45 L S	P Flavio Ferreri	21 TUKS FSH 07/12/2016 NTS Championships 2016
82	1:02.48 L	F Van Zyl Brand	19 NWUC KKD 08/12/2016 NWS Championships 2016/2017

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
83*	1:02.54 L	P	Mpumelelo Mosue	19	RSA	14/12/2016	African Union Sports-Region 5 Un
83*	1:02.54 L	F	Dayen Wilson	19	WATR JHB	01/10/2016	Waterborn Invitational 2016
85	1:02.78 L	F	Gareth Palmer-Owen	19	ASA CPT	23/03/2017	SA Level 3 Regional Age Group C
86	1:03.19 L	F	Tevin Du Toit	20	ACSA ETH	04/11/2016	KZN Action Swimming Champs 20
87	1:03.26 L	F	Alexio dos Santos	20	NWS	05/11/2016	Fezile Dabi Inter Provincial Gala
88	1:03.58 L S	F	Justin Nicklin	27	SODO JHB	27/06/2016	Sasol National Championship 2016
89	1:03.64 L	F	Keenan George	20	MANT CPT	18/02/2017	Western Cape Qualify Gala 3
90	1:03.66 L	P	Joshua Mills	21	CADO CPT	01/12/2016	Western Cape Summer Champion
91	1:03.98 L S	P	Keown Delomoney	19	ACSA ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
92	1:04.06 L	P	Jonathan Heubner	19	SUPE JHB	16/12/2016	Vita-thion CGA Open LC Champs
93	1:04.23 L	F	Ludick Nel	22	NWS	07/10/2016	NTS Invitational Gala 2016
94	1:04.24 L	F	Varish Ramautar	22	NEWS ADJ	25/11/2016	KZN TYR Westville Sprints 2016
95	1:04.47 L	F	Nishwan Ebrahim	20	SGUL ETH	02/09/2016	KZN Beavers Winter LongCourse
96	1:04.58 L	P	Michael Mc Lennan	19	AQUB NMA	30/09/2016	Aquabear Invitational Meet
97	1:05.03 L	F	Mario Ervedosa	19	TUKS TSH	23/09/2016	NTS September 2016 Age Group I
98	1:05.12 L	F	Deshaan Pillay	19	INFA NMA	02/12/2016	NMBA Championships 2016
99	1:05.29 L	F	Marthinus Wiid	19	NCASA	05/11/2016	Fezile Dabi Inter Provincial Gala
100	1:05.32 L	F	Benjamin Sack	21	ASA CPT	18/11/2016	Western Cape Summer QF2
101	1:05.33 L	P	Tyron Venter	31	VINE CPT	03/02/2017	Western Cape Jack Currie Champ
102	1:05.38 L	F	Jean-Michel Alves	22	AEC JHB	18/02/2017	EGA Summer 5 Gala
103	1:05.45 L	F	Bradley Reen	40	AQUB NMA	30/09/2016	Aquabear Invitational Meet
104	1:05.47 L	P	Daniel Vorster	19	AQUB NMA	30/09/2016	Aquabear Invitational Meet
105	1:05.48 L	P	Branden Deiss	19	CRSC JHB	17/03/2017	SA National JNR Age Group Charr
106	1:06.22 L	P	Apiwe Nkumbi	25	SUPE JHB	16/12/2016	Vita-thion CGA Open LC Champs
107	1:06.35 L S	P	Luan Boshoff	19	BLOT MAN	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
108	1:06.62 L	P	Irfaan Essof	20	ATLA JHB	08/12/2016	EGA Championships 2016
109	1:06.78 L	P	Kent Field	20	ESP EKU	08/12/2016	EGA Championships 2016
110	1:07.21 L	P	Nicholas Smith	19	ESP EKU	23/03/2017	SA Level 3 Regional Age Group C
111	1:07.31 L	F	Pierre Theron	22	KOVS MAN	17/09/2016	Otters Charity Gala
112	1:07.49 L	F	Jean-Pierre Van Rooyen	19	ASA CPT	15/10/2016	Western Cape Summer 3
113	1:07.66 L	F	Cornelius Van Niekerk	24	CYBE CPT	15/10/2016	Western Cape Summer 3
114	1:07.93 L	F	Ethan Paulse	21	ASA CPT	18/02/2017	Western Cape Qualify Gala 3
115	1:08.38 L	F	Mswane Tsabedze	21	MATL KKD	08/12/2016	NWS Championships 2016/2017
116	1:08.55 L	P	Michael Esterhuysen	52	USH UJD	13/12/2016	KZN Speedo Provincial Champion
117	1:08.78 L	F	Brandon Thyse	20	SGUL ETH	02/09/2016	KZN Beavers Winter LongCourse
118	1:09.69 L	F	Deon Johnstone	20	SUPE JHB	03/12/2016	CGA Level 3/SANJ Gala No 3
119	1:09.87 L	F	Jordan Fisher	21	TUKS TSH	23/09/2016	NTS September 2016 Age Group I
120	1:10.11 L	F	Stephanus Roodt	20	MATI CED	15/10/2016	Western Cape Summer 3
121	1:10.88 L	F	Aaron Putz	21	KZNA ETH	03/04/2017	Sa National Aquatic Championship
122	1:11.30 L	F	Eduan Appel	19	NWUC KKD	08/12/2016	NWS Championships 2016/2017
123	1:11.58 L S	P	Alano Salotto	19	HASC JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
124	1:12.19 L	F	Johannes Malan Snr	44	CUDU CPT	30/09/2016	Aquabear Invitational Meet
125	1:12.43 L	P	Craig Groenewald	38	STAD JHB	16/12/2016	Vita-thion CGA Open LC Champs
126	1:12.77 L	F	Raymond de Freitas	27	MP EZD	03/04/2017	Sa National Aquatic Championship
127	1:12.92 L	F	Tshepang Matebele	19	WCSS CPT	18/11/2016	Western Cape Summer QF2
128	1:13.07 L	F	Jean Pretorius	20	CUDU CPT	30/09/2016	Aquabear Invitational Meet
129	1:13.16 L	F	Gert van Heerden	21	KOVS MAN	07/10/2016	Otters Prestige Gala
130	1:13.58 L	F	Vincent Frenz	28	MATI CED	15/10/2016	Western Cape Summer 3
131	1:14.23 L	F	Valentino Vergotine	29	WCA CPT	03/04/2017	Sa National Aquatic Championship
132	1:14.46 L	F	Christian Sadie	19	MATI CED	15/10/2016	Western Cape Summer 3
133	1:15.18 L	P	Himal Gosai	19	ATLA JHB	08/12/2016	EGA Championships 2016
134	1:15.94 L S	P	Gomolemo Khomo	21	TUKS TSH	07/12/2016	NTS Championships 2016
135	1:16.26 L	F	Herman Knoetze	22	ONYX EKU	15/10/2016	EGA Summer 2_15 Oct 2016
136	1:17.37 L	F	Jarryd Irvine	23	PER JHB	03/12/2016	CGA Level 3/SANJ Gala No 3
137	1:17.56 L	F	Roderick Holshausen	59	CADO CPT	30/09/2016	Aquabear Invitational Meet
138	1:22.64 L	F	Marthinus Matthee	19	KALA JTD	21/01/2017	4 + 1 Gala Trials Kathu
139	1:23.06 L	F	Maxmillian Carbonell Taylor	21	NCASA	05/11/2016	Fezile Dabi Inter Provincial Gala
140	1:24.67 L	F	David Williams	CR	TSSC ETH	02/09/2016	KZN Beavers Winter LongCourse
141	1:25.12 L	F	Josef Kieser	20	VINE CPT	18/11/2016	Western Cape Summer QF2

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
142	1:36.37 L	F	Mduduzi Sibanda	19	MDOL JHB	16/12/2016	Vita-thion CGA Open LC Champs
143	1:38.38 L	F	Marco Broere	19	SR FBD	29/10/2016	Good Hope Swimming Club
144	1:50.42 L	F	Tinyiko Shabangu	19	MDOL JHB	21/01/2017	CGA Level 3 - SANJ Last Chance
145	1:55.68 L	F	Moses Malatji	24	MDOL JHB	21/01/2017	CGA Level 3 - SANJ Last Chance
<b>Men 19 &amp; Over 200 Fly</b>							
1	1:54.06 L	F	Chad Le Clos	25	RSA	06/08/2016	2016 Rio Olympic
2	1:57.33 L	P	Sebastien Rousseau	26	RSA	06/08/2016	2016 Rio Olympic
3	1:59.77 L	F	Devon Brown	25	KZNA ETH	03/04/2017	Sa National Aquatic Championship
4	2:01.03 L	F	Eben Vorster	20	RSA	16/10/2016	12th African Swimming Champs 2016
5	2:02.77 L	F	Brendan Levy	20	SGUL ETH	04/02/2017	2017 Grand Prix Invitation Swimm
6	2:03.12 L	F	Ayrton Sweeney	24	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
7	2:03.32 L	S	Alard Basson	21	NMA NMA	03/04/2017	Sa National Aquatic Championship
8	2:04.64 L	F	Ude Fuchs	19	WATR JHB	17/03/2017	SA National JNR Age Group Charr
9	2:04.99 L	S	Jan vd Merwe	23	NTS TSH	03/04/2017	Sa National Aquatic Championship
10	2:05.13 L	S	Jack Carlisle	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
11	2:06.21 L	F	Dayne Odendaal	20	SGUL ETH	17/09/2016	eThekwini Age Group Gala 6
12	2:07.06 L	F	Rudolf Visser	21	CYBE CPT	01/12/2016	Western Cape Summer Champion
13	2:08.93 L	S	Ockert Vermeulen	20	LP LP	03/04/2017	Sa National Aquatic Championship
14	2:09.59 L	P	Francois Van Niekerk	19	NWS	03/04/2017	Sa National Aquatic Championship
15	2:10.05 L	F	Martin Binedell	21	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
16	2:10.37 L	S	Darren Minnies	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
17	2:10.87 L	S	Mohamed Gamielidien	19	NTS TSH	03/04/2017	Sa National Aquatic Championship
18	2:11.16 L	P	Marco Smit	20	SEAL UMD	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
19	2:11.47 L	F	Matthew Meyer	19	ACSA ETH	17/09/2016	eThekwini Age Group Gala 6
20	2:12.78 L	P	Brandon Arlow	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
21	2:13.59 L	F	Robin Raven	21	TUKS TSH	07/12/2016	NTS Championships 2016
22	2:14.23 L	P	Joshua Dannhauser	19	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
23	2:15.05 L	F	Michael Bowers	22	CADO CPT	01/12/2016	Western Cape Summer Champion
24	2:15.34 L	F	Dayen Wilson	19	WATR JHB	01/10/2016	Waterborn Invitational 2016
25	2:16.67 L	F	Markus Burri	20	NMMU NMA	02/12/2016	NMBA Championships 2016
26	2:17.92 L	P	Jayson Van der Walt	20	TUKS TSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
27	2:18.37 L	F	Nicholas Els	19	MATI CED	24/06/2016	PEA Winter Gala 2016
28	2:21.46 L	F	Damian Mullen	21	WATR JHB	16/12/2016	Vita-thion CGA Open LC Champs
29	2:21.70 L	P	Jean Rabie	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
30	2:22.13 L	F	Reino von Wielligh	24	NWS	07/10/2016	NTS Invitational Gala 2016
31	2:23.64 L	F	Daniel Jones	19	BEST NMA	11/11/2016	4th A League Gala 2016
32	2:24.05 L	F	Kayden Busarello	19	QUES TSH	07/12/2016	NTS Championships 2016
33	2:25.97 L	F	Sphephelo Ntaka	21	UMSH ETH	04/11/2016	KZN Action Swimming Champs 2016
34	2:28.86 L	P	Joshua Stegen	19	SEAL UMD	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
35	2:29.65 L	F	Michael Mc Lennan	19	AQUB NMA	11/11/2016	4th A League Gala 2016
36	2:32.23 L	F	Hannes Jordaan	19	RFA TSH	23/09/2016	NTS September 2016 Age Group I
37	2:34.06 L	F	Gareth Palmer-Owen	19	ASA CPT	01/12/2016	Western Cape Summer Champion
38	2:40.32 L	F	Nishwan Ebrahim	20	SGUL ETH	18/02/2017	Ethekwini Age Group Gala 10
39	2:41.96 L	F	Nicholas Smith	19	ESP ECU	24/09/2016	EGA Summer 1
40	2:48.37 L	F	Jean-Pierre Van Rooyen	19	ASA CPT	20/08/2016	Western Cape Summer 1
41	2:51.10 L	F	Mswane Tsabedze	21	MATL KKD	08/12/2016	NWS Championships 2016/2017
42	3:13.82 L	F	Herman Knoetze	22	ONYX ECU	24/09/2016	EGA Summer 1
<b>Men 19 &amp; Over 200 IM</b>							
1	2:01.69 L	S	Ayrton Sweeney	24	KZNA ETH	03/04/2017	Sa National Aquatic Championship
2	2:03.14 L	S	Neil Fair	20	NTS TSH	03/04/2017	Sa National Aquatic Championship
3	2:05.03 L	F	Michael Meyer	24	MDOL JHB	04/06/2016	2016 Mare Nostrum Barcelona
4	2:07.70 L	S	Damian Mullen	21	CGA JHB	03/04/2017	Sa National Aquatic Championship
5	2:07.75 L	F	Ude Fuchs	19	WATR JHB	17/03/2017	SA National JNR Age Group Charr
6	2:07.94 L	S	Trent Panzera	19	CGA JHB	03/04/2017	Sa National Aquatic Championship
7	2:08.97 L	P	Ruan Ras	20	TUKS TSH	07/12/2016	NTS Championships 2016
8	2:09.13 L	F	Joshua Dannhauser	19	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
9	2:09.17 L	F	Eben Vorster	20	KOVS MAN	07/10/2016	Otters Prestige Gala
10	2:09.36 L	F	Rudo Look	19	PSC TSH	07/12/2016	NTS Championships 2016



## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
11	2:09.51 L	P	Kyle Holmes	19	SRAY BUF	17/03/2017	SA National JNR Age Group Cham
12	2:09.65 L	F	Bailey Musgrave	19	SGUL ETH	04/02/2017	2017 Grand Prix Invitation Swimm
13	2:09.73 L S	F	Brent Szurdoki	20	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
14	2:10.09 L	P	Dayne Odendaal	20	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
15	2:10.47 L	F	Alaric Basson	21	NMMU NMA	19/08/2016	Nedbank Madibaz Swim Meet
16	2:10.51 L	F	Matthew Meyer	19	ACSA ETH	22/10/2016	eThekwini Age Group Gala 7
17	2:11.06 L	F	Jordan Le Clos	19	CLCA CPT	17/03/2017	SA National JNR Age Group Cham
18	2:11.10 L	F	Alard Basson	21	NMMU NMA	30/09/2016	Aquabear Invitational Meet
19	2:11.48 L	P	Jack Carlisle	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
20	2:11.88 L	P	Edward Johannisen	22	NMA NMA	03/04/2017	Sa National Aquatic Championship
21	2:12.01 L	F	Rudolf Visser	21	CYBE CPT	01/12/2016	Western Cape Summer Champion
22	2:12.13 L	F	Brandon Arlow	19	TYGE CPT	01/12/2016	Western Cape Summer Champion
23	2:12.44 L S	P	Jacobus Jv Rensburg	22	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
24	2:12.45 L	F	Joshua Saunders	21	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
25	2:13.00 L	F	Benjamin Van Staden	19	DDA FSH	07/12/2016	NTS Championships 2016
26	2:13.11 L	F	Mark Hunter	21	SEAL UMD	27/06/2016	Sasol National Championship 2016
27	2:13.36 L S	P	Hylton Collinson	19	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
28	2:13.68 L	F	Kyle Van Niekerk	19	WATR JHB	01/10/2016	Waterborn Invitational 2016
29	2:14.24 L	F	Zane Waddell	19	BLSS MAN	27/06/2016	Sasol National Championship 2016
30	2:14.27 L	F	Reynard Wessels	23	KOV5 MAN	30/11/2016	FS CHAMPS
31	2:14.31 L	P	Pierre Theron	22	KOV5 MAN	13/12/2016	KZN Speedo Provincial Champion
32	2:14.36 L	P	Brenden Crawford	21	CGA JHB	03/04/2017	Sa National Aquatic Championship
33	2:14.47 L	P	Mohamed Gamielidien	19	RSA	14/12/2016	African Union Sports-Region 5 Un
34	2:14.59 L	P	Michael Bowers	22	WCA CPT	03/04/2017	Sa National Aquatic Championship
35	2:14.75 L	P	Van Zyl Brand	19	NWS	03/04/2017	Sa National Aquatic Championship
36	2:15.09 L	P	Kevin Paul	26	RSA	12/09/2016	2016 Rio Paralympic Games Rio
37	2:15.21 L	P	Ockert Vermeulen	20	LP LP	04/04/2017	Sa National Aquatic Championship
38	2:15.80 L	F	Tevin Du Toit	20	ACSA ETH	04/11/2016	KZN Action Swimming Champs 20
39	2:16.72 L	P	Matthew Alexander	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
40	2:16.99 L	P	Joshua Stegen	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
41	2:17.73 L	P	Keown Delomoney	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
42	2:18.13 L	F	Cameron Oliver	2N	HAM	06/05/2016	Hamilton Aquatics Last Chance
43*	2:18.20 L	F	Jean Rabie	19	CUDU CPT	30/09/2016	Aquabear Invitational Meet
43*	2:18.20 L	F	Keanu Silent	20	UWCA CPT	12/11/2016	Western Cape Summer 4
45	2:18.47 L	F	Jared Pike	26	SODO JHB	17/09/2016	CGA Level 3/SANJ Gala No 1
46	2:19.18 L S	P	Joshua Barry	21	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
47	2:19.25 L	F	Daniel Jones	19	BEST NMA	02/12/2016	NMBA Championships 2016
48	2:19.30 L S	P	Flavio Ferreri	21	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
49	2:20.05 L	P	Mark Roach	20	ASA CPT	01/12/2016	Western Cape Summer Champion
50	2:20.32 L	F	Johnathan Wilmans	19	CYBE CPT	18/11/2016	Western Cape Summer QF2
51	2:20.56 L	F	Armand Maritz	20	TUKS FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
52	2:20.74 L	P	Francois Van Niekerk	19	PLAY CED	01/12/2016	Western Cape Summer Champion
53	2:21.09 L S	P	Alexander Finney	23	WSAA CPT	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
54	2:21.11 L	P	Gerhard Von Aspern	20	CADO CPT	01/12/2016	Western Cape Summer Champion
55	2:21.30 L	P	Arthur Loftie-Eaton	19	DOL	07/12/2016	NTS Championships 2016
56	2:21.59 L	F	Thomas Hansford	24	NMMU NMA	19/08/2016	Nedbank Madibaz Swim Meet
57	2:21.85 L	F	Jayson Van der Walt	20	NWS	07/10/2016	NTS Invitational Gala 2016
58	2:22.47 L S	F	Deshaan Pillay	19	INFA NMA	14/01/2017	5th A League Gala 2017
59	2:22.89 L	F	Timothy Simpson	22	SASE JHB	03/12/2016	CGA Level 3/SANJ Gala No 3
60	2:22.97 L	F	Justin Nicklin	27	SODO JHB	10/09/2016	Adrian Grafe Memorial Gala 2016
61	2:23.11 L	P	Ockert Van Schalkwyk	43	TUKS FSH	07/12/2016	NTS Championships 2016
62	2:23.70 L	F	Credence Pattinson	19	AQUB NMA	09/09/2016	2nd A League 2016
63	2:23.77 L	F	Willem Steyn	20	MDOL JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
64	2:23.97 L	F	Sphephelo Ntaka	21	UMSH ETH	18/02/2017	Ethekwini Age Group Gala 10
65	2:24.12 L S	P	Ryan Botha	20	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
66	2:24.48 L	F	Gregory Kotze	20	NMMU NMA	19/08/2016	Nedbank Madibaz Swim Meet
67	2:24.50 L	F	Brendan Levy	20	SGUL ETH	22/10/2016	eThekwini Age Group Gala 7
68	2:24.54 L	F	Marco Smit	20	SEAL UMD	27/06/2016	Sasol National Championship 2016
69	2:24.82 L	F	Joshua Bellairs	19	TWSA NMA	11/11/2016	4th A League Gala 2016

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
70	2:24.87 L	F	Hannes Jordaan	19	RFA FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
71	2:25.36 L	F	Brandon Isemonger	20	SOUL EKU	08/12/2016	EGA Championships 2016
72	2:25.38 L	P	Joshua Mills	21	CADO CPT	01/12/2016	Western Cape Summer Champion
73	2:25.54 L	F	Bradley Van Staden	20	SEAL UMD	27/06/2016	Sasol National Championship 2016
74	2:25.63 L S	P	Marno Langeveldt	23	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
75	2:25.87 L S	P	Mario Ervedosa	19	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
76	2:26.61 L S	F	Daniel Vorster	19	AQUB NMA	10/02/2017	6th A League Gala 2017
77	2:26.75 L	F	Gert van Heerden	21	FS MAN	03/04/2017	Sa National Aquatic Championship
78	2:26.77 L	F	Michael Jones	24	SEAL UMD	27/06/2016	Sasol National Championship 2016
79	2:26.91 L	F	Michael Mc Lennan	19	AQUB NMA	19/08/2016	Nedbank Madibaz Swim Meet
80	2:27.51 L	F	Darren Minnies	19	PLAY CED	12/11/2016	Western Cape Summer 4
81	2:27.53 L	P	Reino von Wielligh	24	NWUC KKD	27/06/2016	Sasol National Championship 2016
82	2:27.83 L	F	Daniel Vd Merwe	19	TUKS FSH	21/10/2016	NTS October 2016 Age Group Gala
83	2:28.79 L	P	Josef Kieser	20	VINE CPT	01/12/2016	Western Cape Summer Champion
84	2:28.83 L	F	Nicolaas Deacon	23	TUKS FSH	21/10/2016	NTS October 2016 Age Group Gala
85	2:28.84 L	F	Kent Field	20	ESP EKU	08/12/2016	EGA Championships 2016
86	2:28.86 L	P	Nicholas Smith	19	ESP EKU	23/03/2017	SA Level 3 Regional Age Group Championships
87	2:28.88 L	F	Conrad Scheepers	19	TUKS FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
88	2:28.96 L	P	Jean-Pierre Van Rooyen	19	ASA CPT	01/12/2016	Western Cape Summer Champion
89	2:29.21 L	F	Branden Deiss	19	CRSC JHB	17/09/2016	CGA Level 3/SANJ Gala No 1
90	2:29.27 L	F	Pierre Dellieu	19	GDE	10/04/2017	SA Schools Swimming Championships
91	2:29.87 L S	P	Michael Esterhuysen	52	USH UJD	13/12/2016	KZN Speedo Provincial Championships
92	2:30.27 L	F	Jean Pretorius	20	WCA CPT	03/04/2017	Sa National Aquatic Championship
93	2:30.64 L	F	Mel Stronkhorst	25	KSC EZ	30/09/2016	Uniswim Spar Summer Gala
94	2:31.92 L	F	Wazier Kara	21	AA JHB	03/12/2016	CGA Level 3/SANJ Gala No 3
95	2:32.05 L	P	Cornelius Van Niekerk	24	CYBE CPT	01/12/2016	Western Cape Summer Champion
96	2:32.29 L	F	Markus Burri	20	NMMU NMA	02/12/2016	NMBA Championships 2016
97	2:32.38 L	F	Aaron Putz	21	KZNA ETH	03/04/2017	Sa National Aquatic Championship
98	2:32.99 L S	P	Brandon Thyssen	20	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
99	2:33.80 L	F	Jordan Fisher	21	TUKS FSH	21/10/2016	NTS October 2016 Age Group Gala
100	2:33.92 L	F	Dean Coetzee	32	BOKS EKU	10/09/2016	Adrian Grafe Memorial Gala 2016
101	2:34.04 L	P	Jordan Nel	19	WSAA CPT	01/12/2016	Western Cape Summer Champion
102	2:36.01 L	F	Tristan Haig	19	ONYX EKU	10/09/2016	Adrian Grafe Memorial Gala 2016
103	2:36.62 L	F	Johann Adriaanse	25	MATI CED	12/11/2016	Western Cape Summer 4
104	2:36.96 L	F	Vincent Frenz	28	MATI CED	12/11/2016	Western Cape Summer 4
105	2:38.02 L	F	Apiwe Nkumbi	25	SUPE JHB	03/12/2016	CGA Level 3/SANJ Gala No 3
106	2:38.15 L	P	James Dhooge	19	STAD JHB	16/12/2016	Vita-thion CGA Open LC Championships
107	2:38.25 L	F	Paul Stoltz	19	TUKS FSH	23/09/2016	NTS September 2016 Age Group Gala
108	2:38.26 L	F	Dustin Hale	20	TRAZ FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
109	2:38.68 L	F	John Maree	19	AQUB NMA	09/09/2016	2nd A League 2016
110	2:38.85 L	F	Ethan Paulse	21	ASA CPT	01/12/2016	Western Cape Summer Champion
111	2:38.99 L	F	Jarryd Gosling	19	SOUL EKU	21/01/2017	EGA Summer 4
112	2:40.06 L	F	Tshepang Matebele	19	WCSS CPT	12/11/2016	Western Cape Summer 4
113	2:40.24 L	F	Akeel Singh	19	BEAV ETH	22/10/2016	eThekweni Age Group Gala 7
114	2:41.27 L	F	Keenan George	20	MANT CPT	30/09/2016	Aquabear Invitational Meet
115	2:41.62 L	F	Raymond de Freitas	27	MP EZD	03/04/2017	Sa National Aquatic Championship
116	2:41.70 L	P	Irfaan Essof	20	ATLA JHB	08/12/2016	EGA Championships 2016
117	2:41.79 L	F	Mswane Tsabedze	21	MATL KKD	08/12/2016	NWS Championships 2016/2017
118	2:42.04 L	F	Jonathan Heubner	19	SUPE JHB	11/03/2017	SA Level 1 Provincial Age Group Championships
119	2:42.28 L	F	Nishwan Ebrahim	20	SGUL ETH	22/10/2016	eThekweni Age Group Gala 7
120	2:43.24 L	F	Alano Salotto	19	HASC JHB	17/09/2016	CGA Level 3/SANJ Gala No 1
121	2:44.40 L	P	Gareth Demmer	19	ONYX EKU	08/12/2016	EGA Championships 2016
122	2:45.04 L	F	Juan-Jacques Van der Hoogen	22	LAD UJD	25/11/2016	KZN TYR Westville Sprints 2016
123	2:45.21 L	F	Robin Raven	21	TUKS FSH	23/09/2016	NTS September 2016 Age Group Gala
124	2:45.59 L	F	Christian Sadie	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
125	2:45.87 L	F	Marthinus Matthee	19	KALA JTD	09/12/2016	NCASA Sprints 2016
126	2:46.61 L	F	Gareth Palmer-Owen	19	ASA CPT	18/11/2016	Western Cape Summer QF2
127	2:47.78 L	F	Michael Teles	19	TUKS FSH	25/11/2016	NTS November 2016 Age Group Gala
128	2:48.12 L	F	Eduan Appel	19	NWUC KKD	15/10/2016	NWS Age Group 1 1617

### Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
129	2:48.16 L	F	Valentino Vergotine	29	UWCA CPT	01/12/2016	Western Cape Summer Champion
130	2:48.21 L	F	Ntandoyenkosi Nxumalo	21	UMSH ETH	02/09/2016	KZN Beavers Winter LongCourse
131	2:48.73 L S	P	Lourens Grobler	19	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
132	2:50.70 L	F	Herman Knoetze	22	ONYX EKU	10/09/2016	Adrian Grafe Memorial Gala 2016
133	2:51.51 L	F	Faadhil Shaikh	19	ATLA JHB	28/01/2017	CGA Level 3-SANJ Last Chance g
134	2:52.08 L	F	Marceleno Thomas	21	SUPE JHB	11/03/2017	SA Level 1 Provincl Age Group Ch
135	2:53.29 L	F	Rushen Kemp	20	WEST CPT	12/11/2016	Western Cape Summer 4
136	2:54.64 L	F	Maxmillian Carbonell Taylor	21	HREF BPD	15/10/2016	NWS Age Group 1 1617
137	3:02.18 L	F	Michael Swartz	24	SRAY BUF	10/02/2017	BCA February Age Group Gala 20
138	3:06.72 L	F	Tinyiko Shabangu	19	CGA JHB	03/04/2017	Sa National Aquatic Championship
139	3:06.87 L	F	Sandile Shezi	20	PISC ETH	13/12/2016	KZN Speedo Provincial Champion
140	3:08.13 L	F	Aston Wilson	21	SUPE JHB	03/12/2016	CGA Level 3/SANJ Gala No 3
141	3:09.33 L	P	Stephanus Steenekamp	20	DBSC SDD	27/06/2016	Sasol National Championship 201
142	3:10.38 L	P	Andre Petrov	19	UNIQ JHB	08/12/2016	EGA Championships 2016
143	3:12.29 L S	F	Alan Searle	42	BEST NMA	14/01/2017	5th A League Gala 2017
144	3:13.63 L	F	David Williams	CR	TSSC ETH	02/09/2016	KZN Beavers Winter LongCourse
145	3:13.68 L	F	Pieter Bell	26	WOAQ CED	12/11/2016	Western Cape Summer 4
146	3:16.96 L	F	Bruce Rankin	53	TLAC BPD	14/01/2017	NWS Age Group 4 1617
147	3:17.84 L	P	Mnqobi Macanda	19	KZNA ETH	10/04/2017	SA Schools Swimming Champions
148	3:20.69 L	F	Gomolemo Khomo	21	TUKS FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
149	3:28.05 L	F	Mduduzi Sibanda	19	MDOL JHB	16/12/2016	Vita-thion CGA Open LC Champs
150	3:37.09 L	F	Moses Malatji	24	MDOL JHB	03/12/2016	CGA Level 3/SANJ Gala No 3
151	3:38.00 L	F	Matthys Walters	48	BARR CPT	18/02/2017	Western Cape Qualify Gala 3
152	8:37.12 L	F	Zolani Khumalo	23	TMAC ETH	25/11/2016	KZN TYR Westville Sprints 2016
<b>Men 19 &amp; Over 400 IM</b>							
1	4:18.13 L	P	Michael Meyer	24	RSA	06/08/2016	2016 Rio Olympic
2	4:18.72 L	P	Sebastien Rousseau	26	RSA	06/08/2016	2016 Rio Olympic
3	4:20.41 L	F	Ayrton Sweeney	24	KZNA ETH	03/04/2017	Sa National Aquatic Championship
4	4:28.48 L	P	Neil Fair	20	NTS FSH	03/04/2017	Sa National Aquatic Championship
5	4:35.76 L	F	Damian Mullen	21	CGA JHB	03/04/2017	Sa National Aquatic Championship
6	4:36.82 L	F	Jordan Le Clos	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
7	4:36.92 L	F	Trent Panzera	19	WATR JHB	17/03/2017	SA National JNR Age Group Charr
8	4:46.40 L	F	Ruan Ras	20	TUKS FSH	21/10/2016	NTS October 2016 Age Group Gal
9	4:46.81 L	F	Mark Hunter	21	SEAL UMD	27/06/2016	Sasol National Championship 201
10	4:47.51 L	F	Brandon Arlow	19	TYGE CPT	17/09/2016	Western Cape Summer 2
11	4:47.80 L	F	Rudolf Visser	21	CYBE CPT	17/09/2016	Western Cape Summer 2
12	4:48.40 L	F	Tevin Du Toit	20	ACSA ETH	04/11/2016	KZN Action Swimming Champs 20
13	4:52.49 L	F	Edward Johannisen	22	NMMU NMA	02/12/2016	NMBA Championships 2016
14	5:01.98 L	F	Francois Van Niekerk	19	PWC CED	08/12/2016	NWS Championships 2016/2017
15	5:03.59 L	F	Kyle Holmes	19	SRAY BUF	05/11/2016	BCA Nov Age Group Gala 2016
16	5:03.74 L	F	Jock Muller	20	MATI CED	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
17	5:04.90 L	F	Daniel Jones	19	BEST NMA	11/11/2016	4th A League Gala 2016
18	5:05.95 L	F	Marco Smit	20	SEAL UMD	27/06/2016	Sasol National Championship 201
19	5:06.62 L	F	Van Zyl Brand	19	NWS	07/10/2016	NTS Invitational Gala 2016
20	5:07.03 L	P	Jean Rabie	19	CUDU CPT	24/02/2017	2017 Grand Prix Invitation Swiimin
21	5:09.56 L	F	Michael Mc Lennan	19	AQUB NMA	11/11/2016	4th A League Gala 2016
22	5:10.84 L	F	Sergio dos Santos	22	NWUC KKD	29/10/2016	NWS Age Group 2 1617
23	5:12.75 L	F	Tyron Venter	31	VINE CPT	03/02/2017	Western Cape Jack Currie Champ
24	5:14.16 L	F	Stephanus Roodt	20	MATI CED	17/09/2016	Western Cape Summer 2
25	5:20.38 L	F	Reino von Wielligh	24	NWS	07/10/2016	NTS Invitational Gala 2016
26	5:21.50 L	F	Michael Bowers	22	CADO CPT	17/09/2016	Western Cape Summer 2
27	5:23.76 L	F	Cornelius Van Niekerk	24	CYBE CPT	17/09/2016	Western Cape Summer 2
28	5:24.54 L	F	Kayden Busarello	19	QUES FSH	23/09/2016	NTS September 2016 Age Group I
29	5:25.76 L	F	Justin Nicklin	27	SODO JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
30	5:28.62 L	F	Gerhard Von Aspern	20	CADO CPT	17/09/2016	Western Cape Summer 2
31	5:29.69 L	F	Michael Jones	24	SEAL UMD	27/06/2016	Sasol National Championship 201
32	5:36.40 L	F	Dagyn Davis-Hannibal	20	QUES FSH	25/11/2016	NTS November 2016 Age Group C
33	5:44.25 L	F	Jean-Pierre Van Rooyen	19	ASA CPT	17/09/2016	Western Cape Summer 2
34	5:45.50 L	F	Mel Stronkhorst	25	KSC EZ	30/09/2016	Uniswim Spar Summer Gala

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**Individual Top Times****Times since: 01-May-16****Number of Top Times: All Show Long Course Only**

	<b>Time</b>	<b>P/F/S</b>	<b>Name</b>	<b>Age/Yr</b>				
35	5:56.98 L	F	Gareth Palmer-Owen	19	ASA CPT	17/09/2016	Western Cape Summer 2	
36	6:02.05 L	F	Mswane Tsabedze	21	MATL KKD	08/12/2016	NWS Championships 2016/2017	
37	6:10.77 L	F	Valentino Vergotine	29	UWCA CPT	17/09/2016	Western Cape Summer 2	
38	7:16.41 L	F	David Williams	CR	TSSC ETH	20/08/2016	eThekwini Age Group Gala 5	