

Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
Women 19 & Over 50 Free							
1	25.90 L	S	Emma Chelius	20	WCA CPT	03/04/2017	Sa National Aquatic Championship
2	27.26 L	F	Natasha Vd Walt	21	MDOL JHB	16/12/2016	Vita-thion CGA Open LC Champs
3	27.30 L S	F	Jamie Reynolds	19	SEAL UMD	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
4	27.46 L	F	Tamlyn Price	22	AQUB NMA	24/06/2016	PEA Winter Gala 2016
5	27.59 L	F	Megan Scott	25	ONYX EKU	08/12/2016	EGA Championships 2016
6	27.68 L	P	Camryn Wheals	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
7	27.69 L	S	Tatum Tarpey	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
8	27.70 L S	F	Catherine Sainsbury	19	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
9	27.76 L	P	Tatjana Schoenmaker	20	NTS FSH	03/04/2017	Sa National Aquatic Championship
10	27.81 L	F	Johanna Els	21	KOVS MAN	13/12/2016	KZN Speedo Provincial Champion
11	27.82 L S	F	Chelsea Meiring	19	SEAL UMD	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
12	27.83 L	F	Michelle Nieuwstad	23	MATI CED	01/12/2016	Western Cape Summer Champion
13	27.97 L	F	Tilka Paljk	20	RSA	16/02/2017	2017 Cana Zone IV Swimming Ch
14	28.08 L	P	Tove Van Zyl	19	TUKS FSH	07/12/2016	NTS Championships 2016
15	28.11 L	P	Brie Parker	20	SEAL UMD	13/12/2016	KZN Speedo Provincial Champion
16	28.12 L	F	Tanya Abrie	21	WATR JHB	28/01/2017	CGA Level 3-SANJ Last Chance g
17	28.13 L	P	Thilde Victor	35	VICT EKU	08/12/2016	EGA Championships 2016
18	28.15 L	F	Anna Retief	23	KOVS MAN	02/09/2016	Kovsie Aquatics Gala 2
19	28.19 L	P	Lindsay McLeod	22	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
20	28.20 L	P	Kristin Bellingan	19	RSA	14/12/2016	African Union Sports-Region 5 Un
21	28.21 L	F	Lauren Billson	22	MATI CED	15/10/2016	Western Cape Summer 3
22	28.26 L	F	Caitlin Kat	24	MATI CED	01/12/2016	Western Cape Summer Champion
23	28.34 L	P	Nakita Hodgson	22	KZNA ETH	03/04/2017	Sa National Aquatic Championship
24	28.53 L S	P	Rita Naude	19	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
25	28.61 L	P	Odile Dauvellier	23	TUKS FSH	07/12/2016	NTS Championships 2016
26	28.63 L	P	Kristina Rogge	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
27	28.70 L	F	Tarryn Els	20	PEAS NMA	24/06/2016	PEA Winter Gala 2016
28	28.71 L S	P	Sylvia Van Tromp	38	TTNS SDD	27/06/2016	Sasol National Championship 201
29	28.74 L	P	Demi Lopes	19	NTS FSH	03/04/2017	Sa National Aquatic Championship
30	28.83 L	P	Tina Bahlmann	19	TUKS FSH	07/12/2016	NTS Championships 2016
31	28.87 L S	F	Caila Davids	20	TUKS FSH	27/06/2016	Sasol National Championship 201
32	28.94 L	F	Eune Odendaal	19	PSC FSH	01/10/2016	Waterborn Invitational 2016
33	29.06 L	F	Carmen Le Roux	19	ACSA ETH	02/09/2016	Kovsie Aquatics Gala 2
34	29.08 L	F	Eliz-Maric Cronje	19	POTC KKD	15/10/2016	NWS Age Group 1 1617
35	29.09 L S	F	Samantha Blaauw	21	NWUC KKD	27/06/2016	Sasol National Championship 201
36*	29.15 L	F	Courtney Van Biljon	19	TUKS FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
36*	29.15 L	P	Mikal Botha	19	TUKS FSH	07/12/2016	NTS Championships 2016
38	29.20 L	F	Marne Frylinck	19	BLOT MAN	02/09/2016	Kovsie Aquatics Gala 2
39	29.32 L	P	Molina Smalley	19	DOL	07/12/2016	NTS Championships 2016
40	29.33 L	P	Tia Dixon	19	MATI CED	01/12/2016	Western Cape Summer Champion
41	29.36 L	F	Esthé Bester	29	HARB BPD	15/10/2016	NWS Age Group 1 1617
42*	29.53 L	F	Bathandwa Dyantyi	19	AQUA BUF	10/02/2017	BCA February Age Group Gala 20
42*	29.53 L S	F	Nadia Blaauw	19	NWUC KKD	27/06/2016	Sasol National Championship 201
44	29.61 L	F	Phillippa Manners-Wood	20	MATI CED	13/12/2016	KZN Speedo Provincial Champion
45	29.62 L	F	Kirsten Marriott	20	BEST NMA	19/08/2016	Nedbank Madibaz Swim Meet
46	29.70 L	F	Kelli-Ann Moulton	38	AQUB NMA	30/09/2016	Aquabear Invitational Meet
47	29.75 L	P	Seonaid Leech	21	STAD JHB	08/12/2016	EGA Championships 2016
48	29.77 L	P	Caitlin Truter	20	ASA CPT	01/12/2016	Western Cape Summer Champion
49	29.80 L S	P	Jessica Bouwer	20	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
50	29.92 L	F	Kirstyn Fourie	20	MATI CED	02/12/2016	NMBA Championships 2016
51	29.96 L S	P	Anél De Vos	19	TUKS LP	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
52	30.00 L	F	Michele Esterhuizen	45	NSA EZD	18/02/2017	MP Age Group 5 - 18 FEBRUARY
53*	30.02 L	P	Dawn Schutte	20	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
53*	30.02 L	P	Caitlin Sleet	19	MATI CED	01/12/2016	Western Cape Summer Champion
55	30.06 L	F	Nicole Lewis	22	GTC EZD	17/09/2016	MP Xerox Sprint Gala - 17 Septem
56	30.13 L	F	Megan Hesse	22	PAC FSH	03/02/2017	NTS Feb 2017 Age Group Level 3
57	30.23 L	F	Tanya Toth	19	VVAQ ETH	08/12/2016	12th BSSA Nationals 2016
58	30.36 L	F	Michelle Pistorius	24	NWS	07/10/2016	NTS Invitational Gala 2016

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Time	P/F/S	Name	Age/Yr			
59	30.42 L	F	Licinda Kleynhans	20	NWUC KKD	18/02/2017 EGA Summer 5 Gala
60	30.55 L	F	Cornell Loubser	22	NWUC KKD	26/11/2016 NWS Age Group 3 2016/2017
61	30.60 L	F	Nicola Smith	23	KNYD EDD	15/10/2016 Western Cape Summer 3
62	30.79 L	F	Nepo Ntsono	19	NMMU NMA	19/08/2016 Nedbank Madibaz Swim Meet
63	30.80 L	F	Laura Berzen	19	WATR JHB	17/09/2016 CGA Level 3/SANJ Gala No 1
64	30.83 L	P	Khanya Jack	19	RSA	14/12/2016 African Union Sports-Region 5 Un
65	30.85 L	P	Kyra Vivian	19	MDOL JHB	16/12/2016 Vita-thion CGA Open LC Champs
66	30.99 L	F	Sarah Jorgensen	21	NMMU NMA	19/08/2016 Nedbank Madibaz Swim Meet
67	31.00 L	F	Michaela Diaz	20	TUKS TSH	03/09/2016 2016 Speedo Hillcrest Sprint Gala
68	31.03 L	P	Jessica De Beer	22	FLOD JHB	08/12/2016 EGA Championships 2016
69	31.04 L	F	Anke Engelbrecht	24	MATI CED	15/10/2016 Western Cape Summer 3
70	31.22 L	F	Sybil de Beer	38	POTC KKD	26/11/2016 NWS Age Group 3 2016/2017
71	31.29 L	F	Nienke Pretorius	19	BLOT MAN	02/09/2016 Kovsie Aquatics Gala 2
72	31.48 L	F	Cristelle Kriel	23	NSA EZD	03/02/2017 MP Age Group 4 - 3 & 4 February
73	31.52 L S	P	Alida De Jager	19	BLNE MAN	27/06/2016 Sasol National Championship 2016
74	31.56 L S	P	Bianca De Sousa	23	NCDST ILD	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
75	31.86 L S	P	Gita Pera	19	WSAA CPT	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
76	31.89 L	P	Shireen Sapiro	26	RSA	12/09/2016 2016 Rio Paralympic Games Rio
77	32.10 L	P	Jamie Gardiner	19	SASE JHB	16/12/2016 Vita-thion CGA Open LC Champs
78*	32.28 L	F	Jessica Burgess	19	ESP EKU	15/10/2016 EGA Summer 2_15 Oct 2016
78*	32.28 L	F	Peta-Jayne Nel	19	HARL BUF	02/12/2016 BCA Championships 2016
80	32.38 L	F	Tanya Osborne	44	ROA EDD	28/01/2017 Eden 5th A League Gala
81	32.65 L	F	Shirley Carey	42	HIGH ETH	29/10/2016 Uthungulu District November 2016
82	32.80 L	F	Annorina Groenewald	37	KALA JTD	18/02/2017 NCASA Age Group 6 KTU 2017
83	32.92 L	F	Lauren Barnes	19	BENS EKU	10/09/2016 Adrian Grafe Memorial Gala 2016
84	33.19 L	F	Yvonne Smith	26	BULS MAN	28/10/2016 Neptune Open Gala
85	33.25 L	P	Emily Gray	25	RSA	12/09/2016 2016 Rio Paralympic Games Rio
86	33.33 L	F	Patricia Reen	60	AQUB NMA	30/09/2016 Aquabear Invitational Meet
87	33.38 L	F	Martinette Du Toit	25	UPTS ZMD	09/12/2016 NCASA Sprints 2016
88	33.52 L	F	Jo- Mari Smith	28	CSA EZD	25/11/2016 Mpumalanga Championships 2016
89	33.71 L	F	Kristy Boucher	24	ONYX EKU	10/09/2016 Adrian Grafe Memorial Gala 2016
90	34.06 L	F	Marguerite Young	43	AQUB NMA	30/09/2016 Aquabear Invitational Meet
91	34.13 L	F	Janine Van Deventer	40	PRKA PSD	09/12/2016 NCASA Sprints 2016
92	34.71 L	F	Lesley Lee	52	AQUB NMA	30/09/2016 Aquabear Invitational Meet
93	34.79 L	F	Janet Michaelides	42	KNYD EDD	18/02/2017 Dragons Night Fury 2017
94	34.95 L	F	Aletta Matthee	51	KALA JTD	05/01/2017 NCASA Champs 2017
95	35.24 L	F	Maritza Snyders	20	KZNA ETH	03/04/2017 Sa National Aquatic Championship
96	35.33 L	F	Tiemke Rijpstra	39	KNYD EDD	04/11/2016 Freda Barnard Gala 35
97	35.34 L	F	Sonet Smit	41	NCASA	28/01/2017 4 + 1 Inter District Gala 2017
98	35.94 L	F	Adri-Marlé Naudé	44	TLAC BPD	29/10/2016 NWS Age Group 2 1617
99	36.83 L	F	Corne Van der Merwe	43	AQU ADJ	10/12/2016 Amajuba District December Age G
100	36.88 L	F	Deidre Van Biljon	44	VICT EKU	10/09/2016 Adrian Grafe Memorial Gala 2016
101	37.11 L	F	Carmen Booysen	19	RFA TSH	21/10/2016 NTS October 2016 Age Group Gal
102	37.36 L	F	Keletso Malebe	19	TUKS TSH	03/09/2016 2016 Speedo Hillcrest Sprint Gala
103	40.91 L	F	Melisa O'Neil	CR	TSSC ETH	02/09/2016 KZN Beavers Winter LongCourse
104	41.47 L	F	Bronwyn Ramathula	27	BEAV ETH	02/09/2016 KZN Beavers Winter LongCourse
105	41.67 L	F	Jacqueline Hayselden	61	AQUB NMA	30/09/2016 Aquabear Invitational Meet
106	42.65 L	P	Tracy McKay	47	SGUL ETH	13/12/2016 KZN Speedo Provincial Champion
107	44.23 L	F	Songo Mfikili	25	HARL BUF	02/12/2016 BCA Championships 2016
108	44.90 L	F	Karliën Van Der Merwe	27	KALA JTD	11/11/2016 Age group 2 2016 Kalahari
109	45.08 L	F	Donnée Dixon	26	ASA CPT	18/11/2016 Western Cape Summer QF2
110	47.54 L	F	Lerryn Mew	42	AQUB NMA	30/09/2016 Aquabear Invitational Meet
111	49.32 L	F	Rene Olivier	46	AQUB NMA	30/09/2016 Aquabear Invitational Meet
112	51.46 L	F	Claire Murray	27	BEAV ETH	04/11/2016 KZN Action Swimming Champs 20
113	51.76 L	F	Joanne April	35	KALA JTD	05/01/2017 NCASA Champs 2017
114	1:03.42 L	F	Tiffany Pereira	21	CRSC JHB	17/09/2016 CGA Level 3/SANJ Gala No 1
115	1:07.95 L	F	Lindiswa Dzanibe	22	MDOL JHB	03/12/2016 CGA Level 3/SANJ Gala No 3
Women 19 & Over 100 Free						
1	56.75 L	F	Emma Chelius	20	WCA CPT	03/04/2017 Sa National Aquatic Championship

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	Time	P/F/S	Name	Age/Yr				
2	58.66 L	F	Natasha Vd Walt	21	CGA JHB	03/04/2017	Sa National Aquatic Championship	
3	58.97 L	S	Tatum Tarpey	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship	
4	59.18 L	P	Jessica Whelan	20	CGA JHB	03/04/2017	Sa National Aquatic Championship	
5	59.29 L	P	Camryn Wheals	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship	
6	59.35 L	F	Caitlin Kat	24	MATI CED	01/12/2016	Western Cape Summer Champion	
7	59.47 L	P	Lindsay McLeod	22	KZNA ETH	03/04/2017	Sa National Aquatic Championship	
8	59.92 L	F	Tatjana Schoenmaker	20	TUKS FSH	25/11/2016	NTS November 2016 Age Group C	
9	59.97 L	P	Kristin Bellingan	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship	
10	1:00.13 L	P	Catherine Sainsbury	19	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP	
11	1:00.53 L	F	Chelsea Meiring	19	SEAL UMD	05/07/2016	TYR PRESTIGE CHAMPIONSHIP	
12	1:00.55 L	F	Tanya Abrie	21	WATR JHB	21/01/2017	CGA Level 3 - SANJ Last Chance	
13	1:00.59 L	P	Johanna Els	21	KOVS MAN	13/12/2016	KZN Speedo Provincial Champion	
14	1:00.88 L	P	Michelle Nieuwstad	23	WCA CPT	03/04/2017	Sa National Aquatic Championship	
15	1:01.02 L	F	Tamlyn Price	22	AQUB NMA	24/06/2016	PEA Winter Gala 2016	
16*	1:01.43 L	P	Brie Parker	20	SEAL UMD	13/12/2016	KZN Speedo Provincial Champion	
16*	1:01.43 L	P	Eune Odendaal	19	NTS FSH	03/04/2017	Sa National Aquatic Championship	
18	1:01.86 L	P	Nadia Blaauw	19	NWS	03/04/2017	Sa National Aquatic Championship	
19	1:01.92 L	P	Emily Visagie	19	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP	
20	1:01.94 L	F	Alison Basel	19	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP	
21	1:02.12 L	P	Anna Retief	23	KOVS MAN	24/02/2017	2017 Grand Prix Invitation Swiimin	
22	1:02.37 L	F	Molina Smalley	19	DOL	07/12/2016	NTS Championships 2016	
23	1:02.38 L	F	Samantha Blaauw	21	NWUC KKD	18/02/2017	EGA Summer 5 Gala	
24	1:02.41 L	F	Mikal Botha	19	TUKS FSH	07/12/2016	NTS Championships 2016	
25	1:02.57 L	F	Kristina Rogge	19	AZON ETH	13/12/2016	KZN Speedo Provincial Champion	
26	1:02.76 L	F	Carmen Le Roux	19	ACSA ETH	03/07/2016	eThekwini Age Group Gala 3	
27	1:02.79 L	F	Tilka Pajjk	20	RSA	16/02/2017	2017 Cana Zone IV Swimming Ch.	
28	1:03.04 L	F	Kirsten Marriott	20	BEST NMA	30/09/2016	Aquabear Invitational Meet	
29	1:03.16 L	F	Seonaid Leech	21	STAD JHB	08/12/2016	EGA Championships 2016	
30	1:03.18 L	F	Eliz-Maric Cronje	19	POTC KKD	15/10/2016	NWS Age Group 1 1617	
31	1:03.26 L	P	Caitlin Sleet	19	MATI CED	01/12/2016	Western Cape Summer Champion	
32	1:03.34 L S	F	Sylvia Van Tromp	38	TTNS SDD	27/06/2016	Sasol National Championship 2016	
33	1:03.45 L	F	Thilde Victor	35	VICT EKU	08/12/2016	EGA Championships 2016	
34	1:03.68 L	F	Tove Van Zyl	19	TUKS FSH	21/10/2016	NTS October 2016 Age Group Gal	
35	1:03.71 L	F	Bathandwa Dyantyi	19	BCA BUF	07/01/2017	EDEN INTERPROVINCIAL 2017	
36	1:04.30 L S	F	Caila Davids	20	TUKS FSH	27/06/2016	Sasol National Championship 2016	
37	1:04.52 L	F	Kyra Vivian	19	MDOL JHB	07/01/2017	2017 Grand Prix Invitation -MP	
38	1:04.57 L	F	Cayla Saaiman	20	TUKS FSH	25/11/2016	NTS November 2016 Age Group C	
39	1:05.08 L	F	Khanya Jack	19	AQUA BUF	24/06/2016	PEA Winter Gala 2016	
40	1:05.12 L	F	Esthé Bester	29	NCASA	05/11/2016	Fezile Dabi Inter Provincial Gala	
41	1:05.43 L	F	Michele Esterhuizen	45	NSA EZD	25/11/2016	Mpumalanga Championships 2016	
42	1:05.88 L S	F	Jamie Reynolds	19	SEAL UMD	27/06/2016	Sasol National Championship 2016	
43	1:05.91 L	F	Anke Engelbrecht	24	MATI CED	18/02/2017	Western Cape Qualify Gala 3	
44	1:06.00 L	F	Sasha-Lee Nordengen-Corris	20	SGUL ETH	12/11/2016	eThekwini Age Group Gala 8	
45	1:06.19 L	F	Courtney Van Biljon	19	NWS	07/10/2016	NTS Invitational Gala 2016	
46	1:06.28 L	F	Tanya Toth	19	WVAQ ETH	08/12/2016	12th BSSA Nationals 2016	
47	1:06.33 L	F	Chelsea Mills	19	CADO CPT	17/09/2016	Western Cape Summer 2	
48	1:06.36 L S	F	Alida De Jager	19	BLNE MAN	27/06/2016	Sasol National Championship 2016	
49	1:06.38 L	F	Nicole Lewis	22	GTC EZD	25/11/2016	Mpumalanga Championships 2016	
50	1:06.90 L	F	Kelli-Ann Moulton	38	AQUB NMA	30/09/2016	Aquabear Invitational Meet	
51	1:07.04 L	F	Licinda Kleynhans	20	NWUC KKD	18/02/2017	EGA Summer 5 Gala	
52	1:07.22 L	P	Phillippa Manners-Wood	20	MATI CED	13/12/2016	KZN Speedo Provincial Champion	
53	1:07.39 L	P	Laura Berzen	19	WATR JHB	16/12/2016	Vita-thion CGA Open LC Champs	
54	1:07.50 L	F	Jessica Bouwer	20	TUKS FSH	23/09/2016	NTS September 2016 Age Group I	
55	1:07.54 L	F	Nepo Ntsono	19	NMMU NMA	30/09/2016	Aquabear Invitational Meet	
56	1:07.58 L	F	Anél De Vos	19	TKSS WBD	25/11/2016	Limpopo Champs 25-27 Novembe	
57	1:07.65 L	F	Caitlin Truter	20	ASA CPT	17/09/2016	Western Cape Summer 2	
58	1:08.34 L	F	Jamie Gardiner	19	SASE JHB	21/01/2017	CGA Level 3 - SANJ Last Chance	
59	1:08.79 L	F	Cristelle Kriel	23	MP EZD	03/04/2017	Sa National Aquatic Championship	
60	1:08.90 L	P	Shireen Sapiro	26	RSA	12/09/2016	2016 Rio Paralympic Games Rio	

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	Time	P/F/S	Name	Age/Yr			
61	1:08.94 L	F	Danielle Smit	19	USC BUF	05/11/2016	BCA Nov Age Group Gala 2016
62	1:09.18 L	F	Amy Barnes	21	TYGE CPT	17/09/2016	Western Cape Summer 2
63	1:09.39 L	P	Michaela Diaz	20	TUKS FSH	07/12/2016	NTS Championships 2016
64	1:09.50 L	P	Jessica Burgess	19	ESP EKU	08/12/2016	EGA Championships 2016
65	1:09.76 L	F	Sybil de Beer	38	POTC KKD	08/12/2016	NWS Championships 2016/2017
66	1:10.11 L	P	Micaela Gerling	23	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
67	1:10.19 L	F	Tanya Osborne	44	ROA EDD	18/02/2017	Dragons Night Fury 2017
68	1:10.27 L	P	Gita Pera	19	WSAA CPT	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
69	1:10.45 L	P	Lauren Barnes	19	BENS EKU	23/03/2017	SA Level 3 Regional Age Group C
70	1:10.50 L	P	Bianca De Sousa	23	NCDST ILD	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
71	1:10.58 L	P	Emily Gray	25	RSA	12/09/2016	2016 Rio Paralympic Games Rio
72	1:11.48 L	F	Nicola Smith	23	KNYD EDD	19/11/2016	EDEN 3rd A-League Gala 2016
73	1:14.03 L	F	Kelsey Heatlie	21	STAD JHB	17/09/2016	CGA Level 3/SANJ Gala No 1
74	1:14.09 L	F	Julia Anderson	20	CADO CPT	17/09/2016	Western Cape Summer 2
75	1:14.64 L	F	Annorina Groenewald	37	KALA JTD	09/12/2016	NCASA Sprints 2016
76	1:14.91 L	F	Yvonne Smith	26	BULS MAN	28/10/2016	Neptune Open Gala
77	1:15.07 L	F	Jo- Mari Smith	28	CSA EZD	25/11/2016	Mpumalanga Championships 2016
78	1:15.78 L	F	Shirley Carey	42	HIGH ETH	29/10/2016	Uthungulu District November 2016
79	1:16.18 L	P	Kristy Boucher	24	ONYX EKU	08/12/2016	EGA Championships 2016
80	1:16.79 L	F	Patricia Reen	60	AQUB NMA	30/09/2016	Aquabear Invitational Meet
81	1:17.10 L	F	Maritza Snyders	20	KZNA ETH	03/04/2017	Sa National Aquatic Championship
82	1:17.59 L	F	Martinette Du Toit	25	UPTS ZMD	09/12/2016	NCASA Sprints 2016
83	1:17.89 L	F	Tiemke Rijpstra	39	KNYD EDD	04/11/2016	Freda Barnard Gala 35
84	1:18.81 L	F	Marguerite Young	43	AQUB NMA	30/09/2016	Aquabear Invitational Meet
85	1:19.28 L	F	Aletta Matthee	51	KALA JTD	05/01/2017	NCASA Champs 2017
86	1:20.26 L	F	Janet Michaelides	42	KNYD EDD	18/02/2017	Dragons Night Fury 2017
87	1:21.07 L	F	Lee-Ann Jacobs	40	COEL FSH	07/12/2016	NTS Championships 2016
88	1:21.93 L	P	Cornelia Fowler	37	KZNA ETH	03/04/2017	Sa National Aquatic Championship
89	1:22.78 L	F	Carmen Booysen	19	RFA FSH	23/09/2016	NTS September 2016 Age Group I
90	1:24.67 L	F	Corne Van der Merwe	43	AQU ADJ	10/12/2016	Amajuba District December Age G
91	1:24.93 L	F	Janine Van Deventer	40	PRKA PSD	09/12/2016	NCASA Sprints 2016
92	1:25.51 L	F	Deidre Van Biljon	44	VICT EKU	24/09/2016	EGA Summer 1
93	1:28.22 L S	F	Melisa O'Neil	CR	TSSC ETH	13/12/2016	KZN Speedo Provincial Champion
94	1:30.34 L	F	Pamela Reynecke	61	PRIVT FSH	07/12/2016	NTS Championships 2016
95	1:30.74 L	F	Bronwyn Ramathula	27	BEAV ETH	02/09/2016	KZN Beavers Winter LongCourse
96	1:31.27 L	F	Keletso Malebe	19	TUKS FSH	23/09/2016	NTS September 2016 Age Group I
97	1:35.41 L	F	Donnée Dixon	26	ASA CPT	03/02/2017	Western Cape Jack Currie Champ
98	1:37.53 L S	F	Tracy McKay	47	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
99	1:42.63 L	F	Songo Mfikili	25	HARL BUF	02/12/2016	BCA Championships 2016
100	1:51.27 L	F	Lerryn Mew	42	AQUB NMA	30/09/2016	Aquabear Invitational Meet
101	1:53.69 L	F	Claire Murray	27	BEAV ETH	03/07/2016	eThekweni Age Group Gala 3
102	1:55.21 L	F	Joyce Fyfe	70	COEL FSH	07/12/2016	NTS Championships 2016
103	2:05.78 L	F	Ann Hanson	79	COEL FSH	07/12/2016	NTS Championships 2016
104	2:06.88 L	F	Rene Olivier	46	AQUB NMA	30/09/2016	Aquabear Invitational Meet
105	2:30.67 L	F	Tiffany Pereira	21	CRSC JHB	21/01/2017	CGA Level 3 - SANJ Last Chance
106	2:38.26 L	F	Lindiswa Dzanibe	22	MDOL JHB	03/12/2016	CGA Level 3/SANJ Gala No 3
107	3:20.18 L	F	Patricia Ings	48	SGUL ETH	02/09/2016	KZN Beavers Winter LongCourse
Women 19 & Over 200 Free							
1	2:00.03 L	F	Karin Prinsloo	27	TUKS FSH	11/06/2016	Mare Nostrum Barcelona 2016
2	2:05.82 L	S	Caitlin Kat	24	WCA CPT	03/04/2017	Sa National Aquatic Championship
3	2:05.99 L	S	Jessica Whelan	20	CGA JHB	03/04/2017	Sa National Aquatic Championship
4	2:06.60 L	F	Kristin Bellingan	19	SGUL ETH	04/02/2017	2017 Grand Prix Invitation Swimm
5	2:06.67 L	F	Tatjana Schoenmaker	20	TUKS FSH	07/12/2016	NTS Championships 2016
6	2:07.39 L	P	Lindsay McLeod	22	SGUL ETH	04/02/2017	2017 Grand Prix Invitation Swimm
7	2:07.86 L	F	Tatum Tarpey	19	SGUL ETH	17/03/2017	SA National JNR Age Group Charr
8	2:09.11 L	F	Marne Frylinck	19	SGUL ETH	17/03/2017	SA National JNR Age Group Charr
9	2:09.54 L	P	Carmen Le Roux	19	NTS FSH	03/04/2017	Sa National Aquatic Championship
10	2:11.03 L	F	Catherine Sainsbury	19	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
11	2:11.08 L	P	Camryn Wheals	19	KZNA ETH	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			
12	2:11.69 L	P	Alison Basel	19	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
13	2:11.85 L	P	Eune Odendaal	19	NTS FSH	03/04/2017	Sa National Aquatic Championship
14	2:11.92 L	F	Molina Smalley	19	DOL	07/12/2016	NTS Championships 2016
15	2:12.03 L	F	Emily Visagie	19	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
16	2:12.32 L	P	Nadia Blaauw	19	NWS	03/04/2017	Sa National Aquatic Championship
17	2:12.92 L	F	Tanya Abrie	21	WATR JHB	16/12/2016	Vita-thion CGA Open LC Champs
18	2:13.61 L	P	Demi Lopes	19	NTS FSH	03/04/2017	Sa National Aquatic Championship
19	2:13.81 L	F	Mikal Botha	19	NWS	07/10/2016	NTS Invitational Gala 2016
20	2:13.86 L	F	Tamlyn Price	22	AQUB NMA	24/06/2016	PEA Winter Gala 2016
21	2:14.36 L	P	Michelle Nieuwstad	23	WCA CPT	03/04/2017	Sa National Aquatic Championship
22	2:15.57 L S	F	Sasha-Lee Nordengen-Corris	20	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
23	2:16.00 L	F	Alexandra Quenet	22	MATI CED	20/08/2016	Western Cape Summer 1
24	2:16.23 L	F	Kirsten Marriott	20	BEST NMA	30/09/2016	Aquabear Invitational Meet
25	2:16.46 L	P	Natasha Vd Walt	21	MDOL JHB	07/12/2016	NTS Championships 2016
26	2:16.47 L	F	Caitlin Sleet	19	MATI CED	01/12/2016	Western Cape Summer Champion
27	2:16.56 L	F	Nasha Van Rensburg	19	TYGE CPT	20/08/2016	Western Cape Summer 1
28	2:16.69 L	F	Michelle Weber	20	SGUL ETH	18/11/2016	Western Cape Summer QF2
29	2:16.80 L	F	Emma Chelius	20	MATI CED	20/08/2016	Western Cape Summer 1
30	2:16.89 L	P	Jamie Reynolds	19	SEAL UMD	27/06/2016	Sasol National Championship 2016
31	2:17.35 L	F	Brie Parker	20	SEAL UMD	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
32	2:18.06 L	F	Bathandwa Dyantyi	19	AQUA BUF	13/01/2017	BCA January Age Group Gala 2017
33	2:18.27 L	F	Gessica Stagno	23	MOZ	16/02/2017	2017 Cana Zone IV Swimming Ch
34	2:18.33 L	F	Eliz-Maric Cronje	19	POTC KKD	08/12/2016	NWS Championships 2016/2017
35	2:18.50 L	F	Samantha Blaauw	21	NWUC KKD	14/01/2017	NWS Age Group 4 1617
36	2:19.11 L	P	Caitlin Truter	20	ASA CPT	01/12/2016	Western Cape Summer Champion
37	2:19.13 L	P	Cornell Loubser	22	NWS	03/04/2017	Sa National Aquatic Championship
38	2:19.66 L	F	Anna Retief	23	KOVS MAN	30/11/2016	FS CHAMPS
39	2:19.76 L	P	Monica Boje	19	TYGE CPT	01/12/2016	Western Cape Summer Champion
40	2:19.90 L	F	Tilka Paljk	20	TUKS FSH	23/09/2016	NTS September 2016 Age Group 1
41	2:21.26 L	F	Khanya Jack	19	AQUA BUF	27/01/2017	BCA 2nd January Age Group Gala
42	2:22.09 L	F	Jessica De Beer	22	FLOD JHB	08/12/2016	EGA Championships 2016
43	2:22.96 L	F	Tia Dixon	19	MATI CED	18/02/2017	Western Cape Qualify Gala 3
44	2:23.62 L	P	Anke Engelbrecht	24	MATI CED	01/12/2016	Western Cape Summer Champion
45	2:23.77 L	F	Anél De Vos	19	TKSS WBD	25/11/2016	Limpopo Champs 25-27 Novembe
46	2:24.45 L	P	Chelsea Meiring	19	SEAL UMD	27/06/2016	Sasol National Championship 2016
47	2:24.56 L	P	Clarice Le Roux	20	KOVS MAN	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
48	2:24.99 L	F	Jayne-Sue Vermaas	19	KOVS MAN	30/11/2016	FS CHAMPS
49	2:25.17 L	P	Alida De Jager	19	BLNE MAN	27/06/2016	Sasol National Championship 2016
50	2:26.68 L	P	Jessica Bouwer	20	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
51	2:26.87 L	P	Laura Berzen	19	WATR JHB	16/12/2016	Vita-thion CGA Open LC Champs
52	2:28.58 L	F	Michele Esterhuizen	45	NSA EZD	30/09/2016	Uniswim Spar Summer Gala
53	2:29.29 L	F	Cristelle Kriel	23	NSA EZD	13/12/2016	KZN Speedo Provincial Champion
54	2:30.58 L	F	Tanya Toth	19	WVAQ ETH	08/12/2016	12th BSSA Nationals 2016
55	2:31.01 L	P	Gita Pera	19	WSAA CPT	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
56	2:31.20 L	F	Nina Finch	20	UWCA CPT	20/08/2016	Western Cape Summer 1
57	2:31.88 L	P	Michaela Diaz	20	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
58	2:32.38 L	P	Lauren Barnes	19	BENS ECU	08/12/2016	EGA Championships 2016
59	2:32.63 L	F	Jessica Burgess	19	ESP ECU	24/09/2016	EGA Summer 1
60	2:33.72 L	F	Tanya Osborne	44	ROA EDD	28/01/2017	Eden 5th A League Gala
61	2:33.73 L	F	Courtney Van Biljon	19	TUKS FSH	25/11/2016	NTS November 2016 Age Group C
62	2:37.14 L	P	Jamie Gardiner	19	SASE JHB	16/12/2016	Vita-thion CGA Open LC Champs
63	2:38.33 L	P	Micaela Gerling	23	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
64	2:44.04 L	F	Annorina Groenewald	37	KALA JTD	09/12/2016	NCASA Sprints 2016
65	2:46.79 L	F	Yvonne Smith	26	BULS MAN	28/10/2016	Neptune Open Gala
66	2:49.73 L	F	Tiemke Rijpstra	39	KNYD EDD	04/11/2016	Freda Barnard Gala 35
67	2:49.79 L	F	Janet Michaelides	42	KNYD EDD	28/01/2017	Eden 5th A League Gala
68	2:50.99 L	F	Jo- Mari Smith	28	CSA EZD	25/11/2016	Mpumalanga Championships 2016
69	2:57.43 L	F	Cornelia Fowler	37	KLOO ETH	13/12/2016	KZN Speedo Provincial Champion
70	3:05.26 L	F	Corne Van der Merwe	43	AQU ADJ	10/12/2016	Amajuba District December Age G

Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
71	3:05.28 L	F	Carmen Booyesen	19	RFA	FSH	21/10/2016	NTS October 2016 Age Group Gal
72	3:06.95 L	F	Martinette Du Toit	25	UPTS	ZMD	05/01/2017	NCASA Champs 2017
73	3:09.03 L	F	Melisa O'Neil	CR	TSSC	ETH	22/10/2016	eThekwini Age Group Gala 7
74	3:14.56 L	F	Deidre Van Biljon	44	VICT	EKU	24/09/2016	EGA Summer 1
75	3:17.59 L	F	Bronwyn Ramathula	27	BEAV	ETH	13/12/2016	KZN Speedo Provincial Champion
76	3:22.53 L	F	Donnée Dixon	26	ASA	CPT	20/08/2016	Western Cape Summer 1
77	3:34.77 L	F	Tracy McKay	47	SGUL	ETH	13/12/2016	KZN Speedo Provincial Champion
78	4:12.87 L	F	Claire Murray	27	BEAV	ETH	06/08/2016	eThekwini Age Group Gala 4
Women 19 & Over 400 Free								
1	4:24.74 L	F	Caitlin Kat	24	RSA		16/10/2016	12th African Swimming Champs 20
2	4:25.12 L	F	Carmen Le Roux	19	ACSA	ETH	13/12/2016	KZN Speedo Provincial Champion
3	4:25.46 L	F	Jessica Whelan	20	CGA	JHB	03/04/2017	Sa National Aquatic Championship
4	4:26.72 L	F	Kristin Bellingan	19	SGUL	ETH	24/02/2017	2017 Grand Prix Invitation Swiimin
5	4:29.45 L	F	Tatjana Schoenmaker	20	TUKS	FSH	07/12/2016	NTS Championships 2016
6	4:31.01 L	F	Marne Frylinck	19	SGUL	ETH	17/03/2017	SA National JNR Age Group Charr
7	4:35.46 L	F	Sasha-Lee Nordengen-Corris	20	SGUL	ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
8	4:35.83 L	F	Alison Basel	19	WATR	JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
9	4:39.31 L	P	Eune Odendaal	19	NWS	FSH	03/04/2017	Sa National Aquatic Championship
10	4:40.32 L	P	Nadia Blaauw	19	NWS		03/04/2017	Sa National Aquatic Championship
11	4:41.37 L	F	Kirsten Marriott	20	BEST	NMA	19/08/2016	Nedbank Madibaz Swim Meet
12	4:43.54 L	F	Emily Visagie	19	SGUL	ETH	04/11/2016	KZN Action Swimming Champs 20
13	4:44.45 L	F	Molina Smalley	19	DOL		07/12/2016	NTS Championships 2016
14	4:45.43 L	F	Jamie Reynolds	19	SEAL	UMD	27/06/2016	Sasol National Championship 201
15	4:46.80 L	F	Alexandra Quenet	22	MATI	GED	15/10/2016	Western Cape Summer 3
16	4:49.42 L	F	Mikal Botha	19	TUKS	FSH	07/12/2016	NTS Championships 2016
17	4:49.95 L	F	Caitlin Sleet	19	MATI	GED	01/12/2016	Western Cape Summer Champion
18	4:53.22 L	F	Tanya Abrie	21	WATR	JHB	16/12/2016	Vita-thion CGA Open LC Champs
19	4:57.33 L	F	Clarice Le Roux	20	KOVS	MAN	19/08/2016	Kovsie Aquatics Gala 1
20	4:58.10 L	P	Emily Gray	25	RSA		12/09/2016	2016 Rio Paralympic Games Rio
21	5:01.68 L	F	Bathandwa Dyantyti	19	AQUA	BUF	10/02/2017	BCA February Age Group Gala 20
22	5:04.02 L	F	Eliz-Maric Cronje	19	POTC	KKD	08/12/2016	NWS Championships 2016/2017
23	5:04.20 L	F	Alida De Jager	19	BLNE	MAN	27/06/2016	Sasol National Championship 201
24	5:06.18 L	F	Dawn Schutte	20	SGUL	ETH	20/08/2016	eThekwini Age Group Gala 5
25	5:07.45 L	F	Chelsea Meiring	19	SEAL	UMD	27/06/2016	Sasol National Championship 201
26	5:09.41 L	F	Samantha Blaauw	21	NWS		07/10/2016	NTS Invitational Gala 2016
27	5:09.96 L	F	Gessica Stagno	23	MOZ		07/12/2016	NTS Championships 2016
28	5:10.26 L	P	Anél De Vos	19	TUKS	LP	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
29	5:16.77 L	P	Jessica Bouwer	20	TUKS	FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
30	5:20.65 L	F	Julia Anderson	20	CADO	CPT	15/10/2016	Western Cape Summer 3
31	5:22.17 L	F	Cristelle Kriel	23	NSA	EZD	30/09/2016	Uniswim Spar Summer Gala
32	5:24.15 L	F	Tanya Osborne	44	ROA	EDD	18/02/2017	Dragons Night Fury 2017
33	5:24.48 L	F	Michele Esterhuizen	45	NSA	EZD	30/09/2016	Uniswim Spar Summer Gala
34	5:24.64 L	F	Jessica Burgess	19	ESP	EKU	02/09/2016	EGA Long Distance Gala # 1
35	5:26.03 L	F	Lauren Barnes	19	BENS	EKU	08/12/2016	EGA Championships 2016
36	5:29.65 L	F	Kirsty Hyslop	22	TUKS	FSH	23/09/2016	NTS September 2016 Age Group I
37	5:37.54 L	F	Nicole Lewis	22	GTC	EZD	25/11/2016	Mpumalanga Championships 2016
38	5:45.01 L	F	Tanya Toth	19	PWAC	BPD	15/10/2016	NWS Age Group 1 1617
39	5:46.21 L	F	Natalie Ogden	41	AQUB	NMA	30/09/2016	Aquabear Invitational Meet
40	5:58.65 L	F	Pierette Labuschagne	45	CSA	EZD	25/11/2016	Mpumalanga Championships 2016
41	6:03.35 L	F	Anneke Boshoff	44	HARB	BPD	15/10/2016	NWS Age Group 1 1617
42	6:04.67 L	F	Jo- Mari Smith	28	CSA	EZD	25/11/2016	Mpumalanga Championships 2016
43	6:06.59 L	F	Cornelia Fowler	37	KLOO	ETH	13/12/2016	KZN Speedo Provincial Champion
44	6:06.70 L	F	Janet Michaelides	42	KNYD	EDD	18/02/2017	Dragons Night Fury 2017
45	6:10.02 L	F	Annorina Groenewald	37	KALA	JTD	21/01/2017	4 + 1 Gala Trials Kathu
46	6:45.63 L	F	Taryn Robertson	23	USC	BUF	02/12/2016	BCA Championships 2016
47	6:51.30 L	F	Melisa O'Neil	CR	TSSC	ETH	13/12/2016	KZN Speedo Provincial Champion
48	7:02.06 L	F	Jana Grobler	52	K@S	NGD	18/02/2017	MP Age Group 5 - 18 FEBRUARY

Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
Women 19 & Over 800 Free									
1	9:09.95	L	F	Carmen Le Roux	19	ACSA	ETH	13/12/2016	KZN Speedo Provincial Champion
2	9:10.42	L	P	Jessica Whelan	20	CGA	JHB	03/04/2017	Sa National Aquatic Championship
3	9:12.27	L	F	Caitlin Kat	24	MATI	GED	01/12/2016	Western Cape Summer Champion
4	9:15.89	L	F	Michelle Weber	20	RSA		16/10/2016	12th African Swimming Champs 2016
5	9:19.66	L	P	Sasha-Lee Nordengen-Corris	20	KZNA	ETH	03/04/2017	Sa National Aquatic Championship
6	9:21.83	L	P	Marne Frylinck	19	KZNA	ETH	03/04/2017	Sa National Aquatic Championship
7	9:40.48	L	P	Nadia Blaauw	19	NWS		03/04/2017	Sa National Aquatic Championship
8	9:41.89	L	F	Kirsten Marriott	20	BEST	NMA	02/12/2016	NMBA Championships 2016
9	9:56.37	L	F	Kyra Vivian	19	MDOL	JHB	16/12/2016	Vita-thion CGA Open LC Champs
10	10:10.13	L	F	Bathandwa Dyantyi	19	AQUA	BUF	13/01/2017	BCA January Age Group Gala 2017
11	10:27.25	L	F	Caila Davids	20	TUKS	FSH	27/06/2016	Sasol National Championship 2016
12	10:28.04	L	F	Jayme-Sue Vermaas	19	KOVV	MAN	30/11/2016	FS CHAMPS
13	10:32.51	L	F	Alida De Jager	19	BLNE	MAN	27/06/2016	Sasol National Championship 2016
14	10:35.78	L	F	Jessica Bouwer	20	TUKS	FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
15	10:36.78	L	F	Gessica Stagno	23	MOZ		07/12/2016	NTS Championships 2016
16	10:40.38	L	F	Eliz-Maric Cronje	19	POTC	KKD	08/12/2016	NWS Championships 2016/2017
17	10:50.36	L	F	Anél De Vos	19	LP	LP	07/10/2016	NTS Invitational Gala 2016
18	11:06.01	L	F	Zoli de Kock	33	POTC	KKD	08/12/2016	NWS Championships 2016/2017
19	11:08.12	L	F	Tanya Osborne	44	ROA	EDD	28/01/2017	Eden 5th A League Gala
20	11:20.39	L	F	Kirsty Hyslop	22	TUKS	FSH	23/09/2016	NTS September 2016 Age Group 1
21	11:20.65	L	F	Jessica Burgess	19	ESP	EKU	02/09/2016	EGA Long Distance Gala # 1
22	11:32.42	L	F	Kirstyn Fourie	20	MATI	GED	09/09/2016	2nd A League 2016
23	12:35.04	L	F	Janet Michaelides	42	KNYD	EDD	28/01/2017	Eden 5th A League Gala
24	12:42.56	L	F	Jo- Mari Smith	28	CSA	EZD	25/11/2016	Mpumalanga Championships 2016
25	12:45.53	L	F	Anneke Boshoff	44	HARB	BPD	15/10/2016	NWS Age Group 1 1617
26	14:27.37	L	F	Taryn Robertson	23	USC	BUF	02/12/2016	BCA Championships 2016
27	14:30.51	L	F	Jana Grobler	52	K@S	NGD	18/02/2017	MP Age Group 5 - 18 FEBRUARY
Women 19 & Over 1500 Free									
1	17:27.17	L	F	Carmen Le Roux	19	ACSA	ETH	13/12/2016	KZN Speedo Provincial Champion
2	17:48.44	L	F	Sasha-Lee Nordengen-Corris	20	SGUL	ETH	14/01/2017	Ethekwini Age Group 9
3	17:55.43	L	F	Michelle Weber	20	RSA		16/10/2016	12th African Swimming Champs 2016
4	18:08.79	L	F	Jessica Whelan	20	STAD	JHB	02/09/2016	EGA Long Distance Gala # 1
5	18:34.13	L	F	Marne Frylinck	19	BLOT	MAN	02/09/2016	Kovsie Aquatics Gala 2
6	18:56.53	L S	F	Kirsten Marriott	20	BEST	NMA	10/02/2017	6th A League Gala 2017
7	19:29.18	L	F	Nadia Blaauw	19	NWUC	KKD	08/12/2016	NWS Championships 2016/2017
8	19:37.54	L	F	Khanya Jack	19	AQUA	BUF	27/01/2017	BCA 2nd January Age Group Gala
9	20:23.01	L	F	Alida De Jager	19	BLNE	MAN	27/06/2016	Sasol National Championship 2016
10	20:43.59	L	F	Eliz-Maric Cronje	19	POTC	KKD	08/12/2016	NWS Championships 2016/2017
11	20:49.62	L	F	Zoli de Kock	33	POTC	KKD	08/12/2016	NWS Championships 2016/2017
12	20:56.73	L	F	Denise Bosman	58	BEST	NMA	11/11/2016	4th A League Gala 2016
13	21:17.35	L S	F	Chane De Jager	21	AQUB	NMA	10/02/2017	6th A League Gala 2017
14	22:12.84	L	F	Erika Scheepers	33	BEST	NMA	09/09/2016	2nd A League 2016
15	24:05.40	L	F	Janet Michaelides	42	KNYD	EDD	26/11/2016	Eden LC Champs 2016
16	24:30.14	L	F	Angela Finlay	42	BEST	NMA	11/11/2016	4th A League Gala 2016
17	24:36.50	L	F	Karliën van Heerden	26	CSA	EZD	25/11/2016	Mpumalanga Championships 2016
18	26:30.58	L	F	Elizabeth Craig	72	BEST	NMA	11/11/2016	4th A League Gala 2016
Women 19 & Over 50 Back									
1	30.52	L	P	Catherine Sainsbury	19	SGUL	ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
2	30.65	L	F	Tina Bahlmann	19	NTS	FSH	03/04/2017	Sa National Aquatic Championship
3	31.12	L	S	Michelle Nieuwstad	23	WCA	CPT	03/04/2017	Sa National Aquatic Championship
4	31.15	L	F	Rita Naude	19	TUKS	FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
5	31.58	L	F	Tamlyn Price	22	AQUB	NMA	24/06/2016	PEA Winter Gala 2016
6	31.81	L	F	Jamie Reynolds	19	SEAL	UMD	27/06/2016	Sasol National Championship 2016
7	31.89	L	F	Megan Scott	25	ONYX	EKU	08/12/2016	EGA Championships 2016
8	32.00	L	F	Odile Dauvellier	23	TUKS	FSH	07/12/2016	NTS Championships 2016
9	32.03	L	F	Lindsay McLeod	22	SGUL	ETH	13/12/2016	KZN Speedo Provincial Champion
10	32.15	L	P	Tia Dixon	19	WCA	CPT	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			
11	32.27	L	P	Tatum Tarpey	19	KZNA	ETH 03/04/2017 Sa National Aquatic Championship
12	32.34	L	F	Anna Retief	23	KOVS	MAN 02/09/2016 Kovsie Aquatics Gala 2
13	32.66	L	F	Alison Basel	19	WATR	JHB 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
14	32.76	L	F	Eliz-Maric Cronje	19	POTC	KKD 27/06/2016 Sasol National Championship 2016
15	32.77	L	F	Caila Davids	20	TUKS	FSH 27/06/2016 Sasol National Championship 2016
16	32.84	L	F	Brie Parker	20	SEAL	UMD 13/12/2016 KZN Speedo Provincial Champion
17	32.87	L	P	Seonaid Leech	21	STAD	JHB 08/12/2016 EGA Championships 2016
18	33.07	L	F	Dawn Schutte	20	SGUL	ETH 13/12/2016 KZN Speedo Provincial Champion
19	33.10	L	F	Marne Frylinck	19	BLOT	MAN 02/09/2016 Kовsie Aquatics Gala 2
20	33.14	L	F	Nadia Blaauw	19	NWUC	KKD 27/06/2016 Sasol National Championship 2016
21	33.23	L	F	Tove Van Zyl	19	TUKS	FSH 03/09/2016 2016 Speedo Hillcrest Sprint Gala
22	33.29	L	P	Bathandwa Dyantyi	19	RSA	14/12/2016 African Union Sports-Region 5 Un
23	33.30	L	F	Anél De Vos	19	TUKS	LP 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
24	33.39	L	F	Samantha Blaauw	21	NWUC	KKD 29/10/2016 NWS Age Group 2 1617
25	33.65	L	F	Johanna Els	21	KOVS	MAN 30/11/2016 FS CHAMPS
26	33.92	L	F	Caitlin Kat	24	MATI	GED 12/11/2016 Western Cape Summer 4
27	34.51	L	F	Tilka Paljk	20	RSA	16/02/2017 2017 Cana Zone IV Swimming Ch.
28	34.52	L	P	Cornell Loubser	22	NWS	03/04/2017 Sa National Aquatic Championship
29	34.55	L	P	Monica Boje	19	TYGE	CPT 01/12/2016 Western Cape Summer Champion
30	34.65	L	F	Danielle Smit	19	USC	BUF 05/11/2016 BCA Nov Age Group Gala 2016
31	34.70	L	F	Tanya Toth	19	WVAQ	ETH 08/12/2016 12th BSSA Nationals 2016
32	35.02	L	F	Courtney Van Biljon	19	TUKS	FSH 23/09/2016 NTS September 2016 Age Group 1
33	35.29	L	F	Khanya Jack	19	BCA	BUF 07/01/2017 EDEN INTERPROVINCIAL 2017
34	35.48	L	P	Shireen Sapiro	26	SGUL	ETH 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
35	35.67	L	F	Jessica De Beer	22	FLOD	JHB 07/01/2017 2017 Grand Prix Invitation -MP
36*	35.73	L	P	Bianca De Sousa	23	NCDS	ILD 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
36*	35.73	L	F	Lauren Barnes	19	BENS	EKU 08/12/2016 EGA Championships 2016
38	35.78	L	F	Laura Berzen	19	WATR	JHB 16/12/2016 Vita-thion CGA Open LC Champs
39	35.88	L	F	Nicole Lewis	22	GTC	EZD 25/11/2016 Mpumalanga Championships 2016
40	35.99	L	P	Caitlin Sleet	19	MATI	GED 01/12/2016 Western Cape Summer Champion
41	36.08	L	P	Jessica Burgess	19	ESP	EKU 08/12/2016 EGA Championships 2016
42	36.55	L	P	Kristina Rogge	19	AZON	ETH 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
43	36.61	L	F	Nicola Smith	23	KNYD	EDD 19/11/2016 EDEN 3rd A-League Gala 2016
44	37.25	L	F	Cristelle Kriel	23	MP	EZD 03/04/2017 Sa National Aquatic Championship
45	37.26	L	F	Michele Esterhuizen	45	NSA	EZD 25/11/2016 Mpumalanga Championships 2016
46	37.27	L	F	Kelli-Ann Moulton	38	AQUB	NMA 30/09/2016 Aquabear Invitational Meet
47	38.19	L	F	Shirley Carey	42	HIGH	ETH 29/10/2016 Uthungulu District November 2016
48	38.82	L	P	Jessica Bouwer	20	TUKS	FSH 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
49	39.61	L	F	Sybil de Beer	38	POTC	KKD 15/10/2016 NWS Age Group 1 1617
50	39.65	L	F	Alida De Jager	19	BLNE	MAN 30/11/2016 FS CHAMPS
51	39.67	L	F	Annorina Groenewald	37	KALA	JTD 09/12/2016 NCASA Sprints 2016
52	40.37	L	F	Marguerite Young	43	AQUB	NMA 30/09/2016 Aquabear Invitational Meet
53	40.70	L	F	Anneke Boshoff	44	HARB	BPD 15/10/2016 NWS Age Group 1 1617
54	41.93	L	F	Martinette Du Toit	25	NCASA	28/01/2017 4 + 1 Inter District Gala 2017
55	42.20	L	F	Jo- Mari Smith	28	CSA	EZD 25/11/2016 Mpumalanga Championships 2016
56	42.37	L	P	Maritza Snyders	20	BEAV	ETH 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
57	42.96	L	F	Aletta Matthee	51	KALA	JTD 05/01/2017 NCASA Champs 2017
58	44.03	L	F	Janine Van Deventer	40	PRKA	PSD 09/12/2016 NCASA Sprints 2016
59	44.08	L	F	Reinette Harington	64	AQUB	NMA 30/09/2016 Aquabear Invitational Meet
60	45.23	L	F	Carmen Booyen	19	RFA	FSH 21/10/2016 NTS October 2016 Age Group Gal
61	45.47	L	F	Yvonne Smith	26	BULS	MAN 01/10/2016 Seals Gala
62	46.09	L	P	Deidre Van Biljon	44	VICT	EKU 08/12/2016 EGA Championships 2016
63	46.16	L	F	Tiemke Rijpstra	39	KNYD	EDD 04/11/2016 Freda Barnard Gala 35
64	47.37	L	P	Cornelia Fowler	37	KZNA	ETH 03/04/2017 Sa National Aquatic Championship
65	47.52	L	F	Jacqueline Hayselden	61	AQUB	NMA 30/09/2016 Aquabear Invitational Meet
66	52.95	L	P	Bronwyn Ramathula	27	BEAV	ETH 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
67	52.97	L	F	Melisa O'Neil	CR	TSSC	ETH 02/09/2016 KZN Beavers Winter LongCourse
68	53.30	L	F	Donnée Dixon	26	ASA	CPT 03/02/2017 Western Cape Jack Currie Champ
69	54.50	L	F	Sibongile Madonsela	42	LAD	UTD 10/12/2016 Amajuba District December Age G

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	54.87 L	F	Claire Murray	27	BEAV	ETH	02/09/2016 KZN Beavers Winter LongCourse
71	55.88 L	F	Keletso Malebe	19	TUKS	FSH	03/09/2016 2016 Speedo Hillcrest Sprint Gala
72	56.34 L	F	Songo Mfikili	25	HARL	BUF	05/11/2016 BCA Nov Age Group Gala 2016
73	58.73 L	F	Tracy McKay	47	SGUL	ETH	22/10/2016 eThekwini Age Group Gala 7
74	59.93 L	F	Lerryn Mew	42	AQUB	NMA	30/09/2016 Aquabear Invitational Meet
75	1:05.87 L	F	Joanne April	35	KALA	JTD	11/11/2016 Age group 2 2016 Kalahari
76	1:17.30 L	F	Lindiswa Dzanibe	22	MDOL	JHB	03/12/2016 CGA Level 3/SANJ Gala No 3
77	1:18.21 L	F	Tiffany Pereira	21	CRSC	JHB	17/09/2016 CGA Level 3/SANJ Gala No 1
78	1:21.69 L	F	Patricia Ings	48	SGUL	ETH	25/11/2016 KZN TYR Westville Sprints 2016
Women 19 & Over 100 Back							
1	1:03.87 L	P	Karin Prinsloo	27	TUKS	FSH	11/06/2016 Mare Nostrum Barcelona 2016
2	1:04.87 L S	F	Catherine Sainsbury	19	SGUL	ETH	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
3	1:06.17 L	S	Lindsay McLeod	22	KZNA	ETH	03/04/2017 Sa National Aquatic Championship
4	1:06.62 L	F	Johanna Els	21	KOVS	MAN	13/12/2016 KZN Speedo Provincial Champion
5	1:06.69 L S	F	Jamie Reynolds	19	SEAL	UMD	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
6	1:06.89 L	F	Tamlyn Price	22	AQUB	NMA	24/06/2016 PEA Winter Gala 2016
7	1:08.52 L	P	Tina Bahlmann	19	NTS	FSH	03/04/2017 Sa National Aquatic Championship
8	1:08.60 L	F	Michelle Nieuwstad	23	MATI	GED	01/12/2016 Western Cape Summer Champion
9	1:08.87 L	P	Nadia Blaauw	19	NWS		03/04/2017 Sa National Aquatic Championship
10	1:09.00 L	P	Tatum Tarpey	19	KZNA	ETH	03/04/2017 Sa National Aquatic Championship
11	1:09.19 L	P	Tia Dixon	19	WCA	CPT	03/04/2017 Sa National Aquatic Championship
12	1:09.90 L	F	Odile Dauvellier	23	TUKS	FSH	07/12/2016 NTS Championships 2016
13	1:10.09 L S	F	Alison Basel	19	WATR	JHB	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
14	1:10.58 L	F	Eliz-Maric Cronje	19	POTC	KKD	08/12/2016 NWS Championships 2016/2017
15	1:10.78 L	F	Bathandwa Dyantyi	19	BCA	BUF	07/01/2017 EDEN INTERPROVINCIAL 2017
16	1:10.86 L	P	Monica Boje	19	WCA	CPT	03/04/2017 Sa National Aquatic Championship
17	1:10.98 L	F	Caitlin Kat	24	MATI	GED	20/08/2016 Western Cape Summer 1
18	1:11.29 L	P	Eune Odendaal	19	NTS	FSH	03/04/2017 Sa National Aquatic Championship
19	1:11.34 L	P	Brie Parker	20	SEAL	UMD	13/12/2016 KZN Speedo Provincial Champion
20	1:11.59 L	F	Samantha Blaauw	21	NWAL	KKD	14/01/2017 NWS Age Group 4 1617
21	1:12.03 L	F	Anna Retief	23	KOVS	MAN	07/10/2016 Otters Prestige Gala
22	1:12.38 L	F	Marli Jacobs	22	MATI	GED	18/11/2016 Western Cape Summer QF2
23	1:12.48 L	P	Mikal Botha	19	TUKS	FSH	07/12/2016 NTS Championships 2016
24	1:12.68 L	F	Michelle Pistorius	24	NWS		07/10/2016 NTS Invitational Gala 2016
25	1:12.70 L	P	Caila Davids	20	TUKS	FSH	07/12/2016 NTS Championships 2016
26	1:12.90 L S	P	Emma Chelius	20	MATI	GED	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
27	1:13.00 L	F	Cayla Saaiman	20	TUKS	FSH	25/11/2016 NTS November 2016 Age Group C
28	1:13.13 L	P	Shireen Sapiro	26	RSA		12/09/2016 2016 Rio Paralympic Games Rio
29	1:13.28 L S	P	Emily Visagie	19	SGUL	ETH	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
30	1:13.32 L S	F	Anél De Vos	19	TUKS	LP	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
31	1:13.48 L	P	Jessica De Beer	22	FLOD	JHB	16/12/2016 Vita-thion CGA Open LC Champs
32	1:13.50 L	F	Nasha Van Rensburg	19	TYGE	CPT	20/08/2016 Western Cape Summer 1
33	1:13.55 L	F	Seonaid Leech	21	STAD	JHB	08/12/2016 EGA Championships 2016
34	1:14.20 L	F	Kyra Vivian	19	MDOL	JHB	07/01/2017 2017 Grand Prix Invitation -MP
35	1:14.65 L	F	Chelsea Meiring	19	SEAL	UMD	27/06/2016 Sasol National Championship 2016
36	1:15.44 L	F	Caitlin Sleet	19	MATI	GED	01/12/2016 Western Cape Summer Champion
37	1:15.82 L	F	Nicola Smith	23	KNYD	EDD	19/11/2016 EDEN 3rd A-League Gala 2016
38	1:16.43 L	P	Emily Gray	25	RSA		12/09/2016 2016 Rio Paralympic Games Rio
39	1:16.52 L	F	Lauren Barnes	19	BENS	EKU	08/12/2016 EGA Championships 2016
40	1:16.80 L	F	Khanya Jack	19	AQUA	BUF	24/06/2016 PEA Winter Gala 2016
41	1:17.60 L	F	Jessica Burgess	19	ESP	EKU	15/10/2016 EGA Summer 2_15 Oct 2016
42	1:18.19 L	F	Danielle Smit	19	USC	BUF	05/11/2016 BCA Nov Age Group Gala 2016
43	1:18.41 L	F	Tanya Toth	19	WVAQ	ETH	08/12/2016 12th BSSA Nationals 2016
44	1:18.94 L	F	Cristelle Kriel	23	MP	EZD	03/04/2017 Sa National Aquatic Championship
45	1:19.49 L	F	Nicole Lewis	22	GTC	EZD	25/11/2016 Mpumalanga Championships 2016
46	1:19.65 L S	P	Bianca De Sousa	23	NCDST	ILD	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
47	1:19.87 L	F	Laura Berzen	19	WATR	JHB	21/01/2017 CGA Level 3 - SANJ Last Chance
48	1:19.97 L	F	Licinda Kleynhans	20	NWS		07/10/2016 NTS Invitational Gala 2016
49	1:22.66 L	F	Kelli-Ann Moulton	38	AQUB	NMA	30/09/2016 Aquabear Invitational Meet

Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
50	1:23.97 L	F	Alida De Jager	19	BLNE MAN	30/11/2016	FS CHAMPS
51	1:24.49 L	F	Melissa Combrink	25	CSC FSH	07/12/2016	NTS Championships 2016
52	1:26.07 L	F	Shirley Carey	42	HIGH ETH	29/10/2016	Uthungulu District November 2016
53	1:26.65 L	F	Natalie Ogden	41	AQUB NMA	30/09/2016	Aquabear Invitational Meet
54	1:28.32 L	F	Annorina Groenewald	37	KALA JTD	09/12/2016	NCASA Sprints 2016
55	1:30.10 L	F	Marguerite Young	43	AQUB NMA	30/09/2016	Aquabear Invitational Meet
56	1:30.59 L	F	Maritza Snyders	20	BEAV ETH	02/09/2016	KZN Beavers Winter LongCourse
57	1:34.97 L	F	Kristy Boucher	24	ONYX EKU	15/10/2016	EGA Summer 2_15 Oct 2016
58	1:35.10 L	F	Yvonne Smith	26	BULS MAN	07/10/2016	Otters Prestige Gala
59	1:35.67 L	F	Martinette Du Toit	25	UPTS ZMD	05/01/2017	NCASA Champs 2017
60	1:38.97 L	F	Carmen Booyesen	19	RFA FSH	03/02/2017	NTS Feb 2017 Age Group Level 3
61	1:40.52 L	P	Cornelia Fowler	37	KZNA ETH	03/04/2017	Sa National Aquatic Championship
62	1:41.06 L	F	Reinette Harington	64	AQUB NMA	30/09/2016	Aquabear Invitational Meet
63	1:42.02 L	F	Deidre Van Biljon	44	VICT EKU	15/10/2016	EGA Summer 2_15 Oct 2016
64	1:44.45 L	F	Pamela Reynecke	61	PRIVT FSH	07/12/2016	NTS Championships 2016
65	1:50.45 L	F	Donnée Dixon	26	ASA CPT	20/08/2016	Western Cape Summer 1
66	1:52.58 L	F	Melisa O'Neil	CR	TSSC ETH	02/09/2016	KZN Beavers Winter LongCourse
67	1:55.25 L	F	Bronwyn Ramathula	27	BEAV ETH	13/12/2016	KZN Speedo Provincial Champion
68	2:08.65 L	F	Tracy McKay	47	SGUL ETH	25/11/2016	KZN TYR Westville Sprints 2016
69	2:12.31 L	F	Songo Mfikili	25	HARL BUF	05/11/2016	BCA Nov Age Group Gala 2016
70	2:14.14 L	F	Lerryn Mew	42	AQUB NMA	30/09/2016	Aquabear Invitational Meet
71	2:49.23 L	F	Lindiswa Dzanibe	22	MDOL JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
72	3:01.40 L	F	Patricia Ings	48	SGUL ETH	02/09/2016	KZN Beavers Winter LongCourse
Women 19 & Over 200 Back							
1	2:14.04 L	F	Karin Prinsloo	27	TUKS FSH	11/06/2016	Mare Nostrum Barcelona 2016
2	2:20.93 L	F	Catherine Sainsbury	19	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
3	2:24.43 L	P	Lindsay McLeod	22	SGUL ETH	04/02/2017	2017 Grand Prix Invitation Swimm
4	2:26.28 L	P	Nadia Blaauw	19	NWS	03/04/2017	Sa National Aquatic Championship
5	2:28.63 L	P	Marne Frylinck	19	SGUL ETH	04/02/2017	2017 Grand Prix Invitation Swimm
6	2:30.04 L	P	Monica Boje	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
7	2:32.25 L	F	Brie Parker	20	SEAL UMD	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
8	2:32.62 L	P	Eune Odendaal	19	TUKS FSH	04/02/2017	2017 Grand Prix Invitation Swimm
9	2:32.94 L	F	Bathandwa Dyantyi	19	AQUA BUF	13/01/2017	BCA January Age Group Gala 201
10	2:33.17 L	P	Tia Dixon	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
11	2:35.69 L	F	Michelle Weber	20	SGUL ETH	18/11/2016	Western Cape Summer QF2
12	2:35.85 L	F	Samantha Blaauw	21	NWUC KKD	08/12/2016	NWS Championships 2016/2017
13	2:37.80 L	F	Eliz-Maric Cronje	19	POTC KKD	08/12/2016	NWS Championships 2016/2017
14	2:37.97 L	P	Tatum Tarpey	19	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
15	2:39.09 L	F	Odile Dauvellier	23	TUKS FSH	23/09/2016	NTS September 2016 Age Group I
16	2:40.50 L	F	Caitlin Sleet	19	MATI CED	01/12/2016	Western Cape Summer Champion
17	2:40.55 L	F	Jessica De Beer	22	FLOD JHB	01/10/2016	Waterborn Invitational 2016
18	2:42.07 L	F	Anél De Vos	19	TUKS LP	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
19	2:43.83 L	F	Danielle Smit	19	USC BUF	05/11/2016	BCA Nov Age Group Gala 2016
20	2:44.56 L	F	Lauren Barnes	19	BENS EKU	08/12/2016	EGA Championships 2016
21	2:46.47 L	F	Nicola Smith	23	KNYD EDD	15/10/2016	Western Cape Summer 3
22	2:46.76 L S	F	Cristelle Kriel	23	NSA EZD	13/12/2016	KZN Speedo Provincial Champion
23	2:48.06 L	F	Jessica Burgess	19	ESP EKU	08/12/2016	EGA Championships 2016
24	2:50.06 L	F	Tanya Toth	19	WVAQ ETH	08/12/2016	12th BSSA Nationals 2016
25	2:51.99 L S	F	Alida De Jager	19	BLNE MAN	27/06/2016	Sasol National Championship 2016
26	2:59.39 L	F	Laura Berzen	19	WATR JHB	07/10/2016	PWTT SASOL
27	3:32.64 L	F	Carmen Booyesen	19	RFA FSH	23/09/2016	NTS September 2016 Age Group I
28	3:33.26 L	F	Martinette Du Toit	25	UPTS ZMD	05/01/2017	NCASA Champs 2017
29	3:36.20 L S	F	Cornelia Fowler	37	KLOO ETH	13/12/2016	KZN Speedo Provincial Champion
30	3:47.13 L	F	Donnée Dixon	26	ASA CPT	15/10/2016	Western Cape Summer 3
31	4:01.84 L	F	Melisa O'Neil	CR	TSSC ETH	17/09/2016	eThekwini Age Group Gala 6
32	4:12.40 L S	F	Tracy McKay	47	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
33	4:13.65 L	F	Bronwyn Ramathula	27	BEAV ETH	03/07/2016	eThekwini Age Group Gala 3
34	5:54.95 L	F	Patricia Ings	48	SGUL ETH	17/09/2016	eThekwini Age Group Gala 6

Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
Women 19 & Over 50 Breast							
1	31.61 L	F	Tatjana Schoenmaker	20	NTS TSH	03/04/2017	Sa National Aquatic Championship
2	32.36 L	F	Franko Jonker	24	TUKS TSH	13/01/2017	2017 ST TXLA Arena Pro Swim Se
3	33.14 L	F	Nakita Hodgson	22	KZNA ETH	03/04/2017	Sa National Aquatic Championship
4	33.57 L	F	Tilka Paljk	20	RSA	16/02/2017	2017 Cana Zone IV Swimming Ch.
5	33.64 L	S	Brie Parker	20	KZNA ETH	03/04/2017	Sa National Aquatic Championship
6	33.82 L	F	Tove Van Zyl	19	TUKS TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
7	34.31 L	F	Jessica Whelan	20	RSA	14/12/2016	African Union Sports-Region 5 Un
8	34.47 L	P	Emily Visagie	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
9	34.49 L	F	Chelsea Meiring	19	SEAL UMD	27/06/2016	Sasol National Championship 201
10	34.73 L	F	Tatum Tarpey	19	SGUL ETH	17/03/2017	SA National JNR Age Group Char
11	35.17 L	P	Caitlin Truter	20	ASA CPT	01/12/2016	Western Cape Summer Champion
12	35.30 L	F	Jamie Reynolds	19	SEAL UMD	27/06/2016	Sasol National Championship 201
13	35.33 L	P	Michaela Diaz	20	TUKS TSH	07/12/2016	NTS Championships 2016
14	35.70 L	F	Caila Davids	20	TUKS TSH	27/06/2016	Sasol National Championship 201
15	35.75 L	F	Michelle Nieuwstad	23	MATI CED	01/12/2016	Western Cape Summer Champion
16	36.20 L	P	Kristina Rogge	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
17	36.39 L	F	Molina Smalley	19	DOL	07/12/2016	NTS Championships 2016
18	36.48 L	F	Cassie Shear	21	STAD JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
19	36.72 L	F	Kirstyn Fourie	20	MATI CED	02/12/2016	NMBA Championships 2016
20	36.94 L	F	Licinda Kleynhans	20	NWUC KKD	08/12/2016	NWS Championships 2016/2017
21	37.27 L	F	Jessica Bouwer	20	TUKS TSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
22	37.28 L	F	Thilde Victor	35	VICT EKU	08/12/2016	EGA Championships 2016
23	37.32 L	F	Caitlin Kat	24	MATI CED	20/08/2016	Western Cape Summer 1
24	37.43 L	F	Sybil de Beer	38	POTC KKD	15/10/2016	NWS Age Group 1 1617
25	37.52 L	P	Cayla Saaiman	20	TUKS TSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
26	37.55 L	F	Eliz-Maric Cronje	19	POTC KKD	08/12/2016	NWS Championships 2016/2017
27	37.84 L	P	Jessica De Beer	22	FLOD JHB	04/02/2017	2017 Grand Prix Invitation Swimm
28	38.18 L	F	Nadia Blaauw	19	NWUC KKD	08/12/2016	NWS Championships 2016/2017
29	38.30 L	F	Khanya Jack	19	AQUA BUF	24/06/2016	PEA Winter Gala 2016
30	38.47 L	F	Sarah Jorgensen	21	NMMU NMA	19/08/2016	Nedbank Madibaz Swim Meet
31	38.71 L	F	Megan Hesse	22	PAC TSH	03/02/2017	NTS Feb 2017 Age Group Level 3
32	38.77 L	F	Nepo Ntsono	19	NMMU NMA	19/08/2016	Nedbank Madibaz Swim Meet
33	39.31 L	F	Courtney Van Biljon	19	TUKS TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
34	39.79 L	F	Anna Retief	23	KOVS MAN	19/08/2016	Kovsie Aquatics Gala 1
35	39.93 L	F	Michele Esterhuizen	45	NSA EZD	25/11/2016	Mpumalanga Championships 2016
36	40.65 L	F	Anke Engelbrecht	24	MATI CED	20/08/2016	Western Cape Summer 1
37	41.37 L	P	Jamie Gardiner	19	SASE JHB	16/12/2016	Vita-thion CGA Open LC Champs
38	42.01 L	F	Zoli de Kock	33	POTC KKD	08/12/2016	NWS Championships 2016/2017
39	42.29 L	F	Jo- Mari Smith	28	CSA EZD	25/11/2016	Mpumalanga Championships 2016
40	42.32 L	F	Janet Michaelides	42	KNYD EDD	26/11/2016	Eden LC Champs 2016
41	42.40 L	F	Nicole Lewis	22	GTC EZD	17/09/2016	MP Xerox Sprint Gala - 17 Septerr
42	43.14 L	P	Gita Pera	19	WSAA CPT	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
43	43.22 L	F	Cristelle Kriel	23	MP EZD	03/04/2017	Sa National Aquatic Championship
44	43.34 L	F	Tanya Toth	19	PWAC BPD	15/10/2016	NWS Age Group 1 1617
45	43.63 L	F	Jessica Burgess	19	ESP EKU	15/10/2016	EGA Summer 2_15 Oct 2016
46	43.71 L	P	Bianca De Sousa	23	NCDST HLD	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
47	44.12 L	F	Aletta Matthee	51	KALA JTD	05/01/2017	NCASA Champs 2017
48	44.70 L	F	Annorina Groenewald	37	KALA JTD	11/11/2016	Age group 2 2016 Kalahari
49	44.90 L	P	Maritza Snyders	20	KZNA ETH	03/04/2017	Sa National Aquatic Championship
50	44.95 L	F	Marguerite Young	43	AQUB NMA	30/09/2016	Aquabear Invitational Meet
51	45.37 L	P	Kristy Boucher	24	ONYX EKU	08/12/2016	EGA Championships 2016
52	46.36 L	F	Lauren Barnes	19	BENS EKU	10/09/2016	Adrian Grafe Memorial Gala 2016
53	47.12 L	F	Deidre Van Biljon	44	VICT EKU	15/10/2016	EGA Summer 2_15 Oct 2016
54	47.50 L	F	Yvonne Smith	26	BULS MAN	01/10/2016	Seals Gala
55	47.91 L	F	Sonet Smit	41	PRKA PSD	14/10/2016	MP AGE GROUP 2 - 2016
56	49.05 L	F	Janine Van Deventer	40	PRKA PSD	09/12/2016	NCASA Sprints 2016
57	50.77 L	F	Martinette Du Toit	25	UPTS ZMD	09/12/2016	NCASA Sprints 2016
58	52.35 L	F	Lesley Lee	52	AQUB NMA	30/09/2016	Aquabear Invitational Meet

Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
59	53.42 L	F	Claire Murray	27	BEAV	ETH	02/09/2016 KZN Beavers Winter LongCourse
60	54.63 L	F	Melisa O'Neil	CR	TSSC	ETH	25/11/2016 KZN TYR Westville Sprints 2016
61	55.89 L	F	Lynda Benjamin	66	AQUB	NMA	30/09/2016 Aquabear Invitational Meet
62	1:05.67 L	F	Joanne April	35	KALA	JTD	05/01/2017 NCASA Champs 2017
63	1:06.04 L	F	Donnée Dixon	26	ASA	CPT	20/08/2016 Western Cape Summer 1
64	1:14.47 L	F	Tracy McKay	47	SGUL	ETH	02/09/2016 KZN Beavers Winter LongCourse
65	1:32.32 L	F	Tiffany Pereira	21	CRSC	JHB	17/09/2016 CGA Level 3/SANJ Gala No 1
66	1:32.62 L	F	Patricia Ings	48	SGUL	ETH	02/09/2016 KZN Beavers Winter LongCourse
Women 19 & Over 100 Breast							
1	1:07.99 L	S	Tatjana Schoenmaker	20	NTS	FSH	03/04/2017 Sa National Aquatic Championship
2	1:09.91 L	T	Franko Jonker	24	TUKS	FSH	13/01/2017 2017 ST TXLA Arena Pro Swim Se
3	1:11.44 L	S	Emily Visagie	19	KZNA	ETH	03/04/2017 Sa National Aquatic Championship
4	1:13.09 L	S	Brie Parker	20	KZNA	ETH	03/04/2017 Sa National Aquatic Championship
5	1:13.57 L	F	Tove Van Zyl	19	NWS		07/10/2016 NTS Invitational Gala 2016
6	1:14.66 L	S	Nakita Hodgson	22	KZNA	ETH	03/04/2017 Sa National Aquatic Championship
7	1:14.97 L	F	Claire Rolt	35	COEL	FSH	07/12/2016 NTS Championships 2016
8	1:14.99 L	F	Johanna Els	21	KOV5	MAN	13/12/2016 KZN Speedo Provincial Champion
9	1:15.84 L	F	Jessica Whelan	20	RSA		14/12/2016 African Union Sports-Region 5 Un
10	1:16.06 L	F	Cayla Saaiman	20	TUKS	FSH	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
11	1:16.37 L	F	Tilka Paljk	20	RSA		16/02/2017 2017 Cana Zone IV Swimming Ch
12	1:16.63 L	F	Caila Davids	20	TUKS	FSH	07/12/2016 NTS Championships 2016
13	1:19.02 L	F	Michaela Diaz	20	TUKS	FSH	07/12/2016 NTS Championships 2016
14	1:19.51 L	P	Chelsea Meiring	19	SEAL	UMD	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
15	1:19.79 L	F	Licinda Kleynhans	20	NWUC	KKD	08/12/2016 NWS Championships 2016/2017
16	1:20.00 L	P	Jessica De Beer	22	FLOD	JHB	08/12/2016 EGA Championships 2016
17	1:20.06 L	F	Caitlin Truter	20	ASA	CPT	01/12/2016 Western Cape Summer Champion
18	1:20.57 L	P	Kristina Rogge	19	KZNA	ETH	03/04/2017 Sa National Aquatic Championship
19	1:20.67 L	F	Eliz-Maric Cronje	19	POTC	KKD	08/12/2016 NWS Championships 2016/2017
20	1:20.86 L	P	Molina Smalley	19	DOL		07/12/2016 NTS Championships 2016
21	1:21.20 L	F	Marne Frylinck	19	BLOT	MAN	02/09/2016 Kovsie Aquatics Gala 2
22	1:21.89 L	F	Michelle Nieuwstad	23	MATI	CED	01/12/2016 Western Cape Summer Champion
23	1:22.33 L	P	Caitlin Sleet	19	MATI	CED	01/12/2016 Western Cape Summer Champion
24	1:22.43 L	F	Nadia Blaauw	19	NWS		05/11/2016 Fezile Dabi Inter Provincial Gala
25	1:22.58 L	P	Kyra Vivian	19	MDOL	JHB	16/12/2016 Vita-thion CGA Open LC Champs
26	1:23.11 L	F	Demi Lopes	19	TUKS	FSH	21/10/2016 NTS October 2016 Age Group Gal
27	1:24.32 L	F	Sybil de Beer	38	POTC	KKD	08/12/2016 NWS Championships 2016/2017
28	1:24.41 L	F	Khanya Jack	19	AQUA	BUF	24/06/2016 PEA Winter Gala 2016
29	1:24.84 L	F	Caitlin Kat	24	MATI	CED	17/09/2016 Western Cape Summer 2
30	1:25.22 L	F	Thilde Victor	35	VICT	EKU	21/01/2017 EGA Summer 4
31	1:27.90 L	F	Nepo Ntsono	19	NMMU	NMA	02/12/2016 NMBA Championships 2016
32	1:28.62 L	F	Nienke Pretorius	19	BLOT	MAN	02/09/2016 Kovsie Aquatics Gala 2
33	1:28.81 L	F	Esthé Bester	29	NCASA		05/11/2016 Fezile Dabi Inter Provincial Gala
34	1:28.84 L	F	Nicole Lewis	22	GTC	EZD	25/11/2016 Mpumalanga Championships 2016
35	1:29.47 L	P	Gita Pera	19	WSAA	CPT	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
36	1:30.05 L	F	Sarah Jorgensen	21	NMMU	NMA	11/11/2016 4th A League Gala 2016
37	1:30.28 L	F	Kirstyn Fourie	20	MATI	CED	09/09/2016 2nd A League 2016
38	1:31.58 L	F	Janet Michaelides	42	KNYD	EDD	26/11/2016 Eden LC Champs 2016
39	1:32.06 L	F	Michele Esterhuizen	45	NSA	EZD	30/09/2016 Uniswim Spar Summer Gala
40	1:32.77 L	F	Cristelle Kriel	23	MP	EZD	03/04/2017 Sa National Aquatic Championship
41	1:34.83 L	P	Jessica Burgess	19	ESP	EKU	08/12/2016 EGA Championships 2016
42	1:35.72 L	F	Aletta Matthee	51	KALA	JTD	05/01/2017 NCASA Champs 2017
43	1:37.31 L	F	Tanya Toth	19	PWAC	BPD	15/10/2016 NWS Age Group 1 1617
44	1:37.86 L	P	Maritza Snyders	20	KZNA	ETH	03/04/2017 Sa National Aquatic Championship
45	1:41.86 L	P	Kristy Boucher	24	ONYX	EKU	08/12/2016 EGA Championships 2016
46	1:44.25 L	F	Yvonne Smith	26	BULS	MAN	28/10/2016 Neptune Open Gala
47	1:47.32 L	P	Cornelia Fowler	37	KZNA	ETH	03/04/2017 Sa National Aquatic Championship
48	1:47.63 L	F	Deidre Van Biljon	44	VICT	EKU	24/09/2016 EGA Summer 1
49	1:51.57 L	F	Janine Van Deventer	40	PRKA	PSD	09/12/2016 NCASA Sprints 2016
50	1:55.70 L	F	Melisa O'Neil	CR	TSSC	ETH	25/11/2016 KZN TYR Westville 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			
51	2:02.39 L	F	Claire Murray	27	BEAV ETH	06/08/2016	eThekwini Age Group Gala 4
52	2:09.48 L	F	Kathleen Combrink	54	CSC FSH	07/12/2016	NTS Championships 2016
53	2:11.31 L	F	Lynda Benjamin	66	AQUB NMA	30/09/2016	Aquabear Invitational Meet
54	2:24.94 L	F	Donnée Dixon	26	ASA CPT	03/02/2017	Western Cape Jack Currie Champ
55	2:51.21 L	F	Tracy McKay	47	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
56	3:26.98 L	F	Patricia Ings	48	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
Women 19 & Over 200 Breast							
1	2:24.93 L	F	Tatjana Schoenmaker	20	TUKS FSH	24/02/2017	2017 Grand Prix Invitation Swiimin
2	2:30.11 L	F	Franko Jonker	24	TUKS FSH	13/01/2017	2017 ST TXLA Arena Pro Swim Se
3	2:31.04 L	F	Emily Visagie	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
4	2:38.97 L S	F	Brie Parker	20	SEAL UMD	13/12/2016	KZN Speedo Provincial Champion
5	2:41.16 L	F	Cayla Saaiman	20	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
6	2:47.76 L	F	Nakita Hodgson	22	SGUL ETH	24/02/2017	2017 Grand Prix Invitation Swiimin
7	2:48.04 L	F	Tove Van Zyl	19	NWS	07/10/2016	NTS Invitational Gala 2016
8	2:50.82 L	F	Caitlin Truter	20	ASA CPT	01/12/2016	Western Cape Summer Champion
9	2:50.92 L S	F	Caila Davids	20	TUKS FSH	07/12/2016	NTS Championships 2016
10	2:51.92 L	F	Tilka Paljk	20	RSA	16/02/2017	2017 Cana Zone IV Swimming Ch.
11	2:52.75 L	F	Jessica De Beer	22	FLOD JHB	08/12/2016	EGA Championships 2016
12	2:52.97 L	F	Licinda Kleynhans	20	NWUC KKD	08/12/2016	NWS Championships 2016/2017
13	2:55.29 L	F	Chelsea Meiring	19	SEAL UMD	27/06/2016	Sasol National Championship 2016
14	2:55.43 L S	P	Molina Smalley	19	DOL	07/12/2016	NTS Championships 2016
15	2:55.99 L S	P	Michaela Diaz	20	TUKS FSH	07/12/2016	NTS Championships 2016
16	2:57.24 L	F	Eliz-Maric Cronje	19	POTC KKD	27/06/2016	Sasol National Championship 2016
17	2:58.00 L	F	Nadia Blaauw	19	NWUC KKD	08/12/2016	NWS Championships 2016/2017
18	2:59.89 L	F	Caitlin Sleet	19	MATI CED	01/12/2016	Western Cape Summer Champion
19	3:01.72 L	P	Kristina Rogge	19	AZON ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
20	3:07.44 L	F	Pierette Labuschagne	45	CSA EZD	25/11/2016	Mpumalanga Championships 2016
21	3:08.85 L	F	Khanya Jack	19	AQUA BUF	24/06/2016	PEA Winter Gala 2016
22	3:09.09 L	F	Nepo Ntsono	19	NMMU NMA	30/09/2016	Aquabear Invitational Meet
23	3:15.79 L	P	Gita Pera	19	WSAA CPT	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
24	3:16.58 L	F	Michele Esterhuizen	45	NSA EZD	30/09/2016	Uniswim Spar Summer Gala
25	3:23.60 L	F	Jessica Burgess	19	ESP ECU	15/10/2016	EGA Summer 2_15 Oct 2016
26	3:24.72 L	F	Janet Michaelides	42	KNYD EDD	26/11/2016	Eden LC Champs 2016
27	3:27.23 L	F	Cristelle Kriel	23	NSA EZD	30/09/2016	Uniswim Spar Summer Gala
28	3:28.21 L	F	Aletta Mathee	51	KALA JTD	05/01/2017	NCASA Champs 2017
29	3:47.40 L	F	Cornelia Fowler	37	KLOO ETH	13/12/2016	KZN Speedo Provincial Champion
30	3:54.13 L	F	Deidre Van Biljon	44	VICT ECU	15/10/2016	EGA Summer 2_15 Oct 2016
31	4:03.03 L	F	Melisa O'Neil	CR	TSSC ETH	22/10/2016	eThekwini Age Group Gala 7
32	4:08.29 L	F	Martinet Du Toit	25	UPTS ZMD	09/12/2016	NCASA Sprints 2016
33	4:11.00 L	F	Claire Murray	27	BEAV ETH	13/12/2016	KZN Speedo Provincial Champion
Women 19 & Over 50 Fly							
1	27.90 L	F	Emma Chelius	20	WCA CPT	03/04/2017	Sa National Aquatic Championship
2	28.69 L	S	Natasha Vd Walt	21	CGA JHB	03/04/2017	Sa National Aquatic Championship
3	28.86 L	F	Odile Dauvellier	23	NTS FSH	03/04/2017	Sa National Aquatic Championship
4	29.06 L	S	Camryn Wheals	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
5	29.32 L	F	Cayla Saaiman	20	TUKS FSH	07/12/2016	NTS Championships 2016
6	29.44 L	F	Tove Van Zyl	19	TUKS FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
7	29.45 L	F	Megan Scott	25	ONYX ECU	08/12/2016	EGA Championships 2016
8	29.46 L	F	Anna Retief	23	KOVS MAN	24/02/2017	2017 Grand Prix Invitation Swiimin
9	29.54 L	P	Cornell Loubser	22	NWS	03/04/2017	Sa National Aquatic Championship
10	29.61 L	F	Catherine Sainsbury	19	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
11	29.68 L	F	Tamlyn Price	22	AQUB NMA	24/06/2016	PEA Winter Gala 2016
12	29.69 L	P	Tina Bahlmann	19	TUKS FSH	07/12/2016	NTS Championships 2016
13	29.77 L	P	Marli Jacobs	22	WCA CPT	03/04/2017	Sa National Aquatic Championship
14	29.80 L	F	Johanna Els	21	KOVS MAN	13/12/2016	KZN Speedo Provincial Champion
15	29.82 L	F	Courtney Van Biljon	19	TUKS FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
16	29.90 L	F	Megan Hesse	22	PAC FSH	03/02/2017	NTS Feb 2017 Age Group Level 3
17	29.95 L	P	Brie Parker	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
18	29.99 L	F Tarryn Els	20 PEAS NMA 24/06/2016 PEA Winter Gala 2016
19	30.03 L	P Tatum Tarpey	19 KZNA ETH 03/04/2017 Sa National Aquatic Championship
20*	30.12 L	F Kirstyn Fourie	20 MATI CED 02/12/2016 NMBA Championships 2016
20*	30.12 L	P Thilde Victor	35 VICT EKU 08/12/2016 EGA Championships 2016
22	30.22 L	P Demi Lopes	19 NTS FSH 03/04/2017 Sa National Aquatic Championship
23	30.30 L	P Emily Visagie	19 SGUL ETH 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
24	30.33 L	P Gessica Stagno	23 MOZ 07/12/2016 NTS Championships 2016
25	30.50 L	P Jamie Reynolds	19 SEAL UMD 27/06/2016 Sasol National Championship 2016
26	30.92 L	F Samantha Blaauw	21 NWUC KKD 03/02/2017 NTS Feb 2017 Age Group Level 3
27	30.97 L	P Molina Smalley	19 DOL 07/12/2016 NTS Championships 2016
28	31.05 L	P Monica Boje	19 TYGE CPT 01/12/2016 Western Cape Summer Champion
29	31.08 L	P Jessica Bouwer	20 TUKS FSH 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
30	31.40 L	P Tia Dixon	19 MATI CED 01/12/2016 Western Cape Summer Champion
31	31.45 L	F Michele Esterhuizen	45 NSA EZD 18/02/2017 MP Age Group 5 - 18 FEBRUARY
32	31.48 L	F Caitlin Kat	24 MATI CED 17/09/2016 Western Cape Summer 2
33	31.50 L S	F Claire Rolt	35 COEL FSH 07/12/2016 NTS Championships 2016
34	31.55 L	F Eliz-Maric Cronje	19 POTC KKD 08/12/2016 NWS Championships 2016/2017
35	31.65 L	F Khanya Jack	19 BCA BUF 07/01/2017 EDEN INTERPROVINCIAL 2017
36	31.88 L	F Licinda Kleynhans	20 NWUC KKD 08/12/2016 NWS Championships 2016/2017
37	31.90 L	F Caitlin Sleet	19 MATI CED 17/09/2016 Western Cape Summer 2
38	31.92 L	F Nicole Lewis	22 GTC EZD 25/11/2016 Mpumalanga Championships 2016
39	31.93 L	P Nepo Ntsono	19 NMMU NMA 30/09/2016 Aquabear Invitational Meet
40	32.04 L	F Mikal Botha	19 TUKS FSH 23/09/2016 NTS September 2016 Age Group 1
41	32.18 L	F Kyra Vivian	19 MDOL JHB 07/01/2017 2017 Grand Prix Invitation -MP
42	32.22 L	P Anél De Vos	19 TUKS LP 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
43	32.25 L	F Chelsea Meiring	19 SEAL UMD 27/06/2016 Sasol National Championship 2016
44	32.31 L	F Peta-Jayne Nel	19 HARL BUF 02/12/2016 BCA Championships 2016
45*	32.56 L	F Jamie Gardiner	19 SASE JHB 16/12/2016 Vita-thion CGA Open LC Champs
45*	32.56 L	F Nicola Smith	23 KNYD EDD 19/11/2016 EDEN 3rd A-League Gala 2016
47	32.57 L	F Antonelle Saporta	37 AQUB NMA 30/09/2016 Aquabear Invitational Meet
48	32.66 L	F Danielle Smit	19 USC BUF 05/11/2016 BCA Nov Age Group Gala 2016
49	32.70 L S	P Kristina Rogge	19 AZON ETH 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
50*	33.00 L	F Tilka Paljk	20 TUKS FSH 03/09/2016 2016 Speedo Hillcrest Sprint Gala
50*	33.00 L	P Jessica De Beer	22 FLOD JHB 27/06/2016 Sasol National Championship 2016
52	33.13 L	P Caitlin Truter	20 ASA CPT 01/12/2016 Western Cape Summer Champion
53	33.22 L	F Sarah Jorgensen	21 NMMU NMA 02/12/2016 NMBA Championships 2016
54	33.41 L	F Zoli de Kock	33 POTC KKD 08/12/2016 NWS Championships 2016/2017
55	33.56 L	F Tanya Osborne	44 ROA EDD 18/02/2017 Dragons Night Fury 2016
56	33.67 L	P Alida De Jager	19 BLNE MAN 27/06/2016 Sasol National Championship 2016
57	33.80 L	P Cristelle Kriel	23 NSA EZD 13/12/2016 KZN Speedo Provincial Champion
58	33.87 L	P Nadia Blaauw	19 NWUC KKD 27/06/2016 Sasol National Championship 2016
59	34.04 L	F Chelsea Mills	19 CADO CPT 17/09/2016 Western Cape Summer 2
60	34.14 L S	F Melissa Combrink	25 CSC FSH 07/12/2016 NTS Championships 2016
61	34.18 L S	F Chane De Jager	21 AQUB NMA 10/02/2017 6th A League Gala 2017
62	34.46 L	F Kelli-Ann Moulton	38 AQUB NMA 30/09/2016 Aquabear Invitational Meet
63	34.83 L	F Sybil de Beer	38 POTC KKD 15/10/2016 NWS Age Group 1 1617
64	34.84 L	F Michaela Diaz	20 TUKS FSH 03/09/2016 2016 Speedo Hillcrest Sprint Gala
65	35.42 L	P Jessica Burgess	19 ESP EKU 08/12/2016 EGA Championships 2016
66	35.44 L	F Annorina Groenewald	37 KALA JTD 09/12/2016 NCASA Sprints 2016
67	36.21 L S	F Kim Foster	57 COEL FSH 07/12/2016 NTS Championships 2016
68	36.34 L	F Patricia Reen	60 AQUB NMA 30/09/2016 Aquabear Invitational Meet
69	36.95 L	F Laura Berzen	19 WATR JHB 01/10/2016 Waterborn Invitational 2016
70	36.98 L	P Maritza Snyders	20 KZNA ETH 03/04/2017 Sa National Aquatic Championship
71	37.10 L	F Yvonne Smith	26 BULS MAN 28/10/2016 Neptune Open Gala
72	37.43 L	F Lauren Barnes	19 BENS EKU 10/09/2016 Adrian Grafe Memorial Gala 2016
73	38.30 L S	F Sabine Verryyn	55 COEL FSH 07/12/2016 NTS Championships 2016
74	40.42 L	F Kristy Boucher	24 ONYX EKU 10/09/2016 Adrian Grafe Memorial Gala 2016
75	41.09 L	F Martinette Du Toit	25 UPTS ZMD 05/01/2017 NCASA Champs 2017
76	41.18 L	F Lesley Lee	52 AQUB NMA 30/09/2016 Aquabear Invitational Meet

Individual Top Times

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	Time	P/F/S	Name	Age/Yr			
77	44.70 L	F	Aletta Matthee	51	KALA JTD	05/01/2017	NCASA Champs 2017
78	46.35 L	F	Carmen Booysen	19	RFA FSH	23/09/2016	NTS September 2016 Age Group I
79	48.02 L	F	Keletso Malebe	19	TUKS FSH	23/09/2016	NTS September 2016 Age Group I
80	51.95 L	F	Donnée Dixon	26	ASA CPT	18/11/2016	Western Cape Summer QF2
81	52.87 L	F	Jacqueline Hayselden	61	AQUB NMA	30/09/2016	Aquabear Invitational Meet
82	53.87 L	F	Songo Mfikili	25	HARL BUF	02/12/2016	BCA Championships 2016
83	55.21 L	P	Deidre Van Biljon	44	VICT EKU	08/12/2016	EGA Championships 2016
84	55.84 L	F	Melisa O'Neil	CR	TSSC ETH	25/11/2016	KZN TYR Westville Sprints 2016
85	57.15 L	F	Bronwyn Ramathula	27	BEAV ETH	02/09/2016	KZN Beavers Winter LongCourse
86	1:00.97 L	F	Tracy McKay	47	SGUL ETH	25/11/2016	KZN TYR Westville Sprints 2016
87	1:10.55 L	F	Claire Murray	27	BEAV ETH	02/09/2016	KZN Beavers Winter LongCourse
88	1:20.27 L	F	Lindiswa Dzanibe	22	MDOL JHB	03/12/2016	CGA Level 3/SANJ Gala No 3
89	1:57.06 L	F	Patricia Ings	48	SGUL ETH	25/11/2016	KZN TYR Westville Sprints 2016
Women 19 & Over 100 Fly							
1	1:03.67 L	S	Marli Jacobs	22	WCA CPT	03/04/2017	Sa National Aquatic Championship
2	1:04.05 L S	P	Cayla Saaiman	20	TUKS FSH	07/12/2016	NTS Championships 2016
3	1:04.21 L S	F	Johanna Els	21	KOVS MAN	13/12/2016	KZN Speedo Provincial Champion
4	1:04.81 L	S	Odile Dauvellier	23	NTS FSH	03/04/2017	Sa National Aquatic Championship
5	1:05.03 L	S	Caitlin Kat	24	WCA CPT	03/04/2017	Sa National Aquatic Championship
6	1:05.16 L	S	Monica Boje	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
7	1:05.50 L	F	Cornell Loubser	22	NWS	03/04/2017	Sa National Aquatic Championship
8	1:05.93 L	P	Camryn Wheals	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
9	1:06.63 L	F	Gessica Stagno	23	MOZ	16/02/2017	2017 Cana Zone IV Swimming Ch.
10	1:06.79 L	F	Carmen Le Roux	19	ACSA ETH	04/11/2016	KZN Action Swimming Champs 20
11	1:06.82 L	F	Kyra Vivian	19	MDOL JHB	16/12/2016	Vita-thion CGA Open LC Champs
12	1:07.08 L	F	Anna Retief	23	KOVS MAN	24/02/2017	2017 Grand Prix Invitation Swiimin
13	1:07.34 L S	P	Catherine Sainsbury	19	SGUL ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
14	1:07.36 L S	F	Molina Smalley	19	DOL	07/12/2016	NTS Championships 2016
15	1:07.86 L	F	Tarryn Els	20	PEAS NMA	24/06/2016	PEA Winter Gala 2016
16	1:07.91 L	F	Demi Lopes	19	TUKS FSH	21/10/2016	NTS October 2016 Age Group Gal
17	1:07.98 L	P	Tina Bahlmann	19	NTS FSH	03/04/2017	Sa National Aquatic Championship
18	1:08.06 L	F	Emily Visagie	19	SGUL ETH	04/11/2016	KZN Action Swimming Champs 20
19	1:08.16 L	P	Tia Dixon	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
20	1:08.26 L	P	Tove Van Zyl	19	NTS FSH	03/04/2017	Sa National Aquatic Championship
21	1:08.43 L	P	Eune Odendaal	19	NTS FSH	03/04/2017	Sa National Aquatic Championship
22	1:08.80 L	F	Khanya Jack	19	BCA BUF	07/01/2017	EDEN INTERPROVINCIAL 2017
23	1:08.83 L	F	Lauren Billson	22	MATI CED	15/10/2016	Western Cape Summer 3
24	1:09.63 L	F	Samantha Blaauw	21	NWUC KKD	18/02/2017	EGA Summer 5 Gala
25	1:10.28 L	F	Kirstyn Fourie	20	MATI CED	02/12/2016	NMBA Championships 2016
26	1:10.79 L	F	Licinda Kleynhans	20	NWUC KKD	21/01/2017	CGA Level 3 - SANJ Last Chance
27	1:11.03 L	F	Nepo Ntsono	19	NMMU NMA	02/12/2016	NMBA Championships 2016
28	1:11.41 L	F	Mikal Botha	19	TUKS FSH	23/09/2016	NTS September 2016 Age Group I
29	1:11.56 L	F	Jessica Whelan	20	STAD JHB	17/09/2016	CGA Level 3/SANJ Gala No 1
30	1:11.73 L	F	Eliz-Maric Cronje	19	POTC KKD	15/10/2016	NWS Age Group 1 1617
31	1:12.59 L S	F	Caila Davids	20	TUKS FSH	27/06/2016	Sasol National Championship 2016
32	1:12.89 L	F	Caitlin Sleet	19	MATI CED	01/12/2016	Western Cape Summer Champion
33	1:13.57 L	F	Michele Esterhuizen	45	NSA EZD	03/02/2017	MP Age Group 4 - 3 & 4 February
34	1:14.40 L	F	Caitlin Truter	20	ASA CPT	15/10/2016	Western Cape Summer 3
35	1:14.67 L	F	Bathandwa Dyantyi	19	AQUA BUF	10/02/2017	BCA February Age Group Gala 20
36	1:15.10 L	F	Courtney Van Biljon	19	NWS	07/10/2016	NTS Invitational Gala 2016
37	1:15.62 L	F	Jamie Gardiner	19	SASE JHB	16/12/2016	Vita-thion CGA Open LC Champs
38	1:15.69 L S	F	Kristina Rogge	19	AZON ETH	25/11/2016	KZN TYR Westville Sprints 2016
39	1:15.89 L	F	Tanya Osborne	44	ROA EDD	18/02/2017	Dragons Night Fury 2017
40	1:17.11 L S	F	Anél De Vos	19	TUKS LP	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
41	1:17.39 L	F	Cristelle Kriel	23	NSA EZD	25/11/2016	Mpumalanga Championships 2016
42	1:17.53 L	F	Thilde Victor	35	VICT EKU	15/10/2016	EGA Summer 2_15 Oct 2016
43	1:17.74 L	F	Jessica De Beer	22	FLOD JHB	25/11/2016	NTS November 2016 Age Group C
44	1:18.78 L S	F	Alida De Jager	19	BLNE MAN	27/06/2016	Sasol National Championship 2016
45	1:24.83 L	F	Jessica Burgess	19	ESP EKU	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			
46	1:30.27 L	F	Karliën van Heerden	26	CSA EZD	25/11/2016	Mpumalanga Championships 2016
47	1:41.69 L	P	Kristy Boucher	24	ONYX EKV	08/12/2016	EGA Championships 2016
48	1:45.00 L	F	Carmen Booysen	19	RFA FSH	21/10/2016	NTS October 2016 Age Group Gal
49	1:51.52 L	F	Donnée Dixon	26	ASA CPT	15/10/2016	Western Cape Summer 3
50	2:01.12 L	F	Melisa O'Neil	CR	TSSC ETH	13/12/2016	KZN Speedo Provincial Champion
51	2:04.94 L	F	Bronwyn Ramathula	27	BEAV ETH	14/01/2017	Ethekwini Age Group 9
Women 19 & Over 200 Fly							
1	2:19.59 L	P	Marli Jacobs	22	WCA CPT	03/04/2017	Sa National Aquatic Championship
2	2:20.26 L	F	Carmen Le Roux	19	ACSA ETH	13/12/2016	KZN Speedo Provincial Champion
3	2:20.57 L	F	Kristin Bellingan	19	SGUL ETH	04/02/2017	2017 Grand Prix Invitation Swimm
4	2:21.27 L	P	Caitlin Kat	24	WCA CPT	03/04/2017	Sa National Aquatic Championship
5	2:22.24 L	P	Monica Boje	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
6	2:23.01 L	F	Cayla Saaiman	20	TUKS FSH	07/12/2016	NTS Championships 2016
7	2:28.86 L	P	Cornell Loubser	22	NWS	03/04/2017	Sa National Aquatic Championship
8	2:32.24 L	F	Khanya Jack	19	AQUA BUF	24/06/2016	PEA Winter Gala 2016
9	2:34.11 L	F	Gessica Stagno	23	MOZ	16/02/2017	2017 Cana Zone IV Swimming Ch.
10	2:34.77 L	F	Michelle Weber	20	SGUL ETH	18/11/2016	Western Cape Summer QF2
11	2:34.79 L	F	Kyra Vivian	19	MDOL JHB	16/12/2016	Vita-thion CGA Open LC Champs
12	2:36.29 L	F	Demi Lopes	19	TUKS FSH	21/10/2016	NTS October 2016 Age Group Gal
13	2:39.47 L	F	Samantha Blaauw	21	NWUC KKD	08/12/2016	NWS Championships 2016/2017
14	2:43.12 L	F	Nepo Ntsono	19	NMMU NMA	02/12/2016	NMBA Championships 2016
15	2:48.28 L	F	Zoli de Kock	33	POTC KKD	08/12/2016	NWS Championships 2016/2017
16	2:49.65 L	F	Jamie Gardiner	19	SASE JHB	28/01/2017	CGA Level 3-SANJ Last Chance g
Women 19 & Over 200 IM							
1	2:21.77 L	F	Johanna Els	21	KOVS MAN	13/12/2016	KZN Speedo Provincial Champion
2	2:21.98 L	S	Emily Visagie	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
3	2:22.18 L	S	Lindsay McLeod	22	KZNA ETH	03/04/2017	Sa National Aquatic Championship
4	2:22.72 L	S	Marne Frylinck	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
5	2:23.05 L	F	Tatjana Schoenmaker	20	TUKS FSH	23/09/2016	NTS September 2016 Age Group I
6	2:25.19 L	P	Jessica Whelan	20	RSA	14/12/2016	African Union Sports-Region 5 Un
7	2:27.71 L	F	Kyra Vivian	19	MDOL JHB	16/12/2016	Vita-thion CGA Open LC Champs
8	2:27.83 L	F	Carmen Le Roux	19	ACSA ETH	06/08/2016	eThekwini Age Group Gala 4
9	2:28.46 L	F	Brie Parker	20	SEAL UMD	13/12/2016	KZN Speedo Provincial Champion
10	2:28.91 L	F	Molina Smalley	19	DOL	07/12/2016	NTS Championships 2016
11	2:30.40 L	F	Caila Davids	20	TUKS FSH	27/06/2016	Sasol National Championship 201
12	2:30.87 L	F	Caitlin Kat	24	MATI CED	12/11/2016	Western Cape Summer 4
13	2:31.14 L	P	Monica Boje	19	WCA CPT	03/04/2017	Sa National Aquatic Championship
14	2:32.76 L	P	Nakita Hodgson	22	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
15	2:33.13 L S	F	Alison Basel	19	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
16	2:33.83 L	F	Eliz-Maric Cronje	19	POTC KKD	08/12/2016	NWS Championships 2016/2017
17	2:33.94 L	F	Tanya Abrie	21	WATR JHB	16/12/2016	Vita-thion CGA Open LC Champs
18	2:34.27 L	F	Camryn Wheals	19	TUKS FSH	23/09/2016	NTS September 2016 Age Group I
19	2:34.38 L	F	Mikal Botha	19	TUKS FSH	07/12/2016	NTS Championships 2016
20	2:35.32 L	F	Chelsea Meiring	19	SEAL UMD	27/06/2016	Sasol National Championship 201
21	2:35.58 L	F	Tove Van Zyl	19	TUKS FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
22	2:35.59 L	P	Jessica De Beer	22	FLOD JHB	04/02/2017	2017 Grand Prix Invitation Swimm
23	2:35.84 L	F	Caitlin Sleet	19	MATI CED	01/12/2016	Western Cape Summer Champion
24	2:35.92 L	F	Licinda Kleynhans	20	NWUC KKD	08/12/2016	NWS Championships 2016/2017
25	2:36.95 L	F	Tatum Tarpey	19	SGUL ETH	22/10/2016	eThekwini Age Group Gala 7
26	2:37.24 L	F	Demi Lopes	19	TUKS FSH	23/09/2016	NTS September 2016 Age Group I
27	2:37.28 L	F	Nadia Blaauw	19	NWS	07/10/2016	NTS Invitational Gala 2016
28	2:37.72 L	F	Bathandwa Dyantyi	19	AQUA BUF	13/01/2017	BCA January Age Group Gala 201
29	2:38.03 L	F	Gessica Stagno	23	MOZ	16/02/2017	2017 Cana Zone IV Swimming Ch.
30	2:38.08 L	F	Khanya Jack	19	BCA BUF	07/01/2017	EDEN INTERPROVINCIAL 2017
31	2:38.56 L	F	Tina Bahlmann	19	TUKS FSH	23/09/2016	NTS September 2016 Age Group I
32	2:38.90 L	F	Sasha-Lee Nordengen-Corris	20	SGUL ETH	22/10/2016	eThekwini Age Group Gala 7
33	2:39.16 L	F	Tilka Paljk	20	RSA	16/02/2017	2017 Cana Zone IV Swimming Ch.
34	2:40.45 L	P	Jamie Reynolds	19	SEAL UMD	27/06/2016	Sasol National Championship 201

Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
35	2:40.86 L	F	Cornell Loubser	22	NWS	03/04/2017	Sa National Aquatic Championship
36	2:42.23 L	P	Caitlin Truter	20	ASA CPT	01/12/2016	Western Cape Summer Champion
37	2:43.03 L	F	Nepo Ntsono	19	NMMU NMA	30/09/2016	Aquabear Invitational Meet
38	2:45.24 L S	P	Anél De Vos	19	TUKS LP	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
39	2:45.60 L S	P	Kristina Rogge	19	AZON ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
40	2:47.35 L	F	Courtney Van Biljon	19	TUKS TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
41	2:48.69 L S	P	Michaela Diaz	20	TUKS TSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
42	2:49.36 L	F	Nicola Smith	23	KNYD EDD	19/11/2016	EDEN 3rd A-League Gala 2016
43	2:49.77 L	F	Michele Esterhuizen	45	NSA EZD	14/10/2016	MP AGE GROUP 2 - 2016
44	2:49.78 L	F	Jamie Gardiner	19	SASE JHB	28/01/2017	CGA Level 3-SANJ Last Chance g
45	2:50.20 L	F	Alida De Jager	19	BLNE MAN	27/06/2016	Sasol National Championship 201
46	2:51.15 L	F	Kirsten Marriott	20	BEST NMA	15/10/2016	3rd A League Gala 2016
47	2:51.32 L	P	Cristelle Kriel	23	MP EZD	03/04/2017	Sa National Aquatic Championship
48	2:51.59 L	F	Lauren Barnes	19	BENS EKU	08/12/2016	EGA Championships 2016
49	2:52.67 L	F	Jessica Burgess	19	ESP EKU	08/12/2016	EGA Championships 2016
50	2:53.27 L	F	Antonelle Saporta	37	AQUB NMA	30/09/2016	Aquabear Invitational Meet
51	2:54.14 L	F	Sybil de Beer	38	POTC KKD	26/11/2016	NWS Age Group 3 2016/2017
52	2:54.37 L	F	Tanya Osborne	44	ROA EDD	26/11/2016	Eden LC Champs 2016
53	2:55.36 L S	P	Gita Pera	19	WSAA CPT	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
54	2:56.96 L	F	Nicole Lewis	22	GTC EZD	14/10/2016	MP AGE GROUP 2 - 2016
55	2:58.09 L	F	Laura Berzen	19	WATR JHB	01/10/2016	Waterborn Invitational 2016
56	3:02.98 L	F	Tanya Toth	19	NWS	28/01/2017	4 + 1 Inter District Gala 2017
57	3:07.50 L	F	Maritza Snyders	20	KZNA ETH	03/04/2017	Sa National Aquatic Championship
58	3:16.14 L	F	Yvonne Smith	26	BULS MAN	07/10/2016	Otters Prestige Gala
59	3:16.87 L	F	Annorina Groenewald	37	KALA JTD	11/11/2016	Age group 2 2016 Kalahari
60	3:17.57 L	F	Anneke Boshoff	44	HARB BPD	26/11/2016	NWS Age Group 3 2016/2017
61	3:19.08 L	P	Kristy Boucher	24	ONYX EKU	08/12/2016	EGA Championships 2016
62	3:28.21 L	F	Cornelia Fowler	37	KLOO ETH	13/12/2016	KZN Speedo Provincial Champion
63	3:32.87 L	F	Aletta Matthee	51	KALA JTD	09/12/2016	NCASA Sprints 2016
64	3:35.39 L	F	Carmen Booysen	19	RFA TSH	21/10/2016	NTS October 2016 Age Group Gal
65	3:35.41 L	F	Martinette Du Toit	25	UPTS ZMD	05/01/2017	NCASA Champs 2017
66	3:41.27 L	F	Corne Van der Merwe	43	AQU ADJ	10/12/2016	Amajuba District December Age G
67	3:47.76 L	F	Melisa O'Neil	CR	TSSC ETH	02/09/2016	KZN Beavers Winter LongCourse
68	3:55.37 L	F	Donnée Dixon	26	ASA CPT	12/11/2016	Western Cape Summer 4
69	3:57.13 L	F	Jacqueline Hayselden	61	AQUB NMA	30/09/2016	Aquabear Invitational Meet
70	4:28.74 L	F	Claire Murray	27	BEAV ETH	02/09/2016	KZN Beavers Winter LongCourse
71	4:31.50 L	F	Songo Mfikili	25	HARL BUF	02/12/2016	BCA Championships 2016
72	4:52.41 L	F	Tracy McKay	47	SGUL ETH	25/11/2016	KZN TYR Westville Sprints 2016
73	7:07.70 L	F	Patricia Ings	48	SGUL ETH	13/12/2016	KZN Speedo Provincial Champion
Women 19 & Over 400 IM							
1	4:59.09 L	F	Jessica Whelan	20	CGA JHB	03/04/2017	Sa National Aquatic Championship
2	5:01.98 L	F	Carmen Le Roux	19	ACSA ETH	13/12/2016	KZN Speedo Provincial Champion
3	5:04.28 L	F	Marne Frylinck	19	KZNA ETH	03/04/2017	Sa National Aquatic Championship
4	5:04.70 L	F	Johanna Els	21	KOVS MAN	13/12/2016	KZN Speedo Provincial Champion
5	5:12.74 L	F	Kyra Vivian	19	MDOL JHB	16/12/2016	Vita-thion CGA Open LC Champs
6	5:21.89 L	F	Molina Smalley	19	DOL	07/12/2016	NTS Championships 2016
7	5:34.14 L	F	Caitlin Sleet	19	MATI CED	17/09/2016	Western Cape Summer 2
8	5:35.93 L	F	Licinda Kleynhans	20	NWUC KKD	08/12/2016	NWS Championships 2016/2017
9	5:43.78 L	F	Bathandwa Dyantyi	19	AQUA BUF	02/12/2016	BCA Championships 2016
10	5:46.01 L	F	Samantha Blaauw	21	NWUC KKD	08/12/2016	NWS Championships 2016/2017
11	5:49.71 L	F	Jessica De Beer	22	FLOD JHB	27/06/2016	Sasol National Championship 201
12	5:49.72 L	F	Gessica Stagno	23	MOZ	07/12/2016	NTS Championships 2016
13	5:54.69 L	F	Eliz-Maric Cronje	19	POTC KKD	08/12/2016	NWS Championships 2016/2017
14	5:58.60 L	F	Nadia Blaauw	19	NWUC KKD	29/10/2016	NWS Age Group 2 1617
15	6:00.29 L	F	Anél De Vos	19	TUKS LP	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
16	6:05.03 L	F	Cristelle Kriel	23	NSA EZD	30/09/2016	Uniswim Spar Summer Gala
17	6:07.81 L	F	Jessica Burgess	19	ESP EKU	08/12/2016	EGA Championships 2016
18	6:14.61 L	F	Kristina Rogge	19	AZON ETH	25/11/2016	KZN TYR Westville Sprints 2016
19	6:15.28 L	F	Tanya Osborne	44	ROA EDD	26/11/2016	Eden LC Champs 2016