

Individual Top Times

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
Women 50 Free							
1	25.03	L	S	Gallagher, Erin	19	RSA	05/04/2018 FINA World Cup -Commonwealth gam
2	25.62	L	P	Chelius, Emma	21	RSA	05/04/2018 FINA World Cup -Commonwealth gam
3	27.39	L	F	McWilliam, Danica	22	DRGN JHB	16/02/2018 2018 Grand Prix Invitational Swimming
4*	27.43	L S	F	Schoenmaker, Tatjana	20	TUKS FSH	06/12/2017 NTS Championships 2017
4*	27.43	L	P	Nieuwstad, Michelle	24	WCA CPT	23/04/2018 Sa National Aquatic Championship 20
4*	27.43	L	F	Tarpey, Tatum	19	SGUL ETH	16/12/2017 KZNA Premier Champs & Commonwe
7	27.46	L	F	Price, Tamlyn	23	AQUB NMA	24/06/2016 PEA Winter Gala 2016
8	27.70	L S	P	Wheals, Camryn	20	SEAL UMD	11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
9	27.89	L	P	Kruger, Anika	22	MATI CED	01/12/2017 WC SUMMER CHAMPS
10	28.01	L S	F	Victor, Thilde	36	VICT EKU	06/12/2017 EGA Championships 2017
11	28.05	L	P	van Biljon, Courtney	19	NWS	23/04/2018 Sa National Aquatic Championship 20
12	28.13	L L	F	Goodhead, Julia	19	CGA JHB	23/04/2018 Sa National Aquatic Championship 20
13	28.19	L S	F	Vrey, Nastasiya	19	TUKS FSH	06/12/2017 NTS Championships 2017
14	28.20	L	P	Abrie, Tanya	22	WATR JHB	08/12/2017 CGA Championships 2017
15	28.36	L	F	Van Niekerk, Johanna	19	PAC FSH	06/12/2017 NTS Championships 2017
16	28.43	L	F	Bellingan, Kristin	20	SGUL ETH	18/08/2017 KZN Beavers Winter LongCourse Cha
17	28.59	L S	P	McLeod, Lindsay	23	SGUL ETH	11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
18	28.79	L	F	Meier, Marne'	19	PAC FSH	06/12/2017 NTS Championships 2017
19	28.87	L	F	Blaauw, Samantha	22	NWUC KKD	22/09/2017 USSA Swimming Championships 2017
20	28.92	L	F	Lopes, Demi	20	TUKS FSH	13/10/2017 NTS October 2017 Age Group Gala Le
21	28.93	L	F	Manners-Wood, Phillipa	21	MATI CED	22/09/2017 USSA Swimming Championships 2017
22	28.94	L	P	Van Zyl, Tove	20	TUKS FSH	06/12/2017 NTS Championships 2017
23	28.98	L	F	Stevenson, Rachel	20	MATI CED	22/09/2017 USSA Swimming Championships 2017
24	29.00	L S	F	Van Tromp, Sylvia	39	TTNS SDD	03/07/2017 Sasol National Championship 2017
25	29.15	L	F	Bahlmann, Tina	20	TUKS FSH	22/09/2017 USSA Swimming Championships 2017
26	29.19	L	F	Bester, Esthé	30	HREF BPD	07/12/2017 NWS Championships 2017/2018
27	29.21	L	F	Dauvellier, Odile	24	PSC FSH	22/09/2017 NTS September 2017 Age Group Gala
28	29.22	L	P	Scholtz, Renelda	21	UWCA CPT	01/12/2017 WC SUMMER CHAMPS
29	29.35	L	F	Nordengen-Corris, Sasha-Lee	20	UWCA CPT	22/09/2017 USSA Swimming Championships 2017
30*	29.42	L	F	Odendaal, Eune	20	TUKS FSH	22/09/2017 USSA Swimming Championships 2017
30*	29.42	L	P	Taylor, Helen	20	AZON ETH	16/12/2017 KZNA Premier Champs & Commonwe
32	29.47	L	F	Dyantyi, Bathandwa	20	AQUA BUF	29/09/2017 Aquabear Invitational Meet
33	29.60	L S	F	Hesse, Megan	23	PAC FSH	06/12/2017 NTS Championships 2017
34	29.61	L	P	Joubert, Danèlle	19	MATI CED	01/12/2017 WC SUMMER CHAMPS
35	29.64	L	P	Rangraze, Amarah	19	ATLA JHB	03/04/2018 SA Level 3 Regional Age Group Chan
36	29.67	L S	P	Blaauw, Nadia	20	NWUC KKD	03/07/2017 Sasol National Championship 2017
37	29.81	L	F	Els, Tarryn	21	PEAS NMA	30/06/2017 PEA Winter Gala 2017
38	29.95	L S	P	Gray, Bianca	19	BLSS MAN	03/07/2017 Sasol National Championship 2017
39*	30.12	L	P	Marriott, Kirsten	21	BEST NMA	29/09/2017 Aquabear Invitational Meet
39*	30.12	L	F	Esterhuizen, Michele	45	CSA EZD	24/11/2017 Mpumalanga Championships 2017
41	30.13	L	P	Cronjè, Eliz-Maric	20	MATI CED	01/12/2017 WC SUMMER CHAMPS
42	30.18	L	F	De Vos, Anél	20	TUKS FSH	01/12/2017 Limpopo Champs
43	30.19	L	F	Truter, Caitlin	21	MATI CED	07/10/2017 WC Winelands Summer 3
44	30.20	L	F	Booth, Sanchia	19	TWSA NMA	18/08/2017 Nedbank Madibaz Swim Meet
45	30.25	L	F	Jack, Khanya	20	AQUB NMA	18/08/2017 Nedbank Madibaz Swim Meet
46	30.29	L	F	Dooling, Nicole	19	UWCA CPT	22/09/2017 USSA Swimming Championships 2017
47	30.31	L	F	Loubser, Cornell	23	NWUC KKD	28/10/2017 NWS Age Group 2 1718
48	30.43	L S	P	Fourie, Jacoba	20	NWUC KKD	03/07/2017 Sasol National Championship 2017
49	30.62	L	F	Kuun, Joane	19	FISH EDD	18/11/2017 EDEN 3rd A-League Gala 2017
50	30.64	L	F	Shaw, Rabia	19	PAQU CED	24/11/2017 Eden LC Champs 2017
51	30.78	L S	P	Kleynhans, Licinda	21	NWUC KKD	11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
52	30.84	L	F	Ng-yu-Tin, Georgia-Mai	19	MATI CED	07/10/2017 WC Winelands Summer 3
53	30.92	L S	F	Gowar, Micaela	20	BLSS MAN	28/11/2017 FS Champs
54	30.99	L	P	Engelbrecht, Anke	25	MATI CED	01/12/2017 WC SUMMER CHAMPS
55	31.09	L	F	Finch, Nina	21	UWCA CPT	22/09/2017 USSA Swimming Championships 2017
56	31.23	L S	F	De Jager, Alida	19	BLSS MAN	28/11/2017 FS Champs
57	31.24	L	F	Ntsono, Nepo	20	NMMU NMA	18/08/2017 Nedbank Madibaz Swim Meet
58	31.31	L	F	Berzen, Laura	20	TUKS FSH	22/09/2017 USSA Swimming Championships 2017
59	31.40	L	F	Theart, Esmari	22	KALA JTD	07/12/2017 NCASA Champs Dec 2017

Individual Top Times

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
60*	31.71	L	F	Osborne, Tanya	45	FEMS SW	24/11/2017 Eden LC Champs 2017
60*	31.71	L	F	Kuhn, Kate	26	KSC EZD	24/11/2017 Mpumalanga Championships 2017
62	31.76	L	F	Cook, Wendy	47	EACS ETH	06/01/2018 KCDA January Age Group Gala
63	31.86	L	F	Lewis, Nicole	22	VUM EZD	24/11/2017 Mpumalanga Championships 2017
64	31.91	L S	P	Boucher, Kristy	25	ONYX EKU	06/12/2017 EGA Championships 2017
65	32.03	L	F	Venter, Jeanine	38	NWS BPD	04/11/2017 Fezile Dabi Inter District Gala
66	32.09	L	F	Visser, Hermé	38	TLAC BPD	07/12/2017 NWS Championships 2017/2018
67	32.23	L	F	Jorgensen, Sarah	21	NMMU NMA	18/08/2017 Nedbank Madibaz Swim Meet
68	32.44	L	F	Gardiner, Jamie	19	TUKS FSH	03/11/2017 NTS November 2017 Age Group Gala
69	32.55	L	F	Botha, Maryke	20	NWUC KKD	22/09/2017 USSA Swimming Championships 2017
70	32.60	L	F	Els, Tonelia	35	UPTS ZMD	20/10/2017 NCASA Sprints 2017
71	32.73	L	F	Groenewald, Annorina	37	KALA JTD	20/10/2017 NCASA Sprints 2017
72	32.74	L	F	Luyt, Danielle	22	NWUC KKD	22/09/2017 USSA Swimming Championships 2017
73	33.14	L	F	Austin, Shannon	25	UWCA CPT	22/09/2017 USSA Swimming Championships 2017
74	33.71	L	F	Hendricks, Geena	20	UWCA CPT	22/09/2017 USSA Swimming Championships 2017
75	33.82	L	F	Boshoff, Anneke	45	NWS BPD	04/11/2017 Fezile Dabi Inter District Gala
76	34.17	L	F	Labuschagne, Pierrette	46	CSA EZD	24/11/2017 Mpumalanga Championships 2017
77	34.32	L	F	Wilson, Kaydene	19	SUPE JHB	20/01/2018 CGA Level 3 + Last Chance galas
78	34.59	L	F	Naudé, Adri-Marlé	45	TLAC BPD	18/11/2017 NWS Age Group 3 2017/2018
79	34.76	L S	P	Thyssen, Brigitte	28	SWIFT EKU	06/12/2017 EGA Championships 2017
80	35.23	L	F	Frenzel, Petra	48	EACS ETH	27/01/2018 Ushaka Championship Gala 2018
81	36.07	L	F	Schutte, Anmarie	19	LOTTA WBD	09/09/2017 Limpopo Age Group 3
82	36.55	L	F	van Wyk, Lee-Anne	41	HARB BPD	07/12/2017 NWS Championships 2017/2018
83	36.72	L S	P	Van Biljon, DEIDRE	45	VICT EKU	03/07/2017 Sasol National Championship 2017
84	36.83	L	F	Van der Merwe, Corne	44	AQU ADJ	10/12/2016 Amajuba District December Age Group
85	37.05	L	F	Wilken, Chantel	26	PENG FBD	14/10/2017 Pengiun Aquatics Gala 2017
86	37.26	L	F	Heyneke, Leané	37	HREF BPD	07/12/2017 NWS Championships 2017/2018
87	38.40	L	F	van der Walt, Jedidja	19	NWUC KKD	07/12/2017 NWS Championships 2017/2018
88	39.05	L	P	Fowler, Cornelia	37	KZNA ETH	23/04/2018 Sa National Aquatic Championship 2017
89	39.73	L S	F	Ramathula, Bronwyn	28	BEAV ETH	16/12/2017 KZNA Premier Champs & Commonwealth
90	40.14	L	F	O'Neill, Melisa	CR	TSSC ETH	08/09/2017 eThekweni Action Swimming Champs 2017
91	40.30	L	F	Tapesa, Ayisha	28	TLAC BPD	07/12/2017 NWS Championships 2017/2018
92	40.77	L	F	Sabeka, Bongekile	19	MDOL JHB	08/12/2017 CGA Championships 2017
93	41.14	L	F	Bruining, Carol	57	MWU NGD	03/03/2018 MP AGE GROUP 6 3 MARCH 2018
94	41.55	L	F	Vd Merwe, Mia	19	CUDU CPT	29/09/2017 Aquabear Invitational Meet
95	42.09	L	F	van Wyk, Talita	38	HARB BPD	07/12/2017 NWS Championships 2017/2018
96	42.62	L	F	Louw, Anita	60	VIKI BUF	09/02/2018 BCA Feb Age Group Gala 2018
97	43.86	L S	P	McKay, Tracy	48	SGUL ETH	11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
98	44.13	L	F	Farrelly, Helena	55	FEMS SW	04/02/2018 EDEN 6th A-League Gala 2018
99	44.64	L	F	de Clercq, Johandi	26	NEWS ADJ	27/01/2018 Elite Champs Newcastle 2018
100	46.94	L	F	Msomi, Thobile	CN	ASC ILD	05/11/2017 eThekweni Level 1 Program 8
101	47.35	L	F	Murray, Claire	27	BEAV ETH	18/08/2017 KZN Beavers Winter LongCourse Champs
102	51.36	L	F	Robberts, Alicia	39	PENG FBD	14/10/2017 Pengiun Aquatics Gala 2017
103	52.55	L	F	Oosthuizen, Rentia	26	INFA NMA	09/02/2018 6th A League Gala
104	57.95	L	F	Dixon, Judith	76	FEMS SW	18/11/2017 EDEN 3rd A-League Gala 2017
105	1:00.88	L S	P	Kock, Marne	20	RBUR BPD	03/07/2017 Sasol National Championship 2017
106	1:01.99	L	F	Pereira, Tiffany	22	CRSC JHB	28/10/2017 CGA Level 3/SANJ Gala No 2
107	1:04.07	L	F	Nell, Margaret	63	AA JHB	30/09/2017 Waterborn Invitational 2017
108	1:11.78	L	F	Mahlakwane, Lesego	19	MDOL JHB	20/01/2018 CGA Level 3 + Last Chance galas
Women 100 Free							
1	54.23	L	F	Gallagher, Erin	19	RSA	05/04/2018 FINA World Cup -Commonwealth gam
2	56.04	L	P	Chelius, Emma	21	RSA	05/04/2018 FINA World Cup -Commonwealth gam
3	57.79	L	F	Touretski, Sasha	23	SCUW KZ	17/02/2018 eThekweni Age Group 10
4	58.08	L	F	Ross, Marlies	20	PSC FSH	16/12/2017 KZNA Premier Champs & Commonwe
5	58.94	L	F	Tarpey, Tatum	19	SGUL ETH	16/12/2017 KZNA Premier Champs & Commonwe
6	59.02	L	S	McLeod, Lindsay	23	KZNA ETH	23/04/2018 Sa National Aquatic Championship 2017
7	59.05	L	P	McWilliam, Danica	22	DRGN JHB	16/02/2018 2018 Grand Prix Invitational Swimming
8	59.27	L	F	Wheals, Camryn	20	SEAL UMD	23/06/2017 SFTL International Classic 2017
9	59.60	L	P	Whelan, Jessica	21	MDOL JHB	16/12/2017 KZNA Premier Champs & Commonwe
10	59.85	L	F	Bellingan, Kristin	20	SGUL ETH	11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21

Individual Top Times

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
11*	59.90	L S	F	Schoenmaker, Tatjana	20	TUKS	FSH 03/07/2017 Sasol National Championship 2017
11*	59.90	L	P	Nieuwstad, Michelle	24	WCA	CPT 23/04/2018 Sa National Aquatic Championship 2017
13	59.92	L	P	Visagie, Emily	20	SGUL	ETH 16/02/2018 2018 Grand Prix Invitational Swimming
14	1:00.06	L	F	Kruger, Anika	22	MATI	CED 01/12/2017 WC SUMMER CHAMPS
15	1:00.48	L	P	Abrie, Tanya	22	WATR	JHB 08/12/2017 CGA Championships 2017
16	1:01.02	L	F	Price, Tamlyn	23	AQUB	NMA 24/06/2016 PEA Winter Gala 2016
17	1:01.86	L	P	Goodhead, Julia	19	WATR	JHB 21/03/2018 SA National JNR Age Group Champs 2018
18	1:01.98	L	F	Blaauw, Nadia	20	NWUC	KKD 22/09/2017 USSA Swimming Championships 2017
19	1:01.99	L	F	Vrey, Nastasiya	19	TUKS	FSH 06/12/2017 NTS Championships 2017
20	1:02.04	L	F	Frylinck, Marne	19	SGUL	ETH 10/06/2017 eThekweni Age Group 2
21	1:02.23	L	F	van Biljon, Courtney	19	NWUC	KKD 22/09/2017 USSA Swimming Championships 2017
22	1:02.52	L	P	Parker, Brie	21	BEAV	ETH 11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 2017
23	1:02.62	L	F	Randle, Samantha	19	TUKS	FSH 13/10/2017 NTS October 2017 Age Group Gala Le
24	1:02.72	L	F	Joubert, Danèlle	19	MATI	CED 01/12/2017 WC SUMMER CHAMPS
25	1:02.80	L	F	Victor, Thilde	36	EGA	EKU 02/02/2018 NTS Invitational Gala 2018
26	1:02.93	L	P	Viljoen, Lizanne	19	NTS	FSH 23/04/2018 Sa National Aquatic Championship 2018
27	1:02.94	L	F	Edwards, Jamie	19	ELEC	JHB 23/09/2017 CGA Level 3/SANJ gala No 1
28	1:02.97	L	F	Taylor, Helen	20	AZON	ETH 17/02/2018 eThekweni Age Group 10
29	1:03.10	L	F	Stevenson, Rachel	20	MATI	CED 22/09/2017 USSA Swimming Championships 2017
30	1:03.15	L L	F	Van Zyl, Tove	20	TUKS	FSH 06/12/2017 NTS Championships 2017
31	1:03.33	L	F	Scholtz, Renelda	21	UWCA	CPT 01/12/2017 WC SUMMER CHAMPS
32	1:03.39	L	F	Blaauw, Samantha	22	NWUC	KKD 22/09/2017 USSA Swimming Championships 2017
33	1:04.04	L	F	Dyantiyi, Bathandwa	20	AQUA	BUF 29/09/2017 Aquabear Invitational Meet
34	1:04.21	L	F	Els, Tarryn	21	PEAS	NMA 30/06/2017 PEA Winter Gala 2017
35	1:04.26	L S	F	Le Roux, Carmen	20	TUKS	FSH 03/07/2017 Sasol National Championship 2017
36	1:04.55	L	F	Rolt, Claire	36	COEL	FSH 06/12/2017 NTS Championships 2017
37	1:04.70	L	F	Marriott, Kirsten	21	BEST	NMA 29/09/2017 Aquabear Invitational Meet
38	1:04.88	L	F	De Vos, Anél	20	TUKS	FSH 01/12/2017 Limpopo Champs
39	1:05.10	L	P	Rangraze, Amarah	19	ATLA	JHB 08/12/2017 CGA Championships 2017
40	1:05.41	L S	F	Gray, Bianca	19	BLSS	MAN 03/07/2017 Sasol National Championship 2017
41	1:05.72	L	P	Manners-Wood, Phillipa	21	MATI	CED 16/12/2017 KZNA Premier Champs & Commonwe
42	1:05.73	L	F	Shaw, Rabia	19	PAQU	CED 24/11/2017 Eden LC Champs 2017
43	1:05.83	L	F	Jack, Khanya	20	AQUB	NMA 18/08/2017 Nedbank Madibaz Swim Meet
44	1:06.42	L	F	Gardiner, Jamie	19	TUKS	FSH 22/09/2017 USSA Swimming Championships 2017
45	1:06.60	L	F	Esterhuizen, Michele	45	CSA	EZD 29/09/2017 MP AGE GROUP 1 - 29-30 SEPTEMB
46	1:06.71	L S	F	De Jager, Alida	19	BLSS	MAN 28/11/2017 FS Champs
47	1:06.87	L	F	Engelbrecht, Anke	25	MATI	CED 11/11/2017 WC Qualifying Gala 2
48	1:06.93	L	F	Loubser, Cornell	23	NWUC	KKD 18/11/2017 NWS Age Group 3 2017/2018
49	1:07.10	L	F	De Souza, Shannon	19	ACSA	ETH 10/06/2017 eThekweni Age Group 2
50	1:07.12	L	F	Beste, Esthé	30	HREF	BPD 07/12/2017 NWS Championships 2017/2018
51	1:07.40	L	P	Dooling, Nicole	19	MATI	CED 01/12/2017 WC SUMMER CHAMPS
52	1:08.00	L	F	Berzen, Laura	20	TUKS	FSH 22/09/2017 USSA Swimming Championships 2017
53	1:08.55	L	F	Ferreira, Alani	19	KZNA	ETH 23/04/2018 Sa National Aquatic Championship 2018
54	1:08.80	L	F	Fourie, Jacoba	20	NWUC	KKD 07/12/2017 NWS Championships 2017/2018
55	1:08.84	L	F	Osborne, Tanya	45	FEMS	SW 04/02/2018 EDEN 6th A-League Gala 2018
56	1:09.05	L	F	Ntsono, Nepo	20	NMMU	NMA 18/08/2017 Nedbank Madibaz Swim Meet
57	1:09.13	L	F	Theart, Esmari	22	KALA	JTD 07/12/2017 NCASA Champs Dec 2017
58	1:09.22	L	P	Truter, Caitlin	21	MATI	CED 01/12/2017 WC SUMMER CHAMPS
59	1:10.10	L S	F	Gowar, Micaela	20	BLSS	MAN 28/11/2017 FS Champs
60	1:10.65	L	F	Hesse, Megan	23	PAC	FSH 03/11/2017 NTS November 2017 Age Group Gala
61	1:11.04	L	P	Boucher, Kristy	25	ONYX	EKU 06/12/2017 EGA Championships 2017
62	1:11.18	L	F	Kriel, Cristelle	23	NSA	EZD 29/09/2017 MP AGE GROUP 1 - 29-30 SEPTEMB
63	1:12.00	L	F	Els, Tonelia	35	UPTS	ZMD 20/10/2017 NCASA Sprints 2017
64	1:12.28	L	F	Meier, Marne'	19	PAC	FSH 22/09/2017 NTS September 2017 Age Group Gala
65	1:13.06	L	F	Groenewald, Annorina	37	KALA	JTD 20/10/2017 NCASA Sprints 2017
66	1:13.66	L S	F	Botha, Maryke	20	NWUC	KKD 03/07/2017 Sasol National Championship 2017
67	1:13.77	L	F	Venter, Jeanine	38	HARB	BPD 18/11/2017 NWS Age Group 3 2017/2018
68	1:14.17	L	F	Le Roux, Elizabeth	25	COEL	FSH 06/12/2017 NTS Championships 2017
69	1:14.56	L	F	Boshoff, Anneke	45	HARB	BPD 18/11/2017 NWS Age Group 3 2017/2018
70	1:14.91	L	F	Labuschagne, Pierrette	46	CSA	EZD 24/11/2017 Mpumalanga Championships 2017

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Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
71	1:15.89	L	F	Wilson, Kaydene	19	SUPE	JHB 20/01/2018 CGA Level 3 + Last Chance galas
72	1:16.98	L S	F	Luyt, Danielle	22	NWUC	KKD 03/07/2017 Sasol National Championship 2017
73	1:19.06	L	F	Snyders, Maritza	21	BEAV	ETH 18/08/2017 KZN Beavers Winter LongCourse Cha
74	1:20.30	L	F	Thysse, Brigitte	28	SWIFT	EKU 14/10/2017 EGA Summer 2 2017
75	1:20.76	L	F	Schutte, Anmarie	19	LOTTA	WBD 09/09/2017 Limpopo Age Group 3
76	1:21.69	L	F	Fowler, Cornelia	37	KLOO	ETH 16/12/2017 KZNA Premier Champs & Commonwe
77	1:24.67	L	F	Van der Merwe, Corne	44	AQU	ADJ 10/12/2016 Amajuba District December Age Group
78	1:24.70	L	F	Sabeka, Bongekile	19	MDOL	JHB 08/12/2017 CGA Championships 2017
79	1:24.89	L	F	van der Walt, Jedidja	19	NWUC	KKD 07/12/2017 NWS Championships 2017/2018
80	1:25.37	L	F	van Wyk, Lee-Anne	41	HARB	BPD 18/11/2017 NWS Age Group 3 2017/2018
81	1:25.65	L	F	O'Neill, Melisa	CR	TSSC	ETH 18/08/2017 KZN Beavers Winter LongCourse Cha
82	1:26.50	L	F	Heyneke, Leané	37	HREF	BPD 17/02/2018 NWS Last Chance AG5 1718
83	1:26.84	L S	F	Van Biljon, DEIDRE	45	VICT	EKU 03/07/2017 Sasol National Championship 2017
84	1:27.30	L	F	Naudé, Adri-Marlé	45	TLAC	BPD 14/10/2017 NWS Age Group 1 1718
85	1:28.03	L	F	Naude, Nina	45	WATR	JHB 30/09/2017 Waterborn Invitational 2017
86	1:29.88	L	F	Ramathula, Bronwyn	28	BEAV	ETH 16/12/2017 KZNA Premier Champs & Commonwe
87	1:30.58	L	F	Struwig, Nicolette	45	COEL	TSH 06/12/2017 NTS Championships 2017
88	1:36.66	L	F	Vd Merwe, Mia	19	CUDU	CPT 29/09/2017 Aquabear Invitational Meet
89	1:36.94	L	P	Pieterse, Denita-Sue	19	AZON	ETH 11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
90	1:39.54	L	F	Louw, Anita	60	VIKI	BUF 24/11/2017 BCA Championships 2017
91	1:39.96	L	F	van Wyk, Talita	38	HARB	BPD 07/12/2017 NWS Championships 2017/2018
92	1:41.23	L	F	McKay, Tracy	48	SGUL	ETH 16/12/2017 KZNA Premier Champs & Commonwe
93	1:42.25	L	F	de Clercq, Johandi	26	NEWS	ADJ 27/01/2018 Elite Champs Newcastle 2018
94	1:56.61	L	F	Oosthuizen, Rentia	26	INFA	NMA 09/02/2018 6th A League Gala
95	2:13.83	L	F	Pereira, Tiffany	22	CRSC	JHB 28/10/2017 CGA Level 3/SANJ Gala No 2
96	2:18.80	L	F	Kock, Marne	20	RBUR	BPD 07/12/2017 NWS Championships 2017/2018
97	2:31.50	L	F	Nell, Margaret	63	AA	JHB 30/09/2017 Waterborn Invitational 2017
98	3:15.10	L	F	Ings, Patricia	49	SGUL	ETH 18/08/2017 KZN Beavers Winter LongCourse Cha
Women 200 Free							
1	2:03.04	L	F	Ross, Marlies	20	PSC	TSH 16/12/2017 KZNA Premier Champs & Commonwe
2	2:03.68	L	F	Bellingan, Kristin	20	SGUL	ETH 16/12/2017 KZNA Premier Champs & Commonwe
3	2:04.75	L	F	Van Niekerk, Nathania	19	TUKS	TSH 16/12/2017 KZNA Premier Champs & Commonwe
4	2:05.60	L	P	Schoenmaker, Tatjana	20	TUKS	TSH 16/12/2017 KZNA Premier Champs & Commonwe
5	2:05.88	L	F	Whelan, Jessica	21	MDOL	JHB 16/12/2017 KZNA Premier Champs & Commonwe
6	2:06.25	L	F	McLeod, Lindsay	23	KZNA	ETH 23/04/2018 Sa National Aquatic Championship 20
7	2:07.71	L	F	Tarpey, Tatum	19	SGUL	ETH 16/12/2017 KZNA Premier Champs & Commonwe
8	2:08.67	L	F	Visagie, Emily	20	SGUL	ETH 13/01/2018 MPUMALANGA GRAND PRIX 13-14
9	2:10.12	L	P	Frylinck, Marne	19	SGUL	ETH 11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
10	2:11.03	L	P	McWilliam, Danica	22	CGA	JHB 23/04/2018 Sa National Aquatic Championship 20
11	2:11.58	L	P	Nordengen-Corris, Sasha-Lee	20	SGUL	ETH 16/12/2017 KZNA Premier Champs & Commonwe
12	2:11.89	L	P	Wheals, Camryn	20	SEAL	UMD 11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
13	2:11.97	L	F	Randle, Samantha	19	TUKS	TSH 06/12/2017 NTS Championships 2017
14	2:12.51	L	F	Blaauw, Nadia	20	NWUC	KKD 22/09/2017 USSA Swimming Championships 2017
15	2:13.12	L	P	Vrey, Nastasiya	19	NTS	TSH 23/04/2018 Sa National Aquatic Championship 20
16	2:13.25	L	F	Kat, Caitlin	25	MATI	GED 22/09/2017 USSA Swimming Championships 2017
17	2:13.34	L	F	Abrie, Tanya	22	WATR	JHB 30/09/2017 Waterborn Invitational 2017
18	2:13.86	L	F	Price, Tamlyn	23	AQUB	NMA 24/06/2016 PEA Winter Gala 2016
19	2:14.03	L	P	Viljoen, Lizanne	19	NTS	TSH 23/04/2018 Sa National Aquatic Championship 20
20	2:14.11	L	F	Lopes, Demi	20	TUKS	TSH 13/10/2017 NTS October 2017 Age Group Gala Le
21	2:14.40	L	P	Nieuwstad, Michelle	24	WCA	CPT 23/04/2018 Sa National Aquatic Championship 20
22	2:15.03	L	F	Joubert, Danèlle	19	MATI	GED 01/12/2017 WC SUMMER CHAMPS
23	2:16.88	L	F	Billson, Lauren	23	MATI	GED 22/09/2017 USSA Swimming Championships 2017
24	2:19.35	L	P	Scholtz, Renelda	21	UWCA	CPT 01/12/2017 WC SUMMER CHAMPS
25	2:19.55	L	P	Taylor, Helen	20	AZON	ETH 16/12/2017 KZNA Premier Champs & Commonwe
26	2:19.62	L	F	Blaauw, Samantha	22	NWUC	KKD 29/10/2016 NWS Age Group 2 1617
27	2:20.10	L	F	Gardiner, Jamie	19	TUKS	TSH 22/09/2017 USSA Swimming Championships 2017
28	2:20.38	L	F	De Jager, Alida	19	BLSS	MAN 16/02/2018 Mangaung Aquatics Sprint Champions
29	2:20.90	L	F	Neethling, Marli	19	WOAQ	GED 12/08/2017 Western Cape SL Summer 1
30	2:20.97	L	F	Stevenson, Rachel	20	MATI	GED 22/09/2017 USSA Swimming Championships 2017
31	2:21.15	L	F	Loubser, Cornell	23	NWUC	KKD 07/12/2017 NWS Championships 2017/2018

Individual Top Times

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
32	2:21.19	L	F	Marriott, Kirsten	21	BEST NMA	30/06/2017	PEA Winter Gala 2017
33	2:22.31	L	F	De Vos, Anél	20	TUKS FSH	01/12/2017	Limpopo Champs
34	2:22.45	L	F	van Biljon, Courtney	19	NWUC KKD	22/09/2017	USSA Swimming Championships 2017
35	2:22.79	L	P	Truter, Caitlin	21	MATI CED	01/12/2017	WC SUMMER CHAMPS
36	2:22.94	L	F	Gray, Bianca	19	BLSS MAN	03/07/2017	Sasol National Championship 2017
37	2:23.49	L	F	Dyanty, Bathandwa	20	AQUA BUF	30/06/2017	PEA Winter Gala 2017
38	2:24.54	L	F	Els, Tarryn	21	PEAS NMA	30/06/2017	PEA Winter Gala 2017
39	2:24.79	L	F	Goodhead, Julia	19	WATR JHB	25/11/2017	CGA Level 3/SANJ Gala No 3
40	2:25.18	L	F	Shaw, Rabia	19	PAQU CED	12/08/2017	Western Cape SL Summer 1
41	2:25.80	L	F	Ng-yu-Tin, Georgia-Mai	19	MATI CED	22/09/2017	USSA Swimming Championships 2017
42	2:26.71	L	P	Kleynhans, Licinda	21	NWUC KKD	03/07/2017	Sasol National Championship 2017
43	2:27.08	L	F	Kuun, Joane	19	FISH EDD	24/11/2017	Eden LC Champs 2017
44	2:27.58	L	P	Engelbrecht, Anke	25	MATI CED	01/12/2017	WC SUMMER CHAMPS
45	2:28.42	L	F	Victor, Thilde	36	VICT EKU	03/07/2017	Sasol National Championship 2017
46	2:32.93	L	F	Finch, Nina	21	UWCA GPT	22/09/2017	USSA Swimming Championships 2017
47	2:33.30	L	F	Kriel, Cristelle	23	NSA EZD	02/12/2017	World Para Swimming Champs-Mexico
48	2:33.61	L	F	Rangraze, Amarah	19	ATLA JHB	25/11/2017	CGA Level 3/SANJ Gala No 3
49	2:37.36	L	F	Theart, Esmari	22	KALA JTD	07/12/2017	NCASA Champs Dec 2017
50	2:39.12	L	F	Luyt, Danielle	22	NWUC KKD	20/01/2018	NWS Age Group 4 1718
51	2:43.65	L	F	Austin, Shannon	25	UWCA GPT	22/09/2017	USSA Swimming Championships 2017
52	2:44.39	L	F	Boucher, Kristy	25	ONYX EKU	17/02/2018	EGA Summer 5 2018
53	2:45.53	L	F	Fourie, Jacoba	20	NWUC KKD	28/10/2017	NWS Age Group 2 1718
54	2:45.75	L	F	Gowar, Micaela	20	BLSS MAN	16/02/2018	Mangaung Aquatics Sprint Champions
55	2:46.63	L	F	Labuschagne, Pierrette	46	CSA EZD	24/11/2017	Mpumalanga Championships 2017
56	2:47.28	L	F	Groenewald, Annorina	37	KALA JTD	07/12/2017	NCASA Champs Dec 2017
57	2:49.57	L	F	Wilson, Kaydene	19	SUPE JHB	20/01/2018	CGA Level 3 + Last Chance galas
58	2:49.94	L	F	Kuhn, Kate	26	KSC EZD	24/11/2017	Mpumalanga Championships 2017
59	2:52.28	L	F	Hendricks, Geena	20	UWCA GPT	22/09/2017	USSA Swimming Championships 2017
60	2:52.52	L	F	Els, Tonelia	35	UPTS ZMD	20/10/2017	NCASA Sprints 2017
61	2:53.92	L	F	Carey, Shirley	43	HIGH ETH	18/11/2017	KCDA December Age Group Gala
62	2:57.52	L	F	Fowler, Cornelia	37	KLOO ETH	16/12/2017	KZNA Premier Champs & Commonwe
63	3:05.26	L	F	Van der Merwe, Come	44	AQU ADJ	10/12/2016	Amajuba District December Age Group
64	3:10.42	L	F	O'Neill, Melisa	CR	TSSC ETH	18/08/2017	KZN Beavers Winter LongCourse Cha
65	3:13.55	L	F	Van Biljon, DEIDRE	45	VICT EKU	03/07/2017	Sasol National Championship 2017
66	3:15.80	L	F	van der Walt, Jedidja	19	NWUC KKD	07/12/2017	NWS Championships 2017/2018
67	3:15.86	L	F	O'Neil, Melisa	AR	TSSC ETH	02/09/2017	eThekwini Age Group 6
68	3:20.25	L	F	Heyneke, Leané	37	HREF BPD	17/02/2018	NWS Last Chance AG5 1718
69	3:21.87	L	F	Ramathula, Bronwyn	28	BEAV ETH	20/01/2018	eThekwini Age Group 9.
70	3:25.31	L	F	Vd Merwe, Mia	19	CUDU GPT	29/09/2017	Aquabear Invitational Meet
71	3:30.53	L	P	Sabeka, Bongekile	19	MDOL JHB	03/04/2018	SA Level 3 Regional Age Group Chan
72	3:42.81	L	F	McKay, Tracy	48	SGUL ETH	16/12/2017	KZNA Premier Champs & Commonwe
73	3:47.11	L	F	de Clercq, Johandi	26	NEWS ADJ	27/01/2018	Elite Champs Newcastle 2018
74	3:59.92	L	F	Msomi, Thobile	CN	ASC ILD	05/11/2017	eThekwini Level 1 Program 8
75	6:43.59	L	F	Ings, Patricia	49	SGUL ETH	18/08/2017	KZN Beavers Winter LongCourse Cha
Women 400 Free								
1	4:17.74	L S	F	Bellingan, Kristin	20	SGUL ETH	16/12/2017	KZNA Premier Champs & Commonwe
2	4:26.61	L S	F	Whelan, Jessica	21	MDOL JHB	16/12/2017	KZNA Premier Champs & Commonwe
3	4:27.49	L	F	Randle, Samantha	19	NTS FSH	23/04/2018	Sa National Aquatic Championship 20
4	4:31.15	L	F	Schoenmaker, Tatjana	20	TUKS FSH	03/07/2017	Sasol National Championship 2017
5	4:31.59	L	F	Frylinck, Marne	19	SGUL ETH	18/08/2017	KZN Beavers Winter LongCourse Cha
6	4:34.42	L	F	Nordengen-Corris, Sasha-Lee	20	SGUL ETH	27/05/2017	eThekwini Age Group 1
7	4:35.47	L	F	Van Niekerk, Nathania	19	TUKS FSH	13/10/2017	NTS October 2017 Age Group Gala Le
8	4:40.72	L	F	Kat, Caitlin	25	MATI CED	22/09/2017	USSA Swimming Championships 2017
9	4:41.78	L	F	Gallagher, Erin	19	SGUL ETH	27/05/2017	eThekwini Age Group 1
10	4:41.87	L	F	Blaauw, Nadia	20	NWUC KKD	22/09/2017	USSA Swimming Championships 2017
11	4:42.80	L	F	Le Roux, Carmen	20	TUKS FSH	03/07/2017	Sasol National Championship 2017
12	4:44.78	L	F	Viljoen, Lizanne	19	TUKS FSH	21/03/2018	SA National JNR Age Group Champs ;
13	4:45.14	L	F	Abrie, Tanya	22	WATR JHB	08/12/2017	CGA Championships 2017
14	4:45.38	L	F	De Souza, Shannon	19	ACSA ETH	11/07/2017	TYR PRESTIGE CHAMPIONSHIPS 21
15	4:47.84	L	F	Quenet, Alexandra	22	MATI CED	07/10/2017	WC Winelands Summer 3

Individual Top Times

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
16	4:48.53	L	F	Marriott, Kirsten	21	BEST NMA	30/06/2017 PEA Winter Gala 2017
17	4:51.43	L	F	De Jager, Alida	19	STDOM FDD	27/01/2018 4 + 1 Inter Provincial Gala 2017
18	4:52.74	L	F	Nieuwstad, Michelle	24	MATI CED	07/10/2017 WC Winelands Summer 3
19	4:54.78	L	F	Billson, Lauren	23	MATI CED	22/09/2017 USSA Swimming Championships 2017
20	4:55.37	L	F	De Vos, Anél	20	TUKS FSH	22/09/2017 USSA Swimming Championships 2017
21	4:56.94	L	F	Truter, Caitlin	21	MATI CED	07/10/2017 WC Winelands Summer 3
22	4:58.00	L	F	Taylor, Helen	20	AZON ETH	18/08/2017 KZN Beavers Winter LongCourse Cha
23	5:00.37	L	F	Gray, Bianca	19	BLSS MAN	03/07/2017 Sasol National Championship 2017
24	5:03.76	L	F	Saaiman, Cayla	20	TUKS FSH	03/07/2017 Sasol National Championship 2017
25	5:06.19	L	F	Albertyn, Megan	44	TUKS FSH	03/07/2017 Sasol National Championship 2017
26	5:06.59	L	F	Dyantyi, Bathandwa	20	AQUA BUF	30/06/2017 PEA Winter Gala 2017
27	5:06.99	L	P	Ferreira, Alani	19	KZNA ETH	23/04/2018 Sa National Aquatic Championship 20
28	5:09.70	L	F	Scholtz, Renelda	21	UWCA CPT	07/10/2017 WC Metro SL3
29	5:10.88	L	F	Jack, Khanya	20	AQUB NMA	05/08/2017 1st A League Gala 2017
30	5:14.22	L	F	Ng-yu-Tin, Georgia-Mai	19	MATI CED	07/10/2017 WC Winelands Summer 3
31	5:18.83	L	F	Osborne, Tanya	45	FEMS SW	24/11/2017 Eden LC Champs 2017
32	5:36.12	L	F	Jorgensen, Sarah	21	NMMU NMA	22/09/2017 USSA Swimming Championships 2017
33	6:08.59	L	F	Boshoff, Anneke	45	HARB BPD	14/10/2017 NWS Age Group 1 1718
34	6:12.33	L	F	Fowler, Cornelia	37	KLOO ETH	18/08/2017 KZN Beavers Winter LongCourse Cha
35	6:39.69	L	F	Thysse, Brigitte	28	SWIFT EKU	29/09/2017 EGA Long Distance 1
36	6:48.35	L	F	Venter, Jeanine	38	HARB BPD	14/10/2017 NWS Age Group 1 1718
37	6:55.29	L	F	O'Neil, Melisa	AR	TSSC ETH	27/05/2017 eThekweni Age Group 1
38	6:55.54	L	F	O'Neill, Melisa	CR	TSSC ETH	18/08/2017 KZN Beavers Winter LongCourse Cha
39	7:05.32	L	F	Bruining, Carol	57	MWU NGD	03/03/2018 MP AGE GROUP 6 3 MARCH 2018
40	7:14.62	L	F	Ramathula, Bronwyn	28	BEAV ETH	27/05/2017 eThekweni Age Group 1
41	7:48.24	L	F	Marx, Jaclyn	36	CSA EZD	24/11/2017 Mpumalanga Championships 2017
42	8:04.11	L	F	van Wyk, Talita	38	HARB BPD	14/10/2017 NWS Age Group 1 1718
Women 500 Free							
1	8:28.00	L	O	Borman, Johlene	40	SWAR WCD	26/11/2017 Quaggaskloof Openwater Swim
2	8:54.00	L	O	Marais, BIANCA	42	TYGE CPT	26/11/2017 Quaggaskloof Openwater Swim
3	10:30.00	L	O	Barnes, Amy	21	TYGE CPT	26/11/2017 Quaggaskloof Openwater Swim
4	11:25.00	L	O	Brown, Wadeedah	41	MARL CPT	26/11/2017 Quaggaskloof Openwater Swim
5	13:29.00	L	O	O'Sullivan, Linda	50	BLMA CPT	29/10/2017 Bengeula Cove Swim
Women 800 Free							
1	8:49.51	L	F	Bellingan, Kristin	20	SGUL ETH	16/12/2017 KZNA Premier Champs & Commonwe
2	9:06.19	L	F	Whelan, Jessica	21	MDOL JHB	16/12/2017 KZNA Premier Champs & Commonwe
3	9:07.77	L	P	Randle, Samantha	19	NTS FSH	23/04/2018 Sa National Aquatic Championship 20
4	9:20.55	L	F	Van Niekerk, Nathania	19	TUKS FSH	13/10/2017 NTS October 2017 Age Group Gala Le
5	9:22.06	L	F	Schoenmaker, Tatjana	20	TUKS FSH	03/07/2017 Sasol National Championship 2017
6	9:28.06	L	F	Le Roux, Carmen	20	TUKS FSH	03/07/2017 Sasol National Championship 2017
7	9:30.42	L	F	Frylinck, Marne	19	SGUL ETH	16/12/2017 KZNA Premier Champs & Commonwe
8	9:33.98	L	F	Kat, Caitlin	25	MATI CED	22/09/2017 USSA Swimming Championships 2017
9	9:44.42	L	P	Blaauw, Nadia	20	NWS	23/04/2018 Sa National Aquatic Championship 20
10	9:44.68	L	F	De Souza, Shannon	19	ACSA ETH	11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 2I
11	9:52.28	L	F	Marriott, Kirsten	21	BEST NMA	29/09/2017 Aquabear Invitational Meet
12	10:03.97	L	F	De Vos, Anél	20	TUKS FSH	22/09/2017 USSA Swimming Championships 2017
13	10:10.53	L	F	Billson, Lauren	23	MATI CED	22/09/2017 USSA Swimming Championships 2017
14	10:13.36	L	F	Blaauw, Samantha	22	NWUC KKD	18/11/2017 NWS Age Group 3 2017/2018
15	10:14.59	L	F	De Jager, Alida	19	BLSS MAN	28/11/2017 FS Champs
16	10:25.62	L	F	Gray, Bianca	19	BLSS MAN	03/07/2017 Sasol National Championship 2017
17	10:34.39	L	F	Albertyn, Megan	44	TUKS FSH	03/07/2017 Sasol National Championship 2017
18	10:53.02	L	F	Billson, Natalie	20	MATI CED	22/09/2017 USSA Swimming Championships 2017
19	10:55.64	L	F	Ng-yu-Tin, Georgia-Mai	19	MATI CED	22/09/2017 USSA Swimming Championships 2017
20	10:55.71	L	F	Dyantyi, Bathandwa	20	AQUA BUF	29/09/2017 Aquabear Invitational Meet
21	10:56.63	L	F	Van Niekerk, Johanna	19	PAC FSH	22/09/2017 NTS September 2017 Age Group Gala
22	11:58.14	L	F	Visser, Hermé	38	TLAC BPD	07/12/2017 NWS Championships 2017/2018
23	12:22.87	L	F	Voster, Jana	32	AQU ADJ	23/02/2018 Amajuba District Age Group 8
24	12:23.90	L	F	Labuschagne, Pierrette	46	CSA EZD	24/11/2017 Mpumalanga Championships 2017
25	12:46.96	L	F	Groenewald, Annorina	37	KALA JTD	10/02/2018 NCASA Age Group 5 KTU 2017-2018

Individual Top Times

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
26	13:09.52 L	F	Fowler, Cornelia	37	KLOO ETH	11/07/2017	TYR PRESTIGE CHAMPIONSHIPS 21
27	14:14.86 L	F	O'Neill, Melisa	CR	TSSC ETH	08/09/2017	eThekwini Action Swimming Champs 2
28	14:37.78 L	F	Bruining, Carol	57	MWU NGD	03/03/2018	MP AGE GROUP 6 3 MARCH 2018
29	14:47.51 L	F	van der Walt, Jedidja	19	NWUC KKD	18/11/2017	NWS Age Group 3 2017/2018
30	20:51.01 L	F	Dixon, Therese	45	SRAY BUF	24/11/2017	BCA Championships 2017
Women 1000 Free							
1	12:53.00 L	O	Vd Westhuizen, Ingrid	42	WQAQ CED	26/11/2017	Quaggaskloof Openwater Swim
2	14:56.00 L	O	Terblanche, Margaretha	41	MATI CED	03/02/2018	WC Open Water Champs
3	17:10.00 L	O	King, Simone	38	CPTW CPT	29/10/2017	Bengeula Cove Swim
Women 1500 Free							
1	17:19.04 L	F	Randle, Samantha	19	NTS TSH	23/04/2018	Sa National Aquatic Championship 20
2	18:45.39 L	F	De Souza, Shannon	19	ACSA ETH	18/08/2017	KZN Beavers Winter LongCourse Cha
3	19:02.99 L	F	Blaauw, Nadia	20	NWUC KKD	07/12/2017	NWS Championships 2017/2018
4	19:59.54 L	F	Gray, Bianca	19	BLSS MAN	03/07/2017	Sasol National Championship 2017
5	20:01.44 L	F	Albertyn, Megan	44	TUKS TSH	03/07/2017	Sasol National Championship 2017
6	20:40.15 L	F	Esterhuizen, Michele	45	CSA EZD	19/01/2018	MP AGE GROUP 3 19-20 JANUARY 2
7	21:24.23 L	F	Osborne, Tanya	45	FEMS SW	18/11/2017	EDEN 3rd A-League Gala 2017
8	21:51.13 L	F	Luyt, Danielle	22	NWUC KKD	20/01/2018	NWS Age Group 4 1718
9	23:19.09 L	F	Labuschagne, Pierrette	46	CSA EZD	24/11/2017	Mpumalanga Championships 2017
10	23:29.85 L	F	Fowler, Cornelia	37	KLOO ETH	08/09/2017	eThekwini Action Swimming Champs 2
11	24:21.26 L	F	Carey, Shirley	43	HIGH ETH	18/11/2017	KCDA December Age Group Gala
12	27:03.69 L	F	O'Neill, Melisa	CR	TSSC ETH	08/09/2017	eThekwini Action Swimming Champs 2
13	29:00.75 L	F	van der Walt, Jedidja	19	NWUC KKD	28/10/2017	NWS Age Group 2 1718
Women 3000 Free							
1	36:49.09 L	O	Marriott, Kirsten	21	FS MAN	04/03/2017	SA National Aquatic Championship 20
2	37:12.51 L	O	Albertyn, Megan	44	FS MAN	04/03/2017	SA National Aquatic Championship 20
3	37:50.19 L	O	Jack, Khanya	20	BCA BUF	04/03/2017	SA National Aquatic Championship 20
4	37:51.20 L	O	De Beer, Jessica	23	BCA BUF	04/03/2017	SA National Aquatic Championship 20
5	38:41.00 L	F	Randle, Samantha	19	COEL TSH	21/10/2017	Sun City Open Water
6	39:01.50 L	O	Ng-yu-Tin, Georgia-Mai	19	FS MAN	04/03/2017	SA National Aquatic Championship 20
7	39:05.80 L	O	De Jager, Alida	19	FS MAN	04/03/2017	SA National Aquatic Championship 20
8	39:41.60 L	O	Blaauw, Nadia	20	NWS	03/03/2018	SA National Aquatic Championship 20
9	40:20.60 L	O	De Vos, Anél	20	NTS TSH	03/03/2018	SA National Aquatic Championship 20
10	40:26.20 L	O	Valli, Ayesha	19	BCA BUF	04/03/2017	SA National Aquatic Championship 20
11	40:44.00 L	O	Quenet, Alexandra	22	MATI CED	26/11/2017	Quaggaskloof Openwater Swim
12	40:58.05 L	O	Bosman, Denise	59	FS MAN	04/03/2017	SA National Aquatic Championship 20
13	42:12.43 L	O	Hyslop, Kirsty	22	FS MAN	04/03/2017	SA National Aquatic Championship 20
14	42:23.00 L	O	Stanford, Cecilia	56	CPTW CPT	26/11/2017	Quaggaskloof Openwater Swim
15	42:25.40 L	O	Steyn, Jessika	24	WCA CPT	03/03/2018	SA National Aquatic Championship 20
16	42:48.20 L	O	Nurse, Kathryn	38	CPTW CPT	03/02/2018	NMBA OWS Championships 2018
17	43:10.60 L	F	Esterhuizen, Michele	45	CSA EZD	24/11/2017	Mpumalanga Championships 2017
18	44:05.90 L	O	Osborne, Tanya	45	FEMS SW	21/01/2018	EC Swim Series OWS 4
19	45:02.30 L	O	Wessels, Nicola	42	CGA JHB	03/03/2018	SA National Aquatic Championship 20
20	45:05.30 L	O	Luyt, Danielle	22	NWS	03/03/2018	SA National Aquatic Championship 20
21	45:44.50 L	O	Rijpstra, Tiemke	40	KNYS EDD	15/10/2017	EC Swim Series OWS 1
22	46:28.20 L	O	Amner, Claire	44	CPTW CPT	03/02/2018	NMBA OWS Championships 2018
23	46:41.90 L	O	Kleynhans, Licinda	21	NWS	03/03/2018	SA National Aquatic Championship 20
24	47:16.20 L	O	Degenaar, Jean	58	CPTW CPT	03/02/2018	NMBA OWS Championships 2018
25	47:30.53 L	O	Finlay, Angela	43	FS MAN	04/03/2017	SA National Aquatic Championship 20
26	48:07.00 L	O	Dirksen, Danielle	20	WCA CPT	03/03/2018	SA National Aquatic Championship 20
27	50:25.44 L	O	Marais, Nadine	24	CGA JHB	27/01/2018	Aquatics Gauteng Open Water Champ
28	50:34.40 L	O	Anderton, Jennifer	36	NMA NMA	03/03/2018	SA National Aquatic Championship 20
29	53:04.90 L	F	Houtman, Neressa	44	TUKS TSH	04/02/2018	Platinum Mile
30	54:14.00 L	O	Smith, Jo- Mari	28	CSA EZD	04/02/2018	ILOWMED OPEN WATER #4
31	55:00.35 L	F	Du Toit, Anneke	49	CSC TSH	27/01/2018	Gauteng Open Water Champs
32	56:15.00 L	F	Muller, Cassidy	20	LAD UTD	13/01/2018	New Year Swim Challenge
33	59:35.65 L	O	Grobler, Jana	53	NTS TSH	27/01/2018	Aquatics Gauteng Open Water Champ
34	1:00:33.20 L	O	Craig, Elizabeth	73	BEST NMA	07/01/2018	EC Swim Series OWS 3
35	1:01:09.99 L	O	Gibson, Karen	57	NTS TSH	27/01/2018	Aquatics Gauteng Open Water Champ

Individual Top Times

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
36	1:06:16.00	L	O	Brock, Katharina	29	VINE CPT	26/11/2017	Quaggaskloof Openwater Swim
37	1:09:38.00	L	O	Roodt, Odelia	26	WPSI CPT	29/10/2017	Bengeula Cove Swim
38	1:12:32.90	L	O	Mew, Lerryn	42	AQUB NMA	07/01/2018	EC Swim Series OWS 3
39	1:12:59.00	L	F	McKay, Tracy	48	SGUL ETH	13/01/2018	New Year Swim Challenge
Women 5000 Free								
1	1:07.12	L	O	Randle, Samantha	19	NTS FSH	27/01/2018	Aquatics Gauteng Open Water Champ
2	59:11.40	L	O	Soares Da Cunha, Ana	26	AQDO CPT	16/07/2017	17th Fina World Champs Budapest 20
3	59:27.50	L	O	Weber, Michelle	21	RSA	16/07/2017	17th Fina World Champs Budapest 20
4	1:00:16.71	L	O	Nordengen-Corris, Sasha-Lee	20	FS MAN	04/03/2017	SA National Aquatic Championship 20
5	1:04:15.25	L	O	Marriott, Kirsten	21	FS MAN	04/03/2017	SA National Aquatic Championship 20
6	1:05:46.60	L	O	De Souza, Shannon	19	FS MAN	04/03/2017	SA National Aquatic Championship 20
7	1:06:58.18	L	O	Austin, Shannon	25	WPA CPT	04/03/2017	SA National Aquatic Championship 20
8	1:07:08.03	L	O	Blaauw, Nadia	20	NWS	03/03/2018	SA National Aquatic Championship 20
9	1:07:39.00	L	O	De Jager, Alida	19	FS MAN	03/03/2018	SA National Aquatic Championship 20
10	1:07:59.70	L	O	De Vos, Anél	20	NTS FSH	03/03/2018	SA National Aquatic Championship 20
11	1:10:01.00	L	F	Frylinck, Marne	19	SGUL ETH	13/01/2018	New Year Swim Challenge
12	1:10:36.79	L	O	Ng-yu-Tin, Georgia-Mai	19	FS MAN	04/03/2017	SA National Aquatic Championship 20
13	1:10:40.00	L	O	Steyn, Jessika	24	SWAR WCD	03/02/2018	WC Open Water Champs
14	1:10:41.36	L	O	Rijpstra, Tiemke	40	BCA BUF	04/03/2017	SA National Aquatic Championship 20
15	1:10:46.08	L	O	Valli, Ayesha	19	BCA BUF	04/03/2017	SA National Aquatic Championship 20
16	1:11:36.78	L	O	Albertyn, Megan	44	NTS FSH	03/03/2018	SA National Aquatic Championship 20
17	1:16:12.40	L	O	Nurse, Kathryn	38	CPTW CPT	03/02/2018	NMBA OWS Championships 2018
18	1:17:16.77	L	O	De Beer, Jessica	23	CGA JHB	27/01/2018	Aquatics Gauteng Open Water Champ
19	1:20:34.92	L	O	Hyslop, Kirsty	22	FS MAN	04/03/2017	SA National Aquatic Championship 20
20	1:22:33.63	L	O	Wessels, Nicola	42	CGA JHB	27/01/2018	Aquatics Gauteng Open Water Champ
21	1:30:40.15	L	O	Labuschagne, Pierrette	46	CSA EZD	13/01/2018	LOWMED OPEN WATER SWIM #3
22	1:46:04.80	L	O	Bodisch, Nina	48	AQUB NMA	07/01/2018	EC Swim Series OWS 3
23	1:57:54.00	L	O	De Kock, Lindsay	60	WINE CED	26/11/2017	Quaggaskloof Openwater Swim
24	2:20:04.00	L	O	Carter, Sarah	51	BLMA CPT	29/10/2017	Bengeula Cove Swim
25	2:54:50.00	L	O	Biggs, Lisa	44	BLMA CPT	29/10/2017	Bengeula Cove Swim
Women 10000 Free								
1	1:57:20.50	L	O	Weber, Michelle	21	WCA CPT	03/03/2018	SA National Aquatic Championship 20
2	2:02:08.52	L	O	Nordengen-Corris, Sasha-Lee	20	FS MAN	04/03/2017	SA National Aquatic Championship 20
3	2:04:28.70	L	O	Soares Da Cunha, Ana	26	AQDO CPT	07/01/2018	EC Swim Series OWS 3
4	2:23:05.25	L	O	Randle, Samantha	19	NTS FSH	27/01/2018	Aquatics Gauteng Open Water Champ
5	2:23:29.47	L	O	Blaauw, Nadia	20	NWUC KKD	12/01/2018	Grand Prix OWS Camp MP-2018
6	2:32:36.00	L	O	Steyn, Jessika	24	SWAR WCD	26/11/2017	Quaggaskloof Openwater Swim
7	2:34:46.00	L	O	Ng-yu-Tin, Georgia-Mai	19	MATI CED	26/11/2017	Quaggaskloof Openwater Swim
8	3:09:06.00	L	O	De Kock, Lindsay	60	WINE CED	26/11/2017	Quaggaskloof Openwater Swim
Women 50 Back								
1	29.16	L S	F	Gallagher, Erin	19	SGUL ETH	16/12/2017	KZNA Premier Champs & Commonwe
2	30.63	L	P	McLean-Leonard, Hannah	19	WSTV ETH	11/07/2017	TYR PRESTIGE CHAMPIONSHIPS 21
3	31.20	L	F	Price, Tamlyn	23	AQUB NMA	30/06/2017	PEA Winter Gala 2017
4	31.23	L	F	Chelius, Emma	21	MATI CED	22/09/2017	USSA Swimming Championships 2017
5	31.61	L	F	Nieuwstad, Michelle	24	MATI CED	01/12/2017	WC SUMMER CHAMPS
6	31.70	L S	F	McLeod, Lindsay	23	SGUL ETH	16/12/2017	KZNA Premier Champs & Commonwe
7	31.94	L	F	Kruger, Anika	22	MATI CED	01/12/2017	WC SUMMER CHAMPS
8	31.97	L	P	Randle, Samantha	19	NTS FSH	23/04/2018	Sa National Aquatic Championship 20
9	32.00	L	P	Tarpey, Tatum	19	SGUL ETH	10/06/2017	2017 Mare Nostrum Monaco
10	32.04	L	F	Van Niekerk, Nathania	19	TUKS FSH	22/09/2017	NTS September 2017 Age Group Gala
11	32.16	L	P	Goodhead, Julia	19	WATR JHB	21/03/2018	SA National JNR Age Group Champs ;
12	32.28	L	F	Bahlmann, Tina	20	TUKS FSH	22/09/2017	USSA Swimming Championships 2017
13	32.43	L	P	Parker, Brie	21	BEAV ETH	11/07/2017	TYR PRESTIGE CHAMPIONSHIPS 21
14	32.95	L	F	Booth, Sanchia	19	TWSA NMA	18/08/2017	Nedbank Madibaz Swim Meet
15	32.99	L	F	Blaauw, Samantha	22	NWUC KKD	22/09/2017	USSA Swimming Championships 2017
16	33.01	L	F	De Vos, Anél	20	TUKS FSH	01/12/2017	Limpopo Champs
17	33.07	L	P	Frylinck, Marne	19	KZNA ETH	23/04/2018	Sa National Aquatic Championship 20
18	33.14	L	F	Joseph, Demi	19	MATI CED	22/09/2017	USSA Swimming Championships 2017
19	33.22	L	F	Blaauw, Nadia	20	NWUC KKD	03/07/2017	Sasol National Championship 2017

Individual Top Times

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
20	33.36	L	F	Cronjé, Eliz-Maric	20	MATI	GED 01/12/2017 WC SUMMER CHAMPS
21	33.39	L	F	Whelan, Jessica	21	MDOL	JHB 25/11/2017 CGA Level 3/SANJ Gala No 3
22	33.46	L	F	Vrey, Nastasiya	19	PSC	FSH 30/09/2017 Waterborn Invitational 2017
23	33.54	L	F	van Biljon, Courtney	19	NWUC	KKD 07/12/2017 NWS Championships 2017/2018
24	33.61	L	F	Dooling, Nicole	19	UWCA	CPT 22/09/2017 USSA Swimming Championships 2017
25	33.72	L	P	Meier, Marne'	19	PAC	FSH 11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
26	33.73	L	P	Van Zyl, Tove	20	TUKS	FSH 06/12/2017 NTS Championships 2017
27	33.77	L	F	Dyantyi, Bathandwa	20	AQUA	BUF 29/09/2017 Aquabear Invitational Meet
28	34.02	L	F	Odendaal, Eune	20	TUKS	FSH 22/09/2017 USSA Swimming Championships 2017
29	34.48	L	P	Gray, Bianca	19	BLSS	MAN 03/07/2017 Sasol National Championship 2017
30	34.65	L	F	Gowar, Micaela	20	BLSS	MAN 03/02/2018 Neptune Age Group
31	34.71	L	F	Visagie, Emily	20	SGUL	ETH 27/05/2017 eThekwini Age Group 1
32	34.76	L S	P	Manners-Wood, Philippa	21	MATI	GED 16/12/2017 KZNA Premier Champs & Commonwe
33	35.06	L	F	Van Niekerk, Johanna	19	PAC	FSH 16/09/2017 2017 Speedo Hillcrest Sprint Gala 138
34	35.66	L	P	Rangraze, Amarah	19	ATLA	JHB 03/04/2018 SA Level 3 Regional Age Group Chan
35	35.91	L S	P	Taylor, Helen	20	AZON	ETH 16/12/2017 KZNA Premier Champs & Commonwe
36	35.95	L	F	Berzen, Laura	20	TUKS	FSH 22/09/2017 USSA Swimming Championships 2017
37	35.97	L	F	Theart, Esmari	22	KALA	JTD 07/12/2017 NCASA Champs Dec 2017
38	36.31	L	F	Bester, Esthé	30	HREF	BPD 07/12/2017 NWS Championships 2017/2018
39	36.41	L	F	Kuun, Joane	19	FISH	EDD 18/11/2017 EDEN 3rd A-League Gala 2017
40	36.67	L	F	Victor, Thilde	36	VICT	EKU 02/09/2017 Adrian Grafe Sprint Gala 2017
41	36.94	L	F	Esterhuizen, Michele	45	CSA	EZD 24/11/2017 Mpumalanga Championships 2017
42	37.35	L	F	Fourie, Jacoba	20	NWUC	KKD 20/01/2018 NWS Age Group 4 1718
43	37.71	L	F	Abrahams, Ammaarah	19	UWCA	CPT 22/09/2017 USSA Swimming Championships 2017
44	38.02	L	F	Visser, Hermé	38	TLAC	BPD 07/12/2017 NWS Championships 2017/2018
45	38.23	L	F	De Jager, Alida	19	BLSS	MAN 03/07/2017 Sasol National Championship 2017
46	38.47	L	F	Lewis, Nicole	22	VUM	EZD 24/11/2017 Mpumalanga Championships 2017
47	38.65	L	F	Botha, Maryke	20	NWUC	KKD 22/09/2017 USSA Swimming Championships 2017
48	38.70	L	F	Els, Tonelia	35	UPTS	ZMD 20/10/2017 NCASA Sprints 2017
49	39.07	L	F	Groenewald, Annorina	37	KALA	JTD 07/12/2017 NCASA Champs Dec 2017
50	39.62	L	F	Kuhn, Kate	26	KSC	EZD 24/11/2017 Mpumalanga Championships 2017
51	39.65	L	F	Ntsono, Nepo	20	NMMU	NMA 18/08/2017 Nedbank Madibaz Swim Meet
52	40.48	L	F	Bosshoff, Anneke	45	HARB	BPD 07/12/2017 NWS Championships 2017/2018
53	41.36	L	F	Wilson, Kaydene	19	SUPE	JHB 20/01/2018 CGA Level 3 + Last Chance galas
54	42.31	L	F	Snyders, Maritza	21	BEAV	ETH 18/08/2017 KZN Beavers Winter LongCourse Cha
55	43.43	L	F	Marx, Jaclyn	36	CSA	EZD 24/11/2017 Mpumalanga Championships 2017
56	44.48	L	F	Naudé, Adri-Marlé	45	TLAC	BPD 14/10/2017 NWS Age Group 1 1718
57	44.51	L	F	Frenzel, Petra	48	EACS	ETH 27/01/2018 Ushaka Championship Gala 2018
58	45.57	L	P	Vd Merwe, Mia	19	CUDU	CPT 29/09/2017 Aquabear Invitational Meet
59	47.45	L	P	Van Biljon, DEIDRE	45	VICT	EKU 03/07/2017 Sasol National Championship 2017
60	48.96	L	F	van Wyk, Lee-Anne	41	HARB	BPD 07/12/2017 NWS Championships 2017/2018
61	48.98	L	F	Fowler, Cornelia	37	KZNA	ETH 23/04/2018 Sa National Aquatic Championship 20
62	49.71	L	F	Tapesa, Ayisha	28	TLAC	BPD 07/12/2017 NWS Championships 2017/2018
63	50.61	L	P	Sabeka, Bongekile	19	MDOL	JHB 08/12/2017 CGA Championships 2017
64	50.84	L	F	Janssens, Geraldine	73	FINS	EZD 24/11/2017 Mpumalanga Championships 2017
65	51.65	L	F	Heyneke, Leané	37	HREF	BPD 07/12/2017 NWS Championships 2017/2018
66	53.04	L	F	Bruining, Carol	57	MWU	NGD 03/03/2018 MP AGE GROUP 6 3 MARCH 2018
67	53.41	L S	F	Ramathula, Bronwyn	28	BEAV	ETH 16/12/2017 KZNA Premier Champs & Commonwe
68	53.99	L	F	Murray, Claire	27	BEAV	ETH 18/08/2017 KZN Beavers Winter LongCourse Cha
69	55.52	L	F	Farrelly, Helena	55	FEMS	SW 04/02/2018 EDEN 6th A-League Gala 2018
70	57.52	L	F	O'Neill, Melisa	CR	TSSC	ETH 18/08/2017 KZN Beavers Winter LongCourse Cha
71	58.54	L	F	Oosthuizen, Rentia	26	INFA	NMA 09/02/2018 6th A League Gala
72	1:07.58	L	F	van Wyk, Taliita	38	HARB	BPD 07/12/2017 NWS Championships 2017/2018
73	1:10.77	L	F	Kock, Marne	20	RBUR	BPD 07/12/2017 NWS Championships 2017/2018
74	1:26.60	L	F	Ings, Patricia	49	SGUL	ETH 18/08/2017 KZN Beavers Winter LongCourse Cha
Women 100 Back							
1	1:02.79	L	F	Van Niekerk, Nathania	19	TUKS	FSH 16/12/2017 KZNA Premier Champs & Commonwe
2	1:05.23	L	P	Gallagher, Erin	19	SGUL	ETH 16/12/2017 KZNA Premier Champs & Commonwe
3	1:05.41	L	P	Whelan, Jessica	21	CGA	JHB 23/04/2018 Sa National Aquatic Championship 20
4	1:05.52	L	F	Touretski, Sasha	23	SCUW	KZ 17/02/2018 eThekwini Age Group 10

Individual Top Times

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
5	1:06.35	L S	P	McLean-Leonard, Hannah	19	WSTV	ETH	11/07/2017	TYR PRESTIGE CHAMPIONSHIPS 21
6	1:06.79	L	S	Randle, Samantha	19	NTS	FSH	23/04/2018	Sa National Aquatic Championship 20
7	1:06.87	L S	F	Goodhead, Julia	19	WATR	JHB	11/07/2017	TYR PRESTIGE CHAMPIONSHIPS 21
8	1:06.89	L	F	Price, Tamlyn	23	AQUB	NMA	24/06/2016	PEA Winter Gala 2016
9	1:07.39	L	P	McLeod, Lindsay	23	SGUL	ETH	16/12/2017	KZNA Premier Champs & Commonwe
10	1:08.13	L	F	Chelius, Emma	21	MATI	GED	22/09/2017	USSA Swimming Championships 2017
11	1:08.30	L	F	Nieuwstad, Michelle	24	MATI	GED	01/12/2017	WC SUMMER CHAMPS
12	1:08.63	L	P	Blaauw, Nadia	20	NWS		23/04/2018	Sa National Aquatic Championship 20
13	1:09.62	L	F	Tarpey, Tatum	19	SGUL	ETH	11/11/2017	eThekwini Age Group 8
14	1:10.14	L	P	Frylinck, Marne	19	SGUL	ETH	16/02/2018	2018 Grand Prix Invitational Swimming
15	1:10.24	L	F	Dyantiyi, Bathandwa	20	AQUA	BUF	29/09/2017	Aquabear Invitational Meet
16	1:10.32	L	F	Blaauw, Samantha	22	NWUC	KKD	03/07/2017	Sasol National Championship 2017
17	1:10.57	L	F	De Vos, Anél	20	TUKS	FSH	22/09/2017	USSA Swimming Championships 2017
18*	1:10.80	L	F	Joseph, Demi	19	MATI	GED	22/09/2017	USSA Swimming Championships 2017
18*	1:10.80	L	F	Vrey, Nastasiya	19	TUKS	FSH	06/12/2017	NTS Championships 2017
20	1:11.32	L	F	Booth, Sanchia	19	TWSA	NMA	30/06/2017	PEA Winter Gala 2017
21	1:12.41	L	F	De Souza, Shannon	19	ACSA	ETH	18/08/2017	KZN Beavers Winter LongCourse Cha
22	1:12.74	L	F	Dooling, Nicole	19	UWCA	CPT	22/09/2017	USSA Swimming Championships 2017
23	1:13.17	L	F	Gray, Bianca	19	BLSS	MAN	03/07/2017	Sasol National Championship 2017
24	1:13.73	L	P	Wheals, Camryn	20	SEAL	UMD	23/06/2017	SFTL International Classic 2017
25	1:14.01	L	P	Le Roux, Carmen	20	TUKS	FSH	03/07/2017	Sasol National Championship 2017
26	1:15.71	L	F	Neethling, Marli	19	WOAQ	GED	12/08/2017	Western Cape SL Summer 1
27	1:16.46	L	P	Taylor, Helen	20	AZON	ETH	16/12/2017	KZNA Premier Champs & Commonwe
28	1:17.19	L	F	Cronjé, Eliz-Maric	20	MATI	GED	22/09/2017	USSA Swimming Championships 2017
29	1:17.23	L	P	Manners-Wood, Philippa	21	MATI	GED	16/12/2017	KZNA Premier Champs & Commonwe
30	1:18.45	L	F	Kiely, Emma	21	ROA	EDD	18/11/2017	EDEN 3rd A-League Gala 2017
31	1:20.26	L	F	De Jager, Alida	19	BLSS	MAN	28/11/2017	FS Champs
32	1:20.77	L	F	Kriel, Cristelle	23	NSA	EZD	29/09/2017	MP AGE GROUP 1 - 29-30 SEPTEMB
33	1:21.04	L	F	Gowar, Micaela	20	BLSS	MAN	16/02/2018	Mangaung Aquatics Sprint Champions
34	1:21.18	L	F	Scholtz, Renelda	21	MATI	GED	12/08/2017	Western Cape SL Summer 1
35	1:24.08	L S	P	Ng-yu-Tin, Georgia-Mai	19	MATI	GED	11/07/2017	TYR PRESTIGE CHAMPIONSHIPS 21
36	1:24.21	L	F	Ntsono, Nepo	20	NMMU	NMA	22/09/2017	USSA Swimming Championships 2017
37	1:27.33	L	F	Groenewald, Annorina	37	KALA	JTD	20/10/2017	NCASA Sprints 2017
38	1:28.55	L	F	Boshoff, Anneke	45	NWS	BPD	04/11/2017	Fezile Dabi Inter District Gala
39	1:28.70	L	F	Botha, Maryke	20	NWUC	KKD	22/09/2017	USSA Swimming Championships 2017
40	1:30.33	L	F	Venter, Jeanine	38	NWS	BPD	04/11/2017	Fezile Dabi Inter District Gala
41	1:30.61	L	F	Thysse, Brigitte	28	SWIFT	EKU	14/10/2017	EGA Summer 2 2017
42	1:32.59	L	F	Els, Tonelia	35	UPTS	ZMD	20/10/2017	NCASA Sprints 2017
43	1:36.41	L	F	Reynecke, Pamela	61	CSC	FSH	06/12/2017	NTS Championships 2017
44	1:40.52	L	F	Fowler, Cornelia	37	KLOO	ETH	18/08/2017	KZN Beavers Winter LongCourse Cha
45	1:42.68	L	F	Van Biljon, DEIDRE	45	VICT	EKU	03/07/2017	Sasol National Championship 2017
46	1:43.32	L	F	Vd Merwe, Mia	19	CUDU	CPT	27/01/2018	CTMA Qualifying Gala 3 - 27to28Jan'1
47	1:53.29	L	F	Sabeka, Bongekile	19	MDOL	JHB	03/04/2018	SA Level 3 Regional Age Group Chan
48	1:57.17	L	F	Ramathula, Bronwyn	28	BEAV	ETH	16/12/2017	KZNA Premier Champs & Commonwe
49	1:59.54	L	F	McKay, Tracy	48	SGUL	ETH	16/12/2017	KZNA Premier Champs & Commonwe
50	2:01.71	L	F	O'Neill, Melisa	CR	TSSC	ETH	18/08/2017	KZN Beavers Winter LongCourse Cha
51	2:10.46	L	F	Burger, Irene	72	COEL	FSH	06/12/2017	NTS Championships 2017
52	2:13.21	L	F	Oosthuizen, Rentia	26	INFA	NMA	09/02/2018	6th A League Gala
53	2:34.00	L	F	Pereira, Tiffany	22	CRSC	JHB	20/01/2018	CGA Level 3 + Last Chance galas
54	3:00.63	L S	P	Ings, Patricia	49	SGUL	ETH	11/07/2017	TYR PRESTIGE CHAMPIONSHIPS 21
Women 200 Back									
1	2:14.75	L	F	Van Niekerk, Nathania	19	TUKS	FSH	16/12/2017	KZNA Premier Champs & Commonwe
2	2:16.50	L	F	Randle, Samantha	19	TUKS	FSH	16/12/2017	KZNA Premier Champs & Commonwe
3	2:20.57	L	F	McLeod, Lindsay	23	KZNA	ETH	23/04/2018	Sa National Aquatic Championship 20
4	2:23.72	L S	P	Ross, Marlies	20	PSC	FSH	06/12/2017	NTS Championships 2017
5	2:23.74	L	F	Whelan, Jessica	21	MDOL	JHB	03/02/2018	Neptune Age Group
6	2:25.79	L	F	Bellingan, Kristin	20	SGUL	ETH	11/07/2017	TYR PRESTIGE CHAMPIONSHIPS 21
7	2:25.92	L	F	Blaauw, Nadia	20	NWUC	KKD	22/09/2017	USSA Swimming Championships 2017
8	2:26.56	L	F	Frylinck, Marne	19	SGUL	ETH	16/12/2017	KZNA Premier Champs & Commonwe
9	2:26.91	L	F	Tarpey, Tatum	19	SGUL	ETH	11/07/2017	TYR PRESTIGE CHAMPIONSHIPS 21

Individual Top Times

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
10	2:27.36	L	F	De Souza, Shannon	19	ACSA ETH	10/06/2017 eThekwini Age Group 2
11	2:27.66	L	F	Goodhead, Julia	19	WATR JHB	16/12/2017 KZNA Premier Champs & Commonwe
12	2:31.99	L	F	Price, Tamlyn	23	AQUB NMA	30/06/2017 PEA Winter Gala 2017
13	2:33.01	L	F	Boje, Monica	20	TYGE CPT	01/12/2017 WC SUMMER CHAMPS
14	2:33.30	L	F	Joseph, Demi	19	MATI CED	22/09/2017 USSA Swimming Championships 2017
15	2:34.50	L	F	Dyantyi, Bathandwa	20	AQUA BUF	30/06/2017 PEA Winter Gala 2017
16	2:34.99	L	F	Jacobs, Marli	23	MATI CED	22/09/2017 USSA Swimming Championships 2017
17	2:35.21	L	F	De Vos, Anél	20	TUKS FSH	22/09/2017 USSA Swimming Championships 2017
18	2:36.06	L	F	Blaauw, Samantha	22	STDOM FDD	27/01/2018 4 + 1 Inter Provincial Gala 2017
19	2:38.58	L S	P	Le Roux, Carmen	20	TUKS FSH	03/07/2017 Sasol National Championship 2017
20	2:39.15	L S	F	Gray, Bianca	19	BLSS MAN	03/07/2017 Sasol National Championship 2017
21	2:39.95	L	F	Dooling, Nicole	19	UWCA CPT	22/09/2017 USSA Swimming Championships 2017
22	2:40.94	L	F	Vrey, Nastasiya	19	PSC FSH	13/10/2017 NTS October 2017 Age Group Gala Le
23	2:42.10	L	F	Odendaal, Eune	20	TUKS FSH	22/09/2017 USSA Swimming Championships 2017
24	2:43.05	L	F	Kuun, Joane	19	FISH EDD	24/11/2017 Eden LC Champs 2017
25	2:48.20	L S	F	De Jager, Alida	19	BLSS MAN	28/11/2017 FS Champs
26	2:52.39	L	F	Cronjè, Eliz-Maric	20	MATI CED	22/09/2017 USSA Swimming Championships 2017
27	2:56.27	L	F	Ntsono, Nepo	20	NMMU NMA	22/09/2017 USSA Swimming Championships 2017
28	3:06.85	L	F	Gowar, Micaela	20	BLSS MAN	20/01/2018 Super Seals Gala
29	3:08.80	L	F	Boshoff, Anneke	45	HARB BPD	07/12/2017 NWS Championships 2017/2018
30	3:11.37	L	F	Botha, Maryke	20	NWUC KKD	22/09/2017 USSA Swimming Championships 2017
31	3:23.32	L	F	Venter, Jeanine	38	HARB BPD	18/11/2017 NWS Age Group 3 2017/2018
32	3:46.13	L S	F	Van Biljon, DEIDRE	45	VICT EKU	03/07/2017 Sasol National Championship 2017
33	4:04.81	L	F	Janssens, Geraldine	73	FINS EZD	24/11/2017 Mpumalanga Championships 2017
34	4:07.05	L	F	van der Walt, Jedidja	19	NWUC KKD	28/10/2017 NWS Age Group 2 1718
35	4:10.15	L	F	O'Neill, Melisa	CR	TSSC ETH	18/08/2017 KZN Beavers Winter LongCourse Cha
36	4:56.63	L	F	Msomi, Thobile	CN	ASC HLD	05/11/2017 eThekwini Level 1 Program 8
Women 50 Breast							
1	30.82	L	F	Schoenmaker, Tatjana	20	RSA	05/04/2018 FINA World Cup -Commonwealth gam
2	32.73	L	P	Visagie, Emily	20	RSA	05/04/2018 FINA World Cup -Commonwealth gam
3	33.38	L	F	Msomi, Thobile	CN	ASC HLD	05/11/2017 eThekwini Level 1 Program 8
4	33.45	L	F	Heymans, Maria	19	KZNA ETH	23/04/2018 Sa National Aquatic Championship 20
5	33.86	L	F	Hodgson, Nakita	23	SGUL ETH	16/12/2017 KZNA Premier Champs & Commonwe
6	34.19	L	F	Tarpey, Tatum	19	SGUL ETH	16/12/2017 KZNA Premier Champs & Commonwe
7	34.38	L	P	Parker, Brie	21	BEAV ETH	16/12/2017 KZNA Premier Champs & Commonwe
8	34.74	L	S	Nieuwstad, Michelle	24	WCA CPT	23/04/2018 Sa National Aquatic Championship 20
9	34.75	L	F	Van Niekerk, Johanna	19	PAC FSH	06/12/2017 NTS Championships 2017
10	35.08	L	F	Van Zyl, Tove	20	TUKS FSH	06/12/2017 NTS Championships 2017
11	35.21	L	P	Anderson, Erin	19	NTS FSH	23/04/2018 Sa National Aquatic Championship 20
12	35.34	L	F	McWilliam, Danica	22	SODO JHB	16/12/2017 KZNA Premier Champs & Commonwe
13	35.65	L	F	Diaz, Michaela	21	TUKS FSH	06/12/2017 NTS Championships 2017
14	35.66	L	F	Whelan, Jessica	21	MDOL JHB	25/11/2017 CGA Level 3/SANJ Gala No 3
15	35.76	L	F	Truter, Caitlin	21	MATI CED	01/12/2017 WC SUMMER CHAMPS
16	35.95	L	F	Vrey, Nastasiya	19	TUKS FSH	06/12/2017 NTS Championships 2017
17	35.97	L	F	Kleynhans, Licinda	21	NWUC KKD	22/09/2017 USSA Swimming Championships 2017
18	36.09	L	F	Meier, Marne'	19	PAC FSH	06/12/2017 NTS Championships 2017
19	36.12	L	F	Frylinck, Marne	19	SGUL ETH	29/07/2017 eThekwini Age Group 4
20	37.11	L	F	Rangraze, Amarah	19	ATLA JHB	03/04/2018 SA Level 3 Regional Age Group Chan
21*	37.29	L	F	Blaauw, Nadia	20	NWUC KKD	07/12/2017 NWS Championships 2017/2018
21*	37.29	L	F	De Beer, Jessica	23	FLOD JHB	20/01/2018 CGA Level 3 + Last Chance galas
23	37.32	L	F	McLeod, Lindsay	23	SGUL ETH	18/08/2017 KZN Beavers Winter LongCourse Cha
24	37.46	L	F	Jack, Khanya	20	AQUB NMA	29/09/2017 Aquabear Invitational Meet
25	37.54	L	P	Scholtz, Renelda	21	UWCA CPT	01/12/2017 WC SUMMER CHAMPS
26	37.55	L	F	van Biljon, Courtney	19	NWUC KKD	07/12/2017 NWS Championships 2017/2018
27	37.87	L	F	Theart, Esmari	22	NCASA	27/01/2018 4 + 1 Inter Provincial Gala 2017
28*	38.18	L	F	Cook, Wendy	47	EACS ETH	27/01/2018 Ushaka Championship Gala 2018
28*	38.18	L	F	Victor, Thilde	36	VICT EKU	02/09/2017 Adrian Grafe Sprint Gala 2017
30*	38.19	L	F	Abrahams, Ammaarah	19	UWCA CPT	22/09/2017 USSA Swimming Championships 2017
30*	38.19	L	F	Manners-Wood, Phillippa	21	MATI CED	22/09/2017 USSA Swimming Championships 2017
32	38.23	L	F	Hess, Bernitia	22	MATI CED	22/09/2017 USSA Swimming Championships 2017

Individual Top Times

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
33	38.37	L	F	Booth, Sanchia	19	TWSA NMA	18/08/2017 Nedbank Madibaz Swim Meet
34*	38.66	L	F	Hesse, Megan	23	PAC FSH	06/12/2017 NTS Championships 2017
34*	38.66	L	F	Jorgensen, Sarah	21	NMMU NMA	18/08/2017 Nedbank Madibaz Swim Meet
36	38.84	L	F	Labuschagne, Pierrette	46	CSA EZD	24/11/2017 Mpumalanga Championships 2017
37	39.04	L	F	Taylor, Helen	20	AZON ETH	18/08/2017 KZN Beavers Winter LongCourse Cha
38	39.17	L	F	Beste, Esthé	30	HREF BPD	07/12/2017 NWS Championships 2017/2018
39	39.22	L	F	Ntsono, Nepo	20	NMMU NMA	18/08/2017 Nedbank Madibaz Swim Meet
40	39.56	L	P	Fourie, Jacoba	20	NWUC KKD	03/07/2017 Sasol National Championship 2017
41	39.69	L	F	Dauvellier, Odile	24	PSC FSH	22/09/2017 NTS September 2017 Age Group Gala
42	40.05	L	F	Cronjé, Eliz-Maric	20	MATI CED	22/09/2017 USSA Swimming Championships 2017
43	40.78	L	F	De Jager, Alida	19	BLSS MAN	16/02/2018 Mangaung Aquatics Sprint Champions
44	40.90	L	F	Esterhuizen, Michele	45	CSA EZD	24/11/2017 Mpumalanga Championships 2017
45	41.02	L	F	Osborne, Tanya	45	FEMS SW	18/11/2017 EDEN 3rd A-League Gala 2017
46	41.44	L	F	Gray, Bianca	19	BLSS MAN	03/07/2017 Sasol National Championship 2017
47	41.60	L	F	Marriott, Kirsten	21	BEST NMA	30/06/2017 PEA Winter Gala 2017
48	42.54	L	F	Lewis, Nicole	22	VUM EZD	24/11/2017 Mpumalanga Championships 2017
49	42.82	L	F	Venter, Jeanine	38	HARB BPD	07/12/2017 NWS Championships 2017/2018
50	43.26	L	F	Luyt, Danielle	22	NWUC KKD	22/09/2017 USSA Swimming Championships 2017
51	43.46	L	F	Wilson, Kaydene	19	SUPE JHB	20/01/2018 CGA Level 3 + Last Chance galas
52	43.58	L	F	Austin, Shannon	25	UWCA CPT	22/09/2017 USSA Swimming Championships 2017
53	43.64	L	F	Groenewald, Annorina	37	KALA JTD	10/11/2017 NCASA Age Group 2 Ktu 2017
54	43.99	L	F	Blaauw, Samantha	22	NWUC KKD	07/12/2017 NWS Championships 2017/2018
55	44.04	L	F	Gowar, Micaela	20	BLSS MAN	28/11/2017 FS Champs
56	45.15	L	F	Schutte, Anmarie	19	LOTTA WBD	09/09/2017 Limpopo Age Group 3
57	45.82	L	F	Naudé, Adri-Marlé	45	TLAC BPD	14/10/2017 NWS Age Group 1 1718
58	46.11	L	F	Snyders, Maritza	21	BEAV ETH	18/08/2017 KZN Beavers Winter LongCourse Cha
59	46.45	L	P	Botha, Maryke	20	NWUC KKD	03/07/2017 Sasol National Championship 2017
60	49.08	L	F	van Wyk, Lee-Anne	41	HARB BPD	07/12/2017 NWS Championships 2017/2018
61	50.69	L	F	Van Biljon, DEIDRE	45	VICT EKU	03/07/2017 Sasol National Championship 2017
62	50.95	L	F	Wilken, Chantel	26	PENG FBD	14/10/2017 Pengiun Aquatics Gala 2017
63	51.27	L	F	O'Neill, Melisa	CR	TSSC ETH	29/07/2017 eThekwin Age Group 4
64	51.51	L	F	Fowler, Cornelia	37	KLOO ETH	29/07/2017 eThekwin Age Group 4
65	51.55	L	F	Marx, Jaclyn	36	CSA EZD	24/11/2017 Mpumalanga Championships 2017
66	53.52	L	F	Sabeka, Bongekile	19	MDOL JHB	08/12/2017 CGA Championships 2017
67	56.02	L	F	Oosthuizen, Rentia	26	INFA NMA	09/02/2018 6th A League Gala
68	57.24	L	F	van Wyk, Talita	38	HARB BPD	07/12/2017 NWS Championships 2017/2018
69	59.98	L	F	Vd Merwe, Mia	19	CUDU CPT	29/09/2017 Aquabear Invitational Meet
70	1:01.25	L	F	Farrelly, Helena	55	FEMS SW	04/02/2018 EDEN 6th A-League Gala 2018
71	1:04.85	L	F	de Clercq, Johandi	26	NEWS ADJ	13/01/2018 Amajuba District Long Course Champi
72	1:05.73	L	F	Ramathula, Bronwyn	28	BEAV ETH	18/08/2017 KZN Beavers Winter LongCourse Cha
73	1:12.34	L	F	McKay, Tracy	48	SGUL ETH	16/12/2017 KZNA Premier Champs & Commonwe
74	1:27.42	L	F	Kock, Marne	20	RBUR BPD	20/01/2018 NWS Age Group 4 1718
75	1:36.82	L	F	Ings, Patricia	49	SGUL ETH	29/07/2017 eThekwin Age Group 4
Women 100 Breast							
1	1:06.41	L	F	Schoenmaker, Tatjana	20	RSA	05/04/2018 FINA World Cup -Commonwealth gam
2	1:10.65	L	P	Visagie, Emily	20	RSA	05/04/2018 FINA World Cup -Commonwealth gam
3	1:11.82	L	F	Heymans, Maria	19	KZNA ETH	23/04/2018 Sa National Aquatic Championship 20
4	1:14.24	L	P	Parker, Brie	21	BEAV ETH	16/12/2017 KZNA Premier Champs & Commonwe
5	1:15.17	L	F	Van Niekerk, Johanna	19	PAC FSH	06/12/2017 NTS Championships 2017
6	1:15.67	L	F	Hodgson, Nakita	23	SGUL ETH	16/12/2017 KZNA Premier Champs & Commonwe
7	1:15.98	L	F	Whelan, Jessica	21	MDOL JHB	20/01/2018 CGA Level 3 + Last Chance galas
8	1:16.49	L	F	Van Zyl, Tove	20	NTS FSH	02/02/2018 NTS Invitational Gala 2018
9	1:16.88	L	P	Anderson, Erin	19	NTS FSH	23/04/2018 Sa National Aquatic Championship 20
10	1:17.37	L	F	Rolt, Claire	36	COEL FSH	06/12/2017 NTS Championships 2017
11	1:18.19	L S	F	Randle, Samantha	19	TUKS FSH	03/07/2017 Sasol National Championship 2017
12	1:18.49	L	P	Diaz, Michaela	21	TUKS FSH	06/12/2017 NTS Championships 2017
13	1:18.79	L	F	Kleynhans, Licinda	21	NWUC KKD	22/09/2017 USSA Swimming Championships 2017
14	1:18.88	L	P	Frylinck, Marne	19	SGUL ETH	16/02/2018 2018 Grand Prix Invitational Swimming
15	1:19.30	L	F	Meier, Marne'	19	PAC FSH	06/12/2017 NTS Championships 2017
16	1:19.67	L	F	De Beer, Jessica	23	FLOD JHB	23/09/2017 CGA Level 3/SANJ gala No 1

Individual Top Times

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
17	1:19.76	L	F	Truter, Caitlin	21	MATI	CED 01/12/2017 WC SUMMER CHAMPS
18	1:20.69	L	F	Vrey, Nastasiya	19	NTS	FSH 02/02/2018 NTS Invitational Gala 2018
19	1:21.24	L	F	Blaauw, Nadia	20	NWS	04/11/2017 Fezile Dabi Inter District Gala
20	1:22.00	L	F	Rangraze, Amarah	19	ATLA	JHB 03/04/2018 SA Level 3 Regional Age Group Chan
21	1:22.13	L	F	Taylor, Helen	20	AZON	ETH 11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
22	1:22.49	L	F	Scholtz, Renelda	21	UWCA	CPT 11/11/2017 WC Qualifying Gala 2
23	1:22.81	L	F	Nieuwstad, Michelle	24	MATI	CED 09/09/2017 Western Cape Winelands Summer 2
24	1:23.97	L	F	Jorgensen, Sarah	21	NMMU	NMA 22/09/2017 USSA Swimming Championships 2017
25	1:25.41	L	F	Jack, Khanya	20	AQUB	NMA 18/08/2017 Nedbank Madibaz Swim Meet
26	1:25.98	L	F	Abrahams, Ammaarah	19	UWCA	CPT 22/09/2017 USSA Swimming Championships 2017
27	1:26.09	L	F	Cook, Wendy	47	EACS	ETH 18/11/2017 KCDA December Age Group Gala
28	1:26.19	L	F	Cronjè, Eliz-Maric	20	MATI	CED 22/09/2017 USSA Swimming Championships 2017
29	1:26.40	L	F	Hess, Bernitia	22	MATI	CED 22/09/2017 USSA Swimming Championships 2017
30	1:26.56	L	F	Labuschagne, Pierrette	46	CSA	EZD 24/11/2017 Mpumalanga Championships 2017
31	1:26.87	L	F	Ferreira, Alani	19	KZNA	ETH 23/04/2018 Sa National Aquatic Championship 20
32	1:27.18	L	F	De Lange, Caroux	19	SAAW	CPT 09/09/2017 Western Cape SL Summer 2
33	1:27.70	L	F	Ntsono, Nepo	20	NMMU	NMA 03/02/2018 Uitenhage Swimming Club Gala 2018
34	1:28.01	L	P	Wheals, Camryn	20	SEAL	UMD 23/06/2017 SFTL International Classic 2017
35	1:29.28	L	P	Pieterse, Denita-Sue	19	AZON	ETH 11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
36	1:29.71	L	F	Theart, Esmari	22	KALA	JTD 07/12/2017 NCASA Champs Dec 2017
37	1:30.92	L S	F	Gray, Bianca	19	BLSS	MAN 03/07/2017 Sasol National Championship 2017
38	1:31.19	L	F	Beste, Esthé	30	HREF	BPD 07/12/2017 NWS Championships 2017/2018
39	1:31.42	L	F	Osborne, Tanya	45	FEMS	SW 24/11/2017 Eden LC Champs 2017
40	1:31.65	L	F	Billson, Natalie	20	MATI	CED 22/09/2017 USSA Swimming Championships 2017
41	1:32.39	L	F	Esterhuizen, Michele	45	CSA	EZD 29/09/2017 MP AGE GROUP 1 - 29-30 SEPTEMB
42	1:32.48	L	F	De Jager, Alida	19	BLSS	MAN 16/02/2018 Mangaung Aquatics Sprint Champions
43	1:33.75	L	F	Le Roux, Elizabeth	25	COEL	FSH 06/12/2017 NTS Championships 2017
44	1:36.20	L	F	Venter, Jeanine	38	NWS	BPD 04/11/2017 Fezile Dabi Inter District Gala
45	1:36.75	L	F	Luyt, Danielle	22	NWUC	KKD 22/09/2017 USSA Swimming Championships 2017
46	1:38.30	L	F	Naudé, Adri-Marlé	45	TLAC	BPD 18/11/2017 NWS Age Group 3 2017/2018
47	1:38.62	L	F	Austin, Shannon	25	UWCA	CPT 22/09/2017 USSA Swimming Championships 2017
48	1:39.93	L	F	Gowar, Micaela	20	BLSS	MAN 16/02/2018 Mangaung Aquatics Sprint Champions
49	1:41.52	L	F	Wilson, Kaydene	19	SUPE	JHB 20/01/2018 CGA Level 3 + Last Chance galas
50	1:41.62	L	F	Naude, Nina	45	WATR	JHB 30/09/2017 Waterborn Invitational 2017
51	1:41.82	L	F	Thysse, Brigitte	28	SWIFT	EKU 04/11/2017 EGA Summer 3 2017
52	1:43.47	L	F	Schutte, Anmarie	19	LOTTA	WBD 09/09/2017 Limpopo Age Group 3
53	1:48.94	L	F	Fowler, Cornelia	37	KZNA	ETH 23/04/2018 Sa National Aquatic Championship 20
54	1:50.02	L	F	Sabeka, Bongekile	19	MDOL	JHB 08/12/2017 CGA Championships 2017
55	1:50.39	L S	F	Van Biljon, DEIDRE	45	VICT	EKU 03/07/2017 Sasol National Championship 2017
56	1:51.31	L	F	van der Walt, Jedidja	19	NWUC	KKD 07/12/2017 NWS Championships 2017/2018
57	1:51.45	L	F	van Wyk, Lee-Anne	41	HARB	BPD 18/11/2017 NWS Age Group 3 2017/2018
58	1:51.49	L	F	O'Neill, Melisa	CR	TSSC	ETH 18/08/2017 KZN Beavers Winter LongCourse Cha
59	1:53.42	L	F	O'Neil, Melisa	AR	TSSC	ETH 27/05/2017 eThekwin Age Group 1
60	2:02.12	L	F	Murray, Claire	27	BEAV	ETH 20/01/2018 eThekwin Age Group 9.
61	2:03.19	L	F	Msomi, Thobile	CN	ASC	ILD 05/11/2017 eThekwin Level 1 Program 8
62	2:03.35	L	F	van Wyk, Talita	38	HARB	BPD 14/10/2017 NWS Age Group 1 1718
63	2:07.48	L	F	Oosthuizen, Rentia	26	INFA	NMA 09/02/2018 6th A League Gala
64	2:19.93	L	F	Vd Merwe, Mia	19	CUDU	CPT 29/09/2017 Aquabear Invitational Meet
65	2:52.11	L	F	McKay, Tracy	48	SGUL	ETH 16/12/2017 KZNA Premier Champs & Commonwe
66	3:29.27	L	F	Ings, Patricia	49	SGUL	ETH 16/12/2017 KZNA Premier Champs & Commonwe
Women 200 Breast							
1	2:22.02	L	F	Schoenmaker, Tatjana	20	RSA	05/04/2018 FINA World Cup -Commonwealth gam
2	2:28.37	L	P	Visagie, Emily	20	RSA	05/04/2018 FINA World Cup -Commonwealth gam
3	2:35.81	L	P	Ross, Marlies	20	PSC	FSH 16/12/2017 KZNA Premier Champs & Commonwe
4	2:36.76	L	F	Heymans, Maria	19	KZNA	ETH 23/04/2018 Sa National Aquatic Championship 20
5	2:42.74	L	F	Parker, Brie	21	BEAV	ETH 11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
6	2:44.44	L	S	Anderson, Erin	19	NTS	FSH 23/04/2018 Sa National Aquatic Championship 20
7	2:45.56	L S	P	Van Niekerk, Johanna	19	PAC	FSH 06/12/2017 NTS Championships 2017
8	2:46.01	L	F	Frylinck, Marne	19	SGUL	ETH 16/02/2018 2018 Grand Prix Invitational Swimming
9	2:47.76	L	P	Hodgson, Nakita	23	SGUL	ETH 13/06/2017 2017 Mare Nostrum Barcelona

Individual Top Times

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
10	2:50.85	L	F	Randle, Samantha	19	TUKS	FSH 03/07/2017 Sasol National Championship 2017
11	2:52.43	L	F	De Beer, Jessica	23	FLOD	JHB 23/09/2017 CGA Level 3/SANJ gala No 1
12	2:52.94	L	F	Diaz, Michaela	21	TUKS	FSH 22/09/2017 USSA Swimming Championships 2017
13	2:53.23	L	F	Blaauw, Nadia	20	NWUC	KKD 07/12/2017 NWS Championships 2017/2018
14	2:53.45	L	F	Truter, Caitlin	21	MATI	GED 01/12/2017 WC SUMMER CHAMPS
15	2:55.97	L	F	Kleynhans, Licinda	21	NWUC	KKD 28/10/2017 NWS Age Group 2 1718
16	2:59.44	L	F	Taylor, Helen	20	AZON	ETH 11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
17	3:00.13	L S	F	Meier, Marne'	19	PAC	FSH 06/12/2017 NTS Championships 2017
18	3:00.95	L	F	Scholtz, Renelda	21	UWCA	CPT 01/12/2017 WC SUMMER CHAMPS
19	3:04.22	L	F	Labuschagne, Pierrette	46	CSA	EZD 24/11/2017 Mpumalanga Championships 2017
20	3:06.94	L	F	Hess, Bernitia	22	MATI	GED 22/09/2017 USSA Swimming Championships 2017
21	3:07.23	L	P	Rangraze, Amarah	19	ATLA	JHB 03/04/2018 SA Level 3 Regional Age Group Chan
22	3:09.55	L	F	Jorgensen, Sarah	21	NMMU	NMA 22/09/2017 USSA Swimming Championships 2017
23	3:10.54	L	F	Abrahams, Ammaarah	19	UWCA	CPT 22/09/2017 USSA Swimming Championships 2017
24	3:11.22	L	F	Cook, Wendy	47	EACS	ETH 27/01/2018 Ushaka Championship Gala 2018
25	3:12.94	L	F	Gray, Bianca	19	BLSS	MAN 03/07/2017 Sasol National Championship 2017
26	3:13.43	L	F	Cronjè, Eliz-Maric	20	MATI	GED 22/09/2017 USSA Swimming Championships 2017
27	3:14.84	L	F	Ntsono, Nepo	20	NMMU	NMA 18/08/2017 Nedbank Madibaz Swim Meet
28	3:16.63	L	F	De Jager, Alida	19	BLSS	MAN 20/01/2018 Super Seals Gala
29	3:18.70	L	F	Blaauw, Samantha	22	NWUC	KKD 07/12/2017 NWS Championships 2017/2018
30	3:22.09	L	F	Dyantyi, Bathandwa	20	AQUA	BUF 24/11/2017 BCA Championships 2017
31	3:22.34	L	F	Fourie, Jacoba	20	NWS	02/02/2018 NTS Invitational Gala 2018
32	3:28.33	L	F	Luyt, Danielle	22	NWUC	KKD 20/01/2018 NWS Age Group 4 1718
33	3:43.69	L	F	Thysse, Brigitte	28	SWIFT	EKU 14/10/2017 EGA Summer 2 2017
34	3:46.27	L	F	Gowar, Micaela	20	BLSS	MAN 20/01/2018 Super Seals Gala
35	3:54.60	L	F	Fowler, Cornelia	37	KLOO	ETH 18/08/2017 KZN Beavers Winter LongCourse Cha
36	3:55.41	L	F	O'Neill, Melisa	CR	TSSC	ETH 18/08/2017 KZN Beavers Winter LongCourse Cha
37	3:55.97	L	P	Van Biljon, DEIDRE	45	VICT	EKU 03/07/2017 Sasol National Championship 2017
38	4:00.39	L	F	O'Neil, Melisa	AR	TSSC	ETH 02/09/2017 eThekwini Age Group 6
39	4:19.55	L	F	Oosthuizen, Rentia	26	INFA	NMA 09/02/2018 6th A League Gala
40	4:34.90	L	F	Murray, Claire	27	BEAV	ETH 18/08/2017 KZN Beavers Winter LongCourse Cha
41	4:53.52	L	F	Vd Merwe, Mia	19	CUDU	CPT 29/09/2017 Aquabear Invitational Meet
Women 50 Fly							
1	26.68	L	F	Gallagher, Erin	19	SGUL	ETH 16/12/2017 KZNA Premier Champs & Commonwe
2	27.52	L	S	Chelius, Emma	21	RSA	05/04/2018 FINA World Cup -Commonwealth gam
3	27.71	L	F	McLean-Leonard, Hannah	19	WSTV	ETH 11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
4	28.85	L	F	McWilliam, Danica	22	CGA	JHB 23/04/2018 Sa National Aquatic Championship 20
5	29.14	L	F	van Biljon, Courtney	19	NWUC	KKD 11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
6	29.15	L	F	Wheals, Camryn	20	SEAL	UMD 11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
7	29.57	L	F	Price, Tamlyn	23	AQUB	NMA 30/06/2017 PEA Winter Gala 2017
8	29.74	L	F	Lovemore, Tayla	23	SEAL	UMD 02/06/2017 2017 SE GPAC Tom Lalor Invitational
9	29.79	L	F	Van Niekerk, Johanna	19	PAC	FSH 06/12/2017 NTS Championships 2017
10	29.87	L	P	Viljoen, Lizanne	19	NTS	FSH 23/04/2018 Sa National Aquatic Championship 20
11	29.97	L	F	Van Zyl, Tove	20	TUKS	FSH 06/12/2017 NTS Championships 2017
12	30.04	L	F	Loubser, Cornell	23	NWUC	KKD 22/09/2017 USSA Swimming Championships 2017
13	30.06	L	F	Hesse, Megan	23	PAC	FSH 06/12/2017 NTS Championships 2017
14	30.10	L	F	Tarpey, Tatum	19	SGUL	ETH 16/12/2017 KZNA Premier Champs & Commonwe
15	30.26	L	F	Victor, Thilde	36	VICT	EKU 02/09/2017 Adrian Grafe Sprint Gala 2017
16	30.54	L	F	Jacobs, Marli	23	MATI	GED 22/09/2017 USSA Swimming Championships 2017
17	30.59	L	F	Lopes, Demi	20	TUKS	FSH 22/09/2017 USSA Swimming Championships 2017
18	30.63	L	F	Bahlmann, Tina	20	TUKS	FSH 22/09/2017 USSA Swimming Championships 2017
19	30.64	L	P	Saaiman, Cayla	20	TUKS	FSH 03/07/2017 Sasol National Championship 2017
20	30.66	L	F	Frylinck, Marne	19	SGUL	ETH 10/06/2017 eThekwini Age Group 2
21	30.72	L	F	Dauvellier, Odile	24	PSC	FSH 22/09/2017 NTS September 2017 Age Group Gala
22	30.75	L	F	Boje, Monica	20	TYGE	CPT 01/12/2017 WC SUMMER CHAMPS
23	30.83	L	F	Parker, Brie	21	BEAV	ETH 11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
24	30.87	L	P	Goodhead, Julia	19	CGA	JHB 23/04/2018 Sa National Aquatic Championship 20
25	30.96	L	F	Odendaal, Eune	20	TUKS	FSH 22/09/2017 USSA Swimming Championships 2017
26	31.18	L	F	Blaauw, Samantha	22	NWUC	KKD 03/07/2017 Sasol National Championship 2017
27	31.23	L	F	De Vos, Anél	20	TUKS	FSH 01/12/2017 Limpopo Champs

Individual Top Times

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
28	31.38	L	F	Le Roux, Carmen	20	TUKS	FSH 03/07/2017 Sasol National Championship 2017
29	31.46	L	F	Dyantyi, Bathandwa	20	AQUA	BUF 30/06/2017 PEA Winter Gala 2017
30	31.50	L S	F	Rolt, Claire	36	COEL	FSH 06/12/2017 NTS Championships 2017
31	31.57	L	P	Meier, Marne'	19	PAC	FSH 11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
32*	31.62	L	F	Rangraze, Amarah	19	ATLA	JHB 03/04/2018 SA Level 3 Regional Age Group Chan
32*	31.62	L	F	Jack, Khanya	20	AQUB	NMA 18/08/2017 Nedbank Madibaz Swim Meet
34	31.66	L	F	Randle, Samantha	19	TUKS	FSH 03/07/2017 Sasol National Championship 2017
35	31.78	L	F	Vrey, Nastasiya	19	PSC	FSH 13/10/2017 NTS October 2017 Age Group Gala Le
36	31.87	L	P	Kleynhans, Licinda	21	NWUC	KKD 03/07/2017 Sasol National Championship 2017
37	31.96	L	F	Nieuwstad, Michelle	24	MATI	GED 09/09/2017 Western Cape Winelands Summer 2
38	32.15	L	F	Esterhuizen, Michele	45	CSA	EZD 24/11/2017 Mpumalanga Championships 2017
39	32.35	L	P	Gray, Bianca	19	BLSS	MAN 03/07/2017 Sasol National Championship 2017
40	32.50	L	F	Gardiner, Jamie	19	TUKS	FSH 22/09/2017 USSA Swimming Championships 2017
41	32.59	L S	F	Gowar, Micaela	20	BLSS	MAN 28/11/2017 FS Champs
42	32.62	L	F	Ntsono, Nepo	20	NMMU	NMA 22/09/2017 USSA Swimming Championships 2017
43	33.23	L	F	Osborne, Tanya	45	FEMS	SW 04/02/2018 EDEN 6th A-League Gala 2018
44	33.29	L	F	Shaw, Rabia	19	PAQU	GED 24/11/2017 Eden LC Champs 2017
45	33.31	L	F	Fourie, Jacoba	20	NWUC	KKD 20/01/2018 NWS Age Group 4 1718
46	33.33	L	F	Stevenson, Rachel	20	MATI	GED 22/09/2017 USSA Swimming Championships 2017
47	33.39	L	F	Hess, Bernitia	22	MATI	GED 22/09/2017 USSA Swimming Championships 2017
48	33.41	L	F	Taylor, Helen	20	AZON	ETH 18/08/2017 KZN Beavers Winter LongCourse Cha
49	33.46	L	F	Beste, Esthé	30	HREF	BPD 07/12/2017 NWS Championships 2017/2018
50	33.58	L	F	De Souza, Shannon	19	ACSA	ETH 18/08/2017 KZN Beavers Winter LongCourse Cha
51	33.69	L	F	Cook, Wendy	47	EACS	ETH 18/11/2017 KCDA December Age Group Gala
52	33.70	L S	F	De Jager, Alida	19	BLSS	MAN 28/11/2017 FS Champs
53	34.09	L	F	Lewis, Nicole	22	VUM	EZD 24/11/2017 Mpumalanga Championships 2017
54	34.51	L	F	Groenewald, Annorina	37	KALA	JTD 20/10/2017 NCASA Sprints 2017
55	34.63	L	F	Finch, Nina	21	UWCA	CPT 22/09/2017 USSA Swimming Championships 2017
56	34.79	L	F	Theart, Esmari	22	KALA	JTD 07/12/2017 NCASA Champs Dec 2017
57	36.01	L	F	Adam, Wendy	49	WATR	JHB 30/09/2017 Waterborn Invitational 2017
58	37.80	L	F	Visser, Hermé	38	TLAC	BPD 07/12/2017 NWS Championships 2017/2018
59	37.88	L	P	Boucher, Kristy	25	ONYX	EKU 06/12/2017 EGA Championships 2017
60	38.41	L	F	Bosshoff, Anneke	45	HARB	BPD 07/12/2017 NWS Championships 2017/2018
61	38.84	L	F	Venter, Jeanine	38	HARB	BPD 14/10/2017 NWS Age Group 1 1718
62	40.03	L	F	Frenzel, Petra	48	EACS	ETH 27/01/2018 Ushaka Championship Gala 2018
63	40.90	L	F	Luyt, Danielle	22	NWUC	KKD 20/01/2018 NWS Age Group 4 1718
64	41.52	L	F	van der Walt, Jedidja	19	NWUC	KKD 07/12/2017 NWS Championships 2017/2018
65	41.69	L	F	Hendricks, Geena	20	UWCA	CPT 22/09/2017 USSA Swimming Championships 2017
66	41.78	L	F	Schutte, Anmarie	19	LOTTA	WBD 09/09/2017 Limpopo Age Group 3
67	42.66	L S	F	Le Roux, Elizabeth	25	COEL	FSH 06/12/2017 NTS Championships 2017
68	46.23	L	F	van Wyk, Lee-Anne	41	HARB	BPD 07/12/2017 NWS Championships 2017/2018
69	47.69	L	F	de Clercq, Johandi	26	NEWS	ADJ 13/01/2018 Amajuba District Long Course Champi
70	52.77	L	F	O'Neill, Melisa	CR	TSSC	ETH 18/08/2017 KZN Beavers Winter LongCourse Cha
71	53.12	L	F	van Wyk, Talita	38	HARB	BPD 14/10/2017 NWS Age Group 1 1718
72	53.40	L	F	Ramathula, Bronwyn	28	BEAV	ETH 16/12/2017 KZNA Premier Champs & Commonwe
73	53.68	L	P	Van Biljon, DEIDRE	45	VICT	EKU 03/07/2017 Sasol National Championship 2017
74	55.84	L	F	Oosthuizen, Rentia	26	INFA	NMA 09/02/2018 6th A League Gala
75	59.58	L	F	Farrelly, Helena	55	FEMS	SW 04/02/2018 EDEN 6th A-League Gala 2018
76	59.70	L	F	McKay, Tracy	48	SGUL	ETH 16/12/2017 KZNA Premier Champs & Commonwe
77	1:08.01	L	F	Murray, Claire	27	BEAV	ETH 08/09/2017 eThekwini Action Swimming Champs 2
78	2:02.50	L	F	Ings, Patricia	49	SGUL	ETH 18/08/2017 KZN Beavers Winter LongCourse Cha
Women 100 Fly							
1	58.93	L	F	Gallagher, Erin	19	SGUL	ETH 16/12/2017 KZNA Premier Champs & Commonwe
2	1:03.77	L S	P	McLean-Leonard, Hannah	19	WSTV	ETH 11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
3	1:04.97	L	P	Viljoen, Lizanne	19	NTS	FSH 23/04/2018 Sa National Aquatic Championship 20
4	1:05.35	L S	P	Wheals, Camryn	20	SEAL	UMD 11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
5	1:05.44	L	F	Visagie, Emily	20	SGUL	ETH 20/01/2018 eThekwini Age Group 9.
6	1:05.93	L	F	Jacobs, Marli	23	MATI	GED 22/09/2017 USSA Swimming Championships 2017
7	1:06.56	L	F	Whelan, Jessica	21	MDOL	JHB 20/01/2018 CGA Level 3 + Last Chance galas
8	1:07.00	L	F	Van Niekerk, Nathania	19	NTS	FSH 02/02/2018 NTS Invitational Gala 2018

Individual Top Times

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
9	1:07.10	L	F	Loubser, Cornell	23	NWUC KKD	07/12/2017 NWS Championships 2017/2018
10	1:07.15	L	F	Boje, Monica	20	TYGE CPT	11/11/2017 WC Qualifying Gala 2
11	1:07.22	L S	F	Van Zyl, Tove	20	TUKS FSH	06/12/2017 NTS Championships 2017
12	1:07.96	L S	F	Hesse, Megan	23	PAC FSH	06/12/2017 NTS Championships 2017
13	1:08.41	L	F	Bellingan, Kristin	20	SGUL ETH	18/08/2017 KZN Beavers Winter LongCourse Cha
14	1:08.43	L	F	Billson, Lauren	23	MATI CED	22/09/2017 USSA Swimming Championships 2017
15	1:08.71	L	F	Blaauw, Samantha	22	NWUC KKD	28/10/2017 NWS Age Group 2 1718
16	1:08.73	L S	F	Le Roux, Carmen	20	TUKS FSH	03/07/2017 Sasol National Championship 2017
17	1:08.99	L	F	Els, Tarryn	21	PEAS NMA	30/06/2017 PEA Winter Gala 2017
18	1:09.17	L	F	Price, Tamlyn	23	AQUB NMA	30/06/2017 PEA Winter Gala 2017
19	1:09.28	L S	F	van Biljon, Courtney	19	NWUC KKD	11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
20	1:09.51	L	F	Lopes, Demi	20	TUKS FSH	22/09/2017 USSA Swimming Championships 2017
21	1:10.27	L	F	Kleynhans, Licinda	21	NWUC KKD	14/10/2017 NWS Age Group 1 1718
22	1:10.40	L	F	Gardiner, Jamie	19	TUKS FSH	22/09/2017 USSA Swimming Championships 2017
23	1:10.47	L S	F	Randle, Samantha	19	TUKS FSH	03/07/2017 Sasol National Championship 2017
24	1:10.62	L	F	Weber, Michelle	21	ASA CPT	13/01/2018 MPUMALANGA GRAND PRIX 13-14
25	1:10.65	L	F	Jack, Khanya	20	AQUB NMA	18/08/2017 Nedbank Madibaz Swim Meet
26	1:10.97	L S	F	Van Niekerk, Johanna	19	PAC FSH	06/12/2017 NTS Championships 2017
27	1:11.47	L	F	Nordengen-Corris, Sasha-Lee	20	SGUL ETH	13/01/2018 MPUMALANGA GRAND PRIX 13-14
28	1:13.06	L	F	Dyantyi, Bathandwa	20	AQUA BUF	29/09/2017 Aquabear Invitational Meet
29	1:13.26	L S	F	Gray, Bianca	19	BLSS MAN	03/07/2017 Sasol National Championship 2017
30	1:13.29	L	F	Joseph, Demi	19	MATI CED	22/09/2017 USSA Swimming Championships 2017
31	1:13.87	L	F	Esterhuizen, Michele	45	CSA EZD	24/11/2017 Mpumalanga Championships 2017
32	1:14.06	L	F	Shaw, Rabia	19	PAQU CED	24/11/2017 Eden LC Champs 2017
33	1:14.21	L	F	Victor, Thilde	36	EGA EKU	02/02/2018 NTS Invitational Gala 2018
34	1:14.74	L	F	Ntsono, Nepo	20	NMMU NMA	03/02/2018 Uitenhage Swimming Club Gala 2018
35	1:14.91	L	F	Rangraze, Amarah	19	ATLA JHB	08/12/2017 CGA Championships 2017
36	1:15.06	L	F	Hess, Bernitia	22	MATI CED	22/09/2017 USSA Swimming Championships 2017
37	1:15.07	L	F	Osborne, Tanya	45	FEMS SW	24/11/2017 Eden LC Champs 2017
38	1:15.63	L	F	Blaauw, Nadia	20	NWUC KKD	28/10/2017 NWS Age Group 2 1718
39	1:16.77	L S	F	De Jager, Alida	19	BLSS MAN	28/11/2017 FS Champs
40	1:17.87	L	F	Truter, Caitlin	21	MATI CED	07/10/2017 WC Winelands Summer 3
41	1:18.11	L	F	Jorgensen, Sarah	21	NMMU NMA	22/09/2017 USSA Swimming Championships 2017
42	1:19.35	L	F	Gowar, Micaela	20	BLSS MAN	16/02/2018 Mangaung Aquatics Sprint Champions
43	1:21.99	L	F	Kriel, Cristelle	23	NSA EZD	02/12/2017 World Para Swimming Champs-Mexico
44	1:25.51	L	F	Ferreira, Alani	19	MATI CED	02/12/2017 World Para Swimming Champs-Mexico
45	1:36.27	L	F	Boucher, Kristy	25	ONYX EKU	16/09/2017 EGA Summer 1
46	1:57.11	L	F	O'Neill, Melisa	CR	TSSC ETH	18/08/2017 KZN Beavers Winter LongCourse Cha
47	2:01.11	L	F	van der Walt, Jedidja	19	NWUC KKD	28/10/2017 NWS Age Group 2 1718
48	2:07.84	L	F	Ramathula, Bronwyn	28	BEAV ETH	16/12/2017 KZNA Premier Champs & Commonwe
49	2:21.60	L	F	Murray, Claire	27	BEAV ETH	20/01/2018 eThekweni Age Group 9.
Women 200 Fly							
1	2:22.90	L S	F	Visagie, Emily	20	SGUL ETH	16/12/2017 KZNA Premier Champs & Commonwe
2	2:25.26	L	F	Bellingan, Kristin	20	SGUL ETH	11/07/2017 TYR PRESTIGE CHAMPIONSHIPS 21
3	2:25.73	L	F	Viljoen, Lizanne	19	NTS FSH	23/04/2018 Sa National Aquatic Championship 20
4	2:25.85	L	F	Boje, Monica	20	TYGE CPT	01/12/2017 WC SUMMER CHAMPS
5	2:27.82	L	F	Le Roux, Carmen	20	TUKS FSH	03/07/2017 Sasol National Championship 2017
6	2:29.50	L	F	Jacobs, Marli	23	MATI CED	22/09/2017 USSA Swimming Championships 2017
7	2:30.48	L	F	Kat, Caitlin	25	MATI CED	22/09/2017 USSA Swimming Championships 2017
8	2:31.39	L	F	Loubser, Cornell	23	NWUC KKD	22/09/2017 USSA Swimming Championships 2017
9	2:31.62	L	F	De Souza, Shannon	19	ACSA ETH	08/09/2017 eThekweni Action Swimming Champs 2
10	2:35.87	L	F	Lopes, Demi	20	TUKS FSH	22/09/2017 USSA Swimming Championships 2017
11	2:36.26	L	F	Blaauw, Samantha	22	STDOM FDD	27/01/2018 4 + 1 Inter Provincial Gala 2017
12	2:37.85	L	F	Els, Tarryn	21	PEAS NMA	18/08/2017 Nedbank Madibaz Swim Meet
13	2:41.29	L	F	Gardiner, Jamie	19	TUKS FSH	22/09/2017 USSA Swimming Championships 2017
14	2:48.53	L	F	Jack, Khanya	20	AQUB NMA	05/08/2017 1st A League Gala 2017
15	2:53.38	L	F	Shaw, Rabia	19	PAQU CED	01/12/2017 WC SUMMER CHAMPS
16	3:00.00	L	F	Van Niekerk, Johanna	19	PAC FSH	22/09/2017 NTS September 2017 Age Group Gala
17	3:02.12	L	F	Ntsono, Nepo	20	NMMU NMA	22/09/2017 USSA Swimming Championships 2017
18	4:06.77	L	F	van der Walt, Jedidja	19	NWUC KKD	18/11/2017 NWS Age Group 3 2017/2018

Individual Top Times

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
Women 200 IM							
1	2:17.33 L	F	Ross, Marlies	20	PSC TSH	16/12/2017	KZNA Premier Champs & Commonwe
2	2:18.27 L	P	Visagie, Emily	20	RSA	05/04/2018	FINA World Cup -Commonwealth gam
3	2:19.57 L	P	Schoenmaker, Tatjana	20	TUKS TSH	16/12/2017	KZNA Premier Champs & Commonwe
4	2:19.67 L	F	Whelan, Jessica	21	MDOL JHB	16/12/2017	KZNA Premier Champs & Commonwe
5	2:21.93 L	S	Frylinck, Marne	19	KZNA ETH	23/04/2018	Sa National Aquatic Championship 20
6	2:23.12 L	S	Randle, Samantha	19	NTS TSH	23/04/2018	Sa National Aquatic Championship 20
7	2:26.11 L S	F	McLeod, Lindsay	23	SGUL ETH	11/07/2017	TYR PRESTIGE CHAMPIONSHIPS 21
8	2:26.81 L	P	Van Niekerk, Nathania	19	TUKS TSH	06/12/2017	NTS Championships 2017
9	2:27.07 L	S	Anderson, Erin	19	NTS TSH	23/04/2018	Sa National Aquatic Championship 20
10	2:29.11 L	F	Le Roux, Carmen	20	TUKS TSH	03/07/2017	Sasol National Championship 2017
11	2:29.60 L	F	Bellingan, Kristin	20	SGUL ETH	27/05/2017	eThekwini Age Group 1
12	2:31.25 L	P	McWilliam, Danica	22	SODO JHB	16/12/2017	KZNA Premier Champs & Commonwe
13	2:31.35 L S	F	Tarpey, Tatum	19	SGUL ETH	11/07/2017	TYR PRESTIGE CHAMPIONSHIPS 21
14	2:31.93 L	F	Blaauw, Nadia	20	STDOM FDD	27/01/2018	4 + 1 Inter Provincial Gala 2017
15	2:32.83 L	F	Parker, Brie	21	BEAV ETH	18/08/2017	KZN Beavers Winter LongCourse Cha
16	2:33.50 L	P	Hodgson, Nakita	23	SGUL ETH	16/12/2017	KZNA Premier Champs & Commonwe
17	2:33.64 L	F	Wheals, Camryn	20	SEAL UMD	23/06/2017	SFTL International Classic 2017
18	2:33.77 L	F	Billson, Lauren	23	MATI CED	22/09/2017	USSA Swimming Championships 2017
19	2:33.98 L	P	Vrey, Nastasiya	19	NTS TSH	23/04/2018	Sa National Aquatic Championship 20
20	2:34.06 L	F	Van Zyl, Tove	20	NTS TSH	02/02/2018	NTS Invitational Gala 2018
21	2:34.60 L	F	De Souza, Shannon	19	ACSA ETH	08/09/2017	eThekwini Action Swimming Champs 2
22	2:34.71 L	F	Saaiman, Cayla	20	TUKS TSH	03/07/2017	Sasol National Championship 2017
23	2:34.73 L	F	Kat, Caitlin	25	MATI CED	22/09/2017	USSA Swimming Championships 2017
24	2:34.92 L	F	Lopes, Demi	20	TUKS TSH	22/09/2017	USSA Swimming Championships 2017
25	2:35.46 L	F	Edwards, Jamie	19	ELEC JHB	23/09/2017	CGA Level 3/SANJ gala No 1
26	2:35.89 L	F	Kleynhans, Licinda	21	NWUC KKD	14/10/2017	NWS Age Group 1 1718
27	2:36.28 L	F	Price, Tamlyn	23	AQUB NMA	30/06/2017	PEA Winter Gala 2017
28	2:37.06 L	F	Nordengen-Corris, Sasha-Lee	20	UWCA CPT	22/09/2017	USSA Swimming Championships 2017
29	2:37.12 L	F	Dyantyi, Bathandwa	20	AQUA BUF	30/06/2017	PEA Winter Gala 2017
30	2:37.61 L	F	De Beer, Jessica	23	FLOD JHB	23/09/2017	CGA Level 3/SANJ gala No 1
31	2:37.77 L	F	Viljoen, Lizanne	19	TUKS TSH	03/11/2017	NTS November 2017 Age Group Gala
32	2:38.64 L	P	Heymans, Maria	19	SGUL ETH	16/02/2018	2018 Grand Prix Invitational Swimming
33	2:38.84 L	F	Loubser, Cornell	23	NWUC KKD	22/09/2017	USSA Swimming Championships 2017
34	2:38.87 L	P	Abrie, Tanya	22	WATR JHB	08/12/2017	CGA Championships 2017
35	2:40.03 L	F	Gray, Bianca	19	BLSS MAN	03/07/2017	Sasol National Championship 2017
36	2:41.67 L	F	Joseph, Demi	19	MATI CED	22/09/2017	USSA Swimming Championships 2017
37	2:41.83 L S	F	Taylor, Helen	20	AZON ETH	11/07/2017	TYR PRESTIGE CHAMPIONSHIPS 21
38	2:42.18 L	F	Shaw, Rabia	19	PAQU CED	27/01/2018	CTMA Qualifying Gala 3 - 27to28Jan'1
39	2:43.57 L	F	Jack, Khanya	20	AQUB NMA	05/08/2017	1st A League Gala 2017
40	2:43.83 L	F	Stevenson, Rachel	20	MATI CED	22/09/2017	USSA Swimming Championships 2017
41	2:44.36 L	F	De Jager, Alida	19	STDOM FDD	27/01/2018	4 + 1 Inter Provincial Gala 2017
42	2:44.77 L	F	Scholtz, Renelda	21	UWCA CPT	11/11/2017	WC Qualifying Gala 2
43	2:44.91 L	F	Goodhead, Julia	19	WATR JHB	20/01/2018	CGA Level 3 + Last Chance galas
44	2:46.62 L S	P	van Biljon, Courtney	19	NWUC KKD	11/07/2017	TYR PRESTIGE CHAMPIONSHIPS 21
45	2:48.50 L	F	Rangraze, Amarah	19	ATLA JHB	23/09/2017	CGA Level 3/SANJ gala No 1
46	2:49.30 L	F	Ferreira, Alani	19	KZNA ETH	23/04/2018	Sa National Aquatic Championship 20
47	2:49.33 L	F	Dooling, Nicole	19	MATI CED	11/11/2017	WC Qualifying Gala 2
48	2:50.36 L	F	Ntsono, Nepo	20	NMMU NMA	22/09/2017	USSA Swimming Championships 2017
49	2:50.57 L	F	Jorgensen, Sarah	21	NMMU NMA	22/09/2017	USSA Swimming Championships 2017
50	2:51.13 L	F	Finch, Nina	21	UWCA CPT	22/09/2017	USSA Swimming Championships 2017
51	2:54.55 L	F	Osborne, Tanya	45	FEMS SW	24/11/2017	Eden LC Champs 2017
52	2:56.97 L	F	Gowar, Micaela	20	BLSS MAN	16/02/2018	Mangaung Aquatics Sprint Champions
53	2:58.68 L S	P	Ng-yu-Tin, Georgja-Mai	19	MATI CED	11/07/2017	TYR PRESTIGE CHAMPIONSHIPS 21
54	2:59.01 L	P	Kriel, Cristelle	23	NSA EZD	02/12/2017	World Para Swimming Champs-Mexico
55	3:00.75 L	F	Esterhuizen, Michele	45	CSA EZD	13/10/2017	Uniswim Spar Summer Gala
56	3:04.40 L	F	Boucher, Kristy	25	ONYX EKU	17/02/2018	EGA Summer 5 2018
57	3:06.43 L	F	Groenewald, Annorina	37	KALA JTD	07/12/2017	NCASA Champs Dec 2017
58	3:10.75 L	F	Boshoff, Anneke	45	HARB BPD	18/11/2017	NWS Age Group 3 2017/2018
59	3:11.72 L	F	Lewis, Nicole	22	VUM EZD	24/11/2017	Mpumalanga Championships 2017

Individual Top Times

Number of Top Times: All Show Long Course Only

	Time		P/F/S	Name	Age/Yr				
60	3:13.05	L	F	Snyders, Maritza	21	BEAV	ETH	18/08/2017	KZN Beavers Winter LongCourse Cha
61	3:14.92	L	F	Venter, Jeanine	38	HARB	BPD	18/11/2017	NWS Age Group 3 2017/2018
62	3:15.61	L	F	Els, Tonelia	35	UPTS	ZMD	20/10/2017	NCASA Sprints 2017
63	3:28.78	L S	P	Thysse, Brigitte	28	SWIFT	EKU	06/12/2017	EGA Championships 2017
64	3:32.02	L	F	Hendricks, Geena	20	UWCA	CPT	22/09/2017	USSA Swimming Championships 2017
65	3:36.92	L	P	Fowler, Cornelia	37	KZNA	ETH	23/04/2018	Sa National Aquatic Championship 20
66	3:41.27	L	F	Van der Merwe, Corne	44	AQU	ADJ	10/12/2016	Amajuba District December Age Group
67	3:44.44	L	F	van Wyk, Lee-Anne	41	HARB	BPD	18/11/2017	NWS Age Group 3 2017/2018
68	3:45.21	L	F	van der Walt, Jedidja	19	NWUC	KKD	18/11/2017	NWS Age Group 3 2017/2018
69	3:51.07	L	F	O'Neill, Melisa	CR	TSSC	ETH	18/08/2017	KZN Beavers Winter LongCourse Cha
70	3:53.50	L	F	Sabeka, Bongekile	19	MDOL	JHB	28/10/2017	CGA Level 3/SANJ Gala No 2
71	3:55.82	L	F	Vd Merwe, Mia	19	CUDU	CPT	04/11/2017	WC SSL 4 METRO
72	4:13.84	L	F	Oosthuizen, Rentia	26	INFA	NMA	09/02/2018	6th A League Gala
73	4:17.80	L	F	Murray, Claire	27	BEAV	ETH	20/01/2018	eThekwini Age Group 9.
74	4:18.24	L	F	Ramathula, Bronwyn	28	BEAV	ETH	18/08/2017	KZN Beavers Winter LongCourse Cha
75	4:21.63	L	F	de Clercq, Johandi	26	NEWS	ADJ	13/01/2018	Amajuba District Long Course Champi
76	4:23.72	L	F	van Wyk, Talita	38	HARB	BPD	18/11/2017	NWS Age Group 3 2017/2018
77	4:43.55	L	F	McKay, Tracy	48	SGUL	ETH	16/12/2017	KZNA Premier Champs & Commonwe
78	6:55.56	L	F	Ings, Patricia	49	SGUL	ETH	16/12/2017	KZNA Premier Champs & Commonwe
Women 400 IM									
1	4:55.25	L	F	Whelan, Jessica	21	MDOL	JHB	16/12/2017	KZNA Premier Champs & Commonwe
2	4:55.30	L	P	Ross, Marlies	20	RSA		05/04/2018	FINA World Cup -Commonwealth gam
3	4:55.54	L	F	Randle, Samantha	19	NTS	FSH	23/04/2018	Sa National Aquatic Championship 20
4	5:00.50	L	F	Frylinck, Marne	19	KZNA	ETH	23/04/2018	Sa National Aquatic Championship 20
5	5:18.86	L	F	Le Roux, Carmen	20	TUKS	FSH	03/07/2017	Sasol National Championship 2017
6	5:19.58	L	P	Blaauw, Nadia	20	NWS		23/04/2018	Sa National Aquatic Championship 20
7	5:19.94	L	P	Anderson, Erin	19	NTS	FSH	23/04/2018	Sa National Aquatic Championship 20
8	5:26.11	L	F	Billson, Lauren	23	MATI	GED	22/09/2017	USSA Swimming Championships 2017
9	5:26.85	L	F	Saaiman, Cayla	20	TUKS	FSH	03/07/2017	Sasol National Championship 2017
10	5:29.43	L	F	Lopes, Demi	20	TUKS	FSH	22/09/2017	USSA Swimming Championships 2017
11	5:31.44	L	F	Kleynhans, Licinda	21	NWUC	KKD	11/07/2017	TYR PRESTIGE CHAMPIONSHIPS 21
12	5:42.37	L	F	Blaauw, Samantha	22	NWS		02/02/2018	NTS Invitational Gala 2018
13	5:50.21	L	F	De Jager, Alida	19	BLSS	MAN	20/01/2018	Super Seals Gala
14	5:50.29	L	F	Gray, Bianca	19	BLSS	MAN	03/07/2017	Sasol National Championship 2017
15	5:53.29	L	F	Dyantyi, Bathandwa	20	AQUA	BUF	29/09/2017	Aquabear Invitational Meet
16	5:55.78	L	F	Billson, Natalie	20	MATI	GED	22/09/2017	USSA Swimming Championships 2017
17	6:04.55	L	F	Diaz, Michaela	21	TUKS	FSH	22/09/2017	USSA Swimming Championships 2017
18	6:15.45	L	F	Osborne, Tanya	45	FEMS	SW	24/11/2017	Eden LC Champs 2017
19	8:00.86	L	F	O'Neill, Melisa	CR	TSSC	ETH	08/09/2017	eThekwini Action Swimming Champs 2
20	8:29.57	L	F	van der Walt, Jedidja	19	NWUC	KKD	28/10/2017	NWS Age Group 2 1718
21	12:34.25	L	F	Dixon, Therese	45	SRAY	BUF	24/11/2017	BCA Championships 2017