

SA National OWS Championship 2025-PE - 07/03/2025 to 09/03/2025

Team Entries - All Events

Aquatics Gauteng Ekhuruleni-EK

1 Baker, Benjamin - Male - Age: 16 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	42:15.00		
2 Beling, Hayley - Female - Age: 17 - Ind/Rel: 1 / 0			
#9 Women 12&O 3000 Free 3KM	43:16.00		
3 Caldwell, Matthew - Male - Age: 19 - Ind/Rel: 3 / 0			
#3 Men 13&O 1500 Free 1.5 KM	15:49.25	#4 Men 12&O 3000 Free 3 KM	34:36.00
#14 Men 14&O 5000 Free 5 KM	58:00.00		
4 Harding, Owen - Male - Age: 15 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	44:00.00		
5 Jackson, Amy - Female - Age: 16 - Ind/Rel: 1 / 0			
#9 Women 12&O 3000 Free 3KM	46:26.00		
6 Kimber, Byron - Male - Age: 24 - Ind/Rel: 3 / 0			
#3 Men 13&O 1500 Free 1.5 KM	16:42.00	#6 Men 14&O 10000 Free 10 KM	1:59:33.00
#14 Men 14&O 5000 Free 5 KM	57:25.00		
7 Lunt, Ethan - Male - Age: 18 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	41:55.00		
8 Nellmapius, Keegan - Male - Age: 19 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	40:40.39		
9 Sardinha, Jessica - Female - Age: 17 - Ind/Rel: 1 / 0			
#9 Women 12&O 3000 Free 3KM	45:42.19		
10 Stork, Kelly - Female - Age: 17 - Ind/Rel: 2 / 0			
#9 Women 12&O 3000 Free 3KM	41:57.26	#12 Women 14&O 5000 Free 5 KM	1:18:19.00
11 Venter, Zuria - Female - Age: 15 - Ind/Rel: 1 / 0			
#9 Women 12&O 3000 Free 3KM	39:59.00		
12 Walters, Daniel - Male - Age: 15 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	41:19.00		
Aquatics Gauteng Ekhuruleni-EK Total Individual Entries: 17 - Total Relays: 0			

SA National OWS Championship 2025-PE - 07/03/2025 to 09/03/2025

Team Entries - All Events

Aquatics Gauteng Johannesburg-JH

1 Alevras, George - Male - Age: 18 - Ind/Rel: 2 / 0			
#3 Men 13&O 1500 Free 1.5 KM	16:59.21	#4 Men 12&O 3000 Free 3 KM	38:16.00
2 Barbour, Karl - Male - Age: 19 - Ind/Rel: 2 / 0			
#3 Men 13&O 1500 Free 1.5 KM	20:04.75	#4 Men 12&O 3000 Free 3 KM	43:54.00
3 Bloch, Dylan - Male - Age: 17 - Ind/Rel: 2 / 0			
#3 Men 13&O 1500 Free 1.5 KM	20:32.00	#4 Men 12&O 3000 Free 3 KM	41:42.00
4 Bloch, Dylan - Male - Age: 17 - Ind/Rel: 2 / 0			
#3 Men 13&O 1500 Free 1.5 KM	20:32.00	#4 Men 12&O 3000 Free 3 KM	41:42.00
5 Collins, Tom - Male - Age: 58 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	46:34.00		
6 De Bruyn, Phoenix - Male - Age: 16 - Ind/Rel: 4 / 0			
#3 Men 13&O 1500 Free 1.5 KM	18:02.28	#4 Men 12&O 3000 Free 3 KM	39:03.00
#7 Men 16-17 7500 Free 7.5KM	1:41:30.00	#14 Men 14&O 5000 Free 5 KM	1:06:38.00
7 Doubell, Cassidey - Female - Age: 18 - Ind/Rel: 3 / 0			
#8 Women 13&O 1500 Free 1.5 KM	20:00.24	#9 Women 12&O 3000 Free 3KM	41:17.00
#12 Women 14&O 5000 Free 5 KM	1:10:18.00		
8 Dowie, Tayla - Female - Age: 17 - Ind/Rel: 2 / 0			
#8 Women 13&O 1500 Free 1.5 KM	22:54.00	#9 Women 12&O 3000 Free 3KM	46:26.00
9 Gray, Loghan - Female - Age: 18 - Ind/Rel: 3 / 0			
#8 Women 13&O 1500 Free 1.5 KM	19:11.00	#9 Women 12&O 3000 Free 3KM	38:37.00
#12 Women 14&O 5000 Free 5 KM	1:10:18.00		
10 Groenewald, Craig - Male - Age: 46 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	41:56.00		
11 Hyslop, Kirsty - Female - Age: 30 - Ind/Rel: 2 / 0			
#8 Women 13&O 1500 Free 1.5 KM	22:51.00	#9 Women 12&O 3000 Free 3KM	45:20.68
12 Kassebaum, Clayton - Male - Age: 19 - Ind/Rel: 2 / 0			
#3 Men 13&O 1500 Free 1.5 KM	17:34.53	#4 Men 12&O 3000 Free 3 KM	38:41.65
13 Kassebaum, Taylor - Female - Age: 15 - Ind/Rel: 3 / 0			
#8 Women 13&O 1500 Free 1.5 KM	19:43.56	#9 Women 12&O 3000 Free 3KM	40:32.00
#12 Women 14&O 5000 Free 5 KM	1:09:47.00		
14 Keulder, Dylan - Male - Age: 16 - Ind/Rel: 2 / 0			
#3 Men 13&O 1500 Free 1.5 KM	20:04.00	#4 Men 12&O 3000 Free 3 KM	40:00.00
15 Kotze, Ethan - Male - Age: 17 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	44:34.00		
16 Kotze, Kerryn - Female - Age: 15 - Ind/Rel: 2 / 0			
#8 Women 13&O 1500 Free 1.5 KM	22:16.00	#9 Women 12&O 3000 Free 3KM	44:25.00
17 Lipp, Connor - Male - Age: 19 - Ind/Rel: 2 / 0			
#3 Men 13&O 1500 Free 1.5 KM	20:47.00	#4 Men 12&O 3000 Free 3 KM	41:12.26
18 Mladovan, Jordan - Male - Age: 18 - Ind/Rel: 3 / 0			
#3 Men 13&O 1500 Free 1.5 KM	19:18.00	#4 Men 12&O 3000 Free 3 KM	39:33.00
#14 Men 14&O 5000 Free 5 KM	1:08:40.00		
19 Sinclair, Cassidy - Female - Age: 18 - Ind/Rel: 2 / 0			
#8 Women 13&O 1500 Free 1.5 KM	18:26.25	#9 Women 12&O 3000 Free 3KM	40:22.00

SA National OWS Championship 2025-PE - 07/03/2025 to 09/03/2025**Team Entries - All Events**

Aquatics Gauteng Johannesburg-JH20 **Smith, Gabriella - Female - Age: 17 - Ind/Rel: 1 / 0**

#9 Women 12&O 3000 Free 3KM 45:18.99

21 **Smith, Rachel - Female - Age: 19 - Ind/Rel: 2 / 0**

#8 Women 13&O 1500 Free 1.5 KM 19:04.16 #9 Women 12&O 3000 Free 3KM 40:20.00

Aquatics Gauteng Johannesburg-JH Total Individual Entries: 44 - Total Relays: 0

SA National OWS Championship 2025-PE - 07/03/2025 to 09/03/2025

Team Entries - All Events

Aquatics Gauteng Tshwane-TS

1 Adam, Momo - Male - Age: 24 - Ind/Rel: 2 / 0			
#3 Men 13&O 1500 Free 1.5 KM	17:19.15	#14 Men 14&O 5000 Free 5 KM	1:03:49.00
2 Albertyn, Connor - Male - Age: 21 - Ind/Rel: 3 / 0			
#3 Men 13&O 1500 Free 1.5 KM	16:01.95	#6 Men 14&O 10000 Free 10 KM	2:01:11.00
#14 Men 14&O 5000 Free 5 KM	58:47.03		
3 Albertyn, Gary - Male - Age: 56 - Ind/Rel: 2 / 0			
#4 Men 12&O 3000 Free 3 KM	37:00.54	#14 Men 14&O 5000 Free 5 KM	1:04:07.76
4 Albertyn, Megan - Female - Age: 52 - Ind/Rel: 1 / 0			
#9 Women 12&O 3000 Free 3KM	46:08.00		
5 Andraos, Kirsty - Female - Age: 18 - Ind/Rel: 3 / 0			
#1 Women 14&O 10000 Free 10 KM	2:22:12.00	#8 Women 13&O 1500 Free 1.5 KM	18:20.62
#12 Women 14&O 5000 Free 5 KM	1:07:09.00		
6 Banks, Kiara - Female - Age: 17 - Ind/Rel: 2 / 0			
#2 Women 16-17 7500 Free 7.5 KM	1:42:44.00	#12 Women 14&O 5000 Free 5 KM	1:11:37.33
7 Boerstra, Gabby - Female - Age: 16 - Ind/Rel: 2 / 0			
#8 Women 13&O 1500 Free 1.5 KM	20:58.00	#9 Women 12&O 3000 Free 3KM	41:45.00
8 Bornman, Christiaan - Male - Age: 16 - Ind/Rel: 2 / 0			
#4 Men 12&O 3000 Free 3 KM	38:10.00	#14 Men 14&O 5000 Free 5 KM	1:09:49.29
9 Breytenbach, Ruan - Male - Age: 23 - Ind/Rel: 3 / 0			
#3 Men 13&O 1500 Free 1.5 KM	16:43.00	#6 Men 14&O 10000 Free 10 KM	1:59:28.81
#14 Men 14&O 5000 Free 5 KM	58:13.49		
10 Brussow, Logan - Male - Age: 17 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	41:42.00		
11 Buys, Stiaan - Male - Age: 15 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	41:58.00		
12 Ciampi, Jayden - Male - Age: 15 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	40:23.00		
13 De Jager, Amica - Female - Age: 26 - Ind/Rel: 3 / 0			
#1 Women 14&O 10000 Free 10 KM	2:02:39.00	#8 Women 13&O 1500 Free 1.5 KM	18:18.74
#12 Women 14&O 5000 Free 5 KM	1:00:04.00		
14 Hattingh, Dewald - Male - Age: 21 - Ind/Rel: 2 / 0			
#4 Men 12&O 3000 Free 3 KM	39:04.00	#14 Men 14&O 5000 Free 5 KM	1:08:40.00
15 Houtman, Stephanie - Female - Age: 23 - Ind/Rel: 2 / 0			
#1 Women 14&O 10000 Free 10 KM	2:16:14.00	#8 Women 13&O 1500 Free 1.5 KM	16:33.12
16 Kok, Carike - Female - Age: 20 - Ind/Rel: 2 / 0			
#8 Women 13&O 1500 Free 1.5 KM	22:37.00	#9 Women 12&O 3000 Free 3KM	45:33.25
17 Lötter, Callan - Female - Age: 19 - Ind/Rel: 3 / 0			
#1 Women 14&O 10000 Free 10 KM	2:01:25.00	#8 Women 13&O 1500 Free 1.5 KM	16:57.02
#12 Women 14&O 5000 Free 5 KM	1:03:59.99		
18 Louw, Henre - Male - Age: 23 - Ind/Rel: 3 / 0			
#3 Men 13&O 1500 Free 1.5 KM	16:40.08	#6 Men 14&O 10000 Free 10 KM	1:57:15.00
#14 Men 14&O 5000 Free 5 KM	56:53.00		
19 Markgraaff, Leah - Female - Age: 16 - Ind/Rel: 2 / 0			
#8 Women 13&O 1500 Free 1.5 KM	17:56.23	#9 Women 12&O 3000 Free 3KM	40:02.00

SA National OWS Championship 2025-PE - 07/03/2025 to 09/03/2025

Team Entries - All Events

Aquatics Gauteng Tshwane-TS

20 Neilson, Hannah - Female - Age: 20 - Ind/Rel: 3 / 0

#1 Women 14&O 10000 Free 10 KM	2:08:00.23	#8 Women 13&O 1500 Free 1.5 KM	17:33.51
#12 Women 14&O 5000 Free 5 KM	1:04:05.35		

21 O'Connor, Jade - Female - Age: 16 - Ind/Rel: 1 / 0

#9 Women 12&O 3000 Free 3KM	45:08.25		
-----------------------------	----------	--	--

22 Pharoah, Taylor - Female - Age: 22 - Ind/Rel: 3 / 0

#1 Women 14&O 10000 Free 10 KM	2:15:27.00	#8 Women 13&O 1500 Free 1.5 KM	18:49.13
#12 Women 14&O 5000 Free 5 KM	1:06:11.00		

23 Saayman, Liam - Male - Age: 17 - Ind/Rel: 4 / 0

#3 Men 13&O 1500 Free 1.5 KM	17:48.70	#4 Men 12&O 3000 Free 3 KM	37:33.00
#7 Men 16-17 7500 Free 7.5KM	1:37:46.00	#14 Men 14&O 5000 Free 5 KM	1:05:22.00

24 Shepherd, Megan - Female - Age: 22 - Ind/Rel: 2 / 0

#9 Women 12&O 3000 Free 3KM	39:17.00	#12 Women 14&O 5000 Free 5 KM	1:07:12.00
-----------------------------	----------	-------------------------------	------------

25 Trusler, Ingrid - Female - Age: 66 - Ind/Rel: 1 / 0

#9 Women 12&O 3000 Free 3KM	45:14.00		
-----------------------------	----------	--	--

26 Van Rensburg, Catherine - Female - Age: 21 - Ind/Rel: 3 / 0

#1 Women 14&O 10000 Free 10 KM	2:05:37.00	#8 Women 13&O 1500 Free 1.5 KM	16:54.14
#12 Women 14&O 5000 Free 5 KM	1:00:54.00		

27 Vd Linde, Sven - Male - Age: 20 - Ind/Rel: 4 / 0

#3 Men 13&O 1500 Free 1.5 KM	16:08.74	#4 Men 12&O 3000 Free 3 KM	36:24.00
#6 Men 14&O 10000 Free 10 KM	2:03:03.00	#14 Men 14&O 5000 Free 5 KM	1:00:08.38

28 Venter, Rossouw - Male - Age: 23 - Ind/Rel: 3 / 0

#3 Men 13&O 1500 Free 1.5 KM	17:10.56	#6 Men 14&O 10000 Free 10 KM	2:05:23.27
#14 Men 14&O 5000 Free 5 KM	59:27.00		

29 Von Wielligh, Reino - Male - Age: 32 - Ind/Rel: 4 / 0

#3 Men 13&O 1500 Free 1.5 KM	17:20.12	#4 Men 12&O 3000 Free 3 KM	35:56.18
#6 Men 14&O 10000 Free 10 KM	2:07:04.27	#14 Men 14&O 5000 Free 5 KM	1:00:03.81

Aquatics Gauteng Tshwane-TS Total Individual Entries: 68 - Total Relays: 0

SA National OWS Championship 2025-PE - 07/03/2025 to 09/03/2025

Team Entries - All Events

Eastern Cape Aquatics-BU

1 Bosman, Denise - Female - Age: 66 - Ind/Rel: 1 / 0			
#9 Women 12&O 3000 Free 3KM	45:25.00		
2 De Beer, Hendro - Male - Age: 16 - Ind/Rel: 3 / 1			
#3 Men 13&O 1500 Free 1.5 KM	17:27.66	#7 Men 16-17 7500 Free 7.5KM	1:38:15.00
#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT	#14 Men 14&O 5000 Free 5 KM	1:05:24.00
3 Delport, Milla - Female - Age: 17 - Ind/Rel: 1 / 0			
#9 Women 12&O 3000 Free 3KM	43:30.00		
4 Du Preez, Cameron - Male - Age: 14 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	44:46.00		
5 Forsythe, Liam - Male - Age: 14 - Ind/Rel: 2 / 0			
#3 Men 13&O 1500 Free 1.5 KM	20:59.00	#4 Men 12&O 3000 Free 3 KM	40:34.95
6 Frösler, Mikayla - Female - Age: 16 - Ind/Rel: 3 / 1			
#8 Women 13&O 1500 Free 1.5 KM	20:45.14	#9 Women 12&O 3000 Free 3KM	43:23.77
#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT	#12 Women 14&O 5000 Free 5 KM	1:15:56.72
7 Gous, Morgan - Female - Age: 14 - Ind/Rel: 1 / 1			
#9 Women 12&O 3000 Free 3KM	38:57.25	#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT
8 Gous, Sienna - Female - Age: 15 - Ind/Rel: 3 / 1			
#8 Women 13&O 1500 Free 1.5 KM	18:08.82	#9 Women 12&O 3000 Free 3KM	39:34.12
#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT	#12 Women 14&O 5000 Free 5 KM	1:07:02.00
9 Green, Aiden - Male - Age: 13 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	43:45.00		
10 Hamilton, Shalea - Female - Age: 13 - Ind/Rel: 2 / 0			
#8 Women 13&O 1500 Free 1.5 KM	20:30.00	#9 Women 12&O 3000 Free 3KM	42:37.00
11 Horne, Kaitlynne - Female - Age: 18 - Ind/Rel: 3 / 1			
#1 Women 14&O 10000 Free 10 KM	2:02:40.00	#8 Women 13&O 1500 Free 1.5 KM	17:26.31
#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT	#12 Women 14&O 5000 Free 5 KM	1:00:05.00
12 Jacobs, Marony - Female - Age: 17 - Ind/Rel: 3 / 1			
#2 Women 16-17 7500 Free 7.5 KM	1:32:51.10	#8 Women 13&O 1500 Free 1.5 KM	17:36.69
#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT	#12 Women 14&O 5000 Free 5 KM	1:01:46.42
13 Jacobs, Pierre-Daniel - Male - Age: 16 - Ind/Rel: 3 / 1			
#3 Men 13&O 1500 Free 1.5 KM	17:12.85	#7 Men 16-17 7500 Free 7.5KM	1:30:59.00
#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT	#14 Men 14&O 5000 Free 5 KM	59:38.00
14 Jones, Kellen - Male - Age: 15 - Ind/Rel: 3 / 1			
#3 Men 13&O 1500 Free 1.5 KM	16:34.50	#4 Men 12&O 3000 Free 3 KM	17:35.60
#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT	#14 Men 14&O 5000 Free 5 KM	58:31.00
15 Kannemeyer, Eli - Male - Age: 13 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	43:29.00		
16 O'Connor, Cohen - Male - Age: 17 - Ind/Rel: 2 / 1			
#3 Men 13&O 1500 Free 1.5 KM	18:53.96	#4 Men 12&O 3000 Free 3 KM	43:49.00
#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT		
17 Prime, Liam - Male - Age: 18 - Ind/Rel: 2 / 1			
#3 Men 13&O 1500 Free 1.5 KM	18:47.14	#4 Men 12&O 3000 Free 3 KM	41:03.90
#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT		
18 Reynolds, Jakobus - Male - Age: 14 - Ind/Rel: 1 / 1			
#4 Men 12&O 3000 Free 3 KM	43:04.00	#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT

SA National OWS Championship 2025-PE - 07/03/2025 to 09/03/2025**Team Entries - All Events****Eastern Cape Aquatics-BU****19 Sheard, Dylan - Male - Age: 17 - Ind/Rel: 3 / 0**

#3 Men 13&O 1500 Free 1.5 KM	19:13.81
#14 Men 14&O 5000 Free 5 KM	1:07:03.00

#4 Men 12&O 3000 Free 3 KM	40:34.00
----------------------------	----------

20 Smit, Miela - Female - Age: 17 - Ind/Rel: 1 / 0

#9 Women 12&O 3000 Free 3KM	47:29.20
-----------------------------	----------

21 Strydom, Andre - Male - Age: 13 - Ind/Rel: 1 / 0

#4 Men 12&O 3000 Free 3 KM	43:55.00
----------------------------	----------

22 Swanepoel, Abigail - Female - Age: 21 - Ind/Rel: 2 / 0

#8 Women 13&O 1500 Free 1.5 KM	19:07.36
--------------------------------	----------

#12 Women 14&O 5000 Free 5 KM	1:10:47.52
-------------------------------	------------

23 Van Eeden, Alne - Female - Age: 18 - Ind/Rel: 3 / 0

#8 Women 13&O 1500 Free 1.5 KM	19:23.22
#12 Women 14&O 5000 Free 5 KM	1:08:52.00

#9 Women 12&O 3000 Free 3KM	42:17.00
-----------------------------	----------

24 Welsh, Stacey - Female - Age: 14 - Ind/Rel: 2 / 1

#8 Women 13&O 1500 Free 1.5 KM	21:47.00
#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT

#9 Women 12&O 3000 Free 3KM	45:03.00
-----------------------------	----------

25 Williams, Dante Elliot - Male - Age: 13 - Ind/Rel: 2 / 0

#3 Men 13&O 1500 Free 1.5 KM	19:32.47
------------------------------	----------

#4 Men 12&O 3000 Free 3 KM	44:44.00
----------------------------	----------

Eastern Cape Aquatics-BU Total Individual Entries: 50 - Total Relays: 0**Free State Aquatic-MAN****1 Jordaan, Nanette - Female - Age: 18 - Ind/Rel: 1 / 0**

#9 Women 12&O 3000 Free 3KM	44:33.77
-----------------------------	----------

2 Kruger, Lize-Marie - Female - Age: 16 - Ind/Rel: 1 / 0

#9 Women 12&O 3000 Free 3KM	43:43.65
-----------------------------	----------

Free State Aquatic-MAN Total Individual Entries: 2 - Total Relays: 0

SA National OWS Championship 2025-PE - 07/03/2025 to 09/03/2025

Team Entries - All Events

KwaZulu Natal-ET

1 Angel, Damien - Male - Age: 19 - Ind/Rel: 2 / 0			
#6 Men 14&O 10000 Free 10 KM	2:15:49.00	#14 Men 14&O 5000 Free 5 KM	54:31.00
2 Borrageiro, Jake - Male - Age: 17 - Ind/Rel: 3 / 0			
#4 Men 12&O 3000 Free 3 KM	39:44.00	#7 Men 16-17 7500 Free 7.5KM	1:37:43.47
#14 Men 14&O 5000 Free 5 KM	57:54.00		
3 Bruce, Tayla - Female - Age: 19 - Ind/Rel: 3 / 0			
#1 Women 14&O 10000 Free 10 KM	2:28:43.00	#8 Women 13&O 1500 Free 1.5 KM	19:00.20
#12 Women 14&O 5000 Free 5 KM	58:43.00		
4 Buck, Connor - Male - Age: 22 - Ind/Rel: 3 / 0			
#3 Men 13&O 1500 Free 1.5 KM	16:18.78	#6 Men 14&O 10000 Free 10 KM	1:59:07.60
#14 Men 14&O 5000 Free 5 KM	56:39.60		
5 Cook, Wendy - Female - Age: 55 - Ind/Rel: 1 / 0			
#9 Women 12&O 3000 Free 3KM	45:20.00		
6 Foster, Taylor - Female - Age: 15 - Ind/Rel: 2 / 0			
#9 Women 12&O 3000 Free 3KM	44:46.00	#12 Women 14&O 5000 Free 5 KM	1:03:02.00
7 Fraser-Harding, Amelia - Female - Age: 18 - Ind/Rel: 2 / 0			
#9 Women 12&O 3000 Free 3KM	47:13.00	#12 Women 14&O 5000 Free 5 KM	1:04:47.00
8 Henwood-Fox, Ben - Male - Age: 16 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	39:11.00		
9 Henwood-Fox, Guy - Male - Age: 18 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	39:08.00		
10 Holton, Riley - Male - Age: 18 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	41:18.75		
11 Hughes, Cara - Female - Age: 14 - Ind/Rel: 1 / 0			
#8 Women 13&O 1500 Free 1.5 KM	23:56.68		
12 Joubert, Kailey - Female - Age: 16 - Ind/Rel: 2 / 0			
#9 Women 12&O 3000 Free 3KM	41:12.03	#12 Women 14&O 5000 Free 5 KM	1:08:01.00
13 Joubert, Owen - Male - Age: 15 - Ind/Rel: 2 / 0			
#4 Men 12&O 3000 Free 3 KM	41:24.84	#14 Men 14&O 5000 Free 5 KM	58:35.00
14 Lally, Jenna-Mae - Female - Age: 17 - Ind/Rel: 2 / 0			
#2 Women 16-17 7500 Free 7.5 KM	2:00:41.00	#12 Women 14&O 5000 Free 5 KM	1:04:47.00
15 Leppan, Bradley - Male - Age: 15 - Ind/Rel: 2 / 0			
#4 Men 12&O 3000 Free 3 KM	44:47.00	#14 Men 14&O 5000 Free 5 KM	1:03:03.00
16 Meineke, Abigale - Female - Age: 18 - Ind/Rel: 2 / 0			
#8 Women 13&O 1500 Free 1.5 KM	20:13.00	#9 Women 12&O 3000 Free 3KM	43:05.00
17 Myeza, Ronewa - Male - Age: 13 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	54:54.00		
18 Naidoo, Riley - Male - Age: 14 - Ind/Rel: 2 / 0			
#4 Men 12&O 3000 Free 3 KM	44:42.00	#14 Men 14&O 5000 Free 5 KM	1:08:25.00
19 Nel, Juan - Male - Age: 16 - Ind/Rel: 1 / 0			
#14 Men 14&O 5000 Free 5 KM	1:04:15.00		
20 Nordengen-Corris, Sash - Female - Age: 28 - Ind/Rel: 1 / 0			
#12 Women 14&O 5000 Free 5 KM	1:03:29.00		

SA National OWS Championship 2025-PE - 07/03/2025 to 09/03/2025

Team Entries - All Events

KwaZulu Natal-ET**21 Putz, Aaron - Male - Age: 29 - Ind/Rel: 2 / 0**

#5 Men 3000 Free Multi Disability	48:18.23	#15 Men 5000 Free Multi Disability	1:24:47.02
-----------------------------------	----------	------------------------------------	------------

22 Reddhi, Viashen - Male - Age: 15 - Ind/Rel: 1 / 0

#4 Men 12&O 3000 Free 3 KM	44:15.00
----------------------------	----------

23 Sauerman, Rene - Female - Age: 17 - Ind/Rel: 1 / 0

#9 Women 12&O 3000 Free 3KM	43:09.00
-----------------------------	----------

24 Truter, Alex - Female - Age: 21 - Ind/Rel: 1 / 0

#9 Women 12&O 3000 Free 3KM	45:45.00
-----------------------------	----------

25 Truter, Kate - Female - Age: 17 - Ind/Rel: 1 / 0

#9 Women 12&O 3000 Free 3KM	43:27.00
-----------------------------	----------

26 Tselentis, Maria - Female - Age: 16 - Ind/Rel: 1 / 0

#9 Women 12&O 3000 Free 3KM	44:10.00
-----------------------------	----------

27 Van Reenen, Kristiaan - Male - Age: 15 - Ind/Rel: 1 / 0

#4 Men 12&O 3000 Free 3 KM	43:15.00
----------------------------	----------

28 Van Tonder, Demar - Male - Age: 15 - Ind/Rel: 2 / 0

#3 Men 13&O 1500 Free 1.5 KM	18:36.44	#4 Men 12&O 3000 Free 3 KM	38:58.00
------------------------------	----------	----------------------------	----------

29 Van Tonder, Martinus - Male - Age: 16 - Ind/Rel: 2 / 0

#3 Men 13&O 1500 Free 1.5 KM	18:39.46	#4 Men 12&O 3000 Free 3 KM	38:58.00
------------------------------	----------	----------------------------	----------

30 Van Zyl, Danika - Female - Age: 16 - Ind/Rel: 1 / 0

#9 Women 12&O 3000 Free 3KM	44:59.00
-----------------------------	----------

31 Viviers, Ryan - Male - Age: 16 - Ind/Rel: 1 / 0

#4 Men 12&O 3000 Free 3 KM	38:43.00
----------------------------	----------

32 Xulu, Zibusiso - Female - Age: 13 - Ind/Rel: 1 / 0

#9 Women 12&O 3000 Free 3KM	43:11.00
-----------------------------	----------

KwaZulu Natal-ET Total Individual Entries: 50 - Total Relays: 0

SA National OWS Championship 2025-PE - 07/03/2025 to 09/03/2025

Team Entries - All Events

Mpumalanga Province-EZ

1 Boyd, Joshua - Male - Age: 16 - Ind/Rel: 1 / 1			
#4 Men 12&O 3000 Free 3 KM	42:18.01	#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT
2 Bruyns, Donne - Female - Age: 16 - Ind/Rel: 1 / 0			
#9 Women 12&O 3000 Free 3KM	47:27.00		
3 Buitendach, Anja - Female - Age: 16 - Ind/Rel: 2 / 1			
#9 Women 12&O 3000 Free 3KM	42:52.77	#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT
#12 Women 14&O 5000 Free 5 KM	1:14:54.96		
4 Burger, Marcus - Male - Age: 14 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	44:49.00		
5 Ferreira, Ciska - Female - Age: 17 - Ind/Rel: 2 / 1			
#9 Women 12&O 3000 Free 3KM	44:23.65	#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT
#12 Women 14&O 5000 Free 5 KM	1:15:00.90		
6 Janse van Rensburg, Lara - Female - Age: 15 - Ind/Rel: 1 / 0			
#9 Women 12&O 3000 Free 3KM	45:55.89		
7 Lombard, Adriaan - Male - Age: 16 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	44:47.48		
8 Marshall, Tiffany - Female - Age: 18 - Ind/Rel: 1 / 0			
#9 Women 12&O 3000 Free 3KM	45:48.74		
9 Roberts, Emma - Female - Age: 17 - Ind/Rel: 1 / 0			
#9 Women 12&O 3000 Free 3KM	45:57.69		
10 Stoltz, Dylan - Male - Age: 18 - Ind/Rel: 2 / 1			
#3 Men 13&O 1500 Free 1.5 KM	20:17.00	#4 Men 12&O 3000 Free 3 KM	40:29.56
#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT		
11 Wessels, Gianni - Male - Age: 15 - Ind/Rel: 1 / 0			
#4 Men 12&O 3000 Free 3 KM	44:46.03		

Mpumalanga Province-EZ Total Individual Entries: 14 - Total Relays: 0

Namibia Swimming Federation

1 Bergh, Madison - Female - Age: 16 - Ind/Rel: 2 / 1			
#8 Women 13&O 1500 Free 1.5 KM	18:32.32	#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT
#12 Women 14&O 5000 Free 5 KM	1:08:52.98		
2 Esterhuizen, Lorenzo - Male - Age: 16 - Ind/Rel: 1 / 0			
#14 Men 14&O 5000 Free 5 KM	1:05:44.58		
3 Langford, James - Male - Age: 16 - Ind/Rel: 2 / 1			
#3 Men 13&O 1500 Free 1.5 KM	19:01.22	#4 Men 12&O 3000 Free 3 KM	42:17.68
#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT		
4 Nell, Tristan - Male - Age: 17 - Ind/Rel: 2 / 1			
#3 Men 13&O 1500 Free 1.5 KM	18:42.85	#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT
#14 Men 14&O 5000 Free 5 KM	1:23:00.00		
5 Steyn, Carissa - Female - Age: 18 - Ind/Rel: 2 / 1			
#8 Women 13&O 1500 Free 1.5 KM	19:00.44	#11 Mixed 4x1500 Free Relay 4 x 1.5km Mix Relay	NT
#12 Women 14&O 5000 Free 5 KM	1:12:02.82		
6 Steyn, Lara - Female - Age: 16 - Ind/Rel: 2 / 0			
#8 Women 13&O 1500 Free 1.5 KM	20:20.96	#9 Women 12&O 3000 Free 3KM	43:04.06

Namibia Swimming Federation Total Individual Entries: 11 - Total Relays: 0

SA National OWS Championship 2025-PE - 07/03/2025 to 09/03/2025**Team Entries - All Events****Northwest Swimming Federation****1 Bartleman, Wian - Male - Age: 16 - Ind/Rel: 2 / 0**

#4 Men 12&O 3000 Free 3 KM	36:20.13	#14 Men 14&O 5000 Free 5 KM	1:02:48.00
----------------------------	----------	-----------------------------	------------

2 Bester, Minke - Female - Age: 15 - Ind/Rel: 1 / 0

#9 Women 12&O 3000 Free 3KM	46:30.00
-----------------------------	----------

3 Holtzhausen, Neil - Male - Age: 18 - Ind/Rel: 1 / 0

#4 Men 12&O 3000 Free 3 KM	41:29.00
----------------------------	----------

4 Holtzhausen, Ruan - Male - Age: 17 - Ind/Rel: 1 / 0

#4 Men 12&O 3000 Free 3 KM	44:15.00
----------------------------	----------

5 Humphries, Rachael - Female - Age: 23 - Ind/Rel: 3 / 0

#8 Women 13&O 1500 Free 1.5 KM	20:08.62	#9 Women 12&O 3000 Free 3KM	43:14.00
#12 Women 14&O 5000 Free 5 KM	1:13:11.00		

6 Rossiter, Caitlin - Female - Age: 15 - Ind/Rel: 2 / 0

#9 Women 12&O 3000 Free 3KM	41:52.00	#12 Women 14&O 5000 Free 5 KM	1:17:54.00
-----------------------------	----------	-------------------------------	------------

Northwest Swimming Federation Total Individual Entries: 10 - Total Relays: 0**Seychelles****1 Payet, Damien - Male - Age: 22 - Ind/Rel: 1 / 0**

#6 Men 14&O 10000 Free 10 KM	2:14:56.00
------------------------------	------------

Seychelles Total Individual Entries: 1 - Total Relays: 0

SA National OWS Championship 2025-PE - 07/03/2025 to 09/03/2025

Team Entries - All Events

Western Cape Aquatics-CP

1	Allott, Jack - Male - Age: 17 - Ind/Rel: 1 / 0		
	#4 Men 12&O 3000 Free 3 KM	42:18.31	
2	Allott, Jaydon - Male - Age: 13 - Ind/Rel: 2 / 0		
	#3 Men 13&O 1500 Free 1.5 KM	21:25.99	#4 Men 12&O 3000 Free 3 KM 43:41.19
3	Bathfield, Gabrielle - Female - Age: 20 - Ind/Rel: 2 / 0		
	#1 Women 14&O 10000 Free 10 KM	2:25:45.00	#12 Women 14&O 5000 Free 5 KM 1:11:30.00
4	Beukes, Wade - Male - Age: 18 - Ind/Rel: 1 / 0		
	#14 Men 14&O 5000 Free 5 KM	1:01:43.70	
5	Boonzaaier, Simon - Male - Age: 18 - Ind/Rel: 1 / 0		
	#4 Men 12&O 3000 Free 3 KM	39:59.47	
6	Bouwer, Jason - Male - Age: 15 - Ind/Rel: 1 / 0		
	#4 Men 12&O 3000 Free 3 KM	41:58.40	
7	Durandt, Sharli - Female - Age: 14 - Ind/Rel: 3 / 0		
	#8 Women 13&O 1500 Free 1.5 KM	19:54.89	#9 Women 12&O 3000 Free 3KM 40:51.68
	#12 Women 14&O 5000 Free 5 KM	1:14:48.00	
8	Ellis, Liam - Male - Age: 19 - Ind/Rel: 2 / 0		
	#4 Men 12&O 3000 Free 3 KM	41:09.50	#14 Men 14&O 5000 Free 5 KM 1:04:10.00
9	Evans, Caitlin - Female - Age: 15 - Ind/Rel: 3 / 0		
	#8 Women 13&O 1500 Free 1.5 KM	18:17.08	#9 Women 12&O 3000 Free 3KM 39:37.26
	#12 Women 14&O 5000 Free 5 KM	1:05:31.95	
10	Forbes, Thomas - Male - Age: 21 - Ind/Rel: 1 / 0		
	#14 Men 14&O 5000 Free 5 KM	1:06:53.00	
11	Glover, Erin - Female - Age: 17 - Ind/Rel: 1 / 0		
	#9 Women 12&O 3000 Free 3KM	42:34.30	
12	Hartung, Amy - Female - Age: 16 - Ind/Rel: 2 / 0		
	#2 Women 16-17 7500 Free 7.5 KM	1:49:37.00	#12 Women 14&O 5000 Free 5 KM 1:10:12.00
13	Karsten, Jody - Male - Age: 18 - Ind/Rel: 1 / 0		
	#4 Men 12&O 3000 Free 3 KM	43:50.45	
14	Kotzè, Arden - Male - Age: 15 - Ind/Rel: 1 / 0		
	#4 Men 12&O 3000 Free 3 KM	44:06.08	
15	Kotze, Max - Male - Age: 16 - Ind/Rel: 1 / 0		
	#4 Men 12&O 3000 Free 3 KM	43:45.67	
16	Kotzè, Tamsyn - Female - Age: 18 - Ind/Rel: 1 / 0		
	#9 Women 12&O 3000 Free 3KM	44:13.29	
17	Kotzè, Max - Male - Age: 16 - Ind/Rel: 1 / 0		
	#4 Men 12&O 3000 Free 3 KM	43:45.67	
18	Langenhoven, Erin - Female - Age: 18 - Ind/Rel: 1 / 0		
	#9 Women 12&O 3000 Free 3KM	41:11.57	
19	Laubscher, Maya - Female - Age: 18 - Ind/Rel: 2 / 0		
	#8 Women 13&O 1500 Free 1.5 KM	19:22.81	#12 Women 14&O 5000 Free 5 KM 1:12:50.00
20	Laubscher, Mikalla - Female - Age: 15 - Ind/Rel: 2 / 0		
	#9 Women 12&O 3000 Free 3KM	43:36.84	#12 Women 14&O 5000 Free 5 KM 1:19:18.00

SA National OWS Championship 2025-PE - 07/03/2025 to 09/03/2025

Team Entries - All Events

Western Cape Aquatics-CP

21	Louw, Anieka - Female - Age: 15 - Ind/Rel: 2 / 0			
	#9 Women 12&O 3000 Free 3KM	41:07.13	#12 Women 14&O 5000 Free 5 KM	1:13:21.00
22	McWilliam, Troy - Male - Age: 18 - Ind/Rel: 3 / 0			
	#3 Men 13&O 1500 Free 1.5 KM	17:25.00	#4 Men 12&O 3000 Free 3 KM	37:39.12
	#14 Men 14&O 5000 Free 5 KM	1:01:10.00		
23	Mouton, Kay-Lee - Female - Age: 16 - Ind/Rel: 2 / 0			
	#9 Women 12&O 3000 Free 3KM	47:46.66	#12 Women 14&O 5000 Free 5 KM	1:18:37.00
24	Myburgh, Ruan - Male - Age: 17 - Ind/Rel: 1 / 0			
	#4 Men 12&O 3000 Free 3 KM	40:59.63		
25	Nagendrakumar, Puneet - Male - Age: 15 - Ind/Rel: 1 / 0			
	#4 Men 12&O 3000 Free 3 KM	43:58.35		
26	Nilsson, Rebecca - Female - Age: 14 - Ind/Rel: 1 / 0			
	#9 Women 12&O 3000 Free 3KM	45:05.22		
27	Noble, Reese - Female - Age: 15 - Ind/Rel: 2 / 0			
	#9 Women 12&O 3000 Free 3KM	42:08.45	#12 Women 14&O 5000 Free 5 KM	1:10:29.00
28	Olivier, Julie - Female - Age: 13 - Ind/Rel: 1 / 0			
	#9 Women 12&O 3000 Free 3KM	41:16.30		
29	Palmer, Travis - Male - Age: 15 - Ind/Rel: 2 / 0			
	#3 Men 13&O 1500 Free 1.5 KM	18:37.75	#14 Men 14&O 5000 Free 5 KM	1:07:50.00
30	Raimond, Marike - Female - Age: 16 - Ind/Rel: 2 / 0			
	#9 Women 12&O 3000 Free 3KM	44:01.25	#12 Women 14&O 5000 Free 5 KM	1:12:14.00
31	Rossouw, Emma - Female - Age: 16 - Ind/Rel: 1 / 0			
	#9 Women 12&O 3000 Free 3KM	44:52.03		
32	Smit, Reynard-Gray - Male - Age: 14 - Ind/Rel: 1 / 0			
	#4 Men 12&O 3000 Free 3 KM	41:34.97		
33	Southey, Jamie - Male - Age: 16 - Ind/Rel: 2 / 0			
	#3 Men 13&O 1500 Free 1.5 KM	18:47.83	#4 Men 12&O 3000 Free 3 KM	43:49.96
34	Strydom, Luan - Male - Age: 17 - Ind/Rel: 1 / 0			
	#4 Men 12&O 3000 Free 3 KM	41:58.51		
35	Strydom, Stephan - Male - Age: 20 - Ind/Rel: 2 / 0			
	#4 Men 12&O 3000 Free 3 KM	38:44.60	#14 Men 14&O 5000 Free 5 KM	1:08:23.00
36	Swanepoel, Lulu - Female - Age: 14 - Ind/Rel: 1 / 0			
	#9 Women 12&O 3000 Free 3KM	42:53.81		
37	Terblanche, Luan - Male - Age: 17 - Ind/Rel: 3 / 0			
	#3 Men 13&O 1500 Free 1.5 KM	17:12.28	#7 Men 16-17 7500 Free 7.5KM	1:35:09.21
	#14 Men 14&O 5000 Free 5 KM	1:03:12.00		
38	Thirsk, Madison - Female - Age: 15 - Ind/Rel: 2 / 0			
	#9 Women 12&O 3000 Free 3KM	41:02.69	#12 Women 14&O 5000 Free 5 KM	1:17:14.00
39	Trower, Michael - Male - Age: 14 - Ind/Rel: 1 / 0			
	#4 Men 12&O 3000 Free 3 KM	42:45.50		
40	Van Heerden, Christian - Male - Age: 14 - Ind/Rel: 1 / 0			
	#4 Men 12&O 3000 Free 3 KM	43:43.60		

SA National OWS Championship 2025-PE - 07/03/2025 to 09/03/2025**Team Entries - All Events**

Western Cape Aquatics-CP**41 Van Wyk, Wayne - Male - Age: 17 - Ind/Rel: 2 / 0**

#4 Men 12&O 3000 Free 3 KM 37:06.62 #14 Men 14&O 5000 Free 5 KM 1:08:03.00

42 Van Zyl, Daniël - Male - Age: 14 - Ind/Rel: 1 / 0

#4 Men 12&O 3000 Free 3 KM 42:20.76

43 Verbeek, Wilmien - Female - Age: 17 - Ind/Rel: 2 / 0

#9 Women 12&O 3000 Free 3KM 45:07.83 #12 Women 14&O 5000 Free 5 KM 1:15:19.72

44 Williams, Aqeelah - Female - Age: 13 - Ind/Rel: 1 / 0

#9 Women 12&O 3000 Free 3KM 45:04.90

45 Zeelie, Shanna-Leigh - Female - Age: 16 - Ind/Rel: 1 / 0

#9 Women 12&O 3000 Free 3KM 43:44.59

Western Cape Aquatics-CP Total Individual Entries: 69 - Total Relays: 0**Zimbabwe Swimming Federation****1 De Swardt, Jayden - Male - Age: 19 - Ind/Rel: 1 / 0**

#14 Men 14&O 5000 Free 5 KM 1:09:11.10

Zimbabwe Swimming Federation Total Individual Entries: 1 - Total Relays: 0