

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Women 17-17 100 Free</b>							
1	57.99	L	S	Gabriella Grobler	17	CGA	JHB 03/04/2017 Sa National Aquatic Championship
2	58.96	L	S	Jade Neser	17	CGA	JHB 03/04/2017 Sa National Aquatic Championship
3	59.12	L	S	Lesley Blignaut	17	BCA	BUF 03/04/2017 Sa National Aquatic Championship
4	59.17	L	F	Sabrina-Lee Filipe	17	TUKS	FSH 17/03/2017 SA National JNR Age Group Cham
5	59.24	L	F	Kate Beavon	17	RSA	14/12/2016 African Union Sports-Region 5 Un
6	59.29	L	F	Lara Peirce	17	BLSS	MAN 13/12/2016 KZN Speedo Provincial Champion
7	59.55	L	F	Michee Van Rooyen	17	PSC	FSH 17/03/2017 SA National JNR Age Group Cham
8	59.76	L S	F	Mariella Venter	17	WATR	JHB 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
9	59.91	L	F	Heike Thormahlen	17	TUKS	FSH 17/03/2017 SA National JNR Age Group Cham
10	1:00.15	L	F	Mieke Kotze	17	NTS	FSH 22/10/2016 VIII Gala Golfinhos Sprint
11	1:00.45	L	F	Jeanri Buys	17	WSAA	CPT 17/03/2017 SA National JNR Age Group Cham
12	1:00.56	L	F	Ashleigh Green	17	SEAL	UMD 17/03/2017 SA National JNR Age Group Cham
13	1:00.88	L	P	Charlise Oberholzer	17	ACSA	ETH 04/02/2017 2017 Grand Prix Invitation Swimm
14	1:00.92	L	P	Kelly Vroon	17	WCA	CPT 03/04/2017 Sa National Aquatic Championship
15	1:00.96	L	P	Kristen Straszacker	17	ASA	CPT 01/12/2016 Western Cape Summer Champion
16	1:01.35	L	P	Lara Pierce	17	FS	MAN 03/04/2017 Sa National Aquatic Championship
17	1:01.46	L	P	Tahlia Botha	17	TYGE	CPT 01/12/2016 Western Cape Summer Champion
18*	1:01.56	L	F	Stephanie Askew	17	SASE	JHB 16/12/2016 Vita-thion CGA Open LC Champs
18*	1:01.56	L	P	Mikayla Eagles	17	MATI	CED 01/12/2016 Western Cape Summer Champion
20	1:02.22	L	F	Lauren Smith	17	CADO	CPT 01/12/2016 Western Cape Summer Champion
21	1:02.28	L	F	Dane Steyn	17	BLOT	MAN 19/08/2016 Kovsie Aquatics Gala 1
22	1:02.35	L	P	Natalie Arthur	17	HASC	JHB 17/03/2017 SA National JNR Age Group Cham
23	1:02.41	L	P	Mane' Breytenbach	17	PAC	FSH 17/03/2017 SA National JNR Age Group Cham
24	1:02.43	L	F	Gabriella Pedro	17	RBOT	BPD 08/12/2016 NWS Championships 2016/2017
25	1:02.51	L	P	Hannah Haswell	17	NMA	NMA 03/04/2017 Sa National Aquatic Championship
26*	1:02.61	L	P	Jade Miller	17	SASE	JHB 17/03/2017 SA National JNR Age Group Cham
26*	1:02.61	L	F	Cailin Joubert	17	BARR	CPT 23/03/2017 SA Level 3 Regional Age Group C
28	1:02.72	L	P	Alicia Enslin	17	NTS	FSH 03/04/2017 SA National Aquatic Championship
29	1:02.79	L	F	Adele Dercksen	17	BLSS	MAN 13/12/2016 KZN Speedo Provincial Champion
30	1:02.87	L	F	Chrislin Nieuwoudt	17	ESTR	EKU 08/12/2016 EGA Championships 2016
31	1:03.06	L	P	Himke Steenkamp	17	BLNE	MAN 23/03/2017 SA Level 3 Regional Age Group C
32	1:03.23	L	F	Robyn Marshall	17	USC	BUF 23/03/2017 SA Level 3 Regional Age Group C
33	1:03.27	L	P	Carlene Taylor	17	AZON	ETH 04/02/2017 2017 Grand Prix Invitation Swimm
34	1:03.28	L	F	Jordan Giraudeau	17	ONYX	EKU 23/03/2017 SA Level 3 Regional Age Group Ci
35	1:03.47	L	F	Nicola Wheeler	17	WATR	JHB 16/12/2016 Vita-thion CGA Open LC Champs
36	1:03.53	L	F	Megan Kreft	17	MATI	CED 01/12/2016 Western Cape Summer Champion
37	1:03.60	L	F	Merisa Oelofse	17	HARL	BUF 24/06/2016 PEA Winter Gala 2016
38*	1:03.67	L	F	Tanya Pieterse	17	MCS	NW 03/02/2017 NW Schools Swimming Champion
38*	1:03.67	L	F	Kate Mandell	17	VIKI	BUF 13/12/2016 KZN Speedo Provincial Champion
40	1:03.88	L	P	Darielle Naubereit	17	UNIQ	JHB 17/03/2017 SA National JNR Age Group Cham
41	1:03.90	L	F	Abigail Havenga	17	NWS	07/10/2016 NTS Invitational Gala 2016
42*	1:03.93	L	F	Gillian Hale	17	GDE	17/02/2017 Gauteng Schools Swimming Trials
42*	1:03.93	L	P	Bailey Desmarais	17	WSAA	CPT 01/12/2016 Western Cape Summer Champion
44	1:04.14	L	P	Rebecca Behne	17	CADO	CPT 01/12/2016 Western Cape Summer Champion
45	1:04.28	L	P	Julia Heckscher	17	CADO	CPT 01/12/2016 Western Cape Summer Champion
46	1:04.51	L	P	Justine Holmes	17	BLNE	MAN 17/03/2017 SA National JNR Age Group Cham
47	1:04.56	L	F	Carina Brand	17	FAAC	FBD 22/10/2016 Flamingo Gala 2016
48	1:04.64	L	P	Annissa Koekemoer	17	GREY	CPT 23/03/2017 SA Level 3 Regional Age Group C
49	1:04.65	L	P	Cayleigh De Sousa	17	CRSC	JHB 17/03/2017 SA National JNR Age Group Cham
50	1:04.83	L	F	Thelise Saunders	17	UNI	EZD 17/09/2016 MP Xerox Sprint Gala - 17 Septerr
51	1:04.86	L	F	Caitlyn Fourie	17	AQUB	NMA 02/12/2016 NMBA Championships 2016
52	1:04.87	L	F	Danita Blokker	17	NWUC	KKD 23/03/2017 SA Level 3 Regional Age Group Ci
53	1:04.92	L	F	Aimee Wheeler	17	WATR	JHB 01/10/2016 Waterborn Invitational 2016
54	1:05.00	L	P	Bianca Pera	17	WCA	CPT 03/04/2017 Sa National Aquatic Championship
55*	1:05.18	L	F	Amber Manchest	17	XSAQ	CPT 17/09/2016 Western Cape Summer 2
55*	1:05.18	L	F	Enya De Jager	17	UNIM	NGD 23/03/2017 SA Level 3 Regional Age Group C
57	1:05.19	L	F	Mackayla Postumus	17	VIKI	BUF 02/12/2016 BCA Championships 2016
58	1:05.21	L	P	Demi Leech	17	SOUL	EKU 23/03/2017 SA Level 3 Regional Age Group Ci

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	Time	P/F/S	Name	Age/Yr					
59	1:05.22	L	F	Charlize Engelbrecht	17	DDA	FSH	25/11/2016	NTS November 2016 Age Group C
60	1:05.29	L	P	Lauren Dyason	17	CSC	FSH	07/12/2016	NTS Championships 2016
61	1:05.39	L	F	Mariska Bam	17	GTC	EZD	18/02/2017	MP Age Group 5 - 18 FEBRUARY
62	1:05.51	L	P	Chilene Vorster	17	DDA	FSH	23/03/2017	SA Level 3 Regional Age Group C
63	1:05.56	L	F	Sonya van Rooyen	17	MP	EZD	10/04/2017	SA Schools Swimming Champions
64	1:05.71	L	P	Frances Herholdt	17	FISH	EDD	23/03/2017	SA Level 3 Regional Age Group C
65	1:05.76	L	P	Michaela Mitchell	17	ONYX	EKU	23/03/2017	SA Level 3 Regional Age Group C
66	1:05.82	L	P	Yogita Mohabir	17	ELEC	JHB	07/12/2016	NTS Championships 2016
67	1:05.96	L	P	Natasha Finger	17	CRSC	JHB	23/03/2017	SA Level 3 Regional Age Group C
68	1:06.34	L	F	Cameron Mitchell	17	SOUL	EKU	11/03/2017	SA Level 1 Provincial Age Group Ch
69	1:06.54	L	F	Kaylee Prentice	17	FINS	EZD	14/10/2016	MP AGE GROUP 2 - 2016
70*	1:06.65	L	F	Anna Koekemoer	17	TKS	LP	25/11/2016	Limpopo Champs 25-27 Novembe
70*	1:06.65	L	F	Tasha Du Toit	17	FSE	UHD	14/01/2017	Uthungulu District January Age Gr
72	1:06.72	L	F	Catherine Royden-Turner	17	SEAL	UMD	14/01/2017	Ethekwini Age Group 9
73	1:07.04	L	P	Courtney Scheuble	17	STAD	JHB	23/03/2017	SA Level 3 Regional Age Group C
74	1:07.08	L	F	Kirsten Snyckers	17	DDA	FSH	16/09/2016	NTS September 2016 Age Group
75	1:07.23	L	P	Jordan Amery-Bosman	17	BLMA	CPT	01/12/2016	Western Cape Summer Champion
76	1:07.40	L	F	Britney Pieterse	17	AZON	ETH	07/10/2016	PWTT SASOL
77	1:07.43	L	F	Angelique Möller	17	BLMA	CPT	24/06/2016	PEA Winter Gala 2016
78	1:07.45	L	F	Holly Coates	17	TYGE	CPT	17/09/2016	Western Cape Summer 2
79	1:07.64	L	F	Andrea Viljoen	17	BEST	NMA	30/09/2016	Aquabear Invitational Meet
80	1:07.65	L	F	Reedah Shaw	17	UWCA	CPT	18/02/2017	Western Cape Qualify Gala 3
81	1:07.81	L	F	Lizandri Crewe-Brown	17	PEAS	NMA	11/11/2016	4th A League Gala 2016
82	1:07.87	L	P	Gia Harper	17	BLMA	CPT	30/09/2016	Aquabear Invitational Meet
83	1:07.97	L S	F	Amy Ackerman	17	FLOD	JHB	27/06/2016	Sasol National Championship 2016
84	1:08.03	L	F	Leonè Gouws	17	TUKS	FSH	11/03/2017	SA Level 1 Provincial Age Group Ch
85	1:08.24	L	F	Shaheerah Seedat	17	ATLA	JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
86	1:08.34	L	F	Mieke van Zyl	17	CSC	FSH	18/11/2016	NTS November 2016 Age Group L
87	1:08.44	L	F	Elzanie Rademeyer	17	FINS	EZD	25/11/2016	Mpumalanga Championships 2016
88	1:08.49	L	P	Carmen Walters	17	BARR	CPT	30/09/2016	Aquabear Invitational Meet
89	1:08.54	L	P	Abigail Peters	17	NEWS	ADJ	23/03/2017	SA Level 3 Regional Age Group C
90	1:08.59	L	F	Carla vd Berg	17	TUKS	FSH	18/11/2016	NTS November 2016 Age Group L
91	1:08.81	L	F	Anniën Muller	17	NWS		07/10/2016	NTS Invitational Gala 2016
92	1:08.91	L	F	Jamie Hattingh	17	KNYD	EDD	26/11/2016	Eden LC Champs 2016
93	1:08.95	L	F	Tayla Kapp	17	AQUB	NMA	23/03/2017	SA Level 2 Regional Age Group C
94	1:09.28	L	F	Tyla Phillips	17	USC	BUF	10/02/2017	BCA February Age Group Gala 20
95*	1:09.41	L	P	Claudi Bester	17	WOAQ	CED	03/02/2017	Western Cape Jack Currie Champ
95*	1:09.41	L	F	Esmee vd Arend	17	HREQ	BPD	08/12/2016	NWS Championships 2016/2017
97	1:09.42	L	F	Wilme De Villiers	17	BLNE	MAN	30/11/2016	FS CHAMPS
98	1:09.72	L	F	Mia Köpplinger	17	TUKS	FSH	23/09/2016	NTS September 2016 Age Group I
99	1:09.73	L	F	Caitlin Redl	17	UNIM	NGD	18/02/2017	MP Age Group 5 - 18 FEBRUARY
100	1:10.00	L	F	Lara Clucas	17	PLAY	CED	17/09/2016	Western Cape Summer 2
101	1:10.01	L	P	Shania Richardson	17	CRSC	JHB	23/03/2017	SA Level 3 Regional Age Group C
102	1:10.06	L	F	Magrieta Groenewald	17	UPTS	ZMD	09/12/2016	NCASA Sprints 2016
103	1:10.12	L	F	Yarrissa Thambiran	17	UNIQ	JHB	25/11/2016	NTS November 2016 Age Group C
104	1:10.27	L	F	Georgiana Askew	17	STPS	UMD	03/07/2016	eThekwini Age Group Gala 3
105	1:10.31	L	F	Phelo Bacela	17	HARL	BUF	02/12/2016	BCA Championships 2016
106	1:10.50	L	F	Saskia Swart	17	CUDU	CPT	17/09/2016	Western Cape Summer 2
107	1:10.51	L	F	Catherine Myburg	17	AQUB	NMA	04/02/2017	Uitenhage Swimming Club Gala 20
108	1:10.81	L	F	Robyn Houtman	17	TUKS	FSH	25/11/2016	NTS November 2016 Age Group C
109	1:10.97	L	F	Teliza Zaayman	17	UPTS	ZMD	14/10/2016	Age Group 1 2016 Upington
110	1:11.01	L	F	Lisa-Nicole Scholtz	17	PEAS	NMA	24/06/2016	PEA Winter Gala 2016
111	1:11.31	L	P	Britney Strumpher	17	TUKS	FSH	07/12/2016	NTS Championships 2016
112	1:11.44	L	F	Nkosingphile Mbatha	17	ONYX	EKU	05/11/2016	EGA Summer 3
113	1:11.59	L	F	Kayla Stopforth	17	SWIFT	EKU	18/02/2017	EGA Summer 5 Gala
114	1:11.86	L	F	Alexa Kleynhans	17	DDA	FSH	11/03/2017	SA Level 1 Provincial Age Group Ch
115	1:12.12	L	P	Esmarie Posthumus	17	GHSK	FBD	23/03/2017	SA Level 2 Regional Age Group C
116	1:12.35	L	F	Gabriella Gerritsen	17	BENS	EKU	29/10/2016	CGA Level 3/SANJ Gala No 2
117	1:12.52	L	F	Caylin Carlisle	17	FLOD	JHB	05/02/2017	CGA Level 2 last chance gala Day

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Time	P/F/S	Name	Age/Yr
118	1:12.81 L S	P Alessia Torricelli	17 WATR JHB 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
119	1:12.96 L	F Barbara Leger	17 SASE JHB 05/11/2016 CGA Level 2 Gala No 3
120	1:13.29 L	F Chane Van Rooyen	17 ESP EKU 24/09/2016 EGA Summer 1
121	1:13.53 L	F Nina Muller	17 BLSS MAN 28/10/2016 Neptune Open Gala
122*	1:14.27 L	F Nerene Greeff	17 RTBHS BPD 03/02/2017 NW Schools Swimming Champion
122*	1:14.27 L	F Carmen vd Merwe	17 PWAC BPD 08/12/2016 NWS Championships 2016/2017
124	1:14.54 L	F Susanna Jordaan	17 TKS SKD 30/01/2017 NFS INTER HIGH SCHOOL CHAM
125	1:14.64 L	F Michaela Kretzen	17 ASA CPT 01/12/2016 Western Cape Summer Champion
126	1:14.93 L	F Zandeli Dry	17 PWAC BPD 15/10/2016 NWS Age Group 1 1617
127	1:15.00 L	P Shazia Surtee	17 ATLA JHB 23/03/2017 SA Level 3 Regional Age Group Ch
128	1:15.23 L	F Kristin Haskins	17 DORE JHB 24/09/2016 CGA Level 2 gala No 1
129	1:15.29 L	F Alessia Lazzari	17 OLDE JHB 17/09/2016 CGA Level 3/SANJ Gala No 1
130	1:15.33 L	F Heidi Rasmussen	17 HARL BUF 10/02/2017 BCA February Age Group Gala 20
131	1:15.45 L	F Belinda Mynhardt	17 KNYD EDD 26/11/2016 Eden LC Champs 2016
132	1:15.54 L	F Alyssa-Jane Maritz	17 PEAS NMA 19/08/2016 Nedbank Madibaz Swim Meet
133	1:15.95 L	F Kamika Perumal	17 BEAV ETH 03/07/2016 eThekwini Age Group Gala 3
134	1:15.96 L	F Aimee Piketh	17 WSAA CPT 18/02/2017 NWS District Development Champ
135	1:15.97 L	P Carla Coetzee	17 GREY CPT 03/02/2017 Western Cape Jack Currie Champ
136	1:16.29 L	F Alden� Barnard	17 BLSS MAN 04/02/2017 SUPER SPORT LEAGUE GALA 2
137	1:16.39 L	F Romaana Limbada	17 ATLA JHB 24/09/2016 CGA Level 2 gala No 1
138	1:16.44 L	P Kirstie Stevenson	17 AQUB NMA 30/09/2016 Aquabear Invitational Meet
139	1:17.28 L	F Lungelo Nxumalo	17 LVH EZD 24/02/2017 MPUMALANGA SCHOOL SWIMM
140	1:17.83 L	F Andreia da Costa	17 NWUC KKD 08/12/2016 NWS Championships 2016/2017
141	1:17.92 L	F Nicola Bezuidenhout	17 CLSC WCD 18/02/2017 Western Cape Qualify Gala 3
142	1:18.34 L	F Cayla Stewart	17 BENS EKU 05/11/2016 EGA Summer 3
143	1:18.59 L	F Caleigh Bowles	17 VIKI BUF 02/12/2016 BCA Championships 2016
144	1:19.18 L	F Jade Craigen	17 NWUC KKD 08/12/2016 NWS Championships 2016/2017
145	1:19.68 L	F Dane Taljaard	17 BLNE MAN 30/11/2016 FS CHAMPS
146	1:19.76 L	F Lanja Oosthuizen	17 GHSK FBD 11/03/2017 Level 1 Intraprovincial Gala - Kimb
147	1:19.91 L	F Samukelisiwe Mkonyeni	17 TAC EKU 24/09/2016 EGA Summer 1
148	1:20.17 L	F Shakeerah Titus	17 UWCA CPT 18/11/2016 Western Cape Summer QF2
149	1:20.47 L	F Cornel-Mari Van der Merwe	17 AQU ADJ 25/11/2016 KZN TYR Westville Sprints 2016
150	1:21.21 L	F Tee-Ann Lawrence	17 PIRAN BUF 27/01/2017 BCA 2nd January Age Group Gala
151	1:22.63 L	F Humairah Collins	17 ATLA JHB 24/09/2016 CGA Level 2 gala No 1
152	1:23.19 L	F Nadine Lange	17 RTBHS BPD 03/02/2017 NW Schools Swimming Champion
153	1:26.40 L	F Johanri Lewis	17 KEIK NMD 08/12/2016 NWS Championships 2016/2017
154	1:40.42 L	F Yonela Nxoboyi	17 MP EZD 10/04/2017 SA Schools Swimming Champions
155	1:48.24 L	F Tlotlo Molathwa	17 PENG FBD 14/10/2016 MP AGE GROUP 2 - 2016
156	1:54.64 L	F Naysi Strauss	17 ESS EZD 03/02/2017 MP Age Group 4 - 3 & 4 February
157	2:12.62 L	F Bianca Steyn	17 ESS EZD 03/02/2017 MP Age Group 4 - 3 & 4 February
158	2:20.38 L	F Mariska Dercksen	17 ESS EZD 30/09/2016 Uniswim Spar Summer Gala
159	3:43.86 L	F Temoso Monareng	17 ESS EZD 24/02/2017 MPUMALANGA SCHOOL SWIMM

### Women 17-17 200 Free

1	2:03.13 L	F Kate Beavon	17 CGA JHB 03/04/2017 Sa National Aquatic Championship
2	2:05.64 L	S Gabriella Grobler	17 CGA JHB 03/04/2017 Sa National Aquatic Championship
3	2:06.29 L	P Robyn Kinghorn	17 KZNA ETH 03/04/2017 Sa National Aquatic Championship
4	2:07.07 L	S Michee Van Rooyen	17 NTS FSH 03/04/2017 Sa National Aquatic Championship
5	2:07.33 L	P Charlise Oberholzer	17 KZNA ETH 03/04/2017 Sa National Aquatic Championship
6	2:09.13 L	F Mariella Venter	17 WATR JHB 16/12/2016 Vita-thion CGA Open LC Champs
7	2:09.72 L	P Jeanri Buys	17 WSAA CPT 17/03/2017 SA National JNR Age Group Charr
8	2:10.66 L	F Sabrina-Lee Filipe	17 TUKS FSH 17/03/2017 SA National JNR Age Group Charr
9	2:10.83 L	F Lesley Blignaut	17 USC BUF 17/03/2017 SA National JNR Age Group Charr
10	2:11.28 L	F Tahlia Botha	17 TYGE CPT 17/03/2017 SA National JNR Age Group Charr
11	2:11.47 L	F Kelly Vroon	17 TYGE CPT 17/03/2017 SA National JNR Age Group Charr
12	2:11.63 L	P Kristen Straszacker	17 ASA CPT 01/12/2016 Western Cape Summer Champion
13	2:11.72 L	F Heike Thormahlen	17 TUKS FSH 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
14	2:13.22 L	P Ashleigh Green	17 KZNA ETH 03/04/2017 Sa National Aquatic Championship
15	2:13.28 L	P Hannah Haswell	17 NMA NMA 03/04/2017 Sa National Aquatic Championship
16	2:14.18 L	P Thelise Saunders	17 UNIN EZD 17/03/2017 SA National JNR Age Group Charr

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17	2:14.28 L	F	Mikayla Eagles	17	MATI CED	01/12/2016	Western Cape Summer Champion
18	2:14.40 L	F	Dane Steyn	17	BLOT MAN	01/10/2016	Seals Gala
19	2:14.69 L	P	Lauren Forsyth	17	AZON ETH	04/02/2017	2017 Grand Prix Invitation Swimm
20	2:15.32 L	F	Jordan Giraudeau	17	ONYX ECU	08/12/2016	EGA Championships 2016
21	2:15.66 L S	F	Lara Peirce	17	BLSS MAN	13/12/2016	KZN Speedo Provincial Champion
22	2:16.03 L	P	Natalie Arthur	17	CGA JHB	03/04/2017	Sa National Aquatic Championship
23	2:16.36 L	P	Jade Miller	17	CGA JHB	03/04/2017	Sa National Aquatic Championship
24	2:16.41 L	F	Caillin Joubert	17	BARR CPT	23/03/2017	SA Level 3 Regional Age Group C
25	2:16.74 L	P	Bianca Pera	17	WCA CPT	03/04/2017	Sa National Aquatic Championship
26	2:17.65 L	P	Alicia Enslin	17	NTS TSH	03/04/2017	Sa National Aquatic Championship
27	2:18.10 L	F	Mieke Kotze	17	PAC TSH	03/02/2017	NTS Feb 2017 Age Group Level 3
28	2:18.26 L	F	Stephanie Askew	17	SASE JHB	16/12/2016	Vita-thion CGA Open LC Champs
29	2:18.46 L	P	Carlene Taylor	17	AZON ETH	04/02/2017	2017 Grand Prix Invitation Swimm
30	2:18.87 L	P	Lara Pierce	17	FS MAN	03/04/2017	Sa National Aquatic Championship
31	2:19.05 L	F	Kirsty Marais	17	BLMA CPT	01/12/2016	Western Cape Summer Champion
32	2:19.08 L	F	Nicola Wheeler	17	WATR JHB	16/12/2016	Vita-thion CGA Open LC Champs
33	2:19.13 L	F	Carina Brand	17	FAAC FBD	30/11/2016	FS CHAMPS
34	2:19.76 L	F	Danita Blokker	17	NWUC KKD	23/03/2017	SA Level 3 Regional Age Group Ci
35	2:20.95 L	F	Demi Leech	17	SOUL ECU	23/03/2017	SA Level 3 Regional Age Group Ci
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39	2:21.67 L	F	Tanya Pieterse	17	MCS NW	03/02/2017	NW Schools Swimming Champion
40	2:21.76 L	P	Enya De Jager	17	UNIM NGD	23/03/2017	SA Level 3 Regional Age Group C
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42	2:22.08 L	F	Caitlyn Fourie	17	AQUB NMA	02/12/2016	NMBA Championships 2016
43	2:22.24 L	F	Lauren Smith	17	CADO CPT	20/08/2016	Western Cape Summer 1
44	2:22.54 L	F	Rebecca Behne	17	CADO CPT	01/12/2016	Western Cape Summer Champion
45	2:22.74 L	F	Charlize Engelbrecht	17	DDA TSH	21/10/2016	NTS October 2016 Age Group Gal
46	2:23.09 L	F	Gabriella Pedro	17	BSA BPD	03/02/2017	NW Schools Swimming Champion
47	2:23.14 L	P	Natasha Finger	17	CRSC JHB	23/03/2017	SA Level 3 Regional Age Group Ci
48	2:23.24 L	F	Abigail Peters	17	NEWS ADJ	23/03/2017	SA Level 3 Regional Age Group C
49	2:23.56 L	F	Frances Herholdt	17	FISH EDD	23/03/2017	SA Level 3 Regional Age Group C
50	2:24.75 L	P	Chrislin Nieuwoudt	17	ESTR ECU	08/12/2016	EGA Championships 2016
51	2:24.95 L	F	Chilene Vorster	17	GDE	17/02/2017	Gauteng Schools Swimming Trials
52	2:25.10 L	F	Justine Holmes	17	BLNE MAN	28/10/2016	Neptune Open Gala
53	2:25.40 L	F	Gillian Hale	17	TRAZ TSH	03/02/2017	NTS Feb 2017 Age Group Level 3
54	2:25.59 L	F	Merisa Oelofse	17	HARL BUF	30/09/2016	Aquabear Invitational Meet
55	2:25.83 L	P	Kirsten Snyckers	17	DDA TSH	07/12/2016	NTS Championships 2016
56	2:26.01 L	F	Adele Dercksen	17	BLSS MAN	30/11/2016	FS CHAMPS
57	2:26.21 L	F	Annissa Koekemoer	17	GREY CPT	04/11/2016	Freda Barnard Gala 35
58	2:27.08 L	F	Engela Venter	17	PSC TSH	21/10/2016	NTS October 2016 Age Group Gal
59	2:27.33 L	F	Gia Harper	17	BLMA CPT	30/09/2016	Aquabear Invitational Meet
60	2:27.55 L	F	Angelique Möller	17	BLMA CPT	24/06/2016	PEA Winter Gala 2016
61	2:28.35 L	P	Abigail Havenga	17	CSC TSH	17/03/2017	SA National JNR Age Group Charr
62	2:28.65 L	F	Mackayla Postumus	17	VIKI BUF	02/12/2016	BCA Championships 2016
63	2:29.08 L	F	Andrea Viljoen	17	BEST NMA	30/09/2016	Aquabear Invitational Meet
64	2:29.38 L	P	Amy Ackerman	17	FLOD JHB	27/06/2016	Sasol National Championship 2016
65	2:29.59 L	F	Carmen Walters	17	BARR CPT	30/09/2016	Aquabear Invitational Meet
66	2:29.82 L	F	Himke Steenkamp	17	BLNE MAN	28/10/2016	Neptune Open Gala
67	2:29.99 L	P	Courtney Scheuble	17	STAD JHB	23/03/2017	SA Level 3 Regional Age Group Ci
68	2:30.10 L	P	Michaela Mitchell	17	ONYX ECU	08/12/2016	EGA Championships 2016
69	2:30.62 L	F	Phelo Bacela	17	HARL BUF	02/12/2016	BCA Championships 2016
70	2:31.34 L	P	Cameron Mitchell	17	SOUL ECU	23/03/2017	SA Level 3 Regional Age Group Ci
71	2:31.73 L	P	Jordan Amery-Bosman	17	BLMA CPT	01/12/2016	Western Cape Summer Champion
72	2:31.97 L	P	Shaheerah Seedat	17	ATLA JHB	23/03/2017	SA Level 3 Regional Age Group Ci
73	2:32.44 L	F	Tyla Phillips	17	USC BUF	02/12/2016	BCA Championships 2016
74	2:32.64 L	F	Carla vd Berg	17	TUKS TSH	18/11/2016	NTS November 2016 Age Group L
75	2:33.14 L	P	Shania Richardson	17	CRSC JHB	23/03/2017	SA Level 3 Regional Age Group Ci

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
76	2:33.25	L	F	Tasha Du Toit	17	FSE UJD	28/01/2017 Ushaka Championship Gala 2017
77	2:33.28	L	P	Yarrissa Thambiran	17	UNIQ JHB	08/12/2016 EGA Championships 2016
78	2:33.61	L	F	Teliza Zaayman	17	UPTS ZMD	05/01/2017 NCASA Champs 2017
79	2:34.25	L	P	Darielle Naubereit	17	UNIQ JHB	08/12/2016 EGA Championships 2016
80	2:34.55	L	P	Leonè Gouws	17	TUKS TSH	05/07/2016 TYR PRESTIGE CHAMPIONSHIP
81	2:35.60	L	F	Lizmari Smit	17	PLAY CED	20/08/2016 Western Cape Summer 1
82	2:36.04	L	F	Caitlin Redl	17	UNIM NGD	21/01/2017 MP Age Group 3 - 21 January 201
83	2:36.13	L	F	Alessia Torricelli	17	WATR JHB	14/01/2017 CGA Level 2 Gala No 4 14 Jan 20
84	2:36.57	L	F	Wilme De Villiers	17	BLNE MAN	01/10/2016 Seals Gala
85	2:36.85	L	P	Nkosingphile Mbatha	17	ONYX EKU	08/12/2016 EGA Championships 2016
86	2:36.95	L	F	Saskia Swart	17	CUDU CPT	20/08/2016 Western Cape Summer 1
87	2:37.06	L	F	Britney Strumpher	17	TUKS TSH	23/09/2016 NTS September 2016 Age Group 1
88	2:38.28	L	F	Magrieta Groenewald	17	UPTS ZMD	09/12/2016 NCASA Sprints 2016
89	2:39.50	L	F	Barbara Leger	17	SASE JHB	18/02/2017 CGA Level 2 last chance gala day
90	2:39.61	L	F	Catherine Myburg	17	AQUB NMA	04/02/2017 Uitenhage Swimming Club Gala 20
91	2:39.96	L	F	Caylin Carlisle	17	FLOD JHB	16/09/2016 NTS September 2016 Age Group 1
92	2:40.04	L	F	Esmee vd Arend	17	HREF BPD	08/12/2016 NWS Championships 2016/2017
93	2:40.33	L	F	Nina Muller	17	SHS FDD	16/02/2017 Inter High 2017
94	2:40.87	L	P	Kayla Stopforth	17	SWIFT EKU	08/12/2016 EGA Championships 2016
95	2:41.80	L	F	Yogita Mohabir	17	ELEC JHB	17/09/2016 CGA Level 3/SANJ Gala No 1
96	2:42.33	L	F	Reedah Shaw	17	UWCA CPT	20/08/2016 Western Cape Summer 1
97	2:42.80	L	F	Mia Köpplinger	17	TUKS TSH	03/02/2017 NTS Feb 2017 Age Group Level 3
98	2:43.25	L	F	Carmen vd Merwe	17	PWAC BPD	08/12/2016 NWS Championships 2016/2017
99	2:47.96	L	F	Kamika Perumal	17	BEAV ETH	06/08/2016 eThekweni Age Group Gala 4
100	2:47.99	L	P	Chane Van Rooyen	17	ESP EKU	08/12/2016 EGA Championships 2016
101	2:50.16	L	F	Michaela Kretzen	17	ASA CPT	01/12/2016 Western Cape Summer Champion
102	2:51.57	L	F	Kirstie Stevenson	17	AQUB NMA	30/09/2016 Aquabear Invitational Meet
103	2:51.94	L	F	Shakeerah Titus	17	UWCA CPT	18/11/2016 Western Cape Summer QF2
104	2:52.40	L	F	Dane Taljaard	17	BLNE MAN	30/11/2016 FS CHAMPS
105	2:53.54	L	F	Carla Coetzee	17	GREY CPT	18/02/2017 Western Cape Qualify Gala 3
106	2:53.80	L	F	Esmarie Posthumus	17	GHSK FBD	21/01/2017 4 + 1 Gala Trials Kimberley
107	2:54.78	L	F	Caleigh Bowles	17	VIKI BUF	02/12/2016 BCA Championships 2016
108	3:00.46	L	F	Cayla Stewart	17	BENS EKU	24/09/2016 EGA Summer 1
109	3:00.92	L	F	Belinda Mynhardt	17	KNYD EDD	04/11/2016 Freda Barnard Gala 35
110	3:00.99	L	F	Samukelisiwe Mkonyeni	17	TAC EKU	24/09/2016 EGA Summer 1
111	3:02.36	L	F	Susanna Jordaan	17	VALS FDD	14/01/2017 Fezile Dabi Age Group Gala
112	3:05.75	L	F	Lisa Blane	17	VIKI BUF	02/12/2016 BCA Championships 2016
113	3:21.40	L	F	Johanri Lewis	17	KEIK NMD	14/01/2017 NWS Age Group 4 1617
<b>Women 17-17 400 Free</b>							
1	4:16.37	L	F	Kate Beavon	17	WATR JHB	17/03/2017 SA National JNR Age Group Charn
2	4:21.53	L	F	Michee Van Rooyen	17	PSC TSH	17/03/2017 SA National JNR Age Group Charn
3	4:24.85	L	F	Charlise Oberholzer	17	KZNA ETH	03/04/2017 Sa National Aquatic Championship
4	4:24.98	L	F	Robyn Kinghorn	17	ACSA ETH	13/12/2016 KZN Speedo Provincial Champion
5	4:34.92	L	F	Ashleigh Green	17	SEAL UMD	17/03/2017 SA National JNR Age Group Charn
6	4:39.05	L	F	Thelise Saunders	17	UNIN EZD	17/03/2017 SA National JNR Age Group Charn
7	4:39.74	L	F	Tahlia Botha	17	TYGE CPT	01/12/2016 Western Cape Summer Champion
8	4:40.90	L	P	Hannah Haswell	17	NMA NMA	03/04/2017 Sa National Aquatic Championship
9	4:41.56	L	F	Lauren Forsyth	17	AZON ETH	04/02/2017 2017 Grand Prix Invitation Swimm
10	4:42.72	L	F	Dane Steyn	17	BLOT MAN	19/08/2016 Kovsie Aquatics Gala 1
11	4:44.92	L	F	Alicia Enslin	17	TUKS TSH	17/03/2017 SA National JNR Age Group Charn
12	4:45.19	L	P	Natalie Arthur	17	CGA JHB	03/04/2017 Sa National Aquatic Championship
13	4:46.57	L	P	Bianca Pera	17	WCA CPT	03/04/2017 Sa National Aquatic Championship
14	4:47.05	L	F	Mikayla Eagles	17	MATI CED	15/10/2016 Western Cape Summer 3
15	4:52.40	L	F	Caitlyn Fourie	17	AQUB NMA	02/12/2016 NMBA Championships 2016
16	4:53.38	L	F	Jordan Giraudeau	17	ONYX EKU	08/12/2016 EGA Championships 2016
17	4:58.26	L	F	Carina Brand	17	FAAC FBD	30/11/2016 FS CHAMPS
18	5:01.14	L	F	Frances Herholdt	17	BCA BUF	07/01/2017 EDEN INTERPROVINCIAL 2017
19	5:02.20	L	F	Nicola Wheeler	17	WATR JHB	16/12/2016 Vita-thion CGA Open LC Champs
20	5:02.60	L	F	Danita Blokker	17	NWUC KKD	23/03/2017 SA Level 3 Regional Age Group C

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
21	5:02.85	L	F	Enya De Jager	17	UNI-M	NGD 25/11/2016 Mpumalanga Championships 2016
22	5:03.40	L	F	Aimee Wheeler	17	WATR	JHB 23/03/2017 SA Level 3 Regional Age Group Cl
23	5:04.04	L	F	Abigail Peters	17	NEWS	ADJ 23/03/2017 SA Level 3 Regional Age Group C
24	5:06.82	L	F	Lara Peirce	17	BLSS	MAN 30/11/2016 FS CHAMPS
25	5:07.13	L	F	Stephanie Askew	17	SASE	JHB 16/12/2016 Vita-thion CGA Open LC Champs
26	5:07.56	L	F	Natasha Finger	17	CRSC	JHB 23/03/2017 SA Level 3 Regional Age Group Cl
27	5:08.78	L	F	Cayleigh De Sousa	17	CRSC	JHB 16/12/2016 Vita-thion CGA Open LC Champs
28	5:09.85	L	F	Carmen Walters	17	BARR	CPT 23/03/2017 SA Level 3 Regional Age Group C
29	5:12.47	L	F	Julia Heckscher	17	CADO	CPT 15/10/2016 Western Cape Summer 3
30	5:13.11	L	F	Caitlin Engelbrecht	17	TWSA	NMA 19/08/2016 Nedbank Madibaz Swim Meet
31	5:16.42	L	F	Chilene Vorster	17	DDA	FSH 03/02/2017 NTS Feb 2017 Age Group Level 3
32	5:16.44	L	F	Andrea Viljoen	17	BEST	NMA 23/03/2017 SA Level 3 Regional Age Group C
33	5:16.71	L	F	Angelique Möller	17	BLMA	CPT 24/06/2016 PEA Winter Gala 2016
34	5:18.15	L	F	Courtney Scheuble	17	STAD	JHB 23/03/2017 SA Level 3 Regional Age Group Cl
35	5:19.78	L	F	Justine Holmes	17	BLNE	MAN 27/06/2016 Sasol National Championship 2016
36	5:20.12	L	F	Jordan Amery-Bosman	17	BLMA	CPT 30/09/2016 Aquabear Invitational Meet
37	5:25.80	L	F	Lizandri Crewe-Brown	17	HHPS	09/12/2016 EC Aquatics Schools Trials Gala
38	5:25.94	L	F	Teliza Zaayman	17	UPTS	ZMD 05/01/2017 NCASA Champs 2017
39	5:26.41	L	P	Alessia Torricelli	17	WATR	JHB 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
40	5:26.67	L	F	Robyn Houtman	17	TUKS	FSH 23/09/2016 NTS September 2016 Age Group I
41	5:27.12	L	P	Leonè Gouws	17	TUKS	FSH 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
42	5:28.41	L	F	Rebecca Behne	17	CADO	CPT 15/10/2016 Western Cape Summer 3
43	5:28.49	L	F	Jamie Hattingh	17	KNYD	EDD 04/11/2016 Freda Barnard Gala 35
44	5:28.82	L	F	Amy Ackerman	17	FLOD	JHB 27/06/2016 Sasol National Championship 2016
45	5:31.50	L	F	Chrislin Nieuwoudt	17	ESTR	EKU 18/02/2017 EGA Summer 5 Gala
46	5:32.51	L	F	Michaela Mitchell	17	ONYX	EKU 05/11/2016 EGA Summer 3
47	5:33.00	L	F	Phelo Babela	17	HARL	BUF 02/12/2016 BCA Championships 2016
48	5:35.64	L	F	Catherine Myburg	17	AQUB	NMA 30/09/2016 Aquabear Invitational Meet
49	5:35.81	L	F	Tasha Du Toit	17	FSE	UHD 23/03/2017 SA Level 3 Regional Age Group C
50	5:37.75	L	F	Annie Muller	17	NWS	28/01/2017 4 + 1 Inter District Gala 2017
51	5:44.78	L	F	Caylin Carlisle	17	FLOD	JHB 27/06/2016 Sasol National Championship 2016
52	5:46.51	L	F	Kayla Stopforth	17	SWIFT	EKU 08/12/2016 EGA Championships 2016
53	5:48.57	L	F	Wilme De Villiers	17	BLNE	MAN 27/06/2016 Sasol National Championship 2016
54	5:52.89	L	F	Nkosingphile Mbatha	17	ONYX	EKU 05/11/2016 EGA Summer 3
55	5:56.12	L	F	Caleigh Bowles	17	VIKI	BUF 05/11/2016 BCA Nov Age Group Gala 2016
56	6:08.15	L	F	Carmen vd Merwe	17	PWAC	BPD 15/10/2016 NWS Age Group 1 1617
57	6:09.41	L	F	Heidi Rasmussen	17	HARL	BUF 02/12/2016 BCA Championships 2016
58	6:10.65	L	F	Chane Van Rooyen	17	ESP	EKU 02/09/2016 EGA Long Distance Gala # 1
59	6:26.55	L	F	Esmarie Posthumus	17	GHSK	FBD 22/10/2016 Flamingo Gala 2016
60	6:28.28	L	F	Zandeli Dry	17	PWAC	BPD 15/10/2016 NWS Age Group 1 1617
61	6:48.86	L	F	Belinda Mynhardt	17	KNYD	EDD 04/11/2016 Freda Barnard Gala 35
62	6:50.03	L	F	Samukelisiwe Mkonyeni	17	TAC	EKU 05/11/2016 EGA Summer 3

### Women 17-17 800 Free

1	8:54.77	L	F	Kate Beavon	17	CGA	JHB 03/04/2017 Sa National Aquatic Championship
2	8:55.57	L	F	Michee Van Rooyen	17	PSC	FSH 17/03/2017 SA National JNR Age Group Charr
3	9:02.25	L	F	Charlise Oberholzer	17	KZNA	ETH 03/04/2017 Sa National Aquatic Championship
4	9:03.19	L	F	Robyn Kinghorn	17	ACSA	ETH 13/12/2016 KZN Speedo Provincial Champion
5	9:37.76	L	F	Thelise Saunders	17	UNIN	EZD 17/03/2017 SA National JNR Age Group Charr
6	9:38.29	L	F	Dane Steyn	17	BLOT	MAN 19/08/2016 Kovsie Aquatics Gala 1
7	9:46.01	L S	F	Hannah Haswell	17	INFA	NMA 10/02/2017 6th A League Gala 2017
8	9:52.40	L	F	Natalie Arthur	17	HASC	JHB 17/03/2017 SA National JNR Age Group Charr
9	9:53.35	L	F	Ashleigh Green	17	SEAL	UMD 27/06/2016 Sasol National Championship 2016
10	9:57.15	L	P	Bianca Pera	17	WCA	CPT 03/04/2017 Sa National Aquatic Championship
11	10:06.82	L	F	Jordan Giraudeau	17	ONYX	EKU 08/12/2016 EGA Championships 2016
12	10:12.97	L	F	Stephanie Askew	17	SASE	JHB 29/10/2016 CGA Level 3/SANJ Gala No 2
13	10:18.90	L	F	Alicia Enslin	17	TUKS	FSH 02/09/2016 EGA Long Distance Gala # 1
14	10:21.67	L	F	Carina Brand	17	FAAC	FBD 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
15	10:25.10	L	F	Caitlyn Fourie	17	AQUB	NMA 30/09/2016 Aquabear Invitational Meet
16	10:26.01	L	F	Demi Leech	17	SOUL	EKU 08/12/2016 EGA Championships 2016

### Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
17	10:35.37 L	F	Frances Herholdt	17	FISH EDD	02/12/2016	NMBA Championships 2016
18	10:40.83 L	F	Caitlin Engelbrecht	17	TWSA NMA	19/08/2016	Nedbank Madibaz Swim Meet
19	10:54.71 L	F	Gia Harper	17	BLMA CPT	30/09/2016	Aquabear Invitational Meet
20	11:03.58 L	F	Engela Venter	17	PSC FSH	21/10/2016	NTS October 2016 Age Group Gal
21	11:03.63 L	F	Jordan Amery-Bosman	17	BLMA CPT	30/09/2016	Aquabear Invitational Meet
22	11:04.82 L	F	Teliza Zaayman	17	UPTS ZMD	05/01/2017	NCASA Champs 2017
23	11:05.23 L	F	Angelique Möller	17	BLMA CPT	24/06/2016	PEA Winter Gala 2016
24	11:20.11 L	F	Courtney Scheuble	17	STAD JHB	02/09/2016	EGA Long Distance Gala # 1
25	11:23.21 L	F	Robyn Houtman	17	TUKS FSH	25/11/2016	NTS November 2016 Age Group C
26	11:41.23 L	F	Jamie Hattingh	17	KNYD EDD	26/11/2016	Eden LC Champs 2016
27	12:05.97 L	F	Caylin Carlisle	17	FLOD JHB	25/11/2016	NTS November 2016 Age Group C
28	12:06.04 L	F	Wilme De Villiers	17	BLNE MAN	19/08/2016	Kovsie Aquatics Gala 1
29	13:20.49 L	F	Chane Van Rooyen	17	ESP ECU	02/09/2016	EGA Long Distance Gala # 1
30	13:41.69 L	F	Belinda Mynhardt	17	KNYD EDD	28/01/2017	Eden 5th A League Gala
<b>Women 17-17 1500 Free</b>							
1	17:07.95 L	P	Kate Beavon	17	CGA JHB	03/04/2017	Sa National Aquatic Championship
2	17:15.54 L	F	Robyn Kinghorn	17	ACSA ETH	13/12/2016	KZN Speedo Provincial Champion
3	17:20.44 L	F	Charlise Oberholzer	17	RSA	16/10/2016	12th African Swimming Champs 20
4	17:26.33 L	P	Michee Van Rooyen	17	NTS FSH	03/04/2017	Sa National Aquatic Championship
5	18:54.23 L	F	Dane Steyn	17	BLOT MAN	02/09/2016	Kovsie Aquatics Gala 2
6	19:04.36 L	F	Hannah Haswell	17	INFA NMA	11/11/2016	4th A League Gala 2016
7	19:51.45 L	F	Frances Herholdt	17	FISH EDD	02/12/2016	NMBA Championships 2016
8	19:55.74 L	F	Caitlin Engelbrecht	17	TWSA NMA	02/12/2016	NMBA Championships 2016
9	20:22.39 L	F	Engela Venter	17	PSC FSH	25/11/2016	NTS November 2016 Age Group C
10	20:37.15 L	F	Lesley Bignaut	17	USC BUF	02/12/2016	BCA Championships 2016
11	20:42.22 L	F	Carina Brand	17	FAAC FBD	05/01/2017	NCASA Champs 2017
12	21:21.42 L	F	Teliza Zaayman	17	UPTS ZMD	25/11/2016	NCASA Age Group 3 Upington 20
<b>Women 17-17 50 Back</b>							
1	29.04 L	S	Mariella Venter	17	CGA JHB	03/04/2017	Sa National Aquatic Championship
2	30.34 L	F	Gabriella Grobler	17	WATR JHB	17/03/2017	SA National JNR Age Group Cham
3	30.47 L	F	Gabriella Pedro	17	RBOT BPD	17/03/2017	SA National JNR Age Group Cham
4	30.83 L	S	Kristen Straszacker	17	WCA CPT	03/04/2017	Sa National Aquatic Championship
5	31.07 L	S	Heike Thormahlen	17	NTS FSH	03/04/2017	Sa National Aquatic Championship
6	31.22 L	F	Mieke Kotze	17	NTS FSH	22/10/2016	VIII Gala Golfinhos Sprint
7	31.85 L	F	Tahlia Botha	17	TYGE CPT	01/12/2016	Western Cape Summer Champion
8	31.86 L	F	Jade Nesor	17	WATR JHB	16/12/2016	Vita-thion CGA Open LC Champs
9	32.14 L	F	Tanya Pieterse	17	MCS NW	03/02/2017	NW Schools Swimming Champion
10	32.17 L	P	Chrislin Nieuwoudt	17	EGA ECU	03/04/2017	Sa National Aquatic Championship
11	32.24 L	P	Mane' Breytenbach	17	NTS FSH	03/04/2017	Sa National Aquatic Championship
12	32.32 L	P	Cayleigh De Sousa	17	CGA JHB	03/04/2017	Sa National Aquatic Championship
13	32.64 L	P	Darielle Naubereit	17	UNIQ JHB	17/03/2017	SA National JNR Age Group Cham
14	32.67 L	P	Natalie Arthur	17	HASC JHB	17/03/2017	SA National JNR Age Group Cham
15	32.71 L	P	Catherine Royden-Turner	17	SEAL UMD	17/03/2017	SA National JNR Age Group Cham
16	32.93 L	P	Lauren Smith	17	WCA CPT	03/04/2017	Sa National Aquatic Championship
17	33.07 L	F	Himke Steenkamp	17	BLNE MAN	23/03/2017	SA Level 3 Regional Age Group C
18	33.09 L	P	Alicia Enslin	17	NTS FSH	03/04/2017	Sa National Aquatic Championship
19	33.14 L	F	Robyn Marshall	17	USC BUF	23/03/2017	SA Level 3 Regional Age Group C
20*	33.16 L	P	Gia Harper	17	BLMA CPT	30/09/2016	Aquabear Invitational Meet
20*	33.16 L	F	Ashleigh Green	17	SEAL UMD	13/12/2016	KZN Speedo Provincial Champion
22	33.17 L	F	Dane Steyn	17	BLOT MAN	02/09/2016	Kovsie Aquatics Gala 2
23	33.35 L	P	Kelly Vroon	17	WCA CPT	03/04/2017	Sa National Aquatic Championship
24	33.43 L	F	Carike Moolman	17	BLOT MAN	02/09/2016	Kovsie Aquatics Gala 2
25	33.57 L	F	Annissa Koekemoer	17	GREY CPT	23/03/2017	SA Level 3 Regional Age Group C
26	33.64 L	F	Lara Peirce	17	BLSS MAN	13/12/2016	KZN Speedo Provincial Champion
27	33.72 L	P	Mariska Bam	17	GTC EZD	23/03/2017	SA Level 3 Regional Age Group C
28	33.76 L	F	Michee Van Rooyen	17	PSC FSH	25/11/2016	NTS November 2016 Age Group C
29	34.13 L	S	Aimee Wheeler	17	WATR JHB	23/03/2017	SA Level 3 Regional Age Group Ci
30	34.16 L	P	Stephanie Askew	17	SASE JHB	16/12/2016	Vita-thion CGA Open LC Champs

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
31	34.19	L	F	Carmen Walters	17	BARR	CPT	23/03/2017	SA Level 3 Regional Age Group C
32	34.24	L	P	Lara Pierce	17	FS	MAN	03/04/2017	Sa National Aquatic Championship
33	34.26	L	F	Jordan Amery-Bosman	17	BLMA	CPT	30/09/2016	Aquabear Invitational Meet
34	34.32	L	F	Hannah Haswell	17	INFA	NMA	30/09/2016	Aquabear Invitational Meet
35	34.37	L	P	Lesley Blignaut	17	USC	BUF	17/03/2017	SA National JNR Age Group Cham
36	34.40	L	P	Lizandri Crewe-Brown	17	PEAS	NMA	23/03/2017	SA Level 3 Regional Age Group C
37	34.41	L	P	Cailin Joubert	17	BARR	CPT	23/03/2017	SA Level 3 Regional Age Group C
38	34.80	L	F	Cameron Mitchell	17	SOUL	EKU	05/11/2016	EGA Summer 3
39*	34.88	L	P	Daniela Marggraff	17	PAC	FSH	07/12/2016	NTS Championships 2016
39*	34.88	L	F	Andrea Viljoen	17	BEST	NMA	30/09/2016	Aquabear Invitational Meet
41	34.93	L	F	Abigail Havenga	17	CSC	FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
42	34.95	L	S	Shania Richardson	17	CRSC	JHB	23/03/2017	SA Level 3 Regional Age Group Ci
43	35.13	L	P	Cecilia Els	17	OCTO	MAN	16/02/2017	Inter High 2017
44	35.18	L	P	Chilene Vorster	17	DDA	FSH	23/03/2017	SA Level 3 Regional Age Group Ci
45	35.24	L	F	Camryn Fenthum	17	WATR	JHB	05/02/2017	CGA Level 2 last chance gala Day
46	35.36	L	F	Angelique Möller	17	BLMA	CPT	24/06/2016	PEA Winter Gala 2016
47	35.43	L	F	Mikayla Eagles	17	MATI	CED	12/11/2016	Western Cape Summer 4
48	35.44	L	F	Natasha Finger	17	CRSC	JHB	16/12/2016	Vita-thion CGA Open LC Champs
49	35.46	L	P	Lisa-Nicole Scholtz	17	PEAS	NMA	30/09/2016	Aquabear Invitational Meet
50	35.48	L	F	Esmee vd Arend	17	HREF	BPD	08/12/2016	NWS Championships 2016/2017
51	35.54	L	F	Sonya van Rooyen	17	WAV	EZD	25/11/2016	Mpumalanga Championships 2016
52	35.55	L	F	Kirsten Snyckers	17	DDA	FSH	25/11/2016	NTS November 2016 Age Group C
53	35.61	L	F	Carlene Taylor	17	AZON	ETH	25/11/2016	KZN TYR Westville Sprints 2016
54	35.75	L	F	Charlize Engelbrecht	17	DDA	FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
55	35.82	L	F	Jade Miller	17	SASE	JHB	16/12/2016	Vita-thion CGA Open LC Champs
56	35.93	L	F	Tyla Phillips	17	HHPS		09/12/2016	EC Aquatics Schools Trials Gala
57*	35.97	L	P	Justine Holmes	17	BLNE	MAN	17/03/2017	SA National JNR Age Group Cham
57*	35.97	L	F	Leonè Gouws	17	TUKS	FSH	23/09/2016	NTS September 2016 Age Group I
57*	35.97	L	P	Yarrissa Thambiran	17	UNIQ	JHB	08/12/2016	EGA Championships 2016
60	36.01	L	P	Courtney Scheuble	17	STAD	JHB	23/03/2017	SA Level 3 Regional Age Group Ci
61	36.09	L	P	Kate Mandell	17	VIKI	BUF	30/09/2016	Aquabear Invitational Meet
62	36.16	L	F	Engela Venter	17	PSC	FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
63	36.26	L	F	Megan Kreft	17	MATI	CED	18/02/2017	Western Cape Qualify Gala 3
64	36.28	L	P	Jordan Giraudeaux	17	ONYX	EKU	08/12/2016	EGA Championships 2016
65	36.42	L	F	Nerene Greeff	17	RTBHS	BPD	03/02/2017	NW Schools Swimming Champion
66	36.45	L	F	Claudi Bester	17	WOAQ	CED	23/03/2017	SA Level 2 Regional Age Group Ci
67	36.50	L	F	Adele Dercksen	17	BLSS	MAN	30/11/2016	FS CHAMPS
68	36.71	L	F	Demi Leech	17	SOUL	EKU	10/09/2016	Adrian Grafe Memorial Gala 2016
69	36.75	L	P	Nicola Wheeler	17	WATR	JHB	16/12/2016	Vita-thion CGA Open LC Champs
70	36.76	L	F	Thelise Saunders	17	WRP	EZD	28/10/2016	Top Schools - High School 28 Oct
71	36.79	L	F	Frances Herholdt	17	FISH	EDD	19/11/2016	EDEN 3rd A-League Gala 2016
72	36.80	L	F	Cherise Mans	17	ESS	EZD	28/10/2016	Top Schools - High School 28 Oct
73	36.85	L	P	Michaela Mitchell	17	ONYX	EKU	08/12/2016	EGA Championships 2016
74	36.94	L	F	Kaylee Prentice	17	FINS	EZD	17/09/2016	MP Xerox Sprint Gala - 17 Septerr
75	37.22	L	F	Amy Ackerman	17	FLOD	JHB	17/09/2016	CGA Level 3/SANJ Gala No 1
76	37.33	L	F	Carina Brand	17	FAAC	FBD	23/03/2017	SA Level 3 Regional Age Group C
77	37.44	L	F	Mia Köpplinger	17	TUKS	FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
78	37.45	L	F	Carmen vd Merwe	17	PWAC	BPD	08/12/2016	NWS Championships 2016/2017
79	37.64	L	F	Teliza Zaayman	17	UPTS	ZMD	05/01/2017	NCASA Champs 2017
80	37.83	L	F	Esmarie Posthumus	17	GHSK	FBD	23/03/2017	SA Level 2 Regional Age Group Ci
81	37.86	L	F	Elzanie Rademeyer	17	ESS	EZD	28/10/2016	Top Schools - High School 28 Oct
82	38.06	L	F	Wilme De Villiers	17	BLNE	MAN	02/09/2016	Kovsie Aquatics Gala 2
83	38.07	L	F	Julia Heckscher	17	CADO	CPT	18/11/2016	Western Cape Summer QF2
84	38.29	L	F	Tasha Du Toit	17	FSE	UHD	28/01/2017	Ushaka Championship Gala 2017
85*	38.52	L	P	Shaheerah Seedat	17	ATLA	JHB	23/03/2017	SA Level 3 Regional Age Group Ci
85*	38.52	L	F	Kayla Stopforth	17	SWIFT	EKU	21/01/2017	EGA Summer 4
87	38.56	L	F	Caitlin Redl	17	UNIM	NGD	21/01/2017	MP Age Group 3 - 21 January 201
88	38.58	L	F	Andreia da Costa	17	NWUC	KKD	15/10/2016	NWS Age Group 1 1617
89	38.66	L	F	Lauren Viljoen	17	NHS	MP	24/02/2017	MPUMALANGA SCHOOL SWIMM



## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
90	38.67 L	F	Yogita Mohabir	17	ELEC JHB	17/09/2016	CGA Level 3/SANJ Gala No 1
91	38.77 L	F	Tayla Kapp	17	AQUB NMA	23/03/2017	SA Level 3 Regional Age Group C
92	38.84 L	F	Mackayla Postumus	17	VIKI BUF	02/12/2016	BCA Championships 2016
93	38.91 L	P	Catherine Myburg	17	AQUB NMA	30/09/2016	Aquabear Invitational Meet
94	38.98 L	F	Danita Blokker	17	NWUC KKD	15/10/2016	NWS Age Group 1 1617
95	39.09 L	F	Annie Muller	17	PGIM KKD	03/02/2017	NW Schools Swimming Champion
96	39.46 L	F	Enya De Jager	17	ESS EZD	28/10/2016	Top Schools - High School 28 Oct
97	39.68 L	F	Kristin Haskins	17	DORE JHB	25/02/2017	CGA Level 1 Year End Gala
98	39.92 L	F	Michaela Kretzen	17	ASA CPT	30/09/2016	Aquabear Invitational Meet
99	40.58 L	F	Hannah Ledingham	17	SHS FDD	30/01/2017	NFS INTER HIGH SCHOOL CHAN
100	40.60 L	F	Barbara Leger	17	SASE JHB	14/01/2017	CGA Level 2 Gala No 4 14 Jan 20
101	40.74 L	P	Nkosingphile Mbatha	17	ONYX ECU	08/12/2016	EGA Championships 2016
102	40.93 L	F	Alexa Kleynhans	17	DDA TSH	11/03/2017	SA Level 1 Provincial Age Group Ch
103	41.20 L	F	Tee-Ann Lawrence	17	PIRAN BUF	27/01/2017	BCA 2nd January Age Group Gala
104	41.22 L	F	Kamika Perumal	17	BEAV ETH	02/09/2016	KZN Beavers Winter LongCourse
105	41.50 L	F	Dane Taljaard	17	BLNE MAN	30/11/2016	FS CHAMPS
106	41.55 L	F	Magrieta Groenewald	17	UPTS ZMD	09/12/2016	NCASA Sprints 2016
107	41.62 L	P	Shazia Surtee	17	ATLA JHB	23/03/2017	SA Level 3 Regional Age Group C
108	42.17 L	F	Shonel Wilson	17	BENS ECU	10/09/2016	Adrian Grafe Memorial Gala 2016
109	42.29 L	F	Jade Craigen	17	NWUC KKD	08/12/2016	NWS Championships 2016/2017
110	42.93 L	F	Zandeli Dry	17	PWAC BPD	15/10/2016	NWS Age Group 1 1617
111	43.33 L	F	Caleigh Bowles	17	VIKI BUF	10/02/2017	BCA February Age Group Gala 20
112	43.60 L	F	Cayla Stewart	17	BENS ECU	24/09/2016	EGA Summer 1
113	43.62 L	F	Shakeerah Titus	17	UWCA CPT	12/11/2016	Western Cape Summer 4
114	43.84 L	F	Lisa Blane	17	VIKI BUF	02/12/2016	BCA Championships 2016
115*	44.56 L	P	Heidi Rasmussen	17	HARL BUF	30/09/2016	Aquabear Invitational Meet
115*	44.56 L	P	Kirstie Stevenson	17	AQUB NMA	30/09/2016	Aquabear Invitational Meet
117	44.66 L	F	Nadine Lange	17	RTBHS BPD	03/02/2017	NW Schools Swimming Champion
118	47.16 L	F	Lanja Oosthuizen	17	GHSK FBD	11/03/2017	Level 1 Intraprovincial Gala - Kimb
119	47.46 L	F	Johanri Lewis	17	WSAA CPT	18/02/2017	NWS District Development Champ
120	50.31 L	F	Naysi Strauss	17	ESS EZD	03/02/2017	MP Age Group 4 - 3 & 4 February
121	52.91 L	P	Samukelisiwe Mkonyeni	17	TAC ECU	08/12/2016	EGA Championships 2016
122	54.94 L	F	Chloe Rissik	17	VINE CPT	03/02/2017	Western Cape Jack Currie Champ
123	58.18 L	F	Tlotlo Molathwa	17	PENG FBD	14/10/2016	MP AGE GROUP 2 - 2016
124	59.28 L	P	Mariska Dercksen	17	MP EZD	10/04/2017	SA Schools Swimming Champions
125	59.54 L	F	Bianca Steyn	17	ESS EZD	17/09/2016	MP Xerox Sprint Gala - 17 Septem
126	1:21.46 L	F	Yonela Nxoboyi	17	ESS EZD	25/11/2016	Mpumalanga Championships 2016
<b>Women 17-17 100 Back</b>							
1	1:01.16 L	F	Mariella Venter	17	WATR JHB	17/03/2017	SA National JNR Age Group Cham
2	1:05.18 L	F	Kristen Straszacker	17	WCA CPT	03/04/2017	Sa National Aquatic Championship
3	1:05.34 L	F	Gabriella Grobler	17	WATR JHB	16/12/2016	Vita-thion CGA Open LC Champs
4	1:06.40 L	F	Mieke Kotze	17	NTS TSH	22/10/2016	VIII Gala Golfinhos Sprint
5	1:07.88 L	F	Chrislin Nieuwoudt	17	ESTR ECU	08/12/2016	EGA Championships 2016
6	1:08.00 L	P	Jade Nesper	17	WATR JHB	17/03/2017	SA National JNR Age Group Cham
7	1:08.11 L	F	Alicia Enslin	17	TUKS TSH	17/03/2017	SA National JNR Age Group Cham
8	1:08.57 L	F	Heike Thormahlen	17	TUKS TSH	17/03/2017	SA National JNR Age Group Cham
9	1:08.75 L	P	Tahlia Botha	17	TYGE CPT	17/03/2017	SA National JNR Age Group Cham
10	1:08.83 L	F	Gabriella Pedro	17	RBOT BPD	08/12/2016	NWS Championships 2016/2017
11	1:08.88 L	P	Cayleigh De Sousa	17	CGA JHB	03/04/2017	Sa National Aquatic Championship
12	1:09.26 L	F	Mane' Breytenbach	17	PAC TSH	07/12/2016	NTS Championships 2016
13	1:09.89 L	F	Tanya Pieterse	17	MCS NW	03/02/2017	NW Schools Swimming Champion
14	1:10.00 L	P	Kelly Vroon	17	WCA CPT	03/04/2017	Sa National Aquatic Championship
15	1:10.41 L	P	Ashleigh Green	17	SEAL UMD	17/03/2017	SA National JNR Age Group Cham
16	1:10.71 L	F	Robyn Marshall	17	USC BUF	23/03/2017	SA Level 3 Regional Age Group C
17	1:10.76 L	P	Lauren Smith	17	CADO CPT	01/12/2016	Western Cape Summer Champion
18	1:11.18 L	F	Dane Steyn	17	BLOT MAN	17/09/2016	Otters Charity Gala
19	1:11.45 L	P	Catherine Royden-Turner	17	SEAL UMD	17/03/2017	SA National JNR Age Group Cham
20	1:12.01 L	P	Annisia Koekemoer	17	GREY CPT	23/03/2017	SA Level 3 Regional Age Group C
21	1:12.63 L	F	Carike Moolman	17	BLOT MAN	30/11/2016	FS CHAMPS

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
22	1:13.02 L	F	Stephanie Askew	17	SASE JHB	16/12/2016	Vita-thion CGA Open LC Champs
23	1:13.04 L	P	Gia Harper	17	BLMA CPT	30/09/2016	Aquabear Invitational Meet
24	1:13.43 L	F	Carmen Walters	17	BARR CPT	18/02/2017	Western Cape Qualify Gala 3
25	1:13.53 L	F	Himke Steenkamp	17	BLNE MAN	30/11/2016	FS CHAMPS
26	1:13.58 L	F	Jordan Amery-Bosman	17	BLMA CPT	24/06/2016	PEA Winter Gala 2016
27	1:13.73 L	F	Lizandri Crewe-Brown	17	PEAS NMA	23/03/2017	SA Level 3 Regional Age Group C
28	1:13.92 L	F	Mariska Bam	17	UPC MP	24/02/2017	MPUMALANGA SCHOOL SWIMM
29	1:13.99 L	P	Hannah Haswell	17	INFA NMA	30/09/2016	Aquabear Invitational Meet
30	1:14.22 L	F	Carlene Taylor	17	AZON ETH	13/12/2016	KZN Speedo Provincial Champion
31	1:14.45 L	P	Darielle Naubereit	17	UNIQ JHB	17/03/2017	SA National JNR Age Group Cham
32	1:14.74 L	F	Kirsty Marais	17	BLMA CPT	20/08/2016	Western Cape Summer 1
33	1:14.90 L	P	Kate Mandell	17	VIKI BUF	13/12/2016	KZN Speedo Provincial Champion
34	1:15.02 L	P	Lauren Dyason	17	CSC TSH	07/12/2016	NTS Championships 2016
35	1:15.12 L	F	Cameron Mitchell	17	SOUL EKU	11/03/2017	SA Level 1 Provincl Age Group Ch
36	1:15.35 L	P	Cailin Joubert	17	BARR CPT	01/12/2016	Western Cape Summer Champion
37	1:15.55 L	P	Cecilia Els	17	OCTO MAN	16/02/2017	Inter High 2017
38	1:15.79 L	F	Andrea Viljoen	17	BEST NMA	02/12/2016	NMBA Championships 2016
39	1:15.89 L	F	Kirsten Snyckers	17	GDE	17/02/2017	Gauteng Schools Swimming Trials
40*	1:16.02 L	F	Lara Peirce	17	BLSS MAN	30/11/2016	FS CHAMPS
40*	1:16.02 L	F	Aimee Wheeler	17	GDE	17/02/2017	Gauteng Schools Swimming Trials
42	1:16.18 L	F	Lara Clucas	17	PLAY CED	20/08/2016	Western Cape Summer 1
43	1:16.19 L	F	Holly Coates	17	TYGE CPT	20/08/2016	Western Cape Summer 1
44	1:16.27 L	P	Justine Holmes	17	BLNE MAN	13/12/2016	KZN Speedo Provincial Champion
45	1:16.28 L	F	Tyla Phillips	17	USC BUF	02/12/2016	BCA Championships 2016
46	1:16.83 L	F	Angelique Möller	17	BLMA CPT	24/06/2016	PEA Winter Gala 2016
47	1:17.17 L	F	Camryn Fenthum	17	WATR JHB	14/01/2017	CGA Level 2 Gala No 4 14 Jan 20
48	1:17.20 L	P	Shania Richardson	17	CRSC JHB	16/12/2016	Vita-thion CGA Open LC Champs
49	1:17.30 L	F	Charlize Engelbrecht	17	DDA TSH	23/09/2016	NTS September 2016 Age Group I
50	1:17.53 L	F	Thelise Saunders	17	UNI EZD	17/09/2016	MP Xerox Sprint Gala - 17 Septem
51	1:17.55 L	P	Natasha Finger	17	CRSC JHB	16/12/2016	Vita-thion CGA Open LC Champs
52	1:17.59 L	P	Chilene Vorster	17	DDA TSH	07/12/2016	NTS Championships 2016
53	1:17.71 L	F	Kaylee Prentice	17	FINS EZD	03/02/2017	MP Age Group 4 - 3 & 4 February
54	1:17.88 L	F	Lisa-Nicole Scholtz	17	PEAS NMA	19/08/2016	Nedbank Madibaz Swim Meet
55	1:18.25 L	P	Jade Miller	17	SASE JHB	16/12/2016	Vita-thion CGA Open LC Champs
56	1:18.60 L	P	Natalie Arthur	17	HASC JHB	16/12/2016	Vita-thion CGA Open LC Champs
57	1:18.77 L	F	Esmee vd Arend	17	NCASA	05/11/2016	Fezile Dabi Inter Provincial Gala
58	1:19.46 L	F	Jordan Giraudeau	17	ONYX EKU	08/12/2016	EGA Championships 2016
59	1:19.49 L	P	Nicola Wheeler	17	WATR JHB	16/12/2016	Vita-thion CGA Open LC Champs
60	1:19.56 L	F	Saskia Swart	17	CUDU CPT	20/08/2016	Western Cape Summer 1
61	1:19.77 L	F	Sonya van Rooyen	17	WAV EZD	25/11/2016	Mpumalanga Championships 2016
62	1:19.89 L	F	Elzanie Rademeyer	17	FINS EZD	25/11/2016	Mpumalanga Championships 2016
63	1:19.99 L	F	Amy Ackerman	17	FLOD JHB	27/06/2016	Sasol National Championship 2016
64	1:20.09 L	F	Frances Herholdt	17	FISH EDD	02/12/2016	NMBA Championships 2016
65	1:20.16 L	P	Courtney Scheuble	17	STAD JHB	23/03/2017	SA Level 3 Regional Age Group C
66	1:20.18 L	F	Julia Heckscher	17	CADO CPT	20/08/2016	Western Cape Summer 1
67	1:20.30 L	P	Leonè Gouws	17	TUKS TSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
68	1:20.55 L	P	Michaela Mitchell	17	ONYX EKU	08/12/2016	EGA Championships 2016
69	1:20.89 L	F	Engela Venter	17	PSC TSH	21/10/2016	NTS October 2016 Age Group Gal
70	1:21.20 L	P	Carina Brand	17	FAAC FBD	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
71	1:21.43 L	F	Carmen vd Merwe	17	PWAC BPD	08/12/2016	NWS Championships 2016/2017
72*	1:22.08 L	F	Adele Dercksen	17	BLSS MAN	30/11/2016	FS CHAMPS
72*	1:22.08 L	P	Shaheerah Seedat	17	ATLA JHB	23/03/2017	SA Level 3 Regional Age Group C
74	1:22.15 L	F	Claudi Bester	17	WOAQ CED	23/03/2017	SA Level 3 Regional Age Group C
75	1:22.42 L	P	Catherine Myburg	17	AQUB NMA	30/09/2016	Aquabear Invitational Meet
76	1:22.51 L	F	Teliza Zaayman	17	UPTS ZMD	09/12/2016	NCASA Sprints 2016
77	1:22.74 L	P	Yarrissa Thambiran	17	UNIQ JHB	08/12/2016	EGA Championships 2016
78	1:22.84 L	P	Reedah Shaw	17	UWCA CPT	03/02/2017	Western Cape Jack Currie Champ
79	1:22.89 L	F	Kayla Stopforth	17	SWIFT EKU	05/11/2016	EGA Summer 3
80	1:23.51 L	F	Wilme De Villiers	17	BLNE MAN	27/06/2016	Sasol National Championship 2016

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
81	1:24.16	L	F	Nerene Greeff	17	RTBHS BPD	03/02/2017	NW Schools Swimming Champion
82	1:25.19	L	P	Gabriella Gerritsen	17	BENS EKU	08/12/2016	EGA Championships 2016
83	1:25.26	L	F	Caitlin Redl	17	UNIM NGD	18/02/2017	MP Age Group 5 - 18 FEBRUARY
84	1:25.61	L	F	Caylin Carlisle	17	FLOD JHB	16/09/2016	NTS September 2016 Age Group
85	1:25.65	L	F	Alessia Torricelli	17	WATR JHB	14/01/2017	CGA Level 2 Gala No 4 14 Jan 20
86	1:25.66	L	F	Tasha Du Toit	17	FSE UJD	28/01/2017	Ushaka Championship Gala 2017
87	1:25.73	L	F	Rebecca Behne	17	CADO CPT	20/08/2016	Western Cape Summer 1
88	1:26.15	L	F	Barbara Leger	17	SASE JHB	18/02/2017	CGA Level 2 last chance gala day
89	1:26.16	L	F	Esmarie Posthumus	17	GHSK FBD	29/10/2016	Good Hope Swimming Club
90	1:27.29	L	F	Michaela Kretzen	17	ASA CPT	20/08/2016	Western Cape Summer 1
91	1:28.12	L	F	Chane Van Rooyen	17	ESP EKU	05/11/2016	EGA Summer 3
92	1:28.71	L	P	Shazia Surtee	17	ATLA JHB	23/03/2017	SA Level 3 Regional Age Group C
93	1:29.47	L	F	Kristin Haskins	17	DORE JHB	25/02/2017	CGA Level 1 Year End Gala
94	1:29.53	L	F	Kamika Perumal	17	BEAV ETH	25/11/2016	KZN TYR Westville Sprints 2016
95	1:30.32	L	F	Alyssa-Jane Maritz	17	PEAS NMA	30/09/2016	Aquabear Invitational Meet
96	1:30.59	L	P	Nkosingphile Mbatha	17	ONYX EKU	08/12/2016	EGA Championships 2016
97	1:30.69	L	F	Caleigh Bowles	17	VIKI BUF	02/12/2016	BCA Championships 2016
98	1:31.18	L	F	Jade Craigen	17	NWUC KKD	08/12/2016	NWS Championships 2016/2017
99	1:32.03	L	F	Shakeerah Titus	17	UWCA CPT	20/08/2016	Western Cape Summer 1
100	1:40.87	L	F	Nicola Bezuidenhout	17	CLSC WCD	18/02/2017	Western Cape Qualify Gala 3
101	1:49.36	L	F	Aimee Piketh	17	WSAA CPT	18/02/2017	NWS District Development Champ
102	1:51.10	L	F	Johanri Lewis	17	CVO NMD	03/02/2017	NW Schools Swimming Champion
103	1:55.99	L	F	Samukelisiwe Mkonyeni	17	TAC EKU	15/10/2016	EGA Summer 2_15 Oct 2016
104	1:56.68	L	F	Naysi Strauss	17	ESS EZD	03/02/2017	MP Age Group 4 - 3 & 4 February
105	2:10.83	L	F	Bianca Steyn	17	ESS EZD	25/11/2016	Mpumalanga Championships 2016
106	2:20.55	L	F	Mariska Dercksen	17	ESS EZD	30/09/2016	Uniswim Spar Summer Gala
107	3:17.98	L	F	Yonela Nxoboyi	17	ESS EZD	25/11/2016	Mpumalanga Championships 2016
<b>Women 17-17 200 Back</b>								
1	2:13.40	L	F	Mariella Venter	17	CGA JHB	03/04/2017	Sa National Aquatic Championship
2	2:21.68	L	S	Gabriella Grobler	17	CGA JHB	03/04/2017	Sa National Aquatic Championship
3	2:22.21	L	F	Kristen Straszacker	17	WCA CPT	03/04/2017	Sa National Aquatic Championship
4	2:25.58	L	F	Alicia Enslin	17	TUKS TSH	17/03/2017	SA National JNR Age Group Charr
5	2:26.68	L S	F	Mieke Kotze	17	PAC TSH	07/12/2016	NTS Championships 2016
6	2:26.83	L	P	Gabriella Pedro	17	RBOT BPD	17/03/2017	SA National JNR Age Group Charr
7	2:27.56	L	F	Robyn Kinghorn	17	ACSA ETH	04/02/2017	2017 Grand Prix Invitation Swimm
8	2:27.99	L	F	Kate Beavon	17	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
9	2:28.68	L	P	Cayleigh De Sousa	17	CRSC JHB	17/03/2017	SA National JNR Age Group Charr
10	2:28.76	L	P	Kelly Vroon	17	WCA CPT	03/04/2017	Sa National Aquatic Championship
11	2:28.98	L	F	Jade Nesor	17	WATR JHB	16/12/2016	Vita-thion CGA Open LC Champs
12	2:32.52	L	P	Chrislin Nieuwoudt	17	EGA EKU	03/04/2017	Sa National Aquatic Championship
13	2:32.72	L	F	Tanya Pieterse	17	MCS NW	03/02/2017	NW Schools Swimming Champion
14	2:32.85	L	P	Michee Van Rooyen	17	PSC TSH	17/03/2017	SA National JNR Age Group Charr
15	2:33.27	L	F	Dane Steyn	17	BLOT MAN	01/10/2016	Seals Gala
16	2:33.36	L	F	Robyn Marshall	17	USC BUF	23/03/2017	SA Level 3 Regional Age Group C
17	2:33.61	L	F	Mane' Breytenbach	17	NWS	07/10/2016	NTS Invitational Gala 2016
18	2:33.77	L	P	Stephanie Askew	17	CGA JHB	03/04/2017	Sa National Aquatic Championship
19	2:34.46	L S	F	Ashleigh Green	17	SEAL UMD	27/06/2016	Sasol National Championship 2016
20	2:36.16	L	F	Annissa Koekemoer	17	GREY CPT	23/03/2017	SA Level 3 Regional Age Group C
21	2:37.00	L	P	Lauren Smith	17	CADO CPT	01/12/2016	Western Cape Summer Champion
22	2:38.28	L	F	Carike Moolman	17	BLOT MAN	01/10/2016	Seals Gala
23	2:38.30	L	F	Heike Thormahlen	17	NWS	07/10/2016	NTS Invitational Gala 2016
24	2:40.08	L	F	Hannah Haswell	17	INFA NMA	09/09/2016	2nd A League 2016
25	2:41.31	L	F	Aimee Wheeler	17	WATR JHB	23/03/2017	SA Level 3 Regional Age Group C
26	2:42.08	L	F	Mariska Bam	17	GTC EZD	23/03/2017	SA Level 3 Regional Age Group C
27	2:42.28	L	F	Gia Harper	17	BLMA CPT	30/09/2016	Aquabear Invitational Meet
28	2:42.43	L	F	Cecilia Els	17	OCTO MAN	16/02/2017	Inter High 2017
29	2:42.78	L S	F	Lara Peirce	17	BLSS MAN	30/11/2016	FS CHAMPS
30	2:42.81	L	F	Lizandri Crewe-Brown	17	PEAS NMA	23/03/2017	SA Level 3 Regional Age Group C
31	2:43.43	L	F	Carmen Walters	17	BARR CPT	23/03/2017	SA Level 3 Regional Age Group C

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
32	2:44.09 L	F	Jordan Amery-Bosman	17	BLMA CPT	24/06/2016	PEA Winter Gala 2016
33	2:44.11 L	F	Andrea Viljoen	17	BEST NMA	30/09/2016	Aquabear Invitational Meet
34	2:44.70 L	F	Lauren Forsyth	17	AZON ETH	07/10/2016	PWTT SASOL
35	2:44.79 L	F	Cameron Mitchell	17	SOUL EKU	23/03/2017	SA Level 3 Regional Age Group Cl
36	2:44.80 L	F	Thelise Saunders	17	UNI-N EZD	30/09/2016	Uniswim Spar Summer Gala
37	2:45.31 L	F	Darielle Naubereit	17	UNIQ JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
38	2:46.28 L	F	Angelique Möller	17	BLMA CPT	24/06/2016	PEA Winter Gala 2016
39	2:47.21 L S	P	Chilene Vorster	17	DDA TSH	07/12/2016	NTS Championships 2016
40	2:47.46 L	F	Shania Richardson	17	CRSC JHB	23/03/2017	SA Level 3 Regional Age Group Cl
41	2:47.82 L	F	Lisa-Nicole Scholtz	17	PEAS NMA	19/08/2016	Nedbank Madibaz Swim Meet
42	2:47.94 L	F	Tyla Phillips	17	USC BUF	10/02/2017	BCA February Age Group Gala 20
43	2:48.14 L	P	Nicola Wheeler	17	WATR JHB	23/03/2017	SA Level 3 Regional Age Group Cl
44	2:48.51 L	P	Courtney Scheuble	17	STAD JHB	23/03/2017	SA Level 3 Regional Age Group Cl
45	2:51.89 L	F	Kirsten Snyckers	17	DDA TSH	21/10/2016	NTS October 2016 Age Group Gal
46	2:52.50 L	F	Esmee vd Arend	17	HREF BPD	08/12/2016	NWS Championships 2016/2017
47	2:53.97 L	F	Abigail Peters	17	NEWS ADJ	23/03/2017	SA Level 3 Regional Age Group C
48	2:54.52 L	F	Catherine Royden-Turner	17	SEAL UMD	18/02/2017	Ethekwini Age Group Gala 10
49	2:54.59 L	F	Frances Herholdt	17	FISH EDD	02/12/2016	NMBA Championships 2016
50	2:55.05 L	F	Teliza Zaayman	17	UPTS ZMD	05/01/2017	NCASA Champs 2017
51	2:56.06 L S	F	Justine Holmes	17	BLNE MAN	27/06/2016	Sasol National Championship 201
52	2:57.18 L	F	Michaela Mitchell	17	ONYX EKU	08/12/2016	EGA Championships 2016
53	2:57.54 L	F	Shaheerah Seedat	17	ATLA JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
54	2:59.50 L	F	Claudi Bester	17	WOAQ CED	23/03/2017	SA Level 3 Regional Age Group C
55	3:00.78 L S	F	Wilme De Villiers	17	BLNE MAN	27/06/2016	Sasol National Championship 201
56	3:02.10 L	F	Kayla Stopforth	17	SWIFT EKU	18/02/2017	EGA Summer 5 Gala
57	3:03.14 L	F	Barbara Leger	17	SASE JHB	05/11/2016	CGA Level 2 Gala No 3
58	3:04.96 L	F	Alessia Torricelli	17	WATR JHB	05/02/2017	CGA Level 2 last chance gala Day
59	3:05.40 L	F	Kristin Haskins	17	DORE JHB	05/11/2016	CGA Level 2 Gala No 3
60	3:07.57 L	F	Caitlin Redl	17	UNIM NGD	21/01/2017	MP Age Group 3 - 21 January 201
61	3:08.82 L	F	Carmen vd Merwe	17	PWAC BPD	26/11/2016	NWS Age Group 3 2016/2017
62	3:09.12 L	F	Michaela Kretzen	17	ASA CPT	18/11/2016	Western Cape Summer QF2
63	3:10.70 L	F	Reedah Shaw	17	UWCA CPT	15/10/2016	Western Cape Summer 3
64	3:16.22 L	F	Caleigh Bowles	17	VIKI BUF	05/11/2016	BCA Nov Age Group Gala 2016
65	3:17.22 L	F	Shakeerah Titus	17	UWCA CPT	15/10/2016	Western Cape Summer 3
<b>Women 17-17 50 Breast</b>							
1	32.63 L	F	Tahlia Botha	17	TYGE CPT	17/03/2017	SA National JNR Age Group Charr
2	33.29 L	F	Jade Neser	17	CGA JHB	03/04/2017	Sa National Aquatic Championship
3	33.75 L	F	Gabriella Grobler	17	WATR JHB	17/03/2017	SA National JNR Age Group Charr
4	34.36 L	F	Mariella Venter	17	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
5	34.57 L	P	Tyla Phillips	17	BCA BUF	03/04/2017	Sa National Aquatic Championship
6	34.87 L	P	Mieke Kotze	17	PAC TSH	07/12/2016	NTS Championships 2016
7	35.08 L	P	Jeanri Buys	17	WSAA CPT	01/12/2016	Western Cape Summer Champion
8*	35.20 L	P	Lesley Bignaut	17	RSA	14/12/2016	African Union Sports-Region 5 Un
8*	35.20 L	F	Tarien Joubert	17	WELL CED	17/03/2017	SA National JNR Age Group Charr
10	35.25 L	P	Mikayla Eagles	17	MATI CED	17/03/2017	SA National JNR Age Group Charr
11	35.46 L	F	Abigail Havenga	17	NTS TSH	22/10/2016	VIII Gala Golfinhos Sprint
12	35.88 L	F	Ashley Loxton	17	BARR CPT	30/09/2016	Aquabear Invitational Meet
13	35.93 L	F	Amy Ackerman	17	FLOD JHB	25/11/2016	NTS November 2016 Age Group C
14	36.28 L	P	Reedah Shaw	17	UWCA CPT	03/02/2017	Western Cape Jack Currie Champ
15	36.37 L	F	Anna Koekemoer	17	LIMSC LP	10/04/2017	SA Schools Swimming Champions
16	36.52 L	P	Stephanie Askew	17	SASE JHB	17/03/2017	SA National JNR Age Group Charr
17	36.63 L	P	Jade Miller	17	SASE JHB	17/03/2017	SA National JNR Age Group Charr
18	36.78 L	P	Georgiana Askew	17	STPS UMD	13/12/2016	KZN Speedo Provincial Champion
19	36.95 L	F	Kate Mandell	17	VIKI BUF	13/12/2016	KZN Speedo Provincial Champion
20	37.10 L	F	Anniën Muller	17	NWUC KKD	08/12/2016	NWS Championships 2016/2017
21	37.18 L	F	Britney Strumpher	17	TUKS TSH	23/09/2016	NTS September 2016 Age Group I
22	37.19 L	F	Justine Holmes	17	BLNE MAN	01/10/2016	Seals Gala
23	37.45 L	F	Yarrissa Thambiran	17	UNIQ JHB	21/01/2017	EGA Summer 4
24	37.65 L	F	Britney Pieterse	17	AZON ETH	25/11/2016	KZN TYR Westville Sprints 2016

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
25	37.69 L	P	Mane' Breytenbach	17	PAC TSH	07/12/2016	NTS Championships 2016
26	37.73 L	F	Lauren Dyason	17	CSC TSH	07/12/2016	NTS Championships 2016
27	37.77 L	P	Darielle Naubereit	17	UNIQ JHB	17/03/2017	SA National JNR Age Group Cham
28	37.80 L	P	Merisa Oelofse	17	BCA BUF	03/04/2017	Sa National Aquatic Championship
29	38.14 L	F	Michaela Mitchell	17	ONYX ECU	05/11/2016	EGA Summer 3
30	38.20 L	F	Danelle Behm	17	SWAR WCD	01/12/2016	Western Cape Summer Champion
31*	38.29 L	P	Ashleigh Green	17	SEAL UMD	13/12/2016	KZN Speedo Provincial Champion
31*	38.29 L	F	Holly Coates	17	TYGE CPT	20/08/2016	Western Cape Summer 1
33*	38.34 L	F	Himke Steenkamp	17	BLNE MAN	23/03/2017	SA Level 3 Regional Age Group C
33*	38.34 L	F	Enya De Jager	17	MP EZD	10/04/2017	SA Schools Swimming Champions
35	38.47 L	F	Cailin Joubert	17	BARR CPT	23/03/2017	SA Level 3 Regional Age Group C
36	38.50 L	F	Lizandri Crewe-Brown	17	PEAS NMA	23/03/2017	SA Level 3 Regional Age Group C
37	38.57 L	F	Tanya Pieterse	17	HREF BPD	08/12/2016	NWS Championships 2016/2017
38	38.62 L	F	Gabriella Pedro	17	RBOT BPD	08/12/2016	NWS Championships 2016/2017
39	38.68 L	F	Rebecca Behne	17	CADO CPT	01/12/2016	Western Cape Summer Champion
40	38.74 L	F	Thelise Saunders	17	UNI-N EZD	25/11/2016	Mpumalanga Championships 2016
41	38.77 L	F	Teliza Zaayman	17	UPTS ZMD	09/12/2016	NCASA Sprints 2016
42	38.80 L	F	Carlene Taylor	17	AZON ETH	01/10/2016	Waterborn Invitational 2016
43	38.85 L	F	Shazia Surtee	17	ATLA JHB	23/03/2017	SA Level 3 Regional Age Group C
44	38.92 L	F	Hannah Ledingham	17	SHS FDD	16/02/2017	Inter High 2017
45	38.97 L	F	Adele Dercksen	17	BLSS MAN	30/11/2016	FS CHAMPS
46	39.01 L	P	Daniela Marggraff	17	PAC TSH	07/12/2016	NTS Championships 2016
47	39.09 L	F	Demi Leech	17	SOUL ECU	08/12/2016	EGA Championships 2016
48	39.37 L	F	Annissa Koekemoer	17	GREY CPT	01/12/2016	Western Cape Summer Champion
49	39.47 L	P	Danita Blokker	17	NWUC KKD	23/03/2017	SA Level 3 Regional Age Group C
50	39.52 L	P	Hannah Haswell	17	INFA NMA	30/09/2016	Aquabear Invitational Meet
51	39.76 L	P	Natalie Arthur	17	HASC JHB	17/03/2017	SA National JNR Age Group Cham
52*	39.84 L	P	Shaheerah Seedat	17	ATLA JHB	23/03/2017	SA Level 3 Regional Age Group C
52*	39.84 L	F	Kaylee Prentice	17	STA	28/10/2016	Top Schools - High School 28 Oct
54	39.88 L	F	Carike Moolman	17	BLOT MAN	30/11/2016	FS CHAMPS
55	40.02 L	P	Julia Heckscher	17	CADO CPT	30/09/2016	Aquabear Invitational Meet
56	40.08 L	F	Lauren Smith	17	CADO CPT	20/08/2016	Western Cape Summer 1
57	40.21 L	F	Charlize Engelbrecht	17	DDA TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
58	40.22 L	F	Carmen vd Merwe	17	PWC CED	03/02/2017	NW Schools Swimming Champion
59	40.29 L	F	Andrea Viljoen	17	BEST NMA	24/06/2016	PEA Winter Gala 2016
60	40.33 L	F	Elzanie Rademeyer	17	ESS EZD	28/10/2016	Top Schools - High School 28 Oct
61	40.55 L	F	Jordan Amery-Bosman	17	BLMA CPT	24/06/2016	PEA Winter Gala 2016
62	40.85 L	F	Carmen Walters	17	BARR CPT	23/03/2017	SA Level 3 Regional Age Group C
63	40.86 L	F	Kirsten Snyckers	17	DDA TSH	21/10/2016	NTS October 2016 Age Group Gal
64	41.01 L	F	Shania Richardson	17	CRSC JHB	16/12/2016	Vita-thion CGA Open LC Champs
65	41.12 L	F	Caitlyn Fourie	17	AQUB NMA	15/10/2016	3rd A League Gala 2016
66	41.36 L	F	Sonya van Rooyen	17	WAV EZD	25/11/2016	Mpumalanga Championships 2016
67	41.47 L	F	Mackayla Postumus	17	VIKI BUF	02/12/2016	BCA Championships 2016
68	41.52 L	F	Alicia Enslin	17	TUKS TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
69	41.80 L	F	Wilme De Villiers	17	BLNE MAN	27/06/2016	Sasol National Championship 2016
70	41.89 L	F	Saskia Swart	17	CUDU CPT	20/08/2016	Western Cape Summer 1
71	42.15 L	P	Natasha Finger	17	CRSC JHB	16/12/2016	Vita-thion CGA Open LC Champs
72	42.21 L	F	Gabriella Gerritsen	17	BENS ECU	15/10/2016	EGA Summer 2_15 Oct 2016
73	42.24 L	F	Cherise Mans	17	ESS EZD	28/10/2016	Top Schools - High School 28 Oct
74	42.43 L	F	Yogita Mohabir	17	ELEC JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
75	42.44 L	F	Lizmari Smit	17	PLAY CED	20/08/2016	Western Cape Summer 1
76	42.48 L	F	Romaana Limbada	17	ATLA JHB	24/09/2016	CGA Level 2 gala No 1
77	42.50 L	F	Chilene Vorster	17	DDA TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
78	42.55 L S	F	Caydn Barker	17	AQUB NMA	10/02/2017	6th A League Gala 2017
79	42.86 L	F	Lara Peirce	17	BLSS MAN	30/11/2016	FS CHAMPS
80	43.05 L	P	Cecilia Els	17	OCTO MAN	16/02/2017	Inter High 2017
81	43.07 L	P	Kayla Stopforth	17	SWIFT ECU	08/12/2016	EGA Championships 2016
82	43.11 L	F	Cayla Stewart	17	BENS ECU	05/11/2016	EGA Summer 3
83	43.30 L	F	Susanna Jordaan	17	TKS SKD	30/01/2017	NFS INTER HIGH SCHOOL CHAM

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
84	43.34 L	P	Nina Muller	17	SHS FDD	16/02/2017	Inter High 2017
85	43.58 L	F	Lara Clucas	17	PLAY CED	20/08/2016	Western Cape Summer 1
86	43.74 L	F	Chane Van Rooyen	17	ESP EKU	15/10/2016	EGA Summer 2_15 Oct 2016
87*	43.80 L	F	Mariska Bam	17	STA	28/10/2016	Top Schools - High School 28 Oct
87*	43.80 L	P	Nkosingphile Mbatha	17	ONYX EKU	08/12/2016	EGA Championships 2016
89	44.12 L	F	Jamie Hattingh	17	KNYD EDD	18/02/2017	Dragons Night Fury 2017
90	44.30 L	F	Lungelo Nxumalo	17	LVH EZD	24/02/2017	MPUMALANGA SCHOOL SWIMM
91	44.41 L	F	Nerene Greeff	17	RTBHS BPD	03/02/2017	NW Schools Swimming Champion
92	44.52 L	F	Alexa Kleynhans	17	DDA TSH	11/03/2017	SA Level 1 Provincl Age Group Ch
93	44.58 L	F	Engela Venter	17	PSC TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
94	44.84 L	F	Humairah Collins	17	ATLA JHB	24/09/2016	CGA Level 2 gala No 1
95	44.87 L	F	Kamika Perumal	17	BEAV ETH	25/11/2016	KZN TYR Westville Sprints 2016
96	44.89 L	F	Magrieta Groenewald	17	UPTS ZMD	09/12/2016	NCASA Sprints 2016
97	45.11 L	F	Aimee Piketh	17	NWUC KKD	08/12/2016	NWS Championships 2016/2017
98	45.47 L	F	Esmee vd Arend	17	HREF BPD	15/10/2016	NWS Age Group 1 1617
99	45.52 L	P	Carla Fourie	17	SHS FDD	16/02/2017	Inter High 2017
100	45.68 L	F	Andreia da Costa	17	NWUC KKD	15/10/2016	NWS Age Group 1 1617
101	45.77 L	F	Leonè Gouws	17	TUKS TSH	11/03/2017	SA Level 1 Provincl Age Group Ch
102	45.81 L	F	Carla Coetzee	17	GREY CPT	18/11/2016	Western Cape Summer QF2
103	45.86 L	F	Esmarie Posthumus	17	GHSK FBD	18/02/2017	NCASA Age Group 6 KBY 2017
104	45.98 L	F	Jessika Bezuidenhout	17	NWUC KKD	29/10/2016	NWS Age Group 2 1617
105	47.23 L	F	Jade Craigen	17	NWUC KKD	15/10/2016	NWS Age Group 1 1617
106	47.83 L	F	Lisa Blane	17	VIKI BUF	02/12/2016	BCA Championships 2016
107	48.13 L	F	Hannah Dwyer	17	L2C BPD	03/02/2017	NW Schools Swimming Champion
108	48.19 L	F	Michaela Kretzen	17	ASA CPT	01/12/2016	Western Cape Summer Champion
109	49.27 L	F	Belinda Mynhardt	17	KNYD EDD	26/11/2016	Eden LC Champs 2016
110	49.45 L	F	Mia Köpplinger	17	TUKS TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
111	49.84 L	F	Dane Taljaard	17	BLNE MAN	01/10/2016	Seals Gala
112	49.90 L	F	Lanja Oosthuizen	17	GHSK FBD	11/03/2017	Level 1 Intraprovincial Gala - Kimb
113	50.97 L	F	Shakeerah Titus	17	UWCA CPT	20/08/2016	Western Cape Summer 1
114	51.13 L	F	Olivia Key	17	CADO CPT	20/08/2016	Western Cape Summer 1
115	51.56 L	F	Hermene Steyn	17	RTBHS BPD	03/02/2017	NW Schools Swimming Champion
116	55.62 L	F	Johanri Lewis	17	KEIK NMD	08/12/2016	NWS Championships 2016/2017
117	1:06.86 L	F	Chloe Rissik	17	VINE CPT	03/02/2017	Western Cape Jack Currie Champ
118	1:09.20 L	F	Mariska Dercksen	17	ESS EZD	30/09/2016	Uniswim Spar Summer Gala
119	1:12.69 L	F	Tlotlo Molathwa	17	PENG FBD	14/10/2016	MP AGE GROUP 2 - 2016
120	1:15.04 L	F	Bianca Steyn	17	ESS EZD	03/02/2017	MP Age Group 4 - 3 & 4 February
121	1:24.11 L	F	Naysi Strauss	17	ESS EZD	17/09/2016	MP Xerox Sprint Gala - 17 Septerr
122	2:05.81 L	F	Yonela Nxoboyi	17	ESS EZD	25/11/2016	Mpumalanga Championships 2016
<b>Women 17-17 100 Breast</b>							
1	1:12.94 L	S	Tahlia Botha	17	WCA CPT	03/04/2017	Sa National Aquatic Championship
2	1:13.85 L	F	Gabriella Grobler	17	WATR JHB	01/10/2016	Waterborn Invitational 2016
3	1:14.01 L	P	Tyla Phillips	17	BCA BUF	03/04/2017	Sa National Aquatic Championship
4	1:14.20 L	P	Jade Nesper	17	CGA JHB	03/04/2017	Sa National Aquatic Championship
5	1:14.56 L	P	Tarien Joubert	17	WELL CED	24/02/2017	2017 Grand Prix Invitation Swiimin
6	1:16.81 L	P	Jeanri Buys	17	WCA CPT	03/04/2017	Sa National Aquatic Championship
7	1:16.93 L	F	Mikayla Eagles	17	MATI CED	17/03/2017	SA National JNR Age Group Cham
8	1:19.35 L	F	Abigail Havenga	17	NTS TSH	22/10/2016	VIII Gala Golfinhos Sprint
9	1:19.38 L	P	Amy Ackerman	17	FLOD JHB	08/12/2016	EGA Championships 2016
10	1:19.55 L	F	Ashley Loxton	17	BARR CPT	30/09/2016	Aquabear Invitational Meet
11	1:19.72 L	P	Jade Miller	17	SASE JHB	17/03/2017	SA National JNR Age Group Cham
12	1:20.00 L	P	Kate Beavon	17	RSA	14/12/2016	African Union Sports-Region 5 Un
13	1:20.10 L	P	Justine Holmes	17	BLNE MAN	13/12/2016	KZN Speedo Provincial Champion
14	1:20.24 L	F	Daniela Marggraff	17	PAC TSH	07/12/2016	NTS Championships 2016
15	1:20.41 L	P	Kate Mandell	17	VIKI BUF	13/12/2016	KZN Speedo Provincial Champion
16	1:20.62 L	F	Mieke Kotze	17	PAC TSH	03/02/2017	NTS Feb 2017 Age Group Level 3
17	1:20.95 L	P	Reedah Shaw	17	UWCA CPT	03/02/2017	Western Cape Jack Currie Champ
18	1:20.98 L	P	Georgiana Askew	17	STPS UMD	13/12/2016	KZN Speedo Provincial Champion
19	1:21.35 L	P	Britney Pieterse	17	AZON ETH	04/02/2017	2017 Grand Prix Invitation Swimm

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

Time	P/F/S	Name	Age/Yr
20	1:22.15 L	F Britney Strumpher	17 NWS 07/10/2016 NTS Invitational Gala 2016
21	1:22.18 L	F Anna Koekemoer	17 TKS LP 25/11/2016 Limpopo Champs 25-27 Novembe
22	1:22.60 L	F Anniën Muller	17 NWUC KKD 08/12/2016 NWS Championships 2016/2017
23	1:23.06 L	P Yarrissa Thambiran	17 UNIQ JHB 23/03/2017 SA Level 3 Regional Age Group Ci
24	1:23.30 L	F Merisa Oelofse	17 HARL BUF 24/06/2016 PEA Winter Gala 2016
25	1:23.51 L	P Demi Leech	17 SOUL ECU 23/03/2017 SA Level 3 Regional Age Group Ci
26	1:23.96 L	P Carlene Taylor	17 AZON ETH 13/12/2016 KZN Speedo Provincial Champion
27	1:24.01 L	P Lauren Dyason	17 CSC FSH 07/12/2016 NTS Championships 2016
28	1:24.38 L	F Darielle Naubereit	17 UNIQ JHB 29/10/2016 CGA Level 3/SANJ Gala No 2
29	1:24.61 L	F Himke Steenkamp	17 BLNE MAN 23/03/2017 SA Level 3 Regional Age Group C
30	1:24.64 L	F Stephanie Askew	17 SASE JHB 29/10/2016 CGA Level 3/SANJ Gala No 2
31	1:24.66 L	F Holly Coates	17 TYGE CPT 17/09/2016 Western Cape Summer 2
32	1:25.09 L	F Teliza Zaayman	17 UPTS ZMD 09/12/2016 NCASA Sprints 2016
33	1:25.24 L	F Shaheerah Seedat	17 ATLA JHB 16/12/2016 Vita-thion CGA Open LC Champs
34	1:25.39 L	F Enya De Jager	17 UNI-M NGD 25/11/2016 Mpumalanga Championships 2016
35	1:25.42 L	P Rebecca Behne	17 CADO CPT 01/12/2016 Western Cape Summer Champion
36	1:25.48 L	F Tanya Pieterse	17 HREF BPD 08/12/2016 NWS Championships 2016/2017
37	1:25.57 L	F Lizandri Crewe-Brown	17 PEAS NMA 23/03/2017 SA Level 3 Regional Age Group C
38	1:25.58 L	F Carike Moolman	17 BLOT MAN 30/11/2016 FS CHAMPS
39	1:25.68 L	F Robyn Kinghorn	17 ACSA ETH 11/06/2016 EThekwini Age Group Gala 2
40	1:25.80 L	F Gabriella Pedro	17 RBOT BPD 26/11/2016 NWS Age Group 3 2016/2017
41	1:25.87 L	P Annissa Koekemoer	17 GREY CPT 01/12/2016 Western Cape Summer Champion
42	1:25.98 L	F Kaylee Prentice	17 FINS EZD 17/09/2016 MP Xerox Sprint Gala - 17 Septerr
43	1:26.11 L	P Michaela Mitchell	17 ONYX ECU 23/03/2017 SA Level 3 Regional Age Group Ci
44	1:26.32 L	P Danelle Behm	17 SWAR WCD 01/12/2016 Western Cape Summer Champion
45	1:26.98 L	F Thelise Saunders	17 UNI EZD 17/09/2016 MP Xerox Sprint Gala - 17 Septerr
46	1:27.52 L	F Danita Blokker	17 NWUC KKD 08/12/2016 NWS Championships 2016/2017
47	1:27.62 L	F Lara Peirce	17 BLSS MAN 28/10/2016 Neptune Open Gala
48	1:27.76 L	F Lauren Forsyth	17 AZON ETH 02/09/2016 KZN Beavers Winter LongCourse
49	1:27.96 L	P Carmen Walters	17 BARR CPT 23/03/2017 SA Level 3 Regional Age Group C
50	1:28.03 L	F Natasha Finger	17 CRSC JHB 16/12/2016 Vita-thion CGA Open LC Champs
51	1:28.50 L	F Jordan Amery-Bosman	17 BLMA CPT 01/12/2016 Western Cape Summer Champion
52	1:28.63 L	F Mackayla Postumus	17 VIKI BUF 02/12/2016 BCA Championships 2016
53	1:28.77 L	F Elzanie Rademeyer	17 FINS EZD 25/11/2016 Mpumalanga Championships 2016
54	1:28.94 L	F Wilme De Villiers	17 BLNE MAN 07/10/2016 Otters Prestige Gala
55	1:29.05 L	P Shazia Surtee	17 ATLA JHB 23/03/2017 SA Level 3 Regional Age Group Ci
56	1:29.11 L	P Hannah Ledingham	17 SHS FDD 16/02/2017 Inter High 2017
57	1:29.68 L	F Charlize Engelbrecht	17 DDA FSH 23/09/2016 NTS September 2016 Age Group I
58	1:29.96 L	P Courtney Scheuble	17 STAD JHB 16/12/2016 Vita-thion CGA Open LC Champs
59	1:30.15 L	F Carmen vd Merwe	17 PWC CED 03/02/2017 NW Schools Swimming Champion
60	1:30.36 L	F Frances Herholdt	17 FISH EDD 18/02/2017 Dragons Night Fury 2017
61	1:30.44 L	F Kirsten Snyckers	17 DDA FSH 25/11/2016 NTS November 2016 Age Group C
62	1:30.58 L	F Saskia Swart	17 CUDU CPT 17/09/2016 Western Cape Summer 2
63	1:30.95 L	F Natalie Arthur	17 HASC JHB 25/11/2016 KZN TYR Westville Sprints 2016
64	1:32.44 L	F Amber Manchest	17 XSAQ CPT 17/09/2016 Western Cape Summer 2
65	1:32.58 L	F Cailin Joubert	17 BARR CPT 17/09/2016 Western Cape Summer 2
66	1:32.68 L	F Caitlyn Fourie	17 AQUB NMA 15/10/2016 3rd A League Gala 2016
67	1:32.69 L	F Romaana Limbada	17 ATLA JHB 24/09/2016 CGA Level 2 gala No 1
68	1:32.89 L	F Robyn Houtman	17 TUKS FSH 25/11/2016 NTS November 2016 Age Group C
69	1:33.17 L	F Cecilia Els	17 OCTO MAN 16/02/2017 Inter High 2017
70	1:33.47 L	P Carina Brand	17 FAAC FBD 05/07/2016 TYR PRESTIGE CHAMPIONSHIP
71	1:33.88 L	F Shania Richardson	17 CRSC JHB 29/10/2016 CGA Level 3/SANJ Gala No 2
72	1:34.21 L	F Caydn Barker	17 AQUB NMA 04/02/2017 Uitenhage Swimming Club Gala 201
73	1:34.48 L	F Gabriella Gerritsen	17 BENS ECU 29/10/2016 CGA Level 3/SANJ Gala No 2
74	1:34.80 L	P Susanna Jordaan	17 SHS FDD 16/02/2017 Inter High 2017
75	1:34.96 L	F Cayla Stewart	17 BENS ECU 29/10/2016 CGA Level 3/SANJ Gala No 2
76	1:35.07 L	P Chane Van Rooyen	17 ESP ECU 08/12/2016 EGA Championships 2016
77	1:35.16 L	F Esmee vd Arend	17 HREF BPD 15/10/2016 NWS Age Group 1 1617
78	1:35.72 L	F Kayla Stopforth	17 SWIFT ECU 03/02/2017 NTS Feb 2017 Age Group Level 3

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
79	1:36.51 L	F	Aimee Piketh	17	WSAA CPT	18/02/2017	NWS District Development Champ
80	1:37.03 L	P	Nina Muller	17	SHS FDD	16/02/2017	Inter High 2017
81	1:37.67 L	F	Lungelo Nxumalo	17	LVH EZD	24/02/2017	MPUMALANGA SCHOOL SWIMM
82	1:37.80 L	F	Nkosingphile Mbatha	17	ONYX EKV	24/09/2016	EGA Summer 1
83	1:38.05 L	F	Caylin Carlisle	17	FLOD JHB	05/02/2017	CGA Level 2 last chance gala Day
84	1:39.44 L	P	Carla Fourie	17	SHS FDD	16/02/2017	Inter High 2017
85	1:40.15 L	F	Nerene Greeff	17	RTBHS BPD	03/02/2017	NW Schools Swimming Champion
86	1:40.51 L	F	Humairah Collins	17	ATLA JHB	24/09/2016	CGA Level 2 gala No 1
87	1:41.12 L	F	Andreia da Costa	17	NWUC KKD	08/12/2016	NWS Championships 2016/2017
88	1:41.34 L	F	Magrieta Groenewald	17	UPTS ZMD	09/12/2016	NCASA Sprints 2016
89	1:41.51 L	F	Alessia Lazzari	17	OLDE JHB	17/09/2016	CGA Level 3/SANJ Gala No 1
90	1:42.16 L	F	Kamika Perumal	17	BEAV ETH	06/08/2016	eThekwini Age Group Gala 4
91	1:42.35 L	F	Dane Taljaard	17	BLNE MAN	28/10/2016	Neptune Open Gala
92	1:43.26 L	F	Michaela Kretzen	17	ASA CPT	01/12/2016	Western Cape Summer Champion
93	1:45.17 L	F	Jade Craigen	17	NWUC KKD	26/11/2016	NWS Age Group 3 2016/2017
94	1:47.08 L	F	Shakeerah Titus	17	UWCA CPT	18/11/2016	Western Cape Summer QF2
95	1:47.13 L	F	Esmarie Posthumus	17	GHSK FBD	22/10/2016	Flamingo Gala 2016
96	1:48.22 L	F	Lisa Blane	17	VIKI BUF	02/12/2016	BCA Championships 2016
97	1:49.80 L	F	Hannah Dwyer	17	L2C BPD	03/02/2017	NW Schools Swimming Champion
98	1:50.41 L	F	Cornel-Mari Van der Merwe	17	AQU ADJ	25/11/2016	KZN TYR Westville Sprints 2016
99	1:55.75 L	F	Lanja Oosthuizen	17	GHSK FBD	11/03/2017	Level 1 Intraprovincial Gala - Kimb
100	2:09.63 L	F	Johanri Lewis	17	KEIK NMD	08/12/2016	NWS Championships 2016/2017
101	2:28.63 L	F	Chloe Rissik	17	VINE CPT	03/02/2017	Western Cape Jack Currie Champ
102	2:44.58 L	F	Mariska Dercksen	17	ESS EZD	14/10/2016	MP AGE GROUP 2 - 2016
103	2:59.45 L	F	Bianca Steyn	17	ESS EZD	25/11/2016	Mpumalanga Championships 2016
104	3:16.00 L	F	Naysi Strauss	17	ESS EZD	17/09/2016	MP Xerox Sprint Gala - 17 Septerr
<b>Women 17-17 200 Breast</b>							
1	2:38.59 L	F	Tahlia Botha	17	TYGE CPT	17/03/2017	SA National JNR Age Group Chan
2	2:41.79 L	F	Gabriella Grobler	17	WATR JHB	07/10/2016	PWTT SASOL
3	2:45.07 L	P	Tarien Joubert	17	WELL CED	17/03/2017	SA National JNR Age Group Chan
4	2:45.79 L	P	Tyla Phillips	17	BCA BUF	03/04/2017	Sa National Aquatic Championship
5	2:47.29 L	F	Jade Miller	17	SASE JHB	17/03/2017	SA National JNR Age Group Chan
6	2:50.67 L	P	Mikayla Eagles	17	WCA CPT	03/04/2017	Sa National Aquatic Championship
7	2:50.96 L S	F	Daniela Marggraff	17	PAC TSH	07/12/2016	NTS Championships 2016
8	2:52.11 L S	P	Kate Mandell	17	VIKI BUF	13/12/2016	KZN Speedo Provincial Champion
9	2:53.48 L	F	Kristen Straszacker	17	ASA CPT	12/11/2016	Western Cape Summer 4
10	2:54.69 L S	P	Kate Beavon	17	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
11	2:55.92 L	F	Abigail Havenga	17	CSC TSH	23/09/2016	NTS September 2016 Age Group I
12	2:56.00 L S	P	Justine Holmes	17	BLNE MAN	13/12/2016	KZN Speedo Provincial Champion
13	2:57.01 L	F	Demi Leech	17	NWS	07/10/2016	NTS Invitational Gala 2016
14	2:57.28 L	F	Reedah Shaw	17	UWCA CPT	03/02/2017	Western Cape Jack Currie Champ
15	2:58.04 L	F	Robyn Kinghorn	17	ACSA ETH	04/11/2016	KZN Action Swimming Champs 20
16	2:58.42 L	F	Britney Pieterse	17	AZON ETH	07/10/2016	PWTT SASOL
17	2:59.56 L	F	Britney Strumpher	17	NWS	07/10/2016	NTS Invitational Gala 2016
18	3:00.73 L	F	Georgiana Askew	17	STPS UMD	23/03/2017	SA Level 3 Regional Age Group C
19	3:01.01 L	F	Teliza Zaayman	17	UPTS ZMD	09/12/2016	NCASA Sprints 2016
20	3:01.08 L	F	Carlene Taylor	17	AZON ETH	07/10/2016	PWTT SASOL
21	3:01.19 L S	F	Ashleigh Green	17	SEAL UMD	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
22	3:01.35 L	F	Hannah Haswell	17	INFA NMA	30/09/2016	Aquabear Invitational Meet
23	3:01.57 L S	F	Lauren Dyason	17	CSC TSH	07/12/2016	NTS Championships 2016
24	3:01.89 L	F	Thelise Saunders	17	UNI-N EZD	30/09/2016	Uniswim Spar Summer Gala
25	3:03.26 L	F	Kaylee Prentice	17	FINS EZD	14/10/2016	MP AGE GROUP 2 - 2016
26	3:05.02 L	F	Annie Muller	17	NWS	07/10/2016	NTS Invitational Gala 2016
27	3:05.08 L	F	Yarrissa Thambiran	17	UNIQ JHB	08/12/2016	EGA Championships 2016
28	3:05.30 L	F	Anna Koekemoer	17	EAGA CCD	27/01/2017	Limpopo School Championships
29	3:06.05 L	F	Jordan Amery-Bosman	17	BLMA CPT	30/09/2016	Aquabear Invitational Meet
30	3:06.52 L	F	Gabriella Pedro	17	RBOT BPD	08/12/2016	NWS Championships 2016/2017
31	3:07.19 L	F	Tanya Pieterse	17	HREF BPD	08/12/2016	NWS Championships 2016/2017
32	3:08.08 L	F	Shaheerah Seedat	17	ATLA JHB	29/10/2016	CGA Level 3/SANJ Gala No 2



## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
33	3:11.12 L	F	Enya De Jager	17	UNI-M NGD	25/11/2016	Mpumalanga Championships 2016
34	3:11.53 L	F	Amy Ackerman	17	FLOD JHB	17/09/2016	CGA Level 3/SANJ Gala No 1
35	3:11.67 L	F	Michaela Mitchell	17	ONYX ECU	23/03/2017	SA Level 3 Regional Age Group C
36	3:12.00 L	P	Danelle Behm	17	SWAR WCD	01/12/2016	Western Cape Summer Champion
37	3:13.66 L	F	Elzanie Rademeyer	17	FINS EZD	25/11/2016	Mpumalanga Championships 2016
38	3:14.51 L	F	Robyn Houtman	17	TUKS TSH	23/09/2016	NTS September 2016 Age Group I
39	3:14.59 L	F	Wilme De Villiers	17	BLNE MAN	27/06/2016	Sasol National Championship 2016
40	3:14.83 L	F	Danita Blokker	17	NWUC KKD	08/12/2016	NWS Championships 2016/2017
41	3:15.83 L	F	Carmen vd Merwe	17	PWAC BPD	08/12/2016	NWS Championships 2016/2017
42	3:16.04 L S	F	Himke Steenkamp	17	BLNE MAN	30/11/2016	FS CHAMPS
43	3:17.33 L	F	Rebecca Behne	17	CADO CPT	12/11/2016	Western Cape Summer 4
44	3:18.00 L	P	Frances Herholdt	17	FISH EDD	23/03/2017	SA Level 3 Regional Age Group C
45	3:19.42 L	F	Esmee vd Arend	17	HREF BPD	08/12/2016	NWS Championships 2016/2017
46	3:20.55 L S	F	Caydn Barker	17	AQUB NMA	10/02/2017	6th A League Gala 2017
47	3:20.78 L	F	Abigail Peters	17	NEWS ADJ	23/03/2017	SA Level 3 Regional Age Group C
48	3:23.27 L	F	Hannah Ledingham	17	SHS FDD	30/01/2017	NFS INTER HIGH SCHOOL CHAN
49	3:25.00 L	F	Gabriella Gerritsen	17	BENS ECU	15/10/2016	EGA Summer 2_15 Oct 2016
50	3:25.60 L	F	Chane Van Rooyen	17	ESP ECU	15/10/2016	EGA Summer 2_15 Oct 2016
51	3:27.50 L	F	Cayla Stewart	17	BENS ECU	15/10/2016	EGA Summer 2_15 Oct 2016
52	3:29.36 L	F	Caylin Carlisle	17	FLOD JHB	18/02/2017	CGA Level 2 last chance gala day
53	3:30.62 L	F	Aimee Piketh	17	PGHS KKD	03/02/2017	NW Schools Swimming Champion
54	3:39.16 L	F	Nina Muller	17	BLSS MAN	28/10/2016	Neptune Open Gala
55	3:45.34 L	F	Susanna Jordaan	17	VALS FDD	14/01/2017	Fezile Dabi Age Group Gala
56	3:49.39 L	F	Carla Fourie	17	SHS FDD	16/02/2017	Inter High 2017
57	3:49.69 L	F	Michaela Kretzen	17	ACTA CPT	30/09/2016	Aquabear Invitational Meet
58	3:51.01 L	F	Dane Taljaard	17	OCO MAN	16/02/2017	Inter High 2017
59	3:53.30 L	F	Shakeerah Titus	17	UWCA CPT	12/11/2016	Western Cape Summer 4
60	5:04.05 L	F	Johanri Lewis	17	KEIK NMD	14/01/2017	NWS Age Group 4 1617
61	5:36.99 L	F	Chloe Rissik	17	VINE CPT	12/11/2016	Western Cape Summer 4

### Women 17-17 50 Fly

1	28.41 L	F	Gabriella Grobler	17	CGA JHB	03/04/2017	Sa National Aquatic Championship
2	28.78 L	F	Sabrina-Lee Filipe	17	NTS TSH	03/04/2017	Sa National Aquatic Championship
3	28.79 L	F	Mariella Venter	17	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
4	28.99 L	P	Mane' Breytenbach	17	NTS TSH	03/04/2017	Sa National Aquatic Championship
5	29.02 L	F	Jeanri Buys	17	WSAA CPT	17/03/2017	SA National JNR Age Group Cham
6*	29.08 L	S	Jade Neser	17	CGA JHB	03/04/2017	Sa National Aquatic Championship
6*	29.08 L	P	Kristen Straszacker	17	ASA CPT	04/02/2017	2017 Grand Prix Invitation Swimm
8	29.12 L	F	Lesley Blignaut	17	USC BUF	17/03/2017	SA National JNR Age Group Cham
9	29.34 L	F	Kate Beavon	17	WATR JHB	21/01/2017	2017 Grand Prix Invitation Swimm
10	29.52 L	F	Tahlia Botha	17	TYGE CPT	17/03/2017	SA National JNR Age Group Cham
11	29.84 L	F	Bailey Desmarais	17	WSAA CPT	01/12/2016	Western Cape Summer Champion
12	30.30 L	F	Mikayla Eagles	17	MATI CED	17/03/2017	SA National JNR Age Group Cham
13	30.31 L	F	Chrislin Nieuwoudt	17	ESTR ECU	08/12/2016	EGA Championships 2016
14	30.41 L	P	Mieke Kotze	17	PAC TSH	17/03/2017	SA National JNR Age Group Cham
15	30.53 L	P	Ashleigh Green	17	KZNA ETH	03/04/2017	Sa National Aquatic Championship
16	30.57 L	F	Tanya Pieterse	17	HREF BPD	15/10/2016	NWS Age Group 1 1617
17*	30.58 L	P	Lauren Forsyth	17	AZON ETH	17/03/2017	SA National JNR Age Group Cham
17*	30.58 L	P	Daniela Marggraff	17	PAC TSH	07/12/2016	NTS Championships 2016
19	30.59 L	P	Cayleigh De Sousa	17	CGA JHB	03/04/2017	Sa National Aquatic Championship
20	30.81 L	F	Amber Manchest	17	XSAQ CPT	17/09/2016	Western Cape Summer 2
21*	30.86 L	P	Darielle Naubereit	17	UNIQ JHB	17/03/2017	SA National JNR Age Group Cham
21*	30.86 L	P	Stephanie Askew	17	SASE JHB	17/03/2017	SA National JNR Age Group Cham
23	30.89 L	F	Robyn Marshall	17	USC BUF	23/03/2017	SA Level 3 Regional Age Group C
24	30.94 L	F	Michee Van Rooyen	17	PSC TSH	03/02/2017	NTS Feb 2017 Age Group Level 3
25	31.26 L	F	Ashley Loxton	17	BARR CPT	30/09/2016	Aquabear Invitational Meet
26*	31.32 L	P	Lara Peirce	17	BLSS MAN	13/12/2016	KZN Speedo Provincial Champion
26*	31.32 L	F	Carina Brand	17	FAAC FBD	05/01/2017	NCASA Champs 2017
28	31.48 L	F	Abigail Havenga	17	CSC TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
29	31.61 L	P	Jade Miller	17	SASE JHB	17/03/2017	SA National JNR Age Group Cham

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
30	31.63 L	F	Gillian Hale	17	TRAZ	FSH	03/02/2017	NTS Feb 2017 Age Group Level 3
31	31.78 L	F	Adele Dercksen	17	BLSS	MAN	30/11/2016	FS CHAMPS
32	31.93 L	F	Lara Lucas	17	PLAY	GED	17/09/2016	Western Cape Summer 2
33	31.94 L	P	Reedah Shaw	17	UWCA	CPT	03/02/2017	Western Cape Jack Currie Champ
34	31.95 L	F	Himke Steenkamp	17	BLNE	MAN	23/03/2017	SA Level 3 Regional Age Group C
35	32.04 L	F	Camryn Fenthum	17	WATR	JHB	05/02/2017	CGA Level 2 last chance gala Day
36	32.07 L	F	Kirsty Marais	17	BLMA	CPT	01/12/2016	Western Cape Summer Champion
37	32.13 L	P	Chilene Vorster	17	DDA	FSH	23/03/2017	SA Level 3 Regional Age Group Ci
38	32.14 L	P	Cailin Joubert	17	BARR	CPT	01/12/2016	Western Cape Summer Champion
39*	32.16 L	F	Gia Harper	17	BLMA	CPT	30/09/2016	Aquabear Invitational Meet
39*	32.16 L	F	Kelly Vroon	17	TYGE	CPT	17/09/2016	Western Cape Summer 2
41	32.19 L	P	Kate Mandell	17	VIKI	BUF	13/12/2016	KZN Speedo Provincial Champion
42	32.24 L	P	Natalie Arthur	17	HASC	JHB	17/03/2017	SA National JNR Age Group Cham
43	32.26 L	P	Heike Thormahlen	17	TUKS	FSH	07/12/2016	NTS Championships 2016
44	32.27 L	P	Lara Pierce	17	FS	MAN	03/04/2017	Sa National Aquatic Championship
45	32.33 L	F	Tayla Kapp	17	AQUB	NMA	23/03/2017	SA Level 3 Regional Age Group C
46	32.40 L	P	Enya De Jager	17	UMSH	ETH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
47	32.42 L S	P	Merisa Oelofse	17	HARL	BUF	30/09/2016	Aquabear Invitational Meet
48	32.45 L	F	Holly Coates	17	TYGE	CPT	17/09/2016	Western Cape Summer 2
49	32.51 L	P	Alicia Enslin	17	TUKS	FSH	07/12/2016	NTS Championships 2016
50	32.57 L	F	Charlize Engelbrecht	17	DDA	FSH	23/09/2016	NTS September 2016 Age Group I
51	32.58 L	P	Natasha Finger	17	CRSC	JHB	23/03/2017	SA Level 3 Regional Age Group Ci
52	32.59 L	F	Thelise Saunders	17	WRP	EZD	28/10/2016	Top Schools - High School 28 Oct
53	32.61 L	F	Caitlyn Fourie	17	AQUB	NMA	19/08/2016	Nedbank Madibaz Swim Meet
54	32.64 L	F	Georgiana Askew	17	STPS	UMD	04/11/2016	KZN Action Swimming Champs 20
55	32.65 L	F	Anna Koekemoer	17	TKS	LP	25/11/2016	Limpopo Champs 25-27 Novembe
56	32.69 L	F	Kirsten Snyckers	17	DDA	FSH	16/09/2016	NTS September 2016 Age Group I
57	32.72 L	F	Gabriella Pedro	17	RBOT	BPD	08/12/2016	NWS Championships 2016/2017
58	32.74 L	P	Megan Kreft	17	MATI	GED	01/12/2016	Western Cape Summer Champion
59	32.78 L	P	Bianca Pera	17	WSAA	CPT	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
60	32.84 L	F	Yogita Mohabir	17	GDE		17/02/2017	Gauteng Schools Swimming Trials
61	33.04 L	P	Yarrissa Thambiran	17	UNIQ	JHB	08/12/2016	EGA Championships 2016
62	33.08 L	F	Justine Holmes	17	BLNE	MAN	28/10/2016	Neptune Open Gala
63	33.13 L	F	Danita Blokker	17	NWUC	KKD	15/10/2016	NWS Age Group 1 1617
64	33.22 L	F	Angelique Möller	17	BLMA	CPT	24/06/2016	PEA Winter Gala 2016
65	33.45 L	F	Engela Venter	17	PSC	FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
66	33.47 L	F	Cherise Mans	17	ESS	EZD	28/10/2016	Top Schools - High School 28 Oct
67	33.48 L	F	Julia Heckscher	17	CADO	CPT	18/11/2016	Western Cape Summer QF2
68	33.50 L	F	Carike Moolman	17	BLOT	MAN	30/11/2016	FS CHAMPS
69	33.52 L	P	Amy Ackerman	17	FLOD	JHB	21/01/2017	2017 Grand Prix Invitation Swimm
70	33.66 L	F	Aimee Wheeler	17	WATR	JHB	21/01/2017	CGA Level 3 - SANJ Last Chance
71	33.69 L	F	Kaylee Prentice	17	STA		28/10/2016	Top Schools - High School 28 Oct
72	33.86 L	P	Michaela Mitchell	17	ONYX	EKU	23/03/2017	SA Level 3 Regional Age Group Ci
73	33.88 L	F	Annissa Koekemoer	17	GREY	CPT	23/03/2017	SA Level 3 Regional Age Group C
74	34.00 L	F	Tasha Du Toit	17	FSE	UHD	28/01/2017	Ushaka Championship Gala 2017
75	34.12 L	P	Carmen Walters	17	BARR	CPT	01/12/2016	Western Cape Summer Champion
76	34.13 L	F	Esmarie Posthumus	17	GHSK	FBD	23/03/2017	SA Level 2 Regional Age Group Ci
77	34.14 L	F	Sonya van Rooyen	17	PEC	EZD	28/10/2016	Top Schools - High School 28 Oct
78	34.17 L	P	Lisa-Nicole Scholtz	17	PEAS	NMA	30/09/2016	Aquabear Invitational Meet
79	34.22 L	F	Mackayla Postumus	17	VIKI	BUF	02/12/2016	BCA Championships 2016
80	34.26 L	F	Jamie Hattingh	17	KNYD	EDD	26/11/2016	Eden LC Champs 2016
81	34.28 L	F	Tyla Phillips	17	BCA	BUF	07/01/2017	EDEN INTERPROVINCIAL 2017
82	34.42 L	P	Catherine Myburg	17	AQUB	NMA	30/09/2016	Aquabear Invitational Meet
83*	34.43 L	F	Caitlin Engelbrecht	17	TWSA	NMA	19/08/2016	Nedbank Madibaz Swim Meet
83*	34.43 L	P	Courtney Scheuble	17	STAD	JHB	16/12/2016	Vita-thion CGA Open LC Champs
85	34.54 L	P	Shaheerah Seedat	17	ATLA	JHB	23/03/2017	SA Level 3 Regional Age Group Ci
86	34.68 L	P	Caylin Carlisle	17	FLOD	JHB	08/12/2016	EGA Championships 2016
87	34.80 L	F	Claudi Bester	17	WOAQ	GED	23/03/2017	SA Level 3 Regional Age Group C
88	34.84 L	F	Carla vd Berg	17	TUKS	FSH	18/11/2016	NTS November 2016 Age Group L

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
89	34.93 L	P	Jordan Giraudeau	17	ONYX EKU	23/03/2017	SA Level 3 Regional Age Group Ci
90	34.97 L	F	Phelo Bacela	17	HARL BUF	02/12/2016	BCA Championships 2016
91	35.05 L	P	Nina Muller	17	SHS FDD	16/02/2017	Inter High 2017
92	35.08 L	P	Chane Van Rooyen	17	ESP EKU	08/12/2016	EGA Championships 2016
93	35.18 L	F	Frances Herholdt	17	FISH EDD	18/02/2017	Dragons Night Fury 2017
94	35.23 L	F	Mia Köpplinger	17	TUKS FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
95	35.25 L	F	Nicola Wheeler	17	WATR JHB	03/12/2016	CGA Level 3/SANJ Gala No 3
96	35.33 L	F	Carmen vd Merwe	17	PWAC BPD	15/10/2016	NWS Age Group 1 1617
97	35.36 L	P	Leonè Gouws	17	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
98	35.38 L	F	Nkosingphile Mbatha	17	ONYX EKU	05/11/2016	EGA Summer 3
99	35.41 L	F	Esmee vd Arend	17	HREF BPD	08/12/2016	NWS Championships 2016/2017
100	35.44 L	F	Anniën Muller	17	NWUC KKD	08/12/2016	NWS Championships 2016/2017
101	35.48 L	P	Shania Richardson	17	CRSC JHB	16/12/2016	Vita-thion CGA Open LC Champs
102	35.65 L	P	Jordan Amery-Bosman	17	BLMA CPT	30/09/2016	Aquabear Invitational Meet
103	35.86 L	F	Nerene Greeff	17	RTBHS BPD	03/02/2017	NW Schools Swimming Champion
104	36.24 L	F	Demi Leech	17	SOUL EKU	10/09/2016	Adrian Grafe Memorial Gala 2016
105	36.40 L	F	Teliza Zaayman	17	UPTS ZMD	11/11/2016	Age group 2 2016 Upington
106	36.56 L	P	Hannah Ledingham	17	SHS FDD	16/02/2017	Inter High 2017
107	36.69 L	F	Rebecca Behne	17	CADO CPT	17/09/2016	Western Cape Summer 2
108	36.85 L	F	Danelle Behm	17	SWAR WCD	18/11/2016	Western Cape Summer QF2
109	37.06 L	F	Heidi Rasmussen	17	HARL BUF	10/02/2017	BCA February Age Group Gala 20
110	37.22 L	P	Carla Coetzee	17	GREY CPT	03/02/2017	Western Cape Jack Currie Champ
111	37.36 L	F	Mariska Bam	17	STA	28/10/2016	Top Schools - High School 28 Oct
112	37.41 L	F	Cayla Stewart	17	BENS EKU	05/11/2016	EGA Summer 3
113	37.55 L	F	Lizandri Crewe-Brown	17	HHPS	09/12/2016	EC Aquatics Schools Trials Gala
114*	37.59 L	F	Magrieta Groenewald	17	UPTS ZMD	09/12/2016	NCASA Sprints 2016
114*	37.59 L	F	Lauren Viljoen	17	NHS MP	24/02/2017	MPUMALANGA SCHOOL SWIMM
116	37.68 L	F	Cameron Mitchell	17	SOUL EKU	21/01/2017	EGA Summer 4
117	37.86 L	F	Shonel Wilson	17	BENS EKU	10/09/2016	Adrian Grafe Memorial Gala 2016
118	37.98 L	F	Andreia da Costa	17	NWUC KKD	15/10/2016	NWS Age Group 1 1617
119	38.22 L	F	Michaela Kretzen	17	ASA CPT	17/09/2016	Western Cape Summer 2
120	38.33 L	F	Belinda Mynhardt	17	KNYD EDD	26/11/2016	Eden LC Champs 2016
121	38.83 L	P	Elze' Wilke	17	GREY MAN	16/02/2017	Inter High 2017
122	38.90 L	F	Wilme De Villiers	17	BLNE MAN	30/11/2016	FS CHAMPS
123	39.13 L	P	Dane Taljaard	17	BLNE MAN	27/06/2016	Sasol National Championship 2016
124	39.56 L	P	Kayla Stopforth	17	SWIFT EKU	08/12/2016	EGA Championships 2016
125	39.60 L	F	Lisa Blane	17	VIKI BUF	02/12/2016	BCA Championships 2016
126	39.69 L	F	Kristin Haskins	17	DORE JHB	24/09/2016	CGA Level 2 gala No 1
127	39.87 L	F	Alexa Kleynhans	17	DDA FSH	11/03/2017	SA Level 1 Provincl Age Group Ch
128	40.70 L	F	Kirstie Stevenson	17	AQUB NMA	04/02/2017	Uitenhage Swimming Club Gala 21
129	40.83 L	F	Nicola Bezuidenhout	17	CLSC WCD	18/02/2017	Western Cape Qualify Gala 3
130	41.08 L	F	Zandeli Dry	17	PWAC BPD	15/10/2016	NWS Age Group 1 1617
131	41.29 L	F	Shakeerah Titus	17	UWCA CPT	18/11/2016	Western Cape Summer QF2
132	41.44 L	F	Caleigh Bowles	17	VIKI BUF	02/12/2016	BCA Championships 2016
133	41.62 L	P	Alessia Torricelli	17	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
134	41.72 L	F	Tee-Ann Lawrence	17	PIRAN BUF	13/01/2017	BCA January Age Group Gala 201
135	42.58 L	F	Romaana Limbada	17	ATLA JHB	24/09/2016	CGA Level 2 gala No 1
136	42.79 L	F	Jade Craigen	17	NWUC KKD	08/12/2016	NWS Championships 2016/2017
137	43.28 L	F	Kayla Marais	17	TUKS FSH	21/10/2016	NTS October 2016 Age Group Gal
138	43.50 L	F	Barbara Leger	17	SASE JHB	05/11/2016	CGA Level 2 Gala No 3
139	44.39 L	F	Bianca Steyn	17	ESS EZD	17/09/2016	MP Xerox Sprint Gala - 17 Septem
140	44.54 L	F	Humairah Collins	17	ATLA JHB	24/09/2016	CGA Level 2 gala No 1
141	44.64 L	F	Aimee Piketh	17	NWUC KKD	14/01/2017	NWS Age Group 4 1617
142	47.10 L	F	Samukelisiwe Mkonyeni	17	TAC EKU	05/11/2016	EGA Summer 3
143	50.68 L	F	Johanri Lewis	17	KEIK NMD	08/12/2016	NWS Championships 2016/2017
144	1:03.73 L	F	Naysi Strauss	17	ESS EZD	17/09/2016	MP Xerox Sprint Gala - 17 Septem
145	1:29.55 L	F	Mariska Dercksen	17	ESS EZD	25/11/2016	Mpumalanga Championships 2016
<b>Women 17-17 100 Fly</b>							
1	1:04.05 L	F	Jeanri Buys	17	WSAA CPT	01/12/2016	Western Cape Summer Champion

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
2	1:04.49	L	F	Kristen Straszacker	17	ASA CPT	17/03/2017	SA National JNR Age Group Charr
3	1:05.57	L	F	Kate Beavon	17	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
4	1:05.61	L	P	Mane' Breytenbach	17	PAC FSH	17/03/2017	SA National JNR Age Group Charr
5	1:05.67	L	F	Gabriella Grobler	17	WATR JHB	01/10/2016	Waterborn Invitational 2016
6	1:05.79	L	F	Mariella Venter	17	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
7	1:06.27	L	F	Ashleigh Green	17	SEAL UMD	17/03/2017	SA National JNR Age Group Charr
8	1:06.33	L	P	Sabrina-Lee Filipe	17	NTS FSH	03/04/2017	Sa National Aquatic Championship
9	1:06.90	L	F	Mieke Kotze	17	NTS FSH	22/10/2016	VIII Gala Golfinhos Sprint
10	1:06.92	L	F	Lesley Blignaut	17	ECA ETH	10/04/2017	SA Schools Swimming Champions
11	1:06.95	L	F	Lauren Forsyth	17	AZON ETH	17/03/2017	SA National JNR Age Group Charr
12	1:08.44	L	F	Mikayla Eagles	17	MATI CED	17/03/2017	SA National JNR Age Group Charr
13	1:08.54	L	F	Tanya Pieterse	17	NWS	07/10/2016	NTS Invitational Gala 2016
14	1:09.05	L	F	Robyn Marshall	17	USC BUF	23/03/2017	SA Level 3 Regional Age Group C
15	1:09.33	L	F	Carina Brand	17	FAAC FBD	09/12/2016	NCASA Sprints 2016
16	1:09.74	L S	F	Abigail Havenga	17	CSC FSH	27/06/2016	Sasol National Championship 2016
17	1:10.12	L	F	Michee Van Rooyen	17	PSC FSH	01/10/2016	Waterborn Invitational 2016
18	1:10.48	L	F	Kelly Vroon	17	TYGE CPT	01/12/2016	Western Cape Summer Champion
19	1:10.55	L	F	Chrislin Nieuwoudt	17	ESTR ECU	08/12/2016	EGA Championships 2016
20	1:10.78	L	F	Alicia Enslin	17	TUKS FSH	03/02/2017	NTS Feb 2017 Age Group Level 3
21	1:11.63	L	F	Amber Manchest	17	XSAQ CPT	15/10/2016	Western Cape Summer 3
22	1:12.20	L	P	Thelise Saunders	17	UNIN EZZ	17/03/2017	SA National JNR Age Group Charr
23	1:12.36	L	P	Bianca Pera	17	WSAA CPT	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
24	1:13.16	L S	F	Hannah Haswell	17	INFA NMA	10/02/2017	6th A League Gala 2017
25	1:13.38	L	F	Gillian Hale	17	TRAZ FSH	03/02/2017	NTS Feb 2017 Age Group Level 3
26	1:14.48	L	F	Angelique Möller	17	BLMA CPT	01/12/2016	Western Cape Summer Champion
27	1:14.62	L	F	Annisia Koekemoer	17	GREY CPT	01/12/2016	Western Cape Summer Champion
28	1:14.80	L	F	Julia Heckscher	17	CADO CPT	01/12/2016	Western Cape Summer Champion
29	1:14.82	L	F	Danita Blokker	17	NWS	07/10/2016	NTS Invitational Gala 2016
30	1:14.92	L	F	Cayleigh De Sousa	17	CRSC JHB	29/10/2016	CGA Level 3/SANJ Gala No 2
31	1:15.06	L	F	Justine Holmes	17	BLNE MAN	07/10/2016	Otters Prestige Gala
32	1:15.20	L	F	Enya De Jager	17	UNIM NGD	23/03/2017	SA Level 3 Regional Age Group C
33	1:15.39	L	F	Caitlin Engelbrecht	17	TWSA NMA	19/08/2016	Nedbank Madibaz Swim Meet
34	1:15.72	L S	F	Lara Peirce	17	BLSS MAN	30/11/2016	FS CHAMPS
35	1:15.77	L	F	Yogita Mohabir	17	ELEC JHB	21/01/2017	CGA Level 3 - SANJ Last Chance
36	1:16.35	L	F	Anna Koekemoer	17	TKS LP	25/11/2016	Limpopo Champs 25-27 Novembe
37	1:16.93	L	F	Chilene Vorster	17	DDA FSH	03/02/2017	NTS Feb 2017 Age Group Level 3
38	1:17.13	L	F	Caitlyn Fourie	17	AQUB NMA	30/09/2016	Aquabear Invitational Meet
39	1:18.22	L	F	Frances Herholdt	17	BCA BUF	07/01/2017	EDEN INTERPROVINCIAL 2017
40	1:18.58	L	F	Lisa-Nicole Scholtz	17	PEAS NMA	24/06/2016	PEA Winter Gala 2016
41	1:18.61	L	F	Cailin Joubert	17	CYBE CPT	21/01/2017	WCSSA - Western Cape Schools
42	1:18.71	L	P	Yarrissa Thambiran	17	UNIQU JHB	08/12/2016	EGA Championships 2016
43	1:18.96	L	F	Kirsten Snyckers	17	DDA FSH	25/11/2016	NTS November 2016 Age Group C
44	1:19.12	L	F	Merisa Oelofse	17	HARL BUF	02/12/2016	BCA Championships 2016
45	1:19.23	L	P	Natalie Arthur	17	HASC JHB	16/12/2016	Vita-thion CGA Open LC Champs
46	1:19.30	L	P	Natasha Finger	17	CRSC JHB	23/03/2017	SA Level 3 Regional Age Group C
47	1:19.51	L	F	Gia Harper	17	BLMA CPT	15/10/2016	Western Cape Summer 3
48	1:20.08	L	F	Engela Venter	17	PSC FSH	21/10/2016	NTS October 2016 Age Group Gal
49	1:20.16	L	F	Caylin Carlisle	17	FLOD JHB	18/02/2017	CGA Level 2 last chance gala day
50	1:20.33	L S	F	Himke Steenkamp	17	BLNE MAN	27/06/2016	Sasol National Championship 2016
51	1:20.62	L	F	Reedah Shaw	17	UWCA CPT	18/02/2017	Western Cape Qualify Gala 3
52	1:21.10	L	F	Sonya van Rooyen	17	WAV EZZ	25/11/2016	Mpumalanga Championships 2016
53	1:21.20	L	F	Chane Van Rooyen	17	ESP ECU	15/10/2016	EGA Summer 2_15 Oct 2016
54	1:21.51	L	F	Tayla Kapp	17	AQUB NMA	23/03/2017	SA Level 2 Regional Age Group C
55	1:23.66	L	F	Esmee vd Arend	17	NCASA	05/11/2016	Fezile Dabi Inter Provincial Gala
56	1:25.39	L	F	Carla Coetzee	17	GREY CPT	15/10/2016	Western Cape Summer 3
57	1:26.21	L	P	Nkosingphile Mbatha	17	ONYX ECU	08/12/2016	EGA Championships 2016
58	1:29.51	L	F	Teliza Zaayman	17	UPTS ZMD	09/12/2016	NCASA Sprints 2016
59	1:30.16	L	F	Heidi Rasmussen	17	HARL BUF	02/12/2016	BCA Championships 2016
60	1:30.99	L	F	Dane Taljaard	17	OCTO MAN	16/02/2017	Inter High 2017

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
61	1:34.61 L	F	Belinda Mynhardt	17	KNYD EDD	26/11/2016	Eden LC Champs 2016
62	1:34.80 L	F	Shakeerah Titus	17	UWCA CPT	15/10/2016	Western Cape Summer 3
63	1:37.22 L	F	Alessia Torricelli	17	WATR JHB	18/02/2017	CGA Level 2 last chance gala day
64	1:37.94 L	F	Nicola Bezuidenhout	17	CLSC WCD	18/02/2017	Western Cape Qualify Gala 3
65	1:40.17 L	F	Jessika Bezuidenhout	17	NWUC KKD	29/10/2016	NWS Age Group 2 1617
66	1:41.43 L	F	Hannah Ledingham	17	SHS FDD	30/01/2017	NFS INTER HIGH SCHOOL CHAM
67	2:33.66 L	F	Naysi Strauss	17	ESS EZD	25/11/2016	Mpumalanga Championships 2016
<b>Women 17-17 200 Fly</b>							
1	2:25.06 L	F	Kristen Straszacker	17	ASA CPT	04/02/2017	2017 Grand Prix Invitation Swimm
2	2:29.23 L	F	Kate Beavon	17	WATR JHB	03/12/2016	CGA Level 3/SANJ Gala No 3
3	2:29.35 L	F	Ashleigh Green	17	SEAL UMD	17/03/2017	SA National JNR Age Group Cham
4	2:30.34 L	F	Charlise Oberholzer	17	ACSA ETH	04/11/2016	KZN Action Swimming Champs 20
5	2:32.85 L	F	Lauren Forsyth	17	AZON ETH	02/09/2016	KZN Beavers Winter LongCourse
6	2:37.49 L	F	Robyn Kinghorn	17	ACSA ETH	04/11/2016	KZN Action Swimming Champs 20
7	2:39.73 L	F	Mikayla Eagles	17	MATI CED	18/02/2017	Western Cape Qualify Gala 3
8	2:40.89 L	F	Carina Brand	17	FAAC FBD	30/11/2016	FS CHAMPS
9	2:42.48 L	F	Bianca Pera	17	WSAA CPT	01/12/2016	Western Cape Summer Champion
10	2:45.52 L	F	Caitlin Engelbrecht	17	TWSA NMA	19/08/2016	Nedbank Madibaz Swim Meet
11	2:48.34 L	F	Abigail Havenga	17	CSC TSH	23/09/2016	NTS September 2016 Age Group I
12	2:49.25 L	F	Sabrina-Lee Filipe	17	TUKS TSH	23/09/2016	NTS September 2016 Age Group I
13	2:49.55 L	F	Lesley Bignaut	17	USC BUF	02/12/2016	BCA Championships 2016
14	2:50.58 L	F	Annissa Koekemoer	17	GREY CPT	20/08/2016	Western Cape Summer 1
15	2:56.47 L	F	Justine Holmes	17	BLNE MAN	30/11/2016	FS CHAMPS
16	3:02.07 L	P	Caylin Carlisle	17	FLOD JHB	08/12/2016	EGA Championships 2016
17	3:04.66 L	F	Cailin Joubert	17	BARR CPT	20/08/2016	Western Cape Summer 1
18	3:07.75 L	F	Phelo Bacela	17	HARL BUF	02/12/2016	BCA Championships 2016
19	3:17.56 L	F	Reedah Shaw	17	UWCA CPT	20/08/2016	Western Cape Summer 1
<b>Women 17-17 200 IM</b>							
1	2:19.83 L	F	Gabriella Grobler	17	CGA JHB	03/04/2017	Sa National Aquatic Championship
2	2:20.34 L	F	Kate Beavon	17	RSA	14/12/2016	African Union Sports-Region 5 Un
3	2:20.68 L	F	Mariella Venter	17	WATR JHB	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
4	2:20.87 L	S	Tahlia Botha	17	WCA CPT	03/04/2017	Sa National Aquatic Championship
5	2:23.40 L	F	Kristen Straszacker	17	ASA CPT	01/12/2016	Western Cape Summer Champion
6	2:26.25 L	F	Ashleigh Green	17	SEAL UMD	17/03/2017	SA National JNR Age Group Cham
7	2:27.99 L	F	Jade Neser	17	WATR JHB	16/12/2016	Vita-thion CGA Open LC Champs
8	2:28.63 L	F	Jeanri Buys	17	WSAA CPT	24/02/2017	2017 Grand Prix Invitation Swiimn
9	2:28.84 L	P	Michee Van Rooyen	17	PSC TSH	07/12/2016	NTS Championships 2016
10	2:29.23 L	F	Charlise Oberholzer	17	ACSA ETH	06/08/2016	eThekwini Age Group Gala 4
11	2:29.51 L	F	Robyn Kinghorn	17	ACSA ETH	06/08/2016	eThekwini Age Group Gala 4
12	2:29.59 L	F	Mikayla Eagles	17	MATI CED	17/03/2017	SA National JNR Age Group Cham
13	2:29.88 L	F	Mieke Kotze	17	NTS TSH	22/10/2016	VIII Gala Golfinhos Sprint
14	2:30.52 L	F	Alicia Enslin	17	TUKS TSH	17/03/2017	SA National JNR Age Group Cham
15	2:31.25 L	F	Kelly Vroon	17	TYGE CPT	01/12/2016	Western Cape Summer Champion
16	2:33.46 L	P	Jade Miller	17	CGA JHB	03/04/2017	Sa National Aquatic Championship
17	2:33.50 L	P	Hannah Haswell	17	INFA NMA	17/03/2017	SA National JNR Age Group Cham
18	2:33.77 L	F	Stephanie Askew	17	SASE JHB	16/12/2016	Vita-thion CGA Open LC Champs
19	2:34.01 L	P	Thelise Saunders	17	UNIN EZD	17/03/2017	SA National JNR Age Group Cham
20	2:34.18 L S	F	Heike Thormahlen	17	TUKS TSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
21	2:34.98 L	P	Lauren Forsyth	17	AZON ETH	13/12/2016	KZN Speedo Provincial Champion
22	2:35.19 L	F	Gabriella Pedro	17	RBOT BPD	08/12/2016	NWS Championships 2016/2017
23	2:35.85 L	P	Tarien Joubert	17	WELL CED	17/03/2017	SA National JNR Age Group Cham
24	2:36.75 L	F	Tanya Pieterse	17	MCS NW	03/02/2017	NW Schools Swimming Champion
25	2:37.19 L	F	Dane Steyn	17	BLOT MAN	07/10/2016	Otters Prestige Gala
26	2:37.74 L	F	Abigail Havenga	17	NWS	07/10/2016	NTS Invitational Gala 2016
27	2:37.97 L	F	Jordan Giraudeau	17	ONYX EKU	23/03/2017	SA Level 3 Regional Age Group Ci
28	2:38.51 L	P	Annissa Koekemoer	17	GREY CPT	01/12/2016	Western Cape Summer Champion
29	2:39.05 L	F	Kirsty Marais	17	BLMA CPT	01/12/2016	Western Cape Summer Champion
30	2:39.77 L	F	Cailin Joubert	17	BARR CPT	23/03/2017	SA Level 3 Regional Age Group C

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
31	2:39.89 L	F	Mane' Breytenbach	17	PAC TSH	03/02/2017	NTS Feb 2017 Age Group Level 3	
32	2:40.01 L	F	Aimee Wheeler	17	GDE	17/02/2017	Gauteng Schools Swimming Trials	
33	2:40.69 L	P	Justine Holmes	17	FSS FS	10/04/2017	SA Schools Swimming Champions	
34	2:40.84 L	F	Ashley Loxton	17	BARR CPT	30/09/2016	Aquabear Invitational Meet	
35	2:40.90 L	F	Daniela Marggraff	17	PAC TSH	07/12/2016	NTS Championships 2016	
36	2:40.94 L	F	Sabrina-Lee Filipe	17	TUKS TSH	21/10/2016	NTS October 2016 Age Group Gal	
37	2:40.97 L	P	Demi Leech	17	SOUL EKU	23/03/2017	SA Level 3 Regional Age Group Ci	
38	2:41.31 L	F	Kate Mandell	17	VIKI BUF	30/09/2016	Aquabear Invitational Meet	
39	2:42.85 L	F	Lara Peirce	17	BLSS MAN	01/10/2016	Seals Gala	
40	2:42.91 L	F	Carike Moolman	17	BLOT MAN	30/11/2016	FS CHAMPS	
41	2:42.99 L	P	Adele Dercksen	17	BLSS MAN	13/12/2016	KZN Speedo Provincial Champion	
42	2:43.11 L	P	Carlene Taylor	17	AZON ETH	13/12/2016	KZN Speedo Provincial Champion	
43	2:43.17 L	P	Britney Pieterse	17	AZON ETH	13/12/2016	KZN Speedo Provincial Champion	
44	2:43.69 L	F	Shaheerah Seedat	17	ATLA JHB	23/03/2017	SA Level 3 Regional Age Group Ci	
45	2:44.69 L	P	Nicola Wheeler	17	WATR JHB	16/12/2016	Vita-thion CGA Open LC Champs	
46	2:44.76 L	F	Frances Herholdt	17	FISH EDD	18/02/2017	Dragons Night Fury 2017	
47	2:45.01 L	F	Danita Blokker	17	NWUC KKD	15/10/2016	NWS Age Group 1 1617	
48	2:45.05 L	F	Merisa Oelofse	17	HARL BUF	30/09/2016	Aquabear Invitational Meet	
49	2:45.09 L	F	Carina Brand	17	FAAC FBD	09/12/2016	NCASA Sprints 2016	
50	2:45.23 L	F	Reedah Shaw	17	CYBE CPT	21/01/2017	WCSSA - Western Cape Schools	
51	2:45.46 L	P	Carmen Walters	17	BARR CPT	23/03/2017	SA Level 3 Regional Age Group C	
52	2:45.48 L	F	Georgiana Askew	17	STPS UMD	22/10/2016	eThekwini Age Group Gala 7	
53	2:45.99 L	F	Kaylee Prentice	17	STA	28/10/2016	Top Schools - High School 28 Oct	
54	2:46.01 L	F	Enya De Jager	17	UNIM NGD	23/03/2017	SA Level 3 Regional Age Group C	
55	2:46.04 L	P	Bianca Pera	17	WSAA CPT	05/07/2016	TYR PRESTIGE CHAMPIONSHIP	
56	2:46.31 L	F	Lesley Blignaut	17	USC BUF	27/01/2017	BCA 2nd January Age Group Gala	
57	2:46.89 L	F	Tyla Phillips	17	USC BUF	13/01/2017	BCA January Age Group Gala 201	
58	2:47.05 L	F	Gillian Hale	17	TRAZ TSH	03/02/2017	NTS Feb 2017 Age Group Level 3	
59	2:47.17 L	F	Engela Venter	17	PSC TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala	
60	2:47.61 L	P	Natalie Arthur	17	HASC JHB	16/12/2016	Vita-thion CGA Open LC Champs	
61	2:47.91 L	F	Yarrissa Thambiran	17	UNIQ JHB	03/12/2016	CGA Level 3/SANJ Gala No 3	
62	2:47.92 L	F	Charlize Engelbrecht	17	DDA TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala	
63	2:47.95 L	F	Jordan Amery-Bosman	17	BLMA CPT	01/12/2016	Western Cape Summer Champion	
64	2:48.26 L	F	Robyn Marshall	17	USC BUF	13/01/2017	BCA January Age Group Gala 201	
65	2:48.54 L	P	Courtney Scheuble	17	STAD JHB	16/12/2016	Vita-thion CGA Open LC Champs	
66	2:48.73 L	F	Teliza Zaayman	17	UPTS ZMD	09/12/2016	NCASA Sprints 2016	
67	2:48.99 L	F	Lauren Dyason	17	CSC TSH	23/09/2016	NTS September 2016 Age Group I	
68	2:49.11 L	F	Caitlyn Fourie	17	AQUB NMA	30/09/2016	Aquabear Invitational Meet	
69	2:49.69 L	P	Megan Kreft	17	MATI CED	01/12/2016	Western Cape Summer Champion	
70	2:49.94 L	F	Anna Koekemoer	17	EAGA CCD	27/01/2017	Limpopo School Championships	
71	2:50.96 L	F	Himke Steenkamp	17	BLNE MAN	30/11/2016	FS CHAMPS	
72	2:50.99 L	F	Andrea Viljoen	17	BEST NMA	24/06/2016	PEA Winter Gala 2016	
73	2:51.44 L	F	Yogita Mohabir	17	ELEC JHB	07/12/2016	NTS Championships 2016	
74	2:51.55 L	P	Angelique Möller	17	BLMA CPT	01/12/2016	Western Cape Summer Champion	
75	2:51.71 L	F	Rebecca Behne	17	CADO CPT	12/11/2016	Western Cape Summer 4	
76	2:52.03 L	F	Chrislin Nieuwoudt	17	ESTR EKU	15/10/2016	EGA Summer 2_15 Oct 2016	
77	2:52.33 L	F	Cayleigh De Sousa	17	CRSC JHB	17/09/2016	CGA Level 3/SANJ Gala No 1	
78	2:52.40 L	F	Lizandri Crewe-Brown	17	PEAS NMA	02/12/2016	NMBA Championships 2016	
79	2:52.48 L	F	Abigail Peters	17	NEWS ADJ	23/03/2017	SA Level 3 Regional Age Group C	
80*	2:52.56 L	F	Caitlin Engelbrecht	17	TWSA NMA	19/08/2016	Nedbank Madibaz Swim Meet	
80*	2:52.56 L	F	Gia Harper	17	BLMA CPT	18/11/2016	Western Cape Summer QF2	
82	2:52.57 L	P	Annie Muller	17	NWUC KKD	23/03/2017	SA Level 3 Regional Age Group Ci	
83	2:52.83 L	F	Lisa-Nicole Scholtz	17	PEAS NMA	24/06/2016	PEA Winter Gala 2016	
84	2:52.87 L	P	Michaela Mitchell	17	ONYX EKU	23/03/2017	SA Level 3 Regional Age Group Ci	
85	2:52.89 L	F	Natasha Finger	17	CRSC JHB	29/10/2016	CGA Level 3/SANJ Gala No 2	
86	2:53.24 L	F	Amy Ackerman	17	FLOD JHB	17/09/2016	CGA Level 3/SANJ Gala No 1	
87	2:53.49 L	F	Britney Strumpher	17	NTS TSH	22/10/2016	VIII Gala Golfinhos Sprint	
88	2:53.50 L	F	Chilene Vorster	17	DDA TSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala	
89	2:53.68 L	F	Sonya van Rooyen	17	PEC EZD	28/10/2016	Top Schools - High School 28 Oct	

## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
90	2:53.84 L	F	Kirsten Snyckers	17	DDA FSH	16/09/2016	NTS September 2016 Age Group
91	2:54.65 L	P	Caylin Carlisle	17	FLOD JHB	16/12/2016	Vita-thion CGA Open LC Champs
92	2:54.94 L	F	Jamie Hattingh	17	KNYD EDD	26/11/2016	Eden LC Champs 2016
93	2:57.53 L	F	Cherise Mans	17	ESS EZD	28/10/2016	Top Schools - High School 28 Oct
94	2:57.71 L	F	Mariska Bam	17	GTC EZD	14/10/2016	MP AGE GROUP 2 - 2016
95	2:58.17 L	P	Shania Richardson	17	CRSC JHB	16/12/2016	Vita-thion CGA Open LC Champs
96	2:58.18 L	F	Esmee vd Arend	17	HREF BPD	08/12/2016	NWS Championships 2016/2017
97	2:58.23 L	F	Julia Heckscher	17	CADO CPT	18/11/2016	Western Cape Summer QF2
98	2:58.31 L	F	Phelo Bacela	17	HARL BUF	02/12/2016	BCA Championships 2016
99	2:58.43 L	F	Amber Manchest	17	XSAQ CPT	18/02/2017	Western Cape Qualify Gala 3
100	2:59.75 L	F	Mieke van Zyl	17	CSC FSH	25/11/2016	NTS November 2016 Age Group C
101	3:01.04 L	F	Wilme De Villiers	17	BLNE MAN	02/09/2016	Kovsie Aquatics Gala 2
102	3:01.08 L	P	Danelle Behm	17	SWAR WCD	01/12/2016	Western Cape Summer Champion
103	3:02.15 L	F	Elzanie Rademeyer	17	FINS EZD	17/09/2016	MP Xerox Sprint Gala - 17 Septem
104	3:02.19 L	F	Carmen vd Merwe	17	PWAC BPD	08/12/2016	NWS Championships 2016/2017
105	3:02.53 L	F	Kayla Stopforth	17	SWIFT ECU	03/02/2017	NTS Feb 2017 Age Group Level 3
106	3:03.18 L	F	Michaela Kretzen	17	ASA CPT	01/12/2016	Western Cape Summer Champion
107	3:03.24 L	F	Hannah Ledingham	17	SHS FDD	30/01/2017	NFS INTER HIGH SCHOOL CHAM
108	3:03.57 L	P	Nkosingphile Mbatha	17	ONYX ECU	08/12/2016	EGA Championships 2016
109	3:03.64 L	F	Catherine Myburg	17	AQUB NMA	30/09/2016	Aquabear Invitational Meet
110	3:04.08 L	P	Leonè Gouws	17	TUKS FSH	05/07/2016	TYR PRESTIGE CHAMPIONSHIP
111	3:04.27 L	F	Barbara Leger	17	SASE JHB	05/11/2016	CGA Level 2 Gala No 3
112	3:05.94 L	P	Chane Van Rooyen	17	ESP ECU	08/12/2016	EGA Championships 2016
113	3:07.75 L	F	Carla vd Berg	17	TUKS FSH	18/11/2016	NTS November 2016 Age Group L
114	3:07.93 L	P	Gabriella Gerritsen	17	BENS ECU	08/12/2016	EGA Championships 2016
115	3:08.20 L	F	Robyn Houtman	17	TUKS FSH	23/09/2016	NTS September 2016 Age Group I
116	3:09.29 L	F	Alessia Torricelli	17	WATR JHB	05/02/2017	CGA Level 2 last chance gala Day
117	3:10.94 L S	F	Caydn Barker	17	AQUB NMA	10/02/2017	6th A League Gala 2017
118	3:11.09 L	F	Esmarie Posthumus	17	GHSK FBD	21/01/2017	4 + 1 Gala Trials Kimberley
119	3:11.55 L	F	Carla Coetzee	17	GREY CPT	18/02/2017	Western Cape Qualify Gala 3
120	3:12.25 L	F	Kristin Haskins	17	DORE JHB	24/09/2016	CGA Level 2 gala No 1
121	3:12.28 L	F	Cayla Stewart	17	BENS ECU	15/10/2016	EGA Summer 2_15 Oct 2016
122	3:13.02 L	F	Mia Köpplinger	17	TUKS FSH	03/09/2016	2016 Speedo Hillcrest Sprint Gala
123	3:13.29 L	F	Magrieta Groenewald	17	UPTS ZMD	05/01/2017	NCASA Champs 2017
124	3:14.04 L	F	Caitlin Redl	17	UNI-M NGD	25/11/2016	Mpumalanga Championships 2016
125	3:14.29 L	F	Claudi Bester	17	WOAQ CED	18/11/2016	Western Cape Summer QF2
126	3:14.98 L	F	Shakeerah Titus	17	UWCA CPT	12/11/2016	Western Cape Summer 4
127	3:15.03 L	F	Tayla Kapp	17	AQUB NMA	30/09/2016	Aquabear Invitational Meet
128	3:16.08 L	F	Dane Taljaard	17	OCTO MAN	16/02/2017	Inter High 2017
129	3:16.63 L	F	Heidi Rasmussen	17	HARL BUF	05/11/2016	BCA Nov Age Group Gala 2016
130	3:16.66 L	F	Kamika Perumal	17	BEAV ETH	02/09/2016	KZN Beavers Winter LongCourse
131	3:19.15 L	F	Lungelo Nxumalo	17	LVH EZD	24/02/2017	MPUMALANGA SCHOOL SWIMM
132	3:22.43 L	F	Nicola Bezuidenhout	17	CLSC WCD	18/02/2017	Western Cape Qualify Gala 3
133	3:22.95 L	F	Tasha Du Toit	17	FSE UHD	29/10/2016	Uthungulu District November 2016
134	3:24.19 L	F	Alyssa-Jane Maritz	17	PEAS NMA	24/06/2016	PEA Winter Gala 2016
135	3:25.08 L	F	Jade Craigen	17	NWUC KKD	08/12/2016	NWS Championships 2016/2017
136	3:26.04 L	F	Aimee Piketh	17	NWUC KKD	08/12/2016	NWS Championships 2016/2017
137	3:30.47 L	F	Belinda Mynhardt	17	KNYD EDD	15/10/2016	EDEN 1st A-League Gala 2016
138	3:31.13 L	F	Kirstie Stevenson	17	AQUB NMA	30/09/2016	Aquabear Invitational Meet
139	4:03.40 L	F	Johanri Lewis	17	KEIK NMD	08/12/2016	NWS Championships 2016/2017
140	5:19.06 L	F	Naysi Strauss	17	ESS EZD	25/11/2016	Mpumalanga Championships 2016
141	5:24.72 L	F	Bianca Steyn	17	ESS EZD	03/02/2017	MP Age Group 4 - 3 & 4 February
142	5:52.84 L	F	Mariska Dercksen	17	ESS EZD	25/11/2016	Mpumalanga Championships 2016
<b>Women 17-17 400 IM</b>							
1	4:57.63 L	F	Kate Beavon	17	CGA JHB	03/04/2017	Sa National Aquatic Championship
2	4:59.55 L	F	Kristen Straszacker	17	WCA CPT	03/04/2017	Sa National Aquatic Championship
3	5:08.29 L	P	Robyn Kinghorn	17	ACSA ETH	13/12/2016	KZN Speedo Provincial Champion
4	5:11.43 L	F	Charlise Oberholzer	17	ACSA ETH	04/11/2016	KZN Action Swimming Champs 20
5	5:19.35 L	F	Gabriella Grobler	17	WATR JHB	27/06/2016	Sasol National Championship 2016

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## Individual Top Times

Times since: 01-May-16

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
6	5:19.81 L	F	Thelise Saunders	17	UNIN EZD	17/03/2017	SA National JNR Age Group Charr
7	5:20.69 L	P	Ashleigh Green	17	KZNA ETH	03/04/2017	Sa National Aquatic Championship
8	5:28.23 L	F	Lauren Forsyth	17	AZON ETH	17/03/2017	SA National JNR Age Group Charr
9	5:40.93 L	F	Tanya Pieterse	17	MCS NW	03/02/2017	NW Schools Swimming Champion
10	5:41.88 L	F	Bianca Pera	17	WSAA CPT	01/12/2016	Western Cape Summer Champion
11	5:46.98 L	F	Justine Holmes	17	BLNE MAN	30/11/2016	FS CHAMPS
12	5:48.04 L	F	Demi Leech	17	SOUL EKU	05/11/2016	EGA Summer 3
13	5:50.90 L	F	Abigail Havenga	17	NWS	07/10/2016	NTS Invitational Gala 2016
14	5:55.13 L	F	Carlene Taylor	17	AZON ETH	01/10/2016	Waterborn Invitational 2016
15	5:56.39 L	F	Cailin Joubert	17	BARR CPT	17/09/2016	Western Cape Summer 2
16	6:01.60 L	F	Jordan Amery-Bosman	17	BLMA CPT	30/09/2016	Aquabear Invitational Meet
17	6:02.11 L	F	Carina Brand	17	FAAC FBD	05/01/2017	NCASA Champs 2017
18	6:05.77 L	F	Frances Herholdt	17	FISH EDD	02/12/2016	NMBA Championships 2016
19	6:08.95 L	F	Carmen Walters	17	BARR CPT	17/09/2016	Western Cape Summer 2
20	6:12.39 L	F	Teliza Zaayman	17	UPTS ZMD	05/01/2017	NCASA Champs 2017
21	6:13.67 L	F	Yarrissa Thambiran	17	UNIQ JHB	08/12/2016	EGA Championships 2016
22	6:16.06 L	F	Enya De Jager	17	UNIM NGD	21/01/2017	MP Age Group 3 - 21 January 201
23	6:56.97 L	F	Shakeerah Titus	17	UWCA CPT	17/09/2016	Western Cape Summer 2