

Individual Top Times

Times since: 01-May-18 Times until: 30-Apr-19
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
Women 19 & OVER 50 Free							
1	25.10	L L	F	Erin Gallagher	20	KZNA	ETH 08/04/2019 Sa National Aquatic Championship 2019
2	25.38	L S	F	Emma Chelius	22	WCA	WCA 08/04/2019 Sa National Aquatic Championship 2019
3	26.01	L S	F	Tayla Lovemore	24	KZNA	ETH 08/04/2019 Sa National Aquatic Championship 2019
4	26.90	L S	F	Samantha Labuschagne	19	AGC	FSH 08/04/2019 Sa National Aquatic Championship 2019
5	27.06	L L	F	Tatjana Schoenmaker	21	TUKS	FSH 07/12/2018 NTS Championships 2018
6	27.07	L S	F	Amica De Jager	19	NMU	NMA 08/02/2019 5th A League
7	27.17	L	F	Jamie Reynolds	21	SEAL	UMD 29/06/2018 Hamilton Aquatics Summer Sizzler
8	27.52	L S	P	Camryn Wheals	21	SEAL	UMD 10/07/2018 TYR PRESTIGE CHAMPIONSHIPS
9	27.69	L	F	Courtney van Biljon	20	TRAZ	FSH 26/01/2019 4 + 1 Inter Provincial Gala 2019
10	27.72	L	F	Sabrina-Lee Filipe	19	PAA	FSH 07/12/2018 NTS Championships 2018
11*	27.96	L S	P	Tanya Abrie	23	AGB	JHB 08/04/2019 Sa National Aquatic Championship 2019
11*	27.96	L S	P	Danica McWilliam	23	AGB	JHB 08/04/2019 Sa National Aquatic Championship 2019
13	27.99	L S	F	Marizel Van Jaarsveld	19	MDOL	JHB 25/06/2018 Sasol National Championship 2018
14	28.03	L S	P	Kelly Vroon	19	WCA	WCA 08/04/2019 Sa National Aquatic Championship 2019
15	28.11	L	F	Thilde Victor	37	DYNA	EKU 15/09/2018 Adrian Grafe Speedo Sprint Meet 2018
16	28.28	L	F	Kaylene Corbett	19	INFA	NMA 30/11/2018 NMBA Championships 2018
17	28.30	L	F	Nathania Van Niekerk	20	TUKS	FSH 28/09/2018 NTS September 2018 Age Group Gala
18	28.32	L L	F	Megan Hesse	24	PAC	FSH 07/12/2018 NTS Championships 2018
19	28.43	L	F	Nastasiya Vrey	20	TUKS	FSH 24/08/2018 USSA Swimming Championships
20	28.66	L	F	Stephanie Askew	19	SASE	JHB 06/12/2018 CGA Championships 2018
21	28.73	L S	F	Marné Meier	20	NWUC	KKD 25/06/2018 Sasol National Championship 2018
22	28.80	L	F	Brie Parker	22	NDSA	ETH 24/08/2018 KZN Beavers Winter LC Champs 2018
23	28.85	L	P	Tahlia Botha	19	TYGE	CPT 05/12/2018 Western Cape Summer Championships
24	28.86	L	P	Carina Brand	19	FAAC	FBD 13/09/2018 Fina -Swimming World Cup 2018 Doha
25*	28.87	L S	P	Jessica Canter	19	WCA	WCA 08/04/2019 Sa National Aquatic Championship 2019
25*	28.87	L S	P	Ashleigh Green	19	KZNA	ETH 08/04/2019 Sa National Aquatic Championship 2019
27	29.02	L	P	Yvette Victor-vd Berg	39	COEL	FSH 07/12/2018 NTS Championships 2018
28	29.08	L S	P	Annissa Koekemoer	19	WCA	WCA 08/04/2019 Sa National Aquatic Championship 2019
29	29.09	L	F	Ashleigh Hunter	19	EAGA	CCD 30/11/2018 Limpopo Champs
30	29.14	L	F	Casey Wilson	19	TUKS	FSH 28/09/2018 NTS September 2018 Age Group Gala
31	29.15	L	P	Marne' Groenewald	20	MATI	GED 05/12/2018 Western Cape Summer Championships
32	29.32	L	F	Sasha-Lee Nordengen-Corris	21	XSAQ	CPT 24/08/2018 USSA Swimming Championships
33	29.39	L	F	Samantha Blaauw	23	NWUC	KKD 24/08/2018 USSA Swimming Championships
34	29.43	L	F	Bathandwa Dyantyi	21	AQUA	BUF 22/06/2018 PEA Winter Gala 2018
35	29.55	L	P	Courtney Scheuble	19	DRGN	JHB 22/02/2019 2019 Grand Prix Invitational Swimming
36*	29.56	L	P	Natalie Arthur	19	HASC	JHB 06/12/2018 CGA Championships 2018
36*	29.56	L S	P	Kristina Rogge	20	AZON	ETH 10/07/2018 TYR PRESTIGE CHAMPIONSHIPS
38	29.63	L	F	Justine Holmes	19	BLNE	MAN 24/08/2018 Otters Night Gala 1
39	29.65	L S	P	Helen Taylor	21	AZON	ETH 10/07/2018 TYR PRESTIGE CHAMPIONSHIPS
40	29.79	L	F	Tracy Gous	43	PEMA	NMA 02/11/2018 37th Freda Barnard Gala Invitational
41	29.85	L S	F	Bianca Gray	20	MATI	GED 27/11/2018 FS Champs
42	29.99	L	F	Chrislin Nieuwoudt	19	DRGN	JHB 23/02/2019 EGA Summer 5 23-24.02.2019
43	30.02	L	F	Michele Esterhuizen	46	CSA	MPD 15/09/2018 MP Xerox Sprint Gala - 15 September
44	30.03	L	F	Amarah Rangraze	20	ATLA	JHB 22/06/2018 Treviso Swim Cup
45	30.09	L	F	Samantha Randle	20	TUKS	FSH 11/01/2019 NTS January 2019 Age Group Gala
46	30.20	L	F	Abigail Havenga	19	CSC	FSH 07/12/2018 NTS Championships 2018
47	30.24	L	F	Dante Engelbrecht	21	TUKS	FSH 24/08/2018 USSA Swimming Championships
48	30.25	L S	F	Kelly Mc Cann	25	KLOO	ETH 25/06/2018 Sasol National Championship 2018
49	30.38	L	F	Maria Heymans	20	SGUL	ETH 16/06/2018 eThekweni Age Group Gala 3
50	30.39	L	F	Jacoba Fourie	21	NWUC	KKD 27/10/2018 NWS Age Group 1 1819
51	30.53	L	F	Thelise Saunders	19	UNIN	MPD 15/09/2018 MP Xerox Sprint Gala - 15 September
52	30.66	L	P	Nepo Ntsono	21	NMU	NMA 04/10/2018 Aquabear Invitational Meet
53	30.70	L	P	Enya De Jager	19	MWU	NGD 30/11/2018 Mpumalanga Championships 2018
54	30.78	L	F	Leatitia Human	21	GHSK	FBD 06/12/2018 NCASA Champs Dec 2018
55	30.89	L	F	Nadia Blaauw	21	NWUC	KKD 10/11/2018 NWS Age Group 2 1819
56	30.91	L	P	Amy Ackerman	19	FLOD	JHB 06/12/2018 CGA Championships 2018
57	30.94	L	F	Natalie Billson	21	MATI	GED 22/06/2018 PEA Winter Gala 2018
58	31.02	L	F	Esmari Theart	23	KALA	JTD 13/10/2018 Age Group 1 2018 Kathu

Individual Top Times

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	Time	P/F/S	Name	Age/Yr			
59	31.05 L	F	Licinda Kleynhans	22	NWUC KKD	06/12/2018	NWS Championships 2018/2019
60	31.08 L	F	Demi Leech	19	SOUL EKU	15/09/2018	Adrian Grafe Speedo Sprint Meet 2018
61	31.15 L	F	Cornell Loubser	24	NWUC KKD	10/11/2018	NWS Age Group 2 1819
62	31.22 L S	F	Anniën Muller	19	NWUC KKD	25/06/2018	Sasol National Championship 2018
63	31.49 L	F	Kate-Lynne Kuhn	27	KSC EZD	30/11/2018	Mpumalanga Championships 2018
64	31.63 L	F	Tanya Osborne	46	FEMS EDD	23/11/2018	Eden LC Champs 2018
65	31.76 L	P	Anke Engelbrecht	26	MATI CED	05/12/2018	Western Cape Summer Championships
66	31.77 L	F	Danielle Luyt	23	NCASA NGD	03/11/2018	Fezile Dabi Inter District Gala 2018
67	31.90 L	F	Lara Oosthuizen	19	PHS CCD	16/10/2018	Limpopo Top 10 - High Schools
68	31.97 L	F	Savannah Mitchell	20	BENS EKU	24/11/2018	CGA Level 3/SANJ Gala No 3
69	32.05 L	F	Michaela Kretzen	19	WCA WCA	08/04/2019	Sa National Aquatic Championship 2019
70	32.14 L	F	Ashley Reimers	21	NWUC KKD	16/02/2019	NWS Last Chance AG5 1819
71	32.18 L	F	Done Irving	39	SMSC ETH	26/01/2019	Ushaka Championship Gala 2019
72	32.21 L	F	Cornelle Leach	20	NWS	08/04/2019	Sa National Aquatic Championship 2019
73	32.39 L	F	Kerry Hains	45	PEMA NMA	02/11/2018	37th Freda Barnard Gala Invitational
74	32.46 L	F	Kayla Isaacs	25	MATI CED	24/08/2018	USSA Swimming Championships
75	32.74 L	F	Annorina Groenewald	38	NCASA NGD	03/11/2018	Fezile Dabi Inter District Gala 2018
76*	32.79 L	F	Anna Kruger	19	HPP WBD	16/10/2018	Limpopo Top 10 - High Schools
76*	32.79 L	F	Shirley Carey	44	SMSC ETH	01/12/2018	KCDA December Age Group Gala 2018
78	32.89 L	F	Wendy Cook	48	USH UJD	26/01/2019	Ushaka Championship Gala 2019
79	33.26 L	F	Kaylee Prentice	19	FINS EZD	12/10/2018	MP AGE GROUP 2 - 12-13 OCTOBER
80	34.34 L	F	Janine Van Deventer	42	NCASA NGD	26/01/2019	4 + 1 Inter Provincial Gala 2019
81	36.01 L	F	Brigitte Thyse	29	SWIFT EKU	12/01/2019	EGA Summer 4 12.01.2019
82	36.13 L	F	Petra Frenzel	50	SYNR ETH	16/02/2019	KCDA February Age Group Gala
83	37.38 L	F	Chantel Wilken	27	PENG FBD	17/11/2018	NCASA Age Group 3 Kby 2018
84	38.62 L	F	Carol Bruining	58	MWU NGD	02/03/2019	MP AGE GROUP 6 - 2 MARCH 2019
85	39.28 L	F	Bronwyn Ramathula	29	BEAV ETH	24/08/2018	KZN Beavers Winter LC Champs 2018
86	39.30 L	F	Mia Vd Merwe	20	CUDU CPT	16/02/2019	CTMA L2&L3 CHAMPS
87	39.38 L	F	Melisa O'Neill	AR	TSSC ETH	24/08/2018	KZN Beavers Winter LC Champs 2018
88	39.47 L	P	Emily Khumalo	37	FINS EZD	30/11/2018	Mpumalanga Championships 2018
89	39.54 L S	F	Maria Steyn	52	BLSS MAN	27/11/2018	FS Champs
90	40.85 L	F	Stephanie van der Merwe	43	FSAC BPD	27/10/2018	NWS Age Group 1 1819
91	43.64 L	F	Jennifer Higgins	35	NDSA ETH	16/06/2018	eThekwini Age Group Gala 3
92	44.03 L	F	Nasyi Strauss	19	ESS EZD	15/09/2018	MP Xerox Sprint Gala - 15 September
93	46.06 L	F	Annemarie Mostert	44	FSAC BPD	27/10/2018	NWS Age Group 1 1819
94	46.63 L	F	Claire Murray	28	BEAV ETH	16/06/2018	eThekwini Age Group Gala 3
95	47.45 L	F	Songo Mfikili	26	HARL BUF	16/03/2019	BCA Level 1 Gala 2019
96	47.79 L	F	Helena Farrelly	56	FEMS EDD	19/01/2019	EDEN 4th A-League Gala 2019
97	48.27 L	F	Andrea Toma	20	SRAY BUF	16/03/2019	BCA Level 1 Gala 2019
98	48.42 L S	F	Rentia Oosthuizen	27	INFA NMA	08/02/2019	5th A League
99	49.20 L	F	Neile Makhanya	AR	ASC ILD	09/12/2018	eThekwini Level 1 Program 5
100	51.29 L	F	Bronwen Griffiths	64	SMSC ETH	12/01/2019	KCDA January Age Group Gala 2019
101	53.29 L	F	Kyli Kriel	19	QUIC CPT	05/12/2018	Western Cape Summer Championships
102	58.62 L	F	Tiffany Pereira	23	CRSC JHB	19/01/2019	CGA Last Chance Level 3-SANJ gala
103	59.03 L	F	Judith Dixon	77	FEMS EDD	09/02/2019	EDEN 6th A-League Gala 2019
104	59.31 L	F	Marne Kock	21	RBUR BPD	10/11/2018	NWS Age Group 2 1819
105	1:02.46 L	F	Elsabe Boyd	43	MWU NGD	30/11/2018	Mpumalanga Championships 2018
106	1:08.85 L	F	Lesego Mahlakwane	20	MDOL JHB	27/10/2018	CGA Level 3 SANJ Gala No 2
107	1:10.69 L	F	Shaherozade Brümmer	36	MATL KKD	16/02/2019	NWS Last Chance AG5 1819
108	1:11.28 L	F	Mandiswa Nzuzza	AN	ASC ILD	09/12/2018	eThekwini Level 1 Program 5
Women 19 & OVER 100 Free							
1	54.33 L	P	Erin Gallagher	20	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
2	56.17 L	P	Emma Chelius	22	WCA WCA	08/04/2019	Sa National Aquatic Championship 2019
3	57.17 L	F	Tayla Lovemore	24	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
4	58.19 L	F	Jamie Reynolds	21	SEAL UMD	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
5	58.26 L	F	Samantha Labuschagne	19	AGC FSH	08/04/2019	Sa National Aquatic Championship 2019
6	58.32 L	F	Marlies Ross	21	AGC FSH	08/04/2019	Sa National Aquatic Championship 2019
7	58.53 L	F	Tatjana Schoenmaker	21	TUKS FSH	26/10/2018	NTS Prestige Gala 2018
8	58.57 L	P	Nathania Van Niekerk	20	AGC FSH	08/04/2019	Sa National Aquatic Championship 2019

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Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
9	58.63 L	P	Lindsay McLeod	24	AGC FSH	08/04/2019	Sa National Aquatic Championship 2019
10	59.38 L	F	Jessica Whelan	22	MDOL JHB	06/12/2018	CGA Championships 2018
11	59.49 L	P	Kristin Bellingan	21	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
12	59.65 L	F	Camryn Wheals	21	SEAL UMD	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
13	59.97 L	F	Courtney van Biljon	20	NWS-A	01/02/2019	NTS Invitational Gala 2019
14	1:00.17 L	P	Tanya Abrie	23	AGB JHB	08/04/2019	Sa National Aquatic Championship 2019
15*	1:00.18 L S	F	Marizel Van Jaarsveld	19	MDOL JHB	25/06/2018	Sasol National Championship 2018
15*	1:00.18 L	P	Danica McWilliam	23	AGB JHB	08/04/2019	Sa National Aquatic Championship 2019
17	1:00.47 L	P	Kelly Vroon	19	MATI CED	22/02/2019	2019 Grand Prix Invitational Swimming
18	1:00.80 L	P	Kate Beavon	19	WATR JHB	22/02/2019	2019 Grand Prix Invitational Swimming
19	1:01.25 L	F	Sabrina-Lee Filipe	19	PAA FSH	07/12/2018	NTS Championships 2018
20	1:01.41 L	F	Casey Wilson	19	TUKS FSH	24/08/2018	USSA Swimming Championships
21	1:01.47 L	F	Emily Visagie	21	SGUL ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
22	1:01.68 L	P	Marne Frylinck	20	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
23	1:01.89 L	F	Carina Brand	19	FAAC FBD	17/11/2018	NCASA Age Group 3 Kby 2018
24	1:02.06 L	P	Jessica Canter	19	WCA WCA	08/04/2019	Sa National Aquatic Championship 2019
25	1:02.22 L	F	Nastasiya Vrey	20	TUKS FSH	26/10/2018	NTS Prestige Gala 2018
26	1:02.27 L	F	Amica De Jager	19	NMU NMA	10/11/2018	4th A League
27	1:02.32 L	F	Kaylene Corbett	19	INFA NMA	26/10/2018	NTS Prestige Gala 2018
28	1:02.34 L	P	Ashleigh Green	19	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
29	1:02.68 L	F	Samantha Randle	20	TUKS FSH	11/01/2019	NTS January 2019 Age Group Gala
30	1:03.13 L	F	Stephanie Askew	19	SASE JHB	06/12/2018	CGA Championships 2018
31	1:03.15 L	F	Samantha Blaauw	23	NWUC KKD	24/08/2018	USSA Swimming Championships
32	1:03.19 L	F	Megan Hesse	24	PAC FSH	26/10/2018	NTS Prestige Gala 2018
33	1:03.61 L	P	Lizanne Viljoen	20	TUKS FSH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
34	1:03.71 L L	F	Marne' Groenewald	20	MATI CED	24/08/2018	USSA Swimming Championships
35	1:03.77 L	P	Lauren Smith	19	SAAW CPT	22/02/2019	2019 Grand Prix Invitational Swimming
36	1:03.78 L	P	Helen Taylor	21	AZON ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
37	1:03.86 L	F	Ashleigh Hunter	19	EAGA CCD	30/11/2018	Limpopo Champs
38	1:03.93 L S	F	Nadia Blaauw	21	NWUC KKD	25/06/2018	Sasol National Championship 2018
39	1:04.00 L S	F	Bathandwa Dyantyi	21	USC BUF	08/02/2019	5th A League
40	1:04.50 L	P	Chrislin Nieuwoudt	19	AGB JHB	08/04/2019	Sa National Aquatic Championship 2019
41	1:04.61 L	F	Yvette Victor-vd Berg	39	COEL FSH	07/12/2018	NTS Championships 2018
42	1:04.72 L	P	Natalie Arthur	19	HASC JHB	06/12/2018	CGA Championships 2018
43	1:04.87 L S	F	Thilde Victor	37	VICT EKU	25/06/2018	Sasol National Championship 2018
44	1:04.93 L	P	Annissa Koekemoer	19	ASA CPT	05/12/2018	Western Cape Summer Championships
45	1:05.07 L	F	Thelise Saunders	19	UNIN MPD	15/09/2018	MP Xerox Sprint Gala - 15 September
46	1:05.13 L S	F	Kelly Wigleven	24	PEAS NMA	08/02/2019	5th A League
47	1:05.72 L	F	Justine Holmes	19	BLNE MAN	06/10/2018	Neptune Open Gala
48	1:05.88 L S	F	Marné Meier	20	NWUC KKD	25/06/2018	Sasol National Championship 2018
49	1:06.17 L	F	Nepo Ntsono	21	NMU NMA	30/11/2018	NMBA Championships 2018
50	1:06.29 L	P	Anke Engelbrecht	26	MATI CED	05/12/2018	Western Cape Summer Championships
51	1:06.40 L	F	Michele Esterhuizen	46	CSA MPD	15/09/2018	MP Xerox Sprint Gala - 15 September
52	1:06.42 L	F	Amarah Rangraze	20	ATLA JHB	22/06/2018	Treviso Swim Cup
53	1:06.45 L	F	Bianca Gray	20	MATI CED	24/08/2018	USSA Swimming Championships
54	1:06.48 L	F	Natalie Billson	21	MATI CED	22/06/2018	PEA Winter Gala 2018
55	1:06.57 L	F	Licinda Kleynhans	22	NCASA NGD	03/11/2018	Fezile Dabi Inter District Gala 2018
56	1:06.70 L	P	Abigail Havenga	19	CSC FSH	07/12/2018	NTS Championships 2018
57	1:06.72 L	F	Dante Engelbrecht	21	TUKS FSH	24/08/2018	USSA Swimming Championships
58	1:07.04 L	F	Demi Leech	19	SOUL EKU	07/12/2018	EGA Championships 2018
59	1:07.26 L	F	Jacoba Fourie	21	NWUC KKD	06/12/2018	NWS Championships 2018/2019
60	1:07.36 L	P	Courtney Scheuble	19	DRGN JHB	22/02/2019	2019 Grand Prix Invitational Swimming
61	1:07.76 L	F	Enya De Jager	19	MWU NGD	30/11/2018	Mpumalanga Championships 2018
62	1:07.81 L L	F	Courtney Musson	24	NMU NMA	24/08/2018	USSA Swimming Championships
63	1:08.12 L	P	Charne De Jager	20	TUKS FSH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
64	1:08.46 L S	F	Alani Ferreira	20	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
65	1:08.68 L	F	Savannah Mitchell	20	BENS EKU	29/09/2018	EGA Summer 1 Soncini Games Trials
66	1:08.72 L	F	Esmari Theart	23	KALA JTD	19/10/2018	Flamingo Aquatics Academy Prestige
67	1:08.87 L	F	Anja Boucher	19	NWUC KKD	24/08/2018	USSA Swimming Championships

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68	1:09.20	L	F	Danielle Luyt	23	NWUC KKD	06/12/2018 NWS Championships 2018/2019
69	1:09.25	L	F	Leatitia Human	21	GHSK FBD	06/12/2018 NCASA Champs Dec 2018
70	1:10.39	L	F	Nina Finch	22	MATI CED	24/08/2018 USSA Swimming Championships
71	1:10.84	L	F	Lara Oosthuizen	19	PHS CCD	16/10/2018 Limpopo Top 10 - High Schools
72	1:10.91	L	F	Tanya Osborne	46	FEMS EDD	02/11/2018 37th Freda Barnard Gala Invitational
73	1:11.83	L S	P	Cornelle Leach	20	NWS	08/04/2019 Sa National Aquatic Championship 2019
74	1:12.32	L S	F	Michaela Kretzen	19	WCA WCA	08/04/2019 Sa National Aquatic Championship 2019
75	1:14.69	L	F	Annorina Groenewald	38	NCASA NGD	03/11/2018 Fezile Dabi Inter District Gala 2018
76	1:14.96	L	F	Done Irving	39	SMSC ETH	12/01/2019 KCDA January Age Group Gala 2019
77	1:15.77	L	F	Kerry Hains	45	PEMA NMA	02/11/2018 37th Freda Barnard Gala Invitational
78	1:24.39	L S	F	Cornelia Fowler	38	KZNA ETH	08/04/2019 Sa National Aquatic Championship 2019
79	1:24.85	L	F	Melisa O'Neill	AR	TSSC ETH	24/08/2018 KZN Beavers Winter LC Champs 2018
80	1:26.69	L	F	Carol Bruining	58	MWU NGD	02/02/2019 MP AGE GROUP 4 - 2 FEBRUARY
81	1:28.59	L	P	Marlise Robbertze	40	MWU NGD	30/11/2018 Mpumalanga Championships 2018
82	1:29.69	L	F	Maria Steyn	52	BLSS MAN	16/03/2019 Level 1 2019 BFN
83	1:30.22	L	F	Bronwyn Ramathula	29	BEAV ETH	24/08/2018 KZN Beavers Winter LC Champs 2018
84	1:31.14	L	P	Emily Khumalo	37	FINS EZD	30/11/2018 Mpumalanga Championships 2018
85	1:32.63	L	F	Mia Vd Merwe	20	WCA WCA	18/03/2019 2019 SASA-II National Open
86	1:34.88	L	F	Lourette Seyffert	36	MATL KKD	27/10/2018 NWS Age Group 1 1819
87	1:42.82	L	F	Nasyi Strauss	19	ESS EZD	02/03/2019 MP AGE GROUP 6 - 2 MARCH 2019
88	1:48.74	L	F	Songo Mfikili	26	HARL BUF	16/03/2019 BCA Level 1 Gala 2019
89	1:53.48	L	F	Joyce Fyfe	72	COEL TSH	07/12/2018 NTS Championships 2018
90	1:55.63	L	F	Bronwen Griffiths	64	SMSC ETH	12/01/2019 KCDA January Age Group Gala 2019
91	1:56.00	L	F	Claire Murray	28	BEAV ETH	24/08/2018 KZN Beavers Winter LC Champs 2018
92	2:02.03	L	F	Jane Rees	74	COEL TSH	07/12/2018 NTS Championships 2018
93	2:02.46	L	F	Kyli Kriel	19	QUIC GPT	05/12/2018 Western Cape Summer Championships
94	2:08.99	L	F	Andrea Toma	20	SRAY BUF	16/03/2019 BCA Level 1 Gala 2019
95	2:22.74	L	F	Judith Dixon	77	FEMS EDD	17/11/2018 EDEN 3rd A-League Gala 2018
96	2:22.96	L	F	Marne Kock	21	RBUR BPD	06/12/2018 NWS Championships 2018/2019
97	2:40.92	L	F	Mandiswa Nzuza	AN	ASC HLD	28/10/2018 eThekwini Level 1 Program 2

Women 19 & OVER 200 Free

1	2:02.79	L	P	Erin Gallagher	20	SGUL ETH	22/02/2019 2019 Grand Prix Invitational Swimming
2	2:04.44	L	F	Marlies Ross	21	AGC TSH	08/04/2019 Sa National Aquatic Championship 2019
3	2:05.53	L	F	Kate Beavon	19	WATR JHB	20/03/2019 SA National JNR Age Group Champs
4	2:06.14	L	F	Jessica Whelan	22	RSA	10/09/2018 13th African Swimming Champs
5	2:06.80	L	F	Lindsay McLeod	24	SGUL ETH	16/06/2018 XXXVle Meeting International de
6	2:06.83	L	P	Kristin Bellingan	21	SGUL ETH	22/02/2019 2019 Grand Prix Invitational Swimming
7	2:06.97	L	P	Tatjana Schoenmaker	21	TUKS TSH	22/02/2019 2019 Grand Prix Invitational Swimming
8	2:07.58	L	F	Nathania Van Niekerk	20	TUKS TSH	24/08/2018 USSA Swimming Championships
9	2:09.55	L	P	Kelly Vroon	19	WCA WCA	08/04/2019 Sa National Aquatic Championship 2019
10	2:10.25	L S	F	Samantha Randle	20	TUKS TSH	07/12/2018 NTS Championships 2018
11	2:10.39	L	P	Robyn Kinghorn	19	ACSA ETH	10/07/2018 TYR PRESTIGE CHAMPIONSHIPS
12	2:10.60	L	P	Samantha Labuschagne	19	AGC TSH	08/04/2019 Sa National Aquatic Championship 2019
13	2:11.92	L	F	Jamie Reynolds	21	SEAL UMD	29/06/2018 Hamilton Aquatics Summer Sizzler
14	2:12.22	L	P	Tanya Abrie	23	AGB JHB	08/04/2019 Sa National Aquatic Championship 2019
15	2:12.38	L	F	Amica De Jager	19	NMU NMA	04/10/2018 Aquabear Invitational Meet
16	2:12.43	L	F	Casey Wilson	19	TUKS TSH	24/08/2018 USSA Swimming Championships
17	2:12.45	L	P	Emily Visagie	21	SGUL ETH	10/07/2018 TYR PRESTIGE CHAMPIONSHIPS
18	2:12.59	L	P	Marne Frylinck	20	SGUL ETH	10/07/2018 TYR PRESTIGE CHAMPIONSHIPS
19	2:12.88	L	F	Sasha-Lee Nordengen-Corris	21	SGUL ETH	21/07/2018 eThekwini Age Group Gala 4
20	2:13.25	L	P	Carina Brand	19	FAAC FBD	10/07/2018 TYR PRESTIGE CHAMPIONSHIPS
21	2:13.98	L	P	Camryn Wheals	21	SEAL UMD	10/07/2018 TYR PRESTIGE CHAMPIONSHIPS
22	2:14.12	L	P	Danica McWilliam	23	AGB JHB	08/04/2019 Sa National Aquatic Championship 2019
23	2:14.58	L	P	Nastasiya Vrey	20	AGC TSH	08/04/2019 Sa National Aquatic Championship 2019
24	2:14.99	L	P	Nadia Blaauw	21	NWS	08/04/2019 Sa National Aquatic Championship 2019
25	2:15.39	L	F	Carmen Le Roux	21	MATI CED	24/08/2018 USSA Swimming Championships
26	2:15.42	L	P	Ashleigh Green	19	SEAL UMD	20/03/2019 SA National JNR Age Group Champs
27	2:15.71	L	P	Lizanne Viljoen	20	AGC TSH	08/04/2019 Sa National Aquatic Championship 2019
28	2:16.13	L	P	Marizel Van Jaarsveld	19	MDOL JHB	25/06/2018 Sasol National Championship 2018

Individual Top Times

Times since: 01-May-18 **Times until: 30-Apr-19**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr				
29	2:16.26	L	F	Stephanie Askew	19	MATI CED	24/08/2018	USSA Swimming Championships
30	2:17.93	L	F	Heike Thormahlen	19	SGUL ETH	21/07/2018	eThekwini Age Group Gala 4
31	2:18.33	L	F	Cornell Loubser	24	NWUC KKD	06/12/2018	NWS Championships 2018/2019
32	2:18.42	L	F	Courtney van Biljon	20	NWS-A	01/02/2019	NTS Invitational Gala 2019
33	2:19.03	L	F	Ashleigh Hunter	19	EAGA CCD	30/11/2018	Limpopo Champs
34	2:19.34	L	P	Thelise Saunders	19	UNIN MPD	30/11/2018	Mpumalanga Championships 2018
35	2:19.66	L	P	Anél De Vos	21	TUKS TSH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
36	2:22.13	L	P	Helen Taylor	21	AZON ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
37	2:23.79	L	P	Charne De Jager	20	TUKS TSH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
38	2:23.82	L	F	Bathandwa Dyantyi	21	AQUA BUF	22/06/2018	PEA Winter Gala 2018
39	2:23.95	L	F	Licinda Kleynhans	22	NWUC KKD	24/08/2018	USSA Swimming Championships
40	2:24.41	L	F	Demi Leech	19	SOUL EKU	29/09/2018	EGA Summer 1 Soncini Games Trials
41	2:25.31	L	P	Annissa Koekemoer	19	WCA WCA	08/04/2019	Sa National Aquatic Championship 2019
42	2:25.33	L	F	Anke Engelbrecht	26	MATI CED	05/12/2018	Western Cape Summer Championships
43	2:26.64	L	F	Dante Engelbrecht	21	TUKS TSH	24/08/2018	USSA Swimming Championships
44	2:26.93	L	F	Thilde Victor	37	VICT EKU	25/06/2018	Sasol National Championship 2018
45	2:27.23	L	P	Natalie Arthur	19	HASC JHB	06/12/2018	CGA Championships 2018
46	2:29.13	L	P	Michele Esterhuizen	46	CSA MPD	30/11/2018	Mpumalanga Championships 2018
47	2:29.70	L	F	Nepo Ntsono	21	NMU NMA	04/10/2018	Aquabear Invitational Meet
48	2:29.77	L	P	Courtney Scheuble	19	DRGN JHB	22/02/2019	2019 Grand Prix Invitational Swimming
49	2:29.93	L	F	Danielle Luyt	23	NWUC KKD	24/08/2018	USSA Swimming Championships
50	2:31.05	L	F	Alani Ferreira	20	KZN ETH	18/03/2019	2019 SASAPD National Championships
51	2:34.02	L	F	Amarah Rangraze	20	ATLA JHB	15/06/2018	Rossini Swim Cup
52	2:34.76	L	F	Enya De Jager	19	MWU NGD	12/10/2018	MP AGE GROUP 2 - 12-13 OCTOBER
53	2:36.70	L	F	Nina Finch	22	MATI CED	24/08/2018	USSA Swimming Championships
54	2:38.20	L	F	Justine Holmes	19	BLNE MAN	19/10/2018	Otters Prestige Gala
55	2:47.71	L	F	Leatitia Human	21	GHSK FBD	06/12/2018	NCASA Champs Dec 2018
56	2:47.87	L	F	Kerry Hains	45	PEMA NMA	02/11/2018	37th Freda Barnard Gala Invitational
57	2:48.02	L	F	Cornelle Leach	20	NWUC KKD	06/12/2018	NWS Championships 2018/2019
58	2:50.26	L	F	Michaela Kretzen	19	ASA CPT	05/12/2018	Western Cape Summer Championships
59	3:06.47	L	F	Shirley Carey	44	SMSC ETH	01/12/2018	KCDA December Age Group Gala 2018
60	3:07.66	L	F	Melisa O'Neill	AR	TSSC ETH	07/09/2018	eThekwini Action Swimming Champs
61	3:20.47	L	P	Marlise Robbertze	40	MWU NGD	30/11/2018	Mpumalanga Championships 2018
62	3:26.43	L	F	Maria Steyn	52	BLSS MAN	16/03/2019	Level 1 2019 BFN
63	3:29.74	L	F	Mia Vd Merwe	20	WCA WCA	18/03/2019	2019 SASA-II National Open
64	3:30.10	L	F	Bronwyn Ramathula	29	BEAV ETH	27/10/2018	eThekwini Age Group Gala 8
65	3:35.49	L	F	Emily Khumalo	37	FINS EZD	12/10/2018	MP AGE GROUP 2 - 12-13 OCTOBER
66	3:51.09	L	F	Nasyi Strauss	19	ESS EZD	02/03/2019	MP AGE GROUP 6 - 2 MARCH 2019
67	4:13.59	L	F	Claire Murray	28	BEAV ETH	24/08/2018	KZN Beavers Winter LC Champs 2018
Women 19 & OVER 400 Free								
1	4:19.10	L	F	Kate Beavon	19	WATR JHB	20/03/2019	Sa National JNR Age Group Champs
2	4:20.26	L	F	Nathania Van Niekerk	20	TUKS TSH	05/12/2018	Western Cape Summer Championships
3	4:23.25	L	F	Marlies Ross	21	AGC TSH	08/04/2019	Sa National Aquatic Championship 2019
4	4:23.76	L	F	Jessica Whelan	22	RSA	10/09/2018	13th African Swimming Champs
5	4:25.62	L	P	Kristin Bellingan	21	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
6	4:27.78	L	F	Robyn Kinghorn	19	ACSA ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
7	4:29.21	L	F	Samantha Randle	20	TUKS TSH	24/08/2018	USSA Swimming Championships
8	4:33.04	L	F	Marne Frylinck	20	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
9	4:37.48	L	F	Amica De Jager	19	NMU NMA	04/10/2018	Aquabear Invitational Meet
10	4:37.64	L	F	Ashleigh Green	19	SEAL UMD	20/03/2019	Sa National JNR Age Group Champs
11	4:42.05	L	F	Sasha-Lee Nordengen-Corris	21	XSAQ CPT	24/08/2018	USSA Swimming Championships
12	4:43.38	L	P	Lizanne Viljoen	20	AGC TSH	08/04/2019	Sa National Aquatic Championship 2019
13	4:43.54	L	P	Anél De Vos	21	AGC TSH	08/04/2019	Sa National Aquatic Championship 2019
14	4:45.94	L	P	Nadia Blaauw	21	NWS	08/04/2019	Sa National Aquatic Championship 2019
15	4:46.53	L	F	Carina Brand	19	FAAC FBD	13/09/2018	Fina -Swimming World Cup 2018 Doha
16	4:49.50	L	F	Thelise Saunders	19	UNIN MPD	30/11/2018	Mpumalanga Championships 2018
17	4:52.57	L	F	Ashleigh Hunter	19	EAGA CCD	30/11/2018	Limpopo Champs
18	4:52.63	L	F	Stephanie Askew	19	MATI CED	24/08/2018	USSA Swimming Championships
19	4:53.54	L	F	Carmen Le Roux	21	MATI CED	24/08/2018	USSA Swimming Championships

Individual Top Times

Times since: 01-May-18 **Times until: 30-Apr-19**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr				
20	4:53.85	L	F	Camryn Wheals	21	SEAL UMD	29/06/2018	Hamilton Aquatics Summer Sizzler
21	4:55.72	L	F	Cornell Loubser	24	NWUC KKD	24/08/2018	USSA Swimming Championships
22	4:55.98	L	F	Jessica Canter	19	MATI CED	24/08/2018	USSA Swimming Championships
23	4:58.25	L	F	Helen Taylor	21	AZON ETH	26/05/2018	eThekwini Age Group Gala 1
24	5:06.15	L	F	Alani Ferreira	20	KZN ETH	18/03/2019	2019 SASAPD National Championships
25	5:08.52	L	F	Licinda Kleynhans	22	NWUC KKD	25/06/2018	Sasol National Championship 2018
26	5:09.07	L	F	Charne De Jager	20	TUKS TSH	24/08/2018	USSA Swimming Championships
27	5:09.76	L	F	Annissa Koekemoer	19	ASA CPT	05/12/2018	Western Cape Summer Championships
28	5:17.50	L	F	Danielle Luyt	23	NWUC KKD	24/08/2018	USSA Swimming Championships
29	5:17.93	L	F	Michele Esterhuizen	46	CSA EZD	28/09/2018	MP AGE GROUP 1 - 28-29
30	5:19.16	L	F	Enya De Jager	19	MWU NGD	30/11/2018	Mpumalanga Championships 2018
31	5:28.53	L	F	Savannah Mitchell	20	BENS EKU	07/12/2018	EGA Championships 2018
32	5:29.22	L	F	Tracy Gous	43	PEMA NMA	02/11/2018	37th Freda Barnard Gala Invitational
33	5:35.50	L	F	Thilde Victor	37	VICT EKU	25/06/2018	Sasol National Championship 2018
34	5:36.45	L	F	Nina Finch	22	MATI CED	24/08/2018	USSA Swimming Championships
35	5:39.84	L	F	Jacoba Fourie	21	NWUC KKD	27/10/2018	NWS Age Group 1 1819
36	6:09.69	L	F	Kerry Hains	45	PEMA NMA	02/11/2018	37th Freda Barnard Gala Invitational
37	6:15.13	L	P	Cornelia Fowler	38	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
38	6:30.52	L	P	Melisa O'Neill	AR	TSSC ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
39	6:42.07	L	P	Jennifer Higgins	35	NDSA ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
40	6:44.56	L	F	Carol Bruining	58	MWU NGD	02/03/2019	MP AGE GROUP 6 - 2 MARCH 2019
41	7:13.55	L	F	Marlise Robbertze	40	MWU NGD	30/11/2018	Mpumalanga Championships 2018
42	7:14.21	L	F	Mia Vd Merwe	20	WCA WCA	18/03/2019	2019 SASA-II National Open
43	7:20.16	L	F	Lourette Seyffert	36	MATL KKD	27/10/2018	NWS Age Group 1 1819
Women 19 & OVER 500 Free								
1	13:03.03	L	O	Thaaniya Ameeroedien	39	CMTA CPT	16/12/2018	Open Water Swimming Challenge
2	18:57.18	L	O	Liezelle Kotzè	44	BLMA CPT	16/12/2018	Open Water Swimming Challenge
3	19:37.03	L	O	Amy Barnes	22	TYGE CPT	16/12/2018	Open Water Swimming Challenge
Women 19 & OVER 800 Free								
1	8:59.38	L	F	Kate Beavon	19	AGB JHB	08/04/2019	Sa National Aquatic Championship 2019
2	9:00.98	L	F	Kristin Bellingan	21	SGUL ETH	22/02/2019	2019 Grand Prix Invitational Swimming
3	9:06.64	L	F	Samantha Randle	20	AGC TSH	08/04/2019	Sa National Aquatic Championship 2019
4	9:10.99	L	F	Robyn Kinghorn	19	ACSA ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
5	9:18.62	L	F	Nathania Van Niekerk	20	TUKS TSH	28/09/2018	NTS September 2018 Age Group Gala
6	9:19.41	L	F	Tatjana Schoenmaker	21	TUKS TSH	24/08/2018	USSA Swimming Championships
7	9:22.27	L	F	Jessica Whelan	22	AGB JHB	08/04/2019	Sa National Aquatic Championship 2019
8	9:31.98	L	F	Sasha-Lee Nordengen-Corris	21	SGUL ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
9	9:43.12	L	F	Amica De Jager	19	NMU NMA	10/11/2018	4th A League
10	9:46.30	L	F	Nadia Blaauw	21	NWS	08/04/2019	Sa National Aquatic Championship 2019
11	9:50.74	L	F	Anél De Vos	21	AGC TSH	08/04/2019	Sa National Aquatic Championship 2019
12	9:59.28	L	F	Carina Brand	19	FAAC FBD	19/10/2018	Flamingo Aquatics Academy Prestige
13	9:59.42	L	F	Thelise Saunders	19	UNIN MPD	30/11/2018	Mpumalanga Championships 2018
14	10:07.43	L	F	Carmen Le Roux	21	MATI CED	24/08/2018	USSA Swimming Championships
15	10:13.33	L	F	Jessica Canter	19	MATI CED	24/08/2018	USSA Swimming Championships
16	10:33.14	L	F	Cornell Loubser	24	NWUC KKD	06/12/2018	NWS Championships 2018/2019
17	10:40.86	L	F	Natalie Billson	21	MATI CED	24/08/2018	USSA Swimming Championships
18	10:59.93	L	F	Danielle Luyt	23	NWUC KKD	06/12/2018	NWS Championships 2018/2019
19	11:21.97	L	F	Tracy Gous	43	PEMA NMA	02/11/2018	37th Freda Barnard Gala Invitational
20	11:32.36	L	F	Annen Muller	19	NWUC KKD	24/08/2018	USSA Swimming Championships
21	11:55.85	L	F	Caylin Carlisle	19	FLOD JHB	06/12/2018	CGA Championships 2018
22	12:05.33	L	F	Savannah Mitchell	20	BENS EKU	13/10/2018	EGA Summer 2 2018
23	12:48.31	L	F	Cornelia Fowler	38	KLOO ETH	07/09/2018	eThekwini Action Swimming Champs
24	13:47.61	L	F	Melisa O'Neill	AR	TSSC ETH	07/09/2018	eThekwini Action Swimming Champs
25	14:50.22	L S	F	Mia Vd Merwe	20	WCA WCA	18/03/2019	2019 SASA-II National Open
26	15:38.82	L	F	Lourette Seyffert	36	MATL KKD	27/10/2018	NWS Age Group 1 1819
Women 19 & OVER 1000 Free								
1	16:46.22	L	O	Lara Fury	48	CAMP CPT	16/12/2018	Open Water Swimming Challenge
2	25:31.94	L	O	Sarah Carter	52	BLMA CPT	16/12/2018	Open Water Swimming Challenge

Individual Top Times

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	Time	P/F/S	Name	Age/Yr					
Women 19 & OVER 1500 Free									
1	17:23.08	L S	F	Kate Beavon	19	AGB	JHB	08/04/2019	Sa National Aquatic Championship 2019
2	17:25.08	L	F	Samantha Randle	20	RSA		10/09/2018	13th African Swimming Champs
3	18:18.70	L	F	Sasha-Lee Nordengen-Corris	21	SGUL	ETH	21/07/2018	eThekwini Age Group Gala 4
4	19:05.85	L	F	Nadia Blaauw	21	NWUC	KKD	06/12/2018	NWS Championships 2018/2019
5	19:08.88	L	F	Thelise Saunders	19	UNIN	MPD	30/11/2018	Mpumalanga Championships 2018
6	20:06.09	L	F	Cornell Loubser	24	NWUC	KKD	06/12/2018	NWS Championships 2018/2019
7	20:26.05	L	F	Samantha Blaauw	23	NWUC	KKD	10/11/2018	NWS Age Group 2 1819
8	21:46.46	L	F	Danielle Luyt	23	NWUC	KKD	10/11/2018	NWS Age Group 2 1819
9	24:20.45	L	F	Cornelia Fowler	38	KLOO	ETH	07/09/2018	eThekwini Action Swimming Champs
10	26:05.18	L	F	Melisa O'Neill	AR	TSSC	ETH	07/09/2018	eThekwini Action Swimming Champs
11	28:21.33	L	F	Lourette Seyffert	36	MATL	KKD	10/11/2018	NWS Age Group 2 1819
Women 19 & OVER 3000 Free									
1	37:13.45	L	O	Samantha Randle	20	AG		02/03/2019	SA National Aquatic Championship 2019
2	37:58.40	L	O	Michelle Weber	22	SEAL	UMD	01/12/2018	KZN Open Water Champs 2018
3	39:07.00	L	O	Nadia Blaauw	21	NWUC	KKD	20/10/2018	Sun City Swim
4	39:54.24	L	O	Tarryn Stanford	32	CPTW	CPT	16/12/2018	Open Water Swimming Challenge
5	40:25.09	L	O	Jessica Canter	19	WCA	WCA	02/03/2019	SA National Aquatic Championship 2019
6	41:01.48	L	O	Megan Albertyn	45	AG		02/03/2019	SA National Aquatic Championship 2019
7	43:07.98	L	O	Danielle Luyt	23	NWS		02/03/2019	SA National Aquatic Championship 2019
8	43:13.16	L	O	Cecilia Stanford	57	CPTW	CPT	16/12/2018	Open Water Swimming Challenge
9	43:34.42	L	O	Licinda Kleynhans	22	NWS		02/03/2019	SA National Aquatic Championship 2019
10	43:47.62	L	O	Tanya Osborne	46	WCA	WCA	02/03/2019	SA National Aquatic Championship 2019
11	43:53.50	L	O	Denise Bosman	60	ECA	BUF	02/03/2019	SA National Aquatic Championship 2019
12	44:30.30	L	O	Michele Esterhuizen	46	MPS	NGD	02/03/2019	SA National Aquatic Championship 2019
13	44:44.00	L	F	Kirsty Hyslop	23	AA	JHB	20/10/2018	Dis-Chem Sun City Swim
14	45:03.60	L	O	Nicola Wessels	43	AG		02/03/2019	SA National Aquatic Championship 2019
15	45:44.26	L	O	Annissa Koekemoer	19	ASA	CPT	16/12/2018	Open Water Swimming Challenge
16	46:48.00	L	F	Anneke Boshoff	46	HARB	BPD	16/12/2018	Lomond Open Water Swim
17	46:58.30	L	O	Samantha Kruger	40	SMSC	ETH	01/12/2018	KZN Open Water Champs 2018
18	47:50.00	L	F	Caylin Carlisle	19	FLOD	JHB	20/10/2018	Dis-Chem Sun City Swim
19	49:56.90	L	O	Amanda Koegelenberg	41	BLUO	UGD	01/12/2018	KZN Open Water Champs 2018
20	51:18.24	L	O	Enya De Jager	19	MWU	NGD	04/02/2019	Lowmed Open water #4
21	52:24.80	L	O	Sharon Viljoen	47	PEMA	NMA	26/01/2019	NMBA OWS Championships 2019
22	53:34.20	L	O	Angela Finlay	44	BEST	NMA	25/11/2018	EC Swim Series OWS 3 2018
23	59:03.68	L	O	Lizette Bannister	45	BARR	CPT	16/12/2018	Open Water Swimming Challenge
24	59:11.60	L	O	Elizabeth Craig	74	BEST	NMA	13/01/2019	EC Swim Series OWS 4 2019
25	59:46.33	L	O	Carol Bruining	58	MWU	NGD	04/02/2019	Lowmed Open water #4
26	1:04:42.46	L	O	Katharina Brock	30	VINE	CPT	16/12/2018	Open Water Swimming Challenge
27	1:05:34.00	L	O	Karin Cilliers	44	FINS	EZD	20/01/2019	Lowmed Open water #3
Women 19 & OVER 5000 Free									
1	1:01:58.42	L	O	Michelle Weber	22	KZN	ETH	02/03/2019	SA National Aquatic Championship 2019
2	1:02:00.33	L	O	Robyn Kinghorn	19	KZN	ETH	02/03/2019	SA National Aquatic Championship 2019
3	1:02:00.83	L	O	Amica De Jager	19	ECA	BUF	02/03/2019	SA National Aquatic Championship 2019
4	1:03:24.49	L	O	Samantha Randle	20	AG		02/03/2019	SA National Aquatic Championship 2019
5	1:04:44.43	L	O	Sasha-Lee Nordengen-Corris	21	RSA		10/09/2018	13th African Swimming Champs
6	1:05:21.00	L	O	Thelise Saunders	19	UNIN	MPD	14/10/2018	LOWMED OPEN WATER SWIM #1
7	1:06:43.04	L	O	Nadia Blaauw	21	NWS		02/03/2019	SA National Aquatic Championship 2019
8	1:07:24.88	L	O	Tessa Viljoen	19	KZN	ETH	02/03/2019	SA National Aquatic Championship 2019
9	1:11:29.61	L	O	Megan Albertyn	45	AG		02/03/2019	SA National Aquatic Championship 2019
10	1:12:53.90	L	O	Emma Kiely	22	ROA	EDD	28/10/2018	EC Swim Series OWS 2 2018
11	1:14:34.00	L	F	Anél De Vos	21	TUKS	TSH	27/01/2019	LAKE HERITAGE Water fesitval
12	1:17:01.00	L	O	Tiemke Rijpstra	41	KNYD	EDD	16/12/2018	Open Water Swimming Challenge
13	1:17:16.50	L	O	Denise Bosman	60	BEST	NMA	26/01/2019	NMBA OWS Championships 2019
14	1:17:42.33	L	O	Danielle Luyt	23	NWS		02/03/2019	SA National Aquatic Championship 2019
15	1:18:40.50	L	O	Abigail Peters	19	NEWS	ADJ	01/12/2018	KZN Open Water Champs 2018
16	1:19:02.00	L	O	Kirsty Hyslop	23	AA	JHB	11/11/2018	CGA Open Water Marathon Swim Series
17	1:19:37.38	L	O	Nicola Wessels	43	AG		02/03/2019	SA National Aquatic Championship 2019

Individual Top Times

Times since: 01-May-18 Times until: 30-Apr-19
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	Time	P/F/S	Name	Age/Yr			
18	1:24:24.00 L	F	Licinda Kleynhans	22	NWUC KKD	19/01/2019	Lake Heritage Water Festival
19	1:45:20.00 L	O	Jade Homveld	53	PHOE ETH	11/11/2018	CGA Open Water Marathon Swim Series
20	1:51:36.00 L	O	Nina Bodisch	49	PEMA NMA	13/01/2019	EC Swim Series OWS 4 2019
Women 19 & OVER 10000 Free							
1	2:03:21.10 L	O	Michelle Weber	22	SEA CED	16/12/2018	Open Water Swimming Challenge
2	2:04:03.20 L	F	Robyn Kinghorn	19	ACSA ETH	06/09/2018	World Junior OWS Champs
3	2:07:46.47 L	O	Amica De Jager	19	ECA BUF	02/03/2019	SA National Aquatic Championship 2019
4	2:15:02.51 L	O	Tessa Viljoen	19	KZN ETH	02/03/2019	SA National Aquatic Championship 2019
5	2:18:11.78 L	O	Thelise Saunders	19	MPS NGD	02/03/2019	SA National Aquatic Championship 2019
6	2:21:21.28 L	O	Nadia Blaauw	21	NWS	02/03/2019	SA National Aquatic Championship 2019
Women 19 & OVER 50 Back							
1	29.04 L	F	Erin Gallagher	20	RSA	10/09/2018	13th African Swimming Champs
2	29.52 L	F	Nathania Van Niekerk	20	AGC TSH	08/04/2019	Sa National Aquatic Championship 2019
3	29.70 L	F	Mariella Venter	19	AGB JHB	08/04/2019	Sa National Aquatic Championship 2019
4	30.51 L	F	Jamie Reynolds	21	SEAL UMD	29/06/2018	Hamilton Aquatics Summer Sizzler
5	31.10 L	F	Samantha Labuschagne	19	AGC TSH	08/04/2019	Sa National Aquatic Championship 2019
6	31.39 L	F	Emma Chelius	22	MATI CED	24/08/2018	USSA Swimming Championships
7	31.49 L	F	Lindsay McLeod	24	AGC TSH	08/04/2019	Sa National Aquatic Championship 2019
8	31.68 L	F	Samantha Randle	20	TUKS TSH	11/01/2019	NTS January 2019 Age Group Gala
9	32.04 L L	F	Casey Wilson	19	TUKS TSH	24/08/2018	USSA Swimming Championships
10	32.07 L	F	Tatjana Schoenmaker	21	TUKS TSH	11/01/2019	NTS January 2019 Age Group Gala
11	32.15 L	F	Marizel Van Jaarsveld	19	MDOL JHB	25/06/2018	Sasol National Championship 2018
12	32.20 L	F	Ashleigh Green	19	SEAL UMD	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
13	32.42 L	F	Tanya Pieterse	19	TUKS TSH	24/08/2018	USSA Swimming Championships
14	32.52 L	P	Anél De Vos	21	TUKS TSH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
15	32.54 L	P	Tahlia Botha	19	TYGE CPT	05/12/2018	Western Cape Summer Championships
16	32.64 L	P	Heike Thormahlen	19	SGUL ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
17	32.81 L	P	Chrislin Nieuwoudt	19	AGB JHB	08/04/2019	Sa National Aquatic Championship 2019
18	33.11 L	F	Jessica Canter	19	MATI CED	25/01/2019	CTMA/TYR Qualifying Gala #3
19	33.20 L	P	Kelly Vroon	19	MATI CED	05/12/2018	Western Cape Summer Championships
20	33.25 L L	F	Nadia Blaauw	21	NWUC KKD	24/08/2018	USSA Swimming Championships
21	33.26 L	F	Marné Meier	20	NWUC KKD	25/06/2018	Sasol National Championship 2018
22	33.62 L S	F	Bathandwa Dyantyi	21	USC BUF	08/02/2019	5th A League
23	33.67 L	P	Annissa Koekemoer	19	WCA WCA	08/04/2019	Sa National Aquatic Championship 2019
24	33.89 L	F	Natalie Arthur	19	HASC JHB	06/12/2018	CGA Championships 2018
25	33.94 L	F	Stephanie Askew	19	MATI CED	24/08/2018	USSA Swimming Championships
26	33.98 L L	F	Kelly Mc Cann	25	KLOO ETH	25/06/2018	Sasol National Championship 2018
27	34.05 L	F	Camryn Wheals	21	SEAL UMD	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
28	34.08 L S	F	Bianca Gray	20	MATI CED	27/11/2018	FS Champs
29	34.13 L	F	Courtney van Biljon	20	NWUC KKD	24/08/2018	USSA Swimming Championships
30	34.33 L	F	Kaylene Corbett	19	INFA NMA	26/10/2018	NTS Prestige Gala 2018
31	34.49 L	F	Nastasiya Vrey	20	TUKS TSH	15/02/2019	NTS February 2019 Age Group Gala
32	34.52 L L	F	Charne De Jager	20	TUKS TSH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
33	34.73 L	F	Samantha Blaauw	23	NWUC KKD	06/12/2018	NWS Championships 2018/2019
34	34.75 L	F	Marne Frylinck	20	SGUL ETH	29/09/2018	eThekwini Age Group Gala 6
35	35.16 L	F	Esmari Theart	23	KALA JTD	06/12/2018	NCASA Champs Dec 2018
36	35.59 L	F	Natalie Billson	21	MATI CED	22/06/2018	PEA Winter Gala 2018
37	36.25 L	F	Leatitia Human	21	GHSK FBD	06/12/2018	NCASA Champs Dec 2018
38	36.30 L S	F	Carina Brand	19	FAAC FBD	27/11/2018	FS Champs
39	36.62 L	F	Tanya Abrie	23	WATR JHB	19/01/2019	CGA Last Chance Level 3-SANJ gala
40	36.67 L	F	Michele Esterhuizen	46	CSA MPD	15/09/2018	MP Xerox Sprint Gala - 15 September
41	36.72 L	F	Helen Taylor	21	AZON ETH	24/08/2018	KZN Beavers Winter LC Champs 2018
42	37.03 L	F	Megan Hesse	24	PAC TSH	08/09/2018	2018 Hillcrest Sprint Gala13&O
43	37.04 L	F	Robyn Kinghorn	19	ACSA ETH	29/09/2018	eThekwini Age Group Gala 6
44	37.16 L S	F	Kelly Wigleven	24	PEAS NMA	08/02/2019	5th A League
45*	37.36 L	F	Ashleigh Hunter	19	EAGA CCD	08/09/2018	2018 Hillcrest Sprint Gala13&O
45*	37.36 L	F	Demi Leech	19	SOUL EKU	15/09/2018	Adrian Grafe Speedo Sprint Meet 2018
47	37.48 L	F	Anja Boucher	19	NWUC KKD	24/08/2018	USSA Swimming Championships

Individual Top Times

Times since: 01-May-18 **Times until: 30-Apr-19**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
48	37.72 L	F	Kate-Lynne Kuhn	27	KSC EZD	30/11/2018	Mpumalanga Championships 2018
49	38.38 L	F	Courtney Musson	24	NMU NMA	24/08/2018	USSA Swimming Championships
50	38.51 L	F	Done Irving	39	SMSC ETH	26/01/2019	Ushaka Championship Gala 2019
51	38.53 L	F	Shirley Carey	44	SMSC ETH	13/10/2018	KCDA October Age Group Gala 2018
52	38.88 L	F	Tanya Osborne	46	FEMS EDD	17/11/2018	EDEN 3rd A-League Gala 2018
53	39.20 L S	F	Michaela Kretzen	19	WCA WCA	08/04/2019	Sa National Aquatic Championship 2019
54	40.12 L	F	Anna Kruger	19	HPP WBD	16/10/2018	Limpopo Top 10 - High Schools
55	41.37 L	F	Danielle Luyt	23	NWUC KKD	06/12/2018	NWS Championships 2018/2019
56	41.80 L	F	Cornelle Leach	20	NWUC KKD	06/12/2018	NWS Championships 2018/2019
57	45.33 L	F	Petra Frenzel	50	SYNR ETH	16/02/2019	KCDA February Age Group Gala
58	45.82 L	F	Mia Vd Merwe	20	WCA WCA	18/03/2019	2019 SASA-II National Open
59	49.78 L	F	Nasyi Strauss	19	MPS NGD	10/12/2018	SA Schools Swimming Championship
60	50.53 L	F	Stephanie van der Merwe	43	FSAC BPD	27/10/2018	NWS Age Group 1 1819
61	50.83 L S	F	Maria Steyn	52	BLSS MAN	27/11/2018	FS Champs
62	51.33 L	F	Cornelia Fowler	38	KLOO ETH	29/09/2018	eThekwini Age Group Gala 6
63	51.36 L	F	Melisa O'Neill	AR	TSSC ETH	24/08/2018	KZN Beavers Winter LC Champs 2018
64	51.85 L	P	Jennifer Higgins	35	NDSA ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
65	52.16 L	F	Carol Bruining	58	MWU NGD	02/03/2019	MP AGE GROUP 6 - 2 MARCH 2019
66	54.54 L	F	Rentia Oosthuizen	27	INFA NMA	26/05/2018	eThekwini Age Group Gala 1
67	54.62 L	F	Bronwyn Ramathula	29	BEAV ETH	24/08/2018	KZN Beavers Winter LC Champs 2018
68	55.28 L	F	Helena Farrelly	56	FEMS EDD	19/01/2019	EDEN 4th A-League Gala 2019
69	56.04 L	F	Claire Murray	28	BEAV ETH	24/08/2018	KZN Beavers Winter LC Champs 2018
70	1:00.30 L	F	Songo Mfikili	26	HARL BUF	16/03/2019	BCA Level 1 Gala 2019
71	1:04.08 L	F	Bronwen Griffiths	64	SMSC ETH	12/01/2019	KCDA January Age Group Gala 2019
72	1:05.35 L	F	Kyli Kriel	19	QUIC CPT	02/11/2018	37th Freda Barnard Gala Invitational
73	1:06.61 L	F	Marne Kock	21	RBUR BPD	10/11/2018	NWS Age Group 2 1819
74	1:18.16 L	F	Shaherozade Brümmer	36	MATL KKD	16/02/2019	NWS Last Chance AG5 1819
Women 19 & OVER 100 Back							
1	1:01.87 L	F	Mariella Venter	19	AGB JHB	08/04/2019	Sa National Aquatic Championship 2019
2	1:02.10 L	F	Nathania Van Niekerk	20	AGC FSH	08/04/2019	Sa National Aquatic Championship 2019
3	1:05.65 L	F	Samantha Randle	20	TUKS FSH	24/08/2018	USSA Swimming Championships
4	1:06.20 L	F	Jamie Reynolds	21	SEAL UMD	29/06/2018	Hamilton Aquatics Summer Sizzler
5	1:06.51 L S	F	Lindsay McLeod	24	SGUL ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
6	1:06.99 L	F	Emma Chelius	22	MATI CED	24/08/2018	USSA Swimming Championships
7	1:07.14 L	F	Casey Wilson	19	TUKS FSH	24/08/2018	USSA Swimming Championships
8	1:07.36 L	P	Jessica Whelan	22	AGB JHB	08/04/2019	Sa National Aquatic Championship 2019
9	1:08.82 L	F	Nadia Blaauw	21	NWUC KKD	24/08/2018	USSA Swimming Championships
10	1:08.95 L	F	Samantha Labuschagne	19	TUKS FSH	26/10/2018	NTS Prestige Gala 2018
11	1:09.04 L	F	Marizel Van Jaarsveld	19	MDOL JHB	25/06/2018	Sasol National Championship 2018
12	1:09.38 L	P	Anél De Vos	21	AGC FSH	08/04/2019	Sa National Aquatic Championship 2019
13	1:10.04 L	P	Chrislin Nieuwoudt	19	AGB JHB	08/04/2019	Sa National Aquatic Championship 2019
14	1:10.09 L	P	Kelly Vroon	19	WCA WCA	08/04/2019	Sa National Aquatic Championship 2019
15	1:10.64 L	F	Tahlia Botha	19	TYGE CPT	05/12/2018	Western Cape Summer Championships
16	1:10.96 L	P	Nastasiya Vrey	20	AGC FSH	08/04/2019	Sa National Aquatic Championship 2019
17	1:11.30 L	F	Marne' Groenewald	20	MATI CED	24/08/2018	USSA Swimming Championships
18	1:11.33 L	F	Tanya Pieterse	19	TUKS FSH	24/08/2018	USSA Swimming Championships
19	1:11.64 L	F	Bathandwa Dyantyi	21	USC BUF	30/11/2018	NMBA Championships 2018
20	1:11.76 L	F	Jessica Canter	19	MATI CED	22/06/2018	PEA Winter Gala 2018
21	1:12.19 L	P	Annissa Koekemoer	19	WCA WCA	08/04/2019	Sa National Aquatic Championship 2019
22	1:12.62 L	F	Marne Frylinck	20	SGUL ETH	27/10/2018	eThekwini Age Group Gala 8
23	1:13.88 L	P	Lauren Smith	19	SAAW CPT	22/02/2019	2019 Grand Prix Invitational Swimming
24	1:13.92 L S	F	Charne De Jager	20	TUKS FSH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
25	1:14.06 L	F	Bianca Gray	20	MATI CED	24/08/2018	USSA Swimming Championships
26	1:15.40 L	F	Robyn Kinghorn	19	ACSA ETH	16/06/2018	eThekwini Age Group Gala 3
27	1:16.07 L	F	Samantha Blaauw	23	NWUC KKD	06/12/2018	NWS Championships 2018/2019
28*	1:16.56 L	P	Stephanie Askew	19	SASE JHB	06/12/2018	CGA Championships 2018
28*	1:16.56 L	F	Esmari Theart	23	KALA JTD	06/12/2018	NCASA Champs Dec 2018
30	1:16.62 L	F	Camryn Wheals	21	SEAL UMD	29/06/2018	Hamilton Aquatics Summer Sizzler
31	1:16.85 L	P	Savannah Mitchell	20	BENS ECU	07/12/2018	EGA Championships 2018

Individual Top Times

Times since: 01-May-18 **Times until: 30-Apr-19**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
32	1:16.93	L	F	Thelise Saunders	19	UNIN MPD	15/09/2018 MP Xerox Sprint Gala - 15 September
33	1:17.18	L	F	Natalie Billson	21	MATI CED	22/06/2018 PEA Winter Gala 2018
34	1:17.46	L	F	Carina Brand	19	FAAC FBD	27/11/2018 FS Champs
35	1:19.00	L	F	Natalie Arthur	19	HASC JHB	24/11/2018 CGA Level 3/SANJ Gala No 3
36	1:19.91	L	F	Jacoba Fourie	21	NWUC KKD	27/10/2018 NWS Age Group 1 1819
37	1:20.34	L	P	Courtney Scheuble	19	DRGN JHB	22/02/2019 2019 Grand Prix Invitational Swimming
38	1:20.43	L	F	Anja Boucher	19	NWUC KKD	24/08/2018 USSA Swimming Championships
39	1:20.44	L	F	Courtney Musson	24	NMU NMA	24/08/2018 USSA Swimming Championships
40	1:20.59	L	F	Leatitia Human	21	GHSK FBD	06/12/2018 NCASA Champs Dec 2018
41	1:23.88	L	F	Michaela Kretzen	19	WCA WCA	08/04/2019 Sa National Aquatic Championship 2019
42	1:25.35	L	F	Lara Oosthuizen	19	PHS CCD	16/10/2018 Limpopo Top 10 - High Schools
43	1:27.87	L	F	Done Irving	39	SMSC ETH	10/11/2018 KCDA November Age Group Gala 2018
44	1:28.36	L	F	Shirley Carey	44	SMSC ETH	01/12/2018 KCDA December Age Group Gala 2018
45	1:29.67	L	F	Annorina Groenewald	38	KALA JTD	09/11/2018 NCASA Age Group 2 KTU 2018
46	1:30.31	L	F	Anna Kruger	19	HPP WBD	16/10/2018 Limpopo Top 10 - High Schools
47	1:32.98	L	F	Brigitte Thyssse	29	SWIFT ECU	12/01/2019 EGA Summer 4 12.01.2019
48	1:35.65	L	F	Cornelle Leach	20	NWUC KKD	27/10/2018 NWS Age Group 1 1819
49	1:43.83	L	F	Mia Vd Merwe	20	WCA WCA	18/03/2019 2019 SASA-II National Open
50	1:45.64	L	F	Cornelia Fowler	38	KLOO ETH	24/08/2018 KZN Beavers Winter LC Champs 2018
51	1:49.23	L	F	Maria Steyn	52	BLSS MAN	27/11/2018 FS Champs
52	1:49.79	L	F	Melisa O'Neill	AR	TSSC ETH	24/08/2018 KZN Beavers Winter LC Champs 2018
53	1:50.99	L	F	Jennifer Higgins	35	NDSA ETH	16/06/2018 eThekweni Age Group Gala 3
54	1:54.02	L	P	Nasyi Strauss	19	MPS NGD	10/12/2018 SA Schools Swimming Championship
55	2:04.06	L	F	Bronwyn Ramathula	29	BEAV ETH	27/10/2018 eThekweni Age Group Gala 8
56	2:05.93	L	F	Claire Murray	28	BEAV ETH	24/08/2018 KZN Beavers Winter LC Champs 2018
57	2:15.60	L	F	Songo Mfikili	26	HARL BUF	01/02/2019 BCA Long Course Championships
58	2:20.24	L	F	Tiffany Pereira	23	CRSC JHB	24/11/2018 CGA Level 3/SANJ Gala No 3
59	2:23.36	L	F	Nelile Makhanya	AR	ASC ILD	09/12/2018 eThekweni Level 1 Program 5
60	2:27.31	L	F	Kyli Kriel	19	QUIC CPT	02/11/2018 37th Freda Barnard Gala Invitational
Women 19 & OVER 200 Back							
1	2:11.37	L	F	Nathania Van Niekerk	20	AGC TSH	08/04/2019 Sa National Aquatic Championship 2019
2	2:12.57	L	F	Mariella Venter	19	AGB JHB	08/04/2019 Sa National Aquatic Championship 2019
3	2:16.52	L	P	Samantha Randle	20	AGC TSH	08/04/2019 Sa National Aquatic Championship 2019
4	2:20.29	L	F	Jessica Whelan	22	MDOL JHB	06/12/2018 CGA Championships 2018
5	2:22.23	L	F	Lindsay McLeod	24	AGC TSH	08/04/2019 Sa National Aquatic Championship 2019
6	2:25.58	L	F	Casey Wilson	19	TUKS TSH	24/08/2018 USSA Swimming Championships
7	2:27.66	L	P	Nadia Blaauw	21	NWS	08/04/2019 Sa National Aquatic Championship 2019
8	2:28.56	L	F	Jamie Reynolds	21	SEAL UMD	29/06/2018 Hamilton Aquatics Summer Sizzler
9	2:28.66	L	P	Marne Frylinck	20	KZNA ETH	08/04/2019 Sa National Aquatic Championship 2019
10	2:29.80	L S	F	Marizel Van Jaarsveld	19	MDOL JHB	25/06/2018 Sasol National Championship 2018
11	2:30.03	L	P	Anél De Vos	21	AGC TSH	08/04/2019 Sa National Aquatic Championship 2019
12	2:30.81	L	P	Kelly Vroon	19	WCA WCA	08/04/2019 Sa National Aquatic Championship 2019
13	2:32.96	L	P	Charne De Jager	20	TUKS TSH	10/07/2018 TYR PRESTIGE CHAMPIONSHIPS
14	2:34.21	L	F	Stephanie Askew	19	MATI CED	24/08/2018 USSA Swimming Championships
15	2:34.57	L	P	Chrislin Nieuwoudt	19	AGB JHB	08/04/2019 Sa National Aquatic Championship 2019
16	2:36.96	L	F	Samantha Blaauw	23	NWUC KKD	24/08/2018 USSA Swimming Championships
17	2:36.99	L	F	Lizanne Viljoen	20	TUKS TSH	24/08/2018 USSA Swimming Championships
18	2:37.80	L	F	Heike Thormahlen	19	SGUL ETH	10/07/2018 TYR PRESTIGE CHAMPIONSHIPS
19	2:38.11	L S	F	Bathandwa Dyantyi	21	USC BUF	08/02/2019 5th A League
20	2:38.33	L	F	Jessica Canter	19	MATI CED	24/08/2018 USSA Swimming Championships
21	2:39.25	L	F	Annissa Koekemoer	19	ASA CPT	13/10/2018 Winelands SL 3
22	2:43.86	L	P	Helen Taylor	21	AZON ETH	10/07/2018 TYR PRESTIGE CHAMPIONSHIPS
23	2:49.79	L	F	Savannah Mitchell	20	BENS ECU	17/11/2018 EGA Summer 3L 17.11.2018
24	2:50.75	L	F	Carina Brand	19	FAAC FBD	06/12/2018 NCASA Champs Dec 2018
25	2:52.94	L	F	Nepo Ntsono	21	NMU NMA	24/08/2018 USSA Swimming Championships
26	2:58.06	L	F	Anja Boucher	19	NWUC KKD	24/08/2018 USSA Swimming Championships
27	3:01.81	L	F	Michele Esterhuizen	46	CSA EZD	28/09/2018 MP AGE GROUP 1 - 28-29
28	3:02.84	L	F	Michaela Kretzen	19	ASA CPT	04/10/2018 Aquabear Invitational Meet
29	3:12.31	L	F	Shirley Carey	44	SMSC ETH	13/10/2018 KCDA October Age Group Gala 2018

Individual Top Times

Times since: 01-May-18 **Times until: 30-Apr-19**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
30	3:32.71 L	F	Cornelle Leach	20	NWUC KKD	24/11/2018	NWS Age Group 3 2018/19
31	3:41.91 L	F	Mia Vd Merwe	20	WCA WCA	18/03/2019	2019 SASA-II National Open
32	3:42.93 L	P	Jennifer Higgins	35	NDSA ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
33	3:45.01 L	F	Cornelia Fowler	38	KLOO ETH	17/11/2018	eThekwini Age Group Gala 9
34	3:53.59 L S	F	Maria Steyn	52	BLSS MAN	27/11/2018	FS Champs
35	4:09.61 L	P	Rentia Oosthuizen	27	INFA NMA	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
36	4:25.93 L	F	Nasyi Strauss	19	ESS EZD	02/02/2019	MP AGE GROUP 4 - 2 FEBRUARY
Women 19 & OVER 50 Breast							
1	30.97 L	F	Tatjana Schoenmaker	21	AGC TSH	08/04/2019	Sa National Aquatic Championship 2019
2	31.96 L	P	Kaylene Corbett	19	AGC TSH	08/04/2019	Sa National Aquatic Championship 2019
3	32.98 L	F	Maria Heymans	20	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
4	33.19 L	F	Tahlia Botha	19	TYGE CPT	20/03/2019	SA National JNR Age Group Champs
5	33.59 L	F	Jamie Reynolds	21	SEAL UMD	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
6	34.03 L	F	Brie Parker	22	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
7	34.55 L	F	Marizel Van Jaarsveld	19	MDOL JHB	25/06/2018	Sasol National Championship 2018
8	34.78 L	F	Erin Anderson	20	TUKS TSH	24/08/2018	USSA Swimming Championships
9	35.20 L	F	Emily Visagie	21	SGUL ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
10	35.21 L	P	Amica De Jager	19	NMU NMA	04/10/2018	Aquabear Invitational Meet
11	35.32 L	F	Marné Meier	20	NWUC KKD	06/12/2018	NWS Championships 2018/2019
12	35.65 L	F	Nastasiya Vrey	20	TUKS TSH	26/10/2018	NTS Prestige Gala 2018
13	36.03 L	F	Kirsten Reeves	20	MATI CED	24/08/2018	USSA Swimming Championships
14*	36.10 L	F	Licinda Kleynhans	22	NWUC KKD	10/11/2018	NWS Age Group 2 1819
14*	36.10 L	F	Kelly Mc Cann	25	KLOO ETH	25/06/2018	Sasol National Championship 2018
16	36.30 L S	F	Megan Hesse	24	PAC TSH	07/12/2018	NTS Championships 2018
17	36.54 L	F	Annie Muller	19	NWUC KKD	24/08/2018	USSA Swimming Championships
18	36.93 L S	F	Abigail Havenga	19	CSC TSH	07/12/2018	NTS Championships 2018
19	36.96 L S	F	Yvette Victor-vd Berg	39	COEL TSH	07/12/2018	NTS Championships 2018
20	37.20 L	F	Justine Holmes	19	BLNE MAN	27/11/2018	FS Champs
21	37.35 L	F	Thilde Victor	37	DYNA EKU	15/09/2018	Adrian Grafe Speedo Sprint Meet 2018
22	37.51 L	F	Amy Ackerman	19	FLOD JHB	24/11/2018	CGA Level 3/SANJ Gala No 3
23	37.63 L	F	Courtney van Biljon	20	NWUC KKD	06/12/2018	NWS Championships 2018/2019
24	37.68 L	F	Thelise Saunders	19	MPS NGD	20/10/2018	GOLFINHOS SPRINT
25*	37.73 L	F	Savannah Mitchell	20	BENS EKU	07/12/2018	EGA Championships 2018
25*	37.73 L	F	Amarah Rangraze	20	ATLA JHB	22/06/2018	Treviso Swim Cup
27	38.14 L	F	Enya De Jager	19	MWU NGD	12/10/2018	MP AGE GROUP 2 - 12-13 OCTOBER
28	38.42 L	F	Nepo Ntsono	21	NMMU NMA	22/06/2018	PEA Winter Gala 2018
29	38.65 L	P	Wendy Cook	48	USH UJD	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
30	38.85 L	F	Samantha Randle	20	TUKS TSH	11/01/2019	NTS January 2019 Age Group Gala
31	38.91 L	P	Ashleigh Green	19	SEAL UMD	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
32	39.02 L	P	Helen Taylor	21	AZON ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
33	39.13 L S	F	Kelly Wigleaven	24	PEAS NMA	08/02/2019	5th A League
34	39.58 L	F	Esmari Theart	23	KALA JTD	09/11/2018	NCASA Age Group 2 KTU 2018
35	39.59 L	F	Demi Leech	19	SOUL EKU	15/09/2018	Adrian Grafe Speedo Sprint Meet 2018
36	39.96 L	F	Natalie Arthur	19	HASC JHB	06/12/2018	CGA Championships 2018
37	40.28 L	F	Danielle Luyt	23	NWUC KKD	06/12/2018	NWS Championships 2018/2019
38	40.80 L	F	Michele Esterhuizen	46	CSA MPD	15/09/2018	MP Xerox Sprint Gala - 15 September
39	41.10 L	F	Ashleigh Hunter	19	EAGA CCD	30/11/2018	Limpopo Champs
40	41.28 L	F	Courtney Musson	24	NMU NMA	24/08/2018	USSA Swimming Championships
41	41.61 L	P	Caylin Carlisle	19	FLOD JHB	06/12/2018	CGA Championships 2018
42	41.82 L	F	Kaylee Prentice	19	FINS EZD	12/10/2018	MP AGE GROUP 2 - 12-13 OCTOBER
43	42.00 L	F	Alani Ferreira	20	KZN ETH	18/03/2019	2019 SASAPD National Championships
44	42.06 L	F	Tanya Osborne	46	FEMS EDD	17/11/2018	EDEN 3rd A-League Gala 2018
45	42.58 L	F	Cornelle Leach	20	NWS	08/04/2019	Sa National Aquatic Championship 2019
46	42.77 L	F	Ashley Reimers	21	NWUC KKD	16/02/2019	NWS Last Chance AG5 1819
47	43.32 L	F	Carina Brand	19	FAAC FBD	06/12/2018	NCASA Champs Dec 2018
48	48.01 L	P	Michaela Kretzen	19	WCA WCA	08/04/2019	Sa National Aquatic Championship 2019
49	49.42 L	F	Stephanie van der Merwe	43	FSAC BPD	27/10/2018	NWS Age Group 1 1819
50	49.46 L	F	Cornelia Fowler	38	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
51	51.25 L	F	Melisa O'Neill	AR	TSSC ETH	24/08/2018	KZN Beavers Winter LC Champs 2018

Individual Top Times

Times since: 01-May-18 **Times until: 30-Apr-19**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr				
52	54.47 L	F	Claire Murray	28	BEAV	ETH	24/08/2018	KZN Beavers Winter LC Champs 2018
53	55.04 L	P	Emily Khumalo	37	FINS	EZD	30/11/2018	Mpumalanga Championships 2018
54	55.12 L	F	Rentia Oosthuizen	27	INFA	NMA	30/11/2018	NMBA Championships 2018
55	56.27 L	F	Annemarie Mostert	44	FSAC	BPD	10/11/2018	NWS Age Group 2 1819
56	56.42 L	F	Maria Steyn	52	BLSS	MAN	16/03/2019	Level 1 2019 BFN
57	59.21 L	F	Andrea Toma	20	SRAY	BUF	16/03/2019	BCA Level 1 Gala 2019
58	59.67 L	P	Elsabe Boyd	43	MWU	NGD	30/11/2018	Mpumalanga Championships 2018
59	1:00.49 L	F	Mia Vd Merwe	20	WCA	WCA	18/03/2019	2019 SASA-II National Open
60	1:03.00 L	F	Bronwyn Ramathula	29	BEAV	ETH	24/08/2018	KZN Beavers Winter LC Champs 2018
61	1:03.07 L	F	Helena Farrelly	56	FEMS	EDD	19/01/2019	EDEN 4th A-League Gala 2019
62	1:09.08 L	F	Nasyi Strauss	19	ESS	EZD	26/10/2018	Top Schools - High School 28 October
63	1:11.52 L	F	Mandiswa Nzuzo	AN	ASC	ILD	09/12/2018	eThekwini Level 1 Program 5
64	1:13.93 L	F	Nelile Makhanya	AR	ASC	ILD	09/12/2018	eThekwini Level 1 Program 5
65	1:17.64 L	F	Marne Kock	21	RBUR	BPD	12/01/2019	NWS Age Group 4 1819
66	1:20.58 L	F	Shaherozade Brümmer	36	MATL	KKD	16/02/2019	NWS Last Chance AG5 1819
67	1:22.00 L	F	Kyli Kriel	19	QUIC	CPT	16/02/2019	CTMA L2&L3 CHAMPS
68	1:29.77 L	F	Tiffany Pereira	23	CRSC	JHB	19/01/2019	CGA Last Chance Level 3-SANJ gala
Women 19 & OVER 100 Breast								
1	1:06.83 L	F	Tatjana Schoenmaker	21	AGC	TSH	08/04/2019	Sa National Aquatic Championship 2019
2	1:08.98 L	F	Kaylene Corbett	19	TUKS	TSH	22/02/2019	2019 Grand Prix Invitational Swimming
3	1:12.17 L	F	Tahlia Botha	19	TYGE	CPT	20/03/2019	SA National JNR Age Group Champs
4	1:12.47 L	F	Maria Heymans	20	KZNA	ETH	08/04/2019	Sa National Aquatic Championship 2019
5	1:13.66 L	F	Jamie Reynolds	21	SEAL	UMD	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
6	1:13.78 L	F	Emily Visagie	21	SGUL	ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
7	1:14.57 L	F	Brie Parker	22	KZNA	ETH	08/04/2019	Sa National Aquatic Championship 2019
8	1:14.84 L S	F	Marizel Van Jaarsveld	19	MDOL	JHB	25/06/2018	Sasol National Championship 2018
9	1:14.88 L	F	Erin Anderson	20	TUKS	TSH	26/10/2018	NTS Prestige Gala 2018
10	1:16.23 L S	F	Marné Meier	20	NWUC	KKD	25/06/2018	Sasol National Championship 2018
11	1:16.38 L	F	Claire Rolt	37	COEL	TSH	07/12/2018	NTS Championships 2018
12	1:18.12 L	F	Jessica Whelan	22	MDOL	JHB	27/10/2018	CGA Level 3 SANJ Gala No 2
13	1:19.11 L	F	Licinda Kleynhans	22	NWUC	KKD	06/12/2018	NWS Championships 2018/2019
14	1:19.16 L S	F	Amica De Jager	19	NMU	NMA	08/02/2019	5th A League
15	1:19.69 L	F	Nastasiya Vrey	20	TUKS	TSH	28/09/2018	NTS September 2018 Age Group Gala
16	1:20.32 L S	F	Annie Muller	19	NWUC	KKD	25/06/2018	Sasol National Championship 2018
17	1:20.70 L	P	Kristina Rogge	20	AZON	ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
18	1:21.64 L	F	Yvette Victor-vd Berg	39	COEL	TSH	07/12/2018	NTS Championships 2018
19	1:21.75 L	F	Justine Holmes	19	BLNE	MAN	06/10/2018	Neptune Open Gala
20	1:22.33 L S	F	Kelly Mc Cann	25	KLOO	ETH	25/06/2018	Sasol National Championship 2018
21	1:22.46 L	F	Amy Ackerman	19	FLOD	JHB	22/09/2018	CGA SANJ/Level 3 Gala No 1
22	1:22.69 L	F	Helen Taylor	21	AZON	ETH	20/10/2018	eThekwini Age Group 7
23	1:22.71 L	F	Kirsten Reeves	20	MATI	GED	24/08/2018	USSA Swimming Championships
24	1:22.76 L	F	Amarah Rangraze	20	ATLA	JHB	22/06/2018	Treviso Swim Cup
25	1:23.00 L	F	Savannah Mitchell	20	BENS	EKU	29/09/2018	EGA Summer 1 Soncini Games Trials
26	1:23.07 L	F	Megan Hesse	24	PAC	TSH	15/02/2019	NTS February 2019 Age Group Gala
27	1:23.09 L	F	Nadia Blaauw	21	NWUC	KKD	06/12/2018	NWS Championships 2018/2019
28	1:23.42 L	F	Abigail Havenga	19	CSC	TSH	16/03/2019	Aquatics Gauteng Level 1
29	1:24.15 L	F	Nepo Ntsono	21	NMU	NMA	04/10/2018	Aquabear Invitational Meet
30	1:24.38 L S	F	Kelly Wigleaven	24	PEAS	NMA	08/02/2019	5th A League
31	1:25.85 L	F	Demi Leech	19	SOUL	EKU	29/09/2018	EGA Summer 1 Soncini Games Trials
32	1:25.88 L	F	Alani Ferreira	20	KZNA	ETH	08/04/2019	Sa National Aquatic Championship 2019
33	1:26.36 L	F	Enya De Jager	19	MWU	NGD	30/11/2018	Mpumalanga Championships 2018
34	1:26.66 L S	F	Thilde Victor	37	VICT	EKU	25/06/2018	Sasol National Championship 2018
35	1:27.09 L	F	Wendy Cook	48	USH	UHD	10/11/2018	KCDA November Age Group Gala 2018
36	1:27.50 L	F	Ashleigh Hunter	19	EAGA	CCD	30/11/2018	Limpopo Champs
37	1:28.73 L	F	Esmari Theart	23	KALA	JTD	19/10/2018	Flamingo Aquatics Academy Prestige
38	1:28.75 L	F	Natalie Arthur	19	HASC	JHB	22/09/2018	CGA SANJ/Level 3 Gala No 1
39	1:29.27 L	F	Danielle Luyt	23	NWUC	KKD	06/12/2018	NWS Championships 2018/2019
40	1:31.21 L	F	Michele Esterhuizen	46	MPS	NGD	20/10/2018	GOLFINHOS SPRINT
41	1:31.31 L	F	Tanya Osborne	46	FEMS	EDD	02/11/2018	37th Freda Barnard Gala Invitational

Individual Top Times

Times since: 01-May-18 **Times until: 30-Apr-19**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
42	1:33.24 L	P	Cornelle Leach	20	NWS	08/04/2019	Sa National Aquatic Championship 2019
43	1:33.87 L	F	Caylin Carlisle	19	FLOD JHB	22/09/2018	CGA SANJ/Level 3 Gala No 1
44	1:39.10 L	F	Ashley Reimers	21	NWUC KKD	16/02/2019	NWS Last Chance AG5 1819
45	1:44.17 L	F	Michaela Kretzen	19	WCA WCA	08/04/2019	Sa National Aquatic Championship 2019
46	1:45.90 L	P	Brigitte Thyse	29	SWIFT ECU	07/12/2018	EGA Championships 2018
47	1:47.25 L	F	Cornelia Fowler	38	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
48	1:47.68 L	F	Melisa O'Neill	AR	TSSC ETH	17/11/2018	eThekwini Age Group Gala 9
49	1:55.72 L	F	Rentia Oosthuizen	27	INFA NMA	30/11/2018	NMBA Championships 2018
50	1:56.84 L	F	Maria Steyn	52	BLSS MAN	16/03/2019	Level 1 2019 BFN
51	2:00.58 L	P	Emily Khumalo	37	FINS EZD	30/11/2018	Mpumalanga Championships 2018
52	2:07.59 L	F	Mia Vd Merwe	20	WCA WCA	18/03/2019	2019 SASA-II National Open
53	2:11.12 L	F	Claire Murray	28	BEAV ETH	24/08/2018	KZN Beavers Winter LC Champs 2018
54	2:16.32 L	F	Andrea Toma	20	SRAY BUF	16/03/2019	BCA Level 1 Gala 2019
55	2:34.60 L	F	Nasyi Strauss	19	ESS EZD	28/09/2018	MP AGE GROUP 1 - 28-29
56	2:58.94 L	F	Marne Kock	21	RBUR BPD	24/11/2018	NWS Age Group 3 2018/19
57	2:59.83 L	F	Kyli Kriel	19	QUIC CPT	05/12/2018	Western Cape Summer Championships
Women 19 & OVER 200 Breast							
1	2:23.93 L	F	Tatjana Schoenmaker	21	TUKS TSH	07/12/2018	NTS Championships 2018
2	2:24.59 L	P	Kaylene Corbett	19	AGC TSH	08/04/2019	Sa National Aquatic Championship 2019
3	2:35.79 L	F	Marlies Ross	21	AGC TSH	08/04/2019	Sa National Aquatic Championship 2019
4	2:36.93 L	F	Emily Visagie	21	SGUL ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
5	2:38.06 L	F	Maria Heymans	20	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
6	2:39.56 L S	F	Tahlia Botha	19	TYGE CPT	20/03/2019	SA National JNR Age Group Champs
7	2:42.36 L	F	Erin Anderson	20	TUKS TSH	24/08/2018	USSA Swimming Championships
8	2:42.65 L	F	Brie Parker	22	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
9*	2:45.09 L	F	Marizel Van Jaarsveld	19	MDOL JHB	25/06/2018	Sasol National Championship 2018
9*	2:45.09 L	F	Marne Frylinck	20	SGUL ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
11	2:47.56 L	P	Arné Meier	20	NWS	08/04/2019	Sa National Aquatic Championship 2019
12	2:48.39 L	F	Amica De Jager	19	NMU NMA	04/10/2018	Aquabear Invitational Meet
13	2:50.12 L	F	Jessica Whelan	22	MDOL JHB	19/01/2019	CGA Last Chance Level 3-SANJ gala
14	2:52.79 L	F	Licinda Kleynhans	22	NWUC KKD	10/11/2018	NWS Age Group 2 1819
15	2:53.12 L	F	Nadia Blaauw	21	NWUC KKD	06/12/2018	NWS Championships 2018/2019
16	2:55.40 L	F	Carmen Le Roux	21	MATI CED	24/08/2018	USSA Swimming Championships
17	2:56.24 L	F	Annie Muller	19	NWUC KKD	24/08/2018	USSA Swimming Championships
18	2:58.18 L	F	Kirsten Reeves	20	MATI CED	24/08/2018	USSA Swimming Championships
19	2:58.24 L	F	Helen Taylor	21	AZON ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
20	2:58.61 L	F	Kelly Mc Cann	25	KLOO ETH	25/06/2018	Sasol National Championship 2018
21	3:02.23 L	F	Demi Leech	19	SOUL ECU	07/12/2018	EGA Championships 2018
22	3:03.51 L	F	Nepo Ntsono	21	NMU NMA	04/10/2018	Aquabear Invitational Meet
23	3:04.60 L	F	Savannah Mitchell	20	BENS ECU	07/12/2018	EGA Championships 2018
24	3:06.38 L	F	Amarah Rangraze	20	ATLA JHB	15/06/2018	Rossini Swim Cup
25	3:07.27 L	F	Ashleigh Hunter	19	EAGA CCD	30/11/2018	Limpopo Champs
26	3:10.61 L	F	Danielle Luyt	23	NWUC KKD	06/12/2018	NWS Championships 2018/2019
27	3:12.00 L	F	Enya De Jager	19	MWU NGD	30/11/2018	Mpumalanga Championships 2018
28	3:14.26 L	F	Natalie Arthur	19	HASC JHB	22/09/2018	CGA SANJ/Level 3 Gala No 1
29	3:20.26 L	F	Michele Esterhuizen	46	CSA EZD	28/09/2018	MP AGE GROUP 1 - 28-29
30	3:22.43 L	F	Caylin Carlisle	19	FLOD JHB	06/12/2018	CGA Championships 2018
31	3:25.34 L	F	Cornelle Leach	20	NWUC KKD	06/12/2018	NWS Championships 2018/2019
32	3:26.27 L	F	Courtney Musson	24	NMU NMA	24/08/2018	USSA Swimming Championships
33	3:53.88 L	F	Melisa O'Neill	AR	TSSC ETH	24/08/2018	KZN Beavers Winter LC Champs 2018
34	3:58.00 L	F	Cornelia Fowler	38	INFA NMA	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
35	3:58.29 L	F	Michaela Kretzen	19	ASA CPT	04/10/2018	Aquabear Invitational Meet
36	3:59.83 L	F	Rentia Oosthuizen	27	INFA NMA	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
37	4:14.02 L	F	Jennifer Higgins	35	NDSA ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
38	4:35.55 L	F	Mia Vd Merwe	20	WCA WCA	18/03/2019	2019 SASA-II National Open
39	4:41.85 L	F	Claire Murray	28	BEAV ETH	16/06/2018	eThekwini Age Group Gala 3
40	5:57.00 L	F	Nelile Makhanya	AR	ASC HLD	09/12/2018	eThekwini Level 1 Program 5
41	6:00.58 L	F	Nasyi Strauss	19	ESS EZD	02/02/2019	MP AGE GROUP 4 - 2 FEBRUARY

Individual Top Times

Times since: 01-May-18 Times until: 30-Apr-19
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
Women 19 & OVER 50 Fly							
1	26.30	L	F	Erin Gallagher	20	KZNA	ETH 08/04/2019 Sa National Aquatic Championship 2019
2	26.63	L	F	Tayla Lovemore	24	KZNA	ETH 08/04/2019 Sa National Aquatic Championship 2019
3	27.42	L	F	Hannah McLean-Leonard	20	KZNA	ETH 08/04/2019 Sa National Aquatic Championship 2019
4	27.82	L	F	Emma Chelius	22	WCA	WCA 08/04/2019 Sa National Aquatic Championship 2019
5	28.37	L	P	Courtney van Biljon	20	NWS	08/04/2019 Sa National Aquatic Championship 2019
6	28.96	L	F	Megan Hesse	24	PAC	TSH 15/02/2019 NTS February 2019 Age Group Gala
7	29.32	L	F	Camryn Wheals	21	SEAL	UMD 10/07/2018 TYR PRESTIGE CHAMPIONSHIPS
8	29.52	L	F	Marizel Van Jaarsveld	19	MDOL	JHB 25/06/2018 Sasol National Championship 2018
9	29.54	L	P	Danica McWilliam	23	DRGN	JHB 22/02/2019 2019 Grand Prix Invitational Swimming
10	29.63	L	F	Tahlia Botha	19	TYGE	CPT 05/12/2018 Western Cape Summer Championships
11	29.64	L	P	Jamie Reynolds	21	SEAL	UMD 10/07/2018 TYR PRESTIGE CHAMPIONSHIPS
12	29.71	L	P	Lizanne Viljoen	20	AGC	TSH 08/04/2019 Sa National Aquatic Championship 2019
13	29.84	L	F	Tatjana Schoenmaker	21	TUKS	TSH 11/01/2019 NTS January 2019 Age Group Gala
14	30.03	L	F	Nathania Van Niekerk	20	TUKS	TSH 28/09/2018 NTS September 2018 Age Group Gala
15	30.14	L	P	Kaylene Corbett	19	TUKS	TSH 22/02/2019 2019 Grand Prix Invitational Swimming
16	30.27	L	P	Carina Brand	19	FAAC	FBD 10/07/2018 TYR PRESTIGE CHAMPIONSHIPS
17	30.28	L	F	Cornell Loubser	24	NWUC	KKD 06/12/2018 NWS Championships 2018/2019
18	30.38	L	P	Ashleigh Green	19	SEAL	UMD 20/03/2019 SA National JNR Age Group Champs
19	30.41	L	F	Sabrina-Lee Filipe	19	PAA	TSH 24/08/2018 KZN Beavers Winter LC Champs 2018
20	30.51	L	F	Tanya Pieterse	19	TUKS	TSH 24/08/2018 USSA Swimming Championships
21	30.59	L	F	Thilde Victor	37	DYNA	EKU 15/09/2018 Adrian Grafe Speedo Sprint Meet 2018
22	30.64	L	F	Jessica Canter	19	MATI	CED 22/06/2018 PEA Winter Gala 2018
23	30.79	L	F	Marné Meier	20	NWUC	KKD 24/08/2018 USSA Swimming Championships
24	30.88	L	F	Ashleigh Hunter	19	EAGA	CCD 30/11/2018 Limpopo Champs
25	30.89	L	F	Tove Van Zyl	21	TUKS	TSH 02/11/2018 NTS Nov 2018 Age Group Gala
26	30.95	L	F	Emily Visagie	21	SGUL	ETH 10/07/2018 TYR PRESTIGE CHAMPIONSHIPS
27	31.03	L	F	Marne Frylinck	20	SGUL	ETH 27/10/2018 eThekwini Age Group Gala 8
28	31.19	L S	F	Bathandwa Dyantyi	21	USC	BUF 08/02/2019 5th A League
29	31.44	L	F	Samantha Blaauw	23	NWUC	KKD 24/08/2018 USSA Swimming Championships
30	31.48	L	F	Abigail Havenga	19	CSC	TSH 15/02/2019 NTS February 2019 Age Group Gala
31	31.54	L	P	Anél De Vos	21	TUKS	TSH 10/07/2018 TYR PRESTIGE CHAMPIONSHIPS
32	31.59	L	F	Annissa Koekemoer	19	ASA	CPT 05/12/2018 Western Cape Summer Championships
33	31.66	L	F	Tracy Gous	43	PEMA	NMA 02/11/2018 37th Freda Barnard Gala Invitational
34	31.81	L	F	Amy Ackerman	19	FLOD	JHB 22/09/2018 CGA SANJ/Level 3 Gala No 1
35	31.86	L S	F	Bianca Gray	20	MATI	CED 27/11/2018 FS Champs
36	32.03	L	F	Nadia Blaauw	21	NWUC	KKD 25/06/2018 Sasol National Championship 2018
37	32.18	L S	F	Kelly Wigleven	24	PEAS	NMA 08/02/2019 5th A League
38	32.19	L	F	Savannah Mitchell	20	BENS	EKU 07/12/2018 EGA Championships 2018
39	32.26	L	F	Licinda Kleynhans	22	NWUC	KKD 25/06/2018 Sasol National Championship 2018
40	32.31	L	F	Nepo Ntsono	21	NMU	NMA 24/08/2018 USSA Swimming Championships
41	32.36	L	F	Michele Esterhuizen	46	CSA	MPD 15/09/2018 MP Xerox Sprint Gala - 15 September
42	32.39	L	F	Samantha Randle	20	TUKS	TSH 11/01/2019 NTS January 2019 Age Group Gala
43	32.48	L	F	Amarah Rangraze	20	ATLA	JHB 22/09/2018 CGA SANJ/Level 3 Gala No 1
44	32.51	L	F	Natalie Arthur	19	HASC	JHB 22/09/2018 CGA SANJ/Level 3 Gala No 1
45	32.52	L	F	Sasha-Lee Nordengen-Corris	21	SGUL	ETH 29/09/2018 eThekwini Age Group Gala 6
46	32.56	L	F	Tanya Abrie	23	WATR	JHB 19/01/2019 CGA Last Chance Level 3-SANJ gala
47	32.65	L	F	Natalie Billson	21	MATI	CED 22/06/2018 PEA Winter Gala 2018
48	32.86	L	F	Tanya Osborne	46	FEMS	EDD 23/11/2018 Eden LC Champs 2018
49	32.91	L	F	Kelly Mc Cann	25	KLOO	ETH 25/06/2018 Sasol National Championship 2018
50	33.38	L	F	Nastasiya Vrey	20	TUKS	TSH 26/10/2018 NTS Prestige Gala 2018
51	33.51	L S	F	Justine Holmes	19	BLNE	MAN 27/11/2018 FS Champs
52	34.16	L	F	Courtney Scheuble	19	DRGN	JHB 27/10/2018 CGA Level 3 SANJ Gala No 2
53	34.29	L	F	Caylin Carlisle	19	FLOD	JHB 06/12/2018 CGA Championships 2018
54	34.51	L	F	Kayla Isaacs	25	MATI	CED 24/08/2018 USSA Swimming Championships
55	34.52	L	F	Demi Leech	19	SOUL	EKU 15/09/2018 Adrian Grafe Speedo Sprint Meet 2018
56	34.68	L	F	Annorina Groenewald	38	KALA	JTD 13/10/2018 Age Group 1 2018 Kathu
57	34.80	L	F	Esmari Theart	23	KALA	JTD 06/12/2018 NCASA Champs Dec 2018
58	35.29	L	F	Courtney Musson	24	NMU	NMA 24/08/2018 USSA Swimming Championships

Individual Top Times

Times since: 01-May-18 **Times until: 30-Apr-19**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
59	35.42 L	F	Done Irving	39	SMSC ETH	26/01/2019	Ushaka Championship Gala 2019
60	35.73 L	F	Leatitia Human	21	GHSK FBD	06/12/2018	NCASA Champs Dec 2018
61	35.83 L	F	Wendy Cook	48	USH UHD	26/01/2019	Ushaka Championship Gala 2019
62	35.95 L	F	Ashley Reimers	21	NWUC KKD	16/02/2019	NWS Last Chance AG5 1819
63	37.16 L	F	Michaela Kretzen	19	WCA WCA	08/04/2019	Sa National Aquatic Championship 2019
64	38.78 L	P	Kate-Lynne Kuhn	27	KSC EZD	30/11/2018	Mpumalanga Championships 2018
65	38.86 L	F	Danielle Luyt	23	NWUC KKD	06/12/2018	NWS Championships 2018/2019
66	42.41 L	F	Petra Frenzel	50	SYNR ETH	16/02/2019	KCDA February Age Group Gala
67	48.63 L	P	Jennifer Higgins	35	NDSA ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
68	49.27 L	F	Mia Vd Merwe	20	WCA WCA	18/03/2019	2019 SASA-II National Open
69	51.93 L S	F	Maria Steyn	52	BLSS MAN	27/11/2018	FS Champs
70	52.04 L	P	Emily Khumalo	37	FINS EZD	30/11/2018	Mpumalanga Championships 2018
71	52.39 L	P	Nasyi Strauss	19	MPS NGD	10/12/2018	SA Schools Swimming Championship
72	53.89 L	F	Melisa O'Neill	AR	TSSC ETH	24/08/2018	KZN Beavers Winter LC Champs 2018
73	54.24 L	F	Rentia Oosthuizen	27	INFA NMA	30/11/2018	NMBA Championships 2018
74	57.25 L	F	Songo Mfikili	26	HARL BUF	16/03/2019	BCA Level 1 Gala 2019
75	1:04.16 L	F	Helena Farrelly	56	FEMS EDD	19/01/2019	EDEN 4th A-League Gala 2019
76	1:07.92 L	F	Claire Murray	28	BEAV ETH	24/08/2018	KZN Beavers Winter LC Champs 2018
77	1:42.32 L	F	Mandiswa Nzuza	AN	ASC HLD	28/10/2018	eThekwini Level 1 Program 2
Women 19 & OVER 100 Fly							
1	57.67 L	F	Erin Gallagher	20	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
2	59.35 L	P	Tayla Lovemore	24	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
3	1:01.01 L	F	Hannah McLean-Leonard	20	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
4	1:02.70 L	F	Emma Chelius	22	WCA WCA	08/04/2019	Sa National Aquatic Championship 2019
5	1:04.31 L	F	Marlies Ross	21	AGC TSH	08/04/2019	Sa National Aquatic Championship 2019
6	1:05.19 L S	F	Marizel Van Jaarsveld	19	MDOL JHB	25/06/2018	Sasol National Championship 2018
7	1:05.49 L	P	Lizanne Viljoen	20	AGC TSH	08/04/2019	Sa National Aquatic Championship 2019
8	1:05.58 L	P	Megan Hesse	24	PAC TSH	07/12/2018	NTS Championships 2018
9	1:06.25 L	F	Courtney van Biljon	20	NWS-A	01/02/2019	NTS Invitational Gala 2019
10	1:06.61 L S	F	Carina Brand	19	FAAC FBD	27/11/2018	FS Champs
11	1:07.13 L S	F	Emily Visagie	21	SGUL ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
12	1:07.27 L	F	Sabrina-Lee Filipe	19	PAA TSH	07/12/2018	NTS Championships 2018
13	1:07.50 L S	P	Camryn Wheals	21	SEAL UMD	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
14	1:07.58 L	P	Ashleigh Green	19	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
15	1:07.61 L	F	Cornell Loubser	24	NWUC KKD	06/12/2018	NWS Championships 2018/2019
16	1:07.73 L	P	Jessica Canter	19	MATI CED	22/02/2019	2019 Grand Prix Invitational Swimming
17	1:08.29 L	P	Danica McWilliam	23	DRGN JHB	22/02/2019	2019 Grand Prix Invitational Swimming
18	1:08.38 L	P	Marne Frylinck	20	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
19	1:08.82 L	F	Samantha Randle	20	TUKS TSH	28/09/2018	NTS September 2018 Age Group Gala
20	1:08.92 L	F	Kristin Bellingan	21	SGUL ETH	20/10/2018	eThekwini Age Group 7
21	1:09.87 L	F	Licinda Kleynhans	22	NCASA NGD	03/11/2018	Fezile Dabi Inter District Gala 2018
22	1:10.23 L	F	Sasha-Lee Nordengen-Corris	21	XSAQ CPT	24/08/2018	USSA Swimming Championships
23	1:10.65 L	F	Carmen Le Roux	21	MATI CED	24/08/2018	USSA Swimming Championships
24	1:10.95 L	F	Jamie Reynolds	21	SEAL UMD	29/06/2018	Hamilton Aquatics Summer Sizzler
25	1:11.04 L	F	Nepo Ntsono	21	NMU NMA	24/08/2018	USSA Swimming Championships
26	1:11.22 L	F	Tahlia Botha	19	TYGE CPT	05/12/2018	Western Cape Summer Championships
27	1:11.37 L	F	Ashleigh Hunter	19	EAGA CCD	30/11/2018	Limpopo Champs
28	1:11.62 L	F	Erin Anderson	20	TUKS TSH	24/08/2018	USSA Swimming Championships
29	1:11.83 L	F	Kelly Vroon	19	MATI CED	24/08/2018	USSA Swimming Championships
30	1:11.92 L	F	Nastasiya Vrey	20	TUKS TSH	07/12/2018	NTS Championships 2018
31	1:12.05 L S	F	Nadia Blaauw	21	NWUC KKD	25/06/2018	Sasol National Championship 2018
32	1:12.35 L	F	Samantha Blaauw	23	NWUC KKD	24/08/2018	USSA Swimming Championships
33	1:12.52 L	F	Robyn Kinghorn	19	ACSA ETH	16/06/2018	eThekwini Age Group Gala 3
34	1:12.69 L	F	Abigail Havenga	19	CSC TSH	15/02/2019	NTS February 2019 Age Group Gala
35	1:13.42 L	F	Savannah Mitchell	20	BENS ECU	07/12/2018	EGA Championships 2018
36	1:13.64 L	F	Annisia Koekemoer	19	ASA CPT	05/12/2018	Western Cape Summer Championships
37	1:14.85 L	F	Bathandwa Dyantyi	21	AQUA BUF	22/06/2018	PEA Winter Gala 2018
38	1:15.13 L	F	Natalie Billson	21	MATI CED	22/06/2018	PEA Winter Gala 2018
39	1:15.53 L	F	Michele Esterhuizen	46	CSA MPD	30/11/2018	Mpumalanga Championships 2018

Individual Top Times

Times since: 01-May-18 **Times until: 30-Apr-19**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
40	1:15.87 L	F	Tanya Osborne	46	FEMS EDD	23/11/2018	Eden LC Champs 2018
41	1:16.67 L	F	Tanya Pieterse	19	TUKS FSH	24/08/2018	USSA Swimming Championships
42	1:18.60 L	P	Natalie Arthur	19	HASC JHB	06/12/2018	CGA Championships 2018
43	1:18.70 L	P	Amarah Rangraze	20	ATLA JHB	15/06/2018	Rossini Swim Cup
44	1:19.09 L	F	Caylin Carlisle	19	FLOD JHB	23/02/2019	EGA Summer 5 23-24.02.2019
45	1:21.01 L	P	Alani Ferreira	20	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
46	1:21.16 L S	F	Thilde Victor	37	VICT EKU	25/06/2018	Sasol National Championship 2018
47	1:24.05 L	F	Annorina Groenewald	38	KALA JTD	06/12/2018	NCASA Champs Dec 2018
48	1:30.61 L	P	Michaela Kretzen	19	WCA WCA	08/04/2019	Sa National Aquatic Championship 2019
49	1:40.02 L	F	Anna Kruger	19	HPP WBD	16/10/2018	Limpopo Top 10 - High Schools
50	1:53.37 L	F	Melisa O'Neill	AR	TSSC ETH	16/02/2019	eThekwi Age Group Gala 10 & 11
51	1:55.58 L	F	Jennifer Higgins	35	NDSA ETH	16/06/2018	eThekwi Age Group Gala 3
52	2:02.78 L	F	Rentia Oosthuizen	27	INFA NMA	30/11/2018	NMBA Championships 2018
53	2:02.84 L	F	Maria Steyn	52	BLSS MAN	16/03/2019	Level 1 2019 BFN
54	2:17.50 L	F	Nasyi Strauss	19	ESS EZD	02/03/2019	MP AGE GROUP 6 - 2 MARCH 2019
55	2:36.54 L	F	Claire Murray	28	BEAV ETH	24/08/2018	KZN Beavers Winter LC Champs 2018
Women 19 & OVER 200 Fly							
1	2:20.57 L	P	Hannah McLean-Leonard	20	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
2	2:22.79 L	F	Jessica Whelan	22	RSA	10/09/2018	13th African Swimming Champs
3	2:23.20 L	F	Lizanne Viljoen	20	AGC FSH	08/04/2019	Sa National Aquatic Championship 2019
4	2:26.09 L	F	Nathania Van Niekerk	20	TUKS FSH	24/08/2018	USSA Swimming Championships
5	2:28.99 L	F	Cornell Loubser	24	NWUC KKD	24/08/2018	USSA Swimming Championships
6	2:34.04 L	F	Ashleigh Green	19	SEAL UMD	20/03/2019	SA National JNR Age Group Champs
7	2:35.58 L	F	Carina Brand	19	FAAC FBD	13/09/2018	Fina -Swimming World Cup 2018 Doha
8	2:36.56 L	F	Jessica Canter	19	MATI CED	24/08/2018	USSA Swimming Championships
9	2:36.93 L	F	Marizel Van Jaarsveld	19	MDOL JHB	25/06/2018	Sasol National Championship 2018
10	2:37.88 L	F	Samantha Blaauw	23	NWUC KKD	24/08/2018	USSA Swimming Championships
11	2:47.09 L	F	Ashleigh Hunter	19	EAGA CCD	15/09/2018	Limpopo Age Group 3
12	3:00.63 L	F	Annissa Koekemoer	19	ASA CPT	05/12/2018	Western Cape Summer Championships
13	3:08.76 L	F	Nina Finch	22	MATI CED	24/08/2018	USSA Swimming Championships
14	3:10.93 L	F	Caylin Carlisle	19	FLOD JHB	06/12/2018	CGA Championships 2018
Women 19 & OVER 200 IM							
1	2:18.44 L S	F	Marlies Ross	21	AGC FSH	08/04/2019	Sa National Aquatic Championship 2019
2	2:19.91 L	F	Jessica Whelan	22	RSA	10/09/2018	13th African Swimming Champs
3	2:20.18 L	F	Tatjana Schoenmaker	21	TUKS FSH	24/08/2018	USSA Swimming Championships
4	2:21.99 L	F	Samantha Randle	20	RSA	10/09/2018	13th African Swimming Champs
5	2:22.15 L	F	Kaylene Corbett	19	TUKS FSH	22/02/2019	2019 Grand Prix Invitational Swimming
6	2:22.30 L S	F	Mariella Venter	19	AGB JHB	08/04/2019	Sa National Aquatic Championship 2019
7	2:23.47 L	F	Tahlia Botha	19	TYGE CPT	20/03/2019	SA National JNR Age Group Champs
8	2:23.74 L	F	Nathania Van Niekerk	20	TUKS FSH	05/12/2018	Western Cape Summer Championships
9	2:24.36 L S	F	Emily Visagie	21	SGUL ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
10	2:25.33 L	F	Marizel Van Jaarsveld	19	MDOL JHB	25/06/2018	Sasol National Championship 2018
11	2:25.84 L S	F	Marne Frylinck	20	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
12	2:28.88 L	F	Kate Beavon	19	WATR JHB	19/01/2019	CGA Last Chance Level 3-SANJ gala
13	2:29.04 L S	P	Ashleigh Green	19	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
14	2:29.70 L	F	Jamie Reynolds	21	SEAL UMD	29/06/2018	Hamilton Aquatics Summer Sizzler
15	2:29.81 L	F	Erin Anderson	20	TUKS FSH	26/10/2018	NTS Prestige Gala 2018
16	2:31.43 L	F	Nadia Blaauw	21	NWUC KKD	24/08/2018	USSA Swimming Championships
17	2:31.65 L	F	Amica De Jager	19	NMU NMA	04/10/2018	Aquabear Invitational Meet
18	2:32.22 L S	P	Nastasiya Vrey	20	AGC FSH	08/04/2019	Sa National Aquatic Championship 2019
19	2:33.36 L	F	Brie Parker	22	NDSA ETH	27/07/2018	eThekwi NDSA Gala 2018
20	2:35.24 L S	F	Maria Heymans	20	SGUL ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
21	2:36.21 L	F	Carmen Le Roux	21	MATI CED	24/08/2018	USSA Swimming Championships
22	2:36.34 L	F	Licinda Kleynhans	22	NWUC KKD	24/08/2018	USSA Swimming Championships
23	2:36.47 L	F	Sasha-Lee Nordengen-Corris	21	XSAQ CPT	24/08/2018	USSA Swimming Championships
24	2:36.97 L	F	Bathandwa Dyantyi	21	AQUA BUF	22/06/2018	PEA Winter Gala 2018
25	2:37.00 L	F	Thelise Saunders	19	UNIN MPD	15/09/2018	MP Xerox Sprint Gala - 15 September
26	2:37.39 L	F	Kelly Vroon	19	MATI CED	24/08/2018	USSA Swimming Championships

Individual Top Times

Times since: 01-May-18 **Times until: 30-Apr-19**
Number of Top Times: All **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
27	2:39.11 L	F	Ashleigh Hunter	19	EAGA CCD	30/11/2018	Limpopo Champs
28	2:39.47 L S	F	Helen Taylor	21	AZON ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
29	2:41.20 L	F	Nepo Ntsono	21	NMU NMA	30/11/2018	NMBA Championships 2018
30	2:42.45 L	F	Carina Brand	19	FAAC FBD	27/11/2018	FS Champs
31	2:44.43 L	F	Abigail Havenga	19	CSC TSH	15/02/2019	NTS February 2019 Age Group Gala
32	2:44.83 L	F	Camryn Wheals	21	SEAL UMD	29/06/2018	Hamilton Aquatics Summer Sizzler
33	2:44.84 L	F	Annisia Koekemoer	19	ASA CPT	25/01/2019	CTMA/TYR Qualifying Gala #3
34	2:45.28 L	F	Savannah Mitchell	20	BENS ECU	29/09/2018	EGA Summer 1 Soncini Games Trials
35	2:45.64 L	F	Natalie Billson	21	MATI CED	24/08/2018	USSA Swimming Championships
36	2:47.68 L	F	Justine Holmes	19	BLNE MAN	27/11/2018	FS Champs
37	2:47.84 L	F	Alani Ferreira	20	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
38	2:49.22 L	P	Demi Leech	19	SOUL ECU	07/12/2018	EGA Championships 2018
39	2:50.93 L	F	Stephanie Askew	19	MATI CED	12/01/2019	CGA Level 2 Gala No 4 - 12 Jan 2019
40	2:52.28 L	P	Natalie Arthur	19	HASC JHB	06/12/2018	CGA Championships 2018
41	2:52.79 L	F	Caylin Carlisle	19	FLOD JHB	24/11/2018	CGA Level 3/SANJ Gala No 3
42	2:53.09 L	F	Tanya Osborne	46	FEMS EDD	23/11/2018	Eden LC Champs 2018
43	2:54.16 L	F	Jacoba Fourie	21	NWUC KKD	27/10/2018	NWS Age Group 1 1819
44	2:56.13 L	F	Michele Esterhuizen	46	CSA MPD	30/11/2018	Mpumalanga Championships 2018
45	2:56.92 L	F	Courtney Scheuble	19	DRGN JHB	27/10/2018	CGA Level 3 SANJ Gala No 2
46	3:04.39 L	F	Amy Ackerman	19	FLOD JHB	24/11/2018	CGA Level 3/SANJ Gala No 3
47	3:07.84 L	F	Kayla Isaacs	25	MATI CED	24/08/2018	USSA Swimming Championships
48	3:07.97 L	F	Michaela Kretzen	19	WCA WCA	08/04/2019	Sa National Aquatic Championship 2019
49	3:09.47 L	F	Annorina Groenewald	38	KALA JTD	17/11/2018	NCASA Age Group 3 KTU 2018
50	3:11.77 L	F	Anna Kruger	19	HPP WBD	16/10/2018	Limpopo Top 10 - High Schools
51	3:25.65 L	P	Brigitte Thyse	29	SWIFT ECU	07/12/2018	EGA Championships 2018
52	3:34.32 L	F	Cornelia Fowler	38	KZNA ETH	08/04/2019	Sa National Aquatic Championship 2019
53	3:40.67 L S	P	Jennifer Higgins	35	NSDA ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
54	3:41.51 L	F	Maria Steyn	52	BLSS MAN	16/03/2019	Level 1 2019 BFN
55	3:43.69 L	F	Melisa O'Neill	AR	TSSC ETH	26/05/2018	eThekwini Age Group Gala 1
56	3:57.79 L	F	Mia Vd Merwe	20	WCA WCA	18/03/2019	2019 SASA-II National Open
57	3:59.72 L	F	Emily Khumalo	37	FINS EZD	18/01/2019	MP AGE GROUP 3 18-19 JANUARY
58	4:06.90 L	F	Rentia Oosthuizen	27	INFA NMA	26/05/2018	eThekwini Age Group Gala 1
59	4:17.39 L	F	Claire Murray	28	BEAV ETH	24/08/2018	KZN Beavers Winter LC Champs 2018
60	4:36.41 L	F	Nasyi Strauss	19	ESS EZD	26/10/2018	Top Schools - High School 28 October
Women 19 & OVER 400 IM							
1	4:54.96 L	F	Marlies Ross	21	AGC TSH	08/04/2019	Sa National Aquatic Championship 2019
2	4:54.97 L	F	Samantha Randle	20	AGC TSH	08/04/2019	Sa National Aquatic Championship 2019
3	5:00.66 L	F	Jessica Whelan	22	RSA	10/09/2018	13th African Swimming Champs
4	5:01.12 L	F	Kate Beavon	19	WATR JHB	20/03/2019	SA National JNR Age Group Champs
5	5:04.23 L	F	Emily Visagie	21	SGUL ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
6	5:06.96 L	F	Marne Frylinck	20	SGUL ETH	10/07/2018	TYR PRESTIGE CHAMPIONSHIPS
7	5:17.77 L	F	Erin Anderson	20	TUKS TSH	24/08/2018	USSA Swimming Championships
8	5:17.91 L	F	Nadia Blaauw	21	NWS	08/04/2019	Sa National Aquatic Championship 2019
9	5:19.88 L	F	Marizel Van Jaarsveld	19	MDOL JHB	25/06/2018	Sasol National Championship 2018
10	5:27.65 L	F	Thelise Saunders	19	UNIN MPD	30/11/2018	Mpumalanga Championships 2018
11	5:31.81 L	F	Kelly Vroon	19	MATI CED	24/08/2018	USSA Swimming Championships
12	5:35.79 L	F	Cornell Loubser	24	NWUC KKD	24/08/2018	USSA Swimming Championships
13	5:35.83 L	F	Licinda Kleynhans	22	NWUC KKD	24/08/2018	USSA Swimming Championships
14	5:46.59 L	F	Nepo Ntsono	21	NMU NMA	30/11/2018	NMBA Championships 2018
15	5:47.89 L	F	Carina Brand	19	FAAC FBD	19/10/2018	Flamingo Aquatics Academy Prestige
16	5:48.87 L	F	Natalie Billson	21	MATI CED	24/08/2018	USSA Swimming Championships
17	5:54.83 L	F	Samantha Blaauw	23	NWUC KKD	10/11/2018	NWS Age Group 2 1819
18	6:03.69 L	F	Demi Leech	19	SOUL ECU	07/12/2018	EGA Championships 2018
19	6:10.15 L	F	Tanya Osborne	46	FEMS EDD	23/11/2018	Eden LC Champs 2018