

Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
Men 19 & Over							
			50 Free				
1	22.21	L	F	Bradley Tandy	28	RSA	21/08/2019 12th African Games Rabat
2	22.57	L	F	Douglas Erasmus	30	RSA	21/08/2019 12th African Games Rabat
3	23.08	L	F	Zane Waddell	22	RSA	03/07/2019 2019 World University Games
4	23.17	L	P	Ryan Coetzee	24	SEAL UMD	16/01/2020 2019-20 - TYR Pro Swim Series #2
5	23.20	L	F	Clayton Jimmie	24	SEAL UMD	17/12/2019 KZNA Premier Provincial Championship
6	23.23	L	P	Chad Le Clos	28	RSA	07/11/2019 FINA Swimming World Cup 2019 Doha
7	23.47	L	F	Daniel Ronaldson	23	SGUL ETH	31/01/2020 2020 Grand Prix Invitational Swimming
8	23.61	L	P	Ross Hartigan	21	TUKS FSH	04/12/2019 NTS Championships 2019
9	23.68	L	P	Evan Matthyssen	21	RSA	11/10/2019 Fina -Swimming World Cup 2019 Berlin
10	23.73	L L	F	Simon Haddon	21	SAAW CPT	01/12/2019 Western Cape Summer Championships
11	23.80	L	P	Jarryd Botha	35	RSA	04/10/2019 Fina -Swimming World Cup 2019
12	23.85	L	P	Justin Kraatz	27	SGUL ETH	15/08/2019 Fina -Swimming World Cup 2019
13	23.98	L	P	James Freeman	19	TUKS FSH	13/12/2019 Amstel Cup - Amsterdam
14*	24.00	L	P	Alard Basson	24	NMU NMA	31/01/2020 2020 Grand Prix Invitational Swimming
14*	24.00	L	F	Ronan Wantenaar	19	MAC EKU	20/08/2019 7th FINA World Junior Swimming
16	24.07	L	P	Alaric Basson	24	NMU NMA	31/01/2020 2020 Grand Prix Invitational Swimming
17	24.13	L S	F	Jan Moll	19	DYNA EKU	24/06/2019 Sasol National Winter Championship
18	24.17	L	F	Alex Goddard	19	AQUA BUF	22/11/2019 BCA Long Course Championships 2019
19	24.22	L	F	Matthew Bowers	24	HASC JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
20	24.33	L	P	Sean Behrens	26	ACSA ETH	17/12/2019 KZNA Premier Provincial Championship
21	24.36	L	F	Jordan Royle	19	INFA NMA	29/11/2019 NMBA Championships 2019
22	24.40	L	F	Jacobus Jv Rensburg	24	TUKS FSH	20/09/2019 USSA Swimming Championships
23	24.47	L	F	Louw Oberholzer	20	TUKS FSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
24	24.50	L	F	Josef Kieser	22	MATI CED	29/06/2019 Kavala 2019
25	24.51	L	F	Tahir Essof	19	ATLA JHB	21/02/2020 2020 Grand Prix Invitational Swimming
26	24.57	L	F	Cameron Oliver	23	MDOL JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
27	24.62	L	F	Andrew Brown	21	WATR JHB	26/09/2019 Aquabear Invitational Meet 2019
28	24.64	L	F	Divan Pretorius	19	BOKS EKU	08/11/2019 EGA Summer 4
29	24.67	L	P	Jan Venter	31	UNIN MPD	29/11/2019 Mpumalanga Championships 2019
30	24.68	L	P	Bryce Pendock	23	MATI CED	01/12/2019 Western Cape Long Course
31	24.73	L	F	Michael McGlynn	20	ACSA ETH	17/12/2019 KZNA Premier Provincial Championship
32*	24.78	L L	F	Georgios Synodinos	20	TUKS FSH	04/12/2019 NTS Championships 2019
32*	24.78	L	P	Jacques Van Wyk	27	PAA FSH	04/12/2019 NTS Championships 2019
34	24.82	L S	F	Armand Nortjé	20	TTNS EKU	24/06/2019 Sasol National Winter Championship
35*	24.84	L	F	Ockert Vermeulen	22	TUKS FSH	04/12/2019 NTS Championships 2019
35*	24.84	L L	F	Ruben Theunissen	20	RFA FSH	04/12/2019 NTS Championships 2019
37	24.87	L	F	Nicolaas Deacon	25	VRC FSH	04/12/2019 NTS Championships 2019
38	24.91	L	F	Jano Beukes	19	HSBV SKD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
39	24.94	L	F	Joshua Stegen	21	SEAL UMD	17/12/2019 KZNA Premier Provincial Championship
40	24.95	L	F	Christiaan Engelbrecht	20	CLSC WCD	01/12/2019 Western Cape Summer Championships
41	24.96	L	F	Van Zyl Brand	22	NWUC KKD	05/12/2019 NWS Championships 2019/2020
42	24.99	L	F	Edwin Jeppe	28	CAMPS CPT	01/12/2019 Western Cape Summer Championships
43	25.01	L	P	Massimo Di Paolo	20	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
44	25.03	L	F	Nathan Armstrong	20	TRAZ FSH	15/11/2019 NTS November 2019 Age Group Gala
45*	25.05	L	F	Janco Rademeyer	20	TUKS FSH	04/12/2019 NTS Championships 2019
45*	25.05	L	P	Wesley Wright	20	TUKS FSH	04/12/2019 NTS Championships 2019
47	25.08	L	F	Daniel Vorster	22	NMU NMA	29/11/2019 NMBA Championships 2019
48	25.10	L S	F	Cullen Thomas	ZR	BLOT MAN	26/11/2019 FS Champs
49	25.11	L	P	Rourke McGrath	19	RSA	04/10/2019 Fina -Swimming World Cup 2019
50*	25.12	L	F	Rhett Thackwray	21	MATI CED	20/09/2019 USSA Swimming Championships
50*	25.12	L	F	Marno Langeveldt	26	TOTIS ETH	17/12/2019 KZNA Premier Provincial Championship
52	25.14	L	F	Johannes Zandberg	36	VRC FSH	14/02/2020 NTS February 2020 Age Group Gala
53	25.17	L	F	Adrian Robinson	20	TUKS FSH	15/11/2019 NTS November 2019 Age Group Gala
54	25.18	L	F	Andrey Omeltchenko	19	PAA FSH	30/08/2019 NTS August 2019 Age Group Gala Level
55*	25.23	L	F	Schalk Van Heerden	20	TUKS FSH	15/11/2019 NTS November 2019 Age Group Gala
55*	25.23	L S	F	Thinus Matthee	22	KOVS MAN	26/11/2019 FS Champs
57	25.25	L	S	Robert Le Roux	20	TUKS FSH	04/12/2019 NTS Championships 2019
58*	25.28	L	F	Ma'az Khota	19	RBOT BPD	05/12/2019 NWS Championships 2019/2020

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58*	25.28 L	F	Johannes Smit	20	WOAQ CED	01/12/2019	Western Cape Summer Championships
60	25.30 L	F	Andries Van Tonder	20	MPS NGD	19/10/2019	T. GOLFINHOS SPRINT 2019-2020
61	25.35 L	F	Ryan Botha	23	PSC TSH	04/12/2019	NTS Championships 2019
62	25.39 L	F	Luke Ashton	19	HASC JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
63	25.41 L	F	Brenden Crawford	24	DRGN JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
64	25.42 L	P	Sean Silverwood	20	TUKS TSH	04/12/2019	NTS Championships 2019
65	25.45 L	P	Daniel Triggiani	19	FRA ETH	17/12/2019	KZNA Premier Provincial Championship
66	25.48 L	P	Erick Loubser	19	RFA TSH	04/12/2019	NTS Championships 2019
67	25.52 L	F	Benjamin Plattner	20	TUKS TSH	21/02/2020	2020 Grand Prix Invitational Swimming
68*	25.53 L L	F	Jarryd Snyman	20	MATI CED	01/12/2019	Western Cape Long Course
68*	25.53 L	F	Jan vd Merwe	26	TUKS TSH	20/09/2019	USSA Swimming Championships
70	25.54 L	F	Bradley Reen	43	PEAS NMA	14/06/2019	PEA Winter Gala
71	25.57 L	F	Donovan Mcantagart	23	USC BUF	22/11/2019	BCA Long Course Championships 2019
72	25.58 L	F	Cole Craig	19	NMU NMA	29/11/2019	NMBA Championships 2019
73	25.59 L	F	Matthew Roos	20	NWUC KKD	05/12/2019	NWS Championships 2019/2020
74	25.60 L	F	Bradley Bloem	20	WATR JHB	03/11/2019	CGA All Levels
75	25.64 L	F	Neil Fair	23	CSC TSH	18/10/2019	NTS Prestige Gala 2019
76	25.65 L	F	Raymond Kockott	19	TKS WBD	29/11/2019	Limpopo Champs
77	25.66 L	F	Gabriel Forbes	22	SAAW CPT	01/12/2019	Western Cape Long Course
78	25.68 L	F	William Ochse	22	MATI CED	20/09/2019	USSA Swimming Championships
79	25.71 L	F	Jaden Harris	20	DRGN JHB	05/12/2019	CGA Championships 2019
80*	25.77 L	F	Estiaan Terblanche	20	HARL BUF	21/02/2020	BCA 2nd Feb Age Group Gala 2020
80*	25.77 L	F	Rance Gower-Winter	20	SGUL ETH	08/02/2020	eThekwini Age Group Gala 10
82	25.79 L	F	Kyle Gericke	19	DRGN JHB	15/02/2020	EGA Last Chance Feb 2020
83*	25.80 L	F	Pierre Dellieu	21	ELEC JHB	05/12/2019	CGA Championships 2019
83*	25.80 L	P	Johannes Fourie	19	USH KCD	31/01/2020	2020 Grand Prix Invitational Swimming
85*	25.82 L	F	Mpumelelo Mosue	22	TUKS TSH	18/10/2019	NTS Prestige Gala 2019
85*	25.82 L	F	Ruben Smit	19	TUKS TSH	18/10/2019	NTS Prestige Gala 2019
87	25.84 L	F	Jeandre Lindeque	19	RFA TSH	18/10/2019	NTS Prestige Gala 2019
88*	25.86 L	F	Kyle De Villiers	19	AQUB NMA	10/08/2019	1st A League 2019
88*	25.86 L	P	Ryan Van Reenen	21	CUDU CPT	01/12/2019	Western Cape Summer Championships
88*	25.86 L	F	Jayson De Beer	20	MATL KKD	23/11/2019	NWS Age Group 3 2019/20
91	25.89 L	F	Pieter-Jan Hough	19	RFA TSH	30/08/2019	NTS August 2019 Age Group Gala Level
92*	25.90 L	F	Dyllon Wilson-Moore	19	USC BUF	22/11/2019	BCA Long Course Championships 2019
92*	25.90 L	F	Luke Seymour	22	USC BUF	07/12/2019	BCA December Age Group Gala 2019
92*	25.90 L	P	Ethan Hieckmann	19	CUDU CPT	26/09/2019	Aquabear Invitational Meet 2019
95	25.91 L	P	Moegamad Seied	20	VINE CPT	31/01/2020	2020 Grand Prix Invitational Swimming
96	25.92 L	F	Shane Beyers	20	TUKS TSH	20/09/2019	USSA Swimming Championships
97	25.93 L	F	Andr� Kleynhans	20	MATI CED	21/02/2020	2020 Grand Prix Invitational Swimming
98	25.99 L	F	Jacobus Olivier	25	NCASA FBD	02/11/2019	Fezile Dabi Inter District Gala 2019
99	26.00 L L	F	Kyle McKenzie	19	ESP EKU	05/12/2019	EGA Summer Championships 2019
100	26.01 L	F	Matthew Bedderson	20	SGUL ETH	23/11/2019	KZN TYR Westville Sprints 2019
101	26.08 L S	P	Reece Kincaid	20	KLOO ETH	24/06/2019	Sasol National Winter Championship
102	26.09 L S	F	Brandon van Rooyen	28	KOVS MAN	26/11/2019	FS Champs
103	26.13 L	P	Aldo Scribante	20	TUKS TSH	04/12/2019	NTS Championships 2019
104	26.20 L S	F	Ivan Beukes	19	FLOD JHB	24/06/2019	Sasol National Winter Championship
105	26.21 L	P	Abdul Malick Railoun	27	TUKS TSH	04/12/2019	NTS Championships 2019
106	26.22 L	P	Daniel Redelinghuys	21	CUDU CPT	31/01/2020	2020 Grand Prix Invitational Swimming
107	26.23 L S	F	Morn� van der Bank	21	NWUC KKD	24/06/2019	Sasol National Winter Championship
108	26.24 L	F	Joshua Jacoby	20	BEAV ETH	25/01/2020	Ushaka Championship Gala 2020
109	26.26 L	F	Conrad Scheepers	22	KZNI ETH	05/10/2019	eThekwini Age Group 6
110	26.30 L	F	Wian Schoeman	19	NCASA FBD	02/11/2019	Fezile Dabi Inter District Gala 2019
111	26.39 L	F	Ruan Jansen van Vuuren	19	AQU ADJ	21/02/2020	Amajuba District Long Course
112	26.41 L	F	Matthew EstMen 19 & Over t	20	PER JHB	05/12/2019	CGA Championships 2019
113	26.42 L	F	Abraham Fourie	21	FAAC FBD	05/12/2019	NCASA Champs Dec 2019
114*	26.43 L	F	Alessio Ferreri	21	TUKS TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
114*	26.43 L	F	Brandon Isemonger	22	DYNA EKU	14/09/2019	EGA Summer 1 2019
116*	26.44 L L	F	Kian Du Toit	19	SOUL EKU	05/12/2019	EGA Summer Championships 2019
116*	26.44 L	P	Moonakala Naidu	22	VRC TSH	04/12/2019	NTS Championships 2019

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118	26.48	L	P	Aaron Jacoby	20	BEAV	ETH 17/12/2019 KZNA Premier Provincial Championship
119	26.50	L	F	Kadin Vd Lingen	19	RFA	FSH 18/10/2019 NTS Prestige Gala 2019
120	26.57	L	F	Matthew Edwards	21	DRGN	JHB 03/11/2019 CGA All Levels
121	26.58	L S	F	Pierre Theron	24	KOVS	MAN 26/11/2019 FS Champs
122	26.59	L	F	Lyle Fortune	19	SASE	JHB 12/10/2019 CGA Level 1,2,3, SANJ Gala
123	26.60	L	P	Keenan George	23	MANT	CPT 01/12/2019 Western Cape Long Course
124	26.65	L	F	Sean Moodley	20	TUKS	FSH 20/09/2019 USSA Swimming Championships
125*	26.70	L	F	Christiaan Van Heerden	20	TUKS	FSH 20/09/2019 USSA Swimming Championships
125*	26.70	L	F	Andrew Smith	19	DRGN	JHB 15/02/2020 EGA Last Chance Feb 2020
127	26.71	L	F	Brandon Gray	21	MATI	GED 20/09/2019 USSA Swimming Championships
128	26.92	L	F	Cornelius Van Geffen	21	RFA	FSH 30/08/2019 NTS August 2019 Age Group Gala Level
129	26.95	L L	F	Hein Van Tonder	19	BOKS	EKU 05/12/2019 EGA Summer Championships 2019
130*	27.03	L S	P	Francois van Niekerk	22	NWUC	KKD 24/06/2019 Sasol National Winter Championship
130*	27.03	L	F	Jan-Ebert Kleynhans	19	GHSK	FBD 11/10/2019 Age Group 1 2019 Kimberley
132*	27.26	L	F	Nkosinolwazi Mbatha	23	UMSH	ETH 08/02/2020 eThekwini Age Group Gala 10
132*	27.26	L L	F	Benjamin Sack	23	SAAW	CPT 01/12/2019 Western Cape Summer Championships
134	27.28	L	F	Rudolf van Graan	21	NWUC	KKD 20/09/2019 USSA Swimming Championships
135*	27.33	L S	P	Hlalele Chaane	19	MATL	KKD 24/06/2019 Sasol National Winter Championship
135*	27.33	L	P	Matthew Abrahams	20	ASA	CPT 26/09/2019 Aquabear Invitational Meet 2019
137	27.38	L	F	Dylan van Pletzen	23	VIKI	BUF 22/11/2019 BCA Long Course Championships 2019
138	27.44	L	F	George Marais	19	ROA	EDD 26/10/2019 EDEN 2nd A-League Gala 2019
139	27.52	L	F	Simon Davies	19	MDOL	JHB 18/01/2020 CGA Last Chance Level 3-SANJ gala
140	27.59	L	F	Ethan Paulse	24	CLSC	WCD 01/12/2019 Western Cape Summer Championships
141	27.75	L	F	Markus Burri	23	NMU	NMA 20/09/2019 USSA Swimming Championships
142	27.90	L	F	Callem Simpson	19	MDOL	JHB 15/02/2020 EGA Last Chance Feb 2020
143	27.95	L	P	Trevor Austin	26	SAAW	CPT 01/12/2019 Western Cape Summer Championships
144	28.03	L	F	Christoff Kok	32	COEL	FSH 04/12/2019 NTS Championships 2019
145	28.13	L	F	Jean Pretorius	23	CYBE	CPT 01/12/2019 Western Cape Summer Championships
146	28.22	L	F	Hendrik Swartz	35	COEL	FSH 04/12/2019 NTS Championships 2019
147	28.33	L	F	Vincent Potgieter	21	NCASA	FBD 02/11/2019 Fezile Dabi Inter District Gala 2019
148	28.35	L	F	Byron Govender	19	BEAV	ETH 25/01/2020 Ushaka Championship Gala 2020
149	28.37	L	F	William Jacobsz	45	NCASA	FBD 02/11/2019 Fezile Dabi Inter District Gala 2019
150*	28.81	L	F	Angus Solomons	19	PAQU	GED 22/02/2020 Swartland Invitational Gala 2
150*	28.81	L	F	Zacharias Neethling	19	HPP	WBD 17/09/2019 Limpopo Interhoer (Waterberg distrik)
152	28.89	L	F	DaMen 19 & Over Schlebusch	19	AEC	JHB 05/12/2019 CGA Championships 2019
153	28.97	L	P	Hendrik Herbst	27	MATI	GED 31/01/2020 2020 Grand Prix Invitational Swimming
154	28.99	L	P	Gomolemo Khomo	24	TUKS	FSH 04/12/2019 NTS Championships 2019
155	29.07	L	F	Connor Richter	22	MAC	EKU 31/08/2019 Adrian Grafe Speedo Sprint Meet
156	29.18	L	F	Christian Sadie	22	MATI	GED 01/12/2019 Western Cape Long Course
157	29.20	L	F	Cianan Danhouse	19	PAQU	GED 25/01/2020 West Coast Qualify Gala 2020
158	29.24	L	F	Tshegofatso Dibobo	20	SOWE	JHB 03/11/2019 CGA All Levels
159	29.32	L	F	Mswane Tsabedze	23	TUKS	FSH 18/10/2019 NTS Prestige Gala 2019
160	29.35	L	P	Daniel Manus	20	MATI	GED 01/12/2019 Western Cape Summer Championships
161	29.55	L	F	Aaron Putz	23	AZON	ETH 20/07/2019 eThekwini Age Group Gala 3
162	29.59	L	F	Jared Harper	19	AQWO	CPT 04/10/2019 CTA TYR QUALIFYING GALA #2
163	29.60	L	F	Clem Sweet	20	TUKS	FSH 15/11/2019 NTS November 2019 Age Group Gala
164	29.74	L	F	Hendrik Groenewald	40	KTS	JTD 05/12/2019 NCASA Champs Dec 2019
165	29.79	L	P	Gregory Tucker	52	INFA	NMA 26/09/2019 Aquabear Invitational Meet 2019
166	29.97	L	P	Gary Arnold	46	HARL	BUF 26/09/2019 Aquabear Invitational Meet 2019
167	30.14	L	P	Ernest Davis	53	UNIN	MPD 29/11/2019 Mpumalanga Championships 2019
168	30.32	L	F	Caleb Swanepoel	25	SAAW	CPT 14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
169	30.41	L	P	Michael September	21	VIKI	BUF 26/09/2019 Aquabear Invitational Meet 2019
170	30.47	L	F	Slindokuhle Mabanga	21	MDOL	JHB 10/01/2020 2020 Grand Prix Invitation Swimming
171	30.62	L	F	Thomas Mayes	19	HSTAN	MPD 15/10/2019 Limpopo Top 10 - High Schools
172	30.72	L	F	Cassel Geldenhuys	34	HREF	BPD 19/10/2019 NWS Age Group 1 1920
173	30.80	L	F	Bruce Rankin	56	TLAC	BPD 23/11/2019 NWS Age Group 3 2019/20
174	30.91	L	F	John Welsh	42	MWSC	NGD 11/10/2019 MP AGE GROUP 2 - 11-12 October
175	31.11	L	F	Kobie Verster	43	MPS	NGD 19/10/2019 T. GOLFINHOS SPRINT 2019-2020
176	31.31	L	F	David Arbuthnot	66	COEL	FSH 04/12/2019 NTS Championships 2019

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177	31.46 L	P	David Greener	19	SRAY BUF	26/09/2019	Aquabear Invitational Meet 2019
178	31.54 L	F	John Young	45	RBOT NW	23/11/2019	NWS Age Group 3 2019/20
179	31.74 L	F	Rialdo Abrahams	32	UPTS ZMD	15/11/2019	NCASA Age Group 3 2019 UP
180	31.96 L	F	Arno Opperman	39	KTS JTD	16/11/2019	NCASA Age Group 3 2019 KTU
181	32.22 L	F	Charl Parkin	51	AQUB NMA	14/06/2019	PEA Winter Gala
182	32.26 L	F	Raymond De Freitas	30	UNIN MPD	29/11/2019	Mpumalanga Championships 2019
183	32.28 L	F	Craig Stanton	51	COEL TSH	04/12/2019	NTS Championships 2019
184	32.36 L	F	Sean O'Neill	DR	TSSC ETH	23/11/2019	KZN TYR Westville Sprints 2019
185	32.39 L	F	Ebert Kleynhans	49	GHSK FBD	15/02/2020	NCASA Age Group 5 KBY 2019-2020
186	32.49 L	F	Jan-Herman Els	20	RFA TSH	30/08/2019	NTS August 2019 Age Group Gala Level
187	32.50 L	F	Jean Keyser	35	STAR BPD	23/11/2019	NWS Age Group 3 2019/20
188	32.56 L	F	Jan Williams	50	COEL TSH	04/12/2019	NTS Championships 2019
189	32.66 L	F	Jonathan Kruger	37	VIKI BUF	08/11/2019	BCA November Age Group Gala 2019
190	32.70 L	F	Willem Snr du Plessis	42	FSAC BPD	23/11/2019	NWS Age Group 3 2019/20
191	32.75 L	F	Mncedisi Dlamini	19	UMSH ETH	05/10/2019	eThekwini Age Group 6
192	32.83 L	F	Manqoba Mkhize	23	KWAM ETH	14/03/2020	KZNA Level 1 Provincial Champs 2020
193	32.98 L S	F	Jean-Pierre Nel	20	ETTN EKU	05/12/2019	EGA Summer Championships 2019
194	33.10 L	F	Rashaad Omar	40	TLAC BPD	23/11/2019	NWS Age Group 3 2019/20
195	33.16 L S	F	Abraham Jansen	33	WELA FDD	26/11/2019	FS Champs
196	33.31 L	F	Andre' Maritz	43	GHSK FBD	11/10/2019	Age Group 1 2019 Kimberley
197	33.38 L	F	Louis O'Tool	39	WELA FDD	25/01/2020	4 + 1 Inter Provincial Gala 2020
198	33.46 L	F	Schalk Kock	52	RBUR BPD	05/12/2019	NWS Championships 2019/2020
199	33.65 L	P	Victor Davids	19	MPS NGD	09/12/2019	SA Schools Swimming Championship
200	34.33 L	F	Pieter Van Niekerk	VN	PSA ZLD	25/01/2020	Ushaka Championship Gala 2020
201	34.67 L	F	Kevin Lombard	45	WELA FDD	09/11/2019	Bull-Sharks 2019
202	34.82 L	F	Realeboga James	19	ESLE KKD	19/10/2019	NWS Age Group 1 1920
203	34.89 L L	F	Craig Keylock	42	BOKS EKU	05/12/2019	EGA Summer Championships 2019
204	34.97 L	F	Pierre Burger	53	KALA JTD	21/02/2020	NCASA Sprints 2020
205	35.12 L	F	Hofmeyr de Vos	46	NCASA FBD	02/11/2019	Fezile Dabi Inter District Gala 2019
206	35.92 L	F	Andries Cornelissen	40	KTS JTD	15/02/2020	NCASA Age Group 5 KTU 2019-2020
207	36.47 L	F	Barend Kok	57	FEMS EDD	16/11/2019	EDEN 3rd A-League Gala 2019
208	36.54 L	F	Okhule Mke	19	KWA NGD	29/11/2019	Mpumalanga Championships 2019
209	38.65 L	F	Ntsako Mohlala	19	SOSH TSH	14/02/2020	NTS February 2020 Age Group Gala
210	39.24 L	F	Christiaan De Beer	40	WATR JHB	11/01/2020	NCASA Age Group 4 KTU 2019-2020
211	39.45 L	F	Simphiwe Wanda	19	FSE KCD	15/02/2020	KCDA February Age Group Gala 2020
212	39.66 L	F	Karl Hebbelmann	DR	TSSC ETH	17/12/2019	KZNA Premier Provincial Championship
213	40.32 L	F	Vumani Msweli	19	FSE KCD	12/10/2019	KCDA October Age Group Gala 2019
214	41.47 L	P	Keenan Groep	20	FUND BUF	09/12/2019	SA Schools Swimming Championship
215	41.54 L	P	Wade Van Rensburg	45	PEMA NMA	26/09/2019	Aquabear Invitational Meet 2019
216	41.87 L	F	Imran Ismail	42	TLAC BPD	19/10/2019	NWS Age Group 1 1920
217	46.13 L	F	Anthony Barson	71	SRAY BUF	22/11/2019	BCA Long Course Championships 2019
218	48.06 L	F	Neil Nortje	22	INFA NMA	14/06/2019	PEA Winter Gala
219	50.13 L	F	Mark Webber	DN	TSSC ETH	23/11/2019	KZN TYR Westville Sprints 2019
220	53.83 L	F	Darren Conolly	GR	TSSC ETH	20/07/2019	eThekwini Age Group Gala 3
221	58.84 L	F	Bahle Mkhize	23	FSE KCD	12/10/2019	KCDA October Age Group Gala 2019
222	1:00.11 L	F	Daniel Van Vuuren	21	FSE KCD	15/02/2020	KCDA February Age Group Gala 2020
223	1:37.73 L	P	David Mc Klopper	19	MDOL JHB	09/12/2019	SA Schools Swimming Championship
Men 19 & Over 100 Free							
1	49.85 L	F	Calvyn Justus	24	SGUL ETH	12/07/2019	Socalswim
2	50.00 L	P	Chad Le Clos	28	CLCA CPT	31/01/2020	2020 Grand Prix Invitational Swimming
3	50.31 L	F	Douglas Erasmus	30	RSA	21/08/2019	12th African Games Rabat
4	50.39 L	F	Zane Waddell	22	RSA	03/07/2019	2019 World University Games
5	50.60 L	F	Ryan Coetzee	24	RSA	21/08/2019	12th African Games Rabat
6	50.76 L	F	Bradley Tandy	28	SEAL UMD	04/12/2019	2019 Toyota U.S. Open Championships
7	51.17 L	F	Clayton Jimmie	24	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
8*	51.26 L	P	Daniel Ronaldson	23	SGUL ETH	21/02/2020	2020 Grand Prix Invitational Swimming
8*	51.26 L	F	Christopher Reid	24	AQUB NMA	06/11/2019	2019-20 -TYR Pro Swim Series #1
10	51.46 L	P	Martin Binedell	24	SGUL ETH	21/02/2020	2020 Grand Prix Invitational Swimming
11	51.63 L	P	Evan Matthysen	21	RSA	11/10/2019	Fina -Swimming World Cup 2019 Berlin

Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
12	51.74 L	P	James Freeman	19	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
13	51.93 L	F	Eben Vorster	22	RSA	03/07/2019	2019 World University Games
14	52.01 L L	F	Simon Haddon	21	SAAW CPT	01/12/2019	Western Cape Summer Championships
15	52.07 L	F	Ross Hartigan	21	TUKS FSH	21/02/2020	2020 Grand Prix Invitational Swimming
16	52.25 L	F	Louw Oberholzer	20	TUKS FSH	20/09/2019	USSA Swimming Championships
17	52.27 L	F	Calvin Coetzee	19	SGUL ETH	08/06/2019	Mare Nostrum Monaco
18	52.28 L	F	Brent Szurdoki	23	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019
19	52.34 L	F	Jan Moll	19	DYNA EKU	05/12/2019	EGA Summer Championships 2019
20*	53.00 L	F	Alex Goddard	19	AQUA BUF	22/11/2019	BCA Long Course Championships 2019
20*	53.00 L	F	Michael McGlynn	20	ACSA ETH	17/12/2019	KZNA Premier Provincial Championship
20*	53.00 L	P	Justin Kraatz	27	SGUL ETH	15/08/2019	Fina -Swimming World Cup 2019
23	53.11 L	F	Matthew Bowers	24	HASC JHB	05/12/2019	CGA Championships 2019
24	53.22 L	F	Divan Pretorius	19	BOKS EKU	05/12/2019	EGA Summer Championships 2019
25	53.23 L	F	Alard Basson	24	NMU NMA	11/06/2019	Meeting International de Natation de
26	53.31 L	P	Jaryd Botha	35	RSA	04/10/2019	Fina -Swimming World Cup 2019
27*	53.34 L	P	Joshua Stegen	21	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
27*	53.34 L	F	Ayrton Sweeney	26	SGUL ETH	06/07/2019	eThekwini Age Group Gala 2
29	53.56 L	F	Andrew Brown	21	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019
30	53.71 L	F	Jacobus Jv Rensburg	24	TUKS FSH	20/09/2019	USSA Swimming Championships
31	53.72 L	P	Cameron Oliver	23	MDOL JHB	21/02/2020	2020 Grand Prix Invitational Swimming
32	53.74 L	P	Anandt Van Rensburg	20	MATI CED	31/01/2020	2020 Grand Prix Invitational Swimming
33	53.98 L	F	Jacques Van Wyk	27	PAA FSH	17/01/2020	NTS Janaury 2020 Age Group Gala
34	54.02 L	F	Rance Gower-Winter	20	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
35	54.03 L	P	Bailey Musgrave	21	SGUL ETH	01/12/2019	Western Cape Long Course
36	54.07 L	F	Danté Nortjé	19	TUKS FSH	04/12/2019	NTS Championships 2019
37	54.09 L	F	Josef Kieser	22	MATI CED	22/06/2019	Tsxetan Golomev
38	54.12 L	F	Janco Rademeyer	20	TUKS FSH	04/12/2019	NTS Championships 2019
39	54.16 L	F	Jordan Royle	19	INFA NMA	26/09/2019	Aquabear Invitational Meet 2019
40	54.41 L	F	Taahir Essof	19	ATLA JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
41	54.42 L S	F	Armand Nortjé	20	TTNS EKU	24/06/2019	Sasol National Winter Championship
42	54.48 L	F	Jano Beukes	19	HSBV SKD	15/10/2019	Limpopo Top 10 - High Schools
43	54.58 L	F	Van Zyl Brand	22	NWUC KKD	10/01/2020	2020 Grand Prix Invitation Swimming
44	54.60 L S	F	Ruan Ras	23	TUKS FSH	04/12/2019	NTS Championships 2019
45	54.62 L	F	Wesley Wright	20	TUKS FSH	04/12/2019	NTS Championships 2019
46*	54.79 L	F	Christiaan Engelbrecht	20	CLSC WCD	01/12/2019	Western Cape Summer Championships
46*	54.79 L	F	Jan Venter	31	UNIN MPD	29/11/2019	Mpumalanga Championships 2019
48	54.94 L	F	Kyle McKenzie	19	ESP EKU	19/10/2019	EGA Summer 3 2019
49*	54.97 L	P	Massimo Di Paolo	20	SGUL ETH	21/02/2020	2020 Grand Prix Invitational Swimming
49*	54.97 L	F	Schalk Van Heerden	20	TUKS FSH	20/09/2019	USSA Swimming Championships
51	55.04 L	F	Ruben Theunissen	20	RFA FSH	18/10/2019	NTS Prestige Gala 2019
52	55.06 L S	F	Cullen Thomas	ZR	BLOT MAN	26/11/2019	FS Champs
53	55.17 L	F	Sean Behrens	26	ACSA ETH	23/11/2019	KZN TYR Westville Sprints 2019
54	55.40 L	F	Joshua Goldberg	21	HASC JHB	05/12/2019	CGA Championships 2019
55*	55.47 L L	F	Darren Minnies	22	MATI CED	01/12/2019	Western Cape Long Course
55*	55.47 L	F	Robert Le Roux	20	TUKS FSH	17/01/2020	NTS Janaury 2020 Age Group Gala
57	55.48 L	F	Ma'az Khota	19	RBOT BPD	05/12/2019	NWS Championships 2019/2020
58	55.51 L	F	Michael Hadlow	21	MDOL JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
59	55.67 L	P	Sean Silverwood	20	TUKS FSH	04/12/2019	NTS Championships 2019
60	55.80 L	F	Johannes Zandberg	36	VRC FSH	14/02/2020	NTS February 2020 Age Group Gala
61	55.81 L	F	Ruben Smit	19	TUKS FSH	18/10/2019	NTS Prestige Gala 2019
62	55.85 L	F	Benjamin Plattner	20	TUKS FSH	17/01/2020	NTS Janaury 2020 Age Group Gala
63	55.90 L	F	Andrey Omeltchenko	19	PAA FSH	18/10/2019	NTS Prestige Gala 2019
64	55.93 L	P	Shane Beyers	20	TUKS FSH	04/12/2019	NTS Championships 2019
65	55.98 L	P	Edwin Jeppe	28	CAMPS CPT	01/12/2019	Western Cape Long Course
66	55.99 L	F	Marno Langeveldt	26	TOTIT ETH	23/11/2019	KZN TYR Westville Sprints 2019
67	56.18 L	P	Rourke McGrath	19	RSA	04/10/2019	Fina -Swimming World Cup 2019
68	56.19 L	F	Bradley Reen	43	PEAS NMA	14/06/2019	PEA Winter Gala
69	56.21 L	F	Raymond Kockott	19	TKS WBD	05/10/2019	Limpopo Age Group 4 & School Champs
70	56.22 L	F	Jan vd Merwe	26	TUKS FSH	30/08/2019	NTS August 2019 Age Group Gala Level

Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
71*	56.24 L S	F	Ivan Beukes	19	FLOD JHB	24/06/2019	Sasol National Winter Championship
71*	56.24 L	F	Thinus Matthee	22	KOVS MAN	29/02/2020	SEALS AGE GROUP GALA
73	56.26 L	F	Georgios Synodinos	20	TUKS TSH	18/10/2019	NTS Prestige Gala 2019
74	56.28 L	F	Kyle Gericke	19	DRGN JHB	15/02/2020	EGA Last Chance Feb 2020
75	56.29 L S	F	Mpumelelo Mosue	22	TUKS TSH	04/12/2019	NTS Championships 2019
76	56.30 L	P	Adrian Robinson	20	TUKS TSH	21/02/2020	2020 Grand Prix Invitational Swimming
77*	56.35 L S	F	Reece Kincaid	20	KLOO ETH	24/06/2019	Sasol National Winter Championship
77*	56.35 L	F	Trevor Austin	26	SAAW CPT	01/12/2019	Western Cape Summer Championships
79	56.40 L	F	Bradley Bloem	20	WATR JHB	05/12/2019	CGA Championships 2019
80	56.48 L	F	Daniel Vorster	22	NMU NMA	29/11/2019	NMBA Championships 2019
81	56.52 L S	F	Erick Loubser	19	RFA TSH	04/12/2019	NTS Championships 2019
82	56.56 L	F	Ruan Jansen van Vuuren	19	AQU ADJ	23/11/2019	KZN TYR Westville Sprints 2019
83	56.57 L	F	Pierre Dellieu	21	ELEC JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
84	56.61 L	F	Jarryd Snyman	20	MATI CED	01/12/2019	Western Cape Summer Championships
85	56.73 L	F	Nathan Armstrong	20	TRAZ TSH	15/11/2019	NTS November 2019 Age Group Gala
86	56.78 L	F	Matthew Bedderson	20	SGUL ETH	23/11/2019	KZN TYR Westville Sprints 2019
87	56.81 L	F	Andries Van Tonder	20	NSA EZD	27/09/2019	MP AGE GROUP 1 - 27-28
88*	56.85 L	F	Sean Moodley	20	TUKS TSH	20/09/2019	USSA Swimming Championships
88*	56.85 L	P	Ryan Botha	23	PSC TSH	04/12/2019	NTS Championships 2019
90*	56.91 L	F	Cole Craig	19	NMU NMA	29/11/2019	NMBA Championships 2019
90*	56.91 L	F	Jaden Harris	20	DRGN JHB	05/12/2019	CGA Championships 2019
92	56.92 L	P	Brendan Levy	22	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
93	56.95 L L	F	Dyllon Wilson-Moore	19	USC BUF	22/11/2019	BCA Long Course Championships 2019
94	57.12 L	F	Christian Kriel	20	TUKS TSH	20/09/2019	USSA Swimming Championships
95	57.17 L	P	Ethan Hieckmann	19	CUDU CPT	01/12/2019	Western Cape Long Course
96*	57.36 L	F	Daniel Triggiani	19	FRA ETH	25/01/2020	Ushaka Championship Gala 2020
96*	57.36 L	F	Jeandre Lindeque	19	RFA TSH	18/10/2019	NTS Prestige Gala 2019
98	57.37 L	F	Andrew Smith	19	DRGN JHB	15/02/2020	EGA Last Chance Feb 2020
99	57.41 L	P	Refiloe Mashao	19	DRGN JHB	31/01/2020	2020 Grand Prix Invitational Swimming
100	57.47 L	F	Sebastian Walker	19	WATR JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
101	57.54 L	F	Reino Von Wielligh	27	NWUC KKD	20/09/2019	USSA Swimming Championships
102	57.81 L	F	Ronan Pleass	19	WATR JHB	10/01/2020	2020 Grand Prix Invitation Swimming
103	57.91 L	F	Kyle De Villiers	19	AQUB NMA	10/08/2019	1st A League 2019
104	57.92 L	F	Rudolf van Graan	21	NWUC KKD	20/09/2019	USSA Swimming Championships
105	57.93 L	F	Conrad Scheepers	22	ASA ILD	26/10/2019	eThekwini Age Group Gala 7
106	57.97 L	F	William Ochse	22	MATI CED	20/09/2019	USSA Swimming Championships
107	58.01 L	F	Sachin Chetty	20	SGUL ETH	06/07/2019	eThekwini Age Group Gala 2
108*	58.06 L	F	Johannes Smit	20	WOAQ CED	01/12/2019	Western Cape Long Course
108*	58.06 L	F	Estiaan Terblanche	20	HARL BUF	14/06/2019	PEA Winter Gala
108*	58.06 L	P	Gabriel Forbes	22	SAAW CPT	01/12/2019	Western Cape Long Course
111	58.17 L	F	Jacobus Olivier	25	NCASA FBD	02/11/2019	Fezile Dabi Inter District Gala 2019
112	58.28 L	P	Kian Du Toit	19	SOUL EKU	05/12/2019	EGA Summer Championships 2019
113*	58.31 L	P	Damian Mullen	23	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019
113*	58.31 L	F	Matthew EstMen 19 & Over t	20	PER JHB	05/12/2019	CGA Championships 2019
115	58.51 L	F	Aldo Scribante	20	TUKS TSH	17/01/2020	NTS Janaury 2020 Age Group Gala
116	58.57 L	F	Jan-Ebert Kleynhans	19	GHSK FBD	18/01/2020	Good Hope Gala 2020
117	58.66 L	F	Jayson De Beer	20	MATL KKD	23/11/2019	NWS Age Group 3 2019/20
118	58.73 L	F	Andrè Kleynhans	20	MATI CED	24/08/2019	Winelands Senior League 2 - 24Aug
119	58.82 L	F	Christiaan Van Heerden	20	TUKS TSH	20/09/2019	USSA Swimming Championships
120	58.90 L	F	Rhett Thackway	21	MATI CED	20/09/2019	USSA Swimming Championships
121	58.91 L	F	Lyle Fortune	19	SASE JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
122	58.99 L	F	Joshua Jacoby	20	BEAV ETH	19/10/2019	T. GOLFINHOS SPRINT 2019-2020
123	59.06 L S	F	Pierre Theron	24	KOVS MAN	26/11/2019	FS Champs
124	59.09 L	F	Aaron Jacoby	20	BEAV ETH	25/01/2020	Ushaka Championship Gala 2020
125	59.14 L	F	Matthew Roos	20	NWUC KKD	15/02/2020	NWS Last Chance AG5 1920
126	59.27 L	F	Deshaan Pillay	22	INFA NMA	21/02/2020	Infinity Champs LC Gala
127	59.37 L	P	Matthew Abrahams	20	ASA CPT	26/09/2019	Aquabear Invitational Meet 2019
128	59.38 L	P	Daniel Redelinghuys	21	CUDU CPT	01/12/2019	Western Cape Summer Championships
129	59.42 L S	F	Francois van Niekerk	22	NWUC KKD	24/06/2019	Sasol National Winter Championship

Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

Time	P/F/S	Name	Age/Yr
130	59.74 L S	F Morné van der Bank	21 NWUC KKD 24/06/2019 Sasol National Winter Championship
131	59.83 L	F Bryce Pendock	23 MATI CED 20/09/2019 USSA Swimming Championships
132	1:00.01 L	P Ryan Van Reenen	21 CUDU CPT 26/09/2019 Aquabear Invitational Meet 2019
133	1:00.03 L	P Keenan George	23 MANT CPT 01/12/2019 Western Cape Summer Championships
134	1:00.14 L	P Abdul Malick Railoun	27 TUKS TSH 04/12/2019 NTS Championships 2019
135	1:00.24 L	F Justin Nicklin	30 JSA JHB 12/10/2019 CGA Level 1,2,3, SANJ Gala
136	1:00.34 L	F Ryan Whitaker	21 MATI CED 22/02/2020 Swartland Invitational Gala 2
137	1:00.53 L S	F Abraham Fourie	21 FAACP PSD 26/11/2019 FS Champs
138	1:00.62 L	F Roberto Marchi	23 HASC JHB 05/12/2019 CGA Championships 2019
139	1:00.67 L	F Joshua Mills	24 SAAW CPT 04/10/2019 CTA TYR QUALIFYING GALA #2
140	1:01.26 L	F Ethan Pause	24 CLSC WCD 01/12/2019 Western Cape Summer Championships
141	1:01.56 L	F Nkosinolwazi Mbatha	23 UMSH ETH 23/11/2019 KZN TYR Westville Sprints 2019
142	1:02.05 L	P Hlalele Chaane	19 MATL KKD 26/09/2019 Aquabear Invitational Meet 2019
143	1:02.17 L	F Jean Pretorius	23 CYBE CPT 01/12/2019 Western Cape Summer Championships
144	1:02.35 L	F Callem Simpson	19 MDOL JHB 15/02/2020 EGA Last Chance Feb 2020
145	1:02.40 L	F George Marais	19 ROA EDD 26/10/2019 EDEN 2nd A-League Gala 2019
146	1:02.45 L	P Aaron Putz	23 AZON ETH 17/12/2019 KZNA Premier Provincial Championship
147	1:02.88 L	P Jared Harper	19 AQWO CPT 01/12/2019 Western Cape Summer Championships
148	1:03.33 L	F Cianan Danhouse	19 PAQU CED 24/08/2019 Winelands Senior League 2 - 24Aug
149	1:03.80 L	F Zacharias Neethling	19 HPP WBD 17/09/2019 Limpopo Interhoer (Waterberg distrik)
150	1:04.06 L	F DaMen 19 & Over Schlebusch	19 AEC JHB 18/01/2020 CGA Last Chance Level 3-SANJ gala
151	1:04.34 L	F Markus Burri	23 NMU NMA 14/09/2019 2nd A League 14/9/2019
152	1:04.36 L	F Byron Govender	19 BEAV ETH 25/01/2020 Ushaka Championship Gala 2020
153	1:05.53 L	F Caleb Swanepoel	25 SAAW CPT 22/02/2020 Swartland Invitational Gala 2
154	1:05.62 L	F William Jacobsz	45 NCASA FBD 02/11/2019 Fezile Dabi Inter District Gala 2019
155	1:06.40 L	F Grenate Haupt	20 XSAQ CPT 04/10/2019 CTA TYR QUALIFYING GALA #2
156	1:07.04 L	F Clem Sweet	20 TUKS TSH 18/10/2019 NTS Prestige Gala 2019
157	1:07.40 L	F Gregory Tucker	52 INFA NMA 21/02/2020 Infinity Champs LC Gala
158	1:07.44 L	F Vincent Potgieter	21 TLAC BPD 19/10/2019 NWS Age Group 1 1920
159	1:07.51 L	P Mswane Tsabedze	23 TUKS TSH 04/12/2019 NTS Championships 2019
160	1:08.93 L	P David Greener	19 SRAY BUF 26/09/2019 Aquabear Invitational Meet 2019
161	1:08.96 L	P Valentino Vergotine	32 UWCA CPT 01/12/2019 Western Cape Long Course
162	1:09.11 L	F Slindokuhle Mabanga	21 MDOL JHB 05/12/2019 CGA Championships 2019
163	1:09.14 L	F Gomolemo Khomo	24 TUKS TSH 15/11/2019 NTS November 2019 Age Group Gala
164	1:09.70 L	F Sandile Shezi	23 PISC ETH 17/12/2019 KZNA Premier Provincial Championship
165	1:09.82 L	F Cassel Geldenhuys	34 HREF BPD 05/12/2019 NWS Championships 2019/2020
166	1:09.95 L	F Michael September	21 VIKI BUF 25/01/2020 BCA January Age Group Gala 2020
167	1:10.14 L	F John Young	45 RBOT NW 23/11/2019 NWS Age Group 3 2019/20
168	1:10.25 L	F Raymond De Freitas	30 UNIN MPD 11/10/2019 MP AGE GROUP 2 - 11-12 October
169	1:10.56 L	F Dean Schmelzer	41 INFA NMA 21/02/2020 Infinity Champs LC Gala
170	1:11.40 L	F John Welsh	42 MWSC NGD 15/02/2020 MP AGE GROUP 5 15 FEBRUARY 2020
171	1:11.49 L	F Bruce Rankin	56 TLAC BPD 23/11/2019 NWS Age Group 3 2019/20
172	1:12.00 L	F Tshegofatso Dibobo	20 SOWE JHB 21/09/2019 CGA SANJ/Level 3 Gala No 1
173	1:12.18 L	P Gary Arnold	46 HARL BUF 26/09/2019 Aquabear Invitational Meet 2019
174	1:12.45 L	F Manqoba Mkhize	23 KWAM ETH 14/03/2020 KZNA Level 1 Provincial Champs 2020
175	1:12.71 L	F Kobie Verster	43 MPS NGD 19/10/2019 T. GOLFINHOS SPRINT 2019-2020
176	1:13.10 L	P Jean-Pierre Nel	20 ETTN EKU 05/12/2019 EGA Summer Championships 2019
177	1:13.23 L	F Hendrik Groenewald	40 KTS JTD 12/10/2019 Age Group 1 2019 Kathu
178	1:14.33 L	F Tobias Vd Heever	19 HSLTT VBD 16/09/2019 Limpopo Interhoer (Mopani Distrik)
179	1:15.04 L	F Heineger-Edwin Buhr-Engelke	19 BARR CPT 25/01/2020 CTA TYR QUALIFYING GALA #3
180	1:15.33 L	F Jean Keyser	35 STAR BPD 05/12/2019 NWS Championships 2019/2020
181	1:15.93 L	F Andre' Maritz	43 GHSK FBD 25/10/2019 Flamingo Aquatics Academy Prestige
182	1:16.09 L	F Mncedisi Dlamini	19 UMSH ETH 15/02/2020 KZN Aquatics Level 2 Provincial
183	1:16.66 L	F Jonathan Kruger	37 VIKI BUF 22/11/2019 BCA Long Course Championships 2019
184	1:17.66 L S	F Abraham Jansen	33 WELA FDD 26/11/2019 FS Champs
185	1:18.13 L	F Jan-Herman Els	20 RFA TSH 29/11/2019 2019 The Tshwane Mayoral Gala
186	1:18.70 L	F Schalk Kock	52 RBUR BPD 23/11/2019 NWS Age Group 3 2019/20
187	1:20.71 L	F Sean O'Neill	DR TSSC ETH 26/10/2019 eThekweni Age Group Gala 7
188	1:21.03 L	F Pierre Burger	53 KALA JTD 21/02/2020 NCASA Sprints 2020

Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
189	1:21.09	L	F	Louis O'Tool	39	WELA FDD	16/11/2019	Fezile Dabi Age Group November 2019
190	1:21.50	L	F	Rashaad Omar	40	TLAC BPD	23/11/2019	NWS Age Group 3 2019/20
191	1:21.81	L	F	Rialdo Abrahams	32	UPTS ZMD	21/02/2020	NCASA Sprints 2020
192	1:22.16	L	F	Hofmeyr de Vos	46	NCASA FBD	02/11/2019	Fezile Dabi Inter District Gala 2019
193	1:23.68	L	F	Kevin Lombard	45	WELA FDD	16/11/2019	Fezile Dabi Age Group November 2019
194	1:25.23	L	F	Pieter Van Niekerk	VN	PSA ZLD	29/11/2019	Mpumalanga Championships 2019
195	1:28.41	L	F	Victor Davids	19	MPS NGD	09/12/2019	SA Schools Swimming Championship
196	1:29.04	L	F	Hylton Heggie	DR	TSSC ETH	28/02/2020	NDSA Gala 2020
197	1:29.28	L	F	Okhule Mke	19	MPS NGD	09/12/2019	SA Schools Swimming Championship
198	1:35.63	L	F	Karl Hebbelmann	DR	TSSC ETH	17/12/2019	KZNA Premier Provincial Championship
199	1:35.91	L	F	Imran Ismail	42	TLAC BPD	05/12/2019	NWS Championships 2019/2020
200	1:37.79	L	P	Wade Van Rensburg	45	PEMA NMA	26/09/2019	Aquabear Invitational Meet 2019
201	1:38.27	L	F	Simphiwe Wanda	19	FSE KCD	12/10/2019	KCDA October Age Group Gala 2019
202	1:42.52	L	F	Realeboga James	19	ESLE KKD	19/10/2019	NWS Age Group 1 1920
203	1:44.47	L	F	Mark Webber	DN	TSSC ETH	23/11/2019	KZN TYR Westville Sprints 2019
204	1:58.69	L	F	Neil Nortje	22	INFA NMA	14/06/2019	PEA Winter Gala
205	2:03.12	L	F	Darren Conolly	GR	TSSC ETH	26/10/2019	eThekwini Age Group Gala 7
Men 19 & Over 200 Free								
1	1:29.08	L L	F	Simon Haddon	21	SAAW CPT	01/12/2019	Western Cape Summer Championships
2	1:48.76	L	F	Chad Le Clos	28	RSA	07/11/2019	FINA Swimming World Cup 2019 Doha
3	1:51.18	L	P	Brent Szurdoki	23	WATR JHB	21/02/2020	2020 Grand Prix Invitational Swimming
4	1:51.70	L	P	Eben Vorster	22	KOVS MAN	12/07/2019	18th FINA World Championships
5	1:51.75	L S	F	Ayrton Sweeney	26	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
6	1:51.93	L	F	Martin Binedell	24	RSA	21/08/2019	12th African Games Rabat
7	1:52.37	L	F	James Freeman	19	WVAQ ETH	20/08/2019	7th FINA World Junior Swimming
8	1:53.03	L	F	Calvin Coetzee	19	SGUL ETH	08/06/2019	Mare Nostrum Monaco
9	1:53.13	L	P	Luke Erwee	19	ACSA ETH	04/12/2019	2019 Toyota U.S. Open
10	1:53.91	L S	F	Michael McGlynn	20	ACSA ETH	17/12/2019	KZNA Premier Provincial Championship
11	1:54.07	L S	F	Daniel Ronaldson	23	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
12	1:54.13	L	P	Ross Hartigan	21	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
13	1:54.84	L	P	Ruan Ras	23	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
14	1:55.38	L	F	Roberto Gomes	20	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019
15	1:55.65	L	F	Damian Mullen	23	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019
16	1:55.91	L S	F	Janco Rademeyer	20	TUKS FSH	04/12/2019	NTS Championships 2019
17	1:56.11	L	F	Divan Pretorius	19	BOKS EKU	05/12/2019	EGA Summer Championships 2019
18	1:56.27	L	F	Louw Oberholzer	20	TUKS FSH	20/09/2019	USSA Swimming Championships
19	1:56.72	L S	F	Danté Nortjé	19	TUKS FSH	04/12/2019	NTS Championships 2019
20	1:57.08	L S	F	Joshua Stegen	21	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
21	1:58.98	L S	F	Rance Gower-Winter	20	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
22	1:59.25	L S	P	Clayton Jimmie	24	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
23	1:59.46	L	P	Taahir Essof	19	ATLA JHB	21/02/2020	2020 Grand Prix Invitational Swimming
24	1:59.63	L	P	Benjamin Plattner	20	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
25	1:59.66	L	F	Alaric Basson	24	NMU NMA	20/09/2019	USSA Swimming Championships
26	1:59.74	L	F	Kyle McKenzie	19	ESP EKU	14/09/2019	EGA Summer 1 2019
27	2:00.12	L	P	Alessio Ferreri	21	TUKS FSH	21/02/2020	2020 Grand Prix Invitational Swimming
28	2:00.33	L	F	Neil Fair	23	CSC FSH	18/10/2019	NTS Prestige Gala 2019
29	2:01.16	L	F	Alex Goddard	19	AQUA BUF	22/11/2019	BCA Long Course Championships 2019
30	2:01.39	L S	F	Cameron Pennell	20	ACSA ETH	17/12/2019	KZNA Premier Provincial Championship
31	2:01.41	L	F	Christopher McGlynn	24	ACSA ETH	03/08/2019	eThekwini Age Group Gala 4
32	2:01.74	L	F	Anandt Van Rensburg	20	MATI CED	20/09/2019	USSA Swimming Championships
33	2:01.75	L	F	Jacobus Jv Rensburg	24	TUKS FSH	20/09/2019	USSA Swimming Championships
34*	2:01.77	L	F	Darren Minnies	22	MATI CED	20/09/2019	USSA Swimming Championships
34*	2:01.77	L	F	Christian Kriel	20	TUKS FSH	20/09/2019	USSA Swimming Championships
36	2:01.90	L S	F	Wesley Wright	20	TUKS FSH	04/12/2019	NTS Championships 2019
37	2:02.53	L	F	Van Zyl Brand	22	NWUC KKD	18/01/2020	NWS Age Group 4 1920
38	2:03.01	L	F	Ivan Beukes	19	FLOD JHB	24/06/2019	Sasol National Winter Championship
39	2:03.52	L	F	Michael Hadlow	21	MDOL JHB	15/02/2020	EGA Last Chance Feb 2020
40	2:03.71	L	F	Andrey Omeltchenko	19	PAA FSH	15/11/2019	NTS November 2019 Age Group Gala
41	2:04.04	L	F	Armand Nortjé	20	TTNS EKU	24/06/2019	Sasol National Winter Championship

Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
42	2:04.23	L	F	Reece Kincaid	20	KLOO	ETH 24/06/2019 Sasol National Winter Championship
43	2:04.62	L	F	Andrew Smith	19	DRGN	JHB 15/02/2020 EGA Last Chance Feb 2020
44	2:04.76	L S	P	Joshua Jacoby	20	BEAV	ETH 17/12/2019 KZNA Premier Provincial Championship
45	2:05.23	L	P	Jan Venter	31	UNIN	MPD 29/11/2019 Mpumalanga Championships 2019
46	2:05.33	L S	P	Massimo Di Paolo	20	SGUL	ETH 17/12/2019 KZNA Premier Provincial Championship
47	2:05.92	L	P	Hein Van Tonder	19	BOKS	EKU 05/12/2019 EGA Summer Championships 2019
48	2:06.86	L	F	Raymond Kockott	19	TKS	WBD 05/10/2019 Limpopo Age Group 4 & School Champs
49	2:07.24	L	F	Ruben Theunissen	20	NWS	01/02/2020 NTS Invitational Gala 2020
50	2:07.30	L	F	Refiloe Mashao	19	RSA	28/11/2019 2019 EASC CANA Zone 3
51	2:07.63	L S	F	Sean Silverwood	20	TUKS	FTH 04/12/2019 NTS Championships 2019
52	2:08.19	L	F	Ethan Hieckmann	19	CUDU	CPT 26/09/2019 Aquabear Invitational Meet 2019
53	2:08.41	L	F	Matthew Bowers	24	HASC	JHB 03/11/2019 CGA All Levels
54	2:08.43	L	F	Schalk Van Heerden	20	TUKS	FTH 18/10/2019 NTS Prestige Gala 2019
55	2:08.76	L	F	Ruben Smit	19	TUKS	FTH 15/11/2019 NTS November 2019 Age Group Gala
56	2:09.24	L	F	Ma'az Khota	19	RBOT	BPD 05/12/2019 NWS Championships 2019/2020
57	2:09.29	L	F	Christiaan Engelbrecht	20	CLSC	WCD 26/09/2019 Aquabear Invitational Meet 2019
58	2:09.45	L	F	Rudolf van Graan	21	NWUC	KKD 20/09/2019 USSA Swimming Championships
59	2:10.59	L	F	Sebastian Walker	19	WATR	JHB 12/10/2019 CGA Level 1,2,3, SANJ Gala
60	2:11.01	L	F	Bradley Bloem	20	WATR	JHB 03/11/2019 CGA All Levels
61	2:11.43	L	F	Aaron Jacoby	20	BEAV	ETH 09/11/2019 eThekweni Age Group Gala 8
62	2:12.13	L	F	Pierre Theron	24	MATI	CED 20/09/2019 USSA Swimming Championships
63	2:13.60	L	F	Daniel Vorster	22	NMU	NMA 29/11/2019 NMBA Championships 2019
64	2:14.29	L	F	Thinus Matthee	22	KOVS	MAN 30/08/2019 Kovsie Aquatics Gala 2019
65	2:14.58	L	F	Jan-Ebert Kleynhans	19	GHSK	FBD 05/12/2019 NCASA Champs Dec 2019
66	2:14.89	L	F	Matthew Abrahams	20	ASAC	CPT 01/12/2019 Western Cape Long Course
67	2:15.08	L	F	Jacobus Olivier	25	NWUC	KKD 05/12/2019 NWS Championships 2019/2020
68	2:15.14	L	F	Marno Langeveldt	26	TOTIS	ETH 28/02/2020 NDSA Gala 2020
69	2:15.19	L	F	Estiaan Terblanche	20	HARL	BUF 14/06/2019 PEA Winter Gala
70	2:16.32	L	F	Jeandre Lindeque	19	RFA	FTH 26/10/2019 2019 OR Tambo/Soncini Games
71	2:16.35	L S	F	Markus Burri	23	NMU	NMA 07/02/2020 5th A League
72	2:17.19	L	F	Wian Schoeman	19	NWUC	KKD 09/11/2019 NWS Age Group 2 1920
73	2:17.73	L	F	Aaron Putz	23	AZON	ETH 23/11/2019 KZN TYR Westville Sprints 2019
74	2:18.03	L	F	Caleb Swanepoel	25	SAAW	CPT 14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
75	2:18.71	L S	P	Daniel Triggiani	19	FRA	ETH 17/12/2019 KZNA Premier Provincial Championship
76	2:18.83	L	F	Ryan Van Reenen	21	CUDU	CPT 26/09/2019 Aquabear Invitational Meet 2019
77	2:19.52	L	F	Joshua Mills	24	SAAW	CPT 04/10/2019 CTA TYR QUALIFYING GALA #2
78	2:20.58	L	F	Ethan Paulse	24	CLSC	WCD 01/12/2019 Western Cape Summer Championships
79	2:23.27	L L	F	Keenan George	23	MANT	CPT 26/09/2019 Aquabear Invitational Meet 2019
80	2:25.51	L	F	Morné van der Bank	21	NWUC	KKD 09/11/2019 NWS Age Group 2 1920
81	2:25.74	L	P	Hlalele Chaane	19	MATL	KKD 24/06/2019 Sasol National Winter Championship
82	2:27.90	L	F	Matthew EstMen 19 & Over t	20	PER	JHB 03/11/2019 CGA All Levels
83	2:28.00	L	F	Matthew Roos	20	NWUC	KKD 18/01/2020 NWS Age Group 4 1920
84	2:30.05	L	F	David Greener	19	SRAY	BUF 22/11/2019 BCA Long Course Championships 2019
85	2:32.37	L	F	Raymond De Freitas	30	UNIN	MPD 11/10/2019 MP AGE GROUP 2 - 11-12 October
86	2:32.59	L	F	DaMen 19 & Over Schlebusch	19	AEC	JHB 03/11/2019 CGA All Levels
87	2:35.48	L	F	Michael September	21	VIKI	BUF 21/02/2020 BCA 2nd Feb Age Group Gala 2020
88	2:38.58	L	F	Slindokuhle Mabanga	21	MDOL	JHB 10/01/2020 2020 Grand Prix Invitation Swimming
89	2:39.14	L	F	William Jacobsz	45	RBOT	BPD 05/12/2019 NWS Championships 2019/2020
90	2:40.29	L	F	Gregory Tucker	52	INFA	NMA 26/09/2019 Aquabear Invitational Meet 2019
91	2:41.47	L	F	Pieter-Jan Hough	19	RFA	FTH 30/08/2019 NTS August 2019 Age Group Gala Level
92	2:43.26	L	F	Cassel Geldenhuys	34	HREF	BPD 05/12/2019 NWS Championships 2019/2020
93	2:45.14	L	F	John Young	45	RBOT	BPD 05/12/2019 NWS Championships 2019/2020
94	2:45.27	L	F	Grenate Haupt	20	XSAQ	CPT 04/10/2019 CTA TYR QUALIFYING GALA #2
95	2:48.21	L	P	Jean-Pierre Nel	20	ETTN	EKU 05/12/2019 EGA Summer Championships 2019
96	2:48.47	L	F	Abraham Fourie	21	FAAC	FBD 31/01/2020 Neptune Last Chance Gala
97	2:50.34	L	F	Manqoba Mkhize	23	KWAM	ETH 14/03/2020 KZNA Level 1 Provincial Champs 2020
98	2:51.32	L	F	George Marais	19	ROA	EDD 26/10/2019 EDEN 2nd A-League Gala 2019
99	2:53.22	L	F	John Welsh	42	MWSC	NGD 15/02/2020 MP AGE GROUP 5 15 FEBRUARY 2020
100	2:56.55	L S	F	Abraham Jansen	33	WELA	FDD 26/11/2019 FS Champs

Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
101	2:59.20	L	F	Jan-Herman Els	20	RFA FSH	29/11/2019 2019 The Tshwane Mayoral Gala
102	3:01.01	L	F	Jonathan Kruger	37	VIKI BUF	22/11/2019 BCA Long Course Championships 2019
103	3:02.34	L	F	Mncedisi Dlamini	19	UMSH ETH	28/02/2020 NDSA Gala 2020
104	3:03.38	L	F	Schalk Kock	52	RBUR BPD	18/01/2020 NWS Age Group 4 1920
105	3:04.40	L	F	Jean Keyser	35	STAR BPD	05/12/2019 NWS Championships 2019/2020
106	3:06.88	L	F	Christiaan De Beer	40	WATR JHB	11/01/2020 NCASA Age Group 4 KTU 2019-2020
107	3:07.13	L	F	Louis O'Tool	39	WELA FDD	16/11/2019 Fezile Dabi Age Group November 2019
108	3:14.23	L	F	Kevin Lombard	45	WELA FDD	16/11/2019 Fezile Dabi Age Group November 2019
109	3:19.46	L	F	Hylton Heggie	DR	TSSC ETH	28/02/2020 NDSA Gala 2020
110	3:22.76	L	F	Rialdo Abrahams	32	UPTS ZMD	21/02/2020 NCASA Sprints 2020
111	3:34.56	L	F	Rashaad Omar	40	TLAC BPD	05/12/2019 NWS Championships 2019/2020
112	3:38.99	L	F	Wade Van Rensburg	45	PEMA NMA	26/09/2019 Aquabear Invitational Meet 2019
113	4:01.52	L	F	Imran Ismail	42	TLAC BPD	05/12/2019 NWS Championships 2019/2020
Men 19 & Over 400 Free							
1	3:53.60	L	P	Brent Szurdoki	23	WATR JHB	21/02/2020 2020 Grand Prix Invitational Swimming
2	3:55.08	L	F	James Freeman	19	WVAQ ETH	20/08/2019 7th FINA World Junior Swimming
3	3:55.40	L	F	Joshua Dannhauser	22	RSA	03/07/2019 2019 World University Games
4	3:58.37	L	F	Michael McGlynn	20	ACSA ETH	21/02/2020 2020 Grand Prix Invitational Swimming
5	3:58.47	L	F	Roberto Gomes	20	WATR JHB	26/09/2019 Aquabear Invitational Meet 2019
6	3:59.18	L	F	Ayrton Sweeney	26	SEAL UMD	17/12/2019 KZNA Premier Provincial Championship
7	4:01.59	L	P	Luke Erwee	19	ACSA ETH	04/12/2019 2019 Toyota U.S. Open
8	4:07.21	L	P	Ruan Ras	23	TUKS FSH	13/12/2019 Amstel Cup - Amsterdam
9	4:08.07	L	F	Danté Nortjé	19	TUKS FSH	04/12/2019 NTS Championships 2019
10	4:08.39	L	F	Christopher McGlynn	24	ACSA ETH	17/12/2019 KZNA Premier Provincial Championship
11	4:08.69	L	F	Janco Rademeyer	20	TUKS FSH	04/12/2019 NTS Championships 2019
12	4:08.74	L	F	Daniel Ronaldson	23	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
13	4:13.42	L	F	Ross Hartigan	21	TUKS FSH	20/09/2019 USSA Swimming Championships
14	4:16.73	L	F	Alessio Ferreri	21	TUKS FSH	20/09/2019 USSA Swimming Championships
15	4:17.22	L	F	Rance Gower-Winter	20	SGUL ETH	28/02/2020 NDSA Gala 2020
16	4:18.11	L	F	Reino Von Wielligh	27	NWUC KKD	20/09/2019 USSA Swimming Championships
17	4:18.20	L	F	Divan Pretorius	19	BOKS EKU	05/12/2019 EGA Summer Championships 2019
18	4:18.85	L	F	Kyle McKenzie	19	ESP EKU	05/12/2019 EGA Summer Championships 2019
19	4:21.06	L	F	Martin Binedell	24	SGUL ETH	08/02/2020 eThekweni Age Group Gala 10
20	4:21.44	L	F	Refiloe Mashao	19	DRGN JHB	31/01/2020 2020 Grand Prix Invitational Swimming
21	4:23.26	L	F	Benjamin Plattner	20	TUKS FSH	04/12/2019 NTS Championships 2019
22	4:23.52	L	F	Christian Kriel	20	TUKS FSH	20/09/2019 USSA Swimming Championships
23	4:25.79	L	F	Eric Le Roux	20	MATI CED	20/09/2019 USSA Swimming Championships
24	4:27.41	L	F	Matthew Edwards	21	DRGN JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
25	4:28.41	L	F	Reece Kincaid	20	KLOO ETH	24/06/2019 Sasol National Winter Championship
26	4:29.16	L	F	Hein Van Tonder	19	BOKS EKU	05/12/2019 EGA Summer Championships 2019
27	4:31.54	L	F	Raymond Kockott	19	TKS WBD	05/10/2019 Limpopo Age Group 4 & School Champs
28	4:32.47	L	F	Ivan Beukes	19	FLOD JHB	24/06/2019 Sasol National Winter Championship
29	4:32.59	L	F	Deshaan Pillay	22	INFA NMA	21/02/2020 Infinity Champs LC Gala
30	4:32.83	L	F	Jacobus Jv Rensburg	24	PAA FSH	30/08/2019 NTS August 2019 Age Group Gala Level
31	4:33.63	L	F	Darren Minnies	22	MATI CED	20/09/2019 USSA Swimming Championships
32	4:34.11	L	F	Ruben Theunissen	20	RFA FSH	04/12/2019 NTS Championships 2019
33	4:35.93	L	F	Abdul Malick Railoun	27	TUKS FSH	04/12/2019 NTS Championships 2019
34	4:37.19	L	F	Alaric Basson	24	NMU NMA	20/09/2019 USSA Swimming Championships
35	4:38.43	L	F	Jan Venter	31	UNIN MPD	29/11/2019 Mpumalanga Championships 2019
36	4:38.85	L	F	Taahir Essof	19	ATLA JHB	05/12/2019 CGA Championships 2019
37	4:45.76	L	F	Pierre Theron	24	MATI CED	20/09/2019 USSA Swimming Championships
38	4:46.16	L	F	Jan-Ebert Kleynhans	19	GHSK FBD	05/12/2019 NCASA Champs Dec 2019
39	4:46.46	L	F	Cole Craig	19	NMU NMA	20/09/2019 USSA Swimming Championships
40	4:49.37	L	F	Aaron Putz	23	AZON ETH	17/12/2019 KZNA Premier Provincial Championship
41	4:54.15	L	F	André Kleynhans	20	MATI CED	20/09/2019 USSA Swimming Championships
42	4:56.21	L	F	Caleb Swanepoel	25	SAAW CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
43	4:58.49	L	F	Jacobus Olivier	25	NWUC KKD	05/12/2019 NWS Championships 2019/2020
44	5:01.36	L	F	Hlalele Chaane	19	MATL KKD	26/09/2019 Aquabear Invitational Meet 2019
45	5:05.20	L	F	Matthew Abrahams	20	ASA CPT	26/09/2019 Aquabear Invitational Meet 2019

Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
46	5:10.50	L	F	Angus Solomons	19	RSA	28/11/2019 2019 EASC CANA Zone 3
47	5:21.22	L	F	David Greener	19	SRAY BUF	22/11/2019 BCA Long Course Championships 2019
48	5:24.11	L	F	Nkosinolwazi Mbatha	23	UMSH ETH	08/02/2020 eThekwini Age Group Gala 10
49	5:29.96	L	F	Erick Loubser	19	RFA TSH	30/08/2019 NTS August 2019 Age Group Gala Level
50	5:33.78	L	F	DaMen 19 & Over Schlebusch	19	AEC JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
51	5:37.02	L	F	Cassel Geldenhuys	34	HREF BPD	19/10/2019 NWS Age Group 1 1920
52	5:39.32	L	F	Connor Richter	22	MAC EKU	15/02/2020 EGA Last Chance Feb 2020
53	5:41.12	L	F	Valentino Vergotine	32	UWCA CPT	01/12/2019 Western Cape Summer Championships
54	5:46.91	L	F	Michael September	21	VIKI BUF	26/09/2019 Aquabear Invitational Meet 2019
55	5:49.25	L	F	Gregory Tucker	52	INFA NMA	21/02/2020 Infinity Champs LC Gala
56	5:57.64	L	F	John Young	45	RBOT NW	23/11/2019 NWS Age Group 3 2019/20
57	6:02.13	L	F	Jean-Pierre Nel	20	ETTN EKU	19/10/2019 EGA Summer 3 2019
58	6:34.97	L	F	John Welsh	42	MWSC NGD	15/02/2020 MP AGE GROUP 5 15 FEBRUARY 2020
59	6:38.91	L	F	Manqoba Mkhize	23	KWAM ETH	28/02/2020 NDSA Gala 2020
60	6:46.42	L	F	Schalk Kock	52	RBUR BPD	19/10/2019 NWS Age Group 1 1920
61	7:53.49	L	F	Wade Van Rensburg	45	PEMA NMA	26/09/2019 Aquabear Invitational Meet 2019
62	8:40.50	L	F	Vumani Msweli	19	FSE KCD	15/02/2020 KCDA February Age Group Gala 2020
63	9:01.55	L	F	Simphiwe Wanda	19	FSE KCD	15/02/2020 KCDA February Age Group Gala 2020
64	9:07.90	L	F	Imran Ismail	42	TLAC BPD	05/12/2019 NWS Championships 2019/2020
65	9:22.09	L	F	Rashaad Omar	40	TLAC BPD	19/10/2019 NWS Age Group 1 1920
Men 19 & Over 800 Free							
1	8:09.52	L	T	Brent Szurdoki	23	WATR JHB	21/02/2020 2020 Grand Prix Invitational Swimming
2	8:13.57	L	F	Joshua Dannhauser	22	RSA	03/07/2019 2019 World University Games
3	8:14.88	L	F	Michael McGlynn	20	ACSA ETH	17/12/2019 KZNA Premier Provincial Championship
4	8:16.75	L	F	James Freeman	19	WVAQ ETH	20/08/2019 7th FINA World Junior Swimming
5	8:21.43	L	F	Luke Erwee	19	ACSA ETH	04/12/2019 2019 Toyota U.S. Open
6	8:33.59	L	F	Roberto Gomes	20	WATR JHB	10/01/2020 2020 Grand Prix Invitation Swimming
7	8:35.40	L	F	Christopher McGlynn	24	ACSA ETH	17/12/2019 KZNA Premier Provincial Championship
8	8:50.84	L	F	Reino Von Wielligh	27	TUKS TSH	30/08/2019 NTS August 2019 Age Group Gala Level
9	9:11.68	L	F	Janco Rademeyer	20	TUKS TSH	15/11/2019 NTS November 2019 Age Group Gala
10	9:19.00	L	F	Refiloe Mashao	19	RSA	28/11/2019 2019 EASC CANA Zone 3
11	9:36.88	L	F	Jacobus Jv Rensburg	24	PAA TSH	30/08/2019 NTS August 2019 Age Group Gala Level
12	9:45.80	L	F	Reece Kincaid	20	KLOO ETH	24/06/2019 Sasol National Winter Championship
13	11:05.89	L	F	Anrich Kleynhans	26	VRC TSH	18/10/2019 NTS Prestige Gala 2019
14	11:10.07	L	F	Nkosinolwazi Mbatha	23	UMSH ETH	23/11/2019 KZN TYR Westville Sprints 2019
15	11:13.97	L	F	Avron Manchest	24	XSAQ CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
16	11:24.37	L	F	David Greener	19	SRAY BUF	22/11/2019 BCA Long Course Championships 2019
17	11:29.81	L	F	Valentino Vergotine	32	UWCA CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
18	12:39.37	L	F	Michael September	21	VIKI BUF	21/02/2020 BCA 2nd Feb Age Group Gala 2020
19	12:40.10	L	F	John Young	45	RBOT NW	23/11/2019 NWS Age Group 3 2019/20
20	13:40.14	L	F	Schalk Kock	52	RBUR BPD	23/11/2019 NWS Age Group 3 2019/20
21	19:30.58	L	F	Imran Ismail	42	TLAC BPD	19/10/2019 NWS Age Group 1 1920
Men 19 & Over 1000 Free							
1	16:09.00	L	O	Ethan Hieckmann	19	CUDU CPT	01/09/2019 CTMA OWS Cold Water Swim
2	17:13.00	L	O	Daniel Redelinghuys	21	CUDU CPT	01/09/2019 CTMA OWS Cold Water Swim
3	21:17.14	L	O	Eugene Schoombie	62	FEMS EDD	08/02/2020 WCA Open Water Swimming
Men 19 & Over 1500 Free							
1	15:39.50	L	F	Joshua Dannhauser	22	RSA	03/07/2019 2019 World University Games
2	15:40.78	L	F	James Freeman	19	WVAQ ETH	20/08/2019 7th FINA World Junior Swimming
3	15:48.53	L	F	Roberto Gomes	20	RSA	21/08/2019 12th African Games Rabat
4	15:50.97	L	F	Brent Szurdoki	23	WATR JHB	26/09/2019 Aquabear Invitational Meet 2019
5	15:56.97	L	F	Michael McGlynn	20	RSA	21/08/2019 12th African Games Rabat
6	16:12.44	L	F	Luke Erwee	19	ACSA ETH	04/12/2019 2019 Toyota U.S. Open
7	16:19.25	L	F	Danté Nortjé	19	NWS	01/02/2020 NTS Invitational Gala 2020
8	16:34.85	L	F	Janco Rademeyer	20	TUKS TSH	20/09/2019 USSA Swimming Championships
9	16:38.02	L	F	Ross Hartigan	21	TUKS TSH	17/01/2020 NTS Janaury 2020 Age Group Gala
10	16:45.23	L	F	Christopher McGlynn	24	ACSA ETH	03/08/2019 eThekwini Age Group Gala 4
11	16:49.74	L	F	Ruan Ras	23	TUKS TSH	17/01/2020 NTS Janaury 2020 Age Group Gala

Individual Top Times

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Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
12	16:59.33	L	F	Reino Von Wielligh	27	TUKS	FSH 04/12/2019 NTS Championships 2019
13	17:23.85	L	F	Refiloe Mashao	19	DRGN	JHB 31/01/2020 2020 Grand Prix Invitational Swimming
14	17:26.20	L	F	Christian Kriel	20	TUKS	FSH 20/09/2019 USSA Swimming Championships
15	17:27.34	L	F	Eric Le Roux	20	MATI	CED 20/09/2019 USSA Swimming Championships
16	17:30.71	L	F	Divan Pretorius	19	BOKS	EKU 05/12/2019 EGA Summer Championships 2019
17	17:40.71	L	F	Hein Van Tonder	19	BOKS	EKU 05/12/2019 EGA Summer Championships 2019
18	17:50.97	L	F	Benjamin Plattner	20	TUKS	FSH 17/01/2020 NTS Janaury 2020 Age Group Gala
19	18:09.74	L	F	Jacey Bekker	20	BLUO	UGD 09/11/2019 Ugu Distrist Age Group Gala 6
20	18:27.10	L	F	Darren Minnies	22	MATI	CED 20/09/2019 USSA Swimming Championships
21	18:36.54	L	F	Ruben Theunissen	20	RFA	FSH 30/08/2019 NTS August 2019 Age Group Gala Level
22	18:38.12	L	F	Reece Kincaid	20	KLOO	ETH 24/06/2019 Sasol National Winter Championship
23	19:01.75	L	F	Hendrick Ramaala	19	TUKS	FSH 17/01/2020 NTS Janaury 2020 Age Group Gala
24	19:12.47	L	F	Pierre Theron	24	MATI	CED 20/09/2019 USSA Swimming Championships
25	19:30.58	L	F	Aaron Jacoby	20	BEAV	ETH 23/11/2019 KZN TYR Westville Sprints 2019
26	19:56.30	L	F	Van Zyl Brand	22	NWUC	KKD 18/01/2020 NWS Age Group 4 1920
27	20:02.74	L	F	Markus Burri	23	NMU	NMA 20/09/2019 USSA Swimming Championships
28	20:23.14	L	F	Jeandre Lindeque	19	RFA	FSH 30/08/2019 NTS August 2019 Age Group Gala Level
29	21:56.50	L	F	Valentino Vergotine	32	UWCA	CPT 04/10/2019 CTA TYR QUALIFYING GALA #2
30	22:24.10	L	F	David Greener	19	SRAY	BUF 26/09/2019 Aquabear Invitational Meet 2019
31	23:02.90	L	F	Matthew Roos	20	NWUC	KKD 18/01/2020 NWS Age Group 4 1920
32	24:35.70	L	F	Michael September	21	VIKI	BUF 07/02/2020 BCA Feb Age Group Gala 2020
33	24:36.11	L	F	John Young	45	RBOT	BPD 05/12/2019 NWS Championships 2019/2020
34	25:09.21	L	F	Hlalele Chaane	19	MATL	KKD 09/11/2019 NWS Age Group 2 1920
35	26:17.07	L	F	Hofmeyr de Vos	46	NWUC	KKD 09/11/2019 NWS Age Group 2 1920
36	26:23.35	L	F	Schalk Kock	52	RBUR	BPD 05/12/2019 NWS Championships 2019/2020
37	26:47.40	L	F	Clifford Wallace	61	FEMS	EDD 16/11/2019 EDEN 3rd A-League Gala 2019
Men 19 & Over 3000 Free							
1	36:48.00	L	F	Gary Albertyn	51	COEL	FSH 05/08/2019 World Masters OW
2	39:12.40	L	O	Deshaan Pillay	22	INFA	NMA 13/10/2019 EC Swim Series OWS 1 2019
3	39:47.00	L	F	Juan-Jacques Van der Hoogen	25	LAD	UTD 30/11/2019 KZN Open Water
4	40:17.18	L	O	Craig Groenewald	41	AGB	JHB 07/03/2020 SA National Aquatic Championship 2020
5	40:26.00	L	F	Coillard Ford Snr	45	COEL	FSH 03/11/2019 Cradle Moon #1
6	41:22.22	L	O	Roberto Marchi	23	AGB	JHB 07/03/2020 SA National Aquatic Championship 2020
7	43:07.50	L	O	Mark Edge	61	PEAS	NMA 13/10/2019 EC Swim Series OWS 1 2019
8	43:36.12	L	O	Andries van Oort	32	NWS	07/03/2020 SA National Aquatic Championship 2020
9	43:43.40	L	O	Gregory Tucker	52	INFA	NMA 13/10/2019 EC Swim Series OWS 1 2019
10	44:41.00	L	O	Callem Simpson	19	MDOL	JHB 10/01/2020 2020 Grand Prix Invitation Swimming
11	46:04.70	L	O	Kenneth Pattinson	55	PEMA	NMA 13/10/2019 EC Swim Series OWS 1 2019
12	46:08.30	L	O	David Greener	19	SRAY	BUF 08/12/2019 EC Swim Series OWS 3 2019
13	46:12.30	L	O	Gregory Hough	47	PEMA	NMA 12/01/2020 EC Swim Series OWS 4 2020
14	46:13.00	L	O	Janco Rademeyer	20	TUKS	FSH 10/01/2020 2020 Grand Prix Invitation Swimming
15	46:25.12	L	O	John Glover	53	AGB	JHB 07/03/2020 SA National Aquatic Championship 2020
16	46:47.48	L	O	Cassel Geldenhuys	34	NWS	07/03/2020 SA National Aquatic Championship 2020
17	47:15.73	L	O	Adrian Goate	45	AGB	JHB 07/03/2020 SA National Aquatic Championship 2020
18	47:50.50	L	O	Dean Schmelzer	41	INFA	NMA 13/10/2019 EC Swim Series OWS 1 2019
19	53:24.00	L	F	Russell Upneck	63	SMSC	ETH 01/11/2019 2019 Aquelle Sun City Results
20	59:02.00	L	F	Wolfgang Fechter	58	SMSC	ETH 30/11/2019 KZN Open Water
Men 19 & Over 5000 Free							
1	53:42.40	L	O	Michael McGlynn	20	RSA	12/07/2019 18th Fina World Champs Gwangju
2	54:06.20	L	O	Christopher McGlynn	24	RSA	12/07/2019 18th Fina World Champs Gwangju
3	56:14.00	L	O	Daniel Marais	27	CLCA	CPT 01/09/2019 CTMA OWS Cold Water Swim
4	1:00:27.01	L	O	Eric Le Roux	20	WCA	WCA 07/03/2020 SA National Aquatic Championship 2020
5	1:00:29.93	L	O	Reino Von Wielligh	27	AGC	FSH 07/03/2020 SA National Aquatic Championship 2020
6	1:01:26.00	L	O	Refiloe Mashao	19	DRGN	JHB 10/01/2020 2020 Grand Prix Invitation Swimming
7	1:01:26.79	L	O	Gary Albertyn	51	AGC	FSH 07/03/2020 SA National Aquatic Championship 2020
8	1:01:27.20	L	O	Abdul Malick Railoun	27	AGC	FSH 07/03/2020 SA National Aquatic Championship 2020
9	1:06:47.00	L	F	Jacey Bekker	20	BLUO	UGD 30/11/2019 KZN Open Water
10	1:07:48.81	L	O	Craig Groenewald	41	AGB	JHB 07/03/2020 SA National Aquatic Championship 2020

Individual Top Times

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	Time	P/F/S	Name	Age/Yr				
11	1:08:02.34	L	O	Coillard Ford Snr	45	AGC	FSH	07/03/2020 SA National Aquatic Championship 2020
12	1:09:18.30	L	O	Deshaan Pillay	22	INFA	NMA	24/11/2019 EC Swim Series OWS 2 2019
13	1:09:41.00	L	F	Juan-Jacques Van der Hoogen	25	LAD	UTD	30/11/2019 KZN Open Water
Men 19 & Over 10000 Free								
1	1:49:37.90	L	O	Chad Ho	29	RSA		12/07/2019 18th Fina World Champs Gwangju
2	1:50:14.02	L	O	Daniel Marais	27	RSA		12/07/2019 18th Fina World Champs Gwangju
3	1:57:03.17	L	O	Michael McGlynn	20	KZNA	ETH	07/03/2020 SA National Aquatic Championship 2020
4	1:58:04.83	L	O	Christopher McGlynn	24	KZNA	ETH	07/03/2020 SA National Aquatic Championship 2020
5	1:58:57.36	L	O	Danté Nortjé	19	AGC	FSH	07/03/2020 SA National Aquatic Championship 2020
6	2:05:24.62	L	O	Reino Von Wielligh	27	AGC	FSH	07/03/2020 SA National Aquatic Championship 2020
7	2:05:40.30	L	O	Kyle Main	37	PEAS	NMA	13/10/2019 EC Swim Series OWS 1 2019
8	2:05:48.46	L	O	Eric Le Roux	20	WCA	WCA	07/03/2020 SA National Aquatic Championship 2020
9	2:09:16.17	L	O	Refiloe Mashao	19	AGB	JHB	07/03/2020 SA National Aquatic Championship 2020
10	2:11:53.39	L	O	Abdul Malick Railoun	27	AGC	FSH	07/03/2020 SA National Aquatic Championship 2020
11	2:34:21.80	L	O	Markus Burri	23	NMU	NMA	13/10/2019 EC Swim Series OWS 1 2019
Men 19 & Over 50 Back								
1	24.43	L	F	Zane Waddell	22	SGUL	ETH	12/07/2019 18th FINA World Championships
2	26.56	L	F	Clayton Jimmie	24	SEAL	UMD	23/11/2019 KZN TYR Westville Sprints 2019
3	26.62	L	F	Martin Binedell	24	SGUL	ETH	17/12/2019 KZNA Premier Provincial Championship
4	26.98	L	F	Justin Kraatz	27	SGUL	ETH	15/08/2019 Fina -Swimming World Cup 2019
5	26.99	L	F	Ronan Wantenaar	19	MAC	EKU	20/08/2019 7th FINA World Junior Swimming
6	27.12	L	F	Neil Fair	23	RSA		21/08/2019 12th African Games Rabat
7	27.66	L	P	Marno Langeveldt	26	TOTIS	ETH	21/02/2020 2020 Grand Prix Invitational Swimming
8	27.69	L	P	Damian Mullen	23	WATR	JHB	26/09/2019 Aquabear Invitational Meet 2019
9	27.73	L	F	Sean Behrens	26	ACSA	ETH	17/12/2019 KZNA Premier Provincial Championship
10	27.91	L	F	Jarryd Botha	35	SAAW	CPT	21/02/2020 2020 Grand Prix Invitational Swimming
11	28.08	L	F	Ethan Hieckmann	19	CUDU	CPT	26/09/2019 Aquabear Invitational Meet 2019
12	28.11	L	P	Simon Haddon	21	SAAW	CPT	31/01/2020 2020 Grand Prix Invitational Swimming
13	28.24	L	F	Ross Hartigan	21	TUKS	FSH	17/01/2020 NTS Janaury 2020 Age Group Gala
14	28.39	L S	F	Cullen Thomas	ZR	BLOT	MAN	26/11/2019 FS Champs
15	28.47	L	F	Jan Moll	19	DYNA	EKU	24/06/2019 Sasol National Winter Championship
16	28.50	L	F	Van Zyl Brand	22	NWUC	KKD	05/12/2019 NWS Championships 2019/2020
17	28.51	L	F	Louw Oberholzer	20	TUKS	FSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
18*	28.54	L	F	Ma'az Khota	19	RBOT	BPD	05/12/2019 NWS Championships 2019/2020
18*	28.54	L	F	Jacques Van Wyk	27	PAA	FSH	03/11/2019 CGA All Levels
20	28.62	L	P	Cameron Pennell	20	ACSA	ETH	17/12/2019 KZNA Premier Provincial Championship
21*	28.63	L	F	Ruben Theunissen	20	RFA	FSH	04/12/2019 NTS Championships 2019
21*	28.63	L	F	Michael Hadlow	21	MDOL	JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
23	28.68	L	F	Danté Nortjé	19	TUKS	FSH	17/01/2020 NTS Janaury 2020 Age Group Gala
24*	28.70	L	F	Nicolaus Vd Merwe	20	PAC	FSH	04/12/2019 NTS Championships 2019
24*	28.70	L	F	Jordan Royle	19	INFA	NMA	29/11/2019 NMBA Championships 2019
26	28.71	L	F	Georgios Synodinos	20	TUKS	FSH	18/10/2019 NTS Prestige Gala 2019
27	28.74	L	F	Daniel Vorster	22	NMU	NMA	29/11/2019 NMBA Championships 2019
28	28.75	L	F	Matthew Edwards	21	DRGN	JHB	05/12/2019 CGA Championships 2019
29	28.84	L L	F	Alessio Ferreri	21	TUKS	FSH	04/12/2019 NTS Championships 2019
30	29.16	L	P	Cole Craig	19	NMU	NMA	26/09/2019 Aquabear Invitational Meet 2019
31*	29.18	L	P	Johannes Fourie	19	USH	KCD	31/01/2020 2020 Grand Prix Invitational Swimming
31*	29.18	L	F	Robert Le Roux	20	TUKS	FSH	18/10/2019 NTS Prestige Gala 2019
33	29.24	L L	F	Shane Beyers	20	TUKS	FSH	04/12/2019 NTS Championships 2019
34	29.25	L	F	James Freeman	19	TUKS	FSH	20/02/2020 CANA Zone IV Championships
35	29.28	L	P	Ryan Botha	23	PSC	FSH	04/12/2019 NTS Championships 2019
36	29.33	L	F	Ivan Beukes	19	FLOD	JHB	24/06/2019 Sasol National Winter Championship
37	29.34	L	P	André Kleynhans	20	MATI	GED	21/02/2020 2020 Grand Prix Invitational Swimming
38	29.35	L	P	Johannes Smit	20	WOAQ	GED	01/12/2019 Western Cape Long Course
39	29.41	L	F	Morné van der Bank	21	NWUC	KKD	24/06/2019 Sasol National Winter Championship
40	29.61	L	F	Joshua Jacoby	20	BEAV	ETH	19/10/2019 T. GOLFINHOS SPRINT 2019-2020
41	29.63	L	F	Evan Matthysen	21	MATI	GED	20/09/2019 USSA Swimming Championships
42	29.67	L	F	Wesley Wright	20	TUKS	FSH	04/12/2019 NTS Championships 2019

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	Time	P/F/S	Name	Age/Yr			
43*	29.76 L	F	Matthew EstMen 19 & Over t	20	PER JHB	05/12/2019	CGA Championships 2019
43*	29.76 L	F	Jaden Harris	20	DRGN JHB	05/12/2019	CGA Championships 2019
45*	29.90 L L	F	Hein Van Tonder	19	BOKS EKU	05/12/2019	EGA Summer Championships 2019
45*	29.90 L	P	Matthew Bedderson	20	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
47	30.20 L	F	Reece Kincaid	20	KLOO ETH	24/06/2019	Sasol National Winter Championship
48	30.29 L	F	Ruben Smit	19	TUKS FSH	18/10/2019	NTS Prestige Gala 2019
49	30.30 L	F	Kyle McKenzie	19	ESP EKU	31/08/2019	Adrian Grafe Speedo Sprint Meet
50	30.41 L	P	Sean Moodley	20	TUKS FSH	04/12/2019	NTS Championships 2019
51	30.44 L	F	Rhett Thackwray	21	MATI CED	20/09/2019	USSA Swimming Championships
52	30.61 L	F	Armand Nortjé	20	TTNS EKU	24/06/2019	Sasol National Winter Championship
53	30.66 L	F	Jacobus Olivier	25	NWUC KKD	05/12/2019	NWS Championships 2019/2020
54	30.68 L	F	Jan Venter	31	UNIN MPD	29/11/2019	Mpumalanga Championships 2019
55	30.80 L	F	Rudolf van Graan	21	NWUC KKD	24/06/2019	Sasol National Winter Championship
56	30.89 L	F	Christiaan Van Heerden	20	TUKS FSH	20/09/2019	USSA Swimming Championships
57	30.91 L	F	Callem Simpson	19	MDOL JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
58*	30.95 L	F	Rance Gower-Winter	20	SGUL ETH	08/02/2020	eThekweni Age Group Gala 10
58*	30.95 L	P	Sean Silverwood	20	TUKS FSH	04/12/2019	NTS Championships 2019
60	31.00 L	F	Andries Van Tonder	20	NSA EZD	14/09/2019	MP Sprint Gala - 14 September 2019
61	31.08 L	F	Nicolaas Deacon	25	VRC FSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
62	31.11 L	F	Aaron Jacoby	20	BEAV ETH	23/11/2019	KZN TYR Westville Sprints 2019
63	31.27 L	P	Cornelius Van Geffen	21	RFA FSH	04/12/2019	NTS Championships 2019
64	31.29 L	F	Bradley Bloem	20	WATR JHB	05/12/2019	CGA Championships 2019
65	31.32 L	F	Daniel Triggiani	19	FRA ETH	25/01/2020	Ushaka Championship Gala 2020
66	31.56 L	F	Tahir Essof	19	ATLA JHB	05/12/2019	CGA Championships 2019
67*	31.57 L	F	Lyle Fortune	19	SASE JHB	15/02/2020	CGA Level 2 Last Chance Gala - Day 1
67*	31.57 L	P	Abdul Malick Railoun	27	TUKS FSH	04/12/2019	NTS Championships 2019
69	31.58 L	P	Hlalele Chaane	19	MATL KKD	24/06/2019	Sasol National Winter Championship
70	31.66 L	F	Jarryd Snyman	20	MATI CED	19/10/2019	Winelands Senior League 4 - 19 Oct
71	31.70 L	F	Jan-Ebert Kleynhans	19	GHSK FBD	04/10/2019	Seals Gala
72	31.76 L S	F	Kian Du Toit	19	SOUL EKU	05/12/2019	EGA Summer Championships 2019
73	31.78 L	F	Kadin Vd Lingen	19	PAC FSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
74	31.79 L	F	Anrich Kleynhans	26	MATI CED	20/09/2019	USSA Swimming Championships
75	31.81 L	P	Gabriel Forbes	22	SAAW CPT	01/12/2019	Western Cape Long Course
76	32.11 L	F	Benjamin Plattner	20	TUKS FSH	17/01/2020	NTS Janaury 2020 Age Group Gala
77*	32.15 L	F	Daniel Redelinghuys	21	CUDU CPT	19/10/2019	Winelands Senior League 4 - 19 Oct
77*	32.15 L	F	Cianan Danhouse	19	PAQU CED	22/02/2020	Swartland Invitational Gala 2
79	32.25 L	F	William Ochse	22	MATI CED	20/09/2019	USSA Swimming Championships
80	32.31 L	F	Divan Pretorius	19	BOKS EKU	31/08/2019	Adrian Grafe Speedo Sprint Meet
81	32.57 L	F	Abraham Fourie	21	FAAC FBD	18/01/2020	Good Hope Gala 2020
82	32.61 L	P	Keenan George	23	MANT CPT	26/09/2019	Aquabear Invitational Meet 2019
83	32.69 L	F	Bryce Pendock	23	MATI CED	20/09/2019	USSA Swimming Championships
84	32.91 L	F	Tiaan Lotter	19	HWBA WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
85	33.16 L	F	Dyllon Wilson-Moore	19	USC BUF	22/11/2019	BCA Long Course Championships 2019
86	33.30 L	F	Ethan Paulse	24	CLSC WCD	01/12/2019	Western Cape Summer Championships
87	x33.62 L	F	Mpumelelo Mosue	22	TUKS FSH	18/10/2019	NTS Prestige Gala 2019
88	33.63 L	F	George Marais	19	ROA EDD	26/10/2019	EDEN 2nd A-League Gala 2019
89	33.72 L	F	Nkosinolwazi Mbatha	23	UMSH ETH	23/11/2019	KZN TYR Westville Sprints 2019
90	33.75 L	F	Byron Govender	19	BEAV ETH	25/01/2020	Ushaka Championship Gala 2020
91	34.06 L	F	Jeandre Lindeque	19	RFA FSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
92	34.49 L	F	Vincent Potgieter	21	TLAC BPD	05/12/2019	NWS Championships 2019/2020
93	35.08 L	F	Jean Pretorius	23	CYBE CPT	19/10/2019	Winelands Senior League 4 - 19 Oct
94	35.13 L	F	Aaron Putz	23	AZON ETH	23/11/2019	KZN TYR Westville Sprints 2019
95	35.72 L	P	Ernest Davis	53	UNIN MPD	29/11/2019	Mpumalanga Championships 2019
96	35.98 L	F	Ryan Van Reenen	21	CUDU CPT	19/10/2019	Winelands Senior League 4 - 19 Oct
97	36.12 L	F	Erick Loubser	19	RFA FSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
98	37.43 L	F	Kobie Verster	43	MPS NGD	19/10/2019	T. GOLFINHOS SPRINT 2019-2020
99	37.72 L	F	DaMen 19 & Over Schlebusch	19	AEC JHB	15/02/2020	EGA Last Chance Feb 2020
100	38.13 L	F	Connor Richter	22	MAC EKU	31/08/2019	Adrian Grafe Speedo Sprint Meet
101	38.21 L	P	Valentino Vergotine	32	UWCA CPT	01/12/2019	Western Cape Summer Championships

Individual Top Times

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	Time	P/F/S	Name	Age/Yr			
102	38.24 L	F	Cassel Geldenhuys	34	HREF BPD	05/12/2019	NWS Championships 2019/2020
103	38.49 L	F	Tshegofatso Dibobo	20	SOWE JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
104	38.63 L	F	Bruce Rankin	56	TLAC BPD	25/01/2020	4 + 1 Inter Provincial Gala 2020
105	39.50 L	F	Raymond De Freitas	30	UNIN MPD	29/11/2019	Mpumalanga Championships 2019
106	40.26 L	F	Sandile Shezi	23	PISC ETH	08/02/2020	eThekwini Age Group Gala 10
107	40.74 L	F	Jean Keyser	35	STAR BPD	25/01/2020	4 + 1 Inter Provincial Gala 2020
108*	40.85 L	F	William Jacobsz	45	RBOT NW	25/01/2020	4 + 1 Inter Provincial Gala 2020
108*	40.85 L	F	Charl Parkin	51	AQUB NMA	14/09/2019	2nd A League 14/9/2019
110	40.92 L	F	Pieter Van Niekerk	VN	PSA ZLD	25/01/2020	Ushaka Championship Gala 2020
111	41.05 L S	F	Abraham Jansen	33	WELA FDD	26/11/2019	FS Champs
112	41.75 L	F	Michael September	21	VIKI BUF	22/11/2019	BCA Long Course Championships 2019
113	41.76 L	F	Thomas Mayes	19	HSTAN MPD	15/10/2019	Limpopo Top 10 - High Schools
114	42.23 L	F	Mncedisi Dlamini	19	UMSH ETH	28/02/2020	NDSA Gala 2020
115	42.75 L	F	Jan-Herman Els	20	RFA TSH	30/08/2019	NTS August 2019 Age Group Gala Level
116	43.01 L S	F	Jean-Pierre Nel	20	ETTN EKU	05/12/2019	EGA Summer Championships 2019
117	44.69 L	F	Sean O'Neill	DR	TSSC ETH	26/10/2019	eThekwini Age Group Gala 7
118	44.82 L	F	Hofmeyr de Vos	46	NWUC KKD	05/12/2019	NWS Championships 2019/2020
119	45.10 L	F	Manqoba Mkhize	23	KWAM ETH	14/03/2020	KZNA Level 1 Provincial Champs 2020
120	45.38 L	F	Realeboga James	19	MPS NGD	09/12/2019	SA Schools Swimming Championship
121	45.47 L	F	Rialdo Abrahams	32	UPTS ZMD	21/02/2020	NCASA Sprints 2020
122	46.86 L	F	Louis O'Tool	39	WELA FDD	25/01/2020	4 + 1 Inter Provincial Gala 2020
123	47.03 L	F	Andre' Maritz	43	GHSK FBD	25/10/2019	Flamingo Aquatics Academy Prestige
124	48.12 L	F	Keenan Groep	20	FUND BUF	26/10/2019	1st B Age Group Gala & EC Schools
125	49.98 L S	F	Karl Hebbelmann	DR	TSSC ETH	17/12/2019	KZNA Premier Provincial Championship
126	50.12 L	F	Okhule Mke	19	KWA NGD	29/11/2019	Mpumalanga Championships 2019
127	1:02.17 L	F	Anthony Barson	71	SRAY BUF	22/11/2019	BCA Long Course Championships 2019
128	1:03.84 L	F	Mark Webber	DN	TSSC ETH	26/10/2019	eThekwini Age Group Gala 7
129	1:08.43 L	F	Imran Ismail	42	TLAC BPD	05/12/2019	NWS Championships 2019/2020
130	1:10.97 L	F	Ntsako Mohlala	19	SOSH TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
131	1:12.07 L	F	Darren Conolly	GR	TSSC ETH	26/10/2019	eThekwini Age Group Gala 7
132	1:30.26 L	F	Bahle Mkhize	23	FSE KCD	12/10/2019	KCDA October Age Group Gala 2019
133	1:40.82 L	F	David Mc Klopper	19	MDOL JHB	03/11/2019	CGA All Levels
Men 19 & Over 100 Back							
1	16.05 L L	F	Cassel Geldenhuys	34	HREF BPD	05/12/2019	NWS Championships 2019/2020
2	53.87 L	F	Martin Binedell	24	RSA	03/07/2019	2019 World University Games
3	54.12 L	P	Christopher Reid	24	AQUB NMA	12/07/2019	18th FINA World Championships
4	55.99 L	F	Zane Waddell	22	RSA	03/07/2019	2019 World University Games
5	57.75 L	F	Ronan Wantenaar	19	MAC EKU	20/08/2019	7th FINA World Junior Swimming
6	58.37 L	F	Brent Szurdoki	23	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019
7	58.40 L	F	Clayton Jimmie	24	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
8	59.42 L	F	Van Zyl Brand	22	NWS	01/02/2020	NTS Invitational Gala 2020
9	59.60 L	F	Jacques Van Wyk	27	PAA TSH	17/01/2020	NTS January 2020 Age Group Gala
10	59.73 L	P	Joshua Jacoby	20	BEAV ETH	21/02/2020	2020 Grand Prix Invitational Swimming
11	59.99 L	F	Neil Fair	23	TUKS TSH	20/09/2019	USSA Swimming Championships
12	1:00.31 L	F	Cameron Pennell	20	ACSA ETH	17/12/2019	KZNA Premier Provincial Championship
13	1:00.55 L	P	Alessio Ferreri	21	TUKS TSH	21/02/2020	2020 Grand Prix Invitational Swimming
14*	1:00.71 L	P	Ethan Hieckmann	19	CUDU CPT	01/12/2019	Western Cape Summer Championships
14*	1:00.71 L	P	Sean Behrens	26	ACSA ETH	17/12/2019	KZNA Premier Provincial Championship
16	1:01.03 L	P	Damian Mullen	23	WATR JHB	21/02/2020	2020 Grand Prix Invitational Swimming
17	1:01.09 L	F	Marno Langeveldt	26	TOTIS ETH	28/02/2020	NDSA Gala 2020
18	1:01.71 L	F	Matthew Edwards	21	DRGN JHB	15/02/2020	EGA Last Chance Feb 2020
19	1:01.72 L	F	Cullen Thomas	ZR	BLOT MAN	26/11/2019	FS Champs
20	1:01.86 L	F	Jordan Royle	19	INFA NMA	29/11/2019	NMBA Championships 2019
21	1:01.87 L	F	Simon Haddon	21	SAAW CPT	22/06/2019	Tsxetan Golomev
22	1:01.94 L S	F	Ruben Theunissen	20	RFA TSH	04/12/2019	NTS Championships 2019
23	1:02.23 L	P	Ronan Pleass	19	WATR JHB	31/01/2020	2020 Grand Prix Invitational Swimming
24	1:02.60 L	F	Ivan Beukes	19	FLOD JHB	24/06/2019	Sasol National Winter Championship
25	1:02.90 L	F	Morné van der Bank	21	NWUC KKD	24/06/2019	Sasol National Winter Championship
26	1:03.01 L	F	Daniel Vorster	22	NMU NMA	29/11/2019	NMBA Championships 2019

Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
27	1:03.09	L	P	Cole Craig	19	NMU NMA	21/02/2020 2020 Grand Prix Invitational Swimming
28	1:03.50	L	F	Hein Van Tonder	19	BOKS EKU	05/12/2019 EGA Summer Championships 2019
29	x1:03.69	L	F	Cameron Oliver	23	MDOL JHB	08/03/2020 Aquatics Gauteng Level 1
30	1:03.76	L	F	Ma'az Khota	19	RBOT BPD	05/12/2019 NWS Championships 2019/2020
31	1:03.78	L	F	Michael Hadlow	21	MDOL JHB	15/02/2020 EGA Last Chance Feb 2020
32	1:03.80	L S	F	Shane Beyers	20	TUKS FSH	04/12/2019 NTS Championships 2019
33	1:04.21	L	F	James Freeman	19	TUKS FSH	20/02/2020 CANA Zone IV Championships
34	1:04.28	L	F	Reece Kincaid	20	KLOO ETH	24/06/2019 Sasol National Winter Championship
35	1:04.42	L	F	Aldo Scribante	20	TUKS FSH	20/09/2019 USSA Swimming Championships
36*	1:04.50	L	F	Kyle McKenzie	19	ESP EKU	17/08/2019 EGA Winter 4 (Soncini) 17.08.19
36*	1:04.50	L	F	Sean Moodley	20	TUKS FSH	20/09/2019 USSA Swimming Championships
38	1:04.61	L	F	Simon Davies	19	MDOL JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
39	1:04.93	L	F	Georgios Synodinos	20	TUKS FSH	20/09/2019 USSA Swimming Championships
40	1:05.15	L	F	Anandt Van Rensburg	20	MATI CED	20/09/2019 USSA Swimming Championships
41	1:05.27	L	P	Andr� Kleynhans	20	MATI CED	21/02/2020 2020 Grand Prix Invitational Swimming
42	1:05.37	L	F	Armand Nortj�	20	TTNS EKU	24/06/2019 Sasol National Winter Championship
43	1:05.49	L	F	Johannes Smit	20	WOAQ CED	01/12/2019 Western Cape Long Course
44	1:05.61	L	F	Christian Kriel	20	TUKS FSH	20/09/2019 USSA Swimming Championships
45	1:05.66	L	F	Jan Moll	19	DYNA EKU	14/09/2019 EGA Summer 1 2019
46	1:05.68	L	F	Rudolf van Graan	21	NWUC KKD	24/06/2019 Sasol National Winter Championship
47	1:06.04	L	P	Aaron Jacoby	20	BEAV ETH	17/12/2019 KZNA Premier Provincial Championship
48	1:06.81	L	F	Christiaan Van Heerden	20	TUKS FSH	20/09/2019 USSA Swimming Championships
49	1:07.04	L	F	Rhett Thackwray	21	MATI CED	20/09/2019 USSA Swimming Championships
50	1:07.15	L	F	Lyle Fortune	19	SASE JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
51	1:07.79	L	F	Callem Simpson	19	MDOL JHB	15/02/2020 EGA Last Chance Feb 2020
52	1:08.20	L S	P	Wesley Wright	20	TUKS FSH	04/12/2019 NTS Championships 2019
53	1:08.32	L	F	Bryce Grassi	22	INFA NMA	21/02/2020 Infinity Champs LC Gala
54	1:08.42	L S	F	Anrich Kleynhans	26	VRC FSH	04/12/2019 NTS Championships 2019
55	1:08.72	L	F	Ruan Jansen van Vuuren	19	AQU ADJ	23/11/2019 KZN TYR Westville Sprints 2019
56	1:08.94	L	F	Jan-Ebert Kleynhans	19	GHSK FBD	08/11/2019 NCASA Age Group 2 KBY 2019
57	1:09.06	L	F	Jacobus Olivier	25	NCASA FBD	02/11/2019 Fezile Dabi Inter District Gala 2019
58	1:09.18	L	F	Sean Silverwood	20	TUKS FSH	18/10/2019 NTS Prestige Gala 2019
59	1:09.30	L	F	Bradley Bloem	20	WATR JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
60	1:09.76	L	F	Damian Fourie	19	USC BUF	22/11/2019 BCA Long Course Championships 2019
61	1:10.58	L	F	Daniel Redelinghuys	21	CUDU CPT	02/11/2019 Swartland Invitational #1
62	1:10.93	L	F	Cianan Danhouse	19	PAQU CED	25/01/2020 West Coast Qualify Gala 2020
63	1:11.47	L	F	William Ochse	22	MATI CED	20/09/2019 USSA Swimming Championships
64	1:12.77	L	F	Divan Pretorius	19	BOKS EKU	19/10/2019 EGA Summer 3 2019
65	1:12.96	L	F	Matthew Bedderson	20	SGUL ETH	28/02/2020 NDSA Gala 2020
66	1:13.32	L	P	Jean Pretorius	23	CYBE CPT	31/01/2020 2020 Grand Prix Invitational Swimming
67	1:13.78	L	F	Kobie Verster	43	BAR EZD	14/09/2019 MP Sprint Gala - 14 September 2019
68	1:14.05	L	F	Pieter-Jan Hough	19	RFA FSH	30/08/2019 NTS August 2019 Age Group Gala Level
69	1:14.20	L	F	Ethan Paulse	24	CLSC WCD	01/12/2019 Western Cape Summer Championships
70	1:14.40	L	F	Byron Govender	19	BEAV ETH	25/01/2020 Ushaka Championship Gala 2020
71	1:16.37	L	F	George Marais	19	ROA EDD	26/10/2019 EDEN 2nd A-League Gala 2019
72	1:17.15	L	P	Christian Sadie	22	MATI CED	01/12/2019 Western Cape Summer Championships
73	1:17.78	L	F	Abraham Fourie	21	FAACP PSD	25/10/2019 Flamingo Aquatics Academy Prestige
74	1:17.99	L	F	Connor Richter	22	MAC EKU	15/02/2020 EGA Last Chance Feb 2020
75	1:18.82	L	F	Vincent Potgieter	21	TLAC BPD	05/12/2019 NWS Championships 2019/2020
76	1:22.01	L	F	Ryan Van Reenen	21	CUDU CPT	02/11/2019 Swartland Invitational #1
77	1:24.28	L	F	Clem Sweet	20	TUKS FSH	15/11/2019 NTS November 2019 Age Group Gala
78	1:24.37	L	F	Valentino Vergotine	32	UWCA CPT	01/12/2019 Western Cape Summer Championships
79	1:24.43	L	F	Bruce Rankin	56	TLAC BPD	05/12/2019 NWS Championships 2019/2020
80	1:25.71	L	F	Sandile Shezi	23	PISC ETH	17/12/2019 KZNA Premier Provincial Championship
81	1:30.24	L	F	Raymond De Freitas	30	UNIN MPD	14/09/2019 MP Sprint Gala - 14 September 2019
82	1:31.81	L	F	Heineger-Edwin Buhr-Engelke	19	BARR CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
83	1:32.67	L	F	Thomas Mayes	19	HSTAN MPD	15/10/2019 Limpopo Top 10 - High Schools
84	1:33.70	L	P	Jean-Pierre Nel	20	TTNS EKU	24/06/2019 Sasol National Winter Championship
85	1:35.59	L	F	Jean Keyser	35	STAR BPD	05/12/2019 NWS Championships 2019/2020

Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
86	1:37.69 L	F	Pieter Van Niekerk	VN	PSA ZLD	29/11/2019	Mpumalanga Championships 2019	
87	1:38.71 L	F	Jan-Herman Els	20	RFA FSH	29/11/2019	2019 The Tshwane Mayoral Gala	
88	1:41.91 L	F	Sean O'Neill	DR	TSSC ETH	17/12/2019	KZNA Premier Provincial Championship	
89	1:47.27 L	F	Realeboga James	19	MPS NGD	09/12/2019	SA Schools Swimming Championship	
90	1:48.67 L	F	Karl Hebbelmann	DR	TSSC ETH	17/12/2019	KZNA Premier Provincial Championship	
91	1:55.91 L	F	Rialdo Abrahams	32	UPTS ZMD	08/11/2019	NCASA Age Group 2 UP 2019	
92	1:59.32 L	F	Okhule Mke	19	KWA NGD	29/11/2019	Mpumalanga Championships 2019	
93	2:27.41 L	F	Mark Webber	DN	TSSC ETH	23/11/2019	KZN TYR Westville Sprints 2019	
94	2:52.79 L	F	Darren Conolly	GR	TSSC ETH	20/07/2019	eThekwini Age Group Gala 3	
Men 19 & Over 200 Back								
1	1:57.04 L	F	Christopher Reid	24	STAC NMA	04/12/2019	2019 Toyota U.S. Open	
2	1:57.65 L	F	Martin Binedell	24	RSA	03/07/2019	2019 World University Games	
3	2:06.52 L	F	Brent Szurdoki	23	WATR JHB	10/01/2020	2020 Grand Prix Invitation Swimming	
4	2:08.74 L	F	Ayrton Sweeney	26	SEAL UMD	18/01/2020	eThekwini Age Group Gala 9	
5	2:09.02 L	F	Ruan Ras	23	NWS	01/02/2020	NTS Invitational Gala 2020	
6	2:09.03 L	F	Cameron Pennell	20	ACSA ETH	17/12/2019	KZNA Premier Provincial Championship	
7	2:09.27 L	F	Van Zyl Brand	22	NWS	01/02/2020	NTS Invitational Gala 2020	
8	2:09.43 L	F	Alessio Ferreri	21	TUKS FSH	20/09/2019	USSA Swimming Championships	
9	2:12.00 L	P	Joshua Jacoby	20	BEAV ETH	17/12/2019	KZNA Premier Provincial Championship	
10	2:14.19 L	F	Neil Fair	23	CSC FSH	18/10/2019	NTS Prestige Gala 2019	
11	2:14.41 L	F	Damian Mullen	23	WATR JHB	10/01/2020	2020 Grand Prix Invitation Swimming	
12	2:14.44 L	P	Ethan Hieckmann	19	CUDU CPT	31/01/2020	2020 Grand Prix Invitational Swimming	
13	2:15.94 L	F	Cole Craig	19	NMU NMA	21/02/2020	2020 Grand Prix Invitational Swimming	
14	2:17.11 L	F	Ronan Pleass	19	WATR JHB	21/02/2020	2020 Grand Prix Invitational Swimming	
15	2:17.52 L	F	Michael McGlynn	20	ACSA ETH	05/10/2019	eThekwini Age Group 6	
16	2:17.64 L	F	James Freeman	19	TUKS FSH	20/02/2020	CANA Zone IV Championships	
17	2:18.08 L	F	Simon Davies	19	MDOL JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala	
18	2:18.23 L S	F	Reece Kincaid	20	KLOO ETH	24/06/2019	Sasol National Winter Championship	
19	2:18.63 L S	F	Cullen Thomas	ZR	BLOT MAN	26/11/2019	FS Champs	
20	2:18.76 L	F	Kyle McKenzie	19	ESP EKU	05/12/2019	EGA Summer Championships 2019	
21	2:18.86 L	F	Michael Hadlow	21	MDOL JHB	15/02/2020	EGA Last Chance Feb 2020	
22	2:19.65 L S	F	Armand Nortjé	20	TTNS EKU	24/06/2019	Sasol National Winter Championship	
23	2:19.69 L	F	Morné van der Bank	21	NWUC KKD	20/09/2019	USSA Swimming Championships	
24	2:19.73 L	F	Ma'az Khota	19	RBOT BPD	05/12/2019	NWS Championships 2019/2020	
25	2:20.83 L S	F	Ivan Beukes	19	FLOD JHB	24/06/2019	Sasol National Winter Championship	
26	2:21.48 L	F	Matthew Edwards	21	DRGN JHB	03/11/2019	CGA All Levels	
27	2:22.23 L	F	Hein Van Tonder	19	BOKS EKU	05/12/2019	EGA Summer Championships 2019	
28	2:23.75 L	F	Johannes Fourie	19	USH KCD	12/10/2019	KCDA October Age Group Gala 2019	
29	2:25.83 L	F	Ruben Theunissen	20	NWS	01/02/2020	NTS Invitational Gala 2020	
30	2:26.24 L	F	Daniel Vorster	22	NMU NMA	26/09/2019	Aquabear Invitational Meet 2019	
31	2:26.66 L	P	Matthew EstMen 19 & Over t	20	PER JHB	05/12/2019	CGA Championships 2019	
32	2:28.63 L	F	Eric Le Roux	20	MATI CED	20/09/2019	USSA Swimming Championships	
33	2:29.20 L	F	Aaron Jacoby	20	BEAV ETH	06/07/2019	eThekwini Age Group Gala 2	
34	2:29.76 L	F	Jacobus Olivier	25	NWUC KKD	05/12/2019	NWS Championships 2019/2020	
35	2:31.43 L	F	Lyle Fortune	19	SASE JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala	
36	2:36.01 L	F	Anrich Kleynhans	26	VRC FSH	18/10/2019	NTS Prestige Gala 2019	
37	2:37.81 L	F	Callem Simpson	19	MDOL JHB	15/02/2020	EGA Last Chance Feb 2020	
38	2:38.31 L	F	Jan-Ebert Kleynhans	19	GHSK FBD	16/11/2019	NCASA Age Group 3 2019 KBY	
39	2:39.38 L	F	Cianan Danhouse	19	PAQU CED	21/09/2019	Winelands Senior League 3 - 21Sept	
40	2:47.96 L	F	Brandon Gray	21	MATI CED	20/09/2019	USSA Swimming Championships	
41	2:48.71 L	F	George Marais	19	ROA EDD	26/10/2019	EDEN 2nd A-League Gala 2019	
42	2:52.39 L	F	Pierre Theron	24	MATI CED	20/09/2019	USSA Swimming Championships	
43	3:38.05 L	F	Manqoba Mkhize	23	KWAM ETH	14/03/2020	KZNA Level 1 Provincial Champs 2020	
Men 19 & Over 50 Breast								
1	26.82 L	F	Michael Houlie	19	RSA	03/07/2019	2019 World University Games	
2	28.17 L	P	Alaric Basson	24	NMU NMA	31/01/2020	2020 Grand Prix Invitational Swimming	
3	28.32 L	F	Bradley Tandy	28	RSA	21/08/2019	12th African Games Rabat	
4	28.43 L	P	Alard Basson	24	NMU NMA	31/01/2020	2020 Grand Prix Invitational Swimming	

Individual Top Times

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	Time	P/F/S	Name	Age/Yr			
5	28.70 L	F	Adrian Robinson	20	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
6	29.01 L	F	Mario Ervedosa	21	TUKS FSH	20/09/2019	USSA Swimming Championships
7	29.17 L	F	Brenden Crawford	24	DRGN JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
8	29.19 L S	F	Bailey Musgrave	21	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
9	29.26 L S	F	Douglas Erasmus	30	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
10	29.35 L	F	Ronan Wantenaar	19	MAC EKU	20/08/2019	7th FINA World Junior Swimming
11	29.52 L	F	Jared Pike	29	SEAL UMD	27/06/2019	2019 FLA International Cup
12	29.81 L	P	Jordan Royle	19	INFA NMA	31/01/2020	2020 Grand Prix Invitational Swimming
13	29.99 L	P	Benjamin Sack	23	SAAW CPT	01/12/2019	Western Cape Summer Championships
14	30.08 L	F	Andrew Brown	21	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019
15	30.16 L	F	Aaron Jacoby	20	BEAV ETH	19/10/2019	T. GOLFINHOS SPRINT 2019-2020
16	30.23 L	F	Daniel Redelinghuys	21	CUDU CPT	26/09/2019	Aquabear Invitational Meet 2019
17	30.28 L	F	Robert Le Roux	20	TUKS FSH	21/02/2020	2020 Grand Prix Invitational Swimming
18	30.39 L	F	Jan Moll	19	DYNA EKU	24/06/2019	Sasol National Winter Championship
19	30.45 L	F	Anandt Van Rensburg	20	MATI CED	31/01/2020	2020 Grand Prix Invitational Swimming
20	30.49 L	P	Ryan Whitaker	21	MATI CED	31/01/2020	2020 Grand Prix Invitational Swimming
21	30.50 L	F	Donovan Mcantagart	23	USC BUF	22/11/2019	BCA Long Course Championships 2019
22*	30.52 L	P	Rourke McGrath	19	RSA	11/10/2019	Fina -Swimming World Cup 2019 Berlin
22*	30.52 L	F	Josef Kieser	22	MATI CED	29/06/2019	Kavala 2019
24	30.58 L	F	Aldo Scribante	20	TUKS FSH	20/09/2019	USSA Swimming Championships
25*	30.61 L	P	Moonakala Naidu	22	VRC FSH	21/08/2019	12th African Games Rabat
25*	30.61 L S	P	Matthew Bedderson	20	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
27	30.73 L	F	Sebastian Walker	19	WATR JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
28	30.79 L S	F	Neil Fair	23	CSC FSH	04/12/2019	NTS Championships 2019
29*	30.82 L S	F	Cornelius Van Geffen	21	RFA FSH	04/12/2019	NTS Championships 2019
29*	30.82 L S	F	Kadin Vd Lingen	19	RFA FSH	04/12/2019	NTS Championships 2019
31	30.94 L	P	Luke Ashton	19	HASC JHB	05/12/2019	CGA Championships 2019
32	30.98 L S	P	Massimo Di Paolo	20	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
33	31.01 L S	F	Jeandre Lindeque	19	RFA FSH	04/12/2019	NTS Championships 2019
34	31.02 L S	F	Michael Jones	27	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
35	31.15 L	F	Kyle McKenzie	19	ESP EKU	17/08/2019	EGA Winter 4 (Soncini) 17.08.19
36*	31.18 L	F	Sean Behrens	26	ACSA ETH	23/11/2019	KZN TYR Westville Sprints 2019
36*	31.18 L	F	Andries Van Tonder	20	MPS NGD	19/10/2019	T. GOLFINHOS SPRINT 2019-2020
38	31.21 L S	F	Sachin Chetty	20	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
39	31.37 L	F	Bryce Pendock	23	MATI CED	20/09/2019	USSA Swimming Championships
40	31.46 L	F	Brent Szurdoki	23	MATI CED	20/09/2019	USSA Swimming Championships
41	31.59 L S	F	Joshua Stegen	21	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
42	31.67 L	F	Reece Kincaid	20	KLOO ETH	24/06/2019	Sasol National Winter Championship
43	31.70 L S	P	Wesley Wright	20	TUKS FSH	04/12/2019	NTS Championships 2019
44	31.77 L	F	Jan vd Merwe	26	TUKS FSH	20/09/2019	USSA Swimming Championships
45	31.81 L	P	Joshua Goldberg	21	HASC JHB	05/12/2019	CGA Championships 2019
46	31.85 L	F	Matthew Roos	20	NWUC KKD	20/09/2019	USSA Swimming Championships
47	31.90 L	F	Brandon Gray	21	MATI CED	20/09/2019	USSA Swimming Championships
48	32.00 L	F	Wian Schoeman	19	NWUC KKD	20/09/2019	USSA Swimming Championships
49	32.02 L	F	Matthew Bowers	24	HASC JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
50*	32.09 L	P	Jock Muller	23	MATI CED	01/12/2019	Western Cape Summer Championships
50*	32.09 L	F	Anrich Kleynhans	26	MATI CED	20/09/2019	USSA Swimming Championships
52	32.16 L	F	Pierre Theron	24	KOVS MAN	26/11/2019	FS Champs
53	32.26 L	F	Morné van der Bank	21	NWUC KKD	24/06/2019	Sasol National Winter Championship
54	32.31 L	F	Estiaan Terblanche	20	HARL BUF	14/06/2019	PEA Winter Gala
55	32.53 L	F	Ryan Botha	23	PSC FSH	15/02/2020	MP AGE GROUP 5 15 FEBRUARY 2020
56	32.54 L	F	Divan Pretorius	19	BOKS EKU	31/08/2019	Adrian Grafe Speedo Sprint Meet
57*	32.58 L	F	Luke Seymour	22	USC BUF	07/12/2019	BCA December Age Group Gala 2019
57*	32.58 L	F	Dyllon Wilson-Moore	19	USC BUF	22/11/2019	BCA Long Course Championships 2019
59	32.60 L	F	Louw Oberholzer	20	TUKS FSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
60	32.62 L	F	Damian Fourie	19	USC BUF	22/11/2019	BCA Long Course Championships 2019
61	32.72 L	F	Ma'az Khota	19	RBOT BPD	05/12/2019	NWS Championships 2019/2020
62	32.96 L	F	Rhett Thackwray	21	MATI CED	20/09/2019	USSA Swimming Championships
63	33.01 L	F	Ethan Hieckmann	19	CUDU CPT	25/01/2020	CTA TYR QUALIFYING GALA #3

Individual Top Times

Times since: 01-May-19

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	Time	P/F/S	Name	Age/Yr			
64	33.02 L	F	Mel Stronkhorst	28	KSC EZD	11/10/2019	MP AGE GROUP 2 - 11-12 October
65	33.07 L	P	Hlalele Chaane	19	MATL KKD	26/09/2019	Aquabear Invitational Meet 2019
66*	33.12 L	F	Dylan van Pletzen	23	VIKI BUF	22/11/2019	BCA Long Course Championships 2019
66*	33.12 L	F	Armand Nortjé	20	ETTN EKU	31/08/2019	Adrian Grafe Speedo Sprint Meet
68	33.43 L	F	Angus Solomons	19	RSA	28/11/2019	2019 EASC CANA Zone 3
69	33.62 L	F	Abdul Malick Railoun	27	RBOT NW	07/09/2019	2019 Hillcrest Sprint Gala 13/O
70	33.69 L	F	Jarryd Snyman	20	MATI CED	20/09/2019	USSA Swimming Championships
71	33.89 L	P	Roberto Marchi	23	HASC JHB	05/12/2019	CGA Championships 2019
72	34.01 L	F	Shane Beyers	20	TUKS TSH	15/11/2019	NTS November 2019 Age Group Gala
73	34.26 L	P	Jan Venter	31	UNIN MPD	29/11/2019	Mpumalanga Championships 2019
74	34.31 L	P	Ryan Van Reenen	21	CUDU CPT	01/12/2019	Western Cape Long Course
75	34.38 L	F	Nathan Armstrong	20	TRAZ TSH	18/10/2019	NTS Prestige Gala 2019
76	34.50 L	F	Theo Van der Westhuizen	47	FINS EZD	11/10/2019	MP AGE GROUP 2 - 11-12 October
77	34.66 L	F	Christiaan Van Heerden	20	TUKS TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
78	34.84 L	P	Moegamad Sieded	20	VINE CPT	31/01/2020	2020 Grand Prix Invitational Swimming
79	35.03 L	F	Zacharias Neethling	19	HPP WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
80	35.16 L	F	Aaron Putz	23	AZON ETH	17/12/2019	KZNA Premier Provincial Championship
81	35.18 L	F	Ruben Theunissen	20	RFA TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
82	36.26 L	P	David Upman	36	DYNA EKU	05/12/2019	EGA Summer Championships 2019
83	36.32 L	F	Connor Richter	22	MAC EKU	31/08/2019	Adrian Grafe Speedo Sprint Meet
84	36.54 L	P	Daniel Manus	20	MATI CED	31/01/2020	2020 Grand Prix Invitational Swimming
85*	36.61 L	F	Jan-Ebert Kleynhans	19	GHSK FBD	15/02/2020	NCASA Age Group 5 KBY 2019-2020
85*	36.61 L	F	Kian Du Toit	19	SOUL EKU	31/08/2019	Adrian Grafe Speedo Sprint Meet
87	36.70 L	F	DaMen 19 & Over Schlebusch	19	AEC JHB	15/02/2020	EGA Last Chance Feb 2020
88	36.95 L	F	Hein Van Tonder	19	BOKS EKU	08/11/2019	EGA Summer 4
89	36.97 L	F	Grenate Haupt	20	XSAQ CPT	04/10/2019	CTA TYR QUALIFYING GALA #2
90	36.99 L	F	Clem Sweet	20	TUKS TSH	15/11/2019	NTS November 2019 Age Group Gala
91	37.03 L	F	Refiloe Mashao	19	RSA	28/11/2019	2019 EASC CANA Zone 3
92	37.20 L	F	Daniel Triggiani	19	FRA ETH	09/11/2019	KCDA November Age Group Gala 2019
93	37.56 L	P	Michael September	21	VIKI BUF	26/09/2019	Aquabear Invitational Meet 2019
94	37.80 L	F	William Jacobsz	45	RBOT BPD	05/12/2019	NWS Championships 2019/2020
95	37.88 L	F	Nkosinolwazi Mbatha	23	UMSH ETH	23/11/2019	KZN TYR Westville Sprints 2019
96	38.17 L	P	Neil Mc Lellan	60	PEMA NMA	26/09/2019	Aquabear Invitational Meet 2019
97	38.34 L	P	Ernest Davis	53	UNIN MPD	29/11/2019	Mpumalanga Championships 2019
98	38.35 L	F	Erick Loubser	19	RFA TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
99	38.49 L	F	Abraham Fourie	21	FAACP PSD	25/10/2019	Flamingo Aquatics Academy Prestige
100	38.60 L	F	Hendrik Swartz	35	COEL TSH	04/12/2019	NTS Championships 2019
101	38.63 L	F	Mncedisi Dlamini	19	UMSH ETH	28/02/2020	NDSA Gala 2020
102	39.26 L	P	Matthew Abrahams	20	ASA CPT	26/09/2019	Aquabear Invitational Meet 2019
103	39.50 L	F	Kaleb Van der Merwe	21	DRGN JHB	15/02/2020	EGA Last Chance Feb 2020
104	39.53 L	F	Christian Sadie	22	MATI CED	01/12/2019	Western Cape Long Course
105	39.75 L	F	Gomolemo Khomo	24	TUKS TSH	15/11/2019	NTS November 2019 Age Group Gala
106	39.77 L	P	Ethan Paulse	24	CLSC WCD	01/12/2019	Western Cape Long Course
107	39.81 L	F	Kobie Verster	43	BAR EZD	11/10/2019	MP AGE GROUP 2 - 11-12 October
108	39.90 L	P	Slindokuhle Mabanga	21	MDOL JHB	05/12/2019	CGA Championships 2019
109	40.00 L	F	Craig Stanton	51	COEL TSH	04/12/2019	NTS Championships 2019
110	40.18 L	F	Vincent Potgieter	21	TLAC BPD	05/12/2019	NWS Championships 2019/2020
111	40.28 L	F	Christoff Kok	32	COEL TSH	04/12/2019	NTS Championships 2019
112	41.58 L	F	Arno Opperman	39	KNS JTD	11/01/2020	NCASA Age Group 4 KTU 2019-2020
113	42.07 L	F	Raymond De Freitas	30	UNIN MPD	11/10/2019	MP AGE GROUP 2 - 11-12 October
114	42.32 L	F	Tshegofatso Dibobo	20	SOWE JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
115	42.37 L	F	Manqoba Mkhize	23	KWAM ETH	14/03/2020	KZNA Level 1 Provincial Champs 2020
116	42.40 L	F	Pierre Burger	53	KALA JTD	05/12/2019	NCASA Champs Dec 2019
117	42.95 L	P	Gary Arnold	46	HARL BUF	26/09/2019	Aquabear Invitational Meet 2019
118	43.91 L	F	Cassel Geldenhuys	34	HREF BPD	25/01/2020	4 + 1 Inter Provincial Gala 2020
119	44.20 L	F	Louis O'Tool	39	WELA FDD	25/01/2020	4 + 1 Inter Provincial Gala 2020
120	44.38 L	F	Jean-Pierre Nel	20	ETTN EKU	15/02/2020	EGA Last Chance Feb 2020
121	44.42 L	F	Andre' Maritz	43	GHSK FBD	08/11/2019	NCASA Age Group 2 KBY 2019
122	44.66 L	F	Abraham Jansen	33	WELA FDD	26/11/2019	FS Champs

Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
123	44.93 L	P	Hendrik Vd Merwe	29	TUKS FSH	05/12/2019	CGA Championships 2019
124	45.28 L	F	Rialdo Abrahams	32	UPTS ZMD	21/02/2020	NCASA Sprints 2020
125	45.43 L	F	Ntsako Mohlala	19	SOSH FSH	14/02/2020	NTS February 2020 Age Group Gala
126	45.55 L	F	Bruce Rankin	56	TLAC BPD	05/12/2019	NWS Championships 2019/2020
127	45.78 L	F	Jean Keyser	35	STAR BPD	25/01/2020	4 + 1 Inter Provincial Gala 2020
128	46.54 L	F	Willem Snr du Plessis	42	FSAC BPD	05/12/2019	NWS Championships 2019/2020
129	47.05 L	F	Barend Kok	57	FEMS EDD	16/11/2019	EDEN 3rd A-League Gala 2019
130	47.29 L	F	Jan-Herman Els	20	RFA FSH	30/08/2019	NTS August 2019 Age Group Gala Level
131	47.79 L	F	Sean O'Neill	DR	TSSC ETH	23/11/2019	KZN TYR Westville Sprints 2019
132	48.26 L	F	Karl Hebbelmann	DR	TSSC ETH	17/12/2019	KZNA Premier Provincial Championship
133	50.07 L	F	Hylton Heggie	DR	TSSC ETH	28/02/2020	NDSA Gala 2020
134	50.56 L	F	Pieter Van Niekerk	VN	PSA ZLD	29/11/2019	Mpumalanga Championships 2019
135	51.41 L	F	Vumani Msweli	19	FSE KCD	12/10/2019	KCDA October Age Group Gala 2019
136	51.96 L	F	Schalk Kock	52	RBUR BPD	18/01/2020	NWS Age Group 4 1920
137	54.34 L	F	Anthony Barson	71	SRAY BUF	22/11/2019	BCA Long Course Championships 2019
138	54.98 L	F	Okhule Mke	19	KWA NGD	29/11/2019	Mpumalanga Championships 2019
139	1:00.60 L	F	Simphiwe Wanda	19	FSE KCD	09/11/2019	KCDA November Age Group Gala 2019
140	1:20.66 L	F	Neil Nortje	22	INFA NMA	14/09/2019	2nd A League 14/9/2019
Men 19 & Over 100 Breast							
1	59.64 L	F	Michael Houlie	19	RSA	03/07/2019	2019 World University Games
2	1:00.96 L	F	Alaric Basson	24	RSA	21/08/2019	12th African Games Rabat
3	1:03.43 L	F	Adrian Robinson	20	WOAQ CED	21/08/2019	12th Swimming African Games
4	1:03.75 L	F	Ronan Wantenaar	19	MAC EKU	20/08/2019	7th FINA World Junior Swimming
5	1:03.84 L	F	Bailey Musgrave	21	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
6	1:04.13 L	F	Alard Basson	24	NMU NMA	29/11/2019	NMBA Championships 2019
7	1:04.70 L	F	Jordan Royle	19	INFA NMA	21/02/2020	Infinity Champs LC Gala
8	1:04.83 L	F	Jared Pike	29	SEAL UMD	27/06/2019	2019 FLA International Cup
9	1:05.09 L	F	Robert Le Roux	20	TUKS FSH	04/12/2019	NTS Championships 2019
10	1:05.16 L	P	Brenden Crawford	24	DRGN JHB	31/01/2020	2020 Grand Prix Invitational Swimming
11	1:05.42 L	F	Andrew Brown	21	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019
12	1:06.64 L	F	Benjamin Sack	23	SAAW CPT	25/01/2020	CTA TYR QUALIFYING GALA #3
13	1:06.78 L	F	Damian Mullen	23	WATR JHB	31/01/2020	2020 Grand Prix Invitational Swimming
14	1:07.06 L	F	Matthew Bedderson	20	SGUL ETH	21/02/2020	2020 Grand Prix Invitational Swimming
15	1:07.23 L	P	Sachin Chetty	20	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
16	1:07.32 L	F	Anandt Van Rensburg	20	MATI CED	20/09/2019	USSA Swimming Championships
17	1:07.46 L	F	Ross Hartigan	21	TUKS FSH	17/01/2020	NTS January 2020 Age Group Gala
18	1:07.59 L	F	Sebastian Walker	19	WATR JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
19	1:07.75 L	F	Kyle McKenzie	19	ESP EKU	05/12/2019	EGA Summer Championships 2019
20	1:07.86 L	F	Mario Ervedosa	21	TUKS FSH	20/09/2019	USSA Swimming Championships
21	1:07.89 L	F	Donovan Mcantagart	23	USC BUF	22/11/2019	BCA Long Course Championships 2019
22	1:08.31 L	F	Cornelius Van Geffen	21	RFA FSH	04/12/2019	NTS Championships 2019
23	1:08.57 L	F	Pierre Theron	24	KOVS MAN	29/02/2020	SEALS AGE GROUP GALA
24	1:09.21 L	F	Kadin Vd Lingen	19	RFA FSH	04/12/2019	NTS Championships 2019
25	1:09.23 L	P	Neil Fair	23	CSC FSH	04/12/2019	NTS Championships 2019
26	1:09.25 L	F	Josef Kieser	22	MATI CED	22/06/2019	Tsxetan Golomev
27	1:09.33 L	P	Rourke McGrath	19	RSA	04/10/2019	Fina -Swimming World Cup 2019
28	1:09.37 L	P	Aaron Jacoby	20	BEAV ETH	17/12/2019	KZNA Premier Provincial Championship
29	1:09.44 L	F	Daniel Redelinghuys	21	CUDU CPT	01/12/2019	Western Cape Summer Championships
30	1:09.49 L	F	Michael Jones	27	SEAL UMD	18/01/2020	eThekwi Age Group Gala 9
31	1:09.55 L	F	Ryan Whitaker	21	MATI CED	25/01/2020	CTA TYR QUALIFYING GALA #3
32	1:09.82 L	F	Aldo Scribante	20	TUKS FSH	20/09/2019	USSA Swimming Championships
33	1:09.94 L	P	Hendrick Ramaala	19	TUKS FSH	21/02/2020	2020 Grand Prix Invitational Swimming
34	1:10.06 L	F	Anrich Kleynhans	26	VRC FSH	04/12/2019	NTS Championships 2019
35	1:10.10 L	F	Jeandre Lindeque	19	RFA FSH	18/10/2019	NTS Prestige Gala 2019
36	1:10.13 L	P	Moonakala Naidu	22	VRC FSH	12/07/2019	18th FINA World Championships
37	1:10.39 L	F	Ma'az Khota	19	RBOT NW	23/11/2019	NWS Age Group 3 2019/20
38	1:10.48 L	F	Luke Ashton	19	HASC JHB	10/01/2020	2020 Grand Prix Invitation Swimming
39	1:10.56 L S	F	Reece Kincaid	20	KLOO ETH	24/06/2019	Sasol National Winter Championship
40	1:11.14 L	F	Massimo Di Paolo	20	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship

Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
41	1:11.25	L	F	Reece Whitaker	21	MATI CED	24/08/2019	Winelands Senior League 2 - 24Aug
42	1:11.58	L	F	Sean Behrens	26	ACSA ETH	23/11/2019	KZN TYR Westville Sprints 2019
43	1:11.62	L	F	Andries Van Tonder	20	MPS NGD	19/10/2019	T. GOLFINHOS SPRINT 2019-2020
44	1:11.81	L	F	Morné van der Bank	21	NCASA FBD	02/11/2019	Fezile Dabi Inter District Gala 2019
45	1:11.82	L	F	Dylan van Pletzen	23	VIKI BUF	22/11/2019	BCA Long Course Championships 2019
46	1:12.14	L	F	Angus Solomons	19	RSA	28/11/2019	2019 EASC CANA Zone 3
47	1:12.48	L	P	Deshaan Pillay	22	INFA NMA	26/09/2019	Aquabear Invitational Meet 2019
48	1:12.60	L	F	Terence Parkin	40	ELEC JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
49	1:12.88	L	F	Estiaan Terblanche	20	HARL BUF	21/02/2020	BCA 2nd Feb Age Group Gala 2020
50	1:13.12	L	F	Ethan Hieckmann	19	CUDU CPT	25/01/2020	CTA TYR QUALIFYING GALA #3
51	1:13.29	L	F	Conrad Scheepers	22	KZNI ETH	05/10/2019	eThekwini Age Group 6
52	1:13.56	L	F	Hlalele Chaane	19	MATL KKD	15/02/2020	NWS Last Chance AG5 1920
53	1:13.66	L	F	Matthew Roos	20	NWUC KKD	20/09/2019	USSA Swimming Championships
54	1:13.91	L	F	Wian Schoeman	19	NWUC KKD	20/09/2019	USSA Swimming Championships
55	1:14.12	L	F	Brandon Gray	21	MATI CED	20/09/2019	USSA Swimming Championships
56	1:14.97	L	F	Justin Nicklin	30	JSA JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
57	1:15.04	L	F	Damian Fourie	19	USC BUF	22/11/2019	BCA Long Course Championships 2019
58	1:15.06	L	F	Joshua Jacoby	20	BEAV ETH	19/10/2019	T. GOLFINHOS SPRINT 2019-2020
59	1:15.52	L	F	Divan Pretorius	19	BOKS EKU	14/09/2019	EGA Summer 1 2019
60	1:16.77	L	F	Aaron Putz	23	AZON ETH	17/12/2019	KZNA Premier Provincial Championship
61	1:18.17	L	P	Jared Harper	19	AQWO CPT	01/12/2019	Western Cape Long Course
62	1:18.21	L	F	Rhett Thackwray	21	MATI CED	20/09/2019	USSA Swimming Championships
63	1:18.53	L	F	Connor Richter	22	MAC EKU	15/02/2020	EGA Last Chance Feb 2020
64	1:18.93	L	F	Theo Van der Westhuizen	47	FINS EZD	11/10/2019	MP AGE GROUP 2 - 11-12 October
65	1:19.72	L	F	Zacharias Neethling	19	HPP WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
66	1:20.60	L	F	Ryan Van Reenen	21	CUDU CPT	22/02/2020	Swartland Invitational Gala 2
67	1:21.03	L	F	Slindokuhle Mabanga	21	MDOL JHB	10/01/2020	2020 Grand Prix Invitation Swimming
68	1:21.72	L	F	Daniel Manus	20	MATI CED	25/01/2020	CTA TYR QUALIFYING GALA #3
69	1:22.24	L	F	Jean Pretorius	23	CYBE CPT	01/12/2019	Western Cape Long Course
70	1:23.05	L	F	Clem Sweet	20	TUKS TSH	18/10/2019	NTS Prestige Gala 2019
71	1:25.29	L	F	DaMen 19 & Over	19	AEC JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
72	1:26.51	L	P	Michael September	21	VIKI BUF	26/09/2019	Aquabear Invitational Meet 2019
73	1:26.52	L	F	Valentino Vergotine	32	UWCA CPT	01/12/2019	Western Cape Summer Championships
74	1:26.63	L	F	William Jacobsz	45	NCASA FBD	02/11/2019	Fezile Dabi Inter District Gala 2019
75	1:26.81	L	F	Christian Sadie	22	MATI CED	01/12/2019	Western Cape Summer Championships
76	1:26.96	L	F	Raymond De Freitas	30	UNIN MPD	29/11/2019	Mpumalanga Championships 2019
77	1:27.12	L	F	Ethan Paulse	24	CLSC WCD	01/12/2019	Western Cape Summer Championships
78	1:28.69	L	F	Mncedisi Dlamini	19	UMSH ETH	05/10/2019	eThekwini Age Group 6
79	1:30.57	L	F	Kaleb Van der Merwe	21	DRGN JHB	03/11/2019	CGA All Levels
80	1:31.81	L	P	Neil Mc Lellan	60	PEMA NMA	26/09/2019	Aquabear Invitational Meet 2019
81	1:34.44	L	F	Manqoba Mkhize	23	KWAM ETH	14/03/2020	KZNA Level 1 Provincial Champs 2020
82	1:34.70	L	P	Kobie Verster	43	BAR EZD	29/11/2019	Mpumalanga Championships 2019
83	1:35.18	L	F	Vincent Potgieter	21	TLAC BPD	05/12/2019	NWS Championships 2019/2020
84	1:35.97	L S	P	Jean-Pierre Nel	20	TTNS EKU	24/06/2019	Sasol National Winter Championship
85	1:41.38	L	F	Cassel Geldenhuys	34	HREF BPD	05/12/2019	NWS Championships 2019/2020
86	1:42.27	L	F	Pierre Burger	53	KALA JTD	21/02/2020	NCASA Sprints 2020
87	1:43.19	L	F	Andre' Maritz	43	GHSK FBD	16/11/2019	NCASA Age Group 3 2019 KBY
88	1:44.91	L	F	Ntsako Mohlala	19	SOSH TSH	12/10/2019	NTS Oct 2019 Age Group Gala
89	1:45.40	L	F	Hendrik Vd Merwe	29	TUKS TSH	31/01/2020	2020 Grand Prix Invitational Swimming
90	1:46.15	L	F	Louis O'Tool	39	WELA FDD	16/11/2019	Fezile Dabi Age Group November 2019
91	1:46.76	L	F	Abraham Jansen	33	WELA FDD	18/10/2019	Otters Prestige Gala 2019
92	1:46.87	L	F	Bruce Rankin	56	TLAC BPD	05/12/2019	NWS Championships 2019/2020
93	1:47.59	L	F	Rialdo Abrahams	32	UPTS ZMD	21/02/2020	NCASA Sprints 2020
94	1:47.97	L S	F	Sean O'Neill	DR	TSSC ETH	17/12/2019	KZNA Premier Provincial Championship
95	1:48.54	L	F	Jean Keyser	35	STAR BPD	23/11/2019	NWS Age Group 3 2019/20
96	1:48.70	L	F	Jan-Herman Els	20	RFA TSH	30/08/2019	NTS August 2019 Age Group Gala Level
97	1:51.11	L	P	Pieter Van Niekerk	VN	PSA ZLD	29/11/2019	Mpumalanga Championships 2019
98	1:51.72	L	F	Schalk Kock	52	RBUR BPD	23/11/2019	NWS Age Group 3 2019/20
99	1:51.90	L	F	Willem Snr du Plessis	42	NCASA FBD	02/11/2019	Fezile Dabi Inter District Gala 2019

Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
100	1:53.22 L	F	Barend Kok	57	FEMS EDD	16/11/2019	EDEN 3rd A-League Gala 2019	
101	1:53.29 L S	F	Karl Hebbelmann	DR	TSSC ETH	17/12/2019	KZNA Premier Provincial Championship	
102	1:56.72 L	F	Hylton Heggie	DR	TSSC ETH	28/02/2020	NDSA Gala 2020	
103	2:04.95 L	F	Anthony Barson	71	SRAY BUF	22/11/2019	BCA Long Course Championships 2019	
104	2:15.57 L	F	Okhule Mke	19	KWA NGD	29/11/2019	Mpumalanga Championships 2019	
Men 19 & Over 200 Breast								
1	2:13.73 L	P	Alaric Basson	24	NMU NMA	12/07/2019	18th FINA World Championships	
2	2:16.16 L	F	Ayrton Sweeney	26	SGUL ETH	08/06/2019	Mare Nostrum Monaco	
3	2:17.92 L	F	Bailey Musgrave	21	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship	
4	2:20.90 L	F	Andrew Brown	21	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019	
5	2:21.93 L	F	Jordan Royle	19	INFA NMA	26/09/2019	Aquabear Invitational Meet 2019	
6	2:23.16 L	P	Sachin Chetty	20	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship	
7	2:23.57 L	F	Brenden Crawford	24	DRGN JHB	31/01/2020	2020 Grand Prix Invitational Swimming	
8	2:24.57 L	F	Jared Pike	29	SEAL UMD	27/06/2019	2019 FLA International Cup	
9	2:24.74 L	F	Damian Mullen	23	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019	
10	2:27.59 L	F	Terence Parkin	40	ELEC JHB	17/12/2019	KZNA Premier Provincial Championship	
11	2:27.67 L	F	Kyle McKenzie	19	ESP EKU	18/10/2019	NTS Prestige Gala 2019	
12	2:28.48 L	F	Neil Fair	23	GSC FSH	04/12/2019	NTS Championships 2019	
13	2:29.21 L	P	Robert Le Roux	20	TUKS FSH	21/02/2020	2020 Grand Prix Invitational Swimming	
14	2:29.27 L	F	Matthew Bedderson	20	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship	
15	2:29.37 L	F	Anandt Van Rensburg	20	MATI CED	19/10/2019	Winelands Senior League 4 - 19 Oct	
16	2:29.92 L	F	Benjamin Sack	23	SAAW CPT	01/12/2019	Western Cape Long Course	
17	2:30.44 L	P	Cornelius Van Geffen	21	RFA FSH	04/12/2019	NTS Championships 2019	
18	2:32.23 L	P	Hendrick Ramaala	19	TUKS FSH	21/02/2020	2020 Grand Prix Invitational Swimming	
19	2:32.41 L	F	Pierre Theron	24	KOVS MAN	29/02/2020	SEALS AGE GROUP GALA	
20	2:33.11 L	F	Ryan Whitaker	21	MATI CED	01/12/2019	Western Cape Long Course	
21	2:35.91 L	P	Adrian Robinson	20	WOAQ CED	21/08/2019	12th Swimming African Games	
22	2:36.12 L	F	Aaron Jacoby	20	BEAV ETH	25/01/2020	Ushaka Championship Gala 2020	
23	2:36.57 L	F	Daniel Redelinghuys	21	CUDU CPT	01/12/2019	Western Cape Summer Championships	
24	2:37.00 L	F	Jeandre Lindeque	19	RFA FSH	04/12/2019	NTS Championships 2019	
25	2:37.78 L	F	Anrich Kleynhans	26	VRC FSH	04/12/2019	NTS Championships 2019	
26	2:38.88 L	F	Sebastian Walker	19	WATR JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala	
27	2:39.16 L	F	Ma'az Khota	19	RBOT BPD	05/12/2019	NWS Championships 2019/2020	
28	2:39.39 L	P	Joshua Jacoby	20	BEAV ETH	17/12/2019	KZNA Premier Provincial Championship	
29	2:39.68 L	F	Donovan Mcantagart	23	USC BUF	22/11/2019	BCA Long Course Championships 2019	
30	2:40.01 L	F	Reece Kincaid	20	KLOO ETH	24/06/2019	Sasol National Winter Championship	
31	2:40.47 L	F	Conrad Scheepers	22	ASA ILD	26/10/2019	eThekweni Age Group Gala 7	
32	2:40.58 L	F	Luke Ashton	19	HASC JHB	05/12/2019	CGA Championships 2019	
33	2:40.84 L	F	Ronan Pleass	19	WATR JHB	28/02/2020	NDSA Gala 2020	
34	2:41.21 L	F	Morné van der Bank	21	NWUC KKD	09/11/2019	NWS Age Group 2 1920	
35	2:41.27 L	F	Kadin Vd Lingen	19	RFA FSH	18/10/2019	NTS Prestige Gala 2019	
36	2:41.45 L	F	Deshaan Pillay	22	INFA NMA	26/09/2019	Aquabear Invitational Meet 2019	
37	2:41.52 L	F	Aldo Scribante	20	TUKS FSH	20/09/2019	USSA Swimming Championships	
38	2:43.41 L	F	Ethan Hieckmann	19	CUDU CPT	19/10/2019	Winelands Senior League 4 - 19 Oct	
39	2:44.44 L	F	Hlalele Chaane	19	MATL KKD	15/02/2020	NWS Last Chance AG5 1920	
40	2:44.78 L	F	Angus Solomons	19	PAQU CED	22/02/2020	Swartland Invitational Gala 2	
41	2:46.25 L	P	Aaron Putz	23	AZON ETH	17/12/2019	KZNA Premier Provincial Championship	
42	2:49.79 L	F	Matthew Roos	20	NWS	01/02/2020	NTS Invitational Gala 2020	
43	2:50.96 L	F	Mario Ervedosa	21	TUKS FSH	20/09/2019	USSA Swimming Championships	
44	2:51.08 L	F	Brandon Gray	21	MATI CED	20/09/2019	USSA Swimming Championships	
45	2:53.43 L	F	Estiaan Terblanche	20	HARL BUF	22/11/2019	BCA Long Course Championships 2019	
46	2:55.03 L	F	Jarryd Snyman	20	MATI CED	20/09/2019	USSA Swimming Championships	
47	2:55.27 L	F	Kian Du Toit	19	SOUL EKU	19/10/2019	EGA Summer 3 2019	
48	2:56.01 L	F	Wian Schoeman	19	NWUC KKD	20/09/2019	USSA Swimming Championships	
49	3:00.97 L	F	Jean Pretorius	23	CYBE CPT	19/10/2019	Winelands Senior League 4 - 19 Oct	
50	3:05.10 L	F	Daniel Manus	20	MATI CED	19/10/2019	Winelands Senior League 4 - 19 Oct	
51	3:09.05 L	F	Christian Sadie	22	MATI CED	19/10/2019	Winelands Senior League 4 - 19 Oct	
52	3:09.64 L	F	Ryan Van Reenen	21	CUDU CPT	19/10/2019	Winelands Senior League 4 - 19 Oct	
53	3:09.68 L	F	Raymond De Freitas	30	UNIN MPD	29/11/2019	Mpumalanga Championships 2019	

Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
54	3:10.61	L	F	Mncedisi Dlamini	19	UMSH	ETH	08/02/2020 eThekweni Age Group Gala 10
55	3:11.72	L	F	Clem Sweet	20	TUKS	FSH	18/10/2019 NTS Prestige Gala 2019
56	3:15.65	L	F	Michael September	21	VIKI	BUF	25/01/2020 BCA January Age Group Gala 2020
57	3:20.09	L	F	William Jacobsz	45	RBOT	BPD	05/12/2019 NWS Championships 2019/2020
58	3:29.53	L	F	Jean-Pierre Nel	20	ETTN	EKU	15/02/2020 EGA Last Chance Feb 2020
59	3:31.72	L	F	Manqoba Mkhize	23	KWAM	ETH	14/03/2020 KZNA Level 1 Provincial Champs 2020
60	3:52.17	L	F	Hendrik Vd Merwe	29	TUKS	FSH	05/12/2019 CGA Championships 2019
61	3:58.81	L	F	Sean O'Neill	DR	TSSC	ETH	28/02/2020 NDSA Gala 2020
62	3:59.27	L	F	Christiaan De Beer	40	WATR	JHB	11/01/2020 NCASA Age Group 4 KTU 2019-2020
63	4:03.36	L	F	Ntsako Mohlala	19	SOSH	FSH	12/10/2019 NTS Oct 2019 Age Group Gala
64	4:04.07	L	F	Rialdo Abrahams	32	UPTS	ZMD	21/02/2020 NCASA Sprints 2020
65	4:19.80	L	F	Hylton Heggie	DR	TSSC	ETH	28/02/2020 NDSA Gala 2020
66	4:22.09	L	F	Schalk Kock	52	RBUR	BPD	05/12/2019 NWS Championships 2019/2020
Men 19 & Over 50 Fly								
1	23.96	L S	F	Douglas Erasmus	30	SEAL	UMD	17/12/2019 KZNA Premier Provincial Championship
2	23.98	L	F	Chad Le Clos	28	CLCA	CPT	31/01/2020 2020 Grand Prix Invitational Swimming
3	24.04	L	F	Ryan Coetzee	24	RSA		21/08/2019 12th African Games Rabat
4	24.25	L	F	Justin Kraatz	27	SGUL	ETH	15/08/2019 Fina -Swimming World Cup 2019
5	24.40	L	F	Clayton Jimmie	24	SEAL	UMD	31/01/2020 2020 Grand Prix Invitational Swimming
6	24.83	L	P	Jarryd Botha	35	RSA		04/10/2019 Fina -Swimming World Cup 2019
7	24.89	L	P	Daniel Ronaldson	23	SGUL	ETH	21/02/2020 2020 Grand Prix Invitational Swimming
8	25.09	L	P	Alard Basson	24	NMU	NMA	26/09/2019 Aquabear Invitational Meet 2019
9	25.19	L	P	Benjamin Plattner	20	TUKS	FSH	13/12/2019 Amstel Cup - Amsterdam
10	25.37	L	F	Ross Hartigan	21	TUKS	FSH	04/12/2019 NTS Championships 2019
11	25.45	L	P	Simon Haddon	21	SAAW	CPT	01/12/2019 Western Cape Summer Championships
12	25.48	L	F	Matthew Bowers	24	HASC	JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
13	25.67	L	F	Jacobus Jv Rensburg	24	TUKS	FSH	20/09/2019 USSA Swimming Championships
14	25.84	L	F	Jan Moll	19	DYNA	EKU	24/06/2019 Sasol National Winter Championship
15	25.91	L	F	Schalk Van Heerden	20	TUKS	FSH	04/12/2019 NTS Championships 2019
16	25.99	L	P	Nicolaas Deacon	25	VRC	FSH	04/12/2019 NTS Championships 2019
17	26.08	L	F	Ockert Vermeulen	22	TUKS	FSH	04/12/2019 NTS Championships 2019
18	26.13	L	F	Johannes Zandberg	36	VRC	FSH	14/02/2020 NTS February 2020 Age Group Gala
19	26.16	L	F	James Freeman	19	TUKS	FSH	20/02/2020 CANA Zone IV Championships
20	26.19	L	F	Neil Fair	23	CSC	FSH	18/10/2019 NTS Prestige Gala 2019
21	26.20	L	F	Louw Oberholzer	20	TUKS	FSH	20/09/2019 USSA Swimming Championships
22	26.22	L	F	Jaden Harris	20	DRGN	JHB	05/12/2019 CGA Championships 2019
23	26.23	L	F	Jan vd Merwe	26	TUKS	FSH	20/09/2019 USSA Swimming Championships
24	26.29	L	P	Damian Mullen	23	WATR	JHB	26/09/2019 Aquabear Invitational Meet 2019
25*	26.31	L S	F	Cullen Thomas	ZR	BLOT	MAN	26/11/2019 FS Champs
25*	26.31	L	F	Jacques Van Wyk	27	PAA	FSH	18/10/2019 NTS Prestige Gala 2019
27	26.32	L	F	Josef Kieser	22	MATI	GED	29/06/2019 Kavala 2019
28*	26.33	L	F	Taahir Essof	19	ATLA	JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
28*	26.33	L	F	Matthew Edwards	21	DRGN	JHB	15/02/2020 EGA Last Chance Feb 2020
30	26.38	L	F	Evan Matthysen	21	MATI	GED	20/09/2019 USSA Swimming Championships
31*	26.41	L	F	Sean Behrens	26	ACSA	ETH	23/11/2019 KZN TYR Westville Sprints 2019
31*	26.41	L	P	Adrian Robinson	20	TUKS	FSH	13/12/2019 Amstel Cup - Amsterdam
33*	26.42	L	P	Christiaan Engelbrecht	20	SAAW	CPT	21/02/2020 2020 Grand Prix Invitational Swimming
33*	26.42	L	F	Andrew Brown	21	WATR	JHB	26/09/2019 Aquabear Invitational Meet 2019
35	26.53	L	F	Raymond Kockott	19	TKS	WBD	29/11/2019 Limpopo Champs
36*	26.54	L	P	Jock Muller	23	MATI	GED	01/12/2019 Western Cape Long Course
36*	26.54	L	P	Jordan Royle	19	INFA	NMA	26/09/2019 Aquabear Invitational Meet 2019
38*	26.55	L	F	Robert Le Roux	20	TUKS	FSH	18/10/2019 NTS Prestige Gala 2019
38*	26.55	L	F	Donovan Mcantagart	23	USC	BUF	22/11/2019 BCA Long Course Championships 2019
40	26.56	L	P	Andrey Ormelchenko	19	PAA	FSH	04/12/2019 NTS Championships 2019
41*	26.57	L	F	Matthew Roos	20	NWUC	KKD	05/12/2019 NWS Championships 2019/2020
41*	26.57	L	F	Damian Fourie	19	USC	BUF	22/11/2019 BCA Long Course Championships 2019
43	26.58	L	F	Trevor Austin	26	SAAW	CPT	01/12/2019 Western Cape Long Course
44	26.72	L	F	Ma'az Khota	19	RBOT	BPD	05/12/2019 NWS Championships 2019/2020
45	26.79	L	F	Divan Pretorius	19	BOKS	EKU	05/12/2019 EGA Summer Championships 2019

Individual Top Times

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Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
46	26.81	L	F	Jano Beukes	19	HSBV	SKD 17/09/2019 Limpopo Interhoer (Waterberg distrik)
47*	26.82	L	F	Sean Moodley	20	TUKS	FSH 20/09/2019 USSA Swimming Championships
47*	26.82	L	F	Rance Gower-Winter	20	SGUL	ETH 08/02/2020 eThekweni Age Group Gala 10
49	26.84	L	P	Ruben Theunissen	20	RFA	FSH 04/12/2019 NTS Championships 2019
50	26.86	L	F	Ruben Smit	19	TUKS	FSH 18/10/2019 NTS Prestige Gala 2019
51	26.87	L	P	Ryan Botha	23	PSC	FSH 04/12/2019 NTS Championships 2019
52	26.96	L	F	Georgios Synodinos	20	TUKS	FSH 20/09/2019 USSA Swimming Championships
53*	26.98	L	P	Ruan Ras	23	TUKS	FSH 21/02/2020 2020 Grand Prix Invitational Swimming
53*	26.98	L	P	Wesley Wright	20	TUKS	FSH 04/12/2019 NTS Championships 2019
55	27.00	L	F	Armand Nortjé	20	ETTN	EKU 05/12/2019 EGA Summer Championships 2019
56*	27.01	L	F	Bryce Pendock	23	MATI	CED 20/09/2019 USSA Swimming Championships
56*	27.01	L S	P	Brendan Levy	22	SGUL	ETH 17/12/2019 KZNA Premier Provincial Championship
56*	27.01	L	F	Michael McGlynn	20	ACSA	ETH 05/10/2019 eThekweni Age Group 6
59	27.04	L	P	Reece Kincaid	20	KLOO	ETH 24/06/2019 Sasol National Winter Championship
60	27.10	L	F	Kyle McKenzie	19	ESP	EKU 17/08/2019 EGA Winter 4 (Soncini) 17.08.19
61	27.11	L	P	Jan Venter	31	UNIN	MPD 29/11/2019 Mpumalanga Championships 2019
62	27.16	L	F	William Ochse	22	MATI	CED 20/09/2019 USSA Swimming Championships
63*	27.17	L	P	Ethan Hieckmann	19	CUDU	CPT 31/01/2020 2020 Grand Prix Invitational Swimming
63*	27.17	L	F	Mpumelelo Mosue	22	TUKS	FSH 18/10/2019 NTS Prestige Gala 2019
65	27.18	L	P	Rourke McGrath	19	RSA	11/10/2019 Fina -Swimming World Cup 2019 Berlin
66	27.19	L	F	Nathan Armstrong	20	TRAZ	FSH 15/11/2019 NTS November 2019 Age Group Gala
67*	27.27	L	F	Johannes Smit	20	WOAQ	CED 01/12/2019 Western Cape Long Course
67*	27.27	L	F	Andries Van Tonder	20	MPS	NGD 19/10/2019 T. GOLFINHOS SPRINT 2019-2020
69	27.29	L	F	Shane Beyers	20	TUKS	FSH 20/09/2019 USSA Swimming Championships
70	27.32	L	P	Ivan Beukes	19	FLOD	JHB 24/06/2019 Sasol National Winter Championship
71*	27.37	L	F	Janco Rademeyer	20	TUKS	FSH 18/10/2019 NTS Prestige Gala 2019
71*	27.37	L	F	Trad Louw	24	ONYX	EKU 19/10/2019 EGA Summer 3 2019
73	27.38	L	F	Daniel Vorster	22	NMU	NMA 29/11/2019 NMBA Championships 2019
74	27.40	L	F	Jeandre Lindeque	19	RFA	FSH 18/10/2019 NTS Prestige Gala 2019
75	27.54	L	F	Benjamin Sack	23	SAAW	CPT 25/01/2020 CTA TYR QUALIFYING GALA #3
76	27.61	L	P	Kadin Vd Lingen	19	RFA	FSH 04/12/2019 NTS Championships 2019
77*	27.63	L	P	Thinus Matthee	22	KOVS	MAN 26/09/2019 Aquabear Invitational Meet 2019
77*	27.63	L	F	Darren Minnies	22	MATI	CED 24/08/2019 Winelands Senior League 2 - 24Aug
79*	27.72	L	F	Ruan Jansen van Vuuren	19	AQU	ADJ 23/11/2019 KZN TYR Westville Sprints 2019
79*	27.72	L	F	Marno Langeveldt	26	TOTIS	ETH 28/02/2020 NDSA Gala 2020
81	27.75	L	P	Moonakala Naidu	22	VRC	FSH 21/08/2019 12th African Games Rabat
82	27.80	L	P	Moegamad Sied	20	VINE	CPT 01/12/2019 Western Cape Summer Championships
83	27.82	L	F	Alessio Ferreri	21	TUKS	FSH 07/09/2019 2019 Hillcrest Sprint Gala 13/O
84	27.84	L	P	Cole Craig	19	NMU	NMA 26/09/2019 Aquabear Invitational Meet 2019
85	27.85	L	F	Wian Schoeman	19	NWUC	KKD 20/09/2019 USSA Swimming Championships
86	27.86	L	F	Van Zyl Brand	22	NWUC	KKD 05/12/2019 NWS Championships 2019/2020
87	27.91	L	P	Daniel Redelinghuys	21	CUDU	CPT 26/09/2019 Aquabear Invitational Meet 2019
88	28.05	L	F	Kian Du Toit	19	SOUL	EKU 05/12/2019 EGA Summer Championships 2019
89*	28.06	L	F	Joshua Jacoby	20	BEAV	ETH 19/10/2019 T. GOLFINHOS SPRINT 2019-2020
89*	28.06	L	F	Bradley Bloem	20	WATR	JHB 05/12/2019 CGA Championships 2019
91	28.11	L	P	Jarryd Snyman	20	MATI	CED 01/12/2019 Western Cape Long Course
92	28.12	L	F	Kyle Gericke	19	DRGN	JHB 15/02/2020 EGA Last Chance Feb 2020
93	28.13	L	F	Andrew Smith	19	DRGN	JHB 15/02/2020 EGA Last Chance Feb 2020
94	28.18	L	F	Ryan Van Reenen	21	CUDU	CPT 22/02/2020 Swartland Invitational Gala 2
95	28.24	L	P	Keenan George	23	MANT	CPT 26/09/2019 Aquabear Invitational Meet 2019
96	28.29	L	F	Morné van der Bank	21	NWUC	KKD 24/06/2019 Sasol National Winter Championship
97	28.37	L	F	Lyle Fortune	19	SASE	JHB 18/01/2020 CGA Last Chance Level 3-SANJ gala
98	28.39	L	F	Rudolf van Graan	21	NWUC	KKD 24/06/2019 Sasol National Winter Championship
99	28.41	L	F	André Kleynhans	20	MATI	CED 24/08/2019 Winelands Senior League 2 - 24Aug
100	28.47	L S	P	Daniel Triggiani	19	FRA	ETH 17/12/2019 KZNA Premier Provincial Championship
101	28.51	L	F	Brandon Isemonger	22	DYNA	EKU 14/09/2019 EGA Summer 1 2019
102	28.55	L	F	Jan-Ebert Kleynhans	19	GHSK	FBD 04/10/2019 Seals Gala
103	28.62	L	F	Markus Burri	23	NMU	NMA 20/09/2019 USSA Swimming Championships
104	28.64	L	F	Sean Silverwood	20	TUKS	FSH 18/10/2019 NTS Prestige Gala 2019

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	Time	P/F/S	Name	Age/Yr			
105	28.67	L	F	Christiaan Van Heerden	20	TUKS FSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
106	28.72	L	F	Francois van Niekerk	22	NWUC KKD	20/09/2019 USSA Swimming Championships
107	28.93	L	F	Matthew EstMen 19 & Over t	20	PER JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
108	28.95	L	F	Cornelius Van Geffen	21	RFA FSH	18/10/2019 NTS Prestige Gala 2019
109	28.98	L	F	Hlalele Chaane	19	MATL KKD	18/01/2020 NWS Age Group 4 1920
110*	29.01	L	F	Roberto Marchi	23	HASC JHB	05/12/2019 CGA Championships 2019
110*	29.01	L	F	Dyllon Wilson-Moore	19	USC BUF	22/11/2019 BCA Long Course Championships 2019
112	29.03	L	P	Erick Loubser	19	RFA FSH	04/12/2019 NTS Championships 2019
113	29.07	L	F	Dylan van Pletzen	23	VIKI BUF	22/11/2019 BCA Long Course Championships 2019
114*	29.19	L	F	Aaron Jacoby	20	BEAV ETH	19/10/2019 T. GOLFINHOS SPRINT 2019-2020
114*	29.19	L	P	Gabriel Forbes	22	SAAW CPT	01/12/2019 Western Cape Long Course
116	29.34	L	F	Brandon van Rooyen	28	KOVS MAN	09/11/2019 Bull-Sharks 2019
117	29.39	L	F	Reece Whitaker	21	MATI CED	24/08/2019 Winelands Senior League 2 - 24Aug
118	29.40	L	F	Mswane Tsabedze	23	TUKS FSH	18/10/2019 NTS Prestige Gala 2019
119	29.67	L	F	Byron Govender	19	BEAV ETH	17/12/2019 KZNA Premier Provincial Championship
120	29.70	L	F	Angus Solomons	19	RSA	28/11/2019 2019 EASC CANA Zone 3
121	29.71	L	P	Matthew Abrahams	20	ASAC CPT	01/12/2019 Western Cape Summer Championships
122	29.73	L	F	Joshua Mills	24	SAAW CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
123	29.77	L	F	George Marais	19	ROA EDD	26/10/2019 EDEN 2nd A-League Gala 2019
124	29.89	L	P	Ethan Paulse	24	CLSC WCD	01/12/2019 Western Cape Summer Championships
125	29.99	L	F	Estiaan Terblanche	20	HARL BUF	22/11/2019 BCA Long Course Championships 2019
126	30.00	L	F	Connor Richter	22	MAC EKU	15/02/2020 EGA Last Chance Feb 2020
127	30.09	L	P	Daniel Manus	20	MATI CED	31/01/2020 2020 Grand Prix Invitational Swimming
128	30.23	L	F	Callem Simpson	19	MDOL JHB	15/02/2020 EGA Last Chance Feb 2020
129	30.34	L	F	Christian Sadie	22	MATI CED	01/12/2019 Western Cape Summer Championships
130	30.41	L	F	Nkosinolwazi Mbatha	23	UMSH ETH	23/11/2019 KZN TYR Westville Sprints 2019
131	30.61	L	F	Abraham Fourie	21	FAAC FBD	18/01/2020 Good Hope Gala 2020
132	30.74	L	F	Gomolemo Khomo	24	TUKS FSH	15/11/2019 NTS November 2019 Age Group Gala
133	30.85	L	P	Caleb Swanepoel	25	SAAW CPT	31/01/2020 2020 Grand Prix Invitational Swimming
134	30.90	L	F	Cianan Danhouse	19	PAQU CED	25/01/2020 West Coast Qualify Gala 2020
135	31.24	L	F	Abdul Malick Railoun	27	RBOT NW	07/09/2019 2019 Hillcrest Sprint Gala 13/O
136	32.08	L	F	DaMen 19 & Over Schlebusch	19	AEC JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
137	32.70	L	F	Aaron Putz	23	AZON ETH	23/11/2019 KZN TYR Westville Sprints 2019
138	32.87	L	F	Vincent Potgieter	21	TLAC BPD	25/01/2020 4 + 1 Inter Provincial Gala 2020
139	33.42	L	F	Kaleb Van der Merwe	21	DRGN JHB	05/12/2019 CGA Championships 2019
140	33.65	L	F	Slindokuhle Mabanga	21	MDOL JHB	05/12/2019 CGA Championships 2019
141	33.78	L	F	Tshegofatso Dibobo	20	SOWE JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
142	33.79	L	F	David Greener	19	SRAY BUF	22/11/2019 BCA Long Course Championships 2019
143	33.84	L	F	William Jacobsz	45	RBOT BPD	05/12/2019 NWS Championships 2019/2020
144	34.21	L	F	John Welsh	42	MWSC NGD	11/10/2019 MP AGE GROUP 2 - 11-12 October
145	34.30	L	F	Raymond De Freitas	30	MPS NGD	19/10/2019 T. GOLFINHOS SPRINT 2019-2020
146	34.92	L	F	Mncedisi Dlamini	19	UMSH ETH	08/02/2020 eThekweni Age Group Gala 10
147	34.96	L	F	Rialdo Abrahams	32	UPTS ZMD	15/11/2019 NCASA Age Group 3 2019 UP
148	35.01	L	F	Grenate Haupt	20	XSAQ CPT	04/10/2019 CTA TYR QUALIFYING GALA #2
149	35.29	L	F	Cassel Geldenhuys	34	HREF BPD	25/01/2020 4 + 1 Inter Provincial Gala 2020
150	36.34	L	F	Hylton Heggie	DR	TSSC ETH	28/02/2020 NDSA Gala 2020
151	36.49	L	F	Jean-Pierre Nel	20	ETTN EKU	15/02/2020 EGA Last Chance Feb 2020
152	37.34	L	F	Manqoba Mkhize	23	KWAM ETH	14/03/2020 KZNA Level 1 Provincial Champs 2020
153	37.39	L	F	Jan-Herman Els	20	RFA FSH	29/11/2019 2019 The Tshwane Mayoral Gala
154	37.44	L	F	Sandile Shezi	23	PISC ETH	08/02/2020 eThekweni Age Group Gala 10
155	37.86	L	F	Jean Keyser	35	STAR BPD	05/12/2019 NWS Championships 2019/2020
156	38.00	L	F	Sean O'Neill	DR	TSSC ETH	23/11/2019 KZN TYR Westville Sprints 2019
157	38.10	L	F	Abraham Jansen	33	WELA FDD	16/11/2019 Fezile Dabi Age Group November 2019
158	38.29	L	F	Andre' Maritz	43	GHSK FBD	16/11/2019 NCASA Age Group 3 2019 KBY
159	40.16	L	F	Bruce Rankin	56	TLAC BPD	25/01/2020 4 + 1 Inter Provincial Gala 2020
160	40.43	L	F	Heineger-Edwin Buhr-Engelke	19	BARR CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
161	41.58	L	F	Pieter Van Niekerk	VN	PSA ZLD	29/11/2019 Mpumalanga Championships 2019
162	43.05	L	P	Kobie Verster	43	BAR EZD	29/11/2019 Mpumalanga Championships 2019
163	44.37	L	F	Louis O'Tool	39	WELA FDD	25/01/2020 4 + 1 Inter Provincial Gala 2020

Individual Top Times

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	Time	P/F/S	Name	Age/Yr			
164	47.08 L	F	Okhule Mke	19	KWA NGD	29/11/2019	Mpumalanga Championships 2019
165	49.26 L	F	Schalk Kock	52	RBUR BPD	23/11/2019	NWS Age Group 3 2019/20
166	58.46 L	F	Ntsako Mohlala	19	SOSH TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
167	1:01.93 L	P	Neil Nortje	22	INFA NMA	26/09/2019	Aquabear Invitational Meet 2019
168	1:03.93 L	F	Anthony Barson	71	SRAY BUF	22/11/2019	BCA Long Course Championships 2019
169	1:12.43 L	F	Mark Webber	DN	TSSC ETH	23/11/2019	KZN TYR Westville Sprints 2019
170	1:40.90 L	F	David Mc Klopper	19	MDOL JHB	09/12/2019	SA Schools Swimming Championship
Men 19 & Over 100 Fly							
1	51.16 L	F	Chad Le Clos	28	CLCA CPT	12/07/2019	18th FINA World Championships
2	53.39 L	F	Ryan Coetzee	24	SEAL UMD	16/01/2020	2019-20 - TYR Pro Swim Series #2
3	53.88 L	F	Alard Basson	24	RSA	21/08/2019	12th African Games Rabat
4	54.27 L S	F	Martin Binedell	24	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
5	54.58 L	F	Eben Vorster	22	RSA	03/07/2019	2019 World University Games
6	54.65 L	P	Daniel Ronaldson	23	SGUL ETH	21/02/2020	2020 Grand Prix Invitational Swimming
7	54.67 L	F	Ross Hartigan	21	TUKS TSH	13/12/2019	Amstel Cup - Amsterdam
8	55.58 L	F	Clayton Jimmie	24	SEAL UMD	21/02/2020	2020 Grand Prix Invitational Swimming
9	55.91 L	P	Justin Kraatz	27	SGUL ETH	15/08/2019	Fina -Swimming World Cup 2019
10	56.22 L	F	Benjamin Plattner	20	TUKS TSH	13/12/2019	Amstel Cup - Amsterdam
11	56.23 L S	F	Douglas Erasmus	30	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
12	56.24 L	F	James Freeman	19	TUKS TSH	13/12/2019	Amstel Cup - Amsterdam
13	57.15 L	F	Simon Haddon	21	SAAW CPT	01/12/2019	Western Cape Summer Championships
14	57.25 L	F	Jacobus Jv Rensburg	24	TUKS TSH	20/09/2019	USSA Swimming Championships
15	57.36 L	F	Calvin Coetzee	19	SGUL ETH	08/06/2019	Mare Nostrum Monaco
16	57.65 L	F	Roberto Gomes	20	WATR JHB	10/01/2020	2020 Grand Prix Invitation Swimming
17	57.70 L	P	Ruan Ras	23	TUKS TSH	13/12/2019	Amstel Cup - Amsterdam
18*	57.80 L	P	Trevor Austin	26	SAAW CPT	01/12/2019	Western Cape Summer Championships
18*	57.80 L	P	Matthew Bowers	24	HASC JHB	05/12/2019	CGA Championships 2019
18*	57.80 L S	F	Brendan Levy	22	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
21*	57.82 L	F	Brent Szurdoki	23	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019
21*	57.82 L S	F	Jan Moll	19	DYNA EKU	05/12/2019	EGA Summer Championships 2019
23	57.87 L	F	Ockert Vermeulen	22	TUKS TSH	04/12/2019	NTS Championships 2019
24	58.03 L	F	Schalk Van Heerden	20	TUKS TSH	04/12/2019	NTS Championships 2019
25	58.21 L	F	Jan vd Merwe	26	TUKS TSH	20/09/2019	USSA Swimming Championships
26	58.24 L	P	Tahir Essof	19	ATLA JHB	21/02/2020	2020 Grand Prix Invitational Swimming
27	58.31 L	F	Neil Fair	23	CSC TSH	18/10/2019	NTS Prestige Gala 2019
28	58.71 L S	F	Cullen Thomas	ZR	BLOT MAN	26/11/2019	FS Champs
29	58.79 L	F	Darren Minnies	22	MATI CED	20/09/2019	USSA Swimming Championships
30	58.84 L	F	Jordan Royle	19	INFA NMA	29/11/2019	NMBA Championships 2019
31	58.93 L	P	Damian Mullen	23	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019
32	59.11 L S	F	Rance Gower-Winter	20	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
33	59.12 L	P	Adrian Robinson	20	WOAQ CED	21/08/2019	12th Swimming African Games
34	59.15 L	F	Ruben Theunissen	20	RFA TSH	04/12/2019	NTS Championships 2019
35	59.16 L	P	Andrey Omeltchenko	19	PAA TSH	04/12/2019	NTS Championships 2019
36	59.27 L	P	Jock Muller	23	MATI CED	01/12/2019	Western Cape Summer Championships
37	59.28 L	F	Ma'az Khota	19	RBOT BPD	05/12/2019	NWS Championships 2019/2020
38	59.33 L	P	Andrew Brown	21	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019
39	59.37 L	F	Sean Behrens	26	ACSA ETH	23/11/2019	KZN TYR Westville Sprints 2019
40	59.40 L	F	Jaden Harris	20	DRGN JHB	15/02/2020	EGA Last Chance Feb 2020
41	59.49 L	F	Robert Le Roux	20	TUKS TSH	18/10/2019	NTS Prestige Gala 2019
42	59.60 L	F	Wesley Wright	20	TUKS TSH	04/12/2019	NTS Championships 2019
43	59.62 L	F	Raymond Kockott	19	TKS WBD	29/11/2019	Limpopo Champs
44	59.71 L	F	Matthew Edwards	21	DRGN JHB	15/02/2020	EGA Last Chance Feb 2020
45	1:00.12 L S	F	Reece Kincaid	20	KLOO ETH	24/06/2019	Sasol National Winter Championship
46	1:00.15 L	F	Michael McGlynn	20	ACSA ETH	23/11/2019	KZN TYR Westville Sprints 2019
47	1:00.16 L S	F	Armand Nortjé	20	TTNS EKU	24/06/2019	Sasol National Winter Championship
48	1:00.17 L S	F	Kyle McKenzie	19	ESP EKU	05/12/2019	EGA Summer Championships 2019
49	1:00.27 L	P	Janco Rademeyer	20	TUKS TSH	04/12/2019	NTS Championships 2019
50	1:00.28 L S	F	Divan Pretorius	19	BOKS EKU	05/12/2019	EGA Summer Championships 2019
51	1:00.40 L	F	Jan Venter	31	UNIN MPD	29/11/2019	Mpumalanga Championships 2019

Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
52	1:00.47	L	F	Luke Ashton	19	HASC	JHB 10/01/2020 2020 Grand Prix Invitation Swimming
53	1:00.54	L	F	Sean Moodley	20	TUKS	FSH 20/09/2019 USSA Swimming Championships
54	1:00.65	L	P	Kadin Vd Lingen	19	RFA	FSH 04/12/2019 NTS Championships 2019
55	1:00.95	L	F	Ruan Jansen van Vuuren	19	AQU	ADJ 23/11/2019 KZN TYR Westville Sprints 2019
56	1:01.33	L	F	Joshua Jacoby	20	BEAV	ETH 19/10/2019 T. GOLFINHOS SPRINT 2019-2020
57	1:01.37	L	P	Moegamad Sieed	20	VINE	CPT 31/01/2020 2020 Grand Prix Invitational Swimming
58	1:01.41	L	F	Damian Fourie	19	USC	BUF 22/11/2019 BCA Long Course Championships 2019
59	1:01.46	L	F	Alessio Ferreri	21	TUKS	FSH 18/10/2019 NTS Prestige Gala 2019
60	1:01.78	L	P	Shane Beyers	20	TUKS	FSH 04/12/2019 NTS Championships 2019
61	1:01.86	L	F	Jano Beukes	19	HSBV	SKD 15/10/2019 Limpopo Top 10 - High Schools
62	1:01.90	L	F	Van Zyl Brand	22	NWUC	KKD 15/02/2020 NWS Last Chance AG5 1920
63	1:01.95	L	P	Ivan Beukes	19	FLOD	JHB 21/02/2020 2020 Grand Prix Invitational Swimming
64	1:02.00	L	P	Ryan Botha	23	PSC	FSH 04/12/2019 NTS Championships 2019
65	1:02.04	L	F	Mpumelelo Mosue	22	TUKS	FSH 18/10/2019 NTS Prestige Gala 2019
66	1:02.13	L	F	Matthew Roos	20	NWUC	KKD 15/02/2020 NWS Last Chance AG5 1920
67	1:02.17	L	F	Ruben Smit	19	TUKS	FSH 18/10/2019 NTS Prestige Gala 2019
68	1:02.25	L	F	Andrew Smith	19	DRGN	JHB 15/02/2020 EGA Last Chance Feb 2020
69	1:02.32	L	P	Jarryd Snyman	20	MATI	GED 01/12/2019 Western Cape Summer Championships
70*	1:02.83	L	F	Morné van der Bank	21	NCASA	FBD 02/11/2019 Fezile Dabi Inter District Gala 2019
70*	1:02.83	L	F	Rudolf van Graan	21	NWUC	KKD 09/11/2019 NWS Age Group 2 1920
70*	1:02.83	L	P	Christiaan Engelbrecht	20	CLSC	WCD 26/09/2019 Aquabear Invitational Meet 2019
73	1:02.90	L	F	Markus Burri	23	NMU	NMA 29/11/2019 NMBA Championships 2019
74	1:03.00	L S	F	Kian Du Toit	19	SOUL	EKU 05/12/2019 EGA Summer Championships 2019
75	1:03.03	L	F	Kyle Gericke	19	DRGN	JHB 15/02/2020 EGA Last Chance Feb 2020
76	1:03.05	L	F	Hendrick Ramaala	19	TUKS	FSH 14/02/2020 NTS February 2020 Age Group Gala
77	1:03.08	L	F	Cole Craig	19	NMU	NMA 12/10/2019 3rd A League 2019
78	1:03.29	L S	F	Hein Van Tonder	19	BOKS	EKU 05/12/2019 EGA Summer Championships 2019
79	1:03.43	L	F	Francois van Niekerk	22	NWUC	KKD 20/09/2019 USSA Swimming Championships
80	1:03.55	L	F	Thinus Matthee	22	KOVS	MAN 29/02/2020 SEALS AGE GROUP GALA
81	1:03.88	L	F	Benjamin Sack	23	SAAW	CPT 04/10/2019 CTA TYR QUALIFYING GALA #2
82	1:03.92	L	F	Jan-Ebert Kleynhans	19	GHSK	FBD 11/10/2019 Age Group 1 2019 Kimberley
83	1:04.09	L	F	Deshaan Pillay	22	INFA	NMA 10/08/2019 1st A League 2019
84	1:04.13	L	F	Georgios Synodinos	20	TUKS	FSH 18/10/2019 NTS Prestige Gala 2019
85	1:04.20	L	P	Bradley Bloem	20	WATR	JHB 05/12/2019 CGA Championships 2019
86	1:04.46	L	F	Mswane Tsabedze	23	TUKS	FSH 18/10/2019 NTS Prestige Gala 2019
87	1:04.64	L	P	Daniel Redelinghuys	21	CUDU	CPT 01/12/2019 Western Cape Long Course
88	1:05.16	L	F	Lyle Fortune	19	SASE	JHB 12/10/2019 CGA Level 1,2,3, SANJ Gala
89	1:05.19	L	F	Refiloe Mashao	19	RSA	28/11/2019 2019 EASC CANA Zone 3
90	1:05.35	L	F	Wian Schoeman	19	NWUC	KKD 20/09/2019 USSA Swimming Championships
91	1:05.36	L	F	Keenan George	23	MANT	CPT 14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
92	1:05.41	L	F	Hlalele Chaane	19	MATL	KKD 15/02/2020 NWS Last Chance AG5 1920
93	1:05.58	L	F	Ethan Hieckmann	19	CUDU	CPT 02/11/2019 Swartland Invitational #1
94	1:05.75	L	P	Ryan Van Reenen	21	CUDU	CPT 01/12/2019 Western Cape Long Course
95	1:05.89	L	F	William Ochse	22	MATI	GED 20/09/2019 USSA Swimming Championships
96	1:07.12	L	F	Ethan Paulse	24	CLSC	WCD 01/12/2019 Western Cape Summer Championships
97	1:07.39	L	F	Jean Pretorius	23	CYBE	CPT 01/12/2019 Western Cape Long Course
98	1:07.88	L	P	Daniel Manus	20	MATI	GED 01/12/2019 Western Cape Long Course
99	1:08.03	L	F	Estiaan Terblanche	20	HARL	BUF 22/11/2019 BCA Long Course Championships 2019
100	1:08.25	L	F	Nathan Armstrong	20	TRAZ	FSH 15/11/2019 NTS November 2019 Age Group Gala
101	1:08.64	L	F	Angus Solomons	19	RSA	28/11/2019 2019 EASC CANA Zone 3
102	1:08.82	L	F	Caleb Swanepoel	25	SAAW	CPT 14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
103	1:09.05	L	F	Nkosinolwazi Mbatha	23	UMSH	ETH 23/11/2019 KZN TYR Westville Sprints 2019
104	1:09.99	L	F	Daniel Vorster	22	NMU	NMA 20/09/2019 USSA Swimming Championships
105	1:10.25	L	F	Byron Govender	19	BEAV	ETH 25/01/2020 Ushaka Championship Gala 2020
106	1:12.05	L	F	Callem Simpson	19	MDOL	JHB 18/01/2020 CGA Last Chance Level 3-SANJ gala
107	1:14.06	L	F	Daniel Triggiani	19	FRA	ETH 23/11/2019 KZN TYR Westville Sprints 2019
108	1:16.88	L	P	Kaleb Van der Merwe	21	DRGN	JHB 05/12/2019 CGA Championships 2019
109	1:17.27	L	F	David Greener	19	BCA	BUF 18/01/2020 CTA INTER DISTRICT PRESTIGE
110	1:18.43	L	F	Raymond De Freitas	30	UNIN	MPD 14/09/2019 MP Sprint Gala - 14 September 2019

Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
111	1:21.87 L	F	Jean-Pierre Nel	20	ETTN EKU	15/02/2020	EGA Last Chance Feb 2020
112	1:22.38 L	F	DaMen 19 & Over Schlebusch	19	AEC JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
113	1:37.44 L	F	Hylton Heggie	DR	TSSC ETH	28/02/2020	NDSA Gala 2020
114	1:44.07 L	F	Manqoba Mkhize	23	KWAM ETH	14/03/2020	KZNA Level 1 Provincial Champs 2020
115	1:44.89 L	F	Sean O'Neill	DR	TSSC ETH	23/11/2019	KZN TYR Westville Sprints 2019
116	1:48.28 L	F	Abraham Jansen	33	WELA FDD	30/08/2019	Kovsie Aquatics Gala 2019
117	1:52.78 L	F	Pieter Van Niekerk	VN	PSA ZLD	29/11/2019	Mpumalanga Championships 2019
118	2:30.66 L	F	Neil Nortje	22	INFA NMA	21/02/2020	Infinity Champs LC Gala
Men 19 & Over 200 Fly							
1	1:54.15 L	F	Chad Le Clos	28	CLCA CPT	12/07/2019	18th FINA World Championships
2	2:00.77 L	F	Ross Hartigan	21	TUKS FSH	21/02/2020	2020 Grand Prix Invitational Swimming
3	2:01.33 L	F	Eben Vorster	22	RSA	03/07/2019	2019 World University Games
4	2:03.39 L	F	Daniel Ronaldson	23	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
5	2:05.30 L	F	Roberto Gomes	20	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019
6	2:06.21 L	P	Ayrton Sweeney	26	RSA	07/11/2019	FINA Swimming World Cup 2019 Doha
7	2:06.92 L	F	Alard Basson	24	RSA	21/08/2019	12th African Games Rabat
8	2:07.00 L	F	Benjamin Plattner	20	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
9	2:09.31 L	F	Brendan Levy	22	SGUL ETH	09/11/2019	eThekwini Age Group Gala 8
10	2:09.46 L	F	Schalk Van Heerden	20	TUKS FSH	20/09/2019	USSA Swimming Championships
11	2:09.48 L	P	Rance Gower-Winter	20	SGUL ETH	21/02/2020	2020 Grand Prix Invitational Swimming
12	2:09.55 L	F	Ruan Ras	23	TUKS FSH	20/09/2019	USSA Swimming Championships
13	2:10.00 L	F	Brent Szurdoki	23	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019
14	2:13.98 L	F	Trevor Austin	26	SAAW CPT	01/12/2019	Western Cape Summer Championships
15	2:16.15 L	F	Raymond Kockott	19	TKS WBD	29/11/2019	Limpopo Champs
16	2:16.52 L	F	Kyle McKenzie	19	ESP EKU	05/12/2019	EGA Summer Championships 2019
17	2:17.29 L	F	Darren Minnies	22	MATI CED	20/09/2019	USSA Swimming Championships
18	2:17.93 L	F	Reino Von Wielligh	27	NWUC KKD	20/09/2019	USSA Swimming Championships
19	2:21.30 L	F	Joshua Jacoby	20	BEAV ETH	09/11/2019	eThekwini Age Group Gala 8
20	2:21.71 L	F	Jock Muller	23	MATI CED	01/12/2019	Western Cape Long Course
21	2:22.94 L	F	Deshaan Pillay	22	INFA NMA	26/09/2019	Aquabear Invitational Meet 2019
22	2:23.22 L	F	Reece Kincaid	20	KLOO ETH	24/06/2019	Sasol National Winter Championship
23	2:23.85 L	F	Ivan Beukes	19	FLOD JHB	24/06/2019	Sasol National Winter Championship
24	2:24.01 L	F	Francois van Niekerk	22	NWUC KKD	20/09/2019	USSA Swimming Championships
25	2:24.56 L	F	Markus Burri	23	NMU NMA	14/06/2019	PEA Winter Gala
26	2:24.67 L	F	Ma'az Khota	19	RBOT NW	23/11/2019	NWS Age Group 3 2019/20
27	2:25.66 L	F	Ruben Theunissen	20	NWS	01/02/2020	NTS Invitational Gala 2020
28	2:28.69 L	F	Andrew Smith	19	DRGN JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
29	2:30.27 L	F	Armand Nortjé	20	TTNS EKU	24/06/2019	Sasol National Winter Championship
30	2:30.30 L	F	Jan-Ebert Kleynhans	19	GHSK FBD	05/12/2019	NCASA Champs Dec 2019
31	2:33.77 L	F	Kian Du Toit	19	SOUL EKU	19/10/2019	EGA Summer 3 2019
32	2:34.40 L	F	Jarryd Snyman	20	MATI CED	20/09/2019	USSA Swimming Championships
33	2:45.67 L	F	Aaron Jacoby	20	BEAV ETH	25/01/2020	Ushaka Championship Gala 2020
34	2:52.42 L	F	Hlalele Chaane	19	MATL KKD	24/06/2019	Sasol National Winter Championship
Men 19 & Over 200 IM							
1	2:03.18 L	F	Eben Vorster	22	RSA	03/07/2019	2019 World University Games
2	2:03.54 L	F	Ayrton Sweeney	26	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
3	2:04.15 L	F	Neil Fair	23	RSA	21/08/2019	12th African Games Rabat
4	2:05.05 L	F	Ross Hartigan	21	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
5	2:06.03 L	F	Brent Szurdoki	23	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019
6	2:06.61 L	P	Ruan Ras	23	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
7	2:07.26 L	F	Damian Mullen	23	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019
8	2:07.47 L	F	Ronan Wantenaar	19	MAC EKU	20/08/2019	7th FINA World Junior Swimming
9	2:08.85 L	F	Andrew Brown	21	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019
10	2:08.99 L	F	Daniel Ronaldson	23	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
11	2:09.90 L	F	Bailey Musgrave	21	SGUL ETH	31/01/2020	2020 Grand Prix Invitational Swimming
12	2:10.60 L	F	Anandt Van Rensburg	20	MATI CED	19/10/2019	Winelands Senior League 4 - 19 Oct
13	2:11.53 L	F	Kyle McKenzie	19	ESP EKU	29/06/2019	5 Treviso Swim Cup
14	2:11.70 L	F	Danté Nortjé	19	TUKS FSH	17/01/2020	NTS January 2020 Age Group Gala

Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
15	2:12.39	L	F	Luke Erwee	19	ACSA ETH	20/07/2019 eThekweni Age Group Gala 3
16	2:12.59	L	F	Jordan Royle	19	INFA NMA	29/11/2019 NMBA Championships 2019
17	2:14.59	L	P	Robert Le Roux	20	TUKS FSH	21/02/2020 2020 Grand Prix Invitational Swimming
18	2:14.83	L	F	Adrian Robinson	20	WOAQ CED	21/08/2019 12th Swimming African Games
19	2:15.03	L	P	Ronan Pleass	19	WATR JHB	21/02/2020 2020 Grand Prix Invitational Swimming
20	2:15.21	L	F	Louw Oberholzer	20	TUKS FSH	20/09/2019 USSA Swimming Championships
21	2:15.74	L	F	James Freeman	19	TUKS FSH	20/02/2020 CANA Zone IV Championships
22	2:16.42	L	F	Ma'az Khota	19	RBOT BPD	05/12/2019 NWS Championships 2019/2020
23	2:16.48	L	P	Wesley Wright	20	TUKS FSH	04/12/2019 NTS Championships 2019
24	2:16.99	L	P	Hendrick Ramaala	19	TUKS FSH	21/02/2020 2020 Grand Prix Invitational Swimming
25	2:17.26	L	F	Joshua Jacoby	20	BEAV ETH	19/10/2019 T. GOLFINHOS SPRINT 2019-2020
26	2:17.71	L	F	Reece Kincaid	20	KLOO ETH	24/06/2019 Sasol National Winter Championship
27	2:18.13	L	F	Van Zyl Brand	22	NWUC KKD	18/01/2020 NWS Age Group 4 1920
28	2:18.72	L	P	Sachin Chetty	20	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
29	2:19.05	L	F	Jared Pike	29	SEAL UMD	27/06/2019 2019 FLA International Cup
30	2:19.36	L	F	Jano Beukes	19	HSBV SKD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
31	2:19.42	L	F	Ethan Hieckmann	19	CUDU CPT	01/12/2019 Western Cape Long Course
32	2:19.79	L	F	Armand Nortjé	20	ETTN EKU	05/12/2019 EGA Summer Championships 2019
33	2:20.09	L	F	Alard Basson	24	NMU NMA	20/09/2019 USSA Swimming Championships
34	2:21.24	L	F	Sean Behrens	26	ACSA ETH	23/11/2019 KZN TYR Westville Sprints 2019
35	2:21.34	L	F	Reino Von Wielligh	27	NWUC KKD	20/09/2019 USSA Swimming Championships
36	2:21.54	L	P	Divan Pretorius	19	BOKS EKU	05/12/2019 EGA Summer Championships 2019
37	2:21.95	L	F	Morné van der Bank	21	NWUC KKD	20/09/2019 USSA Swimming Championships
38	2:22.07	L	P	Massimo Di Paolo	20	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
39	2:22.17	L	F	Donovan Mcantagart	23	USC BUF	07/02/2020 BCA Feb Age Group Gala 2020
40	2:22.31	L	F	Sebastian Walker	19	WATR JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
41	2:22.43	L	F	Deshaan Pillay	22	INFA NMA	26/09/2019 Aquabear Invitational Meet 2019
42	2:23.01	L	F	Alessio Ferreri	21	TUKS FSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
43	2:23.21	L	F	Matthew Edwards	21	DRGN JHB	03/11/2019 CGA All Levels
44	2:23.49	L	F	Michael Hadlow	21	MDOL JHB	10/01/2020 2020 Grand Prix Invitation Swimming
45	2:24.00	L	F	Aaron Jacoby	20	BEAV ETH	20/07/2019 eThekweni Age Group Gala 3
46	2:24.95	L	F	Raymond Kockott	19	TKS WBD	05/10/2019 Limpopo Age Group 4 & School Champs
47	2:25.54	L	F	Cole Craig	19	BCA BUF	18/01/2020 CTA INTER DISTRICT PRESTIGE
48	2:25.71	L	F	Taahir Essof	19	ATLA JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
49	2:25.81	L	F	Johannes Fourie	19	USH KCD	12/10/2019 KCDA October Age Group Gala 2019
50	2:25.88	L	F	Daniel Redelinghuys	21	CUDU CPT	26/09/2019 Aquabear Invitational Meet 2019
51	2:26.03	L	F	Ivan Beukes	19	FLOD JHB	24/06/2019 Sasol National Winter Championship
52	2:26.12	L	F	Eric Le Roux	20	MATI CED	20/09/2019 USSA Swimming Championships
53	2:26.23	L	F	Bradley Bloem	20	WATR JHB	03/11/2019 CGA All Levels
54	2:26.27	L	P	Kian Du Toit	19	SOUL EKU	05/12/2019 EGA Summer Championships 2019
55	2:26.52	L	F	Kadin Vd Lingen	19	PAC FSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
56	2:26.86	L	F	Jeandre Lindeque	19	RFA FSH	04/12/2019 NTS Championships 2019
57	2:27.13	L	F	Pierre Theron	24	KOVS MAN	26/11/2019 FS Champs
58	2:27.22	L	F	Damian Fourie	19	USC BUF	22/11/2019 BCA Long Course Championships 2019
59	2:27.25	L	F	Lyle Fortune	19	SASE JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
60	2:27.69	L	F	Ruben Theunissen	20	RFA FSH	30/08/2019 NTS August 2019 Age Group Gala Level
61	2:27.84	L	F	Ryan Whitaker	21	MATI CED	25/01/2020 CTA TYR QUALIFYING GALA #3
62	2:28.18	L	F	Simon Davies	19	MDOL JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
63	2:28.46	L	P	Anrich Kleynhans	26	VRC FSH	04/12/2019 NTS Championships 2019
64	2:28.76	L	F	Ruan Jansen van Vuuren	19	AQU ADJ	26/10/2019 Amajuba District Age Group 1
65	2:30.00	L	F	Matthew EstMen 19 & Over t	20	PER JHB	03/11/2019 CGA All Levels
66	2:30.31	L	F	Jan-Ebert Kleynhans	19	GHSK FBD	05/12/2019 NCASA Champs Dec 2019
67	2:30.57	L	F	Mitchel Sinclair	21	DRGN JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
68	2:30.72	L	F	Michael McGlynn	20	ACSA ETH	23/11/2019 KZN TYR Westville Sprints 2019
69	2:31.62	L	F	Jarryd Snyman	20	MATI CED	19/10/2019 Winelands Senior League 4 - 19 Oct
70	2:32.43	L	F	Angus Solomons	19	PAQU CED	25/01/2020 West Coast Qualify Gala 2020
71	2:32.83	L	F	Jacobus Olivier	25	NWUC KKD	19/10/2019 NWS Age Group 1 1920
72	2:32.89	L	F	Hein Van Tonder	19	BOKS EKU	08/11/2019 EGA Summer 4
73	2:33.73	L	F	Justin Nicklin	30	JSA JHB	30/08/2019 NTS August 2019 Age Group Gala Level

Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
74	2:34.35 L	F	Sean Moodley	20	TUKS FSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
75	2:35.02 L	F	Jean Pretorius	23	CYBE CPT	01/12/2019	Western Cape Summer Championships
76	2:35.59 L	F	Andrew Smith	19	DRGN JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
77	2:35.61 L	F	Jaden Harris	20	DRGN JHB	05/12/2019	CGA Championships 2019
78	2:36.34 L	F	Hlalele Chaane	19	MATL KKD	25/01/2020	4 + 1 Inter Provincial Gala 2020
79	2:36.36 L	F	Matthew Roos	20	NWUC KKD	25/01/2020	4 + 1 Inter Provincial Gala 2020
80	2:36.43 L	F	Aaron Putz	23	AZON ETH	18/01/2020	eThekwini Age Group Gala 9
81	2:37.35 L	F	Andrè Kleynhans	20	MATI CED	20/09/2019	USSA Swimming Championships
82	2:37.82 L	F	Wian Schoeman	19	NWUC KKD	15/02/2020	NWS Last Chance AG5 1920
83	2:38.04 L	F	Jayson De Beer	20	MATL KKD	23/11/2019	NWS Age Group 3 2019/20
84	2:38.12 L	F	Keenan George	23	MANT CPT	22/02/2020	Swartland Invitational Gala 2
85	2:38.39 L	F	Ethan Pause	24	CLSC WCD	01/12/2019	Western Cape Long Course
86	2:38.66 L	F	Cianan Danhouse	19	PAQU CED	22/02/2020	Swartland Invitational Gala 2
87	2:38.70 L	F	Callem Simpson	19	MDOL JHB	15/02/2020	EGA Last Chance Feb 2020
88	2:39.86 L	F	Cornelius Van Geffen	21	RFA FSH	30/08/2019	NTS August 2019 Age Group Gala Level
89	2:41.08 L	F	Matthew Abrahams	20	ASA CPT	26/09/2019	Aquabear Invitational Meet 2019
90	2:43.15 L	F	Moegamad Sieed	20	VINE CPT	02/11/2019	Swartland Invitational #1
91	2:43.16 L	F	Thinus Matthee	22	KOVS MAN	30/08/2019	Kovsie Aquatics Gala 2019
92	2:44.75 L	F	Christian Sadie	22	MATI CED	19/10/2019	Winelands Senior League 4 - 19 Oct
93	2:45.12 L	F	Byron Govender	19	BEAV ETH	25/01/2020	Ushaka Championship Gala 2020
94	2:45.62 L	F	Christiaan Engelbrecht	20	CLSC WCD	01/11/2019	38th Freda Barnard Invitational Gala
95	2:46.04 L	F	Ryan Van Reenen	21	CUDU CPT	26/09/2019	Aquabear Invitational Meet 2019
96	2:47.38 L	F	Connor Richter	22	MAC EKU	15/02/2020	EGA Last Chance Feb 2020
97	2:48.02 L	F	Daniel Manus	20	MATI CED	19/10/2019	Winelands Senior League 4 - 19 Oct
98	2:49.57 L	F	Raymond De Freitas	30	UNIN MPD	29/11/2019	Mpumalanga Championships 2019
99	2:51.28 L	F	Caleb Swanepoel	25	SAAW CPT	22/02/2020	Swartland Invitational Gala 2
100	2:53.21 L	F	Valentino Vergotine	32	UWCA CPT	01/12/2019	Western Cape Summer Championships
101	2:54.12 L	F	DaMen 19 & Over Schlebusch	19	AEC JHB	05/12/2019	CGA Championships 2019
102	2:56.85 L	F	Kaleb Van der Merwe	21	DRGN JHB	03/11/2019	CGA All Levels
103	2:59.49 L	F	Clem Sweet	20	TUKS FSH	18/10/2019	NTS Prestige Gala 2019
104	3:00.15 L	F	Nkosinolwazi Mbatha	23	UMSH ETH	18/01/2020	eThekwini Age Group Gala 9
105	3:02.72 L	F	Sandile Shezi	23	PISC ETH	17/12/2019	KZNA Premier Provincial Championship
106	3:03.51 L	F	William Jacobsz	45	RBOT BPD	05/12/2019	NWS Championships 2019/2020
107	3:05.24 L	F	Jean-Pierre Nel	20	ETTN EKU	15/02/2020	EGA Last Chance Feb 2020
108	3:05.48 L	F	Daniel Triggiani	19	FRA ETH	09/11/2019	KCDA November Age Group Gala 2019
109	3:09.25 L	F	Tshegofatso Dibobo	20	SOWE JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala
110	3:13.74 L	F	Cassel Geldenhuys	34	HREF BPD	19/10/2019	NWS Age Group 1 1920
111	3:14.75 L	F	John Welsh	42	MWSC NGD	15/02/2020	MP AGE GROUP 5 15 FEBRUARY 2020
112	3:16.85 L	F	Manqoba Mkhize	23	KWAM ETH	14/03/2020	KZNA Level 1 Provincial Champs 2020
113	3:24.00 L	F	Sean O'Neill	DR	TSSC ETH	23/11/2019	KZN TYR Westville Sprints 2019
114	3:24.25 L	F	Abraham Jansen	33	WELA FDD	26/11/2019	FS Champs
115	3:28.47 L	F	Pieter Van Niekerk	VN	PSA ZLD	25/01/2020	Ushaka Championship Gala 2020
116	3:55.78 L	F	Schalk Kock	52	RBUR BPD	05/12/2019	NWS Championships 2019/2020
117	4:42.90 L	F	Anthony Barson	71	SRAY BUF	22/11/2019	BCA Long Course Championships 2019
Men 19 & Over 400 IM							
1	4:18.30 L	F	Ayrton Sweeney	26	SGUL ETH	08/06/2019	Mare Nostrum Monaco
2	4:27.25 L	F	Ruan Ras	23	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
3	4:28.55 L	F	Neil Fair	23	RSA	21/08/2019	12th African Games Rabat
4	4:32.01 L	F	Brent Szurdoki	23	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019
5	4:33.68 L	F	Damian Mullen	23	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019
6	4:38.97 L	F	Andrew Brown	21	WATR JHB	26/09/2019	Aquabear Invitational Meet 2019
7	4:40.11 L	F	Kyle McKenzie	19	ESP EKU	29/06/2019	5 Treviso Swim Cup
8	4:41.26 L	F	Luke Erwee	19	ACSA ETH	06/07/2019	eThekwini Age Group Gala 2
9	4:48.07 L	P	Ronan Pleass	19	WATR JHB	21/02/2020	2020 Grand Prix Invitational Swimming
10	4:48.33 L	F	Ross Hartigan	21	TUKS FSH	20/09/2019	USSA Swimming Championships
11	4:49.88 L	F	Robert Le Roux	20	TUKS FSH	15/11/2019	NTS November 2019 Age Group Gala
12	4:50.47 L	F	Hendrick Ramaala	19	TUKS FSH	21/02/2020	2020 Grand Prix Invitational Swimming
13	4:51.35 L	F	Anandt Van Rensburg	20	MATI CED	24/08/2019	Winelands Senior League 2 - 24Aug
14	4:51.53 L	F	Cameron Pennell	20	ACSA ETH	26/10/2019	eThekwini Age Group Gala 7

Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
15	4:54.27 L	F	Jock Muller	23	MATI CED	01/12/2019	Western Cape Long Course
16	4:55.39 L	F	Alaric Basson	24	NMU NMA	20/09/2019	USSA Swimming Championships
17	4:57.22 L	F	Terence Parkin	40	ELEC JHB	17/12/2019	KZNA Premier Provincial Championship
18	4:59.35 L	F	Reino Von Wielligh	27	NWUC KKD	20/09/2019	USSA Swimming Championships
19	5:01.81 L	F	Deshaan Pillay	22	INFA NMA	26/09/2019	Aquabear Invitational Meet 2019
20	5:05.52 L	F	Simon Davies	19	MDOL JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
21	5:07.26 L	F	Reece Kincaid	20	KLOO ETH	24/06/2019	Sasol National Winter Championship
22	5:07.76 L	F	Joshua Jacoby	20	BEAV ETH	06/07/2019	eThekwini Age Group Gala 2
23	5:10.47 L	F	Darren Minnies	22	MATI CED	24/08/2019	Winelands Senior League 2 - 24Aug
24	5:11.13 L	F	Eric Le Roux	20	MATI CED	20/09/2019	USSA Swimming Championships
25	5:23.76 L	F	Matthew Edwards	21	DRGN JHB	05/12/2019	CGA Championships 2019
26	5:25.81 L	F	Aaron Putz	23	AZON ETH	23/11/2019	KZN TYR Westville Sprints 2019
27	5:31.38 L	F	Christopher McGlynn	24	ACSA ETH	08/02/2020	eThekwini Age Group Gala 10
28	5:33.46 L	F	Ruan Jansen van Vuuren	19	AQU ADJ	21/02/2020	Amajuba District Long Course
29	5:42.67 L	F	Morné van der Bank	21	NWUC KKD	20/09/2019	USSA Swimming Championships
30	5:44.70 L	F	Armand Nortjé	20	ETTN ECU	14/09/2019	EGA Summer 1 2019
31	6:04.97 L	F	Raymond De Freitas	30	UNIN MPD	27/09/2019	MP AGE GROUP 1 - 27-28
32	6:06.75 L	F	Nkosinolwazi Mbatha	23	UMSH ETH	26/10/2019	eThekwini Age Group Gala 7
33	6:06.82 L	F	Ryan Van Reenen	21	CUDU CPT	26/09/2019	Aquabear Invitational Meet 2019
34	7:20.09 L	F	Tshegofatso Dibobo	20	SOWE JHB	12/10/2019	CGA Level 1,2,3, SANJ Gala