

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Women 19 &amp; Over</b>							
<b>50 Free</b>							
1	24.95 L	F	Erin Gallagher	21	RSA	21/08/2019	12th African Games Rabat
2	25.25 L	F	Emma Chelius	23	RSA	21/08/2019	12th African Games Rabat
3	26.12 L	F	Tayla Lovemore	25	RSA	03/07/2019	2019 World University Games
4	26.41 L	F	Inge Weidemann	19	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
5	26.45 L	P	Felicity Passon	20	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
6	27.05 L	F	Amica De Jager	20	NMU NMA	29/11/2019	NMBA Championships 2019
7	27.31 L	P	Tatjana Schoenmaker	22	TUKS FSH	04/12/2019	NTS Championships 2019
8	27.36 L	P	Tilka Paljk	23	TUKS FSH	21/08/2019	All Africa Games
9	27.48 L	P	Kiara Noades	19	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
10	27.49 L	P	Chelsea Meiring	22	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
11	27.66 L	P	Lesley Blignaut	19	TUKS FSH	04/12/2019	NTS Championships 2019
12	27.80 L	F	Emily Visagie	22	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
13	27.85 L	F	Samantha Labuschagne	20	TUKS FSH	04/12/2019	NTS Championships 2019
14	28.05 L	F	Courtney van Biljon	21	NWUC KKD	20/09/2019	USSA Swimming Championships
15	28.07 L	P	Marine Nortje	19	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
16	28.09 L	F	Marné Meier	21	NCASA FBD	02/11/2019	Fezile Dabi Inter District Gala 2019
17	28.19 L	P	Kelly Vroon	20	MATI CED	01/12/2019	Western Cape Long Course
18	28.22 L	F	Lindsay Mcleod	25	TUKS FSH	04/12/2019	NTS Championships 2019
19	28.23 L	F	Lize-Mari De Beer	19	MDOL JHB	05/12/2019	CGA Championships 2019
20*	28.32 L	F	Alicia Enslin	19	TUKS FSH	04/12/2019	NTS Championships 2019
20*	28.32 L	F	Yvette Victor-vd Berg	40	COEL FSH	04/12/2019	NTS Championships 2019
22*	28.35 L	F	Tanya Abrie	24	WATR JHB	05/12/2019	CGA Championships 2019
22*	28.35 L	F	Ilinde Du Plessis	19	TUKS FSH	20/09/2019	USSA Swimming Championships
24	28.39 L	P	Helen Taylor	22	AZON ETH	17/12/2019	KZNA Premier Provincial Championship
25	28.53 L	P	Jana Coetzé	19	TUKS FSH	21/02/2020	2020 Grand Prix Invitational Swimming
26	28.75 L	F	Jessica Canter	20	MATI CED	29/11/2019	NMBA Championships 2019
27	28.91 L	F	Kristin Bellingan	22	TUKS FSH	15/11/2019	NTS November 2019 Age Group Gala
28	28.92 L	P	Amber McConnachie	19	VIKI BUF	26/09/2019	Aquabear Invitational Meet 2019
29*	29.02 L	F	Esthé Bester	32	HREF BPD	19/10/2019	NWS Age Group 1 1920
29*	29.02 L	F	Lizanne Viljoen	20	NWS	01/02/2020	NTS Invitational Gala 2020
31	29.03 L	F	Nastasiya Vrey	21	TUKS FSH	18/10/2019	NTS Prestige Gala 2019
32	29.11 L	F	Jenna- Laine Fuller	19	AFIN JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
33	29.12 L	P	Taneal Baptiste	20	PAC FSH	21/02/2020	2020 Grand Prix Invitational Swimming
34	29.13 L	F	Tatum Tarpey	21	MATI CED	20/09/2019	USSA Swimming Championships
35	29.18 L	F	Ashleigh Hunter	20	NWUC KKD	05/12/2019	NWS Championships 2019/2020
36	29.19 L	F	Jemma Bodington	19	KZNA ETH	09/12/2019	SA Schools Swimming Championship
37	29.30 L	F	Cayla Saaiman	22	TUKS FSH	15/11/2019	NTS November 2019 Age Group Gala
38	29.32 L	F	Brie Parker	23	NDSA ETH	28/02/2020	NDSA Gala 2020
39	29.34 L	P	Megan Hesse	25	PAC FSH	04/12/2019	NTS Championships 2019
40	29.44 L	F	Claire Rolt	38	COEL FSH	04/12/2019	NTS Championships 2019
41	29.48 L	F	Chante Rademan	19	SASE JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
42	29.55 L	P	Heike Thormahlen	20	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
43	29.63 L	P	Tracy Gous	44	PEMA NMA	26/09/2019	Aquabear Invitational Meet 2019
44	29.72 L	F	Courtney Musson	25	NMU NMA	20/09/2019	USSA Swimming Championships
45	29.79 L	F	Danielle Dirksen	22	MATI CED	20/09/2019	USSA Swimming Championships
46	29.87 L	F	Bianca Gray	21	MATI CED	20/09/2019	USSA Swimming Championships
47	29.95 L	F	Amé Kleynhans	22	TUKS FSH	20/09/2019	USSA Swimming Championships
48	29.98 L	P	Michelle Kretzschmar	19	BLUO UGD	17/12/2019	KZNA Premier Provincial Championship
49	30.00 L	F	Marli Neethling	21	MATI CED	20/09/2019	USSA Swimming Championships
50	30.06 L	F	Leatitia Human	22	GHSK FBD	05/12/2019	NCASA Champs Dec 2019
51	30.15 L	F	Amber Manchest	20	MATI CED	20/09/2019	USSA Swimming Championships
52	30.17 L	F	Michele Esterhuizen	47	MPS NGD	19/10/2019	T. GOLFINHOS SPRINT 2019-2020
53	30.18 L	P	Lauren Smith	20	SAAW CPT	31/01/2020	2020 Grand Prix Invitational Swimming
54	30.19 L	F	Jacoba Fourie	22	PAA FSH	30/08/2019	NTS August 2019 Age Group Gala Level
55	30.24 L	P	Kayla McLoughlin	19	SAAW CPT	26/09/2019	Aquabear Invitational Meet 2019
56	30.27 L	F	Stephanie Askew	20	MATI CED	20/09/2019	USSA Swimming Championships
57	30.31 L	F	Kiara Barnes	19	TYGE CPT	14/06/2019	PEA Winter Gala
58*	30.48 L	P	Talitha Vd Walt	19	CUDU CPT	01/12/2019	Western Cape Long Course

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	Time	P/F/S	Name	Age/Yr			
58*	30.48 L	F	Nadia Blaauw	22	NWUC KKD	05/12/2019	NWS Championships 2019/2020
60	30.50 L	F	Nepo Ntsono	22	NMU NMA	20/09/2019	USSA Swimming Championships
61	30.54 L	F	Kristen Kleynhans	19	TUKS TSH	18/10/2019	NTS Prestige Gala 2019
62	30.59 L	P	Reedah Shaw	19	TUKS TSH	01/12/2019	Western Cape Long Course
63	30.67 L	F	Chloe Velde	19	USC BUF	22/11/2019	BCA Long Course Championships 2019
64	30.74 L	F	Anél De Vos	22	TUKS TSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
65	30.83 L	P	Danielle Luyt	24	VRC TSH	04/12/2019	NTS Championships 2019
66	30.88 L	P	Carmen Smith	29	AQUB NMA	26/09/2019	Aquabear Invitational Meet 2019
67	30.94 L	F	Shania Richardson	19	HASC JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
68	30.96 L	F	Esmari Theart	24	NCASA FBD	02/11/2019	Fezile Dabi Inter District Gala 2019
69	31.08 L	F	Robyn Young	19	MATI CED	20/09/2019	USSA Swimming Championships
70	31.10 L	F	Licinda Kleynhans	22	NWUC KKD	25/01/2020	4 + 1 Inter Provincial Gala 2020
71	31.26 L	F	Angelique Möller	20	BLMA CPT	14/06/2019	PEA Winter Gala
72	31.27 L	F	Thelise Saunders	19	UNIN MPD	27/09/2019	MP AGE GROUP 1 - 27-28
73	31.41 L	P	Kate-Lynne Kuhn	28	KSC EZD	29/11/2019	Mpumalanga Championships 2019
74	31.43 L	F	Rutendo Maruta	20	MATI CED	20/09/2019	USSA Swimming Championships
75	31.81 L	F	Chilene Voster	19	NWUC KKD	09/11/2019	NWS Age Group 2 1920
76	32.11 L S	F	Demi Leech	20	SOUL EKU	05/12/2019	EGA Summer Championships 2019
77	32.26 L	F	Tanya Osborne	47	FEMS EDD	06/12/2019	Eden LC Champs 2019
78	32.41 L	F	Marine Smuts	19	MATI CED	20/09/2019	USSA Swimming Championships
79	32.59 L	F	Suzanne Harrop-Allin	41	COEL TSH	04/12/2019	NTS Championships 2019
80	32.64 L	F	Abigail Havenga	20	CSC TSH	18/10/2019	NTS Prestige Gala 2019
81	32.66 L	F	Michaela Kretzen	20	ASAC CPT	01/12/2019	Western Cape Summer Championships
82	32.72 L	P	Kerry Hains	46	PEMA NMA	26/09/2019	Aquabear Invitational Meet 2019
83	32.75 L	F	Annorina Groenewald	39	KTS JTD	12/10/2019	Age Group 1 2019 Kathu
84	32.82 L	F	Katrien De Wet	19	MATI CED	20/09/2019	USSA Swimming Championships
85	32.95 L	F	Cornelle Leach	20	NWUC KKD	05/12/2019	CGA Championships 2019
86	33.08 L	P	Marcia Robinson	37	FINS EZD	29/11/2019	Mpumalanga Championships 2019
87	33.14 L	F	Ariane Krijt	20	BLSS MAN	18/10/2019	Otters Prestige Gala 2019
88	33.43 L	F	Emma Huxtable	19	PSCP UMD	05/10/2019	eThekwini Age Group 6
89	34.34 L	F	Yolandi Wiese	53	COEL TSH	04/12/2019	NTS Championships 2019
90	34.72 L	P	Denise Bosman	60	PEMA NMA	26/09/2019	Aquabear Invitational Meet 2019
91	34.81 L	P	Patrica Reen	63	PEMA NMA	26/09/2019	Aquabear Invitational Meet 2019
92	34.88 L	F	Rachelle Isakov	49	COEL TSH	04/12/2019	NTS Championships 2019
93	35.79 L	F	Brigitte Radley	42	MPS NGD	19/10/2019	T. GOLFINHOS SPRINT 2019-2020
94	36.45 L	F	Janine Van Deventer	43	PRKA PSD	25/10/2019	Flamingo Aquatics Academy Prestige
95	36.77 L	F	Ceilidh Ferguson	19	UPC MP	19/02/2020	Inter High School Gala - 19 February
96	37.04 L	F	Petra Frenzel	51	SMSC ETH	18/01/2020	KCDA January Age Group Gala 2020
97	37.40 L	F	Emily Khumalo	38	FINS EZD	31/01/2020	MP AGE GROUP 4 31 JANUARY - 1
98	37.57 L	F	Sashi Theron	35	COEL TSH	04/12/2019	NTS Championships 2019
99	38.18 L	F	Corinne Mansill	40	WELA FDD	30/08/2019	Kovsie Aquatics Gala 2019
100	38.70 L	P	Simone' Mare	19	KZNA ETH	09/12/2019	SA Schools Swimming Championship
101	38.78 L	F	Christina Van Rooyen	43	BENS EKU	08/11/2019	EGA Summer 4
102	39.55 L	F	Cornelia Fowler	39	KLOO ETH	17/12/2019	KZNA Premier Provincial Championship
103	40.20 L	F	Melisa O'Neill	DR	TSSC ETH	17/12/2019	KZNA Premier Provincial Championship
104	41.02 L	F	Bronwyn Ramathula	30	BEAV ETH	05/10/2019	eThekwini Age Group 6
105	41.03 L	F	Mia Vd Merwe	21	CUDU CPT	22/02/2020	Swartland Invitational Gala 2
106	42.06 L	F	Jenna Jagers	19	MANT CPT	01/12/2019	Western Cape Summer Championships
107	43.08 L	F	Nasyi Strauss	20	ESS EZD	27/09/2019	MP AGE GROUP 1 - 27-28
108	45.89 L	F	Virone Mongwe	19	SOSH TSH	12/10/2019	NTS Oct 2019 Age Group Gala
109	46.23 L	F	Claire Murray	29	BEAV ETH	05/10/2019	eThekwini Age Group 6
110	47.38 L S	F	Rentia Oosthuizen	28	INFA NMA	07/02/2020	5th A League
111	48.46 L	F	Ada Barnard	40	SWAR WCD	25/01/2020	West Coast Qualify Gala 2020
112	49.39 L	F	Bronwen Griffiths	65	SMSC ETH	09/11/2019	KCDA November Age Group Gala 2019
113	51.17 L	F	Kyli Kriel	20	QUIC CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
114	53.35 L	F	Nikita Douglass	21	MDOL JHB	31/08/2019	Adrian Grafe Speedo Sprint Meet
115	55.34 L	F	Marne Kock	22	RBUR BPD	25/01/2020	4 + 1 Inter Provincial Gala 2020
116	59.16 L	F	Patricia Hanson	82	COEL TSH	04/12/2019	NTS Championships 2019
117	1:02.62 L	F	Tiffany Pereira	24	CRSC JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala

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	Time	P/F/S	Name	Age/Yr			
118	1:10.33 L	F	Cheryl Griffiths	75	FEMS EDD	16/11/2019	EDEN 3rd A-League Gala 2019
<b>Women 19 &amp; Over 100 Free</b>							
1	54.64 L	P	Erin Gallagher	21	SGUL ETH	12/07/2019	18th FINA World Championships
2	55.86 L	F	Emma Chelius	23	RSA	21/08/2019	12th African Games Rabat
3	56.32 L	F	Tayla Lovemore	25	RSA	03/07/2019	2019 World University Games
4	56.84 L	F	Felicity Passon	20	TUKS FSH	19/07/2019	Indian IOcean Island Games
5	57.73 L	P	Inge Weidemann	19	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
6	58.97 L	F	Emily Visagie	22	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
7	59.28 L	P	Kiara Noades	19	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
8	59.31 L	P	Tatjana Schoenmaker	22	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
9	59.53 L	F	Samantha Labuschagne	20	TUKS FSH	20/09/2019	USSA Swimming Championships
10	59.55 L	F	Amica De Jager	20	NMU NMA	29/11/2019	NMBA Championships 2019
11	59.85 L	P	Marlies Ross	22	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
12	1:00.07 L	F	Marine Nortje	19	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
13	1:00.11 L	F	Kristin Bellingan	22	TUKS FSH	04/12/2019	NTS Championships 2019
14	1:00.19 L	F	Lesley Blignaut	19	TUKS FSH	04/12/2019	NTS Championships 2019
15	1:00.34 L	F	Lindsay Mcleod	25	TUKS FSH	04/12/2019	NTS Championships 2019
16	1:00.59 L	F	Ilinde Du Plessis	19	TUKS FSH	18/10/2019	NTS Prestige Gala 2019
17	1:00.80 L	P	Helen Taylor	22	AZON ETH	21/02/2020	2020 Grand Prix Invitational Swimming
18	1:00.87 L	F	Kelly Vroon	20	MATI CED	01/12/2019	Western Cape Summer Championships
19	1:00.93 L	F	Carla Antonopoulos	19	TYGE CPT	01/12/2019	Western Cape Summer Championships
20	1:01.12 L	F	Tanya Abrie	24	WATR JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
21	1:01.19 L	F	Kate Beavon	19	WATR JHB	29/06/2019	5 Treviso Swim Cup
22	1:01.69 L	F	Lize-Mari De Beer	19	MDOL JHB	15/02/2020	EGA Last Chance Feb 2020
23	1:01.70 L	F	Alicia Enslin	19	TUKS FSH	17/01/2020	NTS Janaury 2020 Age Group Gala
24	1:01.88 L	F	Nastasiya Vrey	21	TUKS FSH	18/10/2019	NTS Prestige Gala 2019
25	1:01.99 L	F	Courtney van Biljon	21	NWUC KKD	20/09/2019	USSA Swimming Championships
26	1:02.19 L	F	Amber McConnachie	19	VIKI BUF	14/06/2019	PEA Winter Gala
27	1:02.50 L	P	Heike Thormahlen	20	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
28	1:02.62 L	F	Tatum Tarpey	21	MATI CED	20/09/2019	USSA Swimming Championships
29	1:02.66 L	F	Marné Meier	21	NWUC KKD	05/12/2019	NWS Championships 2019/2020
30	1:02.76 L	F	Lizanne Viljoen	20	TUKS FSH	17/01/2020	NTS Janaury 2020 Age Group Gala
31	1:02.90 L	F	Jessica Canter	20	MATI CED	29/11/2019	NMBA Championships 2019
32	1:03.35 L	P	Taneal Baptiste	20	PAC FSH	21/02/2020	2020 Grand Prix Invitational Swimming
33	1:03.48 L	P	Yvette Victor-vd Berg	40	COEL FSH	04/12/2019	NTS Championships 2019
34	1:03.55 L	F	Ashleigh Hunter	20	NWUC KKD	05/12/2019	NWS Championships 2019/2020
35	1:03.57 L	F	Cailin Joubert	19	MATI CED	01/12/2019	Western Cape Long Course
36	1:03.61 L	F	Robyn Kinghorn	20	MATI CED	20/09/2019	USSA Swimming Championships
37	1:03.68 L	P	Brie Parker	23	NDSA ETH	17/12/2019	KZNA Premier Provincial Championship
38	1:03.72 L	P	Megan Hesse	25	PAC FSH	04/12/2019	NTS Championships 2019
39	1:03.78 L	F	Jenna- Laine Fuller	19	AFIN JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
40	1:03.91 L	F	Thelise Saunders	19	MPS NGD	19/10/2019	T. GOLFINHOS SPRINT 2019-2020
41	1:04.19 L	F	Tilka Paljk	23	VRC FSH	18/10/2019	NTS Prestige Gala 2019
42	1:04.40 L	F	Jemma Bodington	HR	PSA ZLD	29/11/2019	Mpumalanga Championships 2019
43	1:04.64 L	F	Kiara Barnes	19	TYGE CPT	14/06/2019	PEA Winter Gala
44	1:04.72 L	F	Cayla Saaiman	22	TUKS FSH	18/10/2019	NTS Prestige Gala 2019
45	1:05.04 L	P	Kayla McLoughlin	19	SAAW CPT	01/12/2019	Western Cape Long Course
46	1:05.07 L	F	Carina Brand	20	MATI CED	20/09/2019	USSA Swimming Championships
47	1:05.47 L	P	Lauren Smith	20	SAAW CPT	01/12/2019	Western Cape Long Course
48	1:05.71 L	P	Talitha Vd Walt	19	CUDU CPT	31/01/2020	2020 Grand Prix Invitational Swimming
49	1:05.72 L	F	Carmen De Clerck	19	PSC FSH	12/10/2019	NTS Oct 2019 Age Group Gala
50	1:05.80 L	F	Mikayla Eagles	20	MATI CED	24/08/2019	Winelands Senior League 2 - 24Aug
51	1:06.04 L	F	Chante Rademan	19	SASE JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
52	1:06.06 L	F	Nadia Blaauw	22	NWUC KKD	05/12/2019	NWS Championships 2019/2020
53	1:06.19 L	P	Danielle Dirksen	22	MATI CED	01/12/2019	Western Cape Summer Championships
54	1:06.41 L	F	Bianca Gray	21	MATI CED	20/09/2019	USSA Swimming Championships
55*	1:06.44 L	F	Kristen Kleynhans	19	TUKS FSH	18/10/2019	NTS Prestige Gala 2019
55*	1:06.44 L	F	Bathandwa Dyantyi	21	NMU NMA	20/09/2019	USSA Swimming Championships
57	1:06.48 L	F	Shania Richardson	19	HASC JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala

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58	1:06.87	L	F	Angelique Möller	20	BLMA	CPT	14/06/2019	PEA Winter Gala
59	1:07.13	L	F	Stephanie Askew	20	MATI	GED	20/09/2019	USSA Swimming Championships
60	1:07.23	L	F	Michelle Kretzschmar	19	BLUO	UGD	09/11/2019	Ugu Distrist Age Group Gala 6
61	1:07.56	L	F	Demi Leech	20	TUKS	FSH	20/09/2019	USSA Swimming Championships
62	1:08.00	L	F	Laura Turpin	19	TUKS	FSH	15/11/2019	NTS November 2019 Age Group Gala
63	1:08.06	L	F	Nepo Ntsono	22	NMU	NMA	29/11/2019	NMBA Championships 2019
64	1:08.07	L	F	Esmari Theart	24	KALA	JTD	05/12/2019	NCASA Champs Dec 2019
65	1:08.13	L	F	Robyn Young	19	MATI	GED	20/09/2019	USSA Swimming Championships
66	1:08.14	L	F	Abigail Havenga	20	CSC	FSH	18/10/2019	NTS Prestige Gala 2019
67	1:08.15	L	F	Courtney Musson	25	NMU	NMA	20/09/2019	USSA Swimming Championships
68	1:08.16	L	F	Hannah Ledingham	19	MATI	GED	20/09/2019	USSA Swimming Championships
69	1:08.20	L	F	Danielle Luyt	24	VRC	FSH	18/10/2019	NTS Prestige Gala 2019
70	1:09.15	L	F	Esthé Bester	32	HREF	BPD	19/10/2019	NWS Age Group 1 1920
71	1:09.36	L	F	Jacoba Fourie	22	PAA	FSH	30/08/2019	NTS August 2019 Age Group Gala Level
72	1:09.73	L	F	Michele Esterhuizen	47	CSA	EZD	14/09/2019	MP Sprint Gala - 14 September 2019
73	1:09.78	L	F	Chilene Voster	19	NWUC	KKD	05/12/2019	NWS Championships 2019/2020
74	1:10.25	L	P	Alani Ferreira	21	SEAL	UMD	21/02/2020	2020 Grand Prix Invitational Swimming
75	1:10.59	L	F	Tanya Osborne	47	FEMS	EDD	06/12/2019	Eden LC Champs 2019
76	1:11.24	L	F	Rutendo Maruta	20	MATI	GED	20/09/2019	USSA Swimming Championships
77	1:11.42	L	F	Leatitia Human	22	GHSK	FBD	05/12/2019	NCASA Champs Dec 2019
78	1:12.10	L	F	Cornelle Leach	20	NWUC	KKD	15/02/2020	NWS Last Chance AG5 1920
79	1:12.62	L	F	Ariane Krijt	20	BLSS	MAN	18/10/2019	Otters Prestige Gala 2019
80	1:13.19	L	P	Carmen Smith	29	AQUB	NMA	26/09/2019	Aquabear Invitational Meet 2019
81	1:13.26	L	F	Michaela Kretzen	20	ASAC	CPT	01/12/2019	Western Cape Summer Championships
82	1:13.59	L	F	Chloe Velde	19	USC	BUF	22/11/2019	BCA Long Course Championships 2019
83	1:14.63	L	F	Annorina Groenewald	39	KTS	JTD	16/11/2019	NCASA Age Group 3 2019 KTU
84	1:15.96	L	P	Kerry Hains	46	PEMA	NMA	26/09/2019	Aquabear Invitational Meet 2019
85	1:18.32	L	P	Lesley Lee	55	PEMA	NMA	26/09/2019	Aquabear Invitational Meet 2019
86	1:19.19	L	P	Sharon Viljoen	48	PEMA	NMA	26/09/2019	Aquabear Invitational Meet 2019
87	1:21.89	L	F	Brigitte Radley	42	NSAD	EZD	14/09/2019	MP Sprint Gala - 14 September 2019
88	1:25.14	L	F	Simone' Mare	19	KZNA	ETH	09/12/2019	SA Schools Swimming Championship
89	1:25.92	L	F	Cornelia Fowler	39	KLOO	ETH	17/12/2019	KZNA Premier Provincial Championship
90	1:27.68	L	F	Emily Khumalo	38	FINS	EZD	31/01/2020	MP AGE GROUP 4 31 JANUARY - 1
91	1:28.67	L	F	Melisa O'Neill	DR	TSSC	ETH	17/12/2019	KZNA Premier Provincial Championship
92	1:29.93	L	F	Corinne Mansill	40	WELA	FDD	30/08/2019	Kovsie Aquatics Gala 2019
93	1:33.81	L	F	Nasyi Strauss	20	MPS	NGD	09/12/2019	SA Schools Swimming Championship
94	1:33.99	L	P	Christina Van Rooyen	43	BENS	EKU	05/12/2019	EGA Summer Championships 2019
95	1:34.03	L	F	Mia Vd Merwe	21	CUDU	CPT	22/02/2020	Swartland Invitational Gala 2
96	1:36.64	L	F	Bronwyn Ramathula	30	BEAV	ETH	14/03/2020	KZNA Level 1 Provincial Champs 2020
97	1:44.12	L	P	Jenna Jagers	19	MANT	CPT	26/09/2019	Aquabear Invitational Meet 2019
98	1:48.78	L	F	Ada Barnard	40	SWAR	WCD	22/02/2020	Swartland Invitational Gala 2
99	1:52.10	L	F	Rentia Oosthuizen	28	INFA	NMA	12/10/2019	3rd A League 2019
100	1:52.74	L	F	Claire Murray	29	BEAV	ETH	23/11/2019	KZN TYR Westville Sprints 2019
101	1:53.37	L	F	Bronwen Griffiths	65	SMSC	ETH	09/11/2019	KCDA November Age Group Gala 2019
102	1:59.58	L	F	Kyli Kriel	20	QUIC	CPT	04/10/2019	CTA TYR QUALIFYING GALA #2
103	2:03.19	L	F	Nikita Douglass	21	MDOL	JHB	05/12/2019	CGA Championships 2019
104	2:05.87	L	F	Marne Kock	22	RBUR	BPD	23/11/2019	NWS Age Group 3 2019/20
<b>Women 19 &amp; Over</b>				<b>200 Free</b>					
1	2:06.24	L	F	Jessica Whelan	23	RSA		21/08/2019	12th African Games Rabat
2	2:06.42	L	P	Inge Weidemann	19	TUKS	FSH	13/12/2019	Amstel Cup - Amsterdam
3	2:06.68	L	P	Tatjana Schoenmaker	22	TUKS	FSH	21/02/2020	2020 Grand Prix Invitational Swimming
4	2:06.83	L	F	Kiara Noades	19	TUKS	FSH	21/02/2020	2020 Grand Prix Invitational Swimming
5	2:06.99	L S	F	Emily Visagie	22	SGUL	ETH	17/12/2019	KZNA Premier Provincial Championship
6	2:07.24	L	F	Felicity Passon	20	TUKS	FSH	18/10/2019	NTS Prestige Gala 2019
7	2:07.42	L	P	Kristin Bellingan	22	SGUL	ETH	08/06/2019	Mare Nostrum Monaco
8	2:07.50	L	P	Abigail Meder	19	SGUL	ETH	08/06/2019	Mare Nostrum Monaco
9	2:08.33	L	F	Kate Beavon	19	WATR	JHB	11/06/2019	Mare Nostrum
10	2:08.61	L S	F	Marine Nortje	19	SGUL	ETH	17/12/2019	KZNA Premier Provincial Championship
11	2:08.79	L	F	Samantha Randle	21	TUKS	FSH	20/09/2019	USSA Swimming Championships

## 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	2:10.05	L	P	Carla Antonopoulos	19	TYGE	CPT 31/01/2020 2020 Grand Prix Invitational Swimming
13	2:11.02	L S	P	Lindsay Mcleod	25	TUKS	FSH 04/12/2019 NTS Championships 2019
14	2:11.12	L	F	Amica De Jager	20	NMU	NMA 14/06/2019 PEA Winter Gala
15	2:11.71	L	P	Marlies Ross	22	TUKS	FSH 13/12/2019 Amstel Cup - Amsterdam
16	2:11.94	L	F	Samantha Labuschagne	20	TUKS	FSH 20/09/2019 USSA Swimming Championships
17	2:12.18	L	P	Ilinde Du Plessis	19	TUKS	FSH 13/12/2019 Amstel Cup - Amsterdam
18	2:12.21	L	F	Kelly Vroon	20	MATI	GED 01/12/2019 Western Cape Summer Championships
19	2:12.26	L	P	Alicia Enslin	19	TUKS	FSH 31/01/2020 2020 Grand Prix Invitational Swimming
20	2:13.63	L	F	Lesley Blignaut	19	TUKS	FSH 18/10/2019 NTS Prestige Gala 2019
21	2:13.68	L	P	Helen Taylor	22	AZON	ETH 21/02/2020 2020 Grand Prix Invitational Swimming
22	2:13.72	L	P	Nastasiya Vrey	21	TUKS	FSH 31/01/2020 2020 Grand Prix Invitational Swimming
23	2:13.94	L	F	Robyn Kinghorn	20	MATI	GED 20/09/2019 USSA Swimming Championships
24	2:14.87	L	F	Kiara Barnes	19	TYGE	CPT 01/12/2019 Western Cape Summer Championships
25	2:15.25	L	F	Tanya Abrie	24	WATR	JHB 12/10/2019 CGA Level 1,2,3, SANJ Gala
26	2:15.99	L S	F	Cayla Saaiman	22	TUKS	FSH 04/12/2019 NTS Championships 2019
27	2:16.11	L	F	Tatum Tarpey	21	MATI	GED 20/09/2019 USSA Swimming Championships
28	2:16.29	L	F	Nadia Blaauw	22	NWUC	KKD 20/09/2019 USSA Swimming Championships
29	2:17.39	L	F	Taneal Baptiste	20	PAC	FSH 30/08/2019 NTS August 2019 Age Group Gala Level
30	2:17.60	L S	F	Lizanne Viljoen	20	TUKS	FSH 04/12/2019 NTS Championships 2019
31	2:18.38	L	F	Lize-Mari De Beer	19	MDOL	JHB 10/01/2020 2020 Grand Prix Invitation Swimming
32	2:19.46	L	F	Amber McConnachie	19	VIKI	BUF 14/06/2019 PEA Winter Gala
33	2:19.94	L	F	Ashleigh Hunter	20	NWUC	KKD 05/12/2019 NWS Championships 2019/2020
34	2:20.85	L	P	Thelise Saunders	19	UNIN	MPD 29/11/2019 Mpumalanga Championships 2019
35	2:21.56	L	F	Courtney van Biljon	21	NWUC	KKD 05/12/2019 NWS Championships 2019/2020
36	2:21.64	L	F	Georgina Haler	19	WATR	JHB 03/11/2019 CGA All Levels
37	2:22.31	L	F	Talitha Vd Walt	19	CUDU	CPT 26/09/2019 Aquabear Invitational Meet 2019
38	2:22.58	L	F	Mikayla Eagles	20	MATI	GED 01/12/2019 Western Cape Long Course
39	2:22.70	L	F	Bathandwa Dyantyi	21	NMU	NMA 26/09/2019 Aquabear Invitational Meet 2019
40	2:23.16	L	F	Anél De Vos	22	TUKS	FSH 20/09/2019 USSA Swimming Championships
41*	2:23.29	L	F	Demi Leech	20	SOUL	EKU 05/12/2019 EGA Summer Championships 2019
41*	2:23.29	L	F	Kelly Fairon	19	SODO	JHB 30/08/2019 NTS August 2019 Age Group Gala Level
43	2:23.57	L	F	Carmen De Clerck	19	PSC	FSH 12/10/2019 NTS Oct 2019 Age Group Gala
44	2:23.79	L	F	Marné Meier	21	NWUC	KKD 05/12/2019 NWS Championships 2019/2020
45	2:23.89	L	F	Licinda Kleynhans	22	NWUC	KKD 20/09/2019 USSA Swimming Championships
46	2:25.55	L	F	Carina Brand	20	MATI	GED 20/09/2019 USSA Swimming Championships
47	2:25.82	L	F	Cailin Joubert	19	MATI	GED 20/09/2019 USSA Swimming Championships
48	2:27.09	L	F	Jessica Canter	20	MATI	GED 14/06/2019 PEA Winter Gala
49	2:27.11	L	F	Marli Neethling	21	MATI	GED 20/09/2019 USSA Swimming Championships
50	2:28.21	L	F	Kayla McLoughlin	19	SAAW	CPT 25/01/2020 CTA TYR QUALIFYING GALA #3
51	2:29.57	L	F	Kristen Kleynhans	19	TUKS	FSH 18/10/2019 NTS Prestige Gala 2019
52	2:30.80	L	F	Angelique Möller	20	BLMA	CPT 14/06/2019 PEA Winter Gala
53	2:30.86	L	F	Danielle Dirksen	22	MATI	GED 20/09/2019 USSA Swimming Championships
54	2:33.74	L	F	Laura Turpin	19	TUKS	FSH 18/10/2019 NTS Prestige Gala 2019
55	2:34.23	L	F	Tanya Osborne	47	FEMS	EDD 16/11/2019 EDEN 3rd A-League Gala 2019
56	2:34.49	L	F	Ariane Krijt	20	BLSS	MAN 18/10/2019 Otters Prestige Gala 2019
57	2:34.67	L	F	Esmari Theart	24	KALA	JTD 05/12/2019 NCASA Champs Dec 2019
58	2:35.73	L	F	Jacoba Fourie	22	PAA	FSH 30/08/2019 NTS August 2019 Age Group Gala Level
59	2:35.80	L	F	Courtney Musson	25	NMU	NMA 20/09/2019 USSA Swimming Championships
60	2:36.52	L	F	Marine Smuts	19	MATI	GED 20/09/2019 USSA Swimming Championships
61	2:36.89	L	F	Jemma Bodington	HR	PSA	ZLD 12/10/2019 KCDA October Age Group Gala 2019
62	2:41.20	L	F	Danielle Luyt	24	VRC	FSH 30/08/2019 NTS August 2019 Age Group Gala Level
63	2:43.54	L	F	Chilene Voster	19	NWUC	KKD 09/11/2019 NWS Age Group 2 1920
64	2:46.82	L	F	Cornelle Leach	20	NWUC	KKD 24/06/2019 Sasol National Winter Championship
65	2:49.18	L	F	Rachelle Isakov	49	COEL	FSH 14/02/2020 NTS February 2020 Age Group Gala
66	2:49.84	L	F	Leatitia Human	22	GHSK	FBD 05/12/2019 NCASA Champs Dec 2019
67	2:57.90	L	F	Michaela Kretzen	20	ASAC	CPT 25/01/2020 CTA TYR QUALIFYING GALA #3
68	3:03.33	L	F	Cornelia Fowler	39	KLOO	ETH 03/08/2019 eThekweni Age Group Gala 4
69	3:14.81	L	F	Brigitte Radley	42	NSAD	EZD 27/09/2019 MP AGE GROUP 1 - 27-28
70	3:20.33	L	F	Melisa O'Neill	DR	TSSC	ETH 09/11/2019 eThekweni Age Group Gala 8

## 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	3:35.00 L	F	Bronwyn Ramathula	30	BEAV ETH	14/03/2020	KZNA Level 1 Provincial Champs 2020
72	3:45.85 L	F	Nasyi Strauss	20	ESS EZD	15/02/2020	MP AGE GROUP 5 15 FEBRUARY 2020
73	4:30.90 L	F	Nikita Douglass	21	MDOL JHB	15/02/2020	EGA Last Chance Feb 2020
74	4:42.43 L	F	Marne Kock	22	RBUR BPD	15/02/2020	NWS Last Chance AG5 1920
<b>Women 19 &amp; Over</b>		<b>400 Free</b>					
1	4:21.85 L	F	Kate Beavon	19	WATR JHB	29/06/2019	5 Treviso Swim Cup
2	4:23.29 L	F	Abigail Meder	19	SGUL ETH	08/06/2019	Mare Nostrum Monaco
3	4:25.74 L	P	Kristin Bellingan	22	SGUL ETH	08/06/2019	Mare Nostrum Monaco
4	4:26.20 L	F	Jessica Whelan	23	RSA	21/08/2019	12th African Games Rabat
5	4:27.16 L	F	Samantha Randle	21	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
6	4:27.58 L	F	Nathania Van Niekerk	21	TUKS FSH	20/09/2019	USSA Swimming Championships
7	4:28.35 L	F	Kiara Noades	19	TUKS FSH	21/02/2020	2020 Grand Prix Invitational Swimming
8	4:31.55 L	P	Carla Antonopoulos	19	TYGE CPT	31/01/2020	2020 Grand Prix Invitational Swimming
9	4:34.51 L	F	Amica De Jager	20	NMU NMA	14/06/2019	PEA Winter Gala
10	4:39.22 L	F	Robyn Kinghorn	20	MATI CED	20/09/2019	USSA Swimming Championships
11	4:39.68 L	F	Marine Nortje	19	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
12	4:39.71 L	F	Lindsay Mcleod	25	TUKS FSH	04/12/2019	NTS Championships 2019
13	4:41.04 L	F	Kiara Barnes	19	TYGE CPT	31/01/2020	2020 Grand Prix Invitational Swimming
14	4:46.34 L	F	Ilinde Du Plessis	19	TUKS FSH	18/10/2019	NTS Prestige Gala 2019
15	4:48.62 L	F	Lizanne Viljoen	20	TUKS FSH	20/09/2019	USSA Swimming Championships
16	4:49.21 L	F	Cayla Saaiman	22	TUKS FSH	30/08/2019	NTS August 2019 Age Group Gala Level
17	4:50.22 L	F	Helen Taylor	22	AZON ETH	23/11/2019	KZN TYR Westville Sprints 2019
18	4:51.05 L	F	Nadia Blaauw	22	NWUC KKD	05/12/2019	NWS Championships 2019/2020
19	4:51.62 L	F	Nastasiya Vrey	21	TUKS FSH	30/08/2019	NTS August 2019 Age Group Gala Level
20	4:55.11 L	F	Ashleigh Hunter	20	NWUC KKD	05/12/2019	NWS Championships 2019/2020
21	4:57.26 L	F	Kayla McLoughlin	19	SAAW CPT	26/09/2019	Aquabear Invitational Meet 2019
22	4:58.44 L	F	Anél De Vos	22	TUKS FSH	20/09/2019	USSA Swimming Championships
23	4:59.06 L	F	Thelise Saunders	19	UNIN MPD	29/11/2019	Mpumalanga Championships 2019
24	5:00.03 L	F	Carmen De Clerck	19	PSC FSH	12/10/2019	NTS Oct 2019 Age Group Gala
25	5:02.37 L	F	Talitha Vd Walt	19	CUDU CPT	26/09/2019	Aquabear Invitational Meet 2019
26	5:06.07 L	P	Alani Ferreira	21	SEAL UMD	31/01/2020	2020 Grand Prix Invitational Swimming
27	5:06.72 L	F	Danielle Dirksen	22	MATI CED	20/09/2019	USSA Swimming Championships
28	5:10.92 L	F	Tracy Gous	44	PEMA NMA	26/09/2019	Aquabear Invitational Meet 2019
29	5:12.53 L	F	Angelique Möller	20	BLMA CPT	14/06/2019	PEA Winter Gala
30	5:14.18 L	F	Licinda Kleynhans	22	NWUC KKD	24/06/2019	Sasol National Winter Championship
31	5:17.47 L	F	Marli Neethling	21	MATI CED	20/09/2019	USSA Swimming Championships
32	5:23.54 L	F	Delwen Henderson	31	PEMA NMA	21/02/2020	Infinity Champs LC Gala
33	5:25.22 L	F	Denise Bosman	60	PEMA NMA	26/09/2019	Aquabear Invitational Meet 2019
34	5:28.34 L	F	Tanya Osborne	47	FEMS EDD	16/11/2019	EDEN 3rd A-League Gala 2019
35	5:44.99 L	F	Danielle Luyt	24	VRC FSH	30/08/2019	NTS August 2019 Age Group Gala Level
36	6:07.13 L	F	Rachelle Isakov	49	COEL FSH	17/01/2020	NTS January 2020 Age Group Gala
37	6:58.25 L	F	Melisa O'Neill	DR	TSSC ETH	28/02/2020	NDSA Gala 2020
38	11:47.62 L	F	Cheryl Griffiths	75	FEMS EDD	16/11/2019	EDEN 3rd A-League Gala 2019
<b>Women 19 &amp; Over</b>		<b>800 Free</b>					
1	8:55.32 L	F	Samantha Randle	21	RSA	21/08/2019	12th African Games Rabat
2	9:07.51 L	F	Kate Beavon	19	WATR JHB	11/06/2019	Mare Nostrum
3	9:07.74 L	F	Carla Antonopoulos	19	RSA	21/08/2019	12th African Games Rabat
4	9:13.31 L	F	Kristin Bellingan	22	TUKS FSH	04/12/2019	NTS Championships 2019
5	9:16.70 L	F	Tatjana Schoenmaker	22	TUKS FSH	20/09/2019	USSA Swimming Championships
6	9:22.73 L	F	Kiara Noades	19	TUKS FSH	04/12/2019	NTS Championships 2019
7	9:31.10 L	F	Robyn Kinghorn	20	MATI CED	20/09/2019	USSA Swimming Championships
8	9:33.72 L	F	Amica De Jager	20	NMU NMA	14/06/2019	PEA Winter Gala
9	9:34.59 L	F	Kiara Barnes	19	TYGE CPT	31/01/2020	2020 Grand Prix Invitational Swimming
10	10:00.79 L	F	Nadia Blaauw	22	NWUC KKD	20/09/2019	USSA Swimming Championships
11	10:19.28 L	F	Kelly Fairon	19	SODO JHB	30/08/2019	NTS August 2019 Age Group Gala Level
12	10:20.27 L	F	Thelise Saunders	19	UNIN MPD	29/11/2019	Mpumalanga Championships 2019
13	10:23.71 L	F	Ashleigh Hunter	20	NWUC KKD	20/09/2019	USSA Swimming Championships
14	10:32.91 L	F	Talitha Vd Walt	19	CUDU CPT	19/10/2019	Winelands Senior League 4 - 19 Oct

### 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	10:43.43	L	F	Danielle Dirksen	22	MATI	GED 20/09/2019	USSA Swimming Championships
16	10:55.24	L	F	Marli Neethling	21	MATI	GED 20/09/2019	USSA Swimming Championships
17	11:07.94	L	F	Licinda Kleynhans	22	NWUC	KKD 24/06/2019	Sasol National Winter Championship
18	11:45.11	L	F	Marine Smuts	19	MATI	GED 20/09/2019	USSA Swimming Championships
19	12:58.92	L	F	Cornelia Fowler	39	KLOO	ETH 20/07/2019	eThekwini Age Group Gala 3
20	14:16.28	L	F	Melisa O'Neill	DR	TSSC	ETH 26/10/2019	eThekwini Age Group Gala 7
21	14:22.13	L	F	Emily Khumalo	38	FINS	EZD 11/10/2019	MP AGE GROUP 2 - 11-12 October
22	15:34.22	L	F	Jana Grobler	55	K@S	NGD 17/01/2020	MP AGE GROUP 3 17 - 18 JANUARY
<b>Women 19 &amp; Over 1000 Free</b>								
1	14:58.00	L	O	Tanya Osborne	47	FEMS	EDD 08/02/2020	WCA Open Water Swimming
2	17:32.00	L	F	Sally Ralfe	46	SEAL	UMD 30/11/2019	KZN Open Water
3	21:54.00	L	O	Kiara Barnes	19	TYGE	CPT 01/09/2019	CTMA OWS Cold Water Swim
4	24:36.55	L	O	Debbie Strydom	46	ROJ	EDD 08/02/2020	WCA Open Water Swimming
5	25:49.00	L	F	Amanda Koegelenberg	42	BLUO	UGD 30/11/2019	KZN Open Water
6	30:27.00	L	F	Winifred Gray	71	KZNI	ETH 30/11/2019	KZN Open Water
<b>Women 19 &amp; Over 1500 Free</b>								
1	17:11.07	L	F	Samantha Randle	21	RSA	21/08/2019	12th African Games Rabat
2	17:22.15	L	F	Carla Antonopoulos	19	RSA	21/08/2019	12th African Games Rabat
3	18:08.88	L	F	Kristin Bellingan	22	TUKS	FSH 18/10/2019	NTS Prestige Gala 2019
4	18:14.57	L	F	Kiara Barnes	19	TYGE	CPT 01/12/2019	Western Cape Summer Championships
5	18:17.20	L	F	Amica De Jager	20	NMU	NMA 14/06/2019	PEA Winter Gala
6	18:32.39	L	F	Robyn Kinghorn	20	ACSA	ETH 03/08/2019	eThekwini Age Group Gala 4
7	19:23.86	L	F	Nadia Blaauw	22	NWUC	KKD 09/11/2019	NWS Age Group 2 1920
8	20:43.88	L	F	Kelly Fairon	19	SODO	JHB 30/08/2019	NTS August 2019 Age Group Gala Level
9	21:40.36	L	F	Licinda Kleynhans	22	NWUC	KKD 09/11/2019	NWS Age Group 2 1920
10	29:44.37	L	F	Amanda Wallace	59	FEMS	EDD 16/11/2019	EDEN 3rd A-League Gala 2019
<b>Women 19 &amp; Over 3000 Free</b>								
1	37:28.00	L	F	Michelle Weber	23	SEAL	UMD 01/11/2019	2019 Aquelle Sun City Results
2	38:20.00	L	F	Samantha Randle	21	TUKS	FSH 26/10/2019	Sun City Swim 2019
3	39:20.00	L	F	Robyn Kinghorn	20	ACSA	ETH 01/11/2019	2019 Aquelle Sun City Results
4	41:24.00	L	O	Nadia Blaauw	22	NWUC	KKD 26/10/2019	Sun City Swim 2019
5	42:43.96	L	O	Thelise Saunders	19	UNIN	MPD 13/10/2019	OPEN WATER SWIM 1
6	42:51.90	L	O	Lindi-Mae Humphreys	34	PEMA	NMA 13/10/2019	EC Swim Series OWS 1 2019
7	43:13.00	L	O	Denise Bosman	60	PEMA	NMA 13/10/2019	EC Swim Series OWS 1 2019
8	43:56.10	L	O	Antonelle Saporta	39	PEMA	NMA 13/10/2019	EC Swim Series OWS 1 2019
9	44:15.00	L	F	Megan Albertyn	46	COEL	FSH 03/11/2019	Cradle Moon #1
10	44:16.34	L	O	Michele Esterhuizen	47	CSA	EZD 03/11/2019	OPEN WATER SWIM 2
11	44:29.28	L	O	Tracy Gous	44	ECA	NMA 07/03/2020	SA National Aquatic Championship 2020
12	45:10.00	L	F	Carina Hambloch	40	SMSC	ETH 30/11/2019	KZN Open Water
13	45:55.00	L	O	Anneke Boshoff	47	HARB	BPD 30/11/2019	CGA OWS 2
14	46:14.96	L	O	Tiemke Rijpstra	42	WCA	WCA 07/03/2020	SA National Aquatic Championship 2020
15	46:20.00	L	F	Ingrd Trusler	61	COEL	FSH 19/01/2020	Nkangala Open Water
16	46:30.69	L	O	Licinda Kleynhans	22	NWS	07/03/2020	SA National Aquatic Championship 2020
17	46:36.41	L	O	Amanda Koegelenberg	42	KZNA	ETH 07/03/2020	SA National Aquatic Championship 2020
18	46:41.00	L	O	Kirsty Hyslop	24	AA	JHB 26/10/2019	AQuelle Sun City 2019
19	47:14.00	L	F	Samantha Kruger	41	AZON	ETH 01/11/2019	2019 Aquelle Sun City Results
20	48:21.50	L	O	Jaki Fagan	45	AGB	JHB 07/03/2020	SA National Aquatic Championship 2020
21	48:25.60	L	O	Delwen Henderson	31	PEAS	NMA 24/11/2019	EC Swim Series OWS 2 2019
22	48:44.40	L	O	Jean Degenaar	60	CPTW	CPT 12/01/2020	EC Swim Series OWS 4 2020
23	49:12.83	L	O	Claire Amner	45	CPTW	CPT 08/02/2020	WCA Open Water Swimming
24	49:14.60	L	O	Jennifer Potts	50	PEMA	NMA 13/10/2019	EC Swim Series OWS 1 2019
25	50:06.00	L	F	Ariane Krijt	20	BLSS	MAN 18/01/2020	Dischem Kovsie Aquatics Open Water
26	50:24.00	L	F	Sally Ralfe	46	SEAL	UMD 30/11/2019	KZN Open Water
27	51:28.30	L	O	Sharon Viljoen	48	PEMA	NMA 25/01/2020	NMBA OWS Championships 2020
28	54:27.00	L	O	Angela Finlay	45	PEMA	NMA 08/12/2019	EC Swim Series OWS 3 2019
29	56:55.60	L	O	Joanne Tucker	52	INFA	NMA 13/10/2019	EC Swim Series OWS 1 2019
30	1:00:58.00	L	O	Elizabeth Craig	75	PEMA	NMA 13/10/2019	EC Swim Series OWS 1 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					
<b>Women 19 &amp; Over 5000 Free</b>								
1	59:54.60	L	O	Michelle Weber	23	RSA	12/07/2019	18th Fina World Champs Gwangju
2	1:01:50.00	L	O	Robyn Kinghorn	20	RSA	12/07/2019	18th Fina World Champs Gwangju
3	1:03:02.21	L	O	Samantha Randle	21	AGC FSH	07/03/2020	SA National Aquatic Championship 2020
4	1:03:17.58	L	O	Amica De Jager	20	ECA NMA	07/03/2020	SA National Aquatic Championship 2020
5	1:03:59.98	L	O	Carla Antonopoulos	19	WCA WCA	07/03/2020	SA National Aquatic Championship 2020
6	1:07:45.00	L	F	Thelise Saunders	19	UNIN MPD	13/10/2019	OPEN WATER SWIM 1
7	1:08:47.44	L	O	Kiara Barnes	19	WCA WCA	07/03/2020	SA National Aquatic Championship 2020
8	1:09:53.01	L	O	Nadia Blaauw	22	NWUC KKD	10/01/2020	2020 Grand Prix Invitation Swimming
9	1:11:08.00	L	F	Sasha-Lee Nordengen-Corris	22	SGUL ETH	15/02/2020	CGA OWS
10	1:11:43.60	L	O	Tracy Gous	44	PEMA NMA	13/10/2019	EC Swim Series OWS 1 2019
11	1:17:53.84	L	O	Tiemke Rijpstra	42	WCA WCA	07/03/2020	SA National Aquatic Championship 2020
12	1:18:44.00	L	F	Megan Albertyn	46	COEL FSH	18/01/2020	Cradle Moon #3
13	1:21:58.00	L	F	Samantha Kruger	41	SMSC ETH	30/11/2019	KZN Open Water
<b>Women 19 &amp; Over 10000 Free</b>								
1	1:56:25.80	L	O	Michelle Weber	23	RSA	12/07/2019	18th Fina World Champs Gwangju
2	2:03:05.10	L	O	Robyn Kinghorn	20	RSA	12/07/2019	18th Fina World Champs Gwangju
3	2:07:32.50	L	O	Amica De Jager	20	NMU NMA	13/10/2019	EC Swim Series OWS 1 2019
4	2:11:10.28	L	O	Carla Antonopoulos	19	WCA WCA	07/03/2020	SA National Aquatic Championship 2020
5	2:18:05.36	L	O	Sasha-Lee Nordengen-Corris	22	KZNA ETH	07/03/2020	SA National Aquatic Championship 2020
6	2:27:10.10	L	O	Nadia Blaauw	22	NWS	07/03/2020	SA National Aquatic Championship 2020
7	2:28:12.72	L	O	Kiara Barnes	19	TYGE CPT	08/02/2020	WCA Open Water Swimming
8	2:34:07.11	L	O	Thelise Saunders	19	UNIN MPD	03/11/2019	OPEN WATER SWIM 2
<b>Women 19 &amp; Over 50 Back</b>								
1	29.05	L	F	Erin Gallagher	21	RSA	21/08/2019	12th African Games Rabat
2	29.34	L	F	Tayla Lovemore	25	SEAL UMD	14/06/2019	2019 Michael Lohberg
3	29.40	L	P	Felicity Passon	20	TUKS FSH	21/02/2020	2020 Grand Prix Invitational Swimming
4	30.10	L	P	Nathania Van Niekerk	21	TUKS FSH	04/07/2019	FISU World Student Games 2019
5	30.93	L	F	Ilinde Du Plessis	19	TUKS FSH	17/01/2020	NTS Janaury 2020 Age Group Gala
6	31.14	L	F	Kiara Noades	19	TUKS FSH	21/02/2020	2020 Grand Prix Invitational Swimming
7	31.45	L	F	Samantha Labuschagne	20	TUKS FSH	20/09/2019	USSA Swimming Championships
8	31.56	L	F	Heike Thormahlen	20	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
9	31.93	L	P	Samantha Randle	21	TUKS FSH	21/02/2020	2020 Grand Prix Invitational Swimming
10	32.07	L	F	Lindsay Mcleod	25	TUKS FSH	04/12/2019	NTS Championships 2019
11	32.18	L	P	Taneal Baptiste	20	PAC FSH	21/02/2020	2020 Grand Prix Invitational Swimming
12	32.36	L	F	Inge Weidemann	19	TUKS FSH	17/01/2020	NTS Janaury 2020 Age Group Gala
13	32.71	L	F	Courtney van Biljon	21	NWUC KKD	24/06/2019	Sasol National Winter Championship
14	32.74	L	F	Amé Kleynhans	22	TUKS FSH	04/12/2019	NTS Championships 2019
15	32.79	L	P	Alicia Enslin	19	TUKS FSH	04/12/2019	NTS Championships 2019
16	32.81	L	F	Lesley Blignaut	19	TUKS FSH	20/09/2019	USSA Swimming Championships
17	33.06	L	F	Kelly Vroon	20	MATI CED	01/12/2019	Western Cape Long Course
18	33.24	L	F	Nadia Blaauw	22	NWUC KKD	05/12/2019	NWS Championships 2019/2020
19	33.25	L	F	Amber McConnachie	19	VIKI BUF	26/09/2019	Aquabear Invitational Meet 2019
20	33.42	L	F	Anél De Vos	22	TUKS FSH	20/09/2019	USSA Swimming Championships
21	33.59	L	F	Marné Meier	21	NWUC KKD	20/09/2019	USSA Swimming Championships
22	33.78	L	F	Kiara Barnes	19	TYGE CPT	01/12/2019	Western Cape Summer Championships
23	33.82	L	F	Brie Parker	23	NDSA ETH	28/02/2020	NDSA Gala 2020
24	33.88	L	F	Helen Taylor	22	AZON ETH	23/11/2019	KZN TYR Westville Sprints 2019
25*	34.03	L	F	Bathandwa Dyantyi	21	NMU NMA	20/09/2019	USSA Swimming Championships
25*	34.03	L	F	Georgina Haler	19	WATR JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
27	34.29	L	F	Michelle Kretzschmar	19	BLUO UGD	23/11/2019	KZN TYR Westville Sprints 2019
28	34.34	L	F	Robyn Young	19	MATI CED	20/09/2019	USSA Swimming Championships
29	34.44	L	F	Bianca Gray	21	MATI CED	20/09/2019	USSA Swimming Championships
30	34.53	L	F	Chloe Velde	19	USC BUF	22/11/2019	BCA Long Course Championships 2019
31	34.64	L	F	Marine Nortje	19	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
32	34.65	L	P	Kayla McLoughlin	19	SAAW CPT	26/09/2019	Aquabear Invitational Meet 2019
33	34.77	L	F	Jemma Bodington	HR	PSA ZLD	29/11/2019	Mpumalanga Championships 2019
34	35.03	L	F	Esmari Theart	24	KALA JTD	25/10/2019	Flamingo Aquatics Academy Prestige



## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
35	35.10 L	F	Angelique Möller	20	BLMA CPT	01/12/2019	Western Cape Long Course
36	35.11 L	F	Shania Richardson	19	HASC JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
37	35.77 L	F	Stephanie Askew	20	MATI CED	20/09/2019	USSA Swimming Championships
38	35.90 L	F	Tanya Abrie	24	WATR JHB	05/12/2019	CGA Championships 2019
39	36.42 L	F	Jenna- Laine Fuller	19	AFIN JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
40	36.46 L	F	Ashleigh Hunter	20	NWUC KKD	24/06/2019	Sasol National Winter Championship
41	36.49 L	F	Marli Neethling	21	MATI CED	20/09/2019	USSA Swimming Championships
42	36.65 L	F	Licinda Kleynhans	22	NWUC KKD	25/01/2020	4 + 1 Inter Provincial Gala 2020
43	36.74 L	F	Demi Leech	20	SOUL EKU	31/08/2019	Adrian Grafe Speedo Sprint Meet
44	37.00 L	F	Carina Brand	20	MATI CED	20/09/2019	USSA Swimming Championships
45	37.17 L	F	Laura Turpin	19	TUKS FSH	15/11/2019	NTS November 2019 Age Group Gala
46	37.38 L	F	Chilene Voster	19	NWUC KKD	20/09/2019	USSA Swimming Championships
47	37.40 L	F	Leatitia Human	22	GHSK FBD	05/12/2019	NCASA Champs Dec 2019
48	37.54 L	F	Elsie Botha	19	HBV MPD	16/09/2019	Limpopo Interhoer (Mopani Distrik)
49	37.93 L	P	Michele Esterhuizen	47	CSA EZD	29/11/2019	Mpumalanga Championships 2019
50	38.13 L	F	Courtney Musson	25	NMU NMA	20/09/2019	USSA Swimming Championships
51	38.16 L	F	Chante Rademan	19	SASE JHB	03/11/2019	CGA All Levels
52	38.21 L	P	Talitha Vd Walt	19	CUDU CPT	26/09/2019	Aquabear Invitational Meet 2019
53	38.49 L	F	Thelise Saunders	19	UNIN MPD	27/09/2019	MP AGE GROUP 1 - 27-28
54	39.23 L	F	Annorina Groenewald	39	KTS JTD	05/12/2019	NCASA Champs Dec 2019
55	39.26 L	P	Kate-Lynne Kuhn	28	KSC EZD	29/11/2019	Mpumalanga Championships 2019
56	40.00 L	F	Marine Smuts	19	MATI CED	20/09/2019	USSA Swimming Championships
57	40.30 L	F	Danielle Luyt	24	VRC FSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
58	41.95 L	F	Michaela Kretzen	20	ASAC CPT	01/12/2019	Western Cape Long Course
59	43.46 L	F	Cornelle Leach	20	NWUC KKD	05/12/2019	CGA Championships 2019
60	44.82 L	F	Janine Van Deventer	43	PRKA PSD	25/10/2019	Flamingo Aquatics Academy Prestige
61	45.76 L	P	Brigitte Radley	42	NSAD EZD	29/11/2019	Mpumalanga Championships 2019
62	45.97 L	F	Corinne Mansill	40	WELA FDD	09/11/2019	Bull-Sharks 2019
63	46.99 L	F	Simone' Mare	19	KZNA ETH	09/12/2019	SA Schools Swimming Championship
64	47.15 L	F	Petra Frenzel	51	SMSC ETH	18/01/2020	KCDA January Age Group Gala 2020
65	48.92 L	F	Nasyi Strauss	20	ESS EZD	29/11/2019	Mpumalanga Championships 2019
66	49.33 L	P	Jenna Jagers	19	MANT CPT	01/12/2019	Western Cape Summer Championships
67	50.23 L S	F	Cornelia Fowler	39	KLOO ETH	17/12/2019	KZNA Premier Provincial Championship
68	50.50 L	F	Ada Barnard	40	SWAR WCD	22/02/2020	Swartland Invitational Gala 2
69	54.38 L	F	Melisa O'Neill	DR	TSSC ETH	23/11/2019	KZN TYR Westville Sprints 2019
70	55.59 L	F	Rentia Oosthuizen	28	INFA NMA	12/10/2019	3rd A League 2019
71	56.25 L	F	Claire Murray	29	BEAV ETH	15/02/2020	KZN Aquatics Level 2 Provincial
72	56.50 L	F	Bronwyn Ramathula	30	BEAV ETH	14/03/2020	KZNA Level 1 Provincial Champs 2020
73	1:01.64 L	F	Virone Mongwe	19	SOSH FSH	12/10/2019	NTS Oct 2019 Age Group Gala
74	1:04.50 L	F	Bronwen Griffiths	65	SMSC ETH	09/11/2019	KCDA November Age Group Gala 2019
75	1:06.48 L	F	Marne Kock	22	RBUR BPD	25/01/2020	4 + 1 Inter Provincial Gala 2020
76	1:08.06 L	F	Nikita Douglass	21	MDOL JHB	05/12/2019	CGA Championships 2019
77	1:11.35 L	F	Kyli Kriel	20	QUIC CPT	01/12/2019	Western Cape Long Course

### Women 19 & Over

### 100 Back

1	1:02.27 L	F	Nathania Van Niekerk	21	RSA	03/07/2019	2019 World University Games
2	1:02.51 L	P	Felicity Passon	20	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
3	1:02.95 L	P	Mariella Venter	20	WATR JHB	12/07/2019	18th FINA World Championships
4	1:05.24 L	P	Gabriella Grobler	20	WATR JHB	04/12/2019	2019 Toyota U.S. Open
5	1:05.32 L	F	Kiara Noades	19	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
6	1:05.94 L	P	Samantha Randle	21	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
7	1:07.41 L	P	Ilinde Du Plessis	19	TUKS FSH	21/02/2020	2020 Grand Prix Invitational Swimming
8	1:07.75 L	P	Alicia Enslin	19	TUKS FSH	31/01/2020	2020 Grand Prix Invitational Swimming
9	1:07.76 L	F	Tayla Lovemore	25	SEAL UMD	14/06/2019	2019 Michael Lohberg
10	1:08.39 L S	P	Lindsay Mcleod	25	TUKS FSH	04/12/2019	NTS Championships 2019
11	1:08.93 L	P	Heike Thormahlen	20	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
12	1:09.58 L S	F	Lesley Blignaut	19	TUKS FSH	04/12/2019	NTS Championships 2019
13	1:09.90 L	P	Georgina Haler	19	WATR JHB	21/02/2020	2020 Grand Prix Invitational Swimming
14	1:10.20 L	F	Taneal Baptiste	20	PAC FSH	30/08/2019	NTS August 2019 Age Group Gala Level
15	1:10.41 L	P	Jana Coetzé	19	TUKS FSH	21/02/2020	2020 Grand Prix Invitational Swimming

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
16	1:10.61	L	F	Jessica Whelan	23	MDOL	JHB 18/01/2020 CGA Last Chance Level 3-SANJ gala
17	1:10.69	L	F	Amber McConnachie	19	VIKI	BUF 14/06/2019 PEA Winter Gala
18	1:11.35	L	P	Kelly Vroon	20	MATI	GED 01/12/2019 Western Cape Summer Championships
19	1:11.60	L	P	Bathandwa Dyantyi	21	NMU	NMA 26/09/2019 Aquabear Invitational Meet 2019
20	1:11.61	L	F	Helen Taylor	22	AZON	ETH 23/11/2019 KZN TYR Westville Sprints 2019
21	1:11.65	L	F	Nadia Blaauw	22	NWUC	KKD 05/12/2019 NWS Championships 2019/2020
22	1:12.01	L	P	Kiara Barnes	19	TYGE	CPT 01/12/2019 Western Cape Long Course
23	1:12.73	L	F	Jessica Canter	20	MATI	GED 29/11/2019 NMBA Championships 2019
24	1:12.95	L	P	Lauren Smith	20	SAAW	CPT 01/12/2019 Western Cape Long Course
25	1:12.99	L	F	Michelle Kretzschmar	19	BLUO	UGD 23/11/2019 KZN TYR Westville Sprints 2019
26	1:13.05	L	F	Tatum Tarpey	21	MATI	GED 20/09/2019 USSA Swimming Championships
27	1:13.18	L	F	Cayla Saaiman	22	NWS	01/02/2020 NTS Invitational Gala 2020
28	1:13.46	L	F	Lize-Mari De Beer	19	MDOL	JHB 15/02/2020 EGA Last Chance Feb 2020
29	1:13.95	L	F	Carla Antonopoulos	19	TYGE	CPT 04/10/2019 CTA TYR QUALIFYING GALA #2
30	1:13.96	L	F	Anél De Vos	22	TUKS	FSH 20/09/2019 USSA Swimming Championships
31	1:14.25	L	F	Samantha Labuschagne	20	NWS	01/02/2020 NTS Invitational Gala 2020
32	1:14.52	L	F	Kelly Fairon	19	SODO	JHB 30/08/2019 NTS August 2019 Age Group Gala Level
33	1:14.69	L	F	Brie Parker	23	NDSA	ETH 28/02/2020 NDSA Gala 2020
34	1:14.72	L	F	Shania Richardson	19	HASC	JHB 21/09/2019 CGA SANJ/Level 3 Gala No 1
35	1:16.04	L	F	Kayla McLoughlin	19	SAAW	CPT 14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
36	1:16.11	L	F	Ashleigh Hunter	20	NCASA	FBD 02/11/2019 Fezile Dabi Inter District Gala 2019
37	1:16.28	L	F	Angelique Möller	20	BLMA	CPT 14/06/2019 PEA Winter Gala
38	1:17.81	L	F	Jenna- Laine Fuller	19	AFIN	JHB 19/10/2019 EGA Summer 3 2019
39	1:18.05	L	F	Esmari Theart	24	KALA	JTD 21/02/2020 NCASA Sprints 2020
40	1:19.39	L	F	Stephanie Askew	20	MATI	GED 20/09/2019 USSA Swimming Championships
41	1:20.03	L	F	Hannah Ledingham	19	MATI	GED 20/09/2019 USSA Swimming Championships
42	1:21.03	L	F	Elsie Botha	19	HBV	MPD 16/09/2019 Limpopo Interhoer (Mopani Distrik)
43	1:21.21	L	F	Thelise Saunders	19	UNIN	MPD 27/09/2019 MP AGE GROUP 1 - 27-28
44	1:21.25	L	F	Jemma Bodington	HR	PSA	ZLD 29/11/2019 Mpumalanga Championships 2019
45	1:23.33	L	P	Talitha Vd Walt	19	CUDU	CPT 26/09/2019 Aquabear Invitational Meet 2019
46	1:23.38	L	F	Leatitia Human	22	GHSK	FBD 05/12/2019 NCASA Champs Dec 2019
47	1:23.42	L	F	Ariane Krijt	20	BLSS	MAN 18/10/2019 Otters Prestige Gala 2019
48	1:23.69	L	F	Marine Smuts	19	MATI	GED 20/09/2019 USSA Swimming Championships
49	1:23.77	L	F	Michele Esterhuizen	47	CSA	EZD 29/11/2019 Mpumalanga Championships 2019
50	1:24.95	L	F	Chilene Voster	19	NWUC	KKD 05/12/2019 NWS Championships 2019/2020
51	1:30.26	L	F	Michaela Kretzen	20	ASAC	CPT 01/12/2019 Western Cape Long Course
52	1:32.40	L	F	Cornelle Leach	20	NWUC	KKD 19/10/2019 NWS Age Group 1 1920
53	1:36.64	L	F	Monique Brent Meek	19	HWBA	WBD 17/09/2019 Limpopo Interhoer (Waterberg distrik)
54	1:44.55	L	F	Mia Vd Merwe	21	CUDU	CPT 14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
55	1:45.99	L	F	Simone' Mare	19	USH	KCD 23/11/2019 KZN TYR Westville Sprints 2019
56	1:46.61	L	F	Petra Frenzel	51	SMSC	ETH 18/01/2020 KCDA January Age Group Gala 2020
57	1:50.30	L	F	Jenna Jagers	19	MANT	CPT 25/01/2020 CTA TYR QUALIFYING GALA #3
58	1:50.52	L	F	Nasyi Strauss	20	MPS	NGD 09/12/2019 SA Schools Swimming Championship
59	1:50.97	L	F	Bronwyn Ramathula	30	BEAV	ETH 20/07/2019 eThekweni Age Group Gala 3
60	1:53.26	L	F	Melisa O'Neill	DR	TSSC	ETH 23/11/2019 KZN TYR Westville Sprints 2019
61	2:00.07	L	F	Rentia Oosthuizen	28	INFA	NMA 29/11/2019 NMBA Championships 2019
62	2:01.69	L	F	Ada Barnard	40	SWAR	WCD 25/01/2020 West Coast Qualify Gala 2020
63	2:02.91	L	F	Claire Murray	29	BEAV	ETH 23/11/2019 KZN TYR Westville Sprints 2019
64	2:25.95	L	F	Tiffany Pereira	24	CRSC	JHB 18/01/2020 CGA Last Chance Level 3-SANJ gala
65	2:31.33	L	F	Marne Kock	22	RBUR	BPD 05/12/2019 NWS Championships 2019/2020
66	2:33.32	L	F	Kyli Kriel	20	QUIC	CPT 04/10/2019 CTA TYR QUALIFYING GALA #2
<b>Women 19 &amp; Over 200 Back</b>							
1	2:12.77	L	F	Nathania Van Niekerk	21	RSA	03/07/2019 2019 World University Games
2	2:13.94	L	P	Felicity Passon	20	TUKS	FSH 21/02/2020 2020 Grand Prix Invitational Swimming
3	2:15.50	L	F	Samantha Randle	21	RSA	21/08/2019 12th African Games Rabat
4	2:20.46	L	F	Kiara Noades	19	TUKS	FSH 21/02/2020 2020 Grand Prix Invitational Swimming
5	2:20.83	L	P	Gabriella Grobler	20	WATR	JHB 04/12/2019 2019 Toyota U.S. Open
6	2:25.92	L	F	Alicia Enslin	19	TUKS	FSH 31/01/2020 2020 Grand Prix Invitational Swimming
7	2:26.71	L	F	Georgina Haler	19	WATR	JHB 10/01/2020 2020 Grand Prix Invitation Swimming

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
8	2:27.08	L	F	Lindsay Mcleod	25	TUKS	F	04/12/2019	NTS Championships 2019
9	2:28.56	L	F	Jessica Whelan	23	MDOL	J	21/09/2019	CGA SANJ/Level 3 Gala No 1
10	2:30.73	L	P	Ilinde Du Plessis	19	TUKS	F	04/12/2019	NTS Championships 2019
11	2:31.51	L	F	Kiara Barnes	19	TYGE	C	01/12/2019	Western Cape Long Course
12	2:31.74	L	F	Nadia Blaauw	22	NWUC	K	05/12/2019	NWS Championships 2019/2020
13	2:32.67	L	F	Kelly Vroon	20	MATI	C	01/12/2019	Western Cape Long Course
14	2:35.06	L	F	Bathandwa Dyantyi	21	NMU	N	26/09/2019	Aquabear Invitational Meet 2019
15	2:37.57	L	F	Brie Parker	23	NDSA	E	28/02/2020	NDSA Gala 2020
16	2:39.85	L	F	Michelle Kretzschmar	19	BLUO	U	23/11/2019	KZN TYR Westville Sprints 2019
17	2:39.89	L	F	Bianca Gray	21	MATI	C	20/09/2019	USSA Swimming Championships
18	2:40.37	L	F	Anél De Vos	22	TUKS	F	20/09/2019	USSA Swimming Championships
19	2:40.79	L	F	Nastasiya Vrey	21	TUKS	F	30/08/2019	NTS August 2019 Age Group Gala Level
20	2:41.44	L	F	Lize-Mari De Beer	19	MDOL	J	03/11/2019	CGA All Levels
21	2:41.45	L	F	Amber McConnachie	19	VIKI	B	14/06/2019	PEA Winter Gala
22	2:43.70	L	F	Kayla McLoughlin	19	SAAW	C	26/09/2019	Aquabear Invitational Meet 2019
23	2:43.81	L	F	Ashleigh Hunter	20	NWUC	K	09/11/2019	NWS Age Group 2 1920
24	2:44.34	L	F	Shania Richardson	19	HASC	J	21/09/2019	CGA SANJ/Level 3 Gala No 1
25	2:46.35	L	F	Angelique Möller	20	BLMA	C	14/06/2019	PEA Winter Gala
26	2:50.32	L	F	Jenna- Laine Fuller	19	AFIN	J	19/10/2019	EGA Summer 3 2019
27	2:50.73	L	F	Stephanie Askew	20	MATI	C	20/09/2019	USSA Swimming Championships
28	2:52.17	L	F	Esmari Theart	24	KALA	J	05/12/2019	NCASA Champs Dec 2019
29	3:01.21	L	F	Chilene Voster	19	NWUC	K	09/11/2019	NWS Age Group 2 1920
30	3:01.35	L	F	Marine Smuts	19	MATI	C	20/09/2019	USSA Swimming Championships
31	3:41.03	L	F	Rachelle Isakov	49	COEL	F	14/02/2020	NTS February 2020 Age Group Gala
32	4:14.23	L	F	Nasyi Strauss	20	ESS	E	15/02/2020	MP AGE GROUP 5 15 FEBRUARY 2020
33	4:23.62	L S	F	Rentia Oosthuizen	28	INFA	N	07/02/2020	5th A League
<b>Women 19 &amp; Over</b>		<b>50 Breast</b>							
1	30.93	L	F	Tatjana Schoenmaker	22	TUKS	F	20/09/2019	USSA Swimming Championships
2	32.20	L	F	Kaylene Corbett	20	RSA		21/08/2019	12th African Games Rabat
3	32.37	L	P	Tilka Paljk	23	TUKS	F	12/07/2019	18th FINA World Championships
4	33.06	L	P	Tayla Lovemore	25	SEAL	U	14/06/2019	2019 Michael Lohberg
5	33.36	L	F	Emily Visagie	22	SGUL	E	21/02/2020	2020 Grand Prix Invitational Swimming
6	33.69	L S	F	Brie Parker	23	NDSA	E	17/12/2019	KZNA Premier Provincial Championship
7	34.42	L S	F	Cayla Saaiman	22	TUKS	F	04/12/2019	NTS Championships 2019
8	34.60	L	F	Marné Meier	21	NWUC	K	20/09/2019	USSA Swimming Championships
9	34.62	L	F	Reedah Shaw	19	TUKS	F	18/10/2019	NTS Prestige Gala 2019
10	34.89	L	F	Amica De Jager	20	NMU	N	29/11/2019	NMBA Championships 2019
11	35.04	L S	F	Lesley Bignaut	19	TUKS	F	04/12/2019	NTS Championships 2019
12	35.24	L	F	Sabrina Favini	19	WATR	J	21/09/2019	CGA SANJ/Level 3 Gala No 1
13	35.42	L	F	Claire Rolt	38	COEL	F	04/12/2019	NTS Championships 2019
14	35.44	L	F	Licinda Kleynhans	22	NWUC	K	20/09/2019	USSA Swimming Championships
15	35.55	L	F	Jenna- Laine Fuller	19	AFIN	J	21/09/2019	CGA SANJ/Level 3 Gala No 1
16	36.02	L	F	Yvette Victor-vd Berg	40	COEL	F	04/12/2019	NTS Championships 2019
17	36.20	L	F	Tatum Tarpey	21	MATI	C	20/09/2019	USSA Swimming Championships
18	36.31	L S	P	Nastasiya Vrey	21	TUKS	F	04/12/2019	NTS Championships 2019
19	36.45	L	F	Hannah Ledingham	19	MATI	C	20/09/2019	USSA Swimming Championships
20	36.63	L S	F	Megan Hesse	25	PAC	F	04/12/2019	NTS Championships 2019
21	36.72	L S	P	Emma Huxtable	19	PSCP	U	17/12/2019	KZNA Premier Provincial Championship
22	36.86	L	P	Chante Rademan	19	SASE	J	05/12/2019	CGA Championships 2019
23	37.28	L	P	Georgina Haler	19	WATR	J	05/12/2019	CGA Championships 2019
24	37.49	L	F	Courtney van Biljon	21	NWUC	K	05/12/2019	NWS Championships 2019/2020
25	37.86	L	F	Amber McConnachie	19	VIKI	B	26/09/2019	Aquabear Invitational Meet 2019
26	37.94	L	F	Rutendo Maruta	20	MATI	C	20/09/2019	USSA Swimming Championships
27	38.16	L	F	Bernitia Hess	24	MATI	C	20/09/2019	USSA Swimming Championships
28	38.19	L	F	Thelise Saunders	19	MPS	N	19/10/2019	T. GOLFINHOS SPRINT 2019-2020
29	38.23	L	F	Cailin Joubert	19	MATI	C	01/12/2019	Western Cape Long Course
30	38.43	L	F	Nepo Ntsono	22	NMU	N	26/09/2019	Aquabear Invitational Meet 2019
31	38.50	L S	F	Alicia Enslin	19	TUKS	F	04/12/2019	NTS Championships 2019
32	38.91	L	F	Demi Leech	20	TUKS	F	20/09/2019	USSA Swimming Championships

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
33	39.13 L	F	Esmari Theart	24	KALA JTD	25/10/2019	Flamingo Aquatics Academy Prestige
34	39.46 L	F	Carmen Smith	29	AQUB NMA	26/09/2019	Aquabear Invitational Meet 2019
35	39.52 L	F	Stephanie Askew	20	MATI CED	20/09/2019	USSA Swimming Championships
36	39.92 L	P	Alani Ferreira	21	SEAL UMD	31/01/2020	2020 Grand Prix Invitational Swimming
37	40.06 L S	F	Danielle Luyt	24	VRC FSH	04/12/2019	NTS Championships 2019
38	40.25 L	P	Shania Richardson	19	HASC JHB	05/12/2019	CGA Championships 2019
39	40.26 L	F	Abigail Havenga	20	CSC FSH	18/10/2019	NTS Prestige Gala 2019
40	40.38 L	F	Ashleigh Hunter	20	NWUC KKD	25/01/2020	4 + 1 Inter Provincial Gala 2020
41	40.50 L	F	Nadia Blaauw	22	NWUC KKD	25/01/2020	4 + 1 Inter Provincial Gala 2020
42*	40.85 L	F	Suzanne Harrop-Allin	41	COEL FSH	04/12/2019	NTS Championships 2019
42*	40.85 L	F	Chloe Velde	19	USC BUF	22/11/2019	BCA Long Course Championships 2019
44	40.90 L	P	Michele Esterhuizen	47	CSA EZD	29/11/2019	Mpumalanga Championships 2019
45	41.25 L	F	Courtney Musson	25	NMU NMA	20/09/2019	USSA Swimming Championships
46	41.93 L	F	Tanya Osborne	47	FEMS EDD	06/12/2019	Eden LC Champs 2019
47	42.68 L	F	Sharon Viljoen	48	PEMA NMA	26/09/2019	Aquabear Invitational Meet 2019
48	42.85 L	P	Cornelle Leach	20	NWUC KKD	05/12/2019	CGA Championships 2019
49	43.29 L	F	Annorina Groenewald	39	KTS JTD	05/12/2019	NCASA Champs Dec 2019
50	43.78 L	F	Katrien De Wet	19	MATI CED	20/09/2019	USSA Swimming Championships
51	43.95 L	F	Jemma Bodington	HR	PSA ZLD	21/02/2020	Amajuba District Long Course
52	44.10 L	P	Kate-Lynne Kuhn	28	KSC EZD	29/11/2019	Mpumalanga Championships 2019
53	46.40 L	F	Brigitte Radley	42	NSAD EZD	14/09/2019	MP Sprint Gala - 14 September 2019
54	47.40 L	F	Rachelle Isakov	49	COEL FSH	04/12/2019	NTS Championships 2019
55	47.99 L	F	Lene Van Zyl	19	HFM WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
56	48.80 L	P	Christina Van Rooyen	43	BENS EKU	05/12/2019	EGA Summer Championships 2019
57	50.37 L	F	Melisa O'Neill	DR	TSSC ETH	17/12/2019	KZNA Premier Provincial Championship
58	50.72 L	F	Janine Van Deventer	43	PRKA PSD	25/10/2019	Flamingo Aquatics Academy Prestige
59	52.54 L	F	Cornelia Fowler	39	KLOO ETH	17/12/2019	KZNA Premier Provincial Championship
60	53.60 L	F	Virone Mongwe	19	SOSH FSH	12/10/2019	NTS Oct 2019 Age Group Gala
61	54.23 L	F	Claire Murray	29	BEAV ETH	15/02/2020	KZN Aquatics Level 2 Provincial
62	55.35 L	F	Jenna Jagers	19	MANT CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
63	56.75 L S	F	Rentia Oosthuizen	28	INFA NMA	07/02/2020	5th A League
64	58.25 L	F	Ada Barnard	40	SWAR WCD	22/02/2020	Swartland Invitational Gala 2
65	58.50 L	F	Emily Khumalo	38	FINS EZD	11/10/2019	MP AGE GROUP 2 - 11-12 October
66	59.81 L	F	Mia Vd Merwe	21	CUDU CPT	22/02/2020	Swartland Invitational Gala 2
67	1:03.12 L	F	Nasyi Strauss	20	ESS EZD	27/09/2019	MP AGE GROUP 1 - 27-28
68	1:04.80 L	F	Bronwyn Ramathula	30	BEAV ETH	09/11/2019	eThekwini Age Group Gala 8
69	1:07.14 L	F	Simone' Mare	19	USH KCD	23/11/2019	KZN TYR Westville Sprints 2019
70	1:12.43 L	F	Marne Kock	22	RBUR BPD	25/01/2020	4 + 1 Inter Provincial Gala 2020
71	1:14.22 L	P	Nikita Douglass	21	MDOL JHB	05/12/2019	CGA Championships 2019
72	1:22.48 L	F	Kyli Kriel	20	QUIC CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
<b>Women 19 &amp; Over 100 Breast</b>							
1	1:06.32 L	F	Tatjana Schoenmaker	22	RSA	03/07/2019	2019 World University Games
2	1:08.75 L	F	Kaylene Corbett	20	RSA	03/07/2019	2019 World University Games
3	1:10.65 L	F	Emily Visagie	22	SGUL ETH	21/02/2020	2020 Grand Prix Invitational Swimming
4	1:13.78 L	F	Tilka Paljk	23	TUKS FSH	21/08/2019	All Africa Games
5	1:14.54 L	P	Brie Parker	23	NDSA ETH	21/02/2020	2020 Grand Prix Invitational Swimming
6	1:15.67 L	F	Marné Meier	21	NWUC KKD	20/09/2019	USSA Swimming Championships
7	1:16.23 L	F	Cayla Saaiman	22	TUKS FSH	18/10/2019	NTS Prestige Gala 2019
8	1:17.33 L	F	Jenna- Laine Fuller	19	AFIN JHB	03/11/2019	CGA All Levels
9	1:17.42 L	F	Reedah Shaw	19	TUKS FSH	18/10/2019	NTS Prestige Gala 2019
10	1:18.16 L	F	Sabrina Favini	19	WATR JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
11	1:18.26 L	F	Licinda Kleynhans	22	NWUC KKD	05/12/2019	NWS Championships 2019/2020
12	1:18.83 L	F	Amica De Jager	20	NMU NMA	20/09/2019	USSA Swimming Championships
13	1:19.20 L	F	Jessica Whelan	23	MDOL JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
14	1:19.67 L	F	Georgina Haler	19	WATR JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
15	1:20.46 L	P	Hannah Ledingham	19	MATI CED	31/01/2020	2020 Grand Prix Invitational Swimming
16	1:21.92 L	F	Helen Taylor	22	AZON ETH	18/01/2020	eThekwini Age Group Gala 9
17	1:22.87 L	F	Alicia Enslin	19	TUKS FSH	30/08/2019	NTS August 2019 Age Group Gala Level
18	1:23.43 L	P	Yvette Victor-vd Berg	40	COEL FSH	04/12/2019	NTS 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			
19	1:23.65	L	F	Thelise Saunders	19	UNIN MPD	29/11/2019 Mpumalanga Championships 2019
20	1:25.12	L	F	Nepo Ntsono	22	NMU NMA	26/09/2019 Aquabear Invitational Meet 2019
21	1:25.17	L	F	Emma Huxtable	19	PSCP UMD	05/10/2019 eThekwini Age Group 6
22	1:25.29	L	F	Alani Ferreira	21	SEAL UMD	17/12/2019 KZNA Premier Provincial Championship
23	1:25.77	L	F	Bernitia Hess	24	MATI CED	20/09/2019 USSA Swimming Championships
24	1:25.97	L	F	Megan Hesse	25	PAC TSH	30/08/2019 NTS August 2019 Age Group Gala Level
25	1:26.23	L	F	Chante Rademan	19	SASE JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
26	1:26.71	L	F	Demi Leech	20	TUKS TSH	20/09/2019 USSA Swimming Championships
27	1:26.77	L	F	Laura Turpin	19	TUKS TSH	18/10/2019 NTS Prestige Gala 2019
28	1:27.54	L	F	Esmari Theart	24	KALA JTD	12/10/2019 Age Group 1 2019 Kathu
29	1:27.98	L	F	Shania Richardson	19	HASC JHB	03/11/2019 CGA All Levels
30	1:30.51	L S	P	Ashleigh Hunter	20	NWUC KKD	24/06/2019 Sasol National Winter Championship
31	1:30.65	L	F	Michele Esterhuizen	47	MPS NGD	19/10/2019 T. GOLFINHOS SPRINT 2019-2020
32	1:31.63	L	F	Cailin Joubert	19	MATI CED	20/09/2019 USSA Swimming Championships
33	1:31.66	L	F	Danielle Luyt	24	VRC TSH	18/10/2019 NTS Prestige Gala 2019
34	1:31.82	L	F	Abigail Havenga	20	CSC TSH	18/10/2019 NTS Prestige Gala 2019
35	1:32.36	L	F	Rutendo Maruta	20	MATI CED	20/09/2019 USSA Swimming Championships
36	1:33.48	L S	F	Cornelle Leach	20	NWUC KKD	24/06/2019 Sasol National Winter Championship
37	1:35.82	L	F	Esthé Bester	32	HREF BPD	19/10/2019 NWS Age Group 1 1920
38	1:35.94	L	P	Sharon Viljoen	48	PEMA NMA	26/09/2019 Aquabear Invitational Meet 2019
39	1:36.33	L	F	Ariane Krijt	20	BLSS MAN	18/10/2019 Otters Prestige Gala 2019
40	1:43.18	L	F	Jemma Bodington	HR	PSA ZLD	12/10/2019 KCDA October Age Group Gala 2019
41	1:46.21	L	F	Michaela Kretzen	20	ASAC CPT	01/12/2019 Western Cape Long Course
42	1:48.54	L S	F	Melisa O'Neill	DR	TSSC ETH	17/12/2019 KZNA Premier Provincial Championship
43	1:48.69	L	F	Brigitte Radley	42	NSAD EZD	27/09/2019 MP AGE GROUP 1 - 27-28
44	1:48.80	L	P	Jenna Jagers	19	MANT CPT	01/12/2019 Western Cape Summer Championships
45	1:49.39	L	F	Lene Van Zyl	19	HFM WBD	17/09/2019 Limpopo Interhoer (Waterberg distrik)
46	1:55.01	L	P	Christina Van Rooyen	43	BENS EKU	05/12/2019 EGA Summer Championships 2019
47	1:56.99	L S	F	Cornelia Fowler	39	KLOO ETH	17/12/2019 KZNA Premier Provincial Championship
48	2:00.06	L	F	Rentia Oosthuizen	28	INFA NMA	29/11/2019 NMBA Championships 2019
49	2:01.35	L	F	Claire Murray	29	BEAV ETH	15/02/2020 KZN Aquatics Level 2 Provincial
50	2:02.64	L	F	Virone Mongwe	19	SOSH TSH	01/11/2019 NTS November 2019 Age Group Gala
51	2:03.16	L	F	Emily Khumalo	38	FINS EZD	31/01/2020 MP AGE GROUP 4 31 JANUARY - 1
52	2:05.19	L	F	Mia Vd Merwe	21	CUDU CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
53	2:05.53	L	F	Ada Barnard	40	SWAR WCD	25/01/2020 West Coast Qualify Gala 2020
54	2:42.46	L	F	Marne Kock	22	RBUR BPD	23/11/2019 NWS Age Group 3 2019/20
55	2:50.38	L	F	Nikita Douglass	21	MDOL JHB	18/01/2020 CGA Last Chance Level 3-SANJ gala
56	3:00.13	L	F	Nasyi Strauss	20	ESS EZD	29/11/2019 Mpumalanga Championships 2019
57	3:00.47	L	F	Kyli Kriel	20	QUIC CPT	14/02/2020 CTA L2,L3 & SANJ+ CHAMPIONSHIPS
<b>Women 19 &amp; Over</b>				<b>200 Breast</b>			
1	2:21.79	L	S	Tatjana Schoenmaker	22	TUKS TSH	12/07/2019 18th FINA World Championships
2	2:24.18	L	S	Kaylene Corbett	20	TUKS TSH	12/07/2019 18th FINA World Championships
3	2:30.06	L	F	Emily Visagie	22	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
4	2:40.87	L	F	Cayla Saaiman	22	TUKS TSH	15/11/2019 NTS November 2019 Age Group Gala
5	2:42.83	L	P	Marlies Ross	22	TUKS TSH	13/12/2019 Amstel Cup - Amsterdam
6	2:44.67	L	F	Brie Parker	23	NDSA ETH	28/02/2020 NDSA Gala 2020
7	2:46.53	L	F	Georgina Haler	19	WATR JHB	10/01/2020 2020 Grand Prix Invitation Swimming
8	2:47.60	L	F	Sabrina Favini	19	WATR JHB	21/09/2019 CGA SANJ/Level 3 Gala No 1
9	2:48.75	L	F	Marné Meier	21	NWUC KKD	20/09/2019 USSA Swimming Championships
10	2:50.23	L	F	Jenna- Laine Fuller	19	AFIN JHB	15/11/2019 NTS November 2019 Age Group Gala
11	2:52.82	L	F	Reedah Shaw	19	TUKS TSH	01/12/2019 Western Cape Long Course
12	2:54.08	L	F	Licinda Kleynhans	22	NWUC KKD	05/12/2019 NWS Championships 2019/2020
13	2:55.48	L	F	Helen Taylor	22	AZON ETH	08/02/2020 eThekwini Age Group Gala 10
14	2:57.97	L	F	Amica De Jager	20	NMU NMA	20/09/2019 USSA Swimming Championships
15	2:58.30	L	F	Nadia Blaauw	22	NWUC KKD	05/12/2019 NWS Championships 2019/2020
16	2:58.80	L	P	Hannah Ledingham	19	MATI CED	31/01/2020 2020 Grand Prix Invitational Swimming
17	3:03.96	L S	F	Demi Leech	20	SOUL EKU	05/12/2019 EGA Summer Championships 2019
18	3:05.54	L	F	Nepo Ntsono	22	NMU NMA	26/09/2019 Aquabear Invitational Meet 2019
19	3:06.54	L	F	Bernitia Hess	24	MATI CED	20/09/2019 USSA Swimming Championships

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	Time	P/F/S	Name	Age/Yr			
20	3:15.22	L	F	Ashleigh Hunter	20	NWUC KKD	24/06/2019 Sasol National Winter Championship
21	3:17.94	L	F	Danielle Luyt	24	VRC FSH	18/10/2019 NTS Prestige Gala 2019
22	3:20.94	L	F	Cornelle Leach	20	NWUC KKD	24/06/2019 Sasol National Winter Championship
23	3:24.53	L	F	Esmari Theart	24	KALA JTD	09/11/2019 NCASA Age Group 2 KTU 2019
24	3:52.86	L	F	Melisa O'Neill	DR	TSSC ETH	26/10/2019 eThekweni Age Group Gala 7
25	4:07.99	L	F	Rentia Oosthuizen	28	INFA NMA	29/11/2019 NMBA Championships 2019
26	4:25.29	L	F	Christina Van Rooyen	43	BENS EKU	19/10/2019 EGA Summer 3 2019
27	4:39.66	L	F	Virone Mongwe	19	SOSH FSH	01/11/2019 NTS November 2019 Age Group Gala
28	5:34.96	L	F	Marne Kock	22	RBUR BPD	15/02/2020 NWS Last Chance AG5 1920
<b>Women 19 &amp; Over 50 Fly</b>							
1	26.24	L	F	Erin Gallagher	21	RSA	21/08/2019 12th African Games Rabat
2	26.25	L	F	Tayla Lovemore	25	RSA	03/07/2019 2019 World University Games
3	27.40	L	F	Emma Chelius	23	RSA	21/08/2019 12th African Games Rabat
4	27.65	L	F	Felicity Passon	20	TUKS FSH	04/12/2019 NTS Championships 2019
5	28.12	L	F	Inge Weidemann	19	TUKS FSH	13/12/2019 Amstel Cup - Amsterdam
6	28.33	L	F	Courtney van Biljon	21	NWUC KKD	20/09/2019 USSA Swimming Championships
7	28.77	L	F	Megan Hesse	25	PAC FSH	04/12/2019 NTS Championships 2019
8	28.98	L	F	Lesley Blignaut	19	TUKS FSH	04/12/2019 NTS Championships 2019
9	29.17	L	F	Ilinde Du Plessis	19	TUKS FSH	20/09/2019 USSA Swimming Championships
10	29.22	L	P	Lizanne Viljoen	20	TUKS FSH	04/12/2019 NTS Championships 2019
11	29.96	L	F	Kiara Noades	19	TUKS FSH	04/12/2019 NTS Championships 2019
12	29.99	L	F	Marné Meier	21	NWUC KKD	05/12/2019 NWS Championships 2019/2020
13	30.01	L	F	Jana Coetzé	19	RBOT NW	18/01/2020 NWS Age Group 4 1920
14	30.03	L	F	Taneal Baptiste	20	PAC FSH	30/08/2019 NTS August 2019 Age Group Gala Level
15	30.34	L	F	Mikayla Eagles	20	MATI CED	01/12/2019 Western Cape Long Course
16	30.61	L	F	Carla Antonopoulos	19	TYGE CPT	01/12/2019 Western Cape Long Course
17	30.70	L	F	Lize-Mari De Beer	19	MDOL JHB	05/12/2019 CGA Championships 2019
18	30.77	L S	P	Marine Nortje	19	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
19	30.85	L	F	Tatum Tarpey	21	MATI CED	20/09/2019 USSA Swimming Championships
20	30.93	L	F	Ashleigh Hunter	20	NWUC KKD	05/12/2019 NWS Championships 2019/2020
21	30.96	L	F	Jessica Canter	20	MATI CED	14/06/2019 PEA Winter Gala
22	31.01	L	F	Jenna- Laine Fuller	19	AFIN JHB	19/10/2019 EGA Summer 3 2019
23	31.12	L	P	Tracy Gous	44	PEMA NMA	26/09/2019 Aquabear Invitational Meet 2019
24	31.16	L	F	Chante Rademan	19	SASE JHB	03/11/2019 CGA All Levels
25	31.18	L	F	Cayla Saaiman	22	TUKS FSH	18/10/2019 NTS Prestige Gala 2019
26	31.30	L	F	Jemma Bodington	HR	PSA ZLD	21/02/2020 Amajuba District Long Course
27	31.33	L	F	Amber McConnachie	19	VIKI BUF	14/06/2019 PEA Winter Gala
28	31.38	L	F	Alicia Enslin	19	TUKS FSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
29*	31.82	L	P	Kayla McLoughlin	19	SAAW CPT	01/12/2019 Western Cape Summer Championships
29*	31.82	L	F	Amber Manchest	20	MATI CED	20/09/2019 USSA Swimming Championships
31	31.87	L	F	Nepo Ntsono	22	NMU NMA	29/11/2019 NMBA Championships 2019
32	31.90	L	F	Tanya Abrie	24	WATR JHB	12/10/2019 CGA Level 1,2,3, SANJ Gala
33	32.15	L	F	Licinda Kleynhans	22	NWUC KKD	05/12/2019 NWS Championships 2019/2020
34	32.42	L	F	Reedah Shaw	19	TUKS FSH	21/02/2020 2020 Grand Prix Invitational Swimming
35	32.53	L	F	Nastasiya Vrey	21	TUKS FSH	04/12/2019 NTS Championships 2019
36	32.55	L	F	Angelique Möller	20	BLMA CPT	14/06/2019 PEA Winter Gala
37	32.61	L	F	Carmen De Clerck	19	PSC FSH	12/10/2019 NTS Oct 2019 Age Group Gala
38	32.82	L	F	Michele Esterhuizen	47	MPS NGD	19/10/2019 T. GOLFINHOS SPRINT 2019-2020
39*	32.86	L	F	Laura Turpin	19	TUKS FSH	18/10/2019 NTS Prestige Gala 2019
39*	32.86	L	F	Anél De Vos	22	TUKS FSH	07/09/2019 2019 Hillcrest Sprint Gala 13/O
41	32.90	L	F	Talitha Vd Walt	19	CUDU CPT	01/12/2019 Western Cape Summer Championships
42	33.07	L	F	Bathandwa Dyantyi	21	NMU NMA	20/09/2019 USSA Swimming Championships
43	33.20	L	F	Bianca Gray	21	MATI CED	20/09/2019 USSA Swimming Championships
44	33.21	L	F	Tanya Osborne	47	FEMS EDD	06/12/2019 Eden LC Champs 2019
45	33.47	L	F	Abigail Havenga	20	CSC FSH	18/10/2019 NTS Prestige Gala 2019
46	33.69	L	F	Chloe Velde	19	USC BUF	22/11/2019 BCA Long Course Championships 2019
47	33.74	L	F	Nadia Blaauw	22	NWUC KKD	25/01/2020 4 + 1 Inter Provincial Gala 2020
48	33.78	L	F	Jacoba Fourie	22	PAA FSH	30/08/2019 NTS August 2019 Age Group Gala Level
49	33.87	L	F	Esmari Theart	24	KALA JTD	05/12/2019 NCASA Champs Dec 2019

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Times since: 01-May-19

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	Time	P/F/S	Name	Age/Yr			
50	34.02 L	F	Thelise Saunders	19	UNIN MPD	27/09/2019	MP AGE GROUP 1 - 27-28
51	34.65 L	P	Demi Leech	20	SOUL EKU	05/12/2019	EGA Summer Championships 2019
52	34.68 L	F	Annorina Groenewald	39	KTS JTD	05/12/2019	NCASA Champs Dec 2019
53	35.57 L	F	Leatitia Human	22	GHSK FBD	05/12/2019	NCASA Champs Dec 2019
54	36.74 L	F	Chilene Voster	19	NWUC KKD	20/09/2019	USSA Swimming Championships
55	36.91 L	F	Alani Ferreira	21	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
56	37.93 L	P	Marcia Robinson	37	FINS EZD	29/11/2019	Mpumalanga Championships 2019
57	38.35 L	P	Kerry Hains	46	PEMA NMA	26/09/2019	Aquabear Invitational Meet 2019
58	38.50 L	P	Carmen Smith	29	AQUB NMA	26/09/2019	Aquabear Invitational Meet 2019
59	38.63 L	F	Michaela Kretzen	20	ASAC CPT	01/12/2019	Western Cape Summer Championships
60	38.64 L	F	Cornelle Leach	20	NWUC KKD	05/12/2019	CGA Championships 2019
61	39.15 L	P	Patrica Reen	63	PEMA NMA	26/09/2019	Aquabear Invitational Meet 2019
62	39.24 L	F	Monique Brent Meek	19	HWBA WBD	17/09/2019	Limpopo Interhoer (Waterberg distrik)
63	39.27 L	P	Danielle Luyt	24	VRC FSH	04/12/2019	NTS Championships 2019
64	42.31 L	F	Ceillidh Ferguson	19	UPC MP	19/02/2020	Inter High School Gala - 19 February
65	42.67 L	F	Petra Frenzel	51	SMSC ETH	18/01/2020	KCDA January Age Group Gala 2020
66	43.64 L	F	Simone' Mare	19	USH KCD	18/01/2020	KCDA January Age Group Gala 2020
67	50.95 L	P	Jenna Jagers	19	MANT CPT	26/09/2019	Aquabear Invitational Meet 2019
68	52.45 L	F	Melisa O'Neill	DR	TSSC ETH	17/12/2019	KZNA Premier Provincial Championship
69	53.74 L	F	Nasyi Strauss	20	ESS EZD	29/11/2019	Mpumalanga Championships 2019
70	56.18 L S	F	Rentia Oosthuizen	28	INFA NMA	07/02/2020	5th A League
71	58.00 L	F	Bronwyn Ramathula	30	BEAV ETH	09/11/2019	eThekwini Age Group Gala 8
72	1:04.34 L	F	Ada Barnard	40	SWAR WCD	25/01/2020	West Coast Qualify Gala 2020
73	1:05.36 L	F	Claire Murray	29	BEAV ETH	15/02/2020	KZN Aquatics Level 2 Provincial
74	1:10.23 L	F	Kyli Kriel	20	QUIC CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
75	1:17.89 L	F	Nikita Douglass	21	MDOL JHB	05/12/2019	CGA Championships 2019
<b>Women 19 &amp; Over 100 Fly</b>							
1	58.57 L	F	Tayla Lovemore	25	RSA	03/07/2019	2019 World University Games
2	59.02 L	F	Erin Gallagher	21	SGUL ETH	21/02/2020	2020 Grand Prix Invitational Swimming
3	1:01.18 L	F	Felicity Passon	20	TUKS FSH	04/12/2019	NTS Championships 2019
4	1:01.90 L	F	Emma Chelius	23	RSA	21/08/2019	12th African Games Rabat
5	1:03.91 L S	F	Emily Visagie	22	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
6	1:04.35 L	F	Megan Hesse	25	PAC FSH	04/12/2019	NTS Championships 2019
7	1:04.65 L	F	Inge Weidemann	19	TUKS FSH	04/12/2019	NTS Championships 2019
8	1:04.75 L	P	Lizanne Viljoen	20	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
9	1:05.25 L	F	Ilinde Du Plessis	19	TUKS FSH	20/09/2019	USSA Swimming Championships
10	1:05.36 L	F	Carla Antonopoulos	19	TYGE CPT	01/12/2019	Western Cape Summer Championships
11	1:06.12 L	F	Lesley Blignaut	19	TUKS FSH	04/12/2019	NTS Championships 2019
12	1:07.24 L S	F	Marine Nortje	19	SGUL ETH	17/12/2019	KZNA Premier Provincial Championship
13	1:07.47 L	F	Kiara Noades	19	TUKS FSH	04/12/2019	NTS Championships 2019
14	1:07.80 L	F	Jessica Canter	20	MATI CED	29/11/2019	NMBA Championships 2019
15	1:07.90 L	F	Jessica Whelan	23	MDOL JHB	18/01/2020	CGA Last Chance Level 3-SANJ gala
16	1:08.23 L	F	Kaylene Corbett	20	TUKS FSH	15/11/2019	NTS November 2019 Age Group Gala
17	1:08.35 L	F	Courtney van Biljon	21	MATI CED	22/02/2020	Swartland Invitational Gala 2
18	1:08.58 L	F	Marné Meier	21	NWUC KKD	05/12/2019	NWS Championships 2019/2020
19	1:08.73 L	P	Mikayla Eagles	20	MATI CED	01/12/2019	Western Cape Summer Championships
20	1:09.50 L	F	Licinda Kleynhans	22	NWUC KKD	05/12/2019	NWS Championships 2019/2020
21	1:09.60 L	F	Cayla Saaiman	22	TUKS FSH	18/10/2019	NTS Prestige Gala 2019
22	1:09.92 L	F	Alicia Enslin	19	TUKS FSH	30/08/2019	NTS August 2019 Age Group Gala Level
23	1:10.35 L	F	Ashleigh Hunter	20	NWUC KKD	05/12/2019	NWS Championships 2019/2020
24	1:10.83 L	F	Kayla McLoughlin	19	SAAW CPT	09/11/2019	CTA MEET #4
25	1:11.27 L	F	Lize-Mari De Beer	19	MDOL JHB	10/01/2020	2020 Grand Prix Invitation Swimming
26	1:11.57 L	F	Nepo Ntsono	22	NMU NMA	26/09/2019	Aquabear Invitational Meet 2019
27	1:12.04 L	F	Thelise Saunders	19	MPS NGD	19/10/2019	T. GOLFINHOS SPRINT 2019-2020
28	1:13.38 L	F	Carina Brand	20	MATI CED	20/09/2019	USSA Swimming Championships
29	1:14.12 L	F	Michele Esterhuizen	47	MPS NGD	19/10/2019	T. GOLFINHOS SPRINT 2019-2020
30	1:14.28 L	F	Amber Manchest	20	MATI CED	20/09/2019	USSA Swimming Championships
31	1:14.59 L	F	Kiara Barnes	19	TYGE CPT	14/06/2019	PEA Winter Gala
32	1:14.70 L	F	Angelique Möller	20	BLMA CPT	01/12/2019	Western Cape Summer Championships

## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
33	1:14.88	L	F	Jenna- Laine Fuller	19	AFIN JHB	15/11/2019 NTS November 2019 Age Group Gala
34	1:15.30	L	P	Jemma Bodington	19	KZNA ETH	09/12/2019 SA Schools Swimming Championship
35	1:15.44	L	P	Talitha Vd Walt	19	CUDU CPT	26/09/2019 Aquabear Invitational Meet 2019
36	1:16.88	L	F	Delwen Henderson	31	PEMA NMA	21/02/2020 Infinity Champs LC Gala
37	1:17.14	L	F	Tanya Osborne	47	FEMS EDD	06/12/2019 Eden LC Champs 2019
38	1:17.38	L	F	Nadia Blaauw	22	NWUC KKD	05/12/2019 NWS Championships 2019/2020
39	1:17.54	L	P	Chante Rademan	19	SASE JHB	05/12/2019 CGA Championships 2019
40	1:21.81	L	F	Alani Ferreira	21	SEAL UMD	17/12/2019 KZNA Premier Provincial Championship
41	1:27.18	L S	F	Demi Leech	20	SOUL EKU	05/12/2019 EGA Summer Championships 2019
42	1:28.77	L	F	Chilene Voster	19	NWUC KKD	09/11/2019 NWS Age Group 2 1920
43	1:31.31	L	F	Cornelle Leach	20	NWUC KKD	09/11/2019 NWS Age Group 2 1920
44	1:53.28	L	F	Simone' Mare	19	USH KCD	23/11/2019 KZN TYR Westville Sprints 2019
45	1:54.47	L	F	Melisa O'Neill	DR	TSSC ETH	23/11/2019 KZN TYR Westville Sprints 2019
46	2:19.89	L	F	Bronwyn Ramathula	30	BEAV ETH	14/03/2020 KZNA Level 1 Provincial Champs 2020
47	2:25.85	L	F	Nasyi Strauss	20	ESS EZD	15/02/2020 MP AGE GROUP 5 15 FEBRUARY 2020
48	2:38.37	L	F	Claire Murray	29	BEAV ETH	23/11/2019 KZN TYR Westville Sprints 2019
49	3:05.01	L	P	Nikita Douglass	21	MDOL JHB	05/12/2019 CGA Championships 2019
<b>Women 19 &amp; Over 200 Fly</b>							
1	2:21.44	L	F	Lizanne Viljoen	20	TUKS FSH	13/12/2019 Amstel Cup - Amsterdam
2	2:23.05	L	F	Carla Antonopoulos	19	RSA	21/08/2019 12th African Games Rabat
3	2:26.57	L	F	Jessica Whelan	23	RSA	21/08/2019 12th African Games Rabat
4	2:26.83	L	F	Samantha Randle	21	NWS	01/02/2020 NTS Invitational Gala 2020
5	2:30.26	L	F	Kristin Bellingan	22	NWS	01/02/2020 NTS Invitational Gala 2020
6	2:36.02	L	F	Nathania Van Niekerk	21	TUKS FSH	20/09/2019 USSA Swimming Championships
7	2:36.08	L	F	Alicia Enslin	19	TUKS FSH	30/08/2019 NTS August 2019 Age Group Gala Level
8	2:46.54	L	F	Ashleigh Hunter	20	NWUC KKD	20/09/2019 USSA Swimming Championships
9	2:46.55	L	F	Mikayla Eagles	20	MATI CED	20/09/2019 USSA Swimming Championships
10	2:46.58	L	F	Kayla McLoughlin	19	SAAW CPT	01/12/2019 Western Cape Long Course
11	2:52.43	L	F	Beritita Hess	24	MATI CED	20/09/2019 USSA Swimming Championships
12	3:04.68	L	F	Talitha Vd Walt	19	CUDU CPT	26/09/2019 Aquabear Invitational Meet 2019
13	3:05.78	L	F	Amber Manchest	20	MATI CED	20/09/2019 USSA Swimming Championships
14	3:21.01	L	F	Jemma Bodington	HR	PSA ZLD	25/01/2020 Ushaka Championship Gala 2020
<b>Women 19 &amp; Over 200 IM</b>							
1	2:19.44	L	F	Jessica Whelan	23	RSA	21/08/2019 12th African Games Rabat
2*	2:19.89	L	F	Emily Visagie	22	SGUL ETH	21/02/2020 2020 Grand Prix Invitational Swimming
2*	2:19.89	L	P	Tatjana Schoenmaker	22	TUKS FSH	13/12/2019 Amstel Cup - Amsterdam
4	2:20.22	L	P	Gabriella Grobler	20	WATR JHB	04/12/2019 2019 Toyota U.S. Open
5	2:21.67	L	F	Samantha Randle	21	TUKS FSH	21/02/2020 2020 Grand Prix Invitational Swimming
6	2:22.22	L	F	Felicity Passon	20	TUKS FSH	19/07/2019 Indian IOcean Island Games
7	2:25.53	L	F	Kristin Bellingan	22	TUKS FSH	04/12/2019 NTS Championships 2019
8	2:25.61	L	F	Kate Beavon	19	WATR JHB	29/06/2019 5 Treviso Swim Cup
9	2:25.78	L	F	Kaylene Corbett	20	TUKS FSH	20/09/2019 USSA Swimming Championships
10	2:27.47	L	F	Carla Antonopoulos	19	TYGE CPT	01/12/2019 Western Cape Summer Championships
11	2:27.92	L	P	Alicia Enslin	19	TUKS FSH	31/01/2020 2020 Grand Prix Invitational Swimming
12	2:29.73	L	P	Georgina Haler	19	WATR JHB	21/02/2020 2020 Grand Prix Invitational Swimming
13	2:29.96	L	F	Cayla Saaiman	22	TUKS FSH	04/12/2019 NTS Championships 2019
14	2:30.86	L	F	Helen Taylor	22	AZON ETH	18/01/2020 eThekweni Age Group Gala 9
15	2:32.31	L	F	Amica De Jager	20	NMU NMA	09/11/2019 4th A League
16	2:33.70	L	F	Marine Nortje	19	SGUL ETH	17/12/2019 KZNA Premier Provincial Championship
17	2:33.82	L	F	Kiara Barnes	19	TYGE CPT	25/01/2020 CTA TYR QUALIFYING GALA #3
18	2:34.37	L	F	Nadia Blaauw	22	NWUC KKD	05/12/2019 NWS Championships 2019/2020
19	2:34.91	L	F	Thelise Saunders	19	MPS NGD	19/10/2019 T. GOLFINHOS SPRINT 2019-2020
20	2:34.95	L	F	Mikayla Eagles	20	MATI CED	01/12/2019 Western Cape Long Course
21	2:35.32	L	F	Nastasiya Vrey	21	TUKS FSH	17/01/2020 NTS Janaury 2020 Age Group Gala
22	2:36.50	L	F	Licinda Kleynhans	22	NWUC KKD	05/12/2019 NWS Championships 2019/2020
23	2:36.68	L	P	Brie Parker	23	NDSA ETH	17/12/2019 KZNA Premier Provincial Championship
24	2:37.35	L	F	Ashleigh Hunter	20	NWUC KKD	20/09/2019 USSA Swimming Championships
25	2:37.52	L	F	Sabrina Favini	19	WATR JHB	10/01/2020 2020 Grand Prix Invitation Swimming



## Individual Top Times

Times since: 01-May-19

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
26	2:37.93 L	F	Lizanne Viljoen	20	NWS	01/02/2020	NTS Invitational Gala 2020
27	2:38.84 L	F	Taneal Baptiste	20	PAC FSH	30/08/2019	NTS August 2019 Age Group Gala Level
28	2:39.38 L	F	Kayla McLoughlin	19	SAAW CPT	01/12/2019	Western Cape Long Course
29	2:39.48 L	F	Amber McConnachie	19	VIKI BUF	26/09/2019	Aquabear Invitational Meet 2019
30	2:40.47 L	F	Lize-Mari De Beer	19	MDOL JHB	05/12/2019	CGA Championships 2019
31	2:40.95 L	F	Bathandwa Dyantyi	21	NMU NMA	26/09/2019	Aquabear Invitational Meet 2019
32	2:41.21 L	F	Jenna- Laine Fuller	19	AFIN JHB	21/09/2019	CGA SANJ/Level 3 Gala No 1
33	2:41.56 L	F	Carmen De Clerck	19	PSC FSH	12/10/2019	NTS Oct 2019 Age Group Gala
34	2:44.98 L	F	Kelly Fairon	19	SODO JHB	30/08/2019	NTS August 2019 Age Group Gala Level
35	2:45.88 L	F	Demi Leech	20	TUKS FSH	20/09/2019	USSA Swimming Championships
36	2:46.24 L	F	Megan Hesse	25	PAC FSH	07/09/2019	2019 Hillcrest Sprint Gala 13/O
37	2:46.31 L	F	Reedah Shaw	19	TUKS FSH	01/12/2019	Western Cape Long Course
38	2:46.52 L	P	Lauren Smith	20	SAAW CPT	31/01/2020	2020 Grand Prix Invitational Swimming
39	2:46.86 L	F	Nepo Ntsono	22	NMU NMA	20/09/2019	USSA Swimming Championships
40	2:46.90 L	F	Jana Coetzé	19	RBOT NW	19/10/2019	NWS Age Group 1 1920
41	2:47.51 L	F	Alani Ferreira	21	SEAL UMD	17/12/2019	KZNA Premier Provincial Championship
42	2:50.37 L	F	Bernitia Hess	24	MATI CED	20/09/2019	USSA Swimming Championships
43	2:50.64 L	F	Hannah Ledingham	19	MATI CED	19/10/2019	Winelands Senior League 4 - 19 Oct
44	2:50.67 L	F	Talitha Vd Walt	19	CUDU CPT	26/09/2019	Aquabear Invitational Meet 2019
45	2:52.22 L	F	Kristen Kleynhans	19	TUKS FSH	30/08/2019	NTS August 2019 Age Group Gala Level
46	2:52.89 L	F	Tanya Osborne	47	FEMS EDD	06/12/2019	Eden LC Champs 2019
47	2:52.93 L	F	Chante Rademan	19	SASE JHB	05/12/2019	CGA Championships 2019
48	2:53.73 L	F	Angelique Möller	20	BLMA CPT	14/06/2019	PEA Winter Gala
49	2:54.78 L	F	Ariane Krijt	20	BLSS MAN	18/10/2019	Otters Prestige Gala 2019
50	2:54.82 L	F	Esmari Theart	24	KALA JTD	05/12/2019	NCASA Champs Dec 2019
51	2:54.92 L	F	Carina Brand	20	MATI CED	20/09/2019	USSA Swimming Championships
52	2:55.64 L	F	Laura Turpin	19	TUKS FSH	15/11/2019	NTS November 2019 Age Group Gala
53	2:58.57 L	F	Michele Esterhuizen	47	CSA EZD	29/11/2019	Mpumalanga Championships 2019
54	2:59.38 L	P	Danielle Luyt	24	VRC FSH	04/12/2019	NTS Championships 2019
55	3:05.35 L	F	Jemma Bodington	HR	PSA ZLD	25/01/2020	Ushaka Championship Gala 2020
56	3:08.22 L	P	Cornelle Leach	20	NWUC KKD	24/06/2019	Sasol National Winter Championship
57	3:09.48 L	F	Chilene Voster	19	NWUC KKD	23/11/2019	NWS Age Group 3 2019/20
58	3:13.91 L	F	Michaela Kretzen	20	ASAC CPT	01/12/2019	Western Cape Long Course
59	3:38.35 L	F	Cornelia Fowler	39	KLOO ETH	17/12/2019	KZNA Premier Provincial Championship
60	3:40.99 L	F	Melisa O'Neill	DR	TSSC ETH	17/12/2019	KZNA Premier Provincial Championship
61	4:01.53 L	F	Simone' Mare	19	USH KCD	23/11/2019	KZN TYR Westville Sprints 2019
62	4:09.74 L	F	Jenna Jagers	19	MANT CPT	14/02/2020	CTA L2,L3 & SANJ+ CHAMPIONSHIPS
63	4:14.05 L	P	Christina Van Rooyen	43	BENS EKU	05/12/2019	EGA Summer Championships 2019
64	4:20.64 L	F	Claire Murray	29	BEAV ETH	18/01/2020	eThekwini Age Group Gala 9
65	4:35.96 L	F	Bronwyn Ramathula	30	BEAV ETH	20/07/2019	eThekwini Age Group Gala 3
66	4:38.76 L	F	Nasyi Strauss	20	ESS EZD	29/11/2019	Mpumalanga Championships 2019
67	5:06.06 L	F	Nikita Douglass	21	MDOL JHB	05/12/2019	CGA Championships 2019
<b>Women 19 &amp; Over 400 IM</b>							
1	4:53.01 L	F	Samantha Randle	21	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
2	5:01.35 L	F	Jessica Whelan	23	RSA	21/08/2019	12th African Games Rabat
3	5:09.44 L	F	Carla Antonopoulos	19	TYGE CPT	01/12/2019	Western Cape Summer Championships
4	5:13.42 L	P	Marlies Ross	22	TUKS FSH	13/12/2019	Amstel Cup - Amsterdam
5	5:14.03 L	F	Alicia Enslin	19	TUKS FSH	31/01/2020	2020 Grand Prix Invitational Swimming
6	5:18.89 L	F	Kaylene Corbett	20	TUKS FSH	20/09/2019	USSA Swimming Championships
7	5:22.43 L	F	Robyn Kinghorn	20	MATI CED	20/09/2019	USSA Swimming Championships
8	5:24.04 L	F	Kiara Barnes	19	TYGE CPT	01/12/2019	Western Cape Summer Championships
9	5:27.69 L	F	Nadia Blaauw	22	NWUC KKD	05/12/2019	NWS Championships 2019/2020
10	5:43.04 L	F	Ashleigh Hunter	20	NWUC KKD	09/11/2019	NWS Age Group 2 1920
11	5:44.73 L	F	Kelly Vroon	20	MATI CED	20/09/2019	USSA Swimming Championships
12	5:45.58 L	F	Kayla McLoughlin	19	SAAW CPT	26/09/2019	Aquabear Invitational Meet 2019
13	5:47.00 L	F	Licinda Kleynhans	22	NWUC KKD	05/12/2019	NWS Championships 2019/2020
14	5:47.73 L	F	Mikayla Eagles	20	MATI CED	20/09/2019	USSA Swimming Championships
15	5:56.32 L	F	Nepo Ntsono	22	NMU NMA	23/08/2019	Madibaz Spring Gala
16	6:00.55 L	F	Bernitia Hess	24	MATI CED	20/09/2019	USSA Swimming Championships

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### Individual Top Times

Times since: 01-May-19

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	Time	P/F/S	Name	Age/Yr			
17	6:12.37 L	F	Tanya Osborne	47	FEMS EDD	16/11/2019	EDEN 3rd A-League Gala 2019
18	6:40.22 L	F	Courtney Scheuble	20	DBSC SDD	24/06/2019	Sasol National Winter Championship