

## Individual Top Times

Times since: 01-May-21 Times until: 30-Apr-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Women 50 Free</b>							
1	24.64 L	S	Emma Chelius	25	RSA	24/07/2021	2021 Tokyo Olympic Games
2	25.38 L	F	Erin Gallagher	23	TUKS FSH	15/12/2021	NTS Championships 2021
3	25.62 L	F	Olivia Nel	19	WCA CPT	06/04/2022	SA National Aquatic SNR-JNR Champ
4	25.77 L	F	Inge Weidemann	21	TUKS FSH	15/12/2021	NTS Championships 2021
5	26.14 L	F	Rebecca Meder	19	SGUL ETH	28/05/2021	Grand Prix No 4 Durban May 2021
6	26.37 L	F	Kirsten De Goede	19	KZNA ETH	06/04/2022	SA National Aquatic SNR-JNR Champ
7	26.50 L	P	Carla Meikle	19	KZNA ETH	06/04/2022	SA National Aquatic SNR-JNR Champ
8	26.65 L S	F	Michaela De Villiers	19	VINE CPT	07/12/2021	Western Cape LC-A Championship 20
9	26.86 L	P	Kerryn Herbst	19	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
10	27.01 L	P	Jana Coetzé	21	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
11	27.10 L	P	Tayla Lovemore	27	KZNA ETH	06/04/2022	SA National Aquatic SNR-JNR Champ
12	27.14 L	F	Kate Meyer	19	VIKI BUF	28/05/2021	Grand Prix No 4 Durban May 2021
13	27.19 L	F	Natasha Cornelius	20	TUKS FSH	15/12/2021	NTS Championships 2021
14*	27.22 L	F	Amica De Jager	22	TUKS FSH	10/12/2021	NMBA Championships 2021
14*	27.22 L	P	Georgia Nel	19	SAAW CPT	06/05/2021	2021 Cana Grand Prix Swimming Stell
16	27.25 L	F	Kiara Noades	21	TUKS FSH	15/12/2021	NTS Championships 2021
17	27.42 L	F	Bianca Opperman	20	TUKS FSH	24/09/2021	USSA Swimming Championships
18	27.53 L S	F	Michelle Nieuwstad	28	LALE CED	07/12/2021	Western Cape LC-A Championship 20
19*	27.56 L	P	Carissa Van Rooyen	19	MDOL EKU	18/02/2022	2022 Grand Prix 2 Invitational Meet Du
19*	27.56 L	P	Marine Nortje	21	FSA FS	06/04/2022	SA National Aquatic SNR-JNR Champ
21	27.65 L	P	Lana Janson	19	WCA CPT	06/04/2022	SA National Aquatic SNR-JNR Champ
22	27.68 L	F	Emily Visagie	24	SEAL UMD	17/12/2021	2021 KZNA Premier Provincial Champ
23	27.74 L	P	Taneal Baptiste	22	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
24	27.76 L	F	Chelsea Meiring	24	SEAL UMD	03/12/2021	WSC & Seals Summer LC Champs 20
25	27.79 L	F	Jenna-Laine Fuller	21	TUKS FSH	15/12/2021	NTS Championships 2021
26	27.88 L	F	Nuria Ribeiro	19	MATI CED	25/02/2022	Infinity Gala
27*	27.90 L	P	Chante' Cornelius	20	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
27*	27.90 L S	F	Tilka Paljk	25	CA EKU	09/12/2021	EGA Summer Champs 2021
29	27.91 L	F	Hannah Mclean-Leonard	23	AZON ETH	30/10/2021	CANA Virtual Swimming Championship
30	28.01 L	F	Lesley Blignaut	21	TUKS FSH	28/01/2022	NTS February Age Group 15 & Over
31*	28.06 L	F	Marlies Ross	24	TUKS FSH	24/09/2021	USSA Swimming Championships
31*	28.06 L	F	Natalie Landmann	20	FROS MAN	08/12/2021	Free State Champs 2021
33	28.09 L	F	Constantina Pietersen	20	INFA NMA	10/12/2021	NMBA Championships 2021
34	28.15 L	F	Courtney Van Biljon	23	TUKS FSH	24/09/2021	USSA Swimming Championships
35	28.17 L	F	Marné Meier	23	NWUC KKD	24/09/2021	USSA Swimming Championships
36	28.20 L	P	Helen Taylor	24	AZON ETH	18/02/2022	2022 Grand Prix 2 Invitational Meet Du
37	28.24 L	F	Sinelithemba Mbatha	19	TUKS FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
38*	28.34 L	P	Tanya Abrie	26	WATR JHB	18/02/2022	2022 Grand Prix 2 Invitational Meet Du
38*	28.34 L S	F	Kelly Vroon	22	LALE CED	07/12/2021	Western Cape LC-A Championship 20
40	28.37 L	F	Nastasiya Vrey	23	TUKS FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
41	28.40 L	P	Ashlea Smith	19	RAV EKU	18/02/2022	2022 Grand Prix 2 Invitational Meet Du
42	28.41 L	F	Janie Coetzer	20	TUKS FSH	28/01/2022	NTS February Age Group 15 & Over
43	28.44 L	F	Lindsay McLeod	27	SGUL ETH	17/12/2021	2021 KZNA Premier Provincial Champ
44	28.48 L	F	Kaylene Corbett	22	TUKS FSH	05/11/2021	NTS Prestige Gala 2021
45	28.49 L	F	Jaime Storm	19	TUKS FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
46	28.50 L	F	Samantha Labuschagne	22	MGSC UGD	03/12/2021	WSC & Seals Summer LC Champs 20
47	28.53 L	F	Kristin Bellingan	24	TUKS FSH	28/01/2022	NTS February Age Group 15 & Over
48	28.65 L	P	Dominique Barnard	19	PSC FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
49	28.68 L	F	Yvette Victor-Van Den Berg	42	CSC FSH	15/12/2021	NTS Championships 2021
50	28.79 L	P	Lizanne Viljoen	23	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
51	28.84 L	P	Demi- Lee Carlisle	19	AA JHB	28/05/2021	Grand Prix No 4 Durban May 2021
52	28.87 L	P	Megan Hesse	27	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
53	28.95 L	F	Maryke Koen	20	MATI CED	24/09/2021	USSA Swimming Championships
54	29.01 L	F	Aletta Gersbach	19	RFA FSH	22/10/2021	NTS October Level 1-3 Age Group
55*	29.02 L	F	Anica Dennis	19	INFA NMA	17/03/2022	SA Level 3 Regional Age Group Chan
55*	29.02 L	F	Esthé Bester	34	HREF BPD	13/11/2021	NWS Age Group 3 2021/22
57	29.15 L	F	Heike Thormahlen	22	SGUL ETH	30/03/2022	SA Regional Aquatic JNR-Senior Cha
58	29.21 L S	P	Hannah Pearse	19	VINE CPT	07/12/2021	Western Cape LC-A Championship 20

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Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
59	29.25	L	F	Jenna Whiting	21	TUKS	FSH 18/02/2022 NTS Combined February Age Group G
60	29.34	L	P	Andrea Cudin	20	PEAS	NMA 28/05/2021 Grand Prix No 4 Durban May 2021
61	29.35	L	F	Samantha Straw	20	NWUC	KKD 24/09/2021 USSA Swimming Championships
62	29.38	L	F	Idel� du Toit	19	NWUC	KKD 08/12/2021 NWS Championships 2020/2021
63	29.43	L	F	Jordainne Kazimierczak	19	FLOD	JHB 03/12/2021 CGA LC Summer Champs - Level3+
64	29.47	L	F	Rachael Humphries	20	NWUC	KKD 30/03/2022 SA Regional Aquatic JNR-Senior Cha
65	29.50	L	P	Netanya Robberts	20	TUKS	FSH 15/12/2021 NTS Championships 2021
66	29.52	L	P	Zoe Sinclair	19	TUKS	FSH 29/03/2022 SA Regional Aquatic Champs 2022- N
67	29.58	L	F	Erin Hartszenberg	20	TUKS	FSH 24/09/2021 USSA Swimming Championships
68	29.61	L	F	Victoria Earle	20	TUKS	FSH 28/01/2022 NTS February Age Group 15 & Over
69	29.62	L	F	Mikayla Eagles	22	MATI	GED 24/09/2021 USSA Swimming Championships
70	29.66	L	F	Bathandwa Dyantyi	24	USC	BUF 10/12/2021 BCA Long Course Championships 202
71	29.74	L	F	Sariska Terblanche	21	NMU	NMA 24/09/2021 USSA Swimming Championships
72	29.81	L	F	Catherine Wilcocks	20	PAC	FSH 05/11/2021 NTS Prestige Gala 2021
73	29.82	L	P	Kelly Crous	19	SGUL	ETH 18/02/2022 2022 Grand Prix 2 Invitational Meet Du
74	29.85	L	F	Tasneen Ebrahim	19	NMU	NMA 25/02/2022 Infinity Gala
75	29.89	L	F	Sune Van Jaarsveld	20	TUKS	FSH 28/01/2022 NTS February Age Group 15 & Over
76	29.91	L	P	Olivia Scott	20	VINE	CPT 06/05/2021 2021 Cana Grand Prix Swimming Stell
77	29.93	L	F	Hannah Ledingham	21	MATI	GED 25/02/2022 Infinity Gala
78	30.03	L	F	Coreen Hechter	20	BLSS	MAN 17/03/2022 SA Level 3 Regional Age Group Chan
79	30.08	L	F	Courtney Pretorius	20	TUKS	FSH 24/09/2021 USSA Swimming Championships
80	30.15	L	F	Jemma Bodington	MR	PSA	ZLD 02/10/2021 Froggies Aquatics Championships 202
81	30.17	L	F	Reedah Shaw	21	TUKS	FSH 29/03/2022 SA Regional Aquatic Champs 2022- N
82	30.25	L	F	Courtney Repinz	19	PEAS	NMA 16/10/2021 1st A League Gala 2021
83	30.33	L	F	Kaitlyn Albertyn	19	TUKS	FSH 24/09/2021 USSA Swimming Championships
84*	30.34	L S	P	Robyn Young	21	MATI	GED 07/12/2021 Western Cape LC-A Championship 20
84*	30.34	L	F	Talia Fos	19	AWSC	JHB 03/12/2021 CGA LC Summer Champs - Level3+
84*	30.34	L	F	Sylvia Van Tromp	43	ETTN	EKU 02/10/2021 Frank Gray Memorial Championships :
87	30.44	L	F	Taylor Pharoah	19	TUKS	FSH 28/01/2022 NTS February Age Group 15 & Over
88	30.46	L	F	Samantha Randle	23	TUKS	FSH 28/01/2022 NTS February Age Group 15 & Over
89	30.59	L S	P	Katia Turchino	20	MATI	GED 07/12/2021 Western Cape LC-A Championship 20
90	30.62	L	F	Talitha Vd Walt	21	BLMA	CPT 30/10/2021 CANA Virtual Swimming Championshipj
91	30.79	L	F	Kristen Sullivan	33	TRAZ	FSH 28/01/2022 NTS February Age Group 15 & Over
92	30.90	L	F	Michele Esterhuizen	49	CSA	EZD 03/12/2021 Mpumalanga Championships 2021
93	30.93	L	F	Esmari Theart	26	KALA	08/12/2021 Champs 2021
94	30.99	L S	P	Jade Simons	21	MATI	GED 07/12/2021 Western Cape LC-A Championship 20
95	31.01	L	P	Johane Fourie	21	BLSS	MAN 08/12/2021 Free State Champs 2021
96	31.11	L	F	Rachel-Ann Van Biljon	20	TUKS	FSH 24/09/2021 USSA Swimming Championships
97	31.29	L	P	Sarah Jennings	24	TUKS	FSH 15/12/2021 NTS Championships 2021
98	31.40	L	F	Judi Smith	19	QUIC	CPT 17/03/2022 SA Level 3 Regional Age Group Chan
99	31.58	L	F	Erin Harty	20	NMU	NMA 24/09/2021 USSA Swimming Championships
100	31.77	L	P	Cornelle Leach	23	AGA	EKU 06/04/2022 SA National Aquatic SNR-JNR Champ
101	31.79	L	F	Juanique Cornelius	19	TUKS	FSH 08/10/2021 NTS October Combined Age Group
102	31.87	L	F	Alani Ferreira	23	KZNA	ETH 06/04/2022 SA National Aquatic SNR-JNR Champ
103	32.08	L	F	Rabia Shaw	23	TUKS	FSH 24/09/2021 USSA Swimming Championships
104	32.19	L	F	Hannah Counihan	19	MATI	GED 29/01/2022 West Coast Qualify Gala 2022
105	32.21	L	F	Paula Van Zyl	19	KZNA	ETH 06/04/2022 SA National Aquatic SNR-JNR Champ
106	32.42	L S	F	Michaela Kretzen	22	ASAC	CPT 07/12/2021 Western Cape LC-A Championship 20
107	32.46	L	P	Tawananyasha Makudo	19	ISSC	NMD 08/12/2021 NWS Championships 2020/2021
108	32.90	L	F	Katrien De Wet	22	MATI	GED 16/10/2021 Winelands SL 3
109	32.95	L	F	Demi Leech	22	TUKS	FSH 24/09/2021 USSA Swimming Championships
110	32.96	L	F	Katelyn Marais	19	AGA	EKU 06/04/2022 SA National Aquatic SNR-JNR Champ
111	33.40	L	F	Lisa-Nicole Scholtz	22	NMU	NMA 24/09/2021 USSA Swimming Championships
112	33.50	L	F	Anele Nyanda	20	UNIQ	JHB 28/01/2022 EGA Last Chance Gala
113	34.35	L	F	Stephanie Hofmeyr	19	BARR	CPT 08/10/2021 40th Freda Barnard Invitational Gala
114	34.40	L	P	Cameron Vd Merwe	19	AWSC	JHB 18/03/2022 SA Level 3 Regional Age Group Chan
115	34.49	L	F	Kayla Killip	19	NWUC	KKD 16/10/2021 NWS Age Group 1&2
116	34.57	L	F	Nicole Mogajane	19	ISSC	NMD 22/03/2022 SA Level 2 Regional Age Group Cham
117	34.59	L S	F	Katherine Bihl	52	CPTM	CPT 19/02/2022 CTA QUALIFYING MEET 6 - 19to20Fe

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Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
118	34.60 L	F	Genevieve-Michel Jansen van Vuuren	22	NSAD EZD	15/10/2021	MP AGE GROUP 2 - 15-16 October 20
119	34.93 L	F	Thalita Conradie	22	KTS	08/12/2021	Champs 2021
120	36.20 L	F	Nicole De Montille	45	PGAC EKU	22/10/2021	EGA Summer 3
121	36.43 L	F	Louw-Let Fourie	35	FISH EDD	12/02/2022	EDEN 5th A-League Gala 2022
122	36.77 L	F	Gail Potgieter	37	BLSS MAN	23/10/2021	Otters Prestige Gala 2021
123	38.28 L	F	Lushinka Louw	41	BARR CPT	08/10/2021	40th Freda Barnard Invitational Gala
124	38.68 L	F	Karlene Ludik	19	KTS	16/10/2021	Age Group 1 - Kathu
125	38.78 L S	F	Mia Vd Merwe	23	CUDU CPT	07/12/2021	Western Cape LC-A Championship 20
126	38.90 L	F	Marilyn Orren	70	FEMS EDD	12/02/2022	EDEN 5th A-League Gala 2022
127	39.15 L	F	Sonja Coetzee	34	VALS FDD	02/10/2021	Frank Gray Memorial Championships :
128	39.97 L	F	Caterina Pietrobon	54	FEMS EDD	08/10/2021	40th Freda Barnard Invitational Gala
129	40.00 L	F	Christina Van Rooyen	46	PGAC EKU	22/10/2021	EGA Summer 3
130	40.19 L	F	Cornelia Fowler	41	KLOO ETH	17/03/2022	SA Level 3 Regional Age Group Chan
131	41.22 L	F	Melisa O'Neill	30	ASAC CPT	30/10/2021	CANA Virtual Swimming Championshij
132	41.56 L	F	Mathilda Anker	31	FISHS EDD	08/10/2021	40th Freda Barnard Invitational Gala
133	44.82 L	F	Katherine Swanepoel	34	DRGN EKU	28/01/2022	EGA Last Chance Gala
134	45.84 L	F	Jeanne Louw	39	KALA	05/02/2022	NCASA Sprints Gala 2022
135	45.91 L S	F	Lenchen Zundorf	77	CPTM CPT	19/02/2022	CTA QUALIFYING MEET 6 - 19to20Fe
136	45.98 L	F	Olorato Makgale	19	ISSC NMD	13/11/2021	NWS Age Group 3 2021/22
137	46.34 L	F	Helena Farrelly	59	FEMS EDD	12/02/2022	EDEN 5th A-League Gala 2022
138	46.36 L	F	Rentia Oosthuizen	30	INFA NMA	08/10/2021	40th Freda Barnard Invitational Gala
139	46.56 L	F	Nikita Douglass	23	AGA EKU	06/04/2022	SA National Aquatic SNR-JNR Champ
140	55.40 L	F	Marne Kock	24	RBUR BPD	11/02/2022	NW Last Chance
141	1:01.09 L	F	Judith Dixon	80	FEMS EDD	12/02/2022	EDEN 5th A-League Gala 2022
<b>Women 100 Free</b>							
1	54.73 L	F	Erin Gallagher	23	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
2	55.59 L	F	Emma Chelius	25	SGUL ETH	28/05/2021	Grand Prix No 4 Durban May 2021
3	56.22 L	F	Rebecca Meder	19	RSA	11/10/2021	14th Africa Seniors Swimming Champi
4	56.28 L	F	Olivia Nel	19	WCA CPT	06/04/2022	SA National Aquatic SNR-JNR Champ
5	56.31 L	F	Inge Weidemann	21	RSA	11/10/2021	14th Africa Seniors Swimming Champi
6	56.64 L	F	Dune Coetzee	19	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
7	57.73 L	P	Kirsten De Goede	19	KZNA ETH	06/04/2022	SA National Aquatic SNR-JNR Champ
8	57.77 L	F	Marlies Ross	24	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
9	57.93 L	P	Georgia Nel	19	WCA CPT	06/04/2022	SA National Aquatic SNR-JNR Champ
10	58.30 L	F	Tatjana Schoenmaker	24	TUKS FSH	05/11/2021	NTS Prestige Gala 2021
11	58.38 L	P	Kate Meyer	19	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
12	58.68 L	P	Lana Janson	19	WCA CPT	06/04/2022	SA National Aquatic SNR-JNR Champ
13	58.87 L	P	Carla Meikle	19	SEAL UMD	28/05/2021	Grand Prix No 4 Durban May 2021
14	59.04 L	F	Bianca Opperman	20	TUKS FSH	24/09/2021	USSA Swimming Championships
15*	59.12 L	F	Emily Visagie	24	SEAL UMD	17/12/2021	2021 KZNA Premier Provincial Champ
15*	59.12 L	F	Kiara Noades	21	TUKS FSH	24/09/2021	USSA Swimming Championships
17	59.16 L	F	Natasha Cornelius	20	TUKS FSH	15/12/2021	NTS Championships 2021
18	59.20 L	P	Tayla Lovemore	27	KZNA ETH	06/04/2022	SA National Aquatic SNR-JNR Champ
19*	59.41 L	F	Hannah Pearse	19	VINE CPT	07/12/2021	Western Cape LC-A Championship 20
19*	59.41 L	P	Michaela De Villiers	19	WCA CPT	06/04/2022	SA National Aquatic SNR-JNR Champ
21	59.53 L	F	Taneal Baptiste	22	PAC FSH	15/12/2021	NTS Championships 2021
22	59.54 L	F	Hannah Mclean-Leonard	23	AZON ETH	30/10/2021	CANA Virtual Swimming Championship
23	59.59 L	F	Marine Nortje	21	KOVS MAN	08/12/2021	Free State Champs 2021
24	59.63 L	P	Carissa Van Rooyen	19	MDOL EKU	18/02/2022	2022 Grand Prix 2 Invitational Meet Du
25	59.97 L	F	Jana Coetzé	21	TUKS FSH	24/09/2021	USSA Swimming Championships
26	1:00.12 L	F	Stephanie Houtman	19	TUKS FSH	15/12/2021	NTS Championships 2021
27*	1:00.38 L	F	Amica De Jager	22	NMU NMA	12/11/2021	PEA Winter Gala Take 2
27*	1:00.38 L	F	Janie Coetzer	20	TUKS FSH	05/11/2021	NTS Prestige Gala 2021
29	1:00.54 L	P	Chante' Cornelius	20	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
30	1:00.59 L	F	Kristin Bellingan	24	TUKS FSH	24/09/2021	USSA Swimming Championships
31	1:00.70 L	F	Lesley Blignaut	21	TUKS FSH	24/09/2021	USSA Swimming Championships
32	1:00.76 L	P	Tanya Abrie	26	WATR JHB	03/12/2021	CGA LC Summer Champs - Level3+
33	1:00.98 L	F	Samantha Labuschagne	22	MGSC UGD	03/12/2021	WSC & Seals Summer LC Champs 20
34	1:01.02 L	F	Jenna-Laine Fuller	21	TUKS FSH	15/12/2021	NTS Championships 2021

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	Time	P/F/S	Name	Age/Yr				
35	1:01.14	L	F	Constantina Pietersen	20	INFA NMA	12/11/2021	PEA Winter Gala Take 2
36	1:01.20	L	F	Lindsay McLeod	27	SGUL ETH	17/12/2021	2021 KZNA Premier Provincial Champ
37	1:01.39	L	F	Helen Taylor	24	AZON ETH	17/12/2021	2021 KZNA Premier Provincial Champ
38	1:01.49	L	P	Jordan-Jenna Rolfe	20	AGB JHB	06/04/2022	SA National Aquatic SNR-JNR Champ
39*	1:01.57	L	F	Catherine Wilcocks	20	PAC FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
39*	1:01.57	L	P	Michelle Nieuwstad	28	LALE CED	07/12/2021	Western Cape LC-A Championship 20
41	1:01.59	L	F	Courtney Pretorius	20	TUKS FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
42	1:01.61	L	F	Kelly Vroon	22	LALE CED	07/12/2021	Western Cape LC-A Championship 20
43*	1:01.73	L	P	Tori Oliver	19	ACSA ETH	30/03/2022	SA Regional Aquatic JNR-Senior Cha
43*	1:01.73	L	F	Nastasiya Vrey	23	TUKS FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
45	1:01.81	L	P	Victoria Earle	20	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
46	1:01.88	L	F	Heike Thormahlen	22	SGUL ETH	29/01/2022	EDA Age Group Gala 4
47	1:02.15	L	F	Ashlea Smith	19	RAV EKU	18/03/2022	SA Level 3 Regional Age Group Chan
48	1:02.30	L	F	Kendra Du Toit	19	SOUL EKU	28/01/2022	EGA Last Chance Gala
49	1:02.31	L	F	Nuria Ribeiro	19	MATI CED	25/02/2022	Infinity Gala
50	1:02.33	L	F	Jaime Storm	19	TUKS FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
51	1:02.40	L	P	Lizanne Viljoen	23	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
52	1:02.48	L	F	Marné Meier	23	NWUC KKD	02/10/2021	Frank Gray Memorial Championships :
53	1:02.63	L	P	Demi- Lee Carlisle	19	AA JHB	28/05/2021	Grand Prix No 4 Durban May 2021
54	1:02.72	L	F	Idelé du Toit	19	NWUC KKD	08/12/2021	NWS Championships 2020/2021
55	1:02.75	L	F	Dominique Barnard	19	PSC FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
56	1:02.85	L	F	Maryke Koen	20	MATI CED	24/09/2021	USSA Swimming Championships
57	1:03.07	L	F	Courtney Van Biljon	23	TUKS FSH	24/09/2021	USSA Swimming Championships
58	1:03.23	L	F	Rachael Humphries	20	NWUC KKD	08/12/2021	NWS Championships 2020/2021
59	1:03.34	L	P	Andrea Cudin	20	PEAS NMA	28/05/2021	Grand Prix No 4 Durban May 2021
60	1:03.44	L	P	Sinelithemba Mbatha	19	TUKS FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
61	1:03.48	L	P	Zoe Sinclair	19	TUKS FSH	15/12/2021	NTS Championships 2021
62	1:03.49	L	F	Tasneen Ebrahim	19	NMU NMA	25/02/2022	Infinity Gala
63	1:03.51	L	F	Yvette Victor-Van Den Berg	42	CSC FSH	18/02/2022	NTS Combined February Age Group G
64	1:03.57	L	F	Samantha Straw	20	NWUC KKD	24/09/2021	USSA Swimming Championships
65	1:03.71	L	F	Jordainne Kazimierzczak	19	FLOD JHB	03/12/2021	CGA LC Summer Champs - Level3+
66	1:03.87	L	F	Sariska Terblanche	21	NMU NMA	24/09/2021	USSA Swimming Championships
67	1:04.10	L	F	Anica Dennis	19	INFA NMA	17/03/2022	SA Level 3 Regional Age Group Chan
68	1:04.14	L	F	Aletta Gersbach	19	RFA FSH	22/10/2021	NTS October Level 1-3 Age Group
69	1:04.38	L	F	Jenna Whiting	21	TUKS FSH	18/02/2022	NTS Combined February Age Group G
70	1:04.41	L	F	Sune Van Jaarsveld	20	TUKS FSH	05/11/2021	NTS Prestige Gala 2021
71	1:04.49	L	F	Erin Hartzenberg	20	TUKS FSH	24/09/2021	USSA Swimming Championships
72	1:05.14	L	F	Netanya Robberts	20	TUKS FSH	22/10/2021	NTS October Level 1-3 Age Group
73	1:05.21	L	F	Kaitlyn Albertyn	19	TUKS FSH	24/09/2021	USSA Swimming Championships
74	1:05.35	L	F	Mikayla Eagles	22	MATI CED	24/09/2021	USSA Swimming Championships
75	1:05.51	L	F	Georgia Rippon	20	MATI CED	24/09/2021	USSA Swimming Championships
76	1:05.63	L	F	Talitha Vd Walt	21	BLMA CPT	30/10/2021	CANA Virtual Swimming Championship
77	1:05.86	L	F	Courtney Repinz	19	PEAS NMA	16/10/2021	1st A League Gala 2021
78	1:06.42	L	F	Katia Turchino	20	MATI CED	25/02/2022	Infinity Gala
79	1:06.62	L	F	Gabriela Jardim	19	FLOD JHB	17/09/2021	NTS Age group September Level 2+3
80	1:06.66	L	P	Talia Fos	19	AWSC JHB	03/12/2021	CGA LC Summer Champs - Level3+
81	1:06.70	L	F	Coreen Hechter	20	BLSS MAN	17/03/2022	SA Level 3 Regional Age Group Chan
82	1:06.99	L S	F	Alani Ferreira	23	KZNA ETH	06/04/2022	SA National Aquatic SNR-JNR Champ
83	1:07.08	L	F	Kristen Sullivan	33	TRAZ FSH	28/01/2022	NTS February Age Group 15 & Over
84	1:07.29	L	F	Erin Harty	20	NMU NMA	24/09/2021	USSA Swimming Championships
85	1:07.38	L	P	Olivia Scott	20	VINE CPT	28/05/2021	Grand Prix No 4 Durban May 2021
86	1:08.19	L	F	Jemma Bodington	MR	PSA ZLD	20/11/2021	KCDA November Age Group Gala 202
87	1:08.36	L	P	Shania Richardson	21	SASE JHB	03/12/2021	CGA LC Summer Champs - Level3+
88	1:08.71	L	F	Michele Esterhuizen	49	CSA EZD	29/10/2021	CANA Virtual Swimming Championship
89	1:08.86	L	F	Judi Smith	19	QUIC CPT	17/03/2022	SA Level 3 Regional Age Group Chan
90	1:08.93	L	P	Sarah Jennings	24	TUKS FSH	15/12/2021	NTS Championships 2021
91	1:08.94	L	F	Rachel-Ann Van Biljon	20	TUKS FSH	24/09/2021	USSA Swimming Championships
92	1:09.00	L	F	Suzanne Harrop-Allin	43	CSC FSH	18/02/2022	NTS Combined February Age Group G
93	1:09.20	L	F	Esmari Theart	26	KALA	05/02/2022	NCASA Sprints Gala 2022

### Individual Top Times

Times since: 01-May-21 Times until: 30-Apr-22  
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
94	1:09.54	L	P	Cornelle Leach	23	DRGN EKU	28/05/2021 Grand Prix No 4 Durban May 2021
95	1:09.59	L	F	Esthé Bester	34	HREF BPD	13/11/2021 NWS Age Group 3 2021/22
96	1:09.65	L	F	Rabia Shaw	23	TUKS FSH	24/09/2021 USSA Swimming Championships
97	1:09.79	L S	F	Paula Van Zyl	19	KZNA ETH	06/04/2022 SA National Aquatic SNR-JNR Champ
98	1:10.47	L	F	Kaylene Corbett	22	TUKS FSH	18/02/2022 NTS Combined February Age Group C
99	1:11.40	L	F	Johane Fourie	21	BLSS MAN	22/03/2022 SA Level 2 Regional Age Group Cham
100	1:11.49	L	F	Demi Leech	22	TUKS FSH	24/09/2021 USSA Swimming Championships
101	1:11.87	L S	F	Marië Smith	36	CPTM CPT	19/02/2022 CTA QUALIFYING MEET 6 - 19to20Fe
102	1:12.10	L	P	Cameron Vd Merwe	19	AWSC JHB	18/03/2022 SA Level 3 Regional Age Group Chan
103	1:12.15	L S	F	Katelyn Marais	19	AGA EKU	06/04/2022 SA National Aquatic SNR-JNR Champ
104	1:12.16	L S	F	Michaela Kretzen	22	ASAC CPT	07/12/2021 Western Cape LC-A Championship 20
105	1:12.84	L	F	Lisa-Nicole Scholtz	22	NMU NMA	24/09/2021 USSA Swimming Championships
106	1:13.78	L	F	Katrien De Wet	22	MATI GED	24/09/2021 USSA Swimming Championships
107	1:14.10	L	F	Anelie Nyanda	20	UNIQ JHB	28/01/2022 EGA Last Chance Gala
108	1:14.58	L	P	Tawananyasha Makudo	19	ISSC NMD	08/12/2021 NWS Championships 2020/2021
109	1:16.03	L	F	Kayla Killip	19	NWUC KKD	16/10/2021 NWS Age Group 1&2
110	1:18.33	L	F	Thalita Conradie	22	KTS	08/12/2021 Champs 2021
111	1:19.00	L S	F	Sanderina Kruger	72	CPTM CPT	19/02/2022 CTA QUALIFYING MEET 6 - 19to20Fe
112	1:19.88	L	F	Nicole Mogajane	19	ISSC NMD	11/02/2022 NW Last Chance
113	1:19.93	L	F	Stephanie Hofmeyr	19	BARR CPT	08/10/2021 40th Freda Barnard Invitational Gala
114	1:21.44	L	F	Gail Potgieter	37	BLSS MAN	29/01/2022 EDA Age Group Gala 4
115	1:21.45	L	F	Genevieve-Michel Jansen van Vuuren	22	NSAD EZD	15/10/2021 MP AGE GROUP 2 - 15-16 October 20
116	1:23.21	L	F	Nicole De Montille	45	PGAC EKU	28/01/2022 EGA Last Chance Gala
117	1:23.35	L	F	Louw-Let Fourie	35	FISH EDD	08/10/2021 40th Freda Barnard Invitational Gala
118	1:27.84	L	F	Sonja Coetzee	34	VALS FDD	02/10/2021 Frank Gray Memorial Championships ;
119	1:28.94	L	F	Cornelia Fowler	41	KLOO ETH	17/03/2022 SA Level 3 Regional Age Group Chan
120	1:31.39	L	F	Wilhelmina Louw	44	ELRAS WBD	12/02/2022 Limpopo Champs
121	1:31.92	L S	F	Judith Brewis	67	CPTM CPT	19/02/2022 CTA QUALIFYING MEET 6 - 19to20Fe
122	1:32.12	L S	F	Mia Vd Merwe	23	CUDU CPT	07/12/2021 Western Cape LC-A Championship 20
123	1:41.02	L S	F	Katherine Swanepoel	34	AGA EKU	06/04/2022 SA National Aquatic SNR-JNR Champ
124	1:43.00	L S	F	Nikita Douglass	23	AGA EKU	06/04/2022 SA National Aquatic SNR-JNR Champ
125	1:46.02	L	F	Jeanne Louw	39	KALA	05/02/2022 NCASA Sprints Gala 2022
126	1:57.33	L	P	Olorato Makgale	19	ISSC NMD	08/12/2021 NWS Championships 2020/2021
127	1:59.38	L	F	Rentia Oosthuizen	30	INFA NMA	16/10/2021 1st A League Gala 2021
128	2:02.39	L	P	Marne Kock	24	RBUR BPD	08/12/2021 NWS Championships 2020/2021
<b>Women 200 Free</b>							
1	2:00.26	L	F	Rebecca Meder	19	SGUL ETH	17/12/2021 2021 KZNA Premier Provincial Champ
2	2:00.60	L	F	Dune Coetzee	19	AGC FSH	06/04/2022 SA National Aquatic SNR-JNR Champ
3	2:00.72	L	F	Erin Gallagher	23	AGC FSH	06/04/2022 SA National Aquatic SNR-JNR Champ
4	2:04.03	L	P	Tatjana Schoenmaker	24	AGC FSH	06/04/2022 SA National Aquatic SNR-JNR Champ
5	2:04.40	L	F	Christin Mundell	20	TUKS FSH	18/02/2022 2022 Grand Prix 2 Invitational Meet Du
6	2:06.02	L	F	Georgia Nel	19	WCA CPT	06/04/2022 SA National Aquatic SNR-JNR Champ
7	2:07.25	L	P	Kiara Noades	21	AGC FSH	06/04/2022 SA National Aquatic SNR-JNR Champ
8	2:07.28	L	P	Stephanie Houtman	19	AGC FSH	06/04/2022 SA National Aquatic SNR-JNR Champ
9*	2:07.82	L	P	Marlies Ross	24	AGC FSH	06/04/2022 SA National Aquatic SNR-JNR Champ
9*	2:07.82	L	P	Jordan-Jenna Rolfe	20	AGB JHB	06/04/2022 SA National Aquatic SNR-JNR Champ
11	2:07.92	L	F	Janie Coetzer	20	TUKS FSH	05/11/2021 NTS Prestige Gala 2021
12	2:08.00	L	F	Lana Janson	19	TYGE CPT	18/02/2022 2022 Grand Prix 2 Invitational Meet Du
13	2:08.17	L	P	Hannah Pearse	19	AGC FSH	06/04/2022 SA National Aquatic SNR-JNR Champ
14	2:09.83	L	F	Kirsten De Goede	19	SGUL ETH	17/12/2021 2021 KZNA Premier Provincial Champ
15	2:10.47	L	P	Victoria Earle	20	AGC FSH	06/04/2022 SA National Aquatic SNR-JNR Champ
16	2:10.54	L	F	Carla Meikle	19	SEAL UMD	28/05/2021 Grand Prix No 4 Durban May 2021
17	2:11.00	L	F	Carla Antonopoulos	21	SGUL ETH	30/03/2022 SA Regional Aquatic JNR-Senior Cha
18	2:11.03	L S	F	Kristin Bellingan	24	TUKS FSH	15/12/2021 NTS Championships 2021
19	2:11.09	L	F	Amica De Jager	22	NMU NMA	12/11/2021 PEA Winter Gala Take 2
20	2:11.56	L	P	Marine Nortje	21	FSA FS	06/04/2022 SA National Aquatic SNR-JNR Champ
21	2:11.84	L	F	Tori Oliver	19	ACSA ETH	17/12/2021 2021 KZNA Premier Provincial Champ
22	2:13.29	L	F	Chante' Cornelius	20	TUKS FSH	24/09/2021 USSA Swimming Championships
23	2:13.85	L	F	Nastasiya Vrey	23	TUKS FSH	18/02/2022 NTS Combined February Age Group C

## Individual Top Times

Times since: 01-May-21 Times until: 30-Apr-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
24	2:14.11	L	F	Heike Thormahlen	22	SGUL ETH	29/01/2022 EDA Age Group Gala 4
25	2:14.76	L	F	Lindsay McLeod	27	SGUL ETH	17/12/2021 2021 KZNA Premier Provincial Champ
26	2:14.84	L	F	Natasha Cornelius	20	TUKS FSH	24/09/2021 USSA Swimming Championships
27	2:15.42	L	P	Tanya Abrie	26	WATR JHB	18/02/2022 2022 Grand Prix 2 Invitational Meet Du
28	2:15.49	L	F	Idel� du Toit	19	NWUC KKD	08/12/2021 NWS Championships 2020/2021
29	2:16.96	L	F	Jordainne Kazimierczak	19	FLOD JHB	03/12/2021 CGA LC Summer Champs - Level3+
30	2:17.10	L	F	Jenna-Laine Fuller	21	TUKS FSH	05/11/2021 NTS Prestige Gala 2021
31	2:17.23	L	F	Tasneen Ebrahim	19	NMU NMA	25/02/2022 Infinity Gala
32	2:17.31	L	P	Demi- Lee Carlisle	19	AA JHB	28/05/2021 Grand Prix No 4 Durban May 2021
33	2:19.00	L	F	Taylor Pharoah	19	TUKS FSH	28/01/2022 NTS February Age Group 15 & Over
34	2:19.42	L	P	Courtney Pretorius	20	TUKS FSH	29/03/2022 SA Regional Aquatic Champs 2022- N
35	2:19.55	L	F	Anica Dennis	19	INFA NMA	17/03/2022 SA Level 3 Regional Age Group Chan
36	2:19.81	L S	P	Zoe Sinclair	19	TUKS FSH	15/12/2021 NTS Championships 2021
37	2:19.93	L	F	Kaitlyn Albertyn	19	TUKS FSH	24/09/2021 USSA Swimming Championships
38	2:20.23	L	P	Rachael Humphries	20	NWUC KKD	30/03/2022 SA Regional Aquatic JNR-Senior Cha
39	2:20.48	L	P	Talia Fos	19	AWSC JHB	03/12/2021 CGA LC Summer Champs - Level3+
40	2:21.84	L	F	Sune Van Jaarsveld	20	TUKS FSH	24/09/2021 USSA Swimming Championships
41	2:22.25	L	F	Jessica Booth	19	MATI CED	19/02/2022 Swartland Invitational #2 2022
42	2:22.42	L	F	Georgia Rippon	20	MATI CED	24/09/2021 USSA Swimming Championships
43	2:22.62	L	F	Sariska Terblanche	21	NMU NMA	24/09/2021 USSA Swimming Championships
44	2:23.52	L	F	Maryke Koen	20	MATI CED	24/09/2021 USSA Swimming Championships
45	2:23.55	L	F	Samantha Straw	20	NWUC KKD	24/09/2021 USSA Swimming Championships
46	2:23.99	L	F	Dominique Barnard	19	PSC FSH	28/01/2022 NTS February Age Group 15 & Over
47	2:24.89	L	F	Jenna Whiting	21	TUKS FSH	24/09/2021 USSA Swimming Championships
48	x2:25.54	L	F	Courtney Van Biljon	23	TUKS FSH	24/09/2021 USSA Swimming Championships
49	2:25.79	L	F	Ashlea Smith	19	RAV EKU	28/01/2022 EGA Last Chance Gala
50	2:26.25	L	F	Judi Smith	19	QUIC CPT	17/03/2022 SA Level 3 Regional Age Group Chan
51	2:26.44	L	F	Katia Turchino	20	MATI CED	24/09/2021 USSA Swimming Championships
52	2:27.09	L	P	Olivia Scott	20	VINE CPT	28/05/2021 Grand Prix No 4 Durban May 2021
53	2:27.33	L	F	Talitha Vd Walt	21	BLMA CPT	30/10/2021 CANA Virtual Swimming Championship
54	2:27.72	L	F	Carmel Lombard	19	SEAL UMD	03/12/2021 WSC & Seals Summer LC Champs 20
55	2:27.74	L	F	Erin Harty	20	NMU NMA	24/09/2021 USSA Swimming Championships
56	2:28.62	L	F	Coreen Hechter	20	BLSS MAN	19/02/2022 Bull-Sharks Gala
57	2:29.15	L	F	Hannah Counihan	19	MATI CED	29/01/2022 West Coast Qualify Gala 2022
58	2:30.98	L S	P	Sarah Jennings	24	TUKS FSH	15/12/2021 NTS Championships 2021
59	2:31.53	L	F	Rachel-Ann Van Biljon	20	TUKS FSH	24/09/2021 USSA Swimming Championships
60	2:31.99	L	F	Demi Leech	22	TUKS FSH	24/09/2021 USSA Swimming Championships
61	2:32.24	L	F	Carina Hambloch	42	SMSC ETH	30/10/2021 CANA Virtual Swimming Championship
62	2:34.56	L	P	Paula Van Zyl	19	KZNA ETH	06/04/2022 SA National Aquatic SNR-JNR Champ
63	2:35.85	L	P	Cameron Vd Merwe	19	AWSC JHB	18/03/2022 SA Level 3 Regional Age Group Chan
64	2:36.34	L	F	Kristen Sullivan	33	TRAZ FSH	28/01/2022 NTS February Age Group 15 & Over
65	2:38.76	L	F	Jemma Bodington	MR	PSA ZLD	17/03/2022 SA Level 3 Regional Age Group Chan
66	2:43.66	L	F	Michaela Kretzen	22	ASAC CPT	19/02/2022 CTA QUALIFYING MEET 6 - 19to20Fe
67	2:47.20	L	F	Johane Fourie	21	BLSS MAN	08/12/2021 Free State Champs 2021
68	2:48.34	L	F	Stephanie Hofmeyr	19	BARR CPT	08/10/2021 40th Freda Barnard Invitational Gala
69	2:55.53	L	F	Tawananyasha Makudo	19	ISSC NMD	22/03/2022 SA Level 2 Regional Age Group Cham
70	3:02.84	L	P	Nicole Mogajane	19	ISSC NMD	22/03/2022 SA Level 2 Regional Age Group Cham
71	3:02.95	L	F	Kayla Killip	19	NWUC KKD	16/10/2021 NWS Age Group 1&2
72	3:03.64	L	F	Gail Potgieter	37	BLSS MAN	29/01/2022 EDA Age Group Gala 4
73	3:21.74	L	F	Melisa O'Neill	30	ASAC CPT	30/10/2021 CANA Virtual Swimming Championship
74	3:22.97	L	F	Nicole De Montille	45	PGAC EKU	12/11/2021 EGA Summer 4
75	3:24.78	L	F	Genevieve-Michel Jansen van Vuuren	22	NSAD EZD	15/10/2021 MP AGE GROUP 2 - 15-16 October 20
76	3:37.24	L	F	Katherine Swanepoel	34	DRGN EKU	28/01/2022 EGA Last Chance Gala
77	3:40.61	L	F	Nikita Douglass	23	MDOL EKU	18/02/2022 EGA Lets Race 2022
78	3:40.78	L	F	Christina Van Rooyen	46	PGAC EKU	12/11/2021 EGA Summer 4
79	4:00.14	L	F	Jeanne Louw	39	KALA	08/12/2021 Champs 2021
<b>Women 400 Free</b>							
1	4:12.35	L S	F	Dune Coetzee	19	AGC FSH	06/04/2022 SA National Aquatic SNR-JNR Champ
2	4:19.51	L	F	Rebecca Meder	19	SGUL ETH	18/02/2022 2022 Grand Prix 2 Invitational Meet Du

## Individual Top Times

Times since: 01-May-21 Times until: 30-Apr-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
3	4:20.40	L	F	Christin Mundell	20	TUKS	FSH	18/02/2022	2022 Grand Prix 2 Invitational Meet Du
4	4:23.87	L	F	Tatjana Schoenmaker	24	TUKS	FSH	15/12/2021	NTS Championships 2021
5	4:25.72	L S	P	Kiara Noades	21	AGC	FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
6	4:26.81	L	F	Stephanie Houtman	19	TUKS	FSH	15/12/2021	NTS Championships 2021
7	4:28.35	L	P	Janie Coetzer	20	TUKS	FSH	18/02/2022	2022 Grand Prix 2 Invitational Meet Du
8	4:28.44	L	P	Victoria Earle	20	SGUL	ETH	28/05/2021	Grand Prix No 4 Durban May 2021
9	4:29.50	L S	P	Jordan-Jenna Rolfe	20	AGB	JHB	06/04/2022	SA National Aquatic SNR-JNR Champ
10	4:29.72	L	F	Samantha Randle	23	TUKS	FSH	18/02/2022	NTS Combined February Age Group C
11	4:30.48	L S	P	Marlies Ross	24	AGC	FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
12	4:30.97	L	F	Kristin Bellingan	24	TUKS	FSH	24/09/2021	USSA Swimming Championships
13	4:31.32	L	F	Hannah Pearse	19	VINE	CPT	07/12/2021	Western Cape LC-A Championship 20
14	4:33.45	L	F	Amica De Jager	22	NMU	NMA	12/11/2021	PEA Winter Gala Take 2
15	4:33.92	L	F	Carla Antonopoulos	21	SGUL	ETH	30/03/2022	SA Regional Aquatic JNR-Senior Cha
16	4:37.05	L	F	Inge Weidemann	21	TUKS	FSH	24/09/2021	USSA Swimming Championships
17	4:38.90	L S	P	Lana Janson	19	WCA	CPT	06/04/2022	SA National Aquatic SNR-JNR Champ
18	4:40.53	L	F	Taylor Pharoah	19	TUKS	FSH	24/09/2021	NTS Age Group September SANJ+
19	4:42.63	L	F	Tori Oliver	19	ACSA	ETH	17/12/2021	2021 KZNA Premier Provincial Champ
20	4:44.61	L	F	Jessica Booth	19	MATI	CED	10/12/2021	NMBA Championships 2021
21	4:45.32	L	F	Nastasiya Vrey	23	TUKS	FSH	18/02/2022	NTS Combined February Age Group C
22	4:48.29	L	F	Kaitlyn Albertyn	19	TUKS	FSH	24/09/2021	USSA Swimming Championships
23	4:49.58	L	F	Tasneen Ebrahim	19	NMU	NMA	25/02/2022	Infinity Gala
24	4:51.54	L	F	Rachael Humphries	20	NWUC	KKD	30/03/2022	SA Regional Aquatic JNR-Senior Cha
25	4:52.13	L	F	Robyn Kinghorn	22	TUKS	FSH	24/09/2021	USSA Swimming Championships
26	4:54.81	L	F	Idelé du Toit	19	NWUC	KKD	02/10/2021	Frank Gray Memorial Championships :
27	4:57.14	L	P	Alani Ferreira	23	SEAL	UMD	28/05/2021	Grand Prix No 4 Durban Age 2021
28	5:04.12	L	F	Courtney Pretorius	20	TUKS	FSH	18/02/2022	NTS Combined February Age Group C
29	5:06.06	L	F	Anica Dennis	19	INFA	NMA	20/11/2021	2nd A League Gala 2021
30	5:08.82	L	F	Talia Fos	19	AWSC	JHB	03/12/2021	CGA LC Summer Champs - Level3+
31	5:14.69	L	F	Judi Smith	19	QUIC	CPT	17/03/2022	SA Level 3 Regional Age Group Chan
32	5:15.19	L	F	Carmel Lombard	19	SEAL	UMD	03/12/2021	WSC & Seals Summer LC Champs 20
33	5:15.46	L	F	Erin Gallagher	23	TUKS	FSH	24/09/2021	USSA Swimming Championships
34	5:16.50	L	F	Nichola Greyling	19	NWAS		02/10/2021	Frank Gray Memorial Championships :
35	5:18.07	L	F	Talitha Vd Walt	21	BLMA	CPT	17/03/2022	SA Level 3 Regional Age Group Chan
36	5:19.27	L	F	Coreen Hechter	20	BLSS	MAN	25/02/2022	Neptune last chance gala
37	5:19.35	L	F	Sariska Terblanche	21	NMU	NMA	24/09/2021	USSA Swimming Championships
38	5:21.26	L	F	Rachel-Ann Van Biljon	20	TUKS	FSH	24/09/2021	USSA Swimming Championships
39	5:21.37	L	F	Katia Turchino	20	MATI	CED	24/09/2021	USSA Swimming Championships
40	5:36.50	L	F	Natalie Landmann	20	FROS	MAN	08/12/2021	Free State Champs 2021
41	5:42.11	L S	P	Katelyn Marais	19	AGA	EKU	06/04/2022	SA National Aquatic SNR-JNR Champ
42	5:46.21	L	F	Cameron Vd Merwe	19	AWSC	JHB	03/12/2021	CGA LC Summer Champs - Level3+
43	5:58.73	L	F	Stephanie Hofmeyr	19	BARR	CPT	08/10/2021	40th Freda Barnard Invitational Gala
44	6:27.04	L	F	Johane Fourie	21	BLSS	MAN	28/10/2021	Neptune Prestige Gala
45	6:42.63	L	F	Gail Potgieter	37	BLSS	MAN	08/12/2021	Free State Champs 2021
46	6:50.23	L S	F	Judith Brewis	67	CPTM	CPT	19/02/2022	CTA QUALIFYING MEET 6 - 19to20Fe
47	7:04.42	L S	F	Melisa O'Neill	30	ASAC	CPT	30/10/2021	CANA Virtual Swimming Championshipj
48	7:05.89	L	F	Nicole Mogajane	19	ISSC	NMD	11/02/2022	NW Last Chance
49	7:24.54	L	O	Genevieve-Michel Jansen van Vuuren	22	EXA	EZD	17/10/2021	AGE GROUP 2 - OPEN WATER SWIM
50	8:19.07	L	F	Helena Farrelly	59	FEMS	EDD	12/02/2022	EDEN 5th A-League Gala 2022
51	8:42.28	L	F	Jeanne Louw	39	KALA		08/12/2021	Champs 2021

### Women 800 Free

1	9:01.47	L S	F	Stephanie Houtman	19	AGC	FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
2	9:04.53	L	F	Christin Mundell	20	TUKS	FSH	17/12/2021	2021 KZNA Premier Provincial Champ
3	9:07.95	L	F	Samantha Randle	23	RSA		11/10/2021	14th Africa Seniors Swimming Champi
4	9:08.92	L S	F	Jordan-Jenna Rolfe	20	AGB	JHB	06/04/2022	SA National Aquatic SNR-JNR Champ
5	9:13.09	L	F	Janie Coetzer	20	TUKS	FSH	18/02/2022	2022 Grand Prix 2 Invitational Meet Du
6	9:19.87	L	F	Carla Antonopoulos	21	SGUL	ETH	30/03/2022	SA Regional Aquatic JNR-Senior Cha
7	9:20.13	L S	F	Kristin Bellingan	24	AGC	FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
8	9:24.62	L	F	Victoria Earle	20	SGUL	ETH	30/10/2021	CANA Virtual Swimming Championshipj
9	9:33.80	L	F	Amica De Jager	22	TUKS	FSH	18/02/2022	2022 Grand Prix 2 Invitational Meet Du

## Individual Top Times

Times since: 01-May-21 Times until: 30-Apr-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
10	9:40.69	L	F	Marlies Ross	24	TUKS	F	05/11/2021	NTS Prestige Gala 2021
11	9:42.68	L	F	Jessica Booth	19	MATI	C	10/12/2021	NMBA Championships 2021
12	9:46.86	L	F	Robyn Kinghorn	22	TUKS	F	24/09/2021	USSA Swimming Championships
13	10:02.79	L	F	Rachael Humphries	20	NWUC	K	30/03/2022	SA Regional Aquatic JNR-Senior Cha
14	10:02.80	L	F	Nastasiya Vrey	23	TUKS	F	24/09/2021	USSA Swimming Championships
15	10:04.79	L	F	Kaitlyn Albertyn	19	TUKS	F	24/09/2021	USSA Swimming Championships
16	10:15.07	L	F	Idelé du Toit	19	NWUC	K	16/10/2021	NWS Age Group 1&2
17	10:40.01	L	F	Tasneen Ebrahim	19	NMU	N	24/09/2021	USSA Swimming Championships
18	10:55.45	L	F	Carmel Lombard	19	SEAL	U	03/12/2021	WSC & Seals Summer LC Champs 20
19	11:04.06	L	F	Talitha Vd Walt	21	BLMA	C	08/10/2021	40th Freda Barnard Invitational Gala
20	11:12.60	L	F	Katia Turchino	20	MATI	C	24/09/2021	USSA Swimming Championships
21	11:13.59	L	F	Nichola Greyling	19	NWAS		02/10/2021	Frank Gray Memorial Championships :
22	11:20.75	L	F	Cameron Vd Merwe	19	AWSC	J	03/12/2021	CGA LC Summer Champs - Level3+
23	14:03.31	L	F	Melisa O'Neill	30	ASAC	C	07/12/2021	Western Cape LC-A Championship 20
24	14:04.01	L	F	Gail Potgieter	37	BLSS	M	08/12/2021	Free State Champs 2021
25	14:19.34	L	F	Carol Bruining	61	MSC	N	21/01/2022	MP AGE GROUP 4 GALA 21 - 22 JAN
26	15:14.29	L	F	Lizette Bannister	48	BARR	C	08/10/2021	40th Freda Barnard Invitational Gala
27	15:20.03	L	F	Jana Grobler	57	MSC	N	21/01/2022	MP AGE GROUP 4 GALA 21 - 22 JAN
28	15:51.61	L	F	Amanda Wallace	61	FEMS	E	19/11/2021	Eden LC Champs 2021
<b>Women 1500 Free</b>									
1	16:55.55	L	F	Stephanie Houtman	19	AGC	F	06/04/2022	SA National Aquatic SNR-JNR Champ
2	17:28.28	L	F	Samantha Randle	23	AGC	F	06/04/2022	SA National Aquatic SNR-JNR Champ
3	17:34.79	L	F	Jordan-Jenna Rolfe	20	AGB	J	06/04/2022	SA National Aquatic SNR-JNR Champ
4	17:38.23	L	F	Janie Coetzer	20	AGC	F	06/04/2022	SA National Aquatic SNR-JNR Champ
5	17:41.87	L	F	Carla Antonopoulos	21	SGUL	E	30/03/2022	SA Regional Aquatic JNR-Senior Cha
6	17:53.06	L	F	Victoria Earle	20	AGC	F	06/04/2022	SA National Aquatic SNR-JNR Champ
7	18:59.05	L	F	Kristin Belligan	24	TUKS	F	28/01/2022	NTS February Age Group 15 & Over
8	19:12.90	L	F	Rachael Humphries	20	NWUC	K	30/03/2022	SA Regional Aquatic JNR-Senior Cha
9	26:40.87	L	F	Melisa O'Neill	30	ASAC	C	19/02/2022	CTA QUALIFYING MEET 6 - 19to20Fe
10	30:41.00	L	O	Vicky Tapson	46	EXA	E	17/10/2021	AGE GROUP 2 - OPEN WATER SWIN
<b>Women 50 Back</b>									
1	28.81	L S	F	Olivia Nel	19	WCA	C	06/04/2022	SA National Aquatic SNR-JNR Champ
2	28.86	L S	F	Rebecca Meder	19	KZNA	E	06/04/2022	SA National Aquatic SNR-JNR Champ
3	29.43	L S	F	Keryn Herbst	19	AGC	F	06/04/2022	SA National Aquatic SNR-JNR Champ
4	29.47	L	F	Michaela De Villiers	19	VINE	C	07/12/2021	Western Cape LC-A Championship 20
5	29.75	L	F	Natalie Landmann	20	FROS	M	08/12/2021	Free State Champs 2021
6	30.19	L	F	Erin Gallagher	23	TUKS	F	24/09/2021	USSA Swimming Championships
7	30.32	L	F	Jana Coetzé	21	TUKS	F	24/09/2021	USSA Swimming Championships
8	30.47	L	F	Hannah Pearse	19	VINE	C	07/12/2021	Western Cape LC-A Championship 20
9	30.51	L	F	Kyla Blakemore	20	WSTV	E	17/12/2021	2021 KZNA Premier Provincial Champ
10	30.58	L S	F	Carissa Van Rooyen	19	AGA	E	06/04/2022	SA National Aquatic SNR-JNR Champ
11	30.66	L	F	Kirsten De Goede	19	SGUL	E	17/12/2021	2021 KZNA Premier Provincial Champ
12	30.78	L S	P	Georgia Nel	19	WCA	C	06/04/2022	SA National Aquatic SNR-JNR Champ
13	31.09	L	F	Kiara Noades	21	TUKS	F	15/12/2021	NTS Championships 2021
14	31.15	L	F	Jaime Storm	19	TUKS	F	29/03/2022	SA Regional Aquatic Champs 2022- N
15	31.38	L	F	Sinelithemba Mbatha	19	TUKS	F	29/03/2022	SA Regional Aquatic Champs 2022- N
16*	31.43	L	P	Samantha Randle	23	RSA		11/10/2021	14th Africa Seniors Swimming Champi
16*	31.43	L	F	Heike Thormahlen	22	SGUL	E	18/02/2022	2022 Grand Prix 2 Invitational Meet Du
18	31.65	L	F	Samantha Labuschagne	22	MGSC	U	03/12/2021	WSC & Seals Summer LC Champs 20
19	31.71	L	F	Demi- Lee Carlisle	19	AA	J	28/05/2021	Grand Prix No 4 Durban May 2021
20	31.72	L	F	Constantina Pietersen	20	INFA	N	25/02/2022	Infinity Gala
21	31.87	L	F	Emma Podesta	19	PEAS	N	29/01/2022	3rd A League Gala 2022
22	31.92	L	F	Kaylin De Almeida	19	AA	J	28/05/2021	Grand Prix No 4 Durban May 2021
23	32.09	L	P	Kelly Crous	19	SGUL	E	30/03/2022	SA Regional Aquatic JNR-Senior Cha
24	32.19	L	F	Hannah Mclean-Leonard	23	AZON	E	17/12/2021	2021 KZNA Premier Provincial Champ
25	32.27	L	P	Dominique Barnard	19	PSC	F	18/02/2022	2022 Grand Prix 2 Invitational Meet Du
26	32.28	L	F	Taneal Baptiste	22	PAC	F	15/12/2021	NTS Championships 2021
27	32.40	L	F	Lindsay McLeod	27	SGUL	E	17/12/2021	2021 KZNA Premier Provincial Champ



## Individual Top Times

Times since: 01-May-21 Times until: 30-Apr-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
28	32.45	L	F	Nuria Ribeiro	19	MATI CED	24/09/2021	USSA Swimming Championships
29	32.65	L	P	Christin Mundell	20	RSA	11/10/2021	14th Africa Seniors Swimming Champi
30	32.76	L	F	Michelle Nieuwstad	28	LALE CED	13/11/2021	Winelands SL Final
31	33.04	L	F	Erin Hartzenberg	20	TYGE CPT	30/10/2021	CANA Virtual Swimming Championshipj
32	33.20	L	F	Kelly Vroon	22	LALE CED	07/12/2021	Western Cape LC-A Championship 20
33	33.39	L	F	Anica Dennis	19	INFA NMA	29/01/2022	3rd A League Gala 2022
34	33.46	L	F	Chante' Cornelius	20	TUKS FSH	18/02/2022	NTS Combined February Age Group G
35	33.47	L	P	Olivia Scott	20	VINE CPT	06/05/2021	2021 Cana Grand Prix Swimming Stell
36	33.66	L	F	Samantha Straw	20	NWUC KKD	24/09/2021	USSA Swimming Championships
37	33.71	L	F	Marné Meier	23	NWUC KKD	02/10/2021	Frank Gray Memorial Championships :
38	33.72	L	P	Robyn Young	21	MATI CED	07/12/2021	Western Cape LC-A Championship 20
39	33.91	L	F	Talia Fos	19	AWSC JHB	03/12/2021	CGA LC Summer Champs - Level3+
40	34.18	L	F	Bathandwa Dyantyi	24	USC BUF	10/12/2021	BCA Long Course Championships 202
41	34.84	L	F	Sariska Terblanche	21	NMU NMA	24/09/2021	USSA Swimming Championships
42*	35.27	L	F	Esmari Theart	26	KALA	08/12/2021	Champs 2021
42*	35.27	L	F	Aletta Gersbach	19	RFA FSH	08/10/2021	NTS October Combined Age Group
44*	35.33	L	F	Rachael Humphries	20	NWUC KKD	02/10/2021	Frank Gray Memorial Championships :
44*	35.33	L	F	Idelé du Toit	19	NWUC KKD	02/10/2021	Frank Gray Memorial Championships :
46	35.39	L	P	Cameron Vd Merwe	19	AWSC JHB	18/03/2022	SA Level 3 Regional Age Group Chan
47	35.73	L	F	Nichola Greyling	19	NWAS	02/10/2021	Frank Gray Memorial Championships :
48	35.76	L	F	Jenna Whiting	21	TUKS FSH	18/02/2022	NTS Combined February Age Group G
49	36.25	L	F	Marine Nortje	21	KOVS MAN	03/09/2021	Mangaung Winter Champs
50*	36.27	L	F	Carina Hambloch	42	SMSC ETH	30/10/2021	CANA Virtual Swimming Championshipj
50*	36.27	L	F	Jemma Bodington	MR	PSA ZLD	17/03/2022	SA Level 3 Regional Age Group Chan
52*	36.62	L	F	Lisa-Nicole Scholtz	22	NMU NMA	24/09/2021	USSA Swimming Championships
52*	36.62	L	F	Jessica Booth	19	MATI CED	24/09/2021	USSA Swimming Championships
54	37.12	L	F	Hannah Ledingham	21	MATI CED	24/09/2021	USSA Swimming Championships
55	37.23	L	P	Talitha Vd Walt	21	BLMA CPT	17/03/2022	SA Level 3 Regional Age Group Chan
56	37.28	L	F	Juanique Cornelius	19	TUKS FSH	08/10/2021	NTS October Combined Age Group
57	37.56	L	P	Michele Esterhuizen	49	CSA EZD	03/12/2021	Mpumalanga Championships 2021
58	37.57	L	F	Rabia Shaw	23	TUKS FSH	24/09/2021	USSA Swimming Championships
59	37.92	L	F	Judi Smith	19	QUIC CPT	30/10/2021	CANA Virtual Swimming Championshipj
60	38.15	L	F	Kayla Killip	19	NWUC KKD	16/10/2021	NWS Age Group 1&2
61	38.83	L	P	Netanya Robberts	20	TUKS FSH	15/12/2021	NTS Championships 2021
62	39.91	L S	F	Katherine Bihl	52	CPTM CPT	19/02/2022	CTA QUALIFYING MEET 6 - 19to20Fe
63	39.99	L S	F	Michaela Kretzen	22	ASAC CPT	07/12/2021	Western Cape LC-A Championship 20
64	40.32	L	F	Thalita Conradie	22	KTS	08/12/2021	Champs 2021
65	40.69	L	F	Coreen Hechter	20	BULS MAN	08/10/2021	Super Seals Prestige Gala
66	41.19	L	P	Tawananyasha Makudo	19	ISSC NMD	08/12/2021	NWS Championships 2020/2021
67	41.95	L	F	Stephanie Hofmeyr	19	BARR CPT	08/10/2021	40th Freda Barnard Invitational Gala
68	42.07	L	F	Anele Nyanda	20	UNIQ JHB	28/01/2022	EGA Last Chance Gala
69	42.51	L	F	Johane Fourie	21	BLSS MAN	22/03/2022	SA Level 2 Regional Age Group Cham
70	43.81	L	F	Louw-Let Fourie	35	FISH EDD	08/10/2021	40th Freda Barnard Invitational Gala
71	44.05	L	P	Nicole Mogajane	19	ISSC NMD	22/03/2022	SA Level 2 Regional Age Group Cham
72	44.61	L	F	Cornelle Leach	23	DRGN EKU	28/01/2022	EGA Last Chance Gala
73	45.49	L	F	Nicole De Montille	45	PGAC EKU	28/01/2022	EGA Last Chance Gala
74	47.47	L	F	Karlene Ludik	19	KTS	16/10/2021	Age Group 1 - Kathu
75	47.54	L	F	Genevieve-Michel Jansen van Vuuren	22	NSAD EZD	29/10/2021	CANA Virtual Swimming Championshipj
76	48.82	L	F	Lushinka Louw	41	BARR CPT	08/10/2021	40th Freda Barnard Invitational Gala
77	49.62	L	F	Marilyn Orren	70	FEMS EDD	08/10/2021	40th Freda Barnard Invitational Gala
78	50.17	L	F	Katherine Swanepoel	34	RSA	25/08/2021	2021 Tokyo Paralympic Games
79	51.94	L	F	Cornelia Fowler	41	KLOO ETH	17/03/2022	SA Level 3 Regional Age Group Chan
80	52.37	L	F	Gail Potgieter	37	BLSS MAN	02/10/2021	Frank Gray Memorial Championships :
81	53.27	L S	F	Lenchen Zundorf	77	CPTM CPT	19/02/2022	CTA QUALIFYING MEET 6 - 19to20Fe
82	54.72	L S	P	Nikita Douglass	23	AGA EKU	06/04/2022	SA National Aquatic SNR-JNR Champ
83	55.51	L	F	Christina Van Rooyen	46	PGAC EKU	22/10/2021	EGA Summer 3
84	57.02	L	F	Rentia Oosthuizen	30	INFA NMA	08/10/2021	40th Freda Barnard Invitational Gala
85	57.55	L	F	Helena Farrelly	59	FEMS EDD	12/02/2022	EDEN 5th A-League Gala 2022
86	1:02.75	L	P	Olorato Makgale	19	ISSC NMD	08/12/2021	NWS Championships 2020/2021

## Individual Top Times

Times since: 01-May-21 Times until: 30-Apr-22  
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
87	1:08.90 L	F	Marne Kock	24	RBUR BPD	11/02/2022	NW Last Chance	
88	1:27.36 L	F	Judith Dixon	80	FEMS EDD	12/02/2022	EDEN 5th A-League Gala 2022	
<b>Women 100 Back</b>								
1	1:02.47 L	F	Rebecca Meder	19	SGUL ETH	28/05/2021	Grand Prix No 4 Durban May 2021	
2	1:02.92 L	F	Hannah Pearse	19	VINE CPT	07/12/2021	Western Cape LC-A Championship 20	
3	1:02.98 L	F	Kerryn Herbst	19	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ	
4	1:03.00 L	F	Olivia Nel	19	WCA CPT	06/04/2022	SA National Aquatic SNR-JNR Champ	
5	1:03.35 L	P	Michaela De Villiers	19	VINE CPT	07/12/2021	Western Cape LC-A Championship 20	
6	1:05.10 L	F	Natalie Landmann	20	FROS MAN	18/02/2022	2022 Grand Prix 2 Invitational Meet Du	
7	1:05.12 L	P	Carissa Van Rooyen	19	AGA EKU	06/04/2022	SA National Aquatic SNR-JNR Champ	
8	1:05.81 L S	F	Kiara Noades	21	TUKS FSH	15/12/2021	NTS Championships 2021	
9	1:06.01 L	F	Samantha Randle	23	RSA	11/10/2021	14th Africa Seniors Swimming Champi	
10	1:06.35 L	P	Marlies Ross	24	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ	
11	1:06.40 L	F	Jana Coetzé	21	TUKS FSH	24/09/2021	USSA Swimming Championships	
12	1:06.77 L	F	Kyla Blakemore	20	WSTV ETH	17/12/2021	2021 KZNA Premier Provincial Champ	
13	1:06.87 L	F	Jaime Storm	19	TUKS FSH	18/02/2022	2022 Grand Prix 2 Invitational Meet Du	
14	1:07.32 L	F	Kirsten De Goede	19	SGUL ETH	17/12/2021	2021 KZNA Premier Provincial Champ	
15	1:07.38 L	F	Samantha Labuschagne	22	MGSC UGD	03/12/2021	WSC & Seals Summer LC Champs 20	
16	1:07.53 L	F	Constantina Pietersen	20	INFA NMA	10/12/2021	NMBA Championships 2021	
17	1:07.76 L	P	Heike Thormahlen	22	SGUL ETH	18/02/2022	2022 Grand Prix 2 Invitational Meet Du	
18	1:07.80 L	F	Sinelithemba Mbatha	19	TUKS FSH	29/03/2022	SA Regional Aquatic Champs 2022- N	
19	1:08.01 L	F	Kaylin De Almeida	19	AA JHB	28/05/2021	Grand Prix No 4 Durban May 2021	
20	1:08.02 L	P	Georgia Nel	19	WCA CPT	06/04/2022	SA National Aquatic SNR-JNR Champ	
21	1:08.57 L	F	Lindsay McLeod	27	SGUL ETH	17/12/2021	2021 KZNA Premier Provincial Champ	
22	1:09.24 L	P	Lana Janson	19	WCA CPT	06/04/2022	SA National Aquatic SNR-JNR Champ	
23	1:09.49 L	F	Catherine Wilcocks	20	PAC FSH	29/03/2022	SA Regional Aquatic Champs 2022- N	
24	1:09.84 L	F	Kristin Bellingan	24	TUKS FSH	28/01/2022	NTS February Age Group 15 & Over	
25	1:09.98 L	F	Demi- Lee Carlisle	19	AA JHB	28/05/2021	Grand Prix No 4 Durban May 2021	
26*	1:09.99 L	P	Kelly Crous	19	SGUL ETH	30/03/2022	SA Regional Aquatic JNR-Senior Cha	
26*	1:09.99 L	F	Emma Podesta	19	PEAS NMA	29/01/2022	3rd A League Gala 2022	
28	1:10.79 L	P	Dominique Barnard	19	PSC FSH	29/03/2022	SA Regional Aquatic Champs 2022- N	
29	1:10.91 L	P	Nuria Ribeiro	19	MATI CED	07/12/2021	Western Cape LC-A Championship 20	
30	1:10.92 L	F	Anica Dennis	19	INFA NMA	29/01/2022	3rd A League Gala 2022	
31	1:12.04 L	F	Talia Fos	19	AWSC JHB	03/12/2021	CGA LC Summer Champs - Level3+	
32	1:12.89 L	F	Samantha Straw	20	NWUC KKD	24/09/2021	USSA Swimming Championships	
33	1:13.10 L	P	Olivia Scott	20	VINE CPT	06/05/2021	2021 Cana Grand Prix Swimming Stell	
34	1:13.26 L	F	Marné Meier	23	NWUC KKD	16/10/2021	NWS Age Group 1&2	
35	1:13.71 L	F	Courtney Pretorius	20	TUKS FSH	18/02/2022	NTS Combined February Age Group C	
36	1:13.87 L	P	Robyn Young	21	MATI CED	07/12/2021	Western Cape LC-A Championship 20	
37*	1:14.01 L S	P	Taylor Pharoah	19	TUKS FSH	15/12/2021	NTS Championships 2021	
37*	1:14.01 L S	F	Erin Hartsenber	20	TYGE CPT	30/10/2021	CANA Virtual Swimming Championship	
39	1:14.06 L	F	Idelé du Toit	19	NWUC KKD	16/10/2021	NWS Age Group 1&2	
40	1:14.07 L	F	Bathandwa Dyantyi	24	USC BUF	10/12/2021	BCA Long Course Championships 202	
41	1:14.60 L	F	Lesley Blignaut	21	TUKS FSH	05/11/2021	NTS Prestige Gala 2021	
42	1:14.68 L	P	Jordainne Kazimierczak	19	FLOD JHB	29/03/2022	SA Regional Aquatic Champs 2022- N	
43	1:14.90 L	F	Robyn Kinghorn	22	TUKS FSH	24/09/2021	USSA Swimming Championships	
44	1:15.13 L	F	Rachael Humphries	20	NWUC KKD	08/12/2021	NWS Championships 2020/2021	
45	1:15.74 L	F	Tasneen Ebrahim	19	NMU NMA	25/02/2022	Infinity Gala	
46	1:16.22 L	P	Shania Richardson	21	SASE JHB	03/12/2021	CGA LC Summer Champs - Level3+	
47	1:17.34 L	P	Cameron Vd Merwe	19	AWSC JHB	18/03/2022	SA Level 3 Regional Age Group Chan	
48	1:17.52 L	F	Carina Hambloch	42	SMSC ETH	30/10/2021	CANA Virtual Swimming Championship	
49	1:19.50 L S	F	Marië Smith	36	CPTM CPT	19/02/2022	CTA QUALIFYING MEET 6 - 19to20Fe	
50	1:19.51 L S	P	Netanya Robberts	20	TUKS FSH	15/12/2021	NTS Championships 2021	
51	1:20.53 L	F	Esmari Theart	26	KALA	05/02/2022	NCASA Sprints Gala 2022	
52	1:20.81 L	F	Lisa-Nicole Scholtz	22	NMU NMA	24/09/2021	USSA Swimming Championships	
53	1:21.34 L	F	Talitha Vd Walt	21	BLMA CPT	08/10/2021	40th Freda Barnard Invitational Gala	
54	1:24.04 L	P	Judi Smith	19	QUIC CPT	17/03/2022	SA Level 3 Regional Age Group Chan	
55	1:24.06 L	F	Jemma Bodington	MR	PSA ZLD	17/03/2022	SA Level 3 Regional Age Group Chan	
56	1:24.73 L	F	Paula Van Zyl	19	KZNA ETH	06/04/2022	SA National Aquatic SNR-JNR Champ	

## Individual Top Times

Times since: 01-May-21 Times until: 30-Apr-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
57	1:25.81 L	F	Hannah Counihan	19	MATI CED	29/01/2022	West Coast Qualify Gala 2022	
58	1:26.31 L S	F	Michaela Kretzen	22	ASAC CPT	07/12/2021	Western Cape LC-A Championship 20	
59	1:26.79 L	F	Kayla Killip	19	NWUC KKD	16/10/2021	NWS Age Group 1&2	
60	1:28.20 L	F	Anele Nyanda	20	UNIQ JHB	28/01/2022	EGA Last Chance Gala	
61	1:30.08 L	F	Coreen Hechter	20	BULS MAN	08/10/2021	Super Seals Prestige Gala	
62	1:31.80 L	F	Stephanie Hofmeyr	19	BARR CPT	08/10/2021	40th Freda Barnard Invitational Gala	
63	1:33.60 L	P	Tawananyasha Makudo	19	ISSC NMD	08/12/2021	NWS Championships 2020/2021	
64	1:37.45 L	F	Louw-Let Fourie	35	FISH EDD	08/10/2021	40th Freda Barnard Invitational Gala	
65	1:40.91 L	P	Mia Vd Merwe	23	CUDU CPT	07/12/2021	Western Cape LC-A Championship 20	
66	1:41.04 L S	F	Judith Brewis	67	CPTM CPT	19/02/2022	CTA QUALIFYING MEET 6 - 19to20Fe	
67	1:45.68 L S	F	Sanderina Kruger	72	CPTM CPT	19/02/2022	CTA QUALIFYING MEET 6 - 19to20Fe	
68	1:53.65 L	F	Cornelia Fowler	41	KLOO ETH	17/03/2022	SA Level 3 Regional Age Group Chan	
69	1:56.09 L	F	Gail Potgieter	37	BLSS MAN	23/10/2021	Otters Prestige Gala 2021	
70	1:57.86 L S	F	Lenchen Zundorf	77	CPTM CPT	19/02/2022	CTA QUALIFYING MEET 6 - 19to20Fe	
71	1:59.01 L	P	Nikita Douglass	23	MDOL EKU	18/03/2022	SA Level 3 Regional Age Group Chan	
72	2:01.28 L	F	Katherine Swanepoel	34	AGA EKU	06/04/2022	SA National Aquatic SNR-JNR Champ	
73	2:02.99 L	F	Rentia Oosthuizen	30	INFA NMA	10/12/2021	NMBA Championships 2021	
74	2:12.23 L	F	Helena Farrelly	59	FEMS EDD	12/02/2022	EDEN 5th A-League Gala 2022	
75	2:43.12 L	F	Marne Kock	24	RBUR BPD	16/10/2021	NWS Age Group 1&2	
<b>Women 200 Back</b>								
1	2:15.20 L	F	Hannah Pearse	19	VINE CPT	07/12/2021	Western Cape LC-A Championship 20	
2	2:15.62 L	F	Rebecca Meder	19	SGUL ETH	17/12/2021	2021 KZNA Premier Provincial Champ	
3	2:16.65 L	P	Samantha Randle	23	TUKS FSH	28/05/2021	Grand Prix No 4 Durban May 2021	
4	2:19.38 L	F	Jordan Fox	21	SEAL UMD	17/06/2021	2021 Australian Swimming Trials	
5	2:23.37 L	F	Kiara Noades	21	TUKS FSH	05/11/2021	NTS Prestige Gala 2021	
6	2:24.19 L	F	Kaylin De Almeida	19	AA JHB	28/05/2021	Grand Prix No 4 Durban May 2021	
7	2:24.23 L	P	Kerryn Herbst	19	TUKS FSH	18/02/2022	2022 Grand Prix 2 Invitational Meet Dt	
8	2:25.03 L	F	Carissa Van Rooyen	19	MDOL EKU	18/02/2022	2022 Grand Prix 2 Invitational Meet Dt	
9	2:25.43 L	F	Jaime Storm	19	TUKS FSH	15/12/2021	NTS Championships 2021	
10	2:25.81 L	F	Kristin Bellingan	24	TUKS FSH	15/12/2021	NTS Championships 2021	
11	2:30.35 L	P	Natalie Landmann	20	FROS MAN	18/02/2022	2022 Grand Prix 2 Invitational Meet Dt	
12	2:30.40 L S	F	Catherine Wilcocks	20	PAC FSH	29/03/2022	SA Regional Aquatic Champs 2022- N	
13	2:31.37 L	P	Jemma Tully	20	VINE CPT	28/05/2021	Grand Prix No 4 Durban May 2021	
14	2:31.51 L	F	Heike Thormahlen	22	SGUL ETH	17/12/2021	2021 KZNA Premier Provincial Champ	
15	2:31.79 L	F	Demi- Lee Carlisle	19	AA JHB	28/05/2021	Grand Prix No 4 Durban May 2021	
16	2:32.34 L S	F	Sinelithemba Mbatha	19	TUKS FSH	29/03/2022	SA Regional Aquatic Champs 2022- N	
17	2:33.68 L	P	Talia Fos	19	AWSC JHB	03/12/2021	CGA LC Summer Champs - Level3+	
18	2:35.11 L	F	Taylor Pharoah	19	TUKS FSH	05/11/2021	NTS Prestige Gala 2021	
19	2:35.25 L	P	Anica Dennis	19	INFA NMA	18/02/2022	2022 Grand Prix 2 Invitational Meet Dt	
20	2:35.86 L	P	Sasha-Lee Corris	24	SGUL ETH	28/05/2021	Grand Prix No 4 Durban May 2021	
21	2:35.99 L	F	Jordainne Kazimierczak	19	FLOD JHB	03/12/2021	CGA LC Summer Champs - Level3+	
22	2:36.73 L	F	Idelé du Toit	19	NWUC KKD	16/10/2021	NWS Age Group 1&2	
23	2:38.89 L	F	Robyn Kinghorn	22	TUKS FSH	24/09/2021	USSA Swimming Championships	
24	2:39.49 L	F	Rachael Humphries	20	NWUC KKD	11/02/2022	NW Last Chance	
25	2:42.17 L	P	Cameron Vd Merwe	19	AWSC JHB	03/12/2021	CGA LC Summer Champs - Level3+	
26	2:42.29 L	F	Tasneen Ebrahim	19	NMU NMA	25/02/2022	Infinity Gala	
27	2:42.48 L	F	Samantha Straw	20	NWUC KKD	24/09/2021	USSA Swimming Championships	
28	2:42.91 L	F	Georgia Rippon	20	MATI CED	24/09/2021	USSA Swimming Championships	
29	2:43.74 L	F	Aletta Gersbach	19	RFA FSH	08/10/2021	NTS October Combined Age Group	
30	2:44.12 L	F	Carmel Lombard	19	SEAL UMD	03/12/2021	WSC & Seals Summer LC Champs 20	
31	2:44.44 L	F	Courtney Pretorius	20	TUKS FSH	24/09/2021	USSA Swimming Championships	
32	2:46.26 L	F	Marné Meier	23	NWUC KKD	16/10/2021	NWS Age Group 1&2	
33	2:47.79 L	F	Nuria Ribeiro	19	MATI CED	24/09/2021	USSA Swimming Championships	
34	2:48.31 L	P	Olivia Scott	20	VINE CPT	28/05/2021	Grand Prix No 4 Durban May 2021	
35	2:48.78 L	F	Nichola Greyling	19	NWAS	02/10/2021	Frank Gray Memorial Championships :	
36	2:49.01 L	P	Shania Richardson	21	SASE JHB	03/12/2021	CGA LC Summer Champs - Level3+	
37	2:55.46 L	F	Carina Hambloch	42	SMSC ETH	30/10/2021	CANA Virtual Swimming Championshipj	
38	2:56.62 L S	F	Marië Smith	36	CPTM CPT	19/02/2022	CTA QUALIFYING MEET 6 - 19to20Fe	
39	2:59.01 L	F	Michaela Kretzen	22	ASAC CPT	19/02/2022	CTA QUALIFYING MEET 6 - 19to20Fe	

## Individual Top Times

Times since: 01-May-21 Times until: 30-Apr-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
40	2:59.39 L	P	Judi Smith	19	QUIC CPT	17/03/2022	SA Level 3 Regional Age Group Chan
41	3:19.76 L	F	Stephanie Hofmeyr	19	BARR CPT	08/10/2021	40th Freda Barnard Invitational Gala
42	3:35.39 L	F	Louw-Let Fourie	35	FISH EDD	08/10/2021	40th Freda Barnard Invitational Gala
<b>Women 50 Breast</b>							
1	30.72 L	P	Tatjana Schoenmaker	24	TUKS FSH	28/05/2021	Grand Prix No 4 Durban May 2021
2	31.42 L S	F	Kaylene Corbett	22	TUKS FSH	15/12/2021	NTS Championships 2021
3	32.50 L	F	Christin Mundell	20	TUKS FSH	17/12/2021	2021 KZNA Premier Provincial Champ
4	32.51 L	F	Rebecca Meder	19	SGUL ETH	17/12/2021	2021 KZNA Premier Provincial Champ
5	33.06 L	F	Emily Visagie	24	SEAL UMD	17/12/2021	2021 KZNA Premier Provincial Champ
6	33.23 L	P	Kate Meyer	19	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
7	33.26 L	P	Chelaine van der Westhuizen	20	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
8	33.75 L	F	Lana Janson	19	TYGE CPT	18/02/2022	2022 Grand Prix 2 Invitational Meet Du
9	33.95 L	F	Jenna-Laine Fuller	21	TUKS FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
10	33.96 L	F	Reedah Shaw	21	TUKS FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
11	34.02 L	P	Tilka Paljk	25	CA EKU	09/12/2021	EGA Summer Champs 2021
12	34.07 L	F	Bianca Opperman	20	TUKS FSH	24/09/2021	USSA Swimming Championships
13	34.37 L	F	Michelle Nieuwstad	28	LALE CED	07/12/2021	Western Cape LC-A Championship 20
14	34.61 L	P	Helen Taylor	24	AZON ETH	18/02/2022	2022 Grand Prix 2 Invitational Meet Du
15	34.73 L	F	Sune Van Jaarsveld	20	TUKS FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
16	34.93 L	F	Brie Parker	25	NDSA ETH	28/05/2021	Grand Prix No 4 Durban May 2021
17	35.00 L	F	Marné Meier	23	NWUC KKD	24/09/2021	USSA Swimming Championships
18	35.08 L	P	Jade Simons	21	MATI CED	07/12/2021	Western Cape LC-A Championship 20
19	35.17 L	F	Kendra Du Toit	19	SOUL EKU	29/03/2022	SA Regional Aquatic Champs 2022- N
20	35.19 L	F	Chelsea Meiring	24	SEAL UMD	03/12/2021	WSC & Seals Summer LC Champs 20
21	35.50 L S	F	Zoe Sinclair	19	TUKS FSH	15/12/2021	NTS Championships 2021
22	35.51 L	F	Hannah Ledingham	21	MATI CED	24/09/2021	USSA Swimming Championships
23	35.57 L	F	Lesley Blignaut	21	TUKS FSH	24/09/2021	USSA Swimming Championships
24*	35.73 L	F	Catherine Wilcocks	20	PAC FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
24*	35.73 L	F	Constantina Pietersen	20	INFA NMA	25/02/2022	Infinity Gala
26	36.28 L	F	Taylor Pharoah	19	TUKS FSH	24/09/2021	NTS Age Group September SANJ+
27	36.43 L S	P	Megan Hesse	27	PAC FSH	15/12/2021	NTS Championships 2021
28	36.51 L	F	Chante' Cornelius	20	TUKS FSH	24/09/2021	USSA Swimming Championships
29	36.65 L S	F	Yvette Victor-Van Den Berg	42	CSC FSH	15/12/2021	NTS Championships 2021
30	37.28 L	F	Mikayla Eagles	22	MATI CED	24/09/2021	USSA Swimming Championships
31	37.42 L	F	Nastasiya Vrey	23	TUKS FSH	24/09/2021	USSA Swimming Championships
32	37.51 L	F	Kristen Sullivan	33	TRAZ FSH	28/01/2022	NTS February Age Group 15 & Over
33	37.52 L	F	Netanya Robberts	20	TUKS FSH	22/10/2021	NTS October Level 1-3 Age Group
34	37.56 L	F	Idelé du Toit	19	NWUC KKD	11/02/2022	NW Last Chance
35	37.59 L	F	Georgia Rippon	20	MATI CED	24/09/2021	USSA Swimming Championships
36	38.12 L	P	Carissa Van Rooyen	19	AGA EKU	06/04/2022	SA National Aquatic SNR-JNR Champ
37	38.72 L S	F	Suzanne Harrop-Allin	43	CSC FSH	15/12/2021	NTS Championships 2021
38	38.85 L	F	Pierrette Labuschagne	50	CSA EZD	04/02/2022	MP AGE GROUP 5 GALA 4-5 FEBRU.
39	38.93 L	F	Nichola Greyling	19	NWAS	02/10/2021	Frank Gray Memorial Championships :
40	38.97 L	P	Shania Richardson	21	SASE JHB	03/12/2021	CGA LC Summer Champs - Level3+
41	39.34 L	F	Jessica Booth	19	MATI CED	19/02/2022	Swartland Invitational #2 2022
42	39.37 L	F	Wendy Cook	51	SMSC ETH	30/10/2021	CANA Virtual Swimming Championship
43	39.45 L	F	Alani Ferreira	23	KZNA ETH	06/04/2022	SA National Aquatic SNR-JNR Champ
44	39.67 L	F	Juanique Cornelius	19	TUKS FSH	08/10/2021	NTS October Combined Age Group
45	39.86 L	F	Katia Turchino	20	MATI CED	24/09/2021	USSA Swimming Championships
46	39.98 L S	F	Bridget Van Breda	47	CPTM CPT	19/02/2022	CTA QUALIFYING MEET 6 - 19to20Fe
47	40.36 L	F	Esmari Theart	26	KALA	08/12/2021	Champs 2021
48	40.48 L	F	Erin Harty	20	NMU NMA	24/09/2021	USSA Swimming Championships
49	40.65 L	F	Natalie Landmann	20	FROS MAN	08/12/2021	Free State Champs 2021
50	41.14 L	F	Marine Nortje	21	KOVS MAN	21/01/2022	Flamingo Gala 2022
51	41.22 L	F	Rachel-Ann Van Biljon	20	TUKS FSH	24/09/2021	USSA Swimming Championships
52	41.40 L	F	Demi Leech	22	TUKS FSH	24/09/2021	USSA Swimming Championships
53	41.66 L	F	Sariska Terblanche	21	NMU NMA	24/09/2021	USSA Swimming Championships
54	43.08 L	F	Michele Esterhuizen	49	CSA EZD	03/12/2021	Mpumalanga Championships 2021
55	43.59 L	F	Katrien De Wet	22	MATI CED	24/09/2021	USSA Swimming Championships

## Individual Top Times

Times since: 01-May-21 Times until: 30-Apr-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
56	43.63	L	F	Talitha Vd Walt	21	BLMA CPT	08/10/2021 40th Freda Barnard Invitational Gala
57	43.98	L	F	Cornelle Leach	23	DRGN EKU	28/01/2022 EGA Last Chance Gala
58	44.58	L	F	Stephanie Hofmeyr	19	BARR CPT	08/10/2021 40th Freda Barnard Invitational Gala
59	44.75	L	F	Annorina Groenewald	41	KTS	08/12/2021 Champs 2021
60	44.84	L	F	Anele Nyanda	20	UNIQ JHB	28/01/2022 EGA Last Chance Gala
61	44.93	L	F	Thalita Conradie	22	KTS	08/12/2021 Champs 2021
62	45.44	L	F	Nicole Mogajane	19	ISSC NMD	11/02/2022 NW Last Chance
63	45.56	L	F	Jemma Bodington	MR	PSA ZLD	04/12/2021 Stingrays Swim Club Championships 2
64	45.90	L	F	Judi Smith	19	QUIC CPT	19/02/2022 CTA QUALIFYING MEET 6 - 19to20Fe
65	45.97	L S	F	Michaela Kretzen	22	ASAC CPT	07/12/2021 Western Cape LC-A Championship 20
66	46.38	L	F	Wilhelmina Louw	44	ELRAS WBD	12/02/2022 Limpopo Champs
67	47.53	L	F	Nicole De Montille	45	PGAC EKU	12/11/2021 EGA Summer 4
68	49.39	L	F	Genevieve-Michel Jansen van Vuuren	22	NSAD EZD	29/10/2021 CANA Virtual Swimming Championship
69	49.94	L	F	Caterina Pietrobon	54	FEMS EDD	08/10/2021 40th Freda Barnard Invitational Gala
70	50.47	L	F	Christina Van Rooyen	46	PGAC EKU	12/11/2021 EGA Summer 4
71	52.26	L	F	Lushinka Louw	41	BARR CPT	08/10/2021 40th Freda Barnard Invitational Gala
72	52.90	L	P	Tawananyasha Makudo	19	ISSC NMD	08/12/2021 NWS Championships 2020/2021
73	53.38	L	F	Sonja Coetzee	34	VALS FDD	28/10/2021 Neptune Prestige Gala
74	54.13	L	F	Cornelia Fowler	41	KLOO ETH	17/03/2022 SA Level 3 Regional Age Group Chan
75	56.53	L	F	Rentia Oosthuizen	30	INFA NMA	25/02/2022 Infinity Gala
76	56.72	L	F	Mathilda Anker	31	FISHS EDD	08/10/2021 40th Freda Barnard Invitational Gala
77	56.96	L	F	Gail Potgieter	37	BLSS MAN	02/10/2021 Frank Gray Memorial Championships :
78	58.41	L	F	Jeanne Louw	39	KALA	05/02/2022 NCASA Sprints Gala 2022
79	59.66	L S	F	Lenchen Zundorf	77	CPTM CPT	19/02/2022 CTA QUALIFYING MEET 6 - 19to20Fe
80	1:00.94	L	P	Olorato Makgale	19	ISSC NMD	08/12/2021 NWS Championships 2020/2021
81	1:04.86	L	F	Marilyn Orren	70	FEMS EDD	08/10/2021 40th Freda Barnard Invitational Gala
82	1:07.25	L	F	Katherine Swanepoel	34	AGA EKU	06/04/2022 SA National Aquatic SNR-JNR Champ
83	1:11.61	L	F	Marne Kock	24	RBUR BPD	08/12/2021 NWS Championships 2020/2021
<b>Women 100 Breast</b>							
1	1:04.82	L	P	Tatjana Schoenmaker	24	RSA	24/07/2021 2021 Tokyo Olympic Games
2	1:08.11	L	F	Kaylene Corbett	22	TUKS FSH	28/05/2021 Grand Prix No 4 Durban May 2021
3	1:09.43	L	F	Rebecca Meder	19	SGUL ETH	17/12/2021 2021 KZNA Premier Provincial Champ
4	1:10.13	L	F	Christin Mundell	20	TUKS FSH	05/11/2021 NTS Prestige Gala 2021
5	1:10.81	L	F	Emily Visagie	24	RSA	11/10/2021 14th Africa Seniors Swimming Champi
6	1:11.68	L	F	Lana Janson	19	WCA CPT	06/04/2022 SA National Aquatic SNR-JNR Champ
7	1:12.32	L	F	Chelaine van der Westhuizen	20	AGC FSH	06/04/2022 SA National Aquatic SNR-JNR Champ
8	1:13.24	L	F	Kate Meyer	19	AGC FSH	06/04/2022 SA National Aquatic SNR-JNR Champ
9	1:14.24	L	F	Marné Meier	23	NWUC KKD	24/09/2021 USSA Swimming Championships
10	1:15.19	L	P	Helen Taylor	24	KZNA ETH	06/04/2022 SA National Aquatic SNR-JNR Champ
11	1:15.62	L	F	Taylor Pharoah	19	TUKS FSH	24/09/2021 NTS Age Group September SANJ+
12	1:16.03	L	F	Bianca Opperman	20	TUKS FSH	24/09/2021 USSA Swimming Championships
13	1:16.05	L	F	Tilka Paljk	25	CA EKU	22/10/2021 EGA Summer 3
14	1:16.20	L	F	Sune Van Jaarsveld	20	TUKS FSH	29/03/2022 SA Regional Aquatic Champs 2022- N
15	1:17.27	L	P	Brie Parker	25	NDSA ETH	28/05/2021 Grand Prix No 4 Durban May 2021
16	1:17.70	L	F	Jenna-Laine Fuller	21	TUKS FSH	29/03/2022 SA Regional Aquatic Champs 2022- N
17	1:17.95	L	F	Kendra Du Toit	19	SOUL EKU	28/01/2022 EGA Last Chance Gala
18	1:18.20	L	F	Zoe Sinclair	19	TUKS FSH	15/12/2021 NTS Championships 2021
19	1:18.61	L	F	Jade Simons	21	MATI CED	07/12/2021 Western Cape LC-A Championship 20
20	1:19.22	L	F	Reedah Shaw	21	TUKS FSH	29/03/2022 SA Regional Aquatic Champs 2022- N
21	1:19.79	L	F	Michelle Nieuwstad	28	LALE CED	07/12/2021 Western Cape LC-A Championship 20
22	1:19.94	L	F	Constantina Pietersen	20	INFA NMA	29/03/2022 SA Regional SNR & JNR Champs WC
23	1:20.51	L	F	Yvette Victor-Van Den Berg	42	CSC FSH	18/02/2022 NTS Combined February Age Group C
24	1:20.61	L	F	Nastasiya Vrey	23	TUKS FSH	24/09/2021 USSA Swimming Championships
25	1:21.50	L	F	Netanya Robberts	20	TUKS FSH	22/10/2021 NTS October Level 1-3 Age Group
26	1:21.61	L	F	Catherine Wilcocks	20	PAC FSH	05/11/2021 NTS Prestige Gala 2021
27	1:21.63	L	F	Hannah Ledingham	21	MATI CED	25/02/2022 Infinity Gala
28	1:22.86	L	F	Jordainne Kazimierzczak	19	FLOD JHB	17/09/2021 NTS Age group September Level 2+3
29	1:23.68	L	F	Alani Ferreira	23	KZNA ETH	06/04/2022 SA National Aquatic SNR-JNR Champ
30	1:24.69	L	F	Jessica Booth	19	MATI CED	19/02/2022 Swartland Invitational #2 2022

## Individual Top Times

Times since: 01-May-21 Times until: 30-Apr-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
31	1:25.54	L	P	Pierrette Labuschagne	50	CSA EZD	03/12/2021 Mpumalanga Championships 2021
32	1:25.70	L	F	Georgia Rippon	20	MATI CED	24/09/2021 USSA Swimming Championships
33	1:26.24	L	P	Cornelle Leach	23	DRGN EKU	28/05/2021 Grand Prix No 4 Durban May 2021
34	1:26.66	L	F	Suzanne Harrop-Allin	43	CSC TSH	18/02/2022 NTS Combined February Age Group C
35	1:26.94	L	F	Kristen Sullivan	33	TRAZ TSH	28/01/2022 NTS February Age Group 15 & Over
36	1:26.96	L	F	Carissa Van Rooyen	19	MDOL EKU	22/10/2021 EGA Summer 3
37	1:27.45	L	F	Gabriela Jardim	19	FLOD JHB	17/09/2021 NTS Age group September Level 2+3
38	1:28.96	L	F	Wendy Cook	51	SMSC ETH	30/10/2021 CANA Virtual Swimming Championship
39	1:30.07	L	F	Demi Leech	22	TUKS TSH	24/09/2021 USSA Swimming Championships
40	1:32.03	L	F	Aletta Gersbach	19	RFA TSH	08/10/2021 NTS October Combined Age Group
41	1:32.80	L	F	Esthé Bester	34	HREF BPD	13/11/2021 NWS Age Group 3 2021/22
42	1:32.99	L	F	Esmari Theart	26	KALA	05/02/2022 NCASA Sprints Gala 2022
43	1:40.52	L	F	Paula Van Zyl	19	KZNA ETH	06/04/2022 SA National Aquatic SNR-JNR Champ
44	1:40.86	L	P	Michaela Kretzen	22	ASAC CPT	07/12/2021 Western Cape LC-A Championship 20
45	1:41.28	L	F	Thalita Conradie	22	KTS	08/12/2021 Champs 2021
46	1:41.86	L	F	Katrien De Wet	22	MATI CED	24/09/2021 USSA Swimming Championships
47	1:42.45	L	F	Wilhelmina Louw	44	ELRAS WBD	12/02/2022 Limpopo Champs
48	1:42.61	L	F	Stephanie Hofmeyr	19	BARR CPT	08/10/2021 40th Freda Barnard Invitational Gala
49	1:45.46	L	F	Anele Nyanda	20	UNIQ JHB	28/01/2022 EGA Last Chance Gala
50	1:45.68	L	F	Nicole De Montille	45	PGAC EKU	28/01/2022 EGA Last Chance Gala
51	1:47.91	L	F	Nicole Mogajane	19	ISSC NMD	11/02/2022 NW Last Chance
52	1:50.44	L	F	Melisa O'Neill	30	ASAC CPT	30/10/2021 CANA Virtual Swimming Championship
53	1:51.07	L	F	Genevieve-Michel Jansen van Vuuren	22	NSAD EZD	29/10/2021 CANA Virtual Swimming Championship
54	1:54.66	L	F	Christina Van Rooyen	46	PGAC EKU	22/10/2021 EGA Summer 3
55	1:56.59	L	F	Caterina Pietrobon	54	FEMS EDD	08/10/2021 40th Freda Barnard Invitational Gala
56	1:58.77	L	F	Cornelia Fowler	41	KLOO ETH	17/12/2021 2021 KZNA Premier Provincial Champ
57	1:58.85	L	F	Rentia Oosthuizen	30	INFA NMA	10/12/2021 NMBA Championships 2021
58	1:59.15	L	F	Sonja Coetzee	34	VALS FDD	28/10/2021 Neptune Prestige Gala
59	2:07.03	L S	F	Mia Vd Merwe	23	CUDU CPT	07/12/2021 Western Cape LC-A Championship 20
60	2:11.83	L S	F	Lenchen Zundorf	77	CPTM CPT	19/02/2022 CTA QUALIFYING MEET 6 - 19to20Fe
61	2:12.15	L	F	Gail Potgieter	37	BLSS MAN	23/10/2021 Otters Prestige Gala 2021
62	2:35.86	L	F	Marne Kock	24	RBUR BPD	08/12/2021 NWS Championships 2020/2021
<b>Women 200 Breast</b>							
1	2:18.96	L	F	Tatjana Schoenmaker	24	RSA	24/07/2021 2021 Tokyo Olympic Games
2	2:22.06	L	F	Kaylene Corbett	22	RSA	24/07/2021 2021 Tokyo Olympic Games
3	2:32.04	L	F	Rebecca Meder	19	SGUL ETH	17/12/2021 2021 KZNA Premier Provincial Champ
4	2:32.57	L	F	Emily Visagie	24	KZNA ETH	06/04/2022 SA National Aquatic SNR-JNR Champ
5	2:34.06	L	P	Christin Mundell	20	AGC TSH	06/04/2022 SA National Aquatic SNR-JNR Champ
6	2:34.82	L	F	Kate Meyer	19	AGC TSH	06/04/2022 SA National Aquatic SNR-JNR Champ
7	2:35.28	L	F	Chelaine van der Westhuizen	20	AGC TSH	06/04/2022 SA National Aquatic SNR-JNR Champ
8	2:37.92	L	F	Marlies Ross	24	AGC TSH	06/04/2022 SA National Aquatic SNR-JNR Champ
9	2:39.82	L	P	Helen Taylor	24	AZON ETH	18/02/2022 2022 Grand Prix 2 Invitational Meet Du
10	2:40.67	L	F	Taylor Pharoah	19	TUKS TSH	28/01/2022 NTS February Age Group 15 & Over
11	2:42.77	L	F	Marné Meier	23	NWUC KKD	24/09/2021 USSA Swimming Championships
12	2:45.39	L	F	Lana Janson	19	TYGE CPT	07/12/2021 Western Cape LC-A Championship 20
13	2:49.23	L	F	Constantina Pietersen	20	INFA NMA	25/02/2022 Infinity Gala
14	2:50.49	L	F	Kendra Du Toit	19	SOUL EKU	28/01/2022 EGA Last Chance Gala
15	2:50.78	L	F	Reedah Shaw	21	RSA	11/10/2021 14th Africa Seniors Swimming Champi
16	2:52.27	L S	F	Sune Van Jaarsveld	20	TUKS TSH	29/03/2022 SA Regional Aquatic Champs 2022- N
17	2:52.69	L	F	Zoe Sinclair	19	TUKS TSH	15/12/2021 NTS Championships 2021
18	2:54.26	L	F	Jessica Booth	19	MATI CED	10/12/2021 NMBA Championships 2021
19	2:58.67	L	F	Hannah Ledingham	21	MATI CED	25/02/2022 Infinity Gala
20	2:59.21	L	F	Tilka Paljk	25	CA EKU	02/10/2021 EGA Summer 2
21	3:03.86	L S	P	Jordainne Kazimierzczak	19	FLOD JHB	29/03/2022 SA Regional Aquatic Champs 2022- N
22	3:06.71	L	F	Kristen Sullivan	33	TRAZ TSH	28/01/2022 NTS February Age Group 15 & Over
23	3:12.92	L	F	Demi Leech	22	TUKS TSH	24/09/2021 USSA Swimming Championships
24	3:13.07	L	F	Katia Turchino	20	MATI CED	24/09/2021 USSA Swimming Championships
25	3:27.14	L S	F	Katherine Bihl	52	CPTM CPT	19/02/2022 CTA QUALIFYING MEET 6 - 19to20Fe
26	3:39.10	L	F	Stephanie Hofmeyr	19	BARR CPT	08/10/2021 40th Freda Barnard Invitational Gala

## Individual Top Times

Times since: 01-May-21 Times until: 30-Apr-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
27	3:49.58 L	F	Nicole Mogajane	19	ISSC NMD	22/03/2022	SA Level 2 Regional Age Group Cham
28	3:50.96 L	F	Nicole De Montille	45	PGAC EKU	02/10/2021	EGA Summer 2
29	3:51.87 L S	F	Melisa O'Neill	30	ASAC CPT	07/12/2021	Western Cape LC-A Championship 20
30	4:06.55 L	F	Christina Van Rooyen	46	PGAC EKU	28/01/2022	EGA Last Chance Gala
31	4:06.74 L	F	Rentia Oosthuizen	30	INFA NMA	10/12/2021	NMBA Championships 2021
32	4:13.66 L	F	Sonja Coetzee	34	VALS FDD	02/10/2021	Frank Gray Memorial Championships :
33	5:27.55 L S	F	Marne Kock	24	RBUR BPD	08/12/2021	NWS Championships 2020/2021
<b>Women 50 Fly</b>							
1	26.39 L	F	Erin Gallagher	23	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
2	27.14 L	F	Inge Weidemann	21	RSA	11/10/2021	14th Africa Seniors Swimming Champi
3	27.35 L	F	Rebecca Meder	19	KZNA ETH	06/04/2022	SA National Aquatic SNR-JNR Champ
4	27.54 L	F	Tayla Lovemore	27	KZNA ETH	06/04/2022	SA National Aquatic SNR-JNR Champ
5	27.69 L	F	Kirsten De Goede	19	KZNA ETH	06/04/2022	SA National Aquatic SNR-JNR Champ
6	27.75 L	F	Kerryn Herbst	19	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
7	27.86 L	P	Jana Coetzé	21	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
8	27.99 L	P	Natalie Landmann	20	FROS MAN	08/12/2021	Free State Champs 2021
9	28.39 L	F	Michaela De Villiers	19	VINE CPT	07/12/2021	Western Cape LC-A Championship 20
10	28.56 L	F	Megan Hesse	27	PAC FSH	18/02/2022	2022 Grand Prix 2 Invitational Meet Du
11	28.57 L	F	Natasha Cornelius	20	TUKS FSH	15/12/2021	NTS Championships 2021
12	28.58 L	P	Taneal Baptiste	22	PAC FSH	15/12/2021	NTS Championships 2021
13	28.66 L	F	Hannah Mclean-Leonard	23	AZON ETH	17/12/2021	2021 KZNA Premier Provincial Champ
14	28.90 L	F	Kiara Noades	21	TUKS FSH	28/01/2022	NTS February Age Group 15 & Over
15	28.98 L	P	Kate Meyer	19	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
16	29.16 L	F	Courtney Van Biljon	23	TUKS FSH	24/09/2021	USSA Swimming Championships
17	29.21 L	F	Lesley Blignaut	21	TUKS FSH	05/11/2021	NTS Prestige Gala 2021
18	29.37 L	P	Lizanne Viljoen	23	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
19	29.38 L	F	Carla Meikle	19	SEAL UMD	28/05/2021	Grand Prix No 4 Durban May 2021
20	29.47 L	F	Chante' Cornelius	20	TUKS FSH	05/11/2021	NTS Prestige Gala 2021
21	29.50 L	F	Bianca Opperman	20	TUKS FSH	24/09/2021	USSA Swimming Championships
22	29.68 L	F	Constantina Pietersen	20	INFA NMA	25/02/2022	Infinity Gala
23	29.77 L	F	Kaylene Corbett	22	TUKS FSH	05/11/2021	NTS Prestige Gala 2021
24	29.91 L S	F	Erin Hartszenberg	20	TYGE CPT	30/10/2021	CANA Virtual Swimming Championshipj
25	29.94 L	F	Marné Meier	23	NWUC KKD	24/09/2021	USSA Swimming Championships
26	30.00 L	F	Carissa Van Rooyen	19	MDOL EKU	12/11/2021	EGA Summer 4
27	30.26 L	F	Jenna-Laine Fuller	21	TUKS FSH	28/01/2022	NTS February Age Group 15 & Over
28	30.33 L	P	Emma Podesta	19	PEAS NMA	30/03/2022	SA Regional Aquatic JNR-Senior Cha
29	30.36 L	P	Tori Oliver	19	ACSA ETH	30/03/2022	SA Regional Aquatic JNR-Senior Cha
30	30.37 L	F	Marine Nortje	21	KOVS MAN	08/12/2021	Free State Champs 2021
31	30.39 L	F	Marlies Ross	24	TUKS FSH	24/09/2021	USSA Swimming Championships
32	30.44 L	P	Jaime Storm	19	TUKS FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
33	30.55 L	F	Hannah Pearse	19	VINE CPT	07/12/2021	Western Cape LC-A Championship 20
34	30.61 L	P	Ashlea Smith	19	RAV EKU	18/02/2022	2022 Grand Prix 2 Invitational Meet Du
35	30.74 L	F	Lana Janson	19	TYGE CPT	07/12/2021	Western Cape LC-A Championship 20
36	30.76 L	F	Idelé du Toit	19	NWUC KKD	08/12/2021	NWS Championships 2020/2021
37	30.77 L	F	Sune Van Jaarsveld	20	TUKS FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
38	30.92 L	F	Courtney Pretorius	20	TUKS FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
39	31.03 L	P	Dominique Barnard	19	PSC FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
40	31.18 L	F	Andrea Cudin	20	PEAS NMA	28/05/2021	Grand Prix No 4 Durban May 2021
41	31.28 L	F	Maryke Koen	20	MATI CED	24/09/2021	USSA Swimming Championships
42	31.46 L	P	Reedah Shaw	21	TUKS FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
43	31.58 L	P	Tanya Abrie	26	WATR JHB	18/02/2022	2022 Grand Prix 2 Invitational Meet Du
44	32.16 L	F	Mikayla Eagles	22	MATI CED	24/09/2021	USSA Swimming Championships
45	32.24 L	F	Talitha Vd Walt	21	BLMA CPT	17/03/2022	SA Level 3 Regional Age Group Chan
46	32.37 L	F	Netanya Robberts	20	TUKS FSH	22/10/2021	NTS October Level 1-3 Age Group
47	32.63 L	F	Hannah Ledingham	21	MATI CED	25/02/2022	Infinity Gala
48*	32.66 L	F	Jenna Whiting	21	TUKS FSH	18/02/2022	NTS Combined February Age Group G
48*	32.66 L	F	Olivia Scott	20	VINE CPT	06/05/2021	2021 Cana Grand Prix Swimming Stell
50	32.68 L	F	Bathandwa Dyantyi	24	USC BUF	10/12/2021	BCA Long Course Championships 202
51	32.99 L	F	Anica Dennis	19	INFA NMA	17/03/2022	SA Level 3 Regional Age Group Chan

## Individual Top Times

Times since: 01-May-21 Times until: 30-Apr-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
52	33.07 L	F	Sinelithemba Mbatha	19	TUKS FSH	18/02/2022	NTS Combined February Age Group G
53	33.16 L	F	Aletta Gersbach	19	RFA FSH	08/10/2021	NTS October Combined Age Group
54	33.22 L	F	Nastasiya Vrey	23	TUKS FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
55	33.37 L	F	Kristen Sullivan	33	TRAZ FSH	14/01/2022	NTS January 2022 Combined Age Grc
56	33.39 L	F	Michele Esterhuizen	49	CSA EZD	29/10/2021	CANA Virtual Swimming Championshipj
57	33.41 L	P	Jemma Bodington	MR	PSA ZLD	17/03/2022	SA Level 3 Regional Age Group Chan
58	33.51 L	F	Taylor Pharoah	19	TUKS FSH	05/11/2021	NTS Prestige Gala 2021
59	33.63 L	P	Nuria Ribeiro	19	MATI GED	07/12/2021	Western Cape LC-A Championship 20
60	33.93 L	F	Erin Harty	20	NMU NMA	24/09/2021	USSA Swimming Championships
61	34.07 L	F	Coreen Hechter	20	BLSS MAN	17/03/2022	SA Level 3 Regional Age Group Chan
62	34.10 L	P	Talia Fos	19	AWSC JHB	03/12/2021	CGA LC Summer Champs - Level3+
63	34.30 L	F	Esmari Theart	26	KALA	08/12/2021	Champs 2021
64	34.52 L	P	Shania Richardson	21	SASE JHB	03/12/2021	CGA LC Summer Champs - Level3+
65	34.63 L	F	Annorina Groenewald	41	KTS	08/12/2021	Champs 2021
66	34.75 L	F	Rabia Shaw	23	TUKS FSH	24/09/2021	USSA Swimming Championships
67	34.98 L	P	Tawananyasha Makudo	19	ISSC NMD	08/12/2021	NWS Championships 2020/2021
68	35.82 L	P	Sarah Jennings	24	TUKS FSH	15/12/2021	NTS Championships 2021
69	36.04 L S	F	Judi Smith	19	QUIC CPT	30/10/2021	CANA Virtual Swimming Championshipj
70	36.18 L	F	Juanique Cornelius	19	TUKS FSH	08/10/2021	NTS October Combined Age Group
71	36.35 L	F	Kayla Killip	19	NWUC KKD	16/10/2021	NWS Age Group 1&2
72	36.39 L S	F	Michaela Kretzen	22	ASAC CPT	07/12/2021	Western Cape LC-A Championship 20
73	37.23 L	F	Cornelle Leach	23	DRGN EKU	28/01/2022	EGA Last Chance Gala
74	38.15 L	F	Thalita Conradie	22	KTS	08/12/2021	Champs 2021
75	39.81 L	P	Cameron Vd Merwe	19	AWSC JHB	03/12/2021	CGA LC Summer Champs - Level3+
76	40.59 L	F	Stephanie Hofmeyr	19	BARR CPT	08/10/2021	40th Freda Barnard Invitational Gala
77	41.73 L	F	Nicole De Montille	45	PGAC EKU	02/10/2021	EGA Summer 2
78	44.17 L	F	Nicole Mogajane	19	ISSC NMD	22/03/2022	SA Level 2 Regional Age Group Cham
79	47.00 L S	F	Sanderina Kruger	72	CPTM CPT	19/02/2022	CTA QUALIFYING MEET 6 - 19to20Fe
80	49.63 L	F	Nikita Douglass	23	AGA EKU	06/04/2022	SA National Aquatic SNR-JNR Champ
81	49.81 L	F	Melisa O'Neill	30	WCA CPT	06/04/2022	SA National Aquatic SNR-JNR Champ
82	56.57 L	F	Rentia Oosthuizen	30	INFA NMA	08/10/2021	40th Freda Barnard Invitational Gala
<b>Women 100 Fly</b>							
1	59.67 L	F	Dune Coetzee	19	TUKS FSH	28/05/2021	Grand Prix No 4 Durban May 2021
2	59.69 L	P	Erin Gallagher	23	RSA	24/07/2021	2021 Tokyo Olympic Games
3	1:01.24 L	F	Rebecca Meder	19	SGUL ETH	17/12/2021	2021 KZNA Premier Provincial Champ
4	1:01.66 L	F	Keryn Herbst	19	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
5	1:01.74 L	F	Tayla Lovemore	27	KZNA ETH	06/04/2022	SA National Aquatic SNR-JNR Champ
6	1:02.82 L	F	Taneal Baptiste	22	PAC FSH	15/12/2021	NTS Championships 2021
7	1:02.98 L	P	Inge Weidemann	21	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
8	1:03.07 L	F	Natasha Cornelius	20	TUKS FSH	15/12/2021	NTS Championships 2021
9*	1:03.19 L	P	Lizanne Viljoen	23	TUKS FSH	18/02/2022	2022 Grand Prix 2 Invitational Meet Du
9*	1:03.19 L	P	Megan Hesse	27	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
11	1:03.31 L	P	Jana Coetzé	21	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
12	1:03.54 L	P	Chante' Cornelius	20	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
13	1:03.73 L	F	Hannah Mclean-Leonard	23	AZON ETH	17/12/2021	2021 KZNA Premier Provincial Champ
14	1:04.17 L	F	Natalie Landmann	20	FROS MAN	28/05/2021	Grand Prix No 4 Durban May 2021
15	1:04.42 L	F	Christin Mundell	20	TUKS FSH	05/11/2021	NTS Prestige Gala 2021
16	1:04.74 L	F	Bianca Opperman	20	TUKS FSH	24/09/2021	USSA Swimming Championships
17	1:05.86 L	F	Marlies Ross	24	TUKS FSH	05/11/2021	NTS Prestige Gala 2021
18	1:06.19 L	P	Kirsten De Goede	19	KZNA ETH	06/04/2022	SA National Aquatic SNR-JNR Champ
19	1:06.29 L	P	Tori Oliver	19	ACSA ETH	30/03/2022	SA Regional Aquatic JNR-Senior Cha
20	1:06.71 L	F	Marné Meier	23	NWUC KKD	24/09/2021	USSA Swimming Championships
21	1:06.95 L	F	Constantina Pietersen	20	INFA NMA	25/02/2022	Infinity Gala
22	1:07.19 L	F	Lesley Blignaut	21	TUKS FSH	24/09/2021	USSA Swimming Championships
23	1:07.29 L S	F	Erin Hartsenberg	20	TYGE CPT	07/12/2021	Western Cape LC-A Championship 20
24	1:07.38 L	F	Kaylene Corbett	22	TUKS FSH	28/05/2021	Grand Prix No 4 Durban May 2021
25	1:07.68 L S	F	Idelé du Toit	19	NWUC KKD	08/12/2021	NWS Championships 2020/2021
26	1:07.91 L	F	Courtney Pretorius	20	TUKS FSH	05/11/2021	NTS Prestige Gala 2021
27	1:08.17 L	F	Carla Antonopoulos	21	SGUL ETH	30/03/2022	SA Regional Aquatic JNR-Senior Cha



## Individual Top Times

Times since: 01-May-21 Times until: 30-Apr-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
28	1:08.36	L	F	Courtney Van Biljon	23	TUKS FSH	24/09/2021	USSA Swimming Championships
29	1:08.68	L S	F	Lana Janson	19	TYGE CPT	07/12/2021	Western Cape LC-A Championship 20
30	1:08.83	L S	F	Marine Nortje	21	KOVS MAN	08/12/2021	Free State Champs 2021
31	1:08.94	L	F	Sune Van Jaarsveld	20	TUKS FSH	24/09/2021	USSA Swimming Championships
32	1:09.02	L	F	Michaela De Villiers	19	VINE CPT	25/02/2022	Infinity Gala
33	1:09.17	L	F	Samantha Randle	23	TUKS FSH	18/02/2022	NTS Combined February Age Group C
34	1:10.00	L	P	Andrea Cudin	20	PEAS NMA	28/05/2021	Grand Prix No 4 Durban May 2021
35	1:10.16	L	P	Ashlea Smith	19	RAV EKU	18/02/2022	2022 Grand Prix 2 Invitational Meet Du
36	1:11.34	L	F	Maryke Koen	20	MATI CED	24/09/2021	USSA Swimming Championships
37	1:11.71	L	F	Mikayla Eagles	22	MATI CED	24/09/2021	USSA Swimming Championships
38	1:12.06	L S	F	Carissa Van Rooyen	19	MDOL EKU	09/12/2021	EGA Summer Champs 2021
39	1:12.82	L	F	Victoria Earle	20	SGUL ETH	17/12/2021	2021 KZNA Premier Provincial Champ
40	1:16.94	L	P	Zoe Sinclair	19	TUKS FSH	15/12/2021	NTS Championships 2021
41	1:17.00	L	F	Jessica Booth	19	MATI CED	19/02/2022	Swartland Invitational #2 2022
42	1:17.10	L	F	Tasneen Ebrahim	19	NMU NMA	24/09/2021	USSA Swimming Championships
43*	1:17.31	L	F	Michele Esterhuizen	49	CSA EZD	03/12/2021	Mpumalanga Championships 2021
43*	1:17.31	L	P	Talitha Vd Walt	21	BLMA CPT	17/03/2022	SA Level 3 Regional Age Group Chan
45	1:17.49	L	F	Erin Harty	20	NMU NMA	24/09/2021	USSA Swimming Championships
46	1:18.13	L	F	Jenna Whiting	21	TUKS FSH	24/09/2021	USSA Swimming Championships
47	1:20.01	L	F	Alani Ferreira	23	KZNA ETH	06/04/2022	SA National Aquatic SNR-JNR Champ
48	1:27.69	L	F	Jemma Bodington	MR	PSA ZLD	20/11/2021	KCDA November Age Group Gala 202
49	1:29.27	L S	P	Coreen Hechter	20	BLSS MAN	08/12/2021	Free State Champs 2021
50	1:30.38	L	P	Tawananyasha Makudo	19	ISSC NMD	22/03/2022	SA Level 2 Regional Age Group Cham
51	1:32.36	L	F	Katelyn Marais	19	AGA EKU	06/04/2022	SA National Aquatic SNR-JNR Champ
52	1:52.91	L S	F	Melisa O'Neill	30	ASAC CPT	07/12/2021	Western Cape LC-A Championship 20
<b>Women 200 Fly</b>								
1	2:11.30	L	P	Dune Coetzee	19	TUKS FSH	28/05/2021	Grand Prix No 4 Durban May 2021
2	2:18.74	L	F	Lizanne Viljoen	23	TUKS FSH	18/02/2022	2022 Grand Prix 2 Invitational Meet Du
3	2:22.75	L	F	Marizel Van Jaarsveld	22	JMDOL JHB	28/05/2021	Grand Prix No 4 Durban May 2021
4	2:23.40	L	P	Carla Antonopoulos	21	SGUL ETH	28/05/2021	Grand Prix No 4 Durban May 2021
5	2:25.89	L	F	Tori Oliver	19	ACSA ETH	17/12/2021	2021 KZNA Premier Provincial Champ
6	2:26.69	L S	P	Taneal Baptiste	22	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
7	2:29.27	L	F	Christin Mundell	20	RSA	11/10/2021	14th Africa Seniors Swimming Champi
8	2:33.56	L	F	Kiara Noades	21	TUKS FSH	24/09/2021	USSA Swimming Championships
9	2:33.96	L	F	Idelé du Toit	19	NWUC KKD	24/09/2021	USSA Swimming Championships
10	2:35.42	L	F	Courtney Pretorius	20	TUKS FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
11	2:45.50	L	F	Maryke Koen	20	MATI CED	24/09/2021	USSA Swimming Championships
12	2:45.55	L	F	Jessica Booth	19	MATI CED	24/09/2021	USSA Swimming Championships
13	2:46.18	L	F	Marné Meier	23	NWUC KKD	02/10/2021	Frank Gray Memorial Championships :
<b>Women 200 IM</b>								
1	2:12.98	L	P	Rebecca Meder	19	SGUL ETH	28/05/2021	Grand Prix No 4 Durban May 2021
2	2:18.45	L	F	Emily Visagie	24	SEAL UMD	17/12/2021	2021 KZNA Premier Provincial Champ
3	2:20.64	L	F	Marizel Van Jaarsveld	22	JMDOL JHB	28/05/2021	Grand Prix No 4 Durban May 2021
4	2:20.86	L	P	Marlies Ross	24	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
5	2:22.24	L	P	Christin Mundell	20	TUKS FSH	28/05/2021	Grand Prix No 4 Durban May 2021
6	2:22.32	L	F	Samantha Randle	23	TUKS FSH	24/09/2021	USSA Swimming Championships
7	2:22.33	L	F	Kaylene Corbett	22	TUKS FSH	15/12/2021	NTS Championships 2021
8	2:25.62	L	P	Chante' Cornelius	20	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
9	2:26.04	L	P	Kristin Bellingan	24	AGC FSH	06/04/2022	SA National Aquatic SNR-JNR Champ
10	2:26.73	L	F	Georgia Nel	19	SAAW CPT	06/05/2021	2021 Cana Grand Prix Swimming Stell
11	2:27.22	L	F	Kerryn Herbst	19	TUKS FSH	05/11/2021	NTS Prestige Gala 2021
12	2:29.28	L	F	Kaylin De Almeida	19	AA JHB	28/05/2021	Grand Prix No 4 Durban May 2021
13	2:30.13	L	P	Lana Janson	19	TYGE CPT	07/12/2021	Western Cape LC-A Championship 20
14	2:30.72	L	F	Constantina Pietersen	20	INFA NMA	25/02/2022	Infinity Gala
15	2:30.92	L	F	Taylor Pharoah	19	TUKS FSH	24/09/2021	NTS Age Group September SANJ+
16	2:31.35	L	F	Lindsay McLeod	27	SGUL ETH	17/12/2021	2021 KZNA Premier Provincial Champ
17	2:32.37	L	F	Sune Van Jaarsveld	20	TUKS FSH	29/03/2022	SA Regional Aquatic Champs 2022- N
18	2:32.89	L	F	Carissa Van Rooyen	19	MDOL EKU	28/01/2022	EGA Last Chance Gala

## Individual Top Times

Times since: 01-May-21 Times until: 30-Apr-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
19	2:33.43	L	P	Jemma Tully	20	VINE CPT	28/05/2021 Grand Prix No 4 Durban May 2021
20	2:33.59	L	F	Idel� du Toit	19	NWUC KKD	08/12/2021 NWS Championships 2020/2021
21	2:34.39	L	P	Demi- Lee Carlisle	19	AA JHB	28/05/2021 Grand Prix No 4 Durban May 2021
22	2:34.90	L	F	Zoe Sinclair	19	TUKS FSH	15/12/2021 NTS Championships 2021
23	2:35.21	L	P	Kelly Crous	19	SGUL ETH	18/02/2022 2022 Grand Prix 2 Invitational Meet Du
24*	2:35.85	L	F	Nastasiya Vrey	23	TUKS FSH	05/11/2021 NTS Prestige Gala 2021
24*	2:35.85	L	F	Marine Nortje	21	TUKS FSH	24/09/2021 USSA Swimming Championships
26	2:36.01	L	F	Kendra Du Toit	19	SOUL EKU	28/01/2022 EGA Last Chance Gala
27	2:36.04	L	F	Robyn Kinghorn	22	TUKS FSH	24/09/2021 USSA Swimming Championships
28	2:37.24	L	F	Jaime Storm	19	TUKS FSH	05/11/2021 NTS Prestige Gala 2021
29	2:37.68	L	F	Jessica Booth	19	MATI CED	10/12/2021 NMBA Championships 2021
30	2:37.71	L	P	Jenna-Laine Fuller	21	TUKS FSH	15/12/2021 NTS Championships 2021
31	2:37.81	L	F	Courtney Pretorius	20	TUKS FSH	29/03/2022 SA Regional Aquatic Champs 2022- N
32	2:39.11	L	F	Erin Gallagher	23	TUKS FSH	24/09/2021 USSA Swimming Championships
33	2:40.30	L	F	Georgia Rippon	20	MATI CED	24/09/2021 USSA Swimming Championships
34	2:41.04	L	F	Jordainne Kazimierczak	19	FLOD JHB	29/03/2022 SA Regional Aquatic Champs 2022- N
35	2:41.93	L	F	Tasneen Ebrahim	19	NMU NMA	25/02/2022 Infinity Gala
36	2:42.47	L	F	Mikayla Eagles	22	MATI CED	24/09/2021 USSA Swimming Championships
37	2:43.60	L S	F	Alani Ferreira	23	KZNA ETH	06/04/2022 SA National Aquatic SNR-JNR Champ
38	2:46.19	L	F	Emma Podesta	19	PEAS NMA	29/01/2022 3rd A League Gala 2022
39	2:46.25	L S	F	Bridget Van Breda	47	CPTM CPT	19/02/2022 CTA QUALIFYING MEET 6 - 19to20Fe
40	2:46.49	L	F	Nichola Greyling	19	NWAS	02/10/2021 Frank Gray Memorial Championships :
41	2:47.62	L	F	Hannah Ledingham	21	MATI CED	16/10/2021 Winelands SL 4
42	2:47.94	L	F	Anica Dennis	19	INFA NMA	12/11/2021 PEA Winter Gala Take 2
43	2:48.58	L	F	Netanya Robberts	20	TUKS FSH	22/10/2021 NTS October Level 1-3 Age Group
44	2:49.04	L	F	Rachael Humphries	20	NWUC KKD	02/10/2021 Frank Gray Memorial Championships :
45	2:49.10	L	F	Natalie Landmann	20	FROS MAN	28/01/2022 New Year Heidedal Gala
46	2:50.86	L	F	Erin Hartzenberg	20	TYGE CPT	30/10/2021 CANA Virtual Swimming Championshipj
47	2:51.36	L	F	Carmel Lombard	19	SEAL UMD	03/12/2021 WSC & Seals Summer LC Champs 20
48	2:51.39	L	F	Talitha Vd Walt	21	BLMA CPT	17/03/2022 SA Level 3 Regional Age Group Chan
49	2:54.92	L	F	Kristen Sullivan	33	TRAZ FSH	14/01/2022 NTS January 2022 Combined Age Grc
50	2:56.24	L	F	Carina Hambloch	42	SMSC ETH	30/10/2021 CANA Virtual Swimming Championshipj
51	2:57.19	L	F	Judi Smith	19	QUIC CPT	19/02/2022 CTA QUALIFYING MEET 6 - 19to20Fe
52	3:00.15	L	F	Katia Turchino	20	MATI CED	29/01/2022 West Coast Qualify Gala 2022
53	3:00.98	L	F	Michele Esterhuizen	49	CSA EZD	03/12/2021 Mpumalanga Championships 2021
54	3:02.61	L S	F	Cornelle Leach	23	AGA EKU	06/04/2022 SA National Aquatic SNR-JNR Champ
55	3:02.65	L	F	Rachel-Ann Van Biljon	20	TUKS FSH	05/11/2021 NTS Prestige Gala 2021
56	3:06.36	L	F	Michaela Kretzen	22	ASAC CPT	30/10/2021 CANA Virtual Swimming Championshipj
57	3:07.44	L S	F	Mari� Smith	36	CPTM CPT	19/02/2022 CTA QUALIFYING MEET 6 - 19to20Fe
58	3:10.97	L S	F	Katelyn Marais	19	AGA EKU	06/04/2022 SA National Aquatic SNR-JNR Champ
59	3:13.98	L	F	Coreen Hechter	20	BLSS MAN	23/10/2021 Otters Prestige Gala 2021
60	3:19.85	L	F	Stephanie Hofmeyr	19	BARR CPT	08/10/2021 40th Freda Barnard Invitational Gala
61	3:22.06	L	F	Jemma Bodington	MR	PSA ZLD	04/12/2021 Stingrays Swim Club Championships 2
62	3:35.53	L	F	Tawananyasha Makudo	19	ISSC NMD	13/11/2021 NWS Age Group 3 2021/22
63	3:36.66	L	F	Nicole Mogajane	19	ISSC NMD	13/11/2021 NWS Age Group 3 2021/22
64	3:37.91	L S	F	Melisa O'Neill	30	WCA CPT	06/04/2022 SA National Aquatic SNR-JNR Champ
65	3:39.79	L	F	Johane Fourie	21	BLSS MAN	06/11/2021 Heidedal Gala
66	3:45.53	L	F	Nicole De Montille	45	PGAC EKU	12/11/2021 EGA Summer 4
67	3:51.17	L	F	Cornelia Fowler	41	KLOO ETH	17/03/2022 SA Level 3 Regional Age Group Chan
68	4:04.55	L S	P	Nikita Douglass	23	AGA EKU	06/04/2022 SA National Aquatic SNR-JNR Champ
69	4:05.84	L	F	Rentia Oosthuizen	30	INFA NMA	10/12/2021 NMBA Championships 2021
70	4:09.26	L	F	Christina Van Rooyen	46	PGAC EKU	28/01/2022 EGA Last Chance Gala
71	4:20.94	L	F	Gail Potgieter	37	BLSS MAN	23/10/2021 Otters Prestige Gala 2021
<b>Women 400 IM</b>							
1	4:49.04	L	F	Rebecca Meder	19	KZNA ETH	06/04/2022 SA National Aquatic SNR-JNR Champ
2	4:55.81	L	F	Samantha Randle	23	AGC FSH	06/04/2022 SA National Aquatic SNR-JNR Champ
3	4:56.26	L	F	Marlies Ross	24	AGC FSH	06/04/2022 SA National Aquatic SNR-JNR Champ
4	5:01.86	L	F	Kristin Bellingan	24	AGC FSH	06/04/2022 SA National Aquatic SNR-JNR Champ
5	5:01.91	L	F	Christin Mundell	20	TUKS FSH	28/05/2021 Grand Prix No 4 Durban May 2021

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### Individual Top Times

Times since: 01-May-21 Times until: 30-Apr-22

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
6	5:05.25 L	F	Emily Visagie	24	SEAL UMD	17/12/2021	2021 KZNA Premier Provincial Champ	
7	5:05.75 L	P	Marizel Van Jaarsveld	22	JMDOL JHB	28/05/2021	Grand Prix No 4 Durban May 2021	
8	5:13.87 L	F	Taylor Pharoah	19	TUKS TSH	18/02/2022	2022 Grand Prix 2 Invitational Meet Du	
9	x5:14.81 L	F	Kaylene Corbett	22	TUKS TSH	24/09/2021	USSA Swimming Championships	
10	5:15.52 L	F	Carla Antonopoulos	21	SGUL ETH	30/03/2022	SA Regional Aquatic JNR-Senior Cha	
11	5:24.75 L	F	Jessica Booth	19	MATI CED	10/12/2021	NMBA Championships 2021	
12	5:30.20 L	F	Robyn Kinghorn	22	TUKS TSH	24/09/2021	USSA Swimming Championships	
13	5:31.89 L	F	Idelé du Toit	19	NWUC KKD	24/09/2021	USSA Swimming Championships	
14	5:52.29 L	F	Emma Podesta	19	PEAS NMA	29/01/2022	3rd A League Gala 2022	
15	6:14.62 L	F	Nuria Ribeiro	19	MATI CED	24/09/2021	USSA Swimming Championships	
16	6:15.32 L	F	Talitha Vd Walt	21	BLMA CPT	08/10/2021	40th Freda Barnard Invitational Gala	
17	6:15.57 L	F	Katia Turchino	20	MATI CED	24/09/2021	USSA Swimming Championships	
18	7:49.55 L	F	Melisa O'Neill	30	ASAC CPT	30/10/2021	CANA Virtual Swimming Championshi	