

### Individual Top Times

Times since: 01-May-22      Times until: 30-Apr-23  
 Number of Top Times: All      Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Women 18 &amp; Under 50 Free</b>							
1	28.93 L	F	Gemma Spies	11	INFA NMA	13/01/2023	Eastern Cape Aquatics LC Champs 2023
2	30.21 L	F	Saskya Kistnasami	11	KZNA ETH	21/04/2023	SA Schools Swimming Championship
3	30.59 L	F	Jessica Barnard	11	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group
4	30.65 L	F	Makenzie Abrams	11	ECA BUF	21/04/2023	SA Schools Swimming Championship
5	30.69 L	F	Jenna Thornton	11	INFA NMA	10/02/2023	Infinity Gala 2023
6	31.31 L	F	Freya Vilborn	11	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group
7	31.42 L	F	Aimee Van Der Merwe	11	MDOL ECU	31/03/2023	SA Level 3 Regional Age Group
8	31.84 L	F	Thandi Bosman	11	USC BUF	10/02/2023	Infinity Gala 2023
9	31.94 L	F	Jenna-Lee Watson	11	PAC TSH	31/03/2023	SA Level 3 Regional Age Group
10	31.95 L	F	Jothany Ngotchouye	11	SEAL UMD	31/03/2023	SA Level 3 Regional Age Group
11	32.07 L	F	Ava Lorenzen	11	BLMA CPT	31/03/2023	SA Level 3 Regional Age Group
12	32.08 L	P	Melokuhle Mhlongo	11	PSCP UMD	31/03/2023	SA Level 3 Regional Age Group
13	32.19 L	F	Abigail Da Silva	11	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group
14	32.20 L	F	Mari Bruwer	11	LSTZN MP	04/02/2023	Limpopo School Champs
15	32.23 L	F	Lara Macqueen	11	SEAL UMD	31/03/2023	SA Level 3 Regional Age Group
16	32.27 L	F	Violet Maritz	11	SEAL UMD	31/03/2023	SA Level 3 Regional Age Group
17	32.34 L	F	Ella Bunge	11	BLUO UGD	16/12/2022	KZNA Premier Provincial Championship
18*	32.41 L	P	Sophie Smith	11	VINE CPT	31/03/2023	SA Level 3 Regional Age Group
18*	32.41 L	F	Amelia Fury	11	VINE CPT	24/02/2023	Western Cape Elite Gala
18*	32.41 L	F	Mila Strydom	11	NC	21/04/2023	SA Schools Swimming Championship
21	32.43 L	F	Sharli Durandt	11	SSISA CPT	31/03/2023	SA Level 3 Regional Age Group
22	32.46 L	F	Olivia Stroebel	11	HPS TSH	09/12/2022	NTS Championships 2022
23	32.70 L S	F	Mia Pienaar	11	PGAC ECU	08/12/2022	EGA Summer Champs 2022
24	32.78 L	P	Lauren Walker	11	WATR JHB	31/03/2023	SA Level 3 Regional Age Group
25	32.92 L	P	Kaylee Naidoo	11	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship
26	32.95 L	P	Zoe Morgado	11	MP EZ	21/04/2023	SA Schools Swimming Championship
27	33.02 L	F	Kaylee Watt	11	DRGN JHB	20/01/2023	EGA Last Chance Galal
28	33.05 L	F	Anelle Ward	11	TUKS TSH	09/12/2022	NTS Championships 2022
29	33.06 L	P	Julia Wichmann	11	MGSC UGD	17/03/2023	SA Level 2 Regional Age Group Champs
30	33.16 L	P	Julia-Ruth Jacobs	11	BLNE MAN	31/03/2023	SA Level 3 Regional Age Group
31	33.18 L	F	Hannah-Grace Havinga	11	TUKS TSH	16/12/2022	KZNA Premier Provincial Championship
32	33.20 L	P	Zani Van Dyk	11	GSA CPT	31/03/2023	SA Level 3 Regional Age Group
33	33.27 L	P	Emily Geldart	11	INFA NMA	31/03/2023	SA Level 3 Regional Age Group
34	33.36 L	P	Sage Moodie	11	ACES ETH	16/12/2022	KZNA Premier Provincial Championship
35	33.40 L	P	Amaru Mapulane	11	CA ECU	31/03/2023	SA Level 3 Regional Age Group
36	33.42 L	F	Casia Huntley	11	WSTV ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
37*	33.46 L	P	Irma Kotzé	11	POTC KKD	31/03/2023	SA Level 3 Regional Age Group
37*	33.46 L	P	Roxanne De Lange	11	PAC TSH	31/03/2023	SA Level 3 Regional Age Group
39	33.53 L	P	Leah de Jager	11	AAS JHB	31/03/2023	SA Level 3 Regional Age Group
40	33.58 L	F	Lethabo Mogadi	11	ACAQ CCD	02/03/2023	SA Level 2 Regional Age Group Champs
41	33.60 L	F	Khwezi Magobongo	11	CPRIM BUF	25/02/2023	Eastern Cape Schools Swimming Trials
42	33.68 L	P	Lulu Swanepoel	11	ASAC CPT	31/03/2023	SA Level 3 Regional Age Group
43	33.73 L	P	Efthimia Moustakis	11	SOUL ECU	31/03/2023	SA Level 3 Regional Age Group
44	33.83 L	F	Zenicke Van Schalkwyk	11	DESA NMA	09/12/2022	NMBA Championships 2022
45	33.85 L	F	Sienna Polti	11	CYBE CPT	04/11/2022	CTA A CHAMPS 2022
46*	33.86 L	P	Amelia Oosthuizen	11	TUKS TSH	01/07/2022	Prestige Tournament 2022
46*	33.86 L	P	Tamlyn Groenewald	11	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group
48	33.91 L	P	Tyloh Aitken	11	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship
49	34.15 L S	P	Isabella Brooker	11	AACTA CPT	09/12/2022	Western Cape LC-A Championship 2022
50	34.18 L	P	Zoi Dimatellis	11	ROA EDD	31/03/2023	SA Level 3 Regional Age Group
51	34.27 L	P	Donylle Cupido	11	BLNE MAN	31/03/2023	SA Level 3 Regional Age Group
52	34.34 L S	P	Rebecca Nilsson	11	TYGE CPT	09/12/2022	Western Cape LC-A Championship 2022
53	34.37 L	P	Jessica Wood	11	TCA ECU	02/03/2023	SA Level 2 Regional Age Group Champs
54	34.40 L	P	Elle Gasson	11	BLSS MAN	31/03/2023	SA Level 3 Regional Age Group
55	34.46 L	F	Julie Olivier	11	CTA CPT	28/01/2023	NMBA Intra-District Championship
56*	34.47 L	F	Jeneva Noble-Ashby	11	SGUL ETH	17/03/2023	SA Level 2 Regional Age Group Champs
56*	34.47 L	P	Lika Zietsman	11	BETH FDD	03/03/2023	SA Level 2 Regional Age Group Champs
58	34.56 L	F	Pippa Polti	11	CYBE CPT	04/11/2022	CTA A CHAMPS 2022

## Individual Top Times

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**Number of Top Times: All**

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	Time	P/F/S	Name	Age/Yr				
59	34.62	L	F	Jade Rogers	11	BLUO	UGD	17/03/2023 SA Level 2 Regional Age Group Champs
60	34.68	L	F	Jenna Joyce	11	CTA	CPT	28/01/2023 NMBA Intra-District Championship
61	34.71	L	P	Leané Van der Merwe	11	PRA	NGD	31/03/2023 SA Level 3 Regional Age Group
62	34.73	L S	P	Zibusiso Xulu	11	KLOO	ETH	03/10/2022 Sasolburg Swim Club Invitational Gala
63	34.81	L	P	Hannah Wright	11	CA	EKU	31/03/2023 SA Level 3 Regional Age Group
64	34.82	L S	P	Morgan Tandy	11	ESTR	EKU	08/12/2022 EGA Summer Champs 2022
65*	34.83	L	F	Jaimee Cronje	11	COMS	FSH	08/10/2022 NTS Sprint Gala
65*	34.83	L	F	Wilmi Esbach	11	GHS	BPD	10/02/2023 NW School Championships 2023
67	34.95	L	P	Livia Gutter	11	BLNE	MAN	31/03/2023 SA Level 3 Regional Age Group
68*	34.97	L	F	Jany Norval	11	SS	MPD	02/03/2023 SA Level 2 Regional Age Group Champs
68*	34.97	L	P	Isabella Oswald	11	AAS	JHB	01/12/2022 CGA LC Summer Championships Level
70	34.98	L	F	Carolina Eybers	11	VRY	ZLD	28/01/2023 Ushaka Champs 2023
71	35.09	L	P	Mila Nienaber	11	QSAW	CED	31/03/2023 SA Level 3 Regional Age Group
72	35.11	L	P	Talia McCabe	11	WATR	JHB	31/03/2023 SA Level 3 Regional Age Group
73	35.14	L	F	Miya De Villiers	11	BLTA	NMA	09/12/2022 NMBA Championships 2022
74*	35.16	L	P	Amber Gaddin	11	AAS	JHB	21/03/2023 SA National Junior Age Group
74*	35.16	L	P	Melan van der Spuy	KR	BLOT	MAN	31/03/2023 SA Level 3 Regional Age Group
76	35.21	L	P	Alexia Montgomery	11	AQUA	BUF	03/03/2023 SA Level 2 Regional Age Group Champs
77	35.22	L	F	Emma De Villiers	11	BLTA	NMA	09/12/2022 NMBA Championships 2022
78	35.24	L	P	Nina Van Staden	11	KSC	EZD	02/03/2023 SA Level 2 Regional Age Group Champs
79	35.30	L	F	Alice Esterhuysen	11	KSTAR	EDD	07/10/2022 41st Freda Barnard Invitational Gala
80	35.31	L	F	Umari Bloem	AR	BLOT	MAN	06/12/2022 Free State Champs 2022
81	35.32	L	P	Mila-Belle Slatter	11	SSISA	CPT	31/03/2023 SA Level 3 Regional Age Group
82	35.39	L	F	Malaika van Leeuwen	11	ASA	ILD	05/11/2022 KZN Junior Championships 2022
83	35.41	L	F	Anneke Pieterse	11	LSWBA	WBD	04/02/2023 Limpopo School Champs
84	35.46	L	P	Emihle James	11	RBOT	BPD	03/03/2023 SA Level 2 Regional Age Group Champs
85	35.48	L	P	Caeli Ferreira	11	AAS	JHB	01/12/2022 CGA LC Summer Championships Level
86	35.50	L	F	Frances Esterhuysen	11	KSTAR	EDD	18/02/2023 EDEN 5th A-League Gala 2023
87	35.57	L	F	Mia Lombard	11	HARL	BUF	03/03/2023 SA Level 2 Regional Age Group Champs
88	35.58	L	P	Tatum Venter	11	WSS	LLD	03/03/2023 SA Level 2 Regional Age Group Champs
89	35.61	L	P	Anja Solomon	11	NC		21/04/2023 SA Schools Swimming Championship
90	35.63	L	F	Hayley De Haas	11	SEAL	UMD	25/11/2022 WSC & Seals Summer LC Champs 2022
91	35.65	L	P	Anika Muller	11	MSC	NGD	31/03/2023 SA Level 3 Regional Age Group
92	35.68	L	P	Chloe Potgieter	11	SEAL	UMD	31/03/2023 SA Level 3 Regional Age Group
93	35.70	L	F	Talia Hill	11	PAC	FSH	02/03/2023 SA Level 2 Regional Age Group Champs
94*	35.73	L S	P	Victoria Jackson	11	SOUL	EKU	08/12/2022 EGA Summer Champs 2022
94*	35.73	L	F	Cara Louw	11	VASTR	KKD	10/02/2023 NW School Championships 2023
96	35.74	L	F	Abigail Slabber	11	SEAL	UMD	05/11/2022 KZN Junior Championships 2022
97	35.75	L	P	Ava Constantinides	11	SWIFT	EKU	31/03/2023 SA Level 3 Regional Age Group
98	35.76	L	P	Madison Polti	11	CYBE	CPT	31/03/2023 SA Level 3 Regional Age Group
99	35.80	L	F	Liyanda Miti	11	CPRIM	BUF	21/02/2023 Buffalo City Primary School Trials 2023
100	35.83	L	F	Lethabo Mogadi	11	MITCH	CC	04/02/2023 Limpopo School Champs
101	35.90	L S	P	Caylie Azar	11	BLSS	MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
102*	35.98	L	F	Ella Van Viegen	11	BLSS	MAN	27/01/2023 Seals Bullsharks Gala
102*	35.98	L	F	Lisa Du Toit	11	SEAL	UMD	17/03/2023 SA Level 2 Regional Age Group Champs
104	36.00	L	F	Erin Chree	11	INFA	NMA	19/11/2022 5th A League Gala
105	36.05	L	F	Arabella Duggan	11	PEAS	NMA	09/12/2022 NMBA Championships 2022
106	36.10	L L	F	Gabriela Govender	11	INFA	NMA	13/01/2023 Eastern Cape Aquatics LC Champs 2023
107	36.11	L	F	Gea March	11	UPSK		03/03/2023 SA Level 2 Regional Age Group Champs
108	36.18	L S	F	Nina Steyn	11	BLSS	MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
109	36.20	L	P	Nicola Peers	11	SASE	JHB	02/03/2023 SA Level 2 Regional Age Group Champs
110	36.22	L	P	Lea Grobler	11	AQU	ADJ	17/03/2023 SA Level 2 Regional Age Group Champs
111	36.27	L	P	Morgan Maree	11	DRGN	JHB	31/03/2023 SA Level 3 Regional Age Group
112	36.31	L	P	Trinity Kavanagh	11	TCA	EKU	02/03/2023 SA Level 2 Regional Age Group Champs
113	36.33	L	F	Katherine Pappas	11	INFA	NMA	03/03/2023 SA Level 2 Regional Age Group Champs
114	36.38	L	P	Annabelle Roos	11	SPS	BUF	21/02/2023 Buffalo City Primary School Trials 2023
115	36.40	L	F	Alina Dore	11	MGSC	UGD	25/11/2022 WSC & Seals Summer LC Champs 2022
116	36.41	L	F	Amieka Henning	11	GHS	BPD	10/02/2023 NW School Championships 2023
117*	36.44	L	P	Mia Putter	11	NWUC	KKD	31/03/2023 SA Level 3 Regional Age Group

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	Time	P/F/S	Name	Age/Yr					
117*	36.44	L	P	Sienna Seagram	11	ELEC	FSH	31/03/2023	SA Level 3 Regional Age Group
119	36.47	L	P	Emma Groenewald	11	KTS		31/03/2023	SA Level 3 Regional Age Group
120	36.48	L	F	Holly Dorrestein-Rowley	11	ELEC	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
121	36.54	L	F	Marli Coetzee	11	GSA	CPT	21/01/2023	CTA Qualifying Meet #7
122*	36.57	L	F	Casey Lee Mccabe	11	LSPHA	MP	04/02/2023	Limpopo School Champs
122*	36.57	L	P	Anya Sonnekus	11	TYGE	CPT	31/03/2023	SA Level 3 Regional Age Group
124	36.63	L	P	Elrie Moolman	11	OLDE	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
125*	36.64	L	P	Oatile Oliphant	11	WATR	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
125*	36.64	L	F	Jessica Darling	11	BLMA	CPT	28/01/2023	Winelands SL Final
127	36.70	L	F	Liza Oosthuizen	11	CLSC	WCD	11/02/2023	WCA-B Champs - 2023
128*	36.73	L	P	Lucy Seymour	11	CRSC	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
128*	36.73	L	P	Leeann Reynolds	11	SOUL	EKU	31/03/2023	SA Level 3 Regional Age Group
130	36.81	L	P	Isabella Cownie	11	TUKS	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
131	36.84	L	P	Mila Howell	11	CPRIM	BUF	21/02/2023	Buffalo City Primary School Trials 2023
132	36.86	L	F	Emma Hunter	11	KNYA	EDD	18/02/2023	EDEN 5th A-League Gala 2023
133*	36.87	L	F	Molly Calf	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
133*	36.87	L	F	Camryn Weber	11	SPS	BUF	21/02/2023	Buffalo City Primary School Trials 2023
133*	36.87	L	P	Francesca Flack	11	CLSC	WCD	31/03/2023	SA Level 3 Regional Age Group
136	36.93	L	P	Suraiya Harris	11	AAS	JHB	01/12/2022	CGA LC Summer Championships Level
137	36.94	L	P	Haylee Smith	11	SGUL	ETH	16/12/2022	KZNA Premier Provincial Championship
138	36.95	L	F	Daniella Tolmay	11	AFIN	JHB	01/10/2022	2022 AG Swim Stars&OR Tambo
139	36.96	L	P	Courtney Logie	11	KLOO	ETH	17/03/2023	SA Level 2 Regional Age Group Champs
140*	37.00	L	F	Karu Rademeyer	11	VINE	CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
140*	37.00	L	F	Taygen Roden	11	BEAV	ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
142	37.03	L	F	Ava Kranenburg	11	VINE	CPT	04/11/2022	CTA A CHAMPS 2022
143	37.16	L	F	Maleleko Mushikita	11	DOLFI	MPD	22/10/2022	Limpopo Age Group 4
144	37.18	L	F	Emily Wang	11	OHAN	ILD	05/11/2022	KZN Junior Championships 2022
145	37.19	L	F	Annelie Thiar	11	CLSC	WCD	11/11/2022	Swartland Prestige Gala 2022
146	37.20	L	F	Isabella De Beer	11	QSAW	GED	11/02/2023	WCA-B Champs - 2023
147	37.25	L	F	Cailyn McDougall	11	AA	JHB	18/03/2023	Level 1 Intra-Provincial 2023
148*	37.27	L S	P	Emerson Woods	11	ESTR	EKU	08/12/2022	EGA Summer Champs 2022
148*	37.27	L	P	Jéanté Bothma	11	CSA	EZD	02/03/2023	SA Level 2 Regional Age Group Champs
150	37.28	L	F	Amalia van der Westhuizen	11	PEAS	NMA	03/03/2023	SA Level 2 Regional Age Group Champs
151*	37.32	L	F	Sarah-Rose Pohlmann	11	BEST	NMA	10/02/2023	Infinity Gala 2023
151*	37.32	L	P	Ontshiametse Makatiers	11	RBOT	BPD	03/03/2023	SA Level 2 Regional Age Group Champs
153*	37.36	L	P	Courtney Biggs	11	SASE	JHB	01/12/2022	CGA LC Summer Championships Level
153*	37.36	L	F	Iane Joubert	11	ROA	EDD	07/10/2022	41st Freda Barnard Invitational Gala
155*	37.39	L	P	Ashley Williams	11	BLNE	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
155*	37.39	L	F	Grace Newton	11	CUDU	CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
157	37.44	L	F	Julie Marais	11	LSWBA	WBD	04/02/2023	Limpopo School Champs
158	37.48	L	F	Paula Theron	11	CUDU	CPT	21/01/2023	CTA Qualifying Meet #7
159	37.50	L	F	Skye Vd Spuy	11	TUKS	FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
160	37.51	L	P	Franciska Van der Merwe	11	WRC	EZD	02/12/2022	Mpumalanga Championships 2022
161	37.53	L	P	Hayleigh Sutherland	11	AWIN	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
162	37.54	L	F	Makanaka Makoto	11	NSAD	EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
163	37.57	L	F	Kaitlyn Richter	11	PEAS	NMA	13/08/2022	Madibaz Swim Meet
164*	37.62	L	F	Rania Marnewick	11	LINR	JHB	01/10/2022	2022 AG Swim Stars&OR Tambo
164*	37.62	L	F	Mia Stilwayney	11	PAQU	GED	28/01/2023	Winelands SL Final
164*	37.62	L	F	Megan Els	11	MAC	EKU	21/10/2022	EGA Summer 2 2022
167	37.66	L	F	Jessica Head	11	SEAL	UMD	17/03/2023	SA Level 2 Regional Age Group Champs
168	37.68	L	P	Holly Oosthuizen	11	AQUA	BUF	03/03/2023	SA Level 2 Regional Age Group Champs
169	37.69	L	P	Mikayla Twali	11	CPSC	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
170	37.70	L L	F	Ofentse Mthopeng	11	ESP	EKU	08/12/2022	EGA Summer Champs 2022
171	37.73	L	F	Carlin Havemann	11	QSAW	GED	11/02/2023	WCA-B Champs - 2023
172	37.77	L	F	April Jooman	11	BEST	NMA	03/03/2023	SA Level 2 Regional Age Group Champs
173	37.78	L	F	Milan Kruger	11	QSAW	GED	11/02/2023	WCA-B Champs - 2023
174	37.79	L	F	Clarrisa Schuch	11	TOTIS	ETH	05/11/2022	KZN Junior Championships 2022
175	37.83	L	F	Addison Cochran	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
176	37.86	L	P	Kyra Lilly Meyer	11	SPS	BUF	21/02/2023	Buffalo City Primary School Trials 2023

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	Time	P/F/S	Name	Age/Yr					
177	37.88	L	F	Zamajobe Mtetwa	11	TUKS	FSH	08/10/2022	NTS Sprint Gala
178	37.92	L	F	Isabella Mackenzie	11	TUKS	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
179	38.01	L	F	Charlotte Guy	11	GSA	CPT	11/02/2023	WCA-B Champs - 2023
180	38.02	L	F	Kinique De Agrella	11	TKS	WBD	12/11/2022	Limpopo Age Group 5
181	38.04	L	F	Inge Opperman	11	BLNE	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
182	38.06	L	F	Tamryn Ririe	11	BLSS	MAN	27/01/2023	Seals Bullsharks Gala
183	38.08	L	F	Pippa Roberts	11	UNI	EZD	02/12/2022	Mpumalanga Championships 2022
184	38.19	L	P	Miane Muller	11	CA	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
185	38.20	L	P	Nina Tjallingii	11	SAAW	CPT	24/02/2023	Western Cape Elite Gala
186	38.22	L	F	Kimberly Johnson	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
187	38.24	L	F	Lucia Kempen	11	AGAQ	QBD	07/10/2022	41st Freda Barnard Invitational Gala
188	38.26	L	F	Courtney Wessels	11	OHAN	ILD	05/11/2022	KZN Junior Championships 2022
189	38.33	L	F	Mikaela Roff	11	ROJ	EDD	07/10/2022	41st Freda Barnard Invitational Gala
190	38.34	L	P	Kelly Goldschmidt	11	BALP	BUF	21/02/2023	Buffalo City Primary School Trials 2023
191	38.35	L	F	Liandri Terblanche	11	LSTZN	MP	04/02/2023	Limpopo School Champs
192*	38.36	L	F	Emma Terblanche	11	NAE	EZD	04/11/2022	MP AGE GROUP 3 GALA 4-5
192*	38.36	L	F	Tischke Rischmuller	11	RFA	FSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
194	38.38	L	F	Storm Bircher	11	CUHE	QBD	03/09/2022	CTA Qualifying Meet #4
195	38.41	L	F	Leatile Mothibinyane	11	ESP	EKU	21/10/2022	EGA Summer 2 2022
196	38.43	L	F	Mienke Rutherford	11	LSM	NGD	10/02/2023	NW School Championships 2023
197	38.45	L	F	Aimee Liebenberg	11	SWAR	WCD	11/02/2023	WCA-B Champs - 2023
198	38.46	L S	F	Katelyn Kretzmann	11	INFA	NMA	25/06/2022	PEA Winter Gala 2022
199	38.48	L	F	Mieke Van der Merwe	11	NSAD	EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER
200	38.51	L	P	Thandolwethu Dlamini	11	MP	EZ	21/04/2023	SA Schools Swimming Championship
201	38.56	L	P	Amelia Minnar	11	CPRIM	BUF	21/02/2023	Buffalo City Primary School Trials 2023
202	38.58	L	P	Lene Bester	11	MATL	KKD	03/03/2023	SA Level 2 Regional Age Group Champs
203	38.61	L S	P	Maïke Wheeler	11	BON	EKU	08/12/2022	EGA Summer Champs 2022
204	38.62	L	P	Nina Alberts	11	VRC	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
205	38.63	L	F	Megan Bosch	11	DDA	FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
206	38.66	L	F	Taurez Gunkel	11	BEAV	ETH	02/12/2022	EDA AG Gala December 2022
207	38.68	L	F	Gianna De Andrade	11	MDOL	EKU	21/10/2022	EGA Summer 2 2022
208	38.69	L	F	Cara Mills	11	UNI	EZD	02/12/2022	Mpumalanga Championships 2022
209	38.70	L S	P	Ezra Swartz	11	BULS	MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
210	38.79	L	F	Beniece Mouton	11	SWAR	WCD	11/02/2023	WCA-B Champs - 2023
211	38.85	L	F	Harper Halford	11	MANT	CPT	04/11/2022	CTA A CHAMPS 2022
212	38.94	L	P	Annabelle Gwilt	11	SASE	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
213	38.98	L	F	Juliette Wallis	11	GREY	CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
214	39.04	L	F	Ghardine Pelsler	11	NSAD	EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER
215*	39.08	L	P	Milan Young	11	RBUR	BPD	07/12/2022	NWS Championships 2022/2023
215*	39.08	L	F	Khloe Daniels	11	AWSC	JHB	18/03/2023	Level 1 Intra-Provincial 2023
217	39.11	L	F	Leonie Wink	11	VINE	CPT	24/09/2022	CTA Qualifying Meet #5
218	39.12	L	F	Annabelle Marsh	11	TINC	FSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
219	39.13	L	P	Kamea Govindasamy	11	WATR	JHB	31/03/2023	SA Level 3 Regional Age Group
220	39.18	L	F	Suné Vd Walt	11	FISH	EDD	07/10/2022	41st Freda Barnard Invitational Gala
221*	39.21	L	F	Lyla Barnard	11	RFA	FSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
221*	39.21	L	F	Nikah Solomons	11	PAQU	GED	11/02/2023	WCA-B Champs - 2023
223	39.26	L	P	Tlotliso Rakubutu	11	HREF	BPD	02/03/2023	SA Level 2 Regional Age Group Champs
224	39.36	L	F	Dunay Zovitzkey	11	TUKS	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
225	39.44	L	F	Riley Pieterse	11	TUKS	FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
226	39.46	L	F	Ciara Kroef	11	FAC	EKU	21/10/2022	EGA Summer 2 2022
227*	39.47	L S	F	Ava Larter	11	PEAS	NMA	25/06/2022	PEA Winter Gala 2022
227*	39.47	L	F	Nobubelebesisa Zwane	11	FRA	KCD	11/03/2023	KCDA Level 1 Championships 2023
229	39.50	L	F	Amani Mottiar	11	ATLA	JHB	18/03/2023	Level 1 Intra-Provincial 2023
230	39.52	L	F	Mieke Botha	11	VASTR	KKD	10/02/2023	NW School Championships 2023
231	39.54	L	P	Ane Du Plessis	11	KSC	EZD	02/12/2022	Mpumalanga Championships 2022
232	39.55	L	F	Liyah Theron	11	ROA	EDD	18/02/2023	EDEN 5th A-League Gala 2023
233	39.56	L	P	Esona Sekeleni	11	CAMB	BUF	21/02/2023	Buffalo City Primary School Trials 2023
234	39.57	L	P	Olwethu Gqoloma	11	RBOT	BPD	07/12/2022	NWS Championships 2022/2023
235*	39.64	L	F	Jessica Van Wyk	11	SEAL	UMD	25/11/2022	WSC & Seals Summer LC Champs 2022

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
235*	39.64 L	F	Kate Cunningham	11	CYBE CPT	11/02/2023	WCA-B Champs - 2023
237*	39.74 L	P	Ava Koortzen	11	LINR JHB	02/03/2023	SA Level 2 Regional Age Group Champs
237*	39.74 L	P	Elizabeth Desilla	11	MDOL EKU	02/03/2023	SA Level 2 Regional Age Group Champs
239	39.84 L	F	Mia Janse van Rensburg	11	MGSC UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
240	39.85 L	F	Nangamso Bodlani	11	FRA KCD	11/03/2023	KCDA Level 1 Championships 2023
241	39.87 L	P	Viha Beecum	11	CPRIM BUF	21/02/2023	Buffalo City Primary School Trials 2023
242	39.88 L	F	Karla Chowles	11	TYGE CPT	11/11/2022	Swartland Prestige Gala 2022
243	39.94 L	P	Angelique Marais	11	EXP TSH	02/03/2023	SA Level 2 Regional Age Group Champs
244	39.97 L	F	Abigail Krevitar	11	MGSC UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
245	40.05 L	F	Mika Coetzee	11	EXP TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
246	40.09 L	F	Lize Thompson	11	SWAR WCD	11/02/2023	WCA-B Champs - 2023
247	40.10 L	F	Nondalo Mkhasibe	11	SEAL UMD	05/11/2022	KZN Junior Championships 2022
248	40.18 L	F	Riley Janse van Rensburg	11	AQUA UTD	03/12/2022	Uthukela District Age Group Gala 3 Dec
249	40.22 L	F	Jasmine Acker-Cooper	11	SGUL ETH	19/03/2023	KZN Level 1 Championships 2023
250	40.29 L	F	Marietta Ferreira	11	EXP TSH	02/12/2022	2022 The Tshwane Mayoral Gala
251	40.31 L	F	Mia Bernard	11	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala
252	40.32 L	F	Leah Stewart	11	UNIC MPD	04/02/2023	Limpopo School Champs
253	40.36 L	P	Taylor Siebrits	11	STSC KCD	17/03/2023	SA Level 2 Regional Age Group Champs
254*	40.37 L	F	Jane Botha	11	VALS FDD	06/12/2022	Free State Champs 2022
254*	40.37 L	F	Elnye Potgieter	11	GAU	19/03/2023	2023 TOYOTA SASAPD
256	40.43 L	P	Ane' Lindthout	11	BLNE MAN	03/03/2023	SA Level 2 Regional Age Group Champs
257	40.47 L	F	Londiwe Ngwenya	11	SGUL ETH	19/03/2023	KZN Level 1 Championships 2023
258	40.57 L	F	Zoey Dampier	11	SS MPD	02/12/2022	Limpopo Champs
259	40.58 L	F	Chanlè Jacobs	11	STGR	07/12/2022	NCASA CHAMPS 2022
260	40.61 L	P	Alyssa van Niekerk	11	FAC EKU	02/03/2023	SA Level 2 Regional Age Group Champs
261	40.62 L	F	Abigail Naicker	11	PHOE ETH	19/03/2023	KZN Level 1 Championships 2023
262	40.63 L	F	Alize Spangenberg	11	EXP TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
263	40.67 L	P	Natalie De Beer	11	CPSC TSH	02/03/2023	SA Level 2 Regional Age Group Champs
264	40.71 L S	P	Kiara Naidoo	11	BON EKU	08/12/2022	EGA Summer Champs 2022
265	40.81 L	F	Eumari Van den Heever	11	RFA TSH	02/12/2022	2022 The Tshwane Mayoral Gala
266	40.83 L	F	Heike Wessels	11	QUIC CPT	03/03/2023	SA Level 2 Regional Age Group Champs
267	40.86 L	F	Annabelle Kruger	11	DESA NMA	10/02/2023	Infinity Gala 2023
268	40.88 L	F	Jada-Leigh Brockman	11	HURA CPT	03/03/2023	SA Level 2 Regional Age Group Champs
269	40.92 L	P	Melanie Munyoro	11	WATR JHB	02/03/2023	SA Level 2 Regional Age Group Champs
270	41.02 L	F	Angelina Fernandes	11	WSS LLD	24/09/2022	Bull-Sharks Gala
271	41.04 L	F	Margelie Hansen	11	PLAY CED	03/03/2023	SA Level 2 Regional Age Group Champs
272*	41.06 L	F	Liv van den Heever	11	AZON ETH	16/07/2022	AQZ Dual Meet
272*	41.06 L	F	Amahle Mazula	11	MAKO EKU	18/03/2023	Level 1 Intra-Provincial 2023
274	41.10 L S	P	Madison Botha	11	RAV EKU	08/12/2022	EGA Summer Champs 2022
275	41.17 L	F	Olivia Marais	11	ELEC TSH	02/12/2022	2022 The Tshwane Mayoral Gala
276	41.20 L	F	Jane Retief	11	LALE CED	28/01/2023	Winelands SL Final
277	41.21 L	F	Jana Durrans	11	QSAW CED	11/02/2023	WCA-B Champs - 2023
278	41.30 L	F	Eden Bollay	11	WSTV ETH	05/11/2022	KZN Junior Championships 2022
279	41.31 L	P	Maya Johnstone	11	AFIN JHB	02/03/2023	SA Level 2 Regional Age Group Champs
280	41.32 L	F	Sofia de Freitas	11	MAKO EKU	10/09/2022	Adrian Grafe Gala 2022
281*	41.58 L	P	Kopano Lempe	11	MAKO EKU	02/03/2023	SA Level 2 Regional Age Group Champs
281*	41.58 L	F	Emily Suckling	11	FSE KCD	11/03/2023	KCDA Level 1 Championships 2023
283	41.64 L	F	Kirsten Koopman	11	TOTIS ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
284	41.68 L	P	Rachele Goosen	11	UNI EZD	02/12/2022	Mpumalanga Championships 2022
285	41.72 L	F	Huei-Gin Chen	11	DORE JHB	18/03/2023	Level 1 Intra-Provincial 2023
286	41.73 L	F	Kabo Phalane	11	HASC JHB	18/03/2023	Level 1 Intra-Provincial 2023
287	41.90 L S	F	Caitlin Douglas	11	ROA EDD	25/06/2022	PEA Winter Gala 2022
288	41.92 L	P	Jane Du Preez	11	NAE EZD	02/12/2022	Mpumalanga Championships 2022
289	41.93 L	F	Amanda Honneysett	11	AQDO CPT	07/10/2022	41st Freda Barnard Invitational Gala
290*	41.99 L	P	Milandrie Gouws	11	TLAC BPD	07/12/2022	NWS Championships 2022/2023
290*	41.99 L	F	Chiniq Breet	11	CSA EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
292*	42.04 L	P	Emmalynn Strydom	11	TUKS TSH	02/03/2023	SA Level 2 Regional Age Group Champs
292*	42.04 L	F	Emma Van Driel	11	VRC TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
294	42.09 L	F	Liané Van Heerden	11	LSTZN MP	04/02/2023	Limpopo School Champs

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	Time	P/F/S	Name	Age/Yr			
295	42.13	L	F	Yalsha Moodley	11	SGUL	ETH 19/03/2023 KZN Level 1 Championships 2023
296	42.28	L	F	Sunechka Roodt	11	SLS	KKD 10/02/2023 NW School Championships 2023
297	42.40	L	F	Carli Kieck	11	AWIN	FSH 02/12/2022 2022 The Tshwane Mayoral Gala
298	42.42	L	F	Nala Hlapho	11	LEBII	10/02/2023 NW School Championships 2023
299	42.53	L	F	Tatum Macintosh	11	CA	EKU 21/10/2022 EGA Summer 2 2022
300	42.54	L	F	Jordan Godfrey	11	AFIN	JHB 18/03/2023 Level 1 Intra-Provincial 2023
301	42.55	L	F	Swapnika Kasireddy	11	SASE	JHB 25/02/2023 CGA Level 3+ Last Chance gala
302	42.58	L	F	Dinette Van Niekerk	11	BLNE	MAN 21/01/2023 PELICAN NEPTUNE GALA
303	42.60	L	F	Ella Hodges	11	ACES	ETH 05/11/2022 KZN Junior Championships 2022
304	42.65	L	P	Xysca Bezuidenhout	11	FRA	KCD 17/03/2023 SA Level 2 Regional Age Group Champs
305	42.75	L	P	Isabelle Boyd	11	MSC	NGD 02/12/2022 Mpumalanga Championships 2022
306*	42.78	L	F	Elri De Waal	11	STGR	19/11/2022 AGE GROUP 3 KBY 2022
306*	42.78	L	F	Mia Lourens	11	CUDU	CPT 12/11/2022 CTA B CHAMPS
308	42.85	L	F	Mieke du Toit	11	LINR	JHB 18/03/2023 Level 1 Intra-Provincial 2023
309	42.87	L	F	Kendall Dennehy	11	AQDO	CPT 07/10/2022 41st Freda Barnard Invitational Gala
310	43.08	L	F	Keletso Goeieman	11	KALA	18/02/2023 AGE GROUP 6 KATHU - 2023
311	43.12	L	F	Morganne Michielsens	11	OHAN	ILD 05/11/2022 KZN Junior Championships 2022
312	43.13	L	F	Mieke Van der Walt	11	NWUC	KKD 21/01/2023 NWS Sprint Gala 2023
313	43.16	L	F	Izabel Harrison	11	GREY	CPT 13/11/2022 Winelands Summer League 4
314	43.17	L	F	Ava Nel	11	SS	MPD 02/12/2022 Limpopo Champs
315	43.21	L	F	Payton Mathee	11	SGUL	ETH 05/11/2022 KZN Junior Championships 2022
316	43.29	L	F	Xandri Hattingh	11	KTS	18/02/2023 AGE GROUP 6 KATHU - 2023
317	43.31	L	P	Wilmari Nortman-Gobey	11	HREF	BPD 07/12/2022 NWS Championships 2022/2023
318	43.33	L	F	Riley Thompson	11	HARL	BUF 02/12/2022 BCA Long Course Championships 2022
319	43.34	L	P	Julia Pienaar	11	TLAC	BPD 03/03/2023 SA Level 2 Regional Age Group Champs
320	43.38	L	F	Juané Labuschagne	11	LSMSA	VB 04/02/2023 Limpopo School Champs
321*	43.53	L	F	Kaira Nel	11	WELA	LLD 21/01/2023 PELICAN NEPTUNE GALA
321*	43.53	L	F	Lia Basson	11	TUKS	FSH 27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
323	43.75	L	F	Elle Joubert	11	QSAW	CED 18/02/2023 Swartland Invitational Gala 2023
324	43.87	L	F	Jiya Benjamin	11	PAQU	CED 28/01/2023 Winelands SL Final
325*	43.88	L	F	Mishay Smith	11	ZASC	FSH 02/12/2022 2022 The Tshwane Mayoral Gala
325*	43.88	L	F	Dunay Fatcher	11	FRA	KCD 28/01/2023 Ushaka Champs 2023
327	43.94	L	F	Liane Ferreira	11	PLAY	CED 13/11/2022 Winelands Summer League 4
328	43.99	L	F	Khaya Nguphane	11	PCS	KKD 10/02/2023 NW School Championships 2023
329	44.06	L	F	Elmiah Vd Merwe	11	TUKS	FSH 21/10/2022 NTS October Lev 3 Age Group Gala
330	44.09	L	F	Olivia Talbot	11	KNYA	EDD 18/02/2023 EDEN 5th A-League Gala 2023
331	44.24	L	F	Kaylan Venter	11	FAAC	FBD 07/10/2022 FLAMINGO GALA OCT 2022
332	44.26	L	F	Bonolo Nthwane	11	MATL	KKD 21/01/2023 NWS Sprint Gala 2023
333	44.30	L	F	Khensho Mabasa	11	SS	MPD 02/12/2022 Limpopo Champs
334	44.32	L	F	Rua De Wit	11	QUIC	CPT 11/02/2023 WCA-B Champs - 2023
335	44.48	L	F	Paballo Mabote	11	MAKO	EKU 18/03/2023 Level 1 Intra-Provincial 2023
336	44.50	L	F	Carmi Roux	11	CSA	EZD 28/01/2023 CANA GRAND PRIX JAN 2023
337	44.52	L	F	Heleina Esterhuysen	11	CLSC	WCD 11/11/2022 Swartland Prestige Gala 2022
338	44.54	L	F	Addison Oldfield-Sammons	11	BARA	EKU 18/03/2023 Level 1 Intra-Provincial 2023
339	44.55	L	F	Olivia Elan-Puttick	11	QSAW	CED 13/11/2022 Winelands Summer League 4
340	44.61	L	F	Christie Russell	11	SUPE	JHB 18/03/2023 Level 1 Intra-Provincial 2023
341*	44.66	L	F	Inge Meintjies	11	BETH	FDD 27/01/2023 Seals Bullsharks Gala
341*	44.66	L	F	Jodi Marais	11	BLMA	CPT 28/01/2023 Winelands SL Final
343	44.75	L	F	Rachael Nieuwoudt	11	QSAW	CED 18/02/2023 Swartland Invitational Gala 2023
344	44.90	L	F	Michelle De Beer	11	TASC	MPD 12/11/2022 Limpopo Age Group 5
345	44.96	L	F	Caitlin Wagner	11	CUR	EZD 11/03/2023 SSA LEVEL 1 REGIONAL CHAMPS
346	45.07	L	F	Izabella Samuel	11	AQDO	CPT 12/11/2022 CTA B CHAMPS
347	45.14	L S	P	Isabelle Adendorff	11	JAQ	EKU 08/12/2022 EGA Summer Champs 2022
348	45.15	L S	P	Aleksia Demetriou	11	MATL	KKD 03/10/2022 Sasolburg Swim Club Invitational Gala
349	45.26	L	F	Kendal Few	11	FIELD	BPD 10/02/2023 NW School Championships 2023
350	45.37	L	F	Zoë Schmidt	11	SS	MPD 12/11/2022 Limpopo Age Group 5
351	45.47	L	F	Zoe Bayisayi	11	TCA	EKU 21/10/2022 EGA Summer 2 2022
352	45.50	L	F	Line Cilliers	11	FAAC	FBD 19/11/2022 AGE GROUP 3 KBY 2022
353	45.52	L	F	Esté Gersbach	11	BARR	CPT 07/10/2022 41st Freda Barnard Invitational Gala

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

	Time	P/F/S	Name	Age/Yr			
354	45.54 L	P	Cornelea Breedt	11	ESP EKU	02/03/2023	SA Level 2 Regional Age Group Champs
355	45.65 L	F	Alia Leeuwner	11	CSA EZD	14/10/2022	MP AGE GROUP 2 GALA 14-15
356	45.74 L	F	Charné Terblanche	11	KNYJ EDD	22/10/2022	EDEN 2nd A-League Gala 2022
357	45.87 L	F	Julie Neumann	11	PCS KKD	10/02/2023	NW School Championships 2023
358	45.89 L	F	Megan Mukundi	11	AQDO CPT	07/10/2022	41st Freda Barnard Invitational Gala
359	45.92 L	F	Cara Vd Westhuizen	11	TASC MPD	12/11/2022	Limpopo Age Group 5
360	45.93 L	F	Logan Nieuwenhuys	11	KALA	18/02/2023	AGE GROUP 6 KATHU - 2023
361	45.99 L	F	Klara Botha	11	SS MPD	22/10/2022	Limpopo Age Group 4
362	46.07 L S	P	Sithabile Mdlalose	11	JAQ EKU	08/12/2022	EGA Summer Champs 2022
363	46.19 L	F	Susanna Ellis	11	LSM NGD	10/02/2023	NW School Championships 2023
364	46.22 L	F	Oratilwe Ngubeni	11	JAQ EKU	18/03/2023	Level 1 Intra-Provincial 2023
365	46.35 L	F	Mia De Esclana	11	VRC TSH	02/12/2022	2022 The Tshwane Mayoral Gala
366	46.38 L	F	Ratanang Gambu	11	TMAC ETH	19/03/2023	KZN Level 1 Championships 2023
367	46.40 L	F	Tayla-Jean Gibb	11	HARL BUF	02/12/2022	BCA Long Course Championships 2022
368	46.42 L	F	Orefile Ramphele	11	MATL KKD	21/01/2023	NWS Sprint Gala 2023
369	46.44 L	F	Chloë Snyman	11	SS MPD	02/12/2022	Limpopo Champs
370	46.54 L	F	Anesuishe Jojozi	11	PELIC MAN	21/01/2023	PELICAN NEPTUNE GALA
371	46.77 L	F	Lika Els	11	QSAW CED	31/03/2023	SA Level 3 Regional Age Group
372*	46.82 L	F	Lezani Mansfield	11	AQUA UTD	04/02/2023	Uthukela District Age Group Gal 4 Feb
372*	46.82 L	F	Adiana Van der Merwe	11	STGR	07/12/2022	NCASA CHAMPS 2022
374	46.89 L	F	Addison Kirk	11	RFA TSH	01/10/2022	2022 AG Swim Stars&OR Tambo
375	46.94 L	F	Nica-Ann Dos Santos	11	STSC KCD	19/11/2022	Froggies Aquatics Championships 2022
376	47.13 L	F	Naledi Mohapi	11	ESTR EKU	17/02/2023	EGA Let's Race 2023
377	47.30 L	F	Shehzadi Abdul Gafar	11	PCS KKD	10/02/2023	NW School Championships 2023
378	47.44 L	F	Carissa Pitout	11	BETH FDD	21/01/2023	PELICAN NEPTUNE GALA
379	47.52 L	P	Imke Vermaak	11	RBUR BPD	07/12/2022	NWS Championships 2022/2023
380*	47.86 L	F	Lize Pienaar	11	BULS MAN	04/02/2023	Heidedal Kovsie Gala
380*	47.86 L	F	Ayesha Motala	11	ATLA JHB	18/03/2023	Level 1 Intra-Provincial 2023
382	48.26 L	F	Motheo Mofokeng	11	KPS KKD	10/02/2023	NW School Championships 2023
383	48.31 L	F	Kendra Samuels	11	GSA CPT	12/11/2022	CTA B CHAMPS
384	48.45 L	F	Saskia von Maltitz	11	BULS MAN	22/10/2022	Otters Prestige Gala 2022
385	48.67 L	F	Hesmari MacRobert	11	KSTAR EDD	18/02/2023	EDEN 5th A-League Gala 2023
386	48.72 L	F	Nozibusiso Dube	11	STSC KCD	21/01/2023	KCDA January Age Group Gala 2023
387	48.83 L	F	Frané van Wyk	11	BS LLD	05/11/2022	Seals Heidedal Gala
388	49.02 L	F	Suzette Coetzee	11	KALA	03/12/2022	AGE GROUP 4 KATHU 2022
389	49.51 L	F	Zana Richardson	11	CUR EZD	11/03/2023	SSA LEVEL 1 REGIONAL CHAMPS
390	49.76 L	F	Lizae Swanepoel	11	STGR	03/12/2022	AGE GROUP 4 KBY 2022
391	49.87 L	F	La Rochelle de Beer	11	VASTR KKD	10/02/2023	NW School Championships 2023
392	50.01 L	F	Melokuhle Hlatshwayo	11	USH UHD	11/03/2023	KCDA Level 1 Championships 2023
393	50.21 L	F	Zisuliwe Zikhali	11	MAKO EKU	18/03/2023	Level 1 Intra-Provincial 2023
394	50.35 L	F	Gia De Wit	11	QUIC CPT	12/11/2022	CTA B CHAMPS
395	50.42 L	P	Angelica Pienaar	11	TLAC BPD	07/12/2022	NWS Championships 2022/2023
396	50.55 L	F	Danielle Kileshye Onema	11	ISSA	10/02/2023	NW School Championships 2023
397	50.71 L	F	Karlién Human	11	SS MPD	22/10/2022	Limpopo Age Group 4
398	51.02 L	F	Tshimologo Van Vuuren	11	ACSC TSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
399	51.35 L	F	Amyoli Vutha	11	AQUA BUF	02/12/2022	BCA Long Course Championships 2022
400	51.48 L	F	Wila McHugh	11	HDAQ MPD	12/11/2022	Limpopo Age Group 5
401	51.71 L	F	Hakhakhi Matodzi	11	SOWE JHB	18/03/2023	Level 1 Intra-Provincial 2023
402	51.83 L	F	Lisa Raath	11	WRP EZD	30/09/2022	MP AGE GROUP 1
403	52.33 L	F	Akhona Lama	11	ESTR EKU	18/03/2023	Level 1 Intra-Provincial 2023
404	52.76 L	F	Karolien Wilmot	11	BULS MAN	05/11/2022	Seals Heidedal Gala
405	53.09 L	F	Angelique Kyanda-Kaboza	11	DESA NMA	19/11/2022	5th A League Gala
406	53.18 L	F	Ami Wiesner	11	CUHE OBD	13/11/2022	Winelands Summer League 4
407	53.23 L	F	Leanri Bekker	11	PEAS NMA	16/07/2022	1st A League Gala 2022 NMA
408	53.36 L	F	Lisa Mahadeo	11	AA JHB	18/03/2023	Level 1 Intra-Provincial 2023
409	53.82 L	F	Kabo Raseloma	11	LEBII	10/02/2023	NW School Championships 2023
410	54.01 L	F	Tshegofatso Maphoto	11	CURHK CCD	04/02/2023	Limpopo School Champs
411	54.23 L	F	Lufuno Masupa	11	WSS LLD	06/12/2022	Free State Champs 2022
412	54.41 L	F	Liyema Boya	11	MPS NGD	20/01/2023	MP AGE GROUP 4 GALA 21 - 22

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr					
413	55.06 L	F	Minke Ferreira	LN	BLOT MAN	05/11/2022	Seals	Heidedal Gala	
414	55.19 L	F	Jeanne-Marie Jordaan	11	EVO CPT	18/02/2023	Swartland	Invitational Gala 2023	
415	55.73 L	F	Zelia Du Toit	11	BLNE MAN	24/09/2022	Bull-Sharks	Gala	
416	56.07 L	F	Caroline Abbott	11	QUIC CPT	07/10/2022	41st Freda Barnard	Invitational Gala	
417	56.11 L	F	Esti Raath	11	WRP EZD	30/09/2022	MP AGE GROUP 1		
418	56.21 L	F	Nicolien Poolman	11	KALAH	25/02/2023	FLAMINGO GALA 2023		
419	56.45 L	F	Madison Steyn	11	AQUA UTD	07/01/2023	Uthukela District	January 2023 Age	
420	57.99 L	F	Masego Sereto	11	ATTE FSH	17/02/2023	NTS February Lev 1+2	Age Group Gala	
421	58.29 L	F	Roaluswa Manenzhe	11	MATL KKD	21/01/2023	NWS Sprint	Gala 2023	
422	59.45 L	F	Anneke Paulsen	11	ASAC CPT	12/11/2022	CTA B CHAMPS		
423	1:00.07 L	F	Micah-Lee Jansen	11	KHAY CPT	12/11/2022	CTA B CHAMPS		
424	1:00.88 L	F	Sabuiswa Ntuli	11	UMSH ETH	19/03/2023	KZN Level 1	Championships 2023	
425	1:02.99 L	F	Lunè Botes	11	BS LLD	12/11/2022	Kroonstad	Age Group	
426	1:05.11 L	F	Marieta Kruger	11	GHSK	05/11/2022	AGE GROUP 2	KBY 2022	
427	1:16.44 L	F	Nandipha Mukota	11	ISSA	10/02/2023	NW School	Championships 2023	
428	1:22.23 L	F	Mmalerato Mathe	11	ISSA	10/02/2023	NW School	Championships 2023	
429	1:26.23 L	F	Khumo Goeieman	11	KSSS	03/11/2022	AGE GROUP 2	KATHU 2022	
430	2:43.27 L	F	Linnique Johnson	11	KSSS	19/11/2022	AGE GROUP 3	KATHU - 2022	

### Women 18 & Under 100 Free

1	1:04.25 L	F	Gemma Spies	11	INFA NMA	09/12/2022	NMBA	Championships 2022	
2	1:07.12 L	P	Jenna Thornton	11	INFA NMA	21/03/2023	SA National	Junior Age Group	
3	1:07.35 L	P	Makenzie Abrams	11	ECA BUF	21/04/2023	SA Schools	Swimming Championship	
4	1:08.32 L	F	Ella Bunge	11	KZNA ETH	21/04/2023	SA Schools	Swimming Championship	
5	1:08.83 L	F	Jessica Barnard	11	TUKS FSH	31/03/2023	SA Level 3	Regional Age Group	
6	1:09.25 L	F	Ava Lorenzen	11	BLMA CPT	31/03/2023	SA Level 3	Regional Age Group	
7	1:09.36 L	P	Thandi Bosman	11	USC BUF	21/03/2023	SA National	Junior Age Group	
8	1:10.14 L	F	Freya Vilborn	11	TUKS FSH	31/03/2023	SA Level 3	Regional Age Group	
9	1:10.25 L	F	Abigail Da Silva	11	TUKS FSH	31/03/2023	SA Level 3	Regional Age Group	
10	1:10.61 L	F	Amelia Fury	11	VINE CPT	31/03/2023	SA Level 3	Regional Age Group	
11	1:10.68 L	P	Sharli Durandt	11	SSISA CPT	31/03/2023	SA Level 3	Regional Age Group	
12	1:11.00 L	F	Mia Pienaar	11	PGAC EKU	20/01/2023	EGA Last	Chance Galal	
13	1:11.24 L	F	Zenicke Van Schalkwyk	11	DESA NMA	31/03/2023	SA Level 3	Regional Age Group	
14	1:11.26 L	F	Hannah-Grace Havinga	11	TUKS FSH	24/02/2023	NTS February	Lev 3+ Age Group Gala	
15	1:11.40 L	F	Aimee Van Der Merwe	11	MDOL EKU	17/02/2023	EGA Let's	Race 2023	
16	1:11.50 L	F	Lulu Swanepoel	11	ASAC CPT	31/03/2023	SA Level 3	Regional Age Group	
17	1:11.57 L	F	Violet Maritz	11	SEAL UMD	31/03/2023	SA Level 3	Regional Age Group	
18	1:11.72 L	F	Kaylee Watt	11	DRGN JHB	31/03/2023	SA Level 3	Regional Age Group	
19	1:12.00 L	P	Caeli Ferreira	11	AAS JHB	31/03/2023	SA Level 3	Regional Age Group	
20	1:12.08 L	F	Leah de Jager	11	AAS JHB	25/02/2023	CGA Level 3+	Last Chance gala	
21	1:12.10 L	F	Lara Macqueen	11	SEAL UMD	31/03/2023	SA Level 3	Regional Age Group	
22	1:12.53 L	F	Zoe Morgado	11	MP EZ	21/04/2023	SA Schools	Swimming Championship	
23	1:12.60 L	P	Julia-Ruth Jacobs	11	BLNE MAN	31/03/2023	SA Level 3	Regional Age Group	
24	1:13.17 L	P	Leané Van der Merwe	11	MP EZ	21/04/2023	SA Schools	Swimming Championship	
25	1:13.20 L L	F	Lauren Walker	11	WATR JHB	31/03/2023	SA Level 3	Regional Age Group	
26	1:13.27 L	P	Mila Strydom	11	NC	21/04/2023	SA Schools	Swimming Championship	
27	1:13.56 L	P	Jothany Ngotchouye	11	SEAL UMD	31/03/2023	SA Level 3	Regional Age Group	
28	1:13.63 L	P	Anelle Ward	11	TUKS FSH	31/03/2023	SA Level 3	Regional Age Group	
29	1:13.85 L	F	Kaylee Naidoo	11	SEAL UMD	31/03/2023	SA Level 3	Regional Age Group	
30	1:13.87 L L	F	Julie Olivier	11	TYGE CPT	31/03/2023	SA Level 3	Regional Age Group	
31	1:13.88 L	P	Olivia Stroebel	11	HPS FSH	09/12/2022	NTS	Championships 2022	
32	1:13.89 L	F	Zibusiso Xulu	11	KLOO ETH	03/03/2023	KZN	Qualifying Gala	
33	1:14.25 L	F	Donylle Cupido	11	BLNE MAN	31/03/2023	SA Level 3	Regional Age Group	
34	1:14.33 L	P	Irma Kotzé	11	POTC KKD	31/03/2023	SA Level 3	Regional Age Group	
35	1:14.46 L	F	Rebecca Nilsson	11	TYGE CPT	09/12/2022	Western Cape	LC-A Championship 2022	



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	Time	P/F/S	Name	Age/Yr					
36*	1:14.53	L	P	Jaimee Cronje	11	COMS	FSH	09/12/2022	NTS Championships 2022
36*	1:14.53	L	P	Melokuhle Mhlongo	11	PSCP	UMD	31/03/2023	SA Level 3 Regional Age Group
38	1:14.54	L	P	Sienna Polti	11	CYBE	CPT	31/03/2023	SA Level 3 Regional Age Group
39*	1:14.62	L	F	Mila-Belle Slatter	11	SSISA	CPT	09/12/2022	Western Cape LC-A Championship 2022
39*	1:14.62	L	P	Mari Bruwer	11	SS	MPD	31/03/2023	SA Level 3 Regional Age Group
41	1:14.67	L	P	Tamlyn Groenewald	11	TUKS	FSH	31/03/2023	SA Level 3 Regional Age Group
42	1:14.99	L	F	Jenna-Lee Watson	11	PAC	FSH	09/12/2022	NTS Championships 2022
43	1:15.07	L	P	Emily Geldart	11	INFA	NMA	31/03/2023	SA Level 3 Regional Age Group
44	1:15.20	L	P	Sophie Smith	11	VINE	CPT	31/03/2023	SA Level 3 Regional Age Group
45	1:15.61	L	F	Julia Wichmann	11	MGSC	UGD	17/03/2023	SA Level 2 Regional Age Group Champs
46	1:15.65	L	P	Zani Van Dyk	11	GSA	CPT	31/03/2023	SA Level 3 Regional Age Group
47	1:15.77	L	F	Gina Austin	11	ELEC	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
48	1:15.93	L	F	Isabella Oswald	11	AAS	JHB	25/02/2023	CGA Level 3+ Last Chance gala
49	1:16.37	L	P	Madison Polti	11	CYBE	CPT	31/03/2023	SA Level 3 Regional Age Group
50	1:16.51	L	P	Amaru Mapulane	11	CA	EKU	31/03/2023	SA Level 3 Regional Age Group
51	1:16.66	L	P	Isabella Brooker	11	AACTA	CPT	09/12/2022	Western Cape LC-A Championship 2022
52	1:16.86	L	F	Sage Moodie	11	ACES	ETH	05/11/2022	KZN Junior Championships 2022
53	1:16.87	L	P	Isabella Mackenzie	11	TUKS	FSH	31/03/2023	SA Level 3 Regional Age Group
54	1:17.00	L	P	Talia McCabe	11	WATR	JHB	31/03/2023	SA Level 3 Regional Age Group
55	1:17.17	L	F	Carolina Eybers	11	VRY	ZLD	28/01/2023	Ushaka Champs 2023
56	1:17.24	L	F	Jessica Wood	11	TCA	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
57	1:17.28	L	F	Tyloh Aitken	11	SEAL	UMD	16/12/2022	KZNA Premier Provincial Championship
58	1:17.37	L	P	Lethabo Mogadi	11	ACAQ	CCD	02/03/2023	SA Level 2 Regional Age Group Champs
59	1:17.46	L	P	Anika Muller	11	MSC	NGD	31/03/2023	SA Level 3 Regional Age Group
60	1:17.50	L	F	Victoria Jackson	11	SOUL	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
61	1:17.57	L	F	Khwezi Magobongo	11	CPRIM	BUF	25/02/2023	Eastern Cape Schools Swimming Trials
62	1:17.60	L	F	Roxanne De Lange	11	PAC	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
63	1:17.82	L	P	Ava Kranenburg	11	VINE	CPT	31/03/2023	SA Level 3 Regional Age Group
64	1:17.83	L	F	Pippa Polti	11	CYBE	CPT	04/11/2022	CTA A CHAMPS 2022
65	1:17.84	L	P	Elle Gasson	11	BLSS	MAN	31/03/2023	SA Level 3 Regional Age Group
66	1:18.01	L	P	Morgan Maree	11	DRGN	JHB	31/03/2023	SA Level 3 Regional Age Group
67	1:18.06	L	F	Melan van der Spuy	KR	BLOT	MAN	04/02/2023	Heidedal Kovsie Gala
68	1:18.11	L	F	Ella Van Viegen	11	BLSS	MAN	06/12/2022	Free State Champs 2022
69	1:18.15	L	P	Zoi Dimatellis	11	ROA	EDD	31/03/2023	SA Level 3 Regional Age Group
70	1:18.29	L	F	Saskya Kistnasami	11	SEAL	UMD	01/07/2022	Prestige Tournament 2022
71	1:18.46	L	P	Lisa Du Toit	11	SEAL	UMD	17/03/2023	SA Level 2 Regional Age Group Champs
72	1:18.57	L	F	Lika Zietsman	11	BETH	FDD	03/03/2023	SA Level 2 Regional Age Group Champs
73	1:18.61	L	P	Leeann Reynolds	11	SOUL	EKU	31/03/2023	SA Level 3 Regional Age Group
74	1:18.63	L	P	Livia Gutter	11	BLNE	MAN	31/03/2023	SA Level 3 Regional Age Group
75	1:18.75	L	F	Hannah Wright	11	CA	EKU	08/12/2022	EGA Summer Champs 2022
76	1:18.89	L	F	Martinet Bezuidenhout	11	TUKS	FSH	03/02/2023	NTS January Lev 3+ Age Group Gala
77	1:19.03	L	P	Morgan Tandy	11	ESTR	EKU	31/03/2023	SA Level 3 Regional Age Group
78	1:19.07	L	F	Miya De Villiers	11	BLTA	NMA	10/02/2023	Infinity Gala 2023
79	1:19.14	L	F	Alice Esterhuyse	11	KSTAR	EDD	07/10/2022	41st Freda Barnard Invitational Gala
80	1:19.32	L	P	Chloe Potgieter	11	SEAL	UMD	31/03/2023	SA Level 3 Regional Age Group
81*	1:19.40	L	F	Casey Lee Mccabe	11	DOLFI	MPD	02/12/2022	Limpopo Champs
81*	1:19.40	L	P	Efthimia Moustakis	11	SOUL	EKU	31/03/2023	SA Level 3 Regional Age Group
83	1:19.41	L	F	Abigail Slabber	11	SEAL	UMD	17/03/2023	SA Level 2 Regional Age Group Champs
84	1:19.64	L	F	Jenna Joyce	11	BARR	CPT	11/02/2023	WCA-B Champs - 2023
85	1:19.69	L	P	Nina Steyn	11	BLSS	MAN	31/03/2023	SA Level 3 Regional Age Group
86	1:20.30	L S	F	Caylie Azar	11	BLSS	MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
87	1:20.31	L	P	Nina Van Staden	11	KSC	EZD	02/03/2023	SA Level 2 Regional Age Group Champs
88	1:20.33	L	F	Kaitlyn Richter	11	PEAS	NMA	13/01/2023	Eastern Cape Aquatics LC Champs 2023
89	1:20.34	L	F	Molly Calf	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
90	1:20.37	L	F	Lea Grobler	11	AQU	ADJ	17/03/2023	SA Level 2 Regional Age Group Champs
91	1:20.42	L	F	Ava Constantinides	11	SWIFT	EKU	20/01/2023	EGA Last Chance Galal
92*	1:20.68	L	P	Hayley De Haas	11	SEAL	UMD	16/12/2022	KZNA Premier Provincial Championship
92*	1:20.68	L	F	Mila Nienaber	11	QSAW	GED	11/02/2023	WCA-B Champs - 2023
94	1:20.75	L	F	Jade Rogers	11	BLUO	UGD	17/03/2023	SA Level 2 Regional Age Group Champs

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	Time	P/F/S	Name	Age/Yr				
95	1:20.91	L	P	Oatile Oliphant	11	WATR	JHB	02/03/2023 SA Level 2 Regional Age Group Champs
96	1:20.95	L	F	Cara Louw	11	RBOT	BPD	03/03/2023 SA Level 2 Regional Age Group Champs
97	1:20.98	L	P	Mia Putter	11	NWUC	KKD	31/03/2023 SA Level 3 Regional Age Group
98	1:21.00	L	F	Samantha Mazhandu	11	LINR	JHB	01/10/2022 2022 AG Swim Stars&OR Tambo
99	1:21.02	L	F	Haylee Smith	11	SGUL	ETH	25/11/2022 WSC & Seals Summer LC Champs 2022
100	1:21.07	L	F	Amieka Henning	11	HREF	BPD	07/12/2022 NWS Championships 2022/2023
101	1:21.40	L	F	Wilmi Esbach	11	GHS	BPD	10/02/2023 NW School Championships 2023
102	1:21.49	L	P	Suraiya Harris	11	AAS	JHB	31/03/2023 SA Level 3 Regional Age Group
103	1:21.55	L	F	Emma De Villiers	11	BLTA	NMA	09/12/2022 NMBA Championships 2022
104	1:21.61	L	P	Taurez Gunkel	11	BEAV	ETH	17/03/2023 SA Level 2 Regional Age Group Champs
105	1:21.63	L	F	Malaika van Leeuwen	11	ASA	ILD	05/11/2022 KZN Junior Championships 2022
106*	1:21.78	L	P	Amber Gaddin	11	AAS	JHB	01/12/2022 CGA LC Summer Championships Level
106*	1:21.78	L	P	Elrie Moolman	11	OLDE	JHB	02/03/2023 SA Level 2 Regional Age Group Champs
108	1:21.80	L	F	Frances Esterhuysen	11	KSTAR	EDD	18/02/2023 EDEN 5th A-League Gala 2023
109*	1:21.82	L	F	Anja Solomon	11	NCASA		28/01/2023 4 + 1 Inter Provincial Gala 2023
109*	1:21.82	L	F	April Jooman	11	BEST	NMA	03/03/2023 SA Level 2 Regional Age Group Champs
111	1:21.93	L	P	Trinity Kavanagh	11	TCA	EKU	02/03/2023 SA Level 2 Regional Age Group Champs
112	1:21.94	L	F	Anya Sonnekus	11	TYGE	CPT	03/09/2022 CTA Qualifying Meet #4
113	1:22.28	L	P	Emma Groenewald	11	KTS		31/03/2023 SA Level 3 Regional Age Group
114	1:22.30	L	F	Lethabo Mogadi	11	MITCH	CC	04/02/2023 Limpopo School Champs
115	1:22.34	L	F	Sarah-Rose Pohlmann	11	BEST	NMA	10/02/2023 Infinity Gala 2023
116	1:22.36	L	F	Jeneva Noble-Ashby	11	SGUL	ETH	05/11/2022 KZN Junior Championships 2022
117	1:22.50	L	P	Emma Hunter	11	KNYA	EDD	31/03/2023 SA Level 3 Regional Age Group
118	1:22.53	L	P	Amalia van der Westhuizen	11	PEAS	NMA	03/03/2023 SA Level 2 Regional Age Group Champs
119	1:22.61	L	P	Kiana Kalpage	11	HASC	JHB	02/03/2023 SA Level 2 Regional Age Group Champs
120	1:22.66	L	P	Francesca Flack	11	CLSC	WCD	31/03/2023 SA Level 3 Regional Age Group
121	1:22.87	L	F	Marli Coetzee	11	GSA	CPT	21/01/2023 CTA Qualifying Meet #7
122	1:22.91	L	P	Lucy Seymour	11	CRSC	JHB	02/03/2023 SA Level 2 Regional Age Group Champs
123	1:22.92	L	F	Gabriela Govender	11	INFA	NMA	13/01/2023 Eastern Cape Aquatics LC Champs 2023
124	1:23.01	L	P	Jany Norval	11	SS	MPD	02/03/2023 SA Level 2 Regional Age Group Champs
125	1:23.08	L	P	Gea March	11	UPSK		03/03/2023 SA Level 2 Regional Age Group Champs
126	1:23.12	L	F	Katherine Pappas	11	INFA	NMA	13/01/2023 Eastern Cape Aquatics LC Champs 2023
127	1:23.29	L	P	Daniella Tolmay	11	AFIN	JHB	02/03/2023 SA Level 2 Regional Age Group Champs
128	1:23.34	L	P	Hayleigh Sutherland	11	AWIN	TSH	02/03/2023 SA Level 2 Regional Age Group Champs
129	1:23.40	L	F	Annelie Thiar	11	CLSC	WCD	11/11/2022 Swartland Prestige Gala 2022
130	1:23.43	L	F	Anneke Pieterse	11	LSWBA	WBD	04/02/2023 Limpopo School Champs
131	1:23.50	L	F	Talia Hill	11	PAC	TSH	02/12/2022 2022 The Tshwane Mayoral Gala
132	1:23.54	L	P	Ashley Williams	11	BLNE	MAN	03/03/2023 SA Level 2 Regional Age Group Champs
133	1:23.70	L	P	Tatum Venter	11	WSS	LLD	03/03/2023 SA Level 2 Regional Age Group Champs
134*	1:23.74	L	F	Liza Oosthuizen	11	CLSC	WCD	11/02/2023 WCA-B Champs - 2023
134*	1:23.74	L	P	Erin Chree	11	INFA	NMA	03/03/2023 SA Level 2 Regional Age Group Champs
136	1:23.85	L	F	Karu Rademeyer	11	VINE	CPT	11/02/2023 WCA-B Champs - 2023
137	1:23.87	L	P	Nicola Peers	11	SASE	JHB	02/03/2023 SA Level 2 Regional Age Group Champs
138	1:23.91	L	F	Alina Dore	11	MGSC	UGD	25/11/2022 WSC & Seals Summer LC Champs 2022
139	1:24.12	L	P	Inge Opperman	11	BLNE	MAN	03/03/2023 SA Level 2 Regional Age Group Champs
140	1:24.17	L	F	Isabella De Beer	11	QSAW	CED	15/10/2022 CTA Qualifying Meet #6
141	1:24.25	L	P	Courtney Logie	11	KLOO	ETH	17/03/2023 SA Level 2 Regional Age Group Champs
142	1:24.30	L	P	Mikaela Roff	11	ROA	EDD	03/03/2023 SA Level 2 Regional Age Group Champs
143	1:24.41	L	F	Clarrisa Schuch	11	TOTIS	ETH	05/11/2022 KZN Junior Championships 2022
144	1:24.52	L	F	Mia Stilwayney	11	PAQU	CED	11/02/2023 WCA-B Champs - 2023
145	1:24.66	L	P	Thandolwethu Dlamini	11	MP	EZ	21/04/2023 SA Schools Swimming Championship
146	1:24.75	L	F	Umari Bloem	AR	BLOT	MAN	06/12/2022 Free State Champs 2022
147	1:24.78	L	F	Mia Lombard	11	SPS	BUF	21/02/2023 Buffalo City Primary School Trials 2023
148	1:24.82	L	F	Tamryn Ririe	11	BLSS	MAN	27/01/2023 Seals Bullsharks Gala
149	1:24.95	L	F	Liyanda Miti	11	CPRIM	BUF	21/02/2023 Buffalo City Primary School Trials 2023
150	1:25.25	L	F	Jessica Darling	11	BLMA	CPT	28/01/2023 Winelands SL Final
151	1:25.27	L	F	Aimee Liebenberg	11	SWAR	WCD	11/02/2023 WCA-B Champs - 2023
152	1:25.28	L	F	Emma Terblanche	11	NAE	EZD	02/12/2022 Mpumalanga Championships 2022
153	1:25.37	L	F	Sienna Seagram	11	ELEC	TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala

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**Number of Top Times: All**

**Times until: 30-Apr-23**  
**Show Long Course Only**

	Time	P/F/S	Name	Age/Yr				
154	1:25.55	L	F	Olwethu Gqoloma	11	RBOT BPD	07/12/2022	NWS Championships 2022/2023
155	1:25.57	L	P	Ofentse Mothopeng	11	ESP EKU	02/03/2023	SA Level 2 Regional Age Group Champs
156	1:25.58	L	P	Iane Joubert	11	ROA EDD	03/03/2023	SA Level 2 Regional Age Group Champs
157	1:25.61	L	F	Storm Bircher	11	CUHE OBD	28/01/2023	Winelands SL Final
158	1:25.69	L	P	Maleleko Mushikita	11	DOLFI MPD	02/03/2023	SA Level 2 Regional Age Group Champs
159	1:25.81	L	F	Zamajobe Mtetwa	11	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala
160	1:25.92	L	P	Tischke Rischmuller	11	RFA TSH	02/03/2023	SA Level 2 Regional Age Group Champs
161	1:25.96	L	P	Courtney Biggs	11	SASE JHB	01/12/2022	CGA LC Summer Championships Level
162	1:26.00	L	F	Liyah Theron	11	ROA EDD	18/02/2023	EDEN 5th A-League Gala 2023
163	1:26.08	L	F	Leonie Wink	11	VINE CPT	11/02/2023	WCA-B Champs - 2023
164	1:26.17	L	P	Annabelle Gwilt	11	SASE JHB	02/03/2023	SA Level 2 Regional Age Group Champs
165	1:26.20	L	F	Mia Janse van Rensburg	11	MGSC UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
166	1:26.32	L	P	Nina Alberts	11	WRC TSH	02/03/2023	SA Level 2 Regional Age Group Champs
167	1:26.34	L	F	Franciska Van der Merwe	11	VRC EZD	02/12/2022	Mpumalanga Championships 2022
168	1:26.48	L	F	Jessica Head	11	SEAL UMD	25/11/2022	WSC & Seals Summer LC Champs 2022
169	1:26.50	L	F	Beniece Mouton	11	SWAR WCD	11/02/2023	WCA-B Champs - 2023
170	1:26.56	L	F	Julie Marais	11	LSWBA WBD	04/02/2023	Limpopo School Champs
171	1:26.57	L	P	Lene Bester	11	MATL KKD	03/03/2023	SA Level 2 Regional Age Group Champs
172	1:26.58	L	F	Abigail Krevitar	11	MGSC UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
173	1:26.70	L	F	Kinique De Agrella	11	TKS WBD	12/11/2022	Limpopo Age Group 5
174	1:26.75	L	P	Addison Cochran	11	ASA ILD	31/03/2023	SA Level 3 Regional Age Group
175	1:26.80	L	P	Ava Koortzen	11	LINR JHB	02/03/2023	SA Level 2 Regional Age Group Champs
176	1:26.87	L	F	Josephine Van Wyk	11	LALE CED	13/11/2022	Winelands Summer League 4
177*	1:27.01	L	P	Alexia Montgomery	11	AQUA BUF	03/03/2023	SA Level 2 Regional Age Group Champs
177*	1:27.01	L	P	Maike Wheeler	11	BON EKU	02/03/2023	SA Level 2 Regional Age Group Champs
179	1:27.27	L	F	Leah Stewart	11	UNIC MPD	04/02/2023	Limpopo School Champs
180	1:27.30	L	F	Bona Fischer	11	VINE CPT	03/09/2022	CTA Qualifying Meet #4
181	1:27.44	L	F	Taygen Roden	11	BEAV ETH	02/12/2022	EDA AG Gala December 2022
182	1:27.47	L L	F	Leatile Mothibinyane	11	ESP EKU	02/03/2023	SA Level 2 Regional Age Group Champs
183	1:27.51	L	F	Makanaka Makoto	11	NSAD EZD	24/02/2023	MP AGE GROUP 6 GALA
184	1:27.71	L	F	Camryn Weber	11	SPS BUF	21/02/2023	Buffalo City Primary School Trials 2023
185	1:27.79	L	F	Tyla Charles	11	VINE CPT	11/02/2023	WCA-B Champs - 2023
186	1:27.81	L	F	Liandri Terblanche	11	LSTZN MP	04/02/2023	Limpopo School Champs
187	1:27.95	L S	F	Katelyn Kretzmann	11	INFA NMA	25/06/2022	PEA Winter Gala 2022
188	1:28.04	L	P	Tlotliso Rakubutu	11	HREF BPD	02/03/2023	SA Level 2 Regional Age Group Champs
189	1:28.13	L	P	Miane Muller	11	CA EKU	02/03/2023	SA Level 2 Regional Age Group Champs
190	1:28.14	L	F	Dunay Zovitzkey	11	TUKS TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
191	1:28.21	L	P	Elizabeth Desilla	11	MDOL EKU	02/03/2023	SA Level 2 Regional Age Group Champs
192	1:28.23	L	P	Megan Els	11	MAC EKU	08/12/2022	EGA Summer Champs 2022
193	1:28.36	L	P	Ontshiametse Makatiers	11	RBOT BPD	03/03/2023	SA Level 2 Regional Age Group Champs
194	1:28.40	L	P	Cara Mills	11	UNI EZD	02/12/2022	Mpumalanga Championships 2022
195	1:28.43	L	F	Suné Vd Walt	11	FISH EDD	07/10/2022	41st Freda Barnard Invitational Gala
196	1:28.48	L	F	Holly Oosthuizen	11	AQUA UTD	04/02/2023	Uthukela District Age Group Gal 4 Feb
197	1:28.49	L	F	Milan Kruger	11	QSAW CED	11/02/2023	WCA-B Champs - 2023
198	1:28.56	L	P	Isabella Cownie	11	TUKS TSH	02/03/2023	SA Level 2 Regional Age Group Champs
199	1:28.62	L	P	Mikayla Twali	11	CPSC TSH	02/03/2023	SA Level 2 Regional Age Group Champs
200	1:28.81	L	P	Riley Janse van Rensburg	11	AQUA BUF	03/03/2023	SA Level 2 Regional Age Group Champs
201	1:28.87	L	F	Paula Theron	11	CUDU CPT	21/01/2023	CTA Qualifying Meet #7
202	1:28.91	L	P	Emerson Woods	11	ESTR EKU	08/12/2022	EGA Summer Champs 2022
203	1:29.04	L	P	Rania Marnewick	11	LINR JHB	02/03/2023	SA Level 2 Regional Age Group Champs
204	1:29.20	L	F	Emily Wang	11	OHAN ILD	05/11/2022	KZN Junior Championships 2022
205	1:29.29	L	F	Stella Abrahams	11	PLAY CED	28/01/2023	Winelands SL Final
206	1:29.49	L	P	Annabelle Marsh	11	TINC TSH	02/03/2023	SA Level 2 Regional Age Group Champs
207	1:29.53	L	P	Pippa Roberts	11	UNI EZD	02/12/2022	Mpumalanga Championships 2022
208	1:29.87	L	F	Nikah Solomons	11	PAQU CED	13/11/2022	Winelands Summer League 4
209	1:29.95	L	F	Elnye Potgieter	11	GAU	19/03/2023	2023 TOYOTA SASAPD
210	1:30.02	L	F	Mienke Rutherford	11	POTC KKD	07/12/2022	NWS Championships 2022/2023
211	1:30.15	L	F	Nangamso Bodlani	11	FRA KCD	28/01/2023	Ushaka Champs 2023
212	1:30.20	L	F	Jiya Benjamin	11	PAQU CED	11/02/2023	WCA-B Champs - 2023

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
213	1:30.23	L	P	Mieke Van der Merwe	11	NSAD EZD	02/12/2022 Mpumalanga Championships 2022
214	1:30.24	L	F	Grace Newton	11	CUDU CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet #8
215	1:30.38	L	F	Megan Bosch	11	DDA TSH	02/12/2022 2022 The Tshwane Mayoral Gala
216	1:30.43	L	P	Nina Tjallingii	11	SAAW CPT	31/03/2023 SA Level 3 Regional Age Group
217	1:30.47	L	P	Alyssa van Niekerk	11	FAC EKU	02/03/2023 SA Level 2 Regional Age Group Champs
218	1:30.53	L	P	Ciara Kroef	11	FAC EKU	02/03/2023 SA Level 2 Regional Age Group Champs
219	1:30.55	L	F	Annabelle Roos	11	SPS BUF	21/02/2023 Buffalo City Primary School Trials 2023
220	1:30.56	L	F	Kate Cunningham	11	CYBE CPT	11/02/2023 WCA-B Champs - 2023
221	1:30.71	L	P	Alize Spangenberg	11	EXP TSH	02/03/2023 SA Level 2 Regional Age Group Champs
222	1:30.85	L	F	Taylor Siebrits	11	STSC KCD	21/01/2023 KCDA January Age Group Gala 2023
223	1:30.88	L	F	Charlotte Guy	11	GSA CPT	11/02/2023 WCA-B Champs - 2023
224	1:30.96	L	P	Annabelle Kruger	11	DESA NMA	03/03/2023 SA Level 2 Regional Age Group Champs
225	1:31.00	L S	F	Ava Larter	11	PEAS NMA	25/06/2022 PEA Winter Gala 2022
226*	1:31.05	L	F	Courtney Wessels	11	OHAN ILD	05/11/2022 KZN Junior Championships 2022
226*	1:31.05	L	F	Lize Thompson	11	SWAR WCD	11/02/2023 WCA-B Champs - 2023
228	1:31.07	L	P	Jéanté Bothma	11	CSA EZD	02/03/2023 SA Level 2 Regional Age Group Champs
229	1:31.16	L	F	Lyla Barnard	11	RFA TSH	02/12/2022 2022 The Tshwane Mayoral Gala
230	1:31.50	L	P	Milan Young	11	RBUR BPD	07/12/2022 NWS Championships 2022/2023
231	1:31.55	L	F	Ane' Lindthout	11	BLNE MAN	06/12/2022 Free State Champs 2022
232	1:31.69	L	F	Amelia Minnar	11	CPRIM BUF	21/02/2023 Buffalo City Primary School Trials 2023
233	1:31.79	L	P	Maya Johnstone	11	AFIN JHB	02/03/2023 SA Level 2 Regional Age Group Champs
234	1:31.85	L	P	Emihle James	11	RBOT BPD	03/03/2023 SA Level 2 Regional Age Group Champs
235	1:31.95	L	P	Danica Du Plessis	11	FLOD JHB	02/03/2023 SA Level 2 Regional Age Group Champs
236	1:32.15	L	F	Rebecca Alderman	11	VINE CPT	24/09/2022 CTA Qualifying Meet #5
237	1:32.20	L	F	Marietta Ferreira	11	EXP TSH	02/12/2022 2022 The Tshwane Mayoral Gala
238	1:32.23	L	F	Karla Chowles	11	TYGE CPT	04/11/2022 CTA A CHAMPS 2022
239	1:32.25	L	P	Angelique Marais	11	EXP TSH	02/03/2023 SA Level 2 Regional Age Group Champs
240	1:32.27	L	F	Ella Steenkamp	11	VINE CPT	03/09/2022 CTA Qualifying Meet #4
241*	1:32.44	L	F	Mieke Botha	11	VASTR KKD	10/02/2023 NW School Championships 2023
241*	1:32.44	L	F	Ava Nel	11	SS MPD	02/12/2022 Limpopo Champs
243	1:32.45	L	F	Viha Beecum	11	CPRIM BUF	21/02/2023 Buffalo City Primary School Trials 2023
244*	1:32.54	L	F	Ghardine Pelser	11	NSAD EZD	17/09/2022 MP SPRINT GALA 17 SEPTEMBER
244*	1:32.54	L	P	Harper Halford	11	MANT CPT	03/03/2023 SA Level 2 Regional Age Group Champs
246	1:32.85	L	F	Payton Mathee	11	SGUL ETH	05/11/2022 KZN Junior Championships 2022
247	1:33.08	L	F	Heike Wessels	11	QUIC CPT	11/02/2023 WCA-B Champs - 2023
248	1:33.22	L	P	Jada-Leigh Brockman	11	HURA CPT	03/03/2023 SA Level 2 Regional Age Group Champs
249	1:33.26	L	F	Jordan Godfrey	11	AFIN JHB	18/03/2023 Level 1 Intra-Provincial 2023
250*	1:33.29	L	F	Chiniq Breet	11	CSA EZD	28/01/2023 CANA GRAND PRIX JAN 2023
250*	1:33.29	L	F	Isabelle Boyd	11	MSC NGD	20/01/2023 MP AGE GROUP 4 GALA 21 - 22
252	1:33.60	L	F	Pippa Roberts	11	UPP EZD	14/10/2022 MP AGE GROUP 2 GALA 14-15
253	1:33.62	L	F	Eumari Van den Heever	11	RFA TSH	02/12/2022 2022 The Tshwane Mayoral Gala
254	1:33.91	L	F	Carli Kieck	11	AWIN TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
255	1:34.04	L	F	Danielle Bond	11	ROA EDD	18/02/2023 EDEN 5th A-League Gala 2023
256	1:34.40	L	F	Chanlè Jacobs	11	STGR	07/12/2022 NCASA CHAMPS 2022
257	1:34.50	L	F	Louisa Anderson	11	WELL CED	13/11/2022 Winelands Summer League 4
258	1:34.59	L	F	Esona Sekeleni	11	CAMBP BUF	21/02/2023 Buffalo City Primary School Trials 2023
259	1:34.60	L	F	Amahle Mazula	11	MAKO EKU	18/03/2023 Level 1 Intra-Provincial 2023
260	1:35.15	L	P	Sunechka Roodt	11	MATL KKD	03/03/2023 SA Level 2 Regional Age Group Champs
261	1:35.21	L	F	Skye Vd Spuy	11	TUKS TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
262	1:35.25	L	F	Amani Mottiar	11	ATLA JHB	18/03/2023 Level 1 Intra-Provincial 2023
263	1:35.28	L	F	Mia Bernard	11	TUKS TSH	02/12/2022 2022 The Tshwane Mayoral Gala
264	1:35.44	L S	F	Caitlin Douglas	11	ROA EDD	25/06/2022 PEA Winter Gala 2022
265	1:35.61	L	F	Abigail Naicker	11	PHOE ETH	19/03/2023 KZN Level 1 Championships 2023
266	1:35.65	L	P	Emmalynn Strydom	11	TUKS TSH	02/03/2023 SA Level 2 Regional Age Group Champs
267	1:35.75	L	F	Olivia Talbot	11	KNYA EDD	18/02/2023 EDEN 5th A-League Gala 2023
268	1:35.78	L	P	Kamea Govindasamy	11	WATR JHB	31/03/2023 SA Level 3 Regional Age Group
269	1:35.95	L	F	Mia Lourens	11	CUDU CPT	12/11/2022 CTA B CHAMPS
270	1:36.03	L	F	Dinette Van Niekerk	11	BLNE MAN	21/01/2023 PELICAN NEPTUNE GALA
271	1:36.18	L	F	Juliette Wallis	11	GREY CPT	12/11/2022 CTA B CHAMPS

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr					
272	1:36.55	L	P	Madison Botha	11	RAV	EKU	08/12/2022	EGA Summer Champs 2022
273	1:36.58	L	F	Lucia Kempen	11	AGAQ	OBD	07/10/2022	41st Freda Barnard Invitational Gala
274	1:36.68	L	F	Jessica Dreyer	11	GREY	CPT	13/11/2022	Winelands Summer League 4
275	1:36.73	L	F	Ezra Swartz	11	BULS	MAN	06/12/2022	Free State Champs 2022
276	1:36.74	L	P	Natalie De Beer	11	CPSC	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
277	1:36.79	L	P	Mia De Esclana	11	VRC	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
278	1:37.02	L	F	Emma Van Driel	11	VRC	FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
279	1:37.14	L	F	Liané Van Heerden	11	SS	MPD	02/12/2022	Limpopo Champs
280	1:37.25	L	F	Elle Joubert	11	QSAW	CED	28/01/2023	Winelands SL Final
281	1:37.31	L	F	Mila Howell	11	CPRIM	BUF	21/02/2023	Buffalo City Primary School Trials 2023
282	1:37.32	L	F	Morganne Michielsens	11	OHAN	ILD	05/11/2022	KZN Junior Championships 2022
283	1:37.35	L	F	Riley Pieterse	11	TUKS	FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
284	1:37.42	L	F	Olivia Marais	11	ELEC	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
285	1:37.51	L	F	Nobubelebesisa Zwane	11	FRA	KCD	28/01/2023	Ushaka Champs 2023
286	1:37.78	L	P	Ane Du Plessis	11	KSC	EZD	02/12/2022	Mpumalanga Championships 2022
287	1:38.02	L	P	Kopano Lempe	11	MAKO	EKU	08/12/2022	EGA Summer Champs 2022
288*	1:38.19	L	F	Amanda Honneysett	11	AQDO	CPT	11/02/2023	WCA-B Champs - 2023
288*	1:38.19	L	F	Addison Oldfield-Sammons	11	BARA	EKU	18/03/2023	Level 1 Intra-Provincial 2023
290	1:38.34	L	F	Rua De Wit	11	QUIC	CPT	21/01/2023	CTA Qualifying Meet #7
291	1:38.48	L	F	Yalsha Moodley	11	SGUL	ETH	19/03/2023	KZN Level 1 Championships 2023
292	1:38.59	L	F	Juané Labuschagne	11	LSMSA	VB	04/02/2023	Limpopo School Champs
293	1:38.84	L	F	Liane Ferreira	11	PLAY	CED	13/11/2022	Winelands Summer League 4
294	1:38.95	L	F	Mieke Van der Walt	11	NWUC	KKD	26/11/2022	NWS Age Group 3 2022/23
295	1:39.43	L	F	Riley Thompson	11	HPPS	BUF	21/02/2023	Buffalo City Primary School Trials 2023
296	1:39.45	L	P	Melanie Munyoro	11	WATR	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
297	1:39.72	L	F	Londiwe Ngwenya	11	SGUL	ETH	19/03/2023	KZN Level 1 Championships 2023
298	1:39.78	L	F	Heleina Esterhuysen	11	GLSC	WCD	11/11/2022	Swartland Prestige Gala 2022
299	1:39.88	L	F	Swapnika Kasireddy	11	SASE	JHB	25/02/2023	CGA Level 3+ Last Chance gala
300	1:40.36	L	F	Paballo Mabote	11	MAKO	EKU	18/03/2023	Level 1 Intra-Provincial 2023
301	1:40.48	L	F	Jasmine Acker-Cooper	11	SGUL	ETH	19/03/2023	KZN Level 1 Championships 2023
302	1:40.58	L	F	Leandri Pretorius	11	WRP	EZD	11/03/2023	SSA LEVEL 1 REGIONAL CHAMPS
303	1:40.83	L	F	Emma Brownlee	11	VINE	CPT	24/09/2022	CTA Qualifying Meet #5
304	1:40.87	L	F	Rachele Goosen	11	UNI	EZD	11/03/2023	SSA LEVEL 1 REGIONAL CHAMPS
305	1:40.88	L	P	Julia Pienaar	11	TLAC	BPD	07/12/2022	NWS Championships 2022/2023
306	1:40.92	L	F	Nondalo Mkhasibe	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
307	1:40.93	L	F	Carli Lourens	11	ETTN	EKU	11/06/2022	EGA Winter 1 2022
308	1:41.14	L	F	Jane Du Preez	11	NAE	EZD	14/10/2022	MP AGE GROUP 2 GALA 14-15
309	1:41.37	L	P	Cornelea Breecht	11	ESP	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
310	1:41.54	L	P	Isabelle Adendorff	11	JAQ	EKU	08/12/2022	EGA Summer Champs 2022
311	1:41.62	L	F	Milandrie Gouws	11	LEBII		10/02/2023	NW School Championships 2023
312	1:41.97	L	F	Xandri Hattingh	11	KTS		18/02/2023	AGE GROUP 6 KATHU - 2023
313	1:42.33	L	F	Kelsey Jansen	11	WATR	JHB	01/10/2022	2022 AG Swim Stars&OR Tambo
314	1:42.45	L	P	Wilmari Nortman-Gobey	11	HREF	BPD	07/12/2022	NWS Championships 2022/2023
315	1:42.69	L	F	Kendall Dennehy	11	AQDO	CPT	21/01/2023	CTA Qualifying Meet #7
316	1:42.80	L	F	Carmi Roux	11	CSA	EZD	28/01/2023	CANA GRAND PRIX JAN 2023
317	1:42.99	L	F	Bonolo Nthwane	11	MATL	KKD	26/11/2022	NWS Age Group 3 2022/23
318	1:43.41	L	F	Jodi Marais	11	BLMA	CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
319	1:43.86	L	P	Imke Vermaak	11	RBUR	BPD	07/12/2022	NWS Championships 2022/2023
320	1:43.87	L	F	Lia Basson	11	TUKS	FSH	18/03/2023	Level 1 Intra-Provincial 2023
321*	1:44.02	L	F	Kaylan Venter	11	FAAC	FBD	07/10/2022	FLAMINGO GALA OCT 2022
321*	1:44.02	L	F	Kendra Samuels	11	GSA	CPT	12/11/2022	CTA B CHAMPS
323	1:44.03	L	F	Caitlin Wagner	11	CUR	EZD	30/09/2022	MP AGE GROUP 1
324	1:44.23	L	F	Hannah Kemp	11	LALE	CED	28/01/2023	Winelands SL Final
325	1:44.74	L	P	Adiana Van der Merwe	11	STGR		03/03/2023	SA Level 2 Regional Age Group Champs
326	1:44.78	L	F	Addison Kirk	11	RFA	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
327	1:45.11	L	F	Kaira Nel	11	WELA	LLD	17/02/2023	Neptune Last Chance Gala
328	1:45.15	L	F	Michelle De Beer	11	TASC	MPD	02/12/2022	Limpopo Champs
329	1:45.20	L	F	Chloë Snyman	11	SS	MPD	02/12/2022	Limpopo Champs
330	1:45.32	L	F	Mieke du Toit	11	LINR	JHB	18/03/2023	Level 1 Intra-Provincial 2023

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
331	1:45.49	L S	F	Aleksia Demetriou	11	MATL KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
332	1:46.59	L	P	Orefile Ramphela	11	MATL KKD	07/12/2022 NWS Championships 2022/2023
333	1:46.79	L	F	Zoë Schmidt	11	SS MPD	02/12/2022 Limpopo Champs
334	1:46.98	L	F	Jane Botha	11	VALS FDD	12/11/2022 Kroonstad Age Group
335	1:47.08	L	F	Oratilwe Ngubeni	11	JAQ EKU	18/03/2023 Level 1 Intra-Provincial 2023
336	1:47.11	L	F	Charné Terblanche	11	KNYJ EDD	05/11/2022 EDEN 3rd A-League Gala 2022
337	1:47.91	L	F	Suzette Coetzee	11	KALA	07/12/2022 NCASA CHAMPS 2022
338	1:48.49	L	F	Keletso Goeieman	11	KALA	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
339	1:48.55	L	F	Inge Meintjies	11	BETH FDD	27/01/2023 Seals Bullsharks Gala
340	1:48.67	L	F	Carissa Pitout	11	BETH FDD	21/01/2023 PELICAN NEPTUNE GALA
341	1:49.03	L	P	Zoe Bayisayi	11	TCA EKU	08/12/2022 EGA Summer Champs 2022
342	1:49.34	L	F	Kate Tager	11	CUHE OBD	13/11/2022 Winelands Summer League 4
343	1:49.59	L	F	Nica-Ann Dos Santos	11	STSC KCD	22/10/2022 Stingrays Swim Club Championships
344	1:49.78	L	F	Hesmari MacRobert	11	KSTAR EDD	18/02/2023 EDEN 5th A-League Gala 2023
345	1:49.93	L	F	Megan Mukundi	11	AQDO CPT	07/10/2022 41st Freda Barnard Invitational Gala
346	1:50.13	L	F	Tayla-Jean Gibb	11	HARL BUF	02/12/2022 BCA Long Course Championships 2022
347	1:50.46	L	F	Izabella Samuel	11	AQDO CPT	12/11/2022 CTA B CHAMPS
348	1:50.58	L	F	Zana Richardson	11	CUR EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
349	1:50.71	L	F	Ayesha Motala	11	ATLA JHB	01/10/2022 2022 AG Swim Stars&OR Tambo
350	1:50.85	L	F	Christie Russell	11	SUPE JHB	18/03/2023 Level 1 Intra-Provincial 2023
351	1:51.34	L	F	Nozibusiso Dube	11	STSC KCD	28/01/2023 Ushaka Champs 2023
352	1:51.77	L	F	Esté Gersbach	11	BARR CPT	07/10/2022 41st Freda Barnard Invitational Gala
353	1:52.35	L	F	Lize Pienaar	11	BULS MAN	04/02/2023 Heidedal Kovsie Gala
354	1:53.53	L	F	Madison Woods	11	SOUL EKU	11/06/2022 EGA Winter 1 2022
355	1:53.63	L	F	Lisa Raath	11	WRP EZD	30/09/2022 MP AGE GROUP 1
356	1:53.71	L	F	Khenso Mabasa	11	SS MPD	02/12/2022 Limpopo Champs
357	1:53.94	L	F	Susanna Ellis	11	LSM NGD	10/02/2023 NW School Championships 2023
358	1:54.97	L	F	Zisuliwe Zikhali	11	MAKO EKU	18/03/2023 Level 1 Intra-Provincial 2023
359	1:56.69	L	F	Shehzadi Abdul Gafar	11	PCS KKD	10/02/2023 NW School Championships 2023
360	1:57.70	L	F	Melokuhle Hlatshwayo	11	USH UHD	11/03/2023 KCDA Level 1 Championships 2023
361	1:58.36	L	F	Rachel Moelich	11	TCA EKU	11/06/2022 EGA Winter 1 2022
362	1:58.48	L	F	Gia De Wit	11	QUIC CPT	12/11/2022 CTA B CHAMPS
363	1:58.49	L	P	Sithabile Mdlalose	11	JAQ EKU	08/12/2022 EGA Summer Champs 2022
364	1:59.75	L	F	Cara Vd Westhuizen	11	TASC MPD	12/11/2022 Limpopo Age Group 5
365	1:59.78	L	F	Anesuishe Jojozi	11	PELIC MAN	06/12/2022 Free State Champs 2022
366	1:59.84	L	F	Karliën Human	11	SS MPD	22/10/2022 Limpopo Age Group 4
367	1:59.92	L	F	Ami Wiesner	11	CUHE OBD	03/09/2022 CTA Qualifying Meet #4
368	2:00.53	L	F	Ratanang Gambu	11	TMAC ETH	19/03/2023 KZN Level 1 Championships 2023
369	2:01.14	L	F	Motheo Mofokeng	11	KPS KKD	10/02/2023 NW School Championships 2023
370	2:01.98	L	P	Angelica Pienaar	11	TLAC BPD	07/12/2022 NWS Championships 2022/2023
371	2:02.02	L	F	Esti Raath	11	WRP EZD	30/09/2022 MP AGE GROUP 1
372	2:03.00	L	F	Lezani Mansfield	11	AQUA UTD	12/11/2022 Uthukela District Age Group Gala
373	2:03.45	L	F	Lufuno Masupa	11	WSS LLD	06/12/2022 Free State Champs 2022
374	2:04.35	L	F	Angelique Kyanda-Kaboza	11	DESA NMA	22/10/2022 4th A League Gala
375	2:06.38	L	F	Logan Nieuwenhuys	11	KALA	18/02/2023 AGE GROUP 6 KATHU - 2023
376	2:12.29	L	F	Lunè Botes	11	BS LLD	29/10/2022 Neptune Gala
377	2:13.27	L	F	Roaluswa Manenzhe	11	MATL KKD	26/11/2022 NWS Age Group 3 2022/23
378	2:13.59	L	F	Zelia Du Toit	11	BLNE MAN	22/10/2022 Otters Prestige Gala 2022
379	2:14.69	L	F	Kabo Raseloma	11	LEBII	10/02/2023 NW School Championships 2023
380	2:16.51	L	F	Nicolien Poolman	11	KALA	28/10/2022 KALAHARI CLASSIC CLUB GALA
381	2:17.10	L	F	Caroline Abbott	11	QUIC CPT	07/10/2022 41st Freda Barnard Invitational Gala
382	2:18.16	L	F	Micah-Lee Jansen	11	KHAY CPT	12/11/2022 CTA B CHAMPS
<b>Women 18 &amp; Under 200 Free</b>							
1	2:23.48	L	F	Gemma Spies	11	ECA BUF	21/04/2023 SA Schools Swimming Championship
2	2:25.94	L	P	Makenzie Abrams	11	USC BUF	21/03/2023 SA National Junior Age Group
3	2:30.31	L	F	Ava Lorenzen	11	BLMA CPT	31/03/2023 SA Level 3 Regional Age Group
4	2:30.57	L	F	Thandi Bosman	11	USC BUF	10/02/2023 Infinity Gala 2023
5	2:31.86	L	F	Ella Bunge	11	BLUO UGD	31/03/2023 SA Level 3 Regional Age Group
6	2:32.02	L	F	Zoe Morgado	11	MP EZ	21/04/2023 SA Schools Swimming Championship

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr					
7	2:32.85	L	F	Lulu Swanepoel	11	ASAC CPT	31/03/2023	SA Level 3 Regional	Age Group
8	2:33.57	L	F	Sharli Durandt	11	SSISA CPT	24/02/2023	Western Cape Elite Gala	
9	2:33.69	L	F	Caeli Ferreira	11	AAS JHB	31/03/2023	SA Level 3 Regional	Age Group
10	2:34.11	L	F	Freya Vilborn	11	TUKS TSH	31/03/2023	SA Level 3 Regional	Age Group
11	2:34.21	L	F	Hannah-Grace Havinga	11	TUKS TSH	31/03/2023	SA Level 3 Regional	Age Group
12	2:35.05	L	F	Zenicke Van Schalkwyk	11	DESA NMA	31/03/2023	SA Level 3 Regional	Age Group
13	2:36.84	L	F	Amelia Fury	11	VINE CPT	31/03/2023	SA Level 3 Regional	Age Group
14	2:37.25	L	F	Sienna Polti	11	CYBE CPT	24/02/2023	Western Cape Elite Gala	
15	2:37.35	L	F	Jenna Thornton	11	INFA NMA	09/12/2022	NMBA Championships 2022	
16	2:37.73	L	P	Lauren Walker	11	WATR JHB	31/03/2023	SA Level 3 Regional	Age Group
17	2:37.96	L	P	Mia Pienaar	11	PGAC EKU	08/12/2022	EGA Summer Champs 2022	
18	2:38.93	L	F	Kaylee Watt	11	DRGN JHB	31/03/2023	SA Level 3 Regional	Age Group
19	2:39.05	L S	F	Jessica Barnard	11	TUKS TSH	09/12/2022	NTS Championships 2022	
20	2:39.06	L	F	Julia-Ruth Jacobs	11	FSS FS	21/04/2023	SA Schools Swimming Championship	
21	2:39.31	L	P	Abigail Da Silva	11	TUKS TSH	31/03/2023	SA Level 3 Regional	Age Group
22	2:39.68	L	F	Leah de Jager	11	AAS JHB	25/02/2023	CGA Level 3+ Last Chance gala	
23	2:40.50	L	P	Irma Kotzé	11	POTC KKD	31/03/2023	SA Level 3 Regional	Age Group
24	2:40.84	L	P	Isabella Brooker	11	AACTA CPT	09/12/2022	Western Cape LC-A Championship 2022	
25	2:40.93	L	F	Zibusiso Xulu	11	KLOO ETH	03/03/2023	KZN Qualifying Gala	
26	2:40.99	L	F	Jothany Ngnotchouye	11	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship	
27	2:41.66	L	P	Emily Geldart	11	INFA NMA	31/03/2023	SA Level 3 Regional	Age Group
28	2:41.86	L	P	Rebecca Nilsson	11	TYGE CPT	31/03/2023	SA Level 3 Regional	Age Group
29	2:42.27	L	F	Jessica Wood	11	TCA EKU	02/03/2023	SA Level 2 Regional	Age Group Champs
30	2:43.02	L	P	Mila-Belle Slatter	11	SSISA CPT	24/02/2023	Western Cape Elite Gala	
31	2:43.40	L	P	Tamlyn Groenewald	11	TUKS TSH	31/03/2023	SA Level 3 Regional	Age Group
32	2:43.55	L	F	Kaylee Naidoo	11	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship	
33	2:43.95	L	P	Madison Polti	11	CYBE CPT	24/02/2023	Western Cape Elite Gala	
34	2:43.97	L S	F	Olivia Stroebel	11	HPS TSH	09/12/2022	NTS Championships 2022	
35	2:44.57	L	F	Aimee Van Der Merwe	11	MDOL EKU	17/02/2023	EGA Let's Race 2023	
36	2:44.93	L	F	Zani Van Dyk	11	GSA CPT	11/02/2023	WCA-B Champs - 2023	
37	2:45.08	L	P	Talia McCabe	11	WATR JHB	31/03/2023	SA Level 3 Regional	Age Group
38	2:45.50	L	P	Zoi Dimatellis	11	ROA EDD	31/03/2023	SA Level 3 Regional	Age Group
39	2:46.16	L	F	Lika Zietsman	11	BETH FDD	03/03/2023	SA Level 2 Regional	Age Group Champs
40	2:46.48	L	P	Isabella Oswald	11	AAS JHB	31/03/2023	SA Level 3 Regional	Age Group
41	2:47.29	L	F	Gianna De Andrade	11	MDOL EKU	02/03/2023	SA Level 2 Regional	Age Group Champs
42	2:47.50	L	P	Hayley De Haas	11	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship	
43	2:48.58	L	F	Violet Maritz	11	SEAL UMD	31/03/2023	SA Level 3 Regional	Age Group
44	2:48.78	L	P	Leané Van der Merwe	11	PRA NGD	31/03/2023	SA Level 3 Regional	Age Group
45	2:49.03	L	P	Ava Kranenburg	11	VINE CPT	31/03/2023	SA Level 3 Regional	Age Group
46	2:49.41	L	F	Julie Olivier	11	TYGE CPT	07/10/2022	41st Freda Barnard Invitational Gala	
47	2:49.91	L	F	Lara Macqueen	11	SEAL UMD	28/01/2023	EDA January Gala 2023	
48	2:49.99	L	P	Leeann Reynolds	11	SOUL EKU	31/03/2023	SA Level 3 Regional	Age Group
49	2:50.08	L	F	Mila Strydom	11	GHSK	03/03/2023	SA Level 2 Regional	Age Group Champs
50	2:50.19	L	F	Donylle Cupido	11	BLNE MAN	05/11/2022	Seals Heidedal Gala	
51	2:50.26	L	F	Anelle Ward	11	TUKS TSH	21/10/2022	NTS October Lev 3 Age Group Gala	
52	2:50.48	L	P	Martinet Bezuidenhout	11	TUKS TSH	31/03/2023	SA Level 3 Regional	Age Group
53	2:50.50	L	F	Tyloh Aitken	11	SEAL UMD	05/11/2022	KZN Junior Championships 2022	
54	2:50.94	L	F	Pippa Polti	11	CYBE CPT	04/11/2022	CTA A CHAMPS 2022	
55	2:51.05	L	F	Melokuhle Mhlongo	11	PSCP UMD	25/11/2022	WSC & Seals Summer LC Champs 2022	
56	2:51.21	L	F	Jenna Joyce	11	BARR CPT	11/02/2023	WCA-B Champs - 2023	
57	2:51.53	L	F	Amelia Oosthuizen	11	TUKS TSH	03/02/2023	NTS January Lev 3+ Age Group Gala	
58	2:51.54	L	P	Mari Bruwer	11	SS MPD	31/03/2023	SA Level 3 Regional	Age Group
59	2:51.63	L	P	Chloe Potgieter	11	SEAL UMD	31/03/2023	SA Level 3 Regional	Age Group
60	2:51.74	L	P	Hannah Wright	11	CA EKU	31/03/2023	SA Level 3 Regional	Age Group
61	2:51.99	L	P	Morgan Maree	11	DRGN JHB	31/03/2023	SA Level 3 Regional	Age Group
62	2:52.92	L	P	Nina Steyn	11	BLSS MAN	31/03/2023	SA Level 3 Regional	Age Group
63	2:53.07	L	F	Oatile Oliphant	11	WATR JHB	02/03/2023	SA Level 2 Regional	Age Group Champs
64	2:53.23	L	F	Victoria Jackson	11	SOUL EKU	02/03/2023	SA Level 2 Regional	Age Group Champs
65	2:53.66	L	F	Abigail Slabber	11	SEAL UMD	17/03/2023	SA Level 2 Regional	Age Group Champs

## Individual Top Times

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

	Time	P/F/S	Name	Age/Yr					
66	2:53.74	L	F	Jaimee Cronje	11	COMS	TSH	03/02/2023	NTS January Lev 3+ Age Group Gala
67	2:53.82	L	F	Taurez Gunkel	11	BEAV	ETH	17/03/2023	SA Level 2 Regional Age Group Champs
68	2:54.07	L	F	Lisa Du Toit	11	SEAL	UMD	17/03/2023	SA Level 2 Regional Age Group Champs
69	2:54.14	L	F	Anya Sonnekus	11	TYGE	CPT	04/11/2022	CTA A CHAMPS 2022
70	2:54.27	L	P	Gina Austin	11	ELEC	TSH	02/03/2023	SA Level 2 Regional Age Group Champs
71	2:54.30	L	P	Isabella Mackenzie	11	TUKS	TSH	31/03/2023	SA Level 3 Regional Age Group
72	2:54.33	L	F	Sophie Smith	11	VINE	CPT	21/01/2023	CTA Qualifying Meet #7
73	2:54.61	L	F	Ella Van Viegen	11	BLSS	MAN	05/11/2022	Seals Heidedal Gala
74	2:54.88	L	F	Molly Calf	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
75	2:55.25	L	P	Mila Nienaber	11	QSAW	CED	31/03/2023	SA Level 3 Regional Age Group
76	2:55.30	L	F	Amalia van der Westhuizen	11	PEAS	NMA	03/03/2023	SA Level 2 Regional Age Group Champs
77	2:55.94	L	P	Ava Constantinides	11	SWIFT	EKU	31/03/2023	SA Level 3 Regional Age Group
78	2:57.27	L	P	Lucy Seymour	11	CRSC	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
79	2:57.31	L	F	Trinity Kavanagh	11	TCA	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
80	2:57.38	L	F	Elrie Moolman	11	OLDE	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
81	2:57.57	L	P	Elle Gasson	11	BLSS	MAN	31/03/2023	SA Level 3 Regional Age Group
82	2:57.70	L	F	Kaitlyn Richter	11	PEAS	NMA	09/12/2022	NMBA Championships 2022
83	2:57.80	L	P	Caylie Azar	11	BLSS	MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
84	2:57.94	L	F	Holly Dorrestein-Rowley	11	ELEC	TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
85	2:58.70	L	F	Anneke Pieterse	11	LSWBA	WBD	04/02/2023	Limpopo School Champs
86	2:58.76	L	F	Amaru Mapulane	11	CA	EKU	20/01/2023	EGA Last Chance Galal
87	2:58.77	L	P	Anja Solomon	11	KALA		03/03/2023	SA Level 2 Regional Age Group Champs
88	2:58.91	L	F	Carolina Eybers	11	VRY	ZLD	28/01/2023	Ushaka Champs 2023
89	2:59.02	L	F	Lene Bester	11	MATL	KKD	03/03/2023	SA Level 2 Regional Age Group Champs
90	2:59.11	L	F	Mikaela Roff	11	ROA	EDD	03/03/2023	SA Level 2 Regional Age Group Champs
91	2:59.16	L	P	Katherine Pappas	11	INFA	NMA	03/03/2023	SA Level 2 Regional Age Group Champs
92	2:59.43	L	F	Tatum Venter	11	WSS	LLD	03/03/2023	SA Level 2 Regional Age Group Champs
93*	2:59.49	L	F	Miya De Villiers	11	BLTA	NMA	10/02/2023	Infinity Gala 2023
93*	2:59.49	L	F	Alice Esterhuyse	11	KSTAR	EDD	07/10/2022	41st Freda Barnard Invitational Gala
95	2:59.88	L	F	Jade Rogers	11	BLUO	UGD	17/03/2023	SA Level 2 Regional Age Group Champs
96	3:00.63	L	F	Inge Opperman	11	BLNE	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
97	3:00.86	L	F	Wilmi Esbach	11	GHS	BPD	10/02/2023	NW School Championships 2023
98	3:00.95	L	F	Sasha Bailey	11	HASC	JHB	25/02/2023	CGA Level 3+ Last Chance gala
99	3:01.27	L	P	Gabriela Govender	11	INFA	NMA	03/03/2023	SA Level 2 Regional Age Group Champs
100	3:01.31	L	P	Morgan Tandy	11	ESTR	EKU	31/03/2023	SA Level 3 Regional Age Group
101	3:01.34	L	F	Melan van der Spuy	KR	BLOT	MAN	05/11/2022	Seals Heidedal Gala
102	3:01.39	L	F	Anika Muller	11	MSC	NGD	02/12/2022	Mpumalanga Championships 2022
103	3:01.49	L	F	Alina Dore	11	MGSC	UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
104	3:01.55	L	P	Lethabo Mogadi	11	ACAQ	CCD	02/03/2023	SA Level 2 Regional Age Group Champs
105	3:01.79	L	P	Daniella Tolmay	11	AFIN	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
106	3:02.07	L	F	Julia Wichmann	11	MGSC	UGD	05/11/2022	KZN Junior Championships 2022
107	3:02.25	L	F	Casia Huntley	11	WSTV	ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
108	3:02.26	L	F	Gea March	11	UPSK		03/03/2023	SA Level 2 Regional Age Group Champs
109	3:02.38	L	F	Jeneva Noble-Ashby	11	SGUL	ETH	17/03/2023	SA Level 2 Regional Age Group Champs
110	3:02.76	L	P	Leah Stewart	11	TASC	MPD	02/03/2023	SA Level 2 Regional Age Group Champs
111	3:02.87	L	P	Ashley Williams	11	BLNE	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
112	3:02.94	L	F	Clarrisa Schuch	11	TOTIS	ETH	05/11/2022	KZN Junior Championships 2022
113	3:03.21	L	F	Erin Chree	11	INFA	NMA	03/03/2023	SA Level 2 Regional Age Group Champs
114	3:03.33	L	F	Casey Lee Mccabe	11	LSPHA	MP	04/02/2023	Limpopo School Champs
115	3:03.87	L	F	Francesca Flack	11	CLSC	WCD	20/08/2022	Winelands SL 1
116	3:04.28	L	F	Aimee Liebenberg	11	SWAR	WCD	11/11/2022	Swartland Prestige Gala 2022
117	3:04.42	L	F	Ava Larter	11	PEAS	NMA	09/12/2022	NMBA Championships 2022
118	3:04.48	L	P	Khwezi Magobongo	11	ECA	BUF	21/04/2023	SA Schools Swimming Championship
119	3:04.65	L	F	Livia Gutter	11	BLNE	MAN	21/01/2023	PELICAN NEPTUNE GALA
120	3:04.82	L	F	Courtney Logie	11	KLOO	ETH	17/03/2023	SA Level 2 Regional Age Group Champs
121	3:05.00	L	P	Courtney Biggs	11	SASE	JHB	31/03/2023	SA Level 3 Regional Age Group
122	3:05.22	L	F	Lea Grobler	11	AQU	ADJ	17/03/2023	SA Level 2 Regional Age Group Champs
123	3:05.29	L	F	Rania Marnewick	11	LINR	JHB	25/02/2023	CGA Level 3+ Last Chance gala
124	3:05.54	L	F	Sienna Seagram	11	ELEC	TSH	02/12/2022	2022 The Tshwane Mayoral Gala



## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
125	3:05.78	L	F	Liza Oosthuizen	11	CLSC WCD	11/11/2022 Swartland Prestige Gala 2022
126	3:06.09	L	F	Storm Bircher	11	CUHE OBD	18/02/2023 Swartland Invitational Gala 2023
127	3:06.11	L	P	Nina Van Staden	11	KSC EZD	02/03/2023 SA Level 2 Regional Age Group Champs
128	3:06.21	L	F	Liyah Theron	11	ROA EDD	18/02/2023 EDEN 5th A-League Gala 2023
129	3:06.67	L	P	Alexia Montgomery	11	AQUA BUF	03/03/2023 SA Level 2 Regional Age Group Champs
130	3:07.04	L	P	Isabella De Beer	11	QSAW CED	31/03/2023 SA Level 3 Regional Age Group
131	3:07.17	L	F	Josephine Van Wyk	11	LALE CED	28/01/2023 Winelands SL Final
132	3:07.85	L	F	Karu Rademeyer	11	VINE CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet #8
133	3:07.96	L	F	Emma Groenewald	11	KTS	07/12/2022 NCASA CHAMPS 2022
134	3:07.98	L	F	Umari Bloem	AR	BLOT MAN	05/11/2022 Seals Heidedal Gala
135	3:08.01	L	P	Cara Louw	11	RBOT BPD	03/03/2023 SA Level 2 Regional Age Group Champs
136	3:08.19	L	F	April Jooman	11	BEST NMA	10/02/2023 Infinity Gala 2023
137	3:08.39	L	F	Lethabo Mogadi	11	MITCH CC	04/02/2023 Limpopo School Champs
138	3:08.41	L	F	Annelie Thiar	11	CLSC WCD	20/08/2022 Winelands SL 1
139	3:08.44	L	P	Hayleigh Sutherland	11	AWIN FSH	02/03/2023 SA Level 2 Regional Age Group Champs
140	3:08.47	L	P	Nina Alberts	11	VRC FSH	02/03/2023 SA Level 2 Regional Age Group Champs
141	3:08.55	L	F	Marli Coetzee	11	GSA CPT	11/02/2023 WCA-B Champs - 2023
142	3:09.27	L	F	Emma De Villiers	11	BLTA NMA	10/02/2023 Infinity Gala 2023
143	3:09.79	L	F	Mia Janse van Rensburg	11	MGSC UGD	25/11/2022 WSC & Seals Summer LC Champs 2022
144	3:09.81	L	P	Iane Joubert	11	ROA EDD	03/03/2023 SA Level 2 Regional Age Group Champs
145	3:09.95	L	P	Suraiya Harris	11	AAS JHB	31/03/2023 SA Level 3 Regional Age Group
146	3:09.96	L	P	Annabelle Gwilt	11	SASE JHB	02/03/2023 SA Level 2 Regional Age Group Champs
147	3:10.08	L	F	Kiana Kalpage	11	HASC JHB	25/02/2023 CGA Level 3+ Last Chance gala
148	3:10.40	L	F	Ella Steenkamp	11	VINE CPT	15/10/2022 CTA Qualifying Meet #6
149	3:10.44	L	F	Jenna-Lee Watson	11	PAC FSH	28/10/2022 NTS October SARJ+ Age Group Gala
150	3:10.52	L	F	Megan Bosch	11	DDA FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
151	3:10.75	L	F	Kimberly Johnson	11	SEAL UMD	05/11/2022 KZN Junior Championships 2022
152	3:10.80	L	F	Jessica Darling	11	BLMA CPT	04/11/2022 CTA A CHAMPS 2022
153	3:11.01	L	F	Courtney Wessels	11	OHAN ILD	05/11/2022 KZN Junior Championships 2022
154	3:11.45	L	F	Amieka Henning	11	HREF BPD	07/12/2022 NWS Championships 2022/2023
155	3:11.69	L	P	Tischke Rischmuller	11	RFA FSH	02/03/2023 SA Level 2 Regional Age Group Champs
156	3:12.03	L	F	Thandolwethu Dlamini	11	MSC NGD	11/03/2023 SSA LEVEL 1 REGIONAL CHAMPS
157	3:12.50	L	F	Bona Fischer	11	VINE CPT	03/09/2022 CTA Qualifying Meet #4
158	3:12.87	L	P	Jany Norval	11	SS MPD	02/03/2023 SA Level 2 Regional Age Group Champs
159	3:13.09	L	P	Ava Koortzen	11	LINR JHB	02/03/2023 SA Level 2 Regional Age Group Champs
160	3:13.21	L	P	Ofentse Mothopeng	11	ESP EKU	08/12/2022 EGA Summer Champs 2022
161	3:13.23	L	P	Isabella Cownie	11	TUKS FSH	02/03/2023 SA Level 2 Regional Age Group Champs
162	3:13.32	L	F	Jessica Head	11	SEAL UMD	17/03/2023 SA Level 2 Regional Age Group Champs
163	3:13.44	L	P	Marietta Ferreira	11	EXP FSH	02/03/2023 SA Level 2 Regional Age Group Champs
164	3:13.80	L	F	Mia Putter	11	NWUC KKD	07/12/2022 NWS Championships 2022/2023
165	3:13.90	L	F	Zamajobe Mtetwa	11	TUKS FSH	21/10/2022 NTS October Lev 3 Age Group Gala
166	3:14.30	L	F	Grace Newton	11	CUDU CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet #8
167	3:14.35	L	F	Emma Hunter	11	KNYJ EDD	05/11/2022 EDEN 3rd A-League Gala 2022
168	3:14.63	L	F	Pippa Roberts	11	UNI EZD	02/12/2022 Mpumalanga Championships 2022
169	3:14.85	L	P	Holly Oosthuizen	11	AQUA BUF	03/03/2023 SA Level 2 Regional Age Group Champs
170	3:15.43	L	F	Heike Wessels	11	QUIC CPT	11/02/2023 WCA-B Champs - 2023
171	3:15.44	L	F	Liandri Terblanche	11	SS MPD	02/12/2022 Limpopo Champs
172	3:15.46	L	P	Ontshiametse Makatiers	11	RBOT BPD	03/03/2023 SA Level 2 Regional Age Group Champs
173	3:15.77	L	F	Emma Terblanche	11	NAE EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5
174	3:15.85	L	F	Kinique De Agrella	11	TKS WBD	02/12/2022 Limpopo Champs
175	3:16.05	L	F	Olwethu Gqoloma	11	RBOT BPD	07/12/2022 NWS Championships 2022/2023
176	3:16.18	L	P	Taylor Siebrits	11	STSC KCD	17/03/2023 SA Level 2 Regional Age Group Champs
177	3:16.23	L	P	Ingemari Griffioen	11	LINR JHB	02/03/2023 SA Level 2 Regional Age Group Champs
178	3:16.89	L	P	Nicola Peers	11	SASE JHB	02/03/2023 SA Level 2 Regional Age Group Champs
179	3:17.11	L	P	Megan Els	11	MAC EKU	08/12/2022 EGA Summer Champs 2022
180	3:17.68	L	F	Mienke Rutherford	11	LSM NGD	10/02/2023 NW School Championships 2023
181	3:17.69	L	F	Tamryn Ririe	11	BLSS MAN	06/12/2022 Free State Champs 2022
182	3:17.75	L	F	Isabelle Boyd	11	MSC NGD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
183	3:17.95	L	F	Makanaka Makoto	11	NSAD EZD	02/12/2022 Mpumalanga Championships 2022

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr					
184	3:18.19	L	P	Maike Wheeler	11	BON	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
185	3:18.52	L	P	Leatile Mothibinyane	11	ESP	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
186	3:18.53	L	F	Abigail Krevitar	11	MGSC	UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
187	3:19.46	L	P	Alize Spangenberg	11	EXP	TSH	02/03/2023	SA Level 2 Regional Age Group Champs
188	3:19.57	L	F	Annabelle Kruger	11	DESA	NMA	10/02/2023	Infinity Gala 2023
189	3:19.95	L	P	Miane Muller	11	CA	EKU	08/12/2022	EGA Summer Champs 2022
190	3:20.50	L	F	Sunechka Roodt	11	MATL	KKD	07/12/2022	NWS Championships 2022/2023
191	3:20.55	L	F	Leonie Wink	11	VINE	CPT	03/09/2022	CTA Qualifying Meet #4
192	3:20.58	L	F	Ciara Kroef	11	FAC	EKU	17/02/2023	EGA Let's Race 2023
193	3:20.80	L	P	Tlotliso Rakubutu	11	HREF	BPD	02/03/2023	SA Level 2 Regional Age Group Champs
194	3:20.87	L	F	Lize Thompson	11	SWAR	WCD	11/11/2022	Swartland Prestige Gala 2022
195	3:21.05	L	F	Kate Cunningham	11	CYBE	CPT	21/01/2023	CTA Qualifying Meet #7
196	3:21.58	L	F	Anri Jonker	11	TUKS	TSH	03/02/2023	NTS January Lev 3+ Age Group Gala
197	3:21.72	L	P	Jéanté Bothma	11	CSA	EZD	02/03/2023	SA Level 2 Regional Age Group Champs
198	3:21.91	L	F	Carlin Havemann	11	QSAW	GED	28/01/2023	Winelands SL Final
199	3:22.44	L	F	Rebecca Alderman	11	VINE	CPT	15/10/2022	CTA Qualifying Meet #6
200	3:23.30	L	P	Efthimia Moustakis	11	SOUL	EKU	08/12/2022	EGA Summer Champs 2022
201	3:23.88	L	P	Emihle James	11	RBOT	BPD	03/03/2023	SA Level 2 Regional Age Group Champs
202	3:24.17	L	F	Clarise Stadler	11	TUKS	TSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
203	3:24.23	L	F	Maleleko Mushikita	11	DOLFI	MPD	02/12/2022	Limpopo Champs
204	3:24.26	L	P	Angelique Marais	11	EXP	TSH	02/03/2023	SA Level 2 Regional Age Group Champs
205	3:24.60	L	P	Jada-Leigh Brockman	11	HURA	CPT	03/03/2023	SA Level 2 Regional Age Group Champs
206	3:24.63	L	F	Jasmine Acker-Cooper	11	SGUL	ETH	05/11/2022	KZN Junior Championships 2022
207	3:24.69	L	F	Esona Sekeleni	11	AQUA	BUF	04/02/2023	BCA Feb Age Group Gala 2023
208	3:24.80	L	P	Mia De Esclana	11	VRC	TSH	02/03/2023	SA Level 2 Regional Age Group Champs
209	3:24.83	L	F	Olivia Talbot	11	KNYA	EDD	18/02/2023	EDEN 5th A-League Gala 2023
210	3:25.57	L	F	Mieke Botha	11	VASTR	KKD	10/02/2023	NW School Championships 2023
211	3:25.68	L	F	Tyla Charles	11	VINE	CPT	15/10/2022	CTA Qualifying Meet #6
212	3:25.87	L	F	Payton Mathee	11	SGUL	ETH	05/11/2022	KZN Junior Championships 2022
213	3:26.97	L	F	Emerson Woods	11	ESTR	EKU	23/09/2022	EGA Summer 1 2022
214	3:27.00	L	F	Karla Chowles	11	TYGE	CPT	11/11/2022	Swartland Prestige Gala 2022
215	3:27.38	L	F	Nina Tjallingii	11	SAAW	CPT	15/10/2022	CTA Qualifying Meet #6
216	3:27.65	L	F	Charlotte Guy	11	GSA	CPT	11/02/2023	WCA-B Champs - 2023
217	3:27.69	L	F	Ane' Lindthout	11	BLNE	MAN	17/02/2023	Neptune Last Chance Gala
218	3:27.98	L	F	Esté Gersbach	11	BARR	CPT	11/02/2023	WCA-B Champs - 2023
219	3:28.36	L	P	Alyssa van Niekerk	11	FAC	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
220	3:28.65	L	P	Milan Young	11	RBUR	BPD	07/12/2022	NWS Championships 2022/2023
221	3:28.76	L	F	Riley Janse van Rensburg	11	AQUA	UTD	04/02/2023	Uthukela District Age Group Gal 4 Feb
222	3:29.00	L	F	Nangamso Bodlani	11	FRA	KCD	04/02/2023	KCDA February Age Group Gala 2023
223	3:29.03	L	F	Amanda Honneysett	11	AQDO	CPT	11/02/2023	WCA-B Champs - 2023
224	3:29.25	L	F	Annabelle Marsh	11	TINC	TSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
225	3:29.28	L	F	Paula Theron	11	CUDU	CPT	12/11/2022	CTA B CHAMPS
226	3:29.49	L	F	Taygen Roden	11	BEAV	ETH	02/12/2022	EDA AG Gala December 2022
227	3:30.48	L	F	Rua De Wit	11	QUIC	CPT	11/02/2023	WCA-B Champs - 2023
228	3:30.95	L	F	Rachel Wiseman	11	FRA	KCD	10/12/2022	KCDA December Age Goup Gala 2022
229	3:30.99	L	F	Margelie Hansen	11	PLAY	GED	28/01/2023	Winelands SL Final
230	3:31.51	L	F	Elmiah Vd Merwe	11	TUKS	TSH	21/10/2022	NTS October Lev 3 Age Group Gala
231	3:31.53	L	P	Elizabeth Desilla	11	MDOL	EKU	08/12/2022	EGA Summer Champs 2022
232	3:32.01	L	F	Chanlè Jacobs	11	STGR		07/12/2022	NCASA CHAMPS 2022
233	3:33.02	L	F	Juané Labuschagne	11	SS	MPD	02/12/2022	Limpopo Champs
234	3:33.40	L	F	Addison Oldfield-Sammons	11	BARA	EKU	18/03/2023	Level 1 Intra-Provincial 2023
235	3:33.50	L	F	Jana Durrans	11	QSAW	GED	28/01/2023	Winelands SL Final
236	3:33.76	L	F	Mia Lourens	11	CUDU	CPT	12/11/2022	CTA B CHAMPS
237	3:33.92	L	F	Nikah Solomons	11	PAQU	GED	24/09/2022	CTA Qualifying Meet #5
238	3:34.52	L	F	Ane Du Plessis	11	KSC	EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
239	3:34.75	L	F	Chiniq Breet	11	CSA	EZD	02/12/2022	Mpumalanga Championships 2022
240	3:35.27	L	P	Kiara Naidoo	11	BON	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
241	3:35.40	L	F	Liané Van Heerden	11	SS	MPD	02/12/2022	Limpopo Champs
242	3:36.06	L	P	Madison Botha	11	RAV	EKU	08/12/2022	EGA Summer Champs 2022

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
243	3:36.16	L	F	Amahle Mazula	11	MAKO EKU	18/03/2023 Level 1 Intra-Provincial 2023
244	3:36.38	L	F	Emmalynn Strydom	11	TUKS FSH	02/12/2022 2022 The Tshwane Mayoral Gala
245	3:36.41	L	F	Juliette Wallis	11	GREY CPT	12/11/2022 CTA B CHAMPS
246	3:37.13	L	F	Mieke Van der Walt	11	LSM NGD	10/02/2023 NW School Championships 2023
247	3:37.35	L	F	Olivia Elan-Puttick	11	QSAW CED	28/01/2023 Winelands SL Final
248	3:37.79	L	P	Melanie Munyoro	11	WATR JHB	02/03/2023 SA Level 2 Regional Age Group Champs
249	3:38.09	L	F	Lyla Barnard	11	RFA FSH	01/10/2022 2022 AG Swim Stars&OR Tambo
250	3:38.32	L	P	Cornelea Breedt	11	ESP EKU	02/03/2023 SA Level 2 Regional Age Group Champs
251	3:38.64	L	P	Riley Thompson	11	HARL BUF	03/03/2023 SA Level 2 Regional Age Group Champs
252	3:38.72	L	F	Heleina Esterhuysen	11	CLSC WCD	11/11/2022 Swartland Prestige Gala 2022
253	3:38.86	L	P	Harper Halford	11	MANT CPT	03/03/2023 SA Level 2 Regional Age Group Champs
254	3:39.07	L	F	Ezra Swartz	11	BULS MAN	21/01/2023 PELICAN NEPTUNE GALA
255	3:39.42	L	F	Jodi Marais	11	BLMA CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet #8
256	3:39.53	L	F	Emma Van Driel	11	VRC FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
257	3:40.18	L	F	Kendall Dennehy	11	AQDO CPT	04/11/2022 CTA A CHAMPS 2022
258	3:40.50	L	F	Riley Pieterse	11	TUKS FSH	17/02/2023 NTS February Lev 1+2 Age Group Gala
259	3:40.79	L	F	Khloe Daniels	11	AWSC JHB	18/03/2023 Level 1 Intra-Provincial 2023
260	3:41.57	L	F	Kaira Nel	11	WELA LLD	21/01/2023 PELICAN NEPTUNE GALA
261	3:42.06	L	P	Julia Pienaar	11	TLAC BPD	01/07/2022 Prestige Tournament 2022
262	3:42.81	L	F	Rachele Goosen	11	UNI EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
263	3:43.48	L	F	Carmi Roux	11	CSA EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
264	3:43.51	L	F	Kendra Samuels	11	GSA CPT	12/11/2022 CTA B CHAMPS
265	3:44.00	L	F	Caitlin Wagner	11	CUR EZD	11/03/2023 SSA LEVEL 1 REGIONAL CHAMPS
266	3:44.41	L	F	Elle Joubert	11	QSAW CED	28/01/2023 Winelands SL Final
267	3:44.46	L	F	Natalie De Beer	11	CPSC FSH	17/02/2023 NTS February Lev 1+2 Age Group Gala
268	3:46.54	L	F	Zamacirha Malla	11	HARL BUF	04/02/2023 BCA Feb Age Group Gala 2023
269	3:47.16	L	P	Isabelle Adendorff	11	JAQ EKU	08/12/2022 EGA Summer Champs 2022
270	3:47.74	L	F	Angelina Fernandes	11	WSS LLD	29/09/2022 MA Grand Prix
271	3:48.07	L	F	Xysca Bezuidenhout	11	FRA KCD	28/01/2023 Ushaka Champs 2023
272	3:49.80	L	F	Eumari Van den Heever	11	RFA FSH	01/10/2022 2022 AG Swim Stars&OR Tambo
273	3:50.36	L	F	Carissa Pitout	11	BETH FDD	21/01/2023 PELICAN NEPTUNE GALA
274	3:50.37	L	F	Paballo Mabote	11	MAKO EKU	18/03/2023 Level 1 Intra-Provincial 2023
275*	3:52.56	L	F	Nobubelebesisa Zwane	11	FRA KCD	04/02/2023 KCDA February Age Group Gala 2023
275*	3:52.56	L	F	Wilmari Nortman-Gobey	11	GHS BPD	10/02/2023 NW School Championships 2023
277	3:52.71	L	F	Izabella Samuel	11	AQDO CPT	12/11/2022 CTA B CHAMPS
278	3:52.92	L	F	Lizae Swanepoel	11	STGR	18/02/2023 AGE GROUP 6 KBY- 2023
279	3:53.12	L	P	Kopano Lempe	11	MAKO EKU	02/03/2023 SA Level 2 Regional Age Group Champs
280	3:53.61	L	F	Elri De Waal	11	STGR	05/11/2022 AGE GROUP 2 KBY 2022
281	3:55.35	L	F	Milan Kruger	11	QSAW CED	07/10/2022 41st Freda Barnard Invitational Gala
282	3:56.83	L	F	Keletso Goeieman	11	KALA	11/11/2022 UPINGTON CLUB GALA 2022
283	3:58.72	L	T	Jane Botha	11	VALS FDD	22/10/2022 Otters Prestige Gala 2022
284	3:58.84	L	F	Nina Ungerer	11	BIOS CED	20/08/2022 Winelands SL 1
285	3:59.68	L	F	Jane Du Preez	11	NAE EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5
286	4:01.91	L	P	Orefile Ramphela	11	MATL KKD	07/12/2022 NWS Championships 2022/2023
287	4:02.78	L	F	Cassie Van Heerden	11	TYGE CPT	18/02/2023 Swartland Invitational Gala 2023
288	4:03.12	L	P	Imke Vermaak	11	RBUR BPD	07/12/2022 NWS Championships 2022/2023
289	4:03.51	L	P	Zoe Bayisayi	11	TCA EKU	08/12/2022 EGA Summer Champs 2022
290	4:04.22	L	F	Adiana Van der Merwe	11	STGR	19/11/2022 AGE GROUP 3 KBY 2022
291	4:06.45	L	F	Liane Ferreira	11	PLAY CED	28/01/2023 Winelands SL Final
292	4:06.90	L	F	Oratilwe Ngubeni	11	JAQ EKU	18/03/2023 Level 1 Intra-Provincial 2023
293	4:07.90	L	F	Gia De Wit	11	QUIC CPT	12/11/2022 CTA B CHAMPS
294	4:08.37	L	F	Kaylan Venter	11	FAAC FBD	19/11/2022 AGE GROUP 3 KBY 2022
295	4:10.01	L	F	Suzette Coetzee	11	KALA	07/12/2022 NCASA CHAMPS 2022
296	4:12.93	L	F	Lika Els	11	QSAW CED	11/02/2023 WCA-B Champs - 2023
297	4:13.27	L	F	Zisuliwe Zikhali	11	MAKO EKU	18/03/2023 Level 1 Intra-Provincial 2023
298	4:15.41	L	F	Karolien Wilmot	11	BULS MAN	05/11/2022 Seals Heidedal Gala
299	4:18.30	L	F	Lezani Mansfield	11	AQUA UTD	04/02/2023 Uthukela District Age Group Gal 4 Feb
300	4:20.45	L	F	Angelica Pienaar	11	LEBII	10/02/2023 NW School Championships 2023
301	4:21.44	L	F	Lize Pienaar	11	BULS MAN	05/11/2022 Seals Heidedal Gala

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr				
302	4:31.30 L	F	Angelique Kyanda-Kaboza	11	DESA NMA	19/11/2022	5th A League Gala	
<b>Women 18 &amp; Under 400 Free</b>								
1	5:07.01 L	F	Gemma Spies	11	INFA NMA	21/03/2023	SA National Junior Age Group	
2	5:12.67 L	F	Makenzie Abrams	11	USC BUF	21/03/2023	SA National Junior Age Group	
3	5:13.85 L	F	Thandi Bosman	11	USC BUF	10/02/2023	Infinity Gala 2023	
4	5:15.65 L	F	Sharli Durandt	11	SSISA CPT	31/03/2023	SA Level 3 Regional Age Group	
5	5:15.77 L	F	Lulu Swanepoel	11	ASAC CPT	31/03/2023	SA Level 3 Regional Age Group	
6	5:21.35 L	F	Ella Bunge	11	BLUO UGD	31/03/2023	SA Level 3 Regional Age Group	
7	5:23.94 L	F	Ava Lorenzen	11	BLMA CPT	31/03/2023	SA Level 3 Regional Age Group	
8	5:26.00 L	O	Zoe Morgado	11	CSA EZD	16/10/2022	OPEN WATER 1	
9	5:26.18 L	F	Caeli Ferreira	11	AAS JHB	31/03/2023	SA Level 3 Regional Age Group	
10	5:28.42 L	F	Hannah-Grace Havinga	11	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group	
11	5:30.98 L	F	Zibusiso Xulu	11	KLOO ETH	31/03/2023	SA Level 3 Regional Age Group	
12	5:35.92 L	F	Isabella Brooker	11	AACTA CPT	09/12/2022	Western Cape LC-A Championship 2022	
13	5:36.31 L	F	Mia Pienaar	11	PGAC EKU	20/01/2023	EGA Last Chance Galal	
14	5:37.84 L	F	Irma Kotzé	11	POTC KKD	31/03/2023	SA Level 3 Regional Age Group	
15	5:38.11 L	F	Amelia Fury	11	VINE CPT	31/03/2023	SA Level 3 Regional Age Group	
16	5:40.91 L	F	Kaylee Watt	11	DRGN JHB	31/03/2023	SA Level 3 Regional Age Group	
17	5:41.38 L	F	Talia McCabe	11	WATR JHB	31/03/2023	SA Level 3 Regional Age Group	
18	5:41.42 L	F	Leah de Jager	11	AAS JHB	31/03/2023	SA Level 3 Regional Age Group	
19	5:43.12 L	F	Julie Olivier	11	TYGE CPT	31/03/2023	SA Level 3 Regional Age Group	
20	5:45.90 L	F	Julia-Ruth Jacobs	11	BLNE MAN	31/03/2023	SA Level 3 Regional Age Group	
21	5:46.18 L	F	Zoi Dimatellis	11	ROA EDD	31/03/2023	SA Level 3 Regional Age Group	
22	5:46.47 L	F	Rebecca Nilsson	11	TYGE CPT	09/12/2022	Western Cape LC-A Championship 2022	
23	5:48.14 L	F	Donylle Cupido	11	BLNE MAN	31/03/2023	SA Level 3 Regional Age Group	
24	5:50.16 L	F	Kaylee Naidoo	11	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship	
25	5:52.27 L	F	Jaimee Cronje	11	COMS FSH	31/03/2023	SA Level 3 Regional Age Group	
26	5:53.32 L	F	Abigail Da Silva	11	TUKS FSH	03/02/2023	NTS January Lev 3+ Age Group Gala	
27	5:55.93 L	F	Hannah Wright	11	CA EKU	31/03/2023	SA Level 3 Regional Age Group	
28	5:58.66 L	F	Ava Kranenburg	11	VINE CPT	31/03/2023	SA Level 3 Regional Age Group	
29	5:58.74 L	F	Aimee Van Der Merwe	11	MDOL EKU	08/12/2022	EGA Summer Champs 2022	
30	6:01.00 L	F	Morgan Maree	11	DRGN JHB	31/03/2023	SA Level 3 Regional Age Group	
31	6:03.41 L	P	Hayley De Haas	11	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship	
32	6:04.34 L	F	Ava Constantinides	11	SWIFT EKU	31/03/2023	SA Level 3 Regional Age Group	
33	6:06.16 L	F	Olivia Stroebel	11	HPS FSH	28/10/2022	NTS October SARJ+ Age Group Gala	
34	6:07.63 L	F	Molly Calf	11	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship	
35	6:10.75 L	F	Mila Nienaber	11	QSAW CED	11/02/2023	WCA-B Champs - 2023	
36	6:13.07 L	F	Martinet Bezuidenhout	11	TUKS FSH	03/02/2023	NTS January Lev 3+ Age Group Gala	
37	6:14.47 L	F	Haylee Smith	11	SGUL ETH	16/12/2022	KZNA Premier Provincial Championship	
38	6:17.50 L	F	Carolina Eybers	11	VRY ZLD	28/01/2023	Ushaka Champs 2023	
39	6:18.15 L	F	Zani Van Dyk	11	GSA CPT	11/02/2023	WCA-B Champs - 2023	
40	6:19.81 L	F	Caylie Azar	11	BLSS MAN	06/12/2022	Free State Champs 2022	
41	6:23.33 L	F	Alice Esterhuyse	11	KSTAR EDD	18/02/2023	EDEN 5th A-League Gala 2023	
42	6:25.79 L	F	Courtney Biggs	11	SASE JHB	25/02/2023	CGA Level 3+ Last Chance gala	
43	6:25.85 L	F	Anneke Pieterse	11	WBSK WBD	12/11/2022	Limpopo Age Group 5	
44	6:34.27 L	F	Storm Bircher	11	CUHE OBD	11/02/2023	WCA-B Champs - 2023	
45	6:37.33 L	F	Emma Groenewald	11	NCASA	28/01/2023	4 + 1 Inter Provincial Gala 2023	
46	6:38.02 L	F	Lene Bester	11	SLS KKD	10/02/2023	NW School Championships 2023	
47	6:43.99 L	F	Iane Joubert	11	ROA EDD	22/10/2022	EDEN 2nd A-League Gala 2022	
48	6:51.71 L	F	Liandri Terblanche	11	SS MPD	02/12/2022	Limpopo Champs	
49	6:53.31 L	F	Tatum Venter	11	WSS LLD	17/02/2023	Neptune Last Chance Gala	
50	6:55.46 L	F	Amieka Henning	11	HREF BPD	07/12/2022	NWS Championships 2022/2023	
51	6:56.67 L	F	Jessica Wood	11	TCA EKU	08/12/2022	EGA Summer Champs 2022	
52	6:58.37 L	F	Wilmi Esbach	11	HREF BPD	07/12/2022	NWS Championships 2022/2023	
53	7:00.84 L	F	Sunechka Roodt	11	SLS KKD	10/02/2023	NW School Championships 2023	
54	7:05.83 L	F	Liyah Theron	11	ROA EDD	05/11/2022	EDEN 3rd A-League Gala 2022	
55	7:16.30 L	F	Esona Sekeleni	11	AQUA BUF	04/02/2023	BCA Feb Age Group Gala 2023	
56	7:21.20 L	F	Kate Cunningham	11	CYBE CPT	15/10/2022	CTA Qualifying Meet #6	
57	7:23.68 L	F	Marietta Ferreira	11	EXP FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala	

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr				
58	7:26.92 L	F	Tlotliso Rakubutu	11	HREF BPD	07/12/2022	NWS Championships 2022/2023	
59	7:36.39 L	F	Gea March	11	UPSK	03/12/2022	AGE GROUP 4 UPT 2022	
60	7:54.57 L	F	Charlotte Guy	11	GSA CPT	21/01/2023	CTA Qualifying Meet #7	
61	8:09.65 L	F	Ezra Swartz	11	BULS MAN	09/09/2022	MA Long Distance Gala 1	
<b>Women 18 &amp; Under 800 Free</b>								
1	12:46.60 L	F	Zani Van Dyk	11	GSA CPT	07/10/2022	41st Freda Barnard Invitational Gala	
2	13:47.17 L	F	Storm Bircher	11	CUHE OBD	07/10/2022	41st Freda Barnard Invitational Gala	
3	14:00.50 L	F	Lene Bester	11	MATL KKD	07/12/2022	NWS Championships 2022/2023	
4	15:30.28 L	F	Alexia Montgomery	11	AQUA UTD	07/01/2023	Uthukela District January 2023 Age	
<b>Women 18 &amp; Under 1000 Free</b>								
1	19:13.00 L	O	Zibusiso Xulu	11	KLOO ETH	20/11/2022	Capital-K 2022	
2	21:01.00 L	O	Violet Maritz	11	SEAL UMD	20/11/2022	Capital-K 2022	
3	23:24.00 L	O	Taurez Gunkel	11	BEAV ETH	20/11/2022	Capital-K 2022	
4	23:32.00 L	O	Chloe Potgieter	11	SEAL UMD	20/11/2022	Capital-K 2022	
5	24:16.00 L	O	Abigail Naicker	11	PHOE ETH	20/11/2022	Capital-K 2022	
6	28:59.00 L	O	Jessica Van Wyk	11	SEAL UMD	20/11/2022	Capital-K 2022	
7	30:51.00 L	O	Hayley De Haas	11	SEAL UMD	20/11/2022	Capital-K 2022	
8	33:24.00 L	O	Holly Oosthuizen	11	AQUA UTD	20/11/2022	Capital-K 2022	
9	33:55.00 L	O	Yalsha Moodley	11	SGUL ETH	20/11/2022	Capital-K 2022	
10	35:53.00 L	O	Alexia Montgomery	11	AQUA UTD	20/11/2022	Capital-K 2022	
<b>Women 18 &amp; Under 1500 Free</b>								
1	20:58.20 L	F	Sharli Durandt	11	SSISA CPT	28/01/2023	Winelands SL Final	
2	27:30.42 L	F	Khwezi Magobongo	11	USC BUF	02/12/2022	BCA Long Course Championships 2022	
3	28:29.91 L	F	Alexia Montgomery	11	AQUA UTD	03/12/2022	Uthukela District Age Group Gala 3 Dec	
4	28:31.03 L	F	Holly Oosthuizen	11	AQUA UTD	03/12/2022	Uthukela District Age Group Gala 3 Dec	
<b>Women 18 &amp; Under 3000 Free</b>								
1	50:08.00 L	O	Rebecca Nilsson	11	TYGE CPT	23/10/2022	EC Swim Series OWS 1 2022	
2	51:44.00 L	O	Lulu Swanepoel	11	ASAC CPT	27/11/2022	EC Swim Series OWS 2 2022	
<b>Women 18 &amp; Under 50 Back</b>								
1	33.71 L S	F	Jenna Thornton	11	INFA NMA	21/03/2023	SA National Junior Age Group	
2	33.74 L	F	Gemma Spies	11	EDEN EDD	28/01/2023	NMBA Intra-District Championship	
3	34.73 L	P	Sophie Smith	11	VINE CPT	31/03/2023	SA Level 3 Regional Age Group	
4	35.32 L L	F	Hannah-Grace Havinga	11	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group	
5	36.17 L	F	Jessica Barnard	11	TUKS FSH	09/12/2022	NTS Championships 2022	
6	36.23 L	P	Ava Lorenzen	11	BLMA CPT	31/03/2023	SA Level 3 Regional Age Group	
7	37.04 L	F	Olivia Stroebel	11	HPS FSH	24/02/2023	NTS February Lev 3+ Age Group Gala	
8	37.45 L	F	Saskya Kistnasami	11	KZNA ETH	21/04/2023	SA Schools Swimming Championship	
9	37.66 L	F	Zenicke Van Schalkwyk	11	DESA NMA	31/03/2023	SA Level 3 Regional Age Group	
10	37.94 L	F	Sharli Durandt	11	SSISA CPT	09/12/2022	Western Cape LC-A Championship 2022	
11	37.98 L L	F	Aimee Van Der Merwe	11	MDOL EKU	31/03/2023	SA Level 3 Regional Age Group	
12	38.04 L	F	Freya Vilborn	11	TUKS FSH	09/12/2022	NTS Championships 2022	
13	38.13 L	F	Lara Macqueen	11	SEAL UMD	31/03/2023	SA Level 3 Regional Age Group	
14	38.15 L	P	Caeli Ferreira	11	AAS JHB	31/03/2023	SA Level 3 Regional Age Group	
15*	38.24 L	F	Ella Bunge	11	BLUO UGD	31/03/2023	SA Level 3 Regional Age Group	
15*	38.24 L	F	Zoi Dimatellis	11	ROA EDD	31/03/2023	SA Level 3 Regional Age Group	
17	38.26 L	P	Sienna Polti	11	CYBE CPT	24/02/2023	Western Cape Elite Gala	
18	38.31 L	F	Chloe Potgieter	11	SEAL UMD	31/03/2023	SA Level 3 Regional Age Group	
19	38.59 L S	F	Morgan Tandy	11	ESTR EKU	08/12/2022	EGA Summer Champs 2022	
20	38.61 L	P	Isabella Brooker	11	AACTA CPT	09/12/2022	Western Cape LC-A Championship 2022	
21	38.67 L	F	Mari Bruwer	11	LP CC	21/04/2023	SA Schools Swimming Championship	
22	38.72 L	F	Tyloh Aitken	11	SEAL UMD	05/11/2022	KZN Junior Championships 2022	
23	38.75 L	F	Amelia Oosthuizen	11	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group	
24	38.82 L	F	Abigail Da Silva	11	TUKS FSH	24/02/2023	NTS February Lev 3+ Age Group Gala	
25	39.00 L	F	Zani Van Dyk	11	GSA CPT	04/11/2022	CTA A CHAMPS 2022	
26	39.05 L S	P	Makenzie Abrams	11	USC BUF	21/03/2023	SA National Junior Age Group	
27	39.18 L	F	Liyanda Miti	11	ECA BUF	21/04/2023	SA Schools Swimming Championship	
28	39.19 L S	F	Kaylee Watt	11	DRGN JHB	08/12/2022	EGA Summer Champs 2022	

## Individual Top Times

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

	Time	P/F/S	Name	Age/Yr					
29	39.23	L	F	Lucy Seymour	11	CRSC	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
30	39.38	L	F	Irma Kotzé	11	POTC	KKD	07/12/2022	NWS Championships 2022/2023
31	39.41	L	F	Julia-Ruth Jacobs	11	BLNE	MAN	31/03/2023	SA Level 3 Regional Age Group
32	39.45	L	F	Alice Esterhuysen	11	EDEN	EDD	28/01/2023	NMBA Intra-District Championship
33	39.46	L	F	Mia Pienaar	11	PGAC	EKU	10/09/2022	Adrian Grafe Gala 2022
34	39.47	L	F	Jenna-Lee Watson	11	PAC	TSH	09/12/2022	NTS Championships 2022
35	39.50	L	F	Wilmi Esbach	11	GHS	BPD	10/02/2023	NW School Championships 2023
36	39.73	L	F	Rebecca Nilsson	11	TYGE	CPT	24/02/2023	Western Cape Elite Gala
37	39.75	L	F	Gina Austin	11	ELEC	TSH	02/03/2023	SA Level 2 Regional Age Group Champs
38	39.86	L	P	Hannah Wright	11	CA	EKU	31/03/2023	SA Level 3 Regional Age Group
39*	40.20	L	F	Zoe Morgado	11	CSA	EZD	02/12/2022	Mpumalanga Championships 2022
39*	40.20	L	P	Hayley De Haas	11	SEAL	UMD	31/03/2023	SA Level 3 Regional Age Group
41	40.23	L	F	Anri Jonker	11	TUKS	TSH	02/12/2022	2022 The Tshwane Mayoral Gala
42	40.28	L	F	Mia Lombard	11	HARL	BUF	03/03/2023	SA Level 2 Regional Age Group Champs
43	40.66	L	F	Jenna Joyce	11	BARR	CPT	11/02/2023	WCA-B Champs - 2023
44	40.70	L	F	Caylie Azar	11	BLSS	MAN	06/12/2022	Free State Champs 2022
45	40.82	L	F	Emma Groenewald	11	KTS		07/10/2022	FLAMINGO GALA OCT 2022
46	40.84	L	F	Trinity Kavanagh	11	TCA	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
47	40.86	L	F	Thandi Bosman	11	CPRIM	BUF	21/02/2023	Buffalo City Primary School Trials 2023
48	40.91	L	F	Donylle Cupido	11	BLNE	MAN	05/11/2022	Seals Heidedal Gala
49	40.96	L	F	Anika Muller	11	MSC	NGD	02/12/2022	Mpumalanga Championships 2022
50	40.99	L	P	Jothany Ngnotchouye	11	SEAL	UMD	31/03/2023	SA Level 3 Regional Age Group
51	41.01	L	F	Isabella De Beer	11	QSAW	GED	11/02/2023	WCA-B Champs - 2023
52	41.07	L	F	Inge Opperman	11	BLNE	MAN	05/11/2022	Seals Heidedal Gala
53	41.11	L	F	Lea Grobler	11	AQU	ADJ	17/03/2023	SA Level 2 Regional Age Group Champs
54	41.14	L	F	Amieka Henning	11	HREF	BPD	07/12/2022	NWS Championships 2022/2023
55	41.17	L	P	Clarise Stadler	11	TUKS	TSH	02/03/2023	SA Level 2 Regional Age Group Champs
56	41.24	L	F	Melokuhle Mhlongo	11	PSCP	UMD	05/11/2022	KZN Junior Championships 2022
57	41.30	L	P	Julie Olivier	11	TYGE	CPT	31/03/2023	SA Level 3 Regional Age Group
58	41.42	L	F	Kaylee Naidoo	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
59	41.47	L S	P	Amber Gaddin	11	AAS	JHB	21/03/2023	SA National Junior Age Group
60	41.50	L	P	Kinique De Agrella	11	TKS	WBD	02/03/2023	SA Level 2 Regional Age Group Champs
61	41.54	L	P	Nina Steyn	11	BLSS	MAN	31/03/2023	SA Level 3 Regional Age Group
62	41.60	L	F	Elle Gasson	11	BLSS	MAN	29/09/2022	MA Grand Prix
63	41.63	L	P	Ava Kranenburg	11	VINE	CPT	31/03/2023	SA Level 3 Regional Age Group
64	41.70	L	F	Rachel Wiseman	11	FRA	KCD	17/03/2023	SA Level 2 Regional Age Group Champs
65	41.72	L	F	Violet Maritz	11	SEAL	UMD	06/12/2022	KZNA Premier Provincial Championship
66	41.82	L	P	Tamlyn Groenewald	11	TUKS	TSH	09/12/2022	NTS Championships 2022
67	41.94	L	P	Melan van der Spuy	KR	BLOT	MAN	31/03/2023	SA Level 3 Regional Age Group
68	41.99	L	P	Leeann Reynolds	11	SOUL	EKU	31/03/2023	SA Level 3 Regional Age Group
69	42.00	L	F	Sage Moodie	11	ACES	ETH	05/11/2022	KZN Junior Championships 2022
70	42.10	L	P	Isabella Oswald	11	AAS	JHB	01/12/2022	CGA LC Summer Championships Level
71*	42.13	L	F	Leané Van der Merwe	11	PRA	NGD	14/10/2022	MP AGE GROUP 2 GALA 14-15
71*	42.13	L	P	Pippa Polti	11	CYBE	CPT	31/03/2023	SA Level 3 Regional Age Group
73	42.17	L S	F	Emerson Woods	11	ESTR	EKU	08/12/2022	EGA Summer Champs 2022
74	42.20	L	P	Julia Wichmann	11	MGSC	UGD	17/03/2023	SA Level 2 Regional Age Group Champs
75	42.35	L	F	Emily Geldart	11	SELG	BUF	25/02/2023	Eastern Cape Schools Swimming Trials
76	42.39	L	F	Emma Terblanche	11	NAE	EZD	04/11/2022	MP AGE GROUP 3 GALA 4-5
77	42.42	L	F	Ella Van Viegen	11	BLSS	MAN	27/01/2023	Seals Bullsharks Gala
78	42.44	L	P	Ava Constantinides	11	SWIFT	EKU	31/03/2023	SA Level 3 Regional Age Group
79	42.55	L	F	Amelia Minnar	11	CPRIM	BUF	21/02/2023	Buffalo City Primary School Trials 2023
80	42.56	L	P	Livia Gutter	11	BLNE	MAN	31/03/2023	SA Level 3 Regional Age Group
81	42.64	L	F	Abigail Slabber	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
82	42.65	L	F	Karla Chowles	11	TYGE	CPT	04/11/2022	CTA A CHAMPS 2022
83	42.71	L	P	Mila-Belle Slatter	11	SSISA	CPT	31/03/2023	SA Level 3 Regional Age Group
84	42.84	L	P	Lauren Walker	11	WATR	JHB	01/12/2022	CGA LC Summer Championships Level
85	42.87	L	F	Ashley Williams	11	BLNE	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
86*	42.95	L	F	Addison Cochran	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
86*	42.95	L	F	Casia Huntley	11	WSTV	ETH	25/11/2022	WSC & Seals Summer LC Champs 2022

## Individual Top Times

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

	Time	P/F/S	Name	Age/Yr				
88	43.06 L	F	Jessica Wood	11	TCA EKU	02/03/2023	SA Level 2 Regional Age Group Champs	
89	43.08 L	P	Amelia Fury	11	VINE CPT	09/12/2022	Western Cape LC-A Championship 2022	
90	43.12 L	F	Ella Steenkamp	11	VINE CPT	21/01/2023	CTA Qualifying Meet #7	
91	43.31 L	F	Elrie Moolman	11	OLDE JHB	02/03/2023	SA Level 2 Regional Age Group Champs	
92	43.32 L	F	Liandri Terblanche	11	LSTZN MP	04/02/2023	Limpopo School Champs	
93	43.33 L	F	Victoria Jackson	11	SOUL EKU	02/03/2023	SA Level 2 Regional Age Group Champs	
94	43.35 L	F	Lika Zietsman	11	BETH FDD	03/03/2023	SA Level 2 Regional Age Group Champs	
95	43.43 L	F	Khwezi Magobongo	11	CPRIM BUF	25/02/2023	Eastern Cape Schools Swimming Trials	
96	43.50 L	F	Molly Calf	11	SEAL UMD	05/11/2022	KZN Junior Championships 2022	
97	43.59 L	F	Mia Stilwayney	11	PAQU CED	11/02/2023	WCA-B Champs - 2023	
98	43.63 L	P	Francesca Flack	11	CLSC WCD	31/03/2023	SA Level 3 Regional Age Group	
99	43.65 L	F	Jaimee Cronje	11	COMS FSH	08/10/2022	NTS Sprint Gala	
100	43.70 L	P	Jade Rogers	11	BLUO UGD	17/03/2023	SA Level 2 Regional Age Group Champs	
101	43.77 L	F	Lisa Du Toit	11	SEAL UMD	17/03/2023	SA Level 2 Regional Age Group Champs	
102	43.82 L	F	Emma De Villiers	11	BLTA NMA	09/12/2022	NMBA Championships 2022	
103	43.85 L	F	Gabriela Govender	11	INFA NMA	13/01/2023	Eastern Cape Aquatics LC Champs 2023	
104	43.94 L	F	Emily Wang	11	OHAN ILD	05/11/2022	KZN Junior Championships 2022	
105	43.97 L S	P	Amaru Mapulane	11	CA EKU	08/12/2022	EGA Summer Champs 2022	
106	43.99 L	F	Carolina Eybers	11	VRY ZLD	29/10/2022	Amajuba District Age Group 4 29	
107	44.07 L	F	Anya Sonnekus	11	TYGE CPT	04/11/2022	CTA A CHAMPS 2022	
108	44.08 L	F	Mikaela Roff	11	ROA EDD	03/03/2023	SA Level 2 Regional Age Group Champs	
109*	44.12 L	F	Storm Bircher	11	CUHE OBD	28/01/2023	Winelands SL Final	
109*	44.12 L	F	Beniece Mouton	11	SWAR WCD	11/02/2023	WCA-B Champs - 2023	
111	44.13 L	F	Morgan Maree	11	DRGN JHB	10/09/2022	Adrian Grafe Gala 2022	
112	44.16 L	P	Sienna Seagram	11	ELEC FSH	31/03/2023	SA Level 3 Regional Age Group	
113	44.25 L	F	Liza Oosthuizen	11	CLSC WCD	11/02/2023	WCA-B Champs - 2023	
114	44.33 L	P	Lethabo Mogadi	11	ACAQ CCD	02/03/2023	SA Level 2 Regional Age Group Champs	
115	44.35 L	P	Emma Hunter	11	KNYA EDD	31/03/2023	SA Level 3 Regional Age Group	
116	44.41 L	P	Talia McCabe	11	WATR JHB	31/03/2023	SA Level 3 Regional Age Group	
117	44.43 L	F	Clarrisa Schuch	11	TOTIS ETH	05/11/2022	KZN Junior Championships 2022	
118	x44.43 L L	F	Courtney Biggs	11	SASE JHB	31/03/2023	SA Level 3 Regional Age Group	
119*	44.45 L	F	Malaika van Leeuwen	11	ASA ILD	05/11/2022	KZN Junior Championships 2022	
119*	44.45 L	P	Jany Norval	11	SS MPD	02/03/2023	SA Level 2 Regional Age Group Champs	
121	44.49 L	F	Liv van den Heever	11	AZON ETH	17/03/2023	SA Level 2 Regional Age Group Champs	
122	44.56 L	F	Roxanne De Lange	11	PAC FSH	02/12/2022	2022 The Tshwane Mayoral Gala	
123	44.60 L	F	Daniella Tolmay	11	AFIN JHB	01/10/2022	2022 AG Swim Stars&OR Tambo	
124	44.62 L	P	Casey Lee Mccabe	11	DOLFI MPD	02/03/2023	SA Level 2 Regional Age Group Champs	
125	44.64 L	P	Mia Putter	11	NWUC KKD	31/03/2023	SA Level 3 Regional Age Group	
126	44.66 L	F	Nina Tjallingii	11	SAAW CPT	18/02/2023	Swartland Invitational Gala 2023	
127	44.72 L	P	Ontshiametse Makatiers	11	RBOT BPD	03/03/2023	SA Level 2 Regional Age Group Champs	
128	44.74 L	F	Jessica Darling	11	BLMA CPT	07/10/2022	41st Freda Barnard Invitational Gala	
129	44.76 L	F	Isabella Cownie	11	TUKS FSH	08/10/2022	NTS Sprint Gala	
130	44.79 L	F	Taygen Roden	11	BEAV ETH	17/03/2023	SA Level 2 Regional Age Group Champs	
131*	44.84 L	F	Marli Coetzee	11	GSA CPT	11/02/2023	WCA-B Champs - 2023	
131*	44.84 L	F	Jessica Van Wyk	11	SEAL UMD	25/11/2022	WSC & Seals Summer LC Champs 2022	
133	44.87 L	F	Mila Strydom	11	GHSK	21/01/2023	GROUP 5 - Kby 2023	
134	44.92 L	F	Tischke Rischmuller	11	RFA FSH	17/02/2023	NTS February Lev 1+2 Age Group Gala	
135	44.93 L	F	Umari Bloem	AR	BLOT MAN	06/12/2022	Free State Champs 2022	
136	44.99 L	F	Grace Newton	11	CUDU CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8	
137	45.01 L	F	Dunay Zovitzkey	11	TUKS FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala	
138*	45.04 L	F	Milan Young	11	RBUR BPD	07/12/2022	NWS Championships 2022/2023	
138*	45.04 L	F	Iane Joubert	11	ROA EDD	07/10/2022	41st Freda Barnard Invitational Gala	
140	45.05 L	F	Arabella Duggan	11	PEAS NMA	19/11/2022	5th A League Gala	
141*	45.07 L	F	Josephine Van Wyk	11	LALE CED	13/11/2022	Winelands Summer League 4	
141*	45.07 L	F	Aimee Liebenberg	11	SWAR WCD	18/02/2023	Swartland Invitational Gala 2023	
143	45.08 L	F	Megan Bosch	11	DDA FSH	02/12/2022	2022 The Tshwane Mayoral Gala	
144	45.12 L	P	Cara Mills	11	UNI EZD	02/12/2022	Mpumalanga Championships 2022	
145	45.14 L	F	Lyla Barnard	11	RFA FSH	17/02/2023	NTS February Lev 1+2 Age Group Gala	
146	45.17 L	F	Tamryn Ririe	11	BLSS MAN	06/12/2022	Free State Champs 2022	

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
147	45.18	L	F	Lene Bester	11	MATL KKD	03/03/2023 SA Level 2 Regional Age Group Champs
148	45.22	L	F	Chanlè Jacobs	11	STGR	15/10/2022 KBY AGE GROUP 1 - 2022
149	45.26	L	F	Annabelle Gwilt	11	SASE JHB	25/02/2023 CGA Level 3+ Last Chance gala
150	45.29	L	F	Erin Chree	11	INFA NMA	09/12/2022 NMBA Championships 2022
151	45.30	L	F	Tyla Charles	11	VINE CPT	11/02/2023 WCA-B Champs - 2023
152	45.35	L	F	Camryn Weber	11	SPS BUF	21/02/2023 Buffalo City Primary School Trials 2023
153	45.41	L	F	Katherine Pappas	11	INFA NMA	03/03/2023 SA Level 2 Regional Age Group Champs
154	45.43	L	F	Haylee Smith	11	SGUL ETH	25/11/2022 WSC & Seals Summer LC Champs 2022
155*	45.46	L	F	Nikah Solomons	11	PAQU CED	11/02/2023 WCA-B Champs - 2023
155*	45.46	L	F	Elmiah Vd Merwe	11	TUKS FSH	02/12/2022 2022 The Tshwane Mayoral Gala
157*	45.48	L	F	Juliette Wallis	11	GREY CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet #8
157*	45.48	L	F	Charlotte Guy	11	GSA CPT	11/02/2023 WCA-B Champs - 2023
159*	45.50	L	F	Lucia Kempen	11	AGAQU OBD	07/10/2022 41st Freda Barnard Invitational Gala
159*	45.50	L	F	Megan Els	11	MAC EKU	23/09/2022 EGA Summer 1 2022
161*	45.52	L	F	Ava Larter	11	PEAS NMA	25/06/2022 PEA Winter Gala 2022
161*	45.52	L	P	Ofentse Mothopeng	11	ESP EKU	02/03/2023 SA Level 2 Regional Age Group Champs
163	45.53	L	F	Hayleigh Sutherland	11	AWIN FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
164	45.59	L	F	April Jooman	11	CPRIM BUF	25/02/2023 Eastern Cape Schools Swimming Trials
165	45.60	L	F	Eden Bollay	11	WSTV ETH	05/11/2022 KZN Junior Championships 2022
166	45.63	L	F	Madison Polti	11	CYBE CPT	04/11/2022 CTA A CHAMPS 2022
167	45.66	L	F	Paula Theron	11	CUDU CPT	21/01/2023 CTA Qualifying Meet #7
168	45.73	L	F	Mienke Rutherford	11	LSM NGD	10/02/2023 NW School Championships 2023
169	45.75	L	F	Alina Dore	11	MGSC UGD	25/11/2022 WSC & Seals Summer LC Champs 2022
170*	45.77	L	F	Ane' Lindthout	11	BLNE MAN	06/12/2022 Free State Champs 2022
170*	45.77	L	F	Mia Bernard	11	TUKS FSH	02/12/2022 2022 The Tshwane Mayoral Gala
172	45.85	L	F	Jasmine Acker-Cooper	11	SGUL ETH	19/03/2023 KZN Level 1 Championships 2023
173	45.86	L	F	Karu Rademeyer	11	VINE CPT	11/02/2023 WCA-B Champs - 2023
174	45.97	L S	P	Madison Botha	11	RAV EKU	08/12/2022 EGA Summer Champs 2022
175	46.00	L	F	Kaitlyn Richter	11	PEAS NMA	13/01/2023 Eastern Cape Aquatics LC Champs 2023
176	46.02	L	F	Talia Hill	11	PAC FSH	17/02/2023 NTS February Lev 1+2 Age Group Gala
177	46.16	L	P	Cara Louw	11	RBOT BPD	07/12/2022 NWS Championships 2022/2023
178	46.17	L	F	Abigail Naicker	11	PHOE ETH	19/03/2023 KZN Level 1 Championships 2023
179	46.22	L	F	Zibusiso Xulu	11	KLOO ETH	03/10/2022 Sasolburg Swim Club Invitational Gala
180	46.28	L	F	Jada-Leigh Brockman	11	HURA CPT	03/03/2023 SA Level 2 Regional Age Group Champs
181	46.41	L	F	Mila Nienaber	11	QSAW CED	07/10/2022 41st Freda Barnard Invitational Gala
182	46.47	L	F	Jeneva Noble-Ashby	11	SGUL ETH	05/11/2022 KZN Junior Championships 2022
183	46.64	L	P	Mikayla Twali	11	CPSC FSH	02/03/2023 SA Level 2 Regional Age Group Champs
184	46.68	L	F	Annabelle Kruger	11	DESA NMA	13/01/2023 Eastern Cape Aquatics LC Champs 2023
185	46.70	L	F	Katelyn Kretzmann	11	INFA NMA	25/06/2022 PEA Winter Gala 2022
186	46.74	L	F	Anja Solomon	11	NCASA	28/01/2023 4 + 1 Inter Provincial Gala 2023
187	46.75	L	F	Huei-Gin Chen	11	DORE JHB	18/03/2023 Level 1 Intra-Provincial 2023
188	46.76	L	F	Lize Thompson	11	SWAR WCD	11/02/2023 WCA-B Champs - 2023
189	46.82	L	F	Jana Durrans	11	QSAW CED	07/10/2022 41st Freda Barnard Invitational Gala
190	46.89	L	P	Leatile Mothibinyane	11	ESP EKU	02/03/2023 SA Level 2 Regional Age Group Champs
191	46.94	L	F	Mila Howell	11	CPRIM BUF	21/02/2023 Buffalo City Primary School Trials 2023
192	46.95	L	F	Sarah-Rose Pohlmann	11	SELC BUF	25/02/2023 Eastern Cape Schools Swimming Trials
193	46.99	L	F	Elri De Waal	11	STGR	19/11/2022 AGE GROUP 3 KBY 2022
194	47.00	L	F	Eumari Van den Heever	11	RFA FSH	02/12/2022 2022 The Tshwane Mayoral Gala
195	47.06	L	F	Jeanté Bothma	11	CSA EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
196*	47.08	L	F	Suné Vd Walt	11	FISH EDD	07/10/2022 41st Freda Barnard Invitational Gala
196*	47.08	L	F	Amalia van der Westhuizen	11	SUN EZD	25/02/2023 Eastern Cape Schools Swimming Trials
198	47.18	L S	P	Miane Muller	11	CA EKU	08/12/2022 EGA Summer Champs 2022
199	47.20	L	F	Danielle Bond	11	ROA EDD	05/11/2022 EDEN 3rd A-League Gala 2022
200	47.22	L	F	Miya De Villiers	11	ISSC NMD	04/02/2023 Nelson Mandela Bay Schools Swimming
201	47.24	L	F	Annabelle Marsh	11	TINC FSH	17/02/2023 NTS February Lev 1+2 Age Group Gala
202	47.28	L	P	Nina Alberts	11	VRC FSH	02/03/2023 SA Level 2 Regional Age Group Champs
203	47.32	L	P	Viha Beecum	11	CPRIM BUF	21/02/2023 Buffalo City Primary School Trials 2023
204	47.34	L	P	Nina Van Staden	11	KSC EZD	02/03/2023 SA Level 2 Regional Age Group Champs
205	47.35	L	F	Jessica Head	11	SEAL UMD	05/11/2022 KZN Junior Championships 2022



## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr					
206	47.36	L	F	Natalie De Beer	11	CPSC	TSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
207	47.40	L	F	Milan Kruger	11	QSAW	GED	11/02/2023	WCA-B Champs - 2023
208	47.55	L	P	Alanna Erasmus	11	SPS	BUF	21/02/2023	Buffalo City Primary School Trials 2023
209	47.58	L	F	Abigail Krevitar	11	MGSC	UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
210	47.67	L	P	Annabelle Roos	11	SPS	BUF	21/02/2023	Buffalo City Primary School Trials 2023
211	47.76	L	P	Lana Van Schalkwyk	11	TUKS	TSH	02/03/2023	SA Level 2 Regional Age Group Champs
212	47.83	L	F	Courtney Wessels	11	OHAN	ILD	05/11/2022	KZN Junior Championships 2022
213	47.97	L	P	Tatum Venter	11	WSS	LLD	03/03/2023	SA Level 2 Regional Age Group Champs
214	48.12	L	P	Ava Koortzen	11	LINR	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
215	48.13	L	P	Elizabeth Desilla	11	MDOL	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
216*	48.28	L	F	Heike Wessels	11	QUIC	CPT	11/02/2023	WCA-B Champs - 2023
216*	48.28	L	F	Khloe Daniels	11	AWSC	JHB	18/03/2023	Level 1 Intra-Provincial 2023
218	48.32	L	F	Riley Pieterse	11	TUKS	TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
219	48.33	L	F	Sofia de Freitas	11	MAKO	EKU	10/09/2022	Adrian Grafe Gala 2022
220	48.41	L	F	Harper Halford	11	MANT	CPT	04/11/2022	CTA A CHAMPS 2022
221	48.47	L	F	Mia Janse van Rensburg	11	MGSC	UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
222	48.52	L	F	Elnye Potgieter	11	RFA	TSH	31/03/2023	SA Level 3 Regional Age Group
223	48.53	L	F	Pippa Roberts	11	UPP	EZD	14/10/2022	MP AGE GROUP 2 GALA 14-15
224	48.59	L	F	Mieke Van der Merwe	11	NSAD	EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER
225	48.61	L	F	Juané Labuschagne	11	SS	MPD	02/12/2022	Limpopo Champs
226	48.64	L	P	Rania Marnewick	11	LINR	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
227*	48.72	L	P	Sunechka Roodt	11	MATL	KKD	03/03/2023	SA Level 2 Regional Age Group Champs
227*	48.72	L	F	Liané Van Heerden	11	SS	MPD	02/12/2022	Limpopo Champs
229	48.76	L	P	Maike Wheeler	11	BON	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
230*	48.79	L	P	Tlotliso Rakubutu	11	HREF	BPD	02/03/2023	SA Level 2 Regional Age Group Champs
230*	48.79	L	P	Danica Du Plessis	11	FLOD	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
232	48.88	L L	F	Olwethu Gqoloma	11	RBOT	BPD	03/03/2023	SA Level 2 Regional Age Group Champs
233	48.97	L	F	Ghardine Pelser	11	NSAD	EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER
234	49.21	L	P	Nicola Peers	11	SASE	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
235	49.26	L	F	Nangamso Bodlani	11	FRA	KCD	11/03/2023	KCDA Level 1 Championships 2023
236	49.34	L	P	Alize Spangenberg	11	EXP	TSH	02/03/2023	SA Level 2 Regional Age Group Champs
237	49.36	L	F	Maleleko Mushikita	11	DOLFI	MPD	12/11/2022	Limpopo Age Group 5
238	49.38	L	F	Mishay Smith	11	ZASC	TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
239	49.41	L	F	Rua De Wit	11	QUIC	CPT	12/11/2022	CTA B CHAMPS
240	49.46	L	F	Courtney Logie	11	KLOO	ETH	17/03/2023	SA Level 2 Regional Age Group Champs
241*	49.53	L	F	Taurez Gunkel	11	BEAV	ETH	01/07/2022	Prestige Tournament 2022
241*	49.53	L	F	Izabel Harrison	11	GREY	CPT	13/11/2022	Winelands Summer League 4
243	49.56	L	P	Esona Sekeleni	11	AQUA	BUF	03/03/2023	SA Level 2 Regional Age Group Champs
244	49.58	L	F	Gea March	11	UPSK		03/02/2023	NCASA SPRINTS - 3 & 4 FEBRUARY
245	49.59	L L	F	Zoe Bayisayi	11	TCA	EKU	08/12/2022	EGA Summer Champs 2022
246	49.62	L	F	Liyah Theron	11	ROA	EDD	07/10/2022	41st Freda Barnard Invitational Gala
247	49.65	L	P	Imke Vermaak	11	RBUR	BPD	07/12/2022	NWS Championships 2022/2023
248	49.68	L	F	Addison Oldfield-Sammons	11	BARA	EKU	10/09/2022	Adrian Grafe Gala 2022
249	49.69	L	F	Ava Nel	11	SS	MPD	02/12/2022	Limpopo Champs
250	49.74	L	F	Nondalo Mkhasibe	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
251	49.76	L	P	Isabelle Boyd	11	MSC	NGD	02/12/2022	Mpumalanga Championships 2022
252	49.81	L	F	Amanda Honneysett	11	AQDO	CPT	04/11/2022	CTA A CHAMPS 2022
253	49.84	L	F	Morganne Michielsens	11	OHAN	ILD	05/11/2022	KZN Junior Championships 2022
254*	49.85	L	F	Esté Gersbach	11	BARR	CPT	07/10/2022	41st Freda Barnard Invitational Gala
254*	49.85	L	F	Leah Stewart	11	TASC	MPD	02/12/2022	Limpopo Champs
256	49.87	L	F	Jordan Godfrey	11	AFIN	JHB	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
257	50.01	L	F	Carli Kieck	11	AWIN	TSH	02/12/2022	2022 The Tshwane Mayoral Gala
258	50.05	L	F	Klara Botha	11	SS	MPD	22/10/2022	Limpopo Age Group 4
259*	50.06	L	P	Emihle James	11	RBOT	BPD	03/03/2023	SA Level 2 Regional Age Group Champs
259*	50.06	L	F	Makanaka Makoto	11	NSAD	EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
261	50.10	L	P	Elle Joubert	11	QSAW	GED	03/03/2023	SA Level 2 Regional Age Group Champs
262	50.36	L	F	Wilmari Nortman-Gobey	11	GHS	BPD	10/02/2023	NW School Championships 2023
263	50.42	L	F	Dunay Futcher	11	FRA	KCD	28/01/2023	Ushaka Champs 2023
264	50.45	L	F	Franciska Van der Merwe	11	WRP	EZD	30/09/2022	MP AGE GROUP 1

### Individual Top Times

Times since: 01-May-22      Times until: 30-Apr-23  
 Number of Top Times: All      Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
265	50.59	L	F	Maya Johnstone	11	AFIN	JHB	01/10/2022 2022 AG Swim Stars&OR Tambo
266	50.62	L	P	Ane Du Plessis	11	KSC	EZD	02/03/2023 SA Level 2 Regional Age Group Champs
267	50.74	L	F	Amani Mottiar	11	ATLA	JHB	18/03/2023 Level 1 Intra-Provincial 2023
268*	50.75	L	F	Mika Coetzee	11	EXP	TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
268*	50.75	L	P	Jane Botha	11	VALS	FDD	03/03/2023 SA Level 2 Regional Age Group Champs
270	50.81	L	F	Zamacirha Malla	11	HARL	BUF	04/02/2023 BCA Feb Age Group Gala 2023
271	50.86	L	P	Chiniq Breet	11	CSA	EZD	02/12/2022 Mpumalanga Championships 2022
272	50.89	L	F	Mieke du Toit	11	LINR	JHB	18/03/2023 Level 1 Intra-Provincial 2023
273	50.98	L	F	Taylor Siebrits	11	STSC	KCD	28/01/2023 Ushaka Champs 2023
274*	50.99	L	P	Adiana Van der Merwe	11	STGR		03/03/2023 SA Level 2 Regional Age Group Champs
274*	50.99	L	P	Jane Du Preez	11	NAE	EZD	02/12/2022 Mpumalanga Championships 2022
276	51.03	L	F	Emily Suckling	11	FSE	KCD	11/03/2023 KCDA Level 1 Championships 2023
277	51.09	L	F	Tayla-Jean Gibb	11	HARL	BUF	19/11/2022 BCA 2nd November Age Group Gala
278	51.12	L	F	Dinette Van Niekerk	11	BLNE	MAN	21/01/2023 PELICAN NEPTUNE GALA
279*	51.15	L	F	Zoey Dampier	11	SS	MPD	02/12/2022 Limpopo Champs
279*	51.15	L S	P	Alyssa van Niekerk	11	FAC	EKU	08/12/2022 EGA Summer Champs 2022
281	51.22	L	F	Thandolwethu Dlamini	11	MPS	NGD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
282	51.34	L	F	Caitlin Wagner	11	CUR	EZD	11/03/2023 SSA LEVEL 1 REGIONAL CHAMPS
283	51.39	L	P	Ciara Kroef	11	FAC	EKU	02/03/2023 SA Level 2 Regional Age Group Champs
284	51.49	L	F	Line Cilliers	11	FAAC	FBD	19/11/2022 AGE GROUP 3 KBY 2022
285*	51.51	L	F	Emmalynn Strydom	11	TUKS	TSH	02/12/2022 2022 The Tshwane Mayoral Gala
285*	51.51	L	P	Melanie Munyoro	11	WATR	JHB	02/03/2023 SA Level 2 Regional Age Group Champs
287	51.54	L	F	Zoë Schmidt	11	SS	MPD	12/11/2022 Limpopo Age Group 5
288	51.67	L	F	Izabella Samuel	11	AQDO	CPT	07/10/2022 41st Freda Barnard Invitational Gala
289	51.69	L	F	Jiya Benjamin	11	PAQU	GED	11/02/2023 WCA-B Champs - 2023
290*	51.83	L	F	Christie Russell	11	SUPE	JHB	01/10/2022 2022 AG Swim Stars&OR Tambo
290*	51.83	L	P	Emma Fischer	11	HPPS	BUF	21/02/2023 Buffalo City Primary School Trials 2023
292	51.88	L	F	Mia Lourens	11	CUDU	CPT	12/11/2022 CTA B CHAMPS
293	52.04	L	F	Olivia Talbot	11	KNYA	EDD	18/02/2023 EDEN 5th A-League Gala 2023
294	52.06	L	F	Ava Scally	11	ZASC	TSH	02/12/2022 2022 The Tshwane Mayoral Gala
295	52.07	L	F	Liane Ferreira	11	PLAY	GED	18/02/2023 Swartland Invitational Gala 2023
296*	52.22	L	F	Louisa Anderson	11	WELL	GED	13/11/2022 Winelands Summer League 4
296*	52.22	L	F	Saskia von Maltitz	11	BULS	MAN	22/10/2022 Otters Prestige Gala 2022
298	52.25	L	F	Kate Cunningham	11	CYBE	CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet #8
299	52.27	L	F	Kelsey Jansen	11	WATR	JHB	01/10/2022 2022 AG Swim Stars&OR Tambo
300	52.29	L	P	Xysca Bezuidenhout	11	FRA	KCD	17/03/2023 SA Level 2 Regional Age Group Champs
301	52.32	L	P	Aleksia Demetriou	11	MATL	KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
302	52.33	L	F	Angelina Fernandes	11	WSS	LLD	24/09/2022 Bull-Sharks Gala
303	52.35	L	F	Kaylan Venter	11	FAAC	FBD	07/10/2022 FLAMINGO GALA OCT 2022
304	52.45	L	F	Xandri Hattingh	11	KTS		07/12/2022 NCASA CHAMPS 2022
305	52.80	L	F	Jessica Dreyer	11	GREY	CPT	24/09/2022 CTA Qualifying Meet #5
306	52.88	L	F	Addison Kirk	11	RFA	TSH	01/10/2022 2022 AG Swim Stars&OR Tambo
307	53.00	L	F	Milandrie Gouws	11	TLAC	BPD	21/01/2023 NWS Sprint Gala 2023
308	53.06	L	F	Olivia Elan-Puttick	11	QSAW	GED	13/11/2022 Winelands Summer League 4
309	53.07	L	P	Lika Els	11	QSAW	GED	31/03/2023 SA Level 3 Regional Age Group
310	53.26	L	F	Bonolo Nthwane	11	MATL	KKD	21/01/2023 NWS Sprint Gala 2023
311*	53.35	L	F	Karolien Wilmot	11	BULS	MAN	05/11/2022 Seals Heidedal Gala
311*	53.35	L	F	Londiwe Ngwenya	11	SGUL	ETH	05/11/2022 KZN Junior Championships 2022
313	53.38	L	F	Jodi Marais	11	BLMA	CPT	28/01/2023 Winelands SL Final
314	53.41	L S	P	Isabelle Adendorff	11	JAQ	EKU	08/12/2022 EGA Summer Champs 2022
315	53.60	L	F	Mieke Botha	11	TUKS	TSH	01/10/2022 2022 AG Swim Stars&OR Tambo
316	53.68	L	F	Marietta Ferreira	11	EXP	TSH	08/10/2022 NTS Sprint Gala
317	53.72	L	F	Kaira Nel	11	WELA	LLD	21/01/2023 PELICAN NEPTUNE GALA
318	53.79	L	F	Julia Pienaar	11	TLAC	BPD	21/01/2023 NWS Sprint Gala 2023
319	53.80	L	F	Carmi Roux	11	CSA	EZD	14/10/2022 MP AGE GROUP 2 GALA 14-15
320	53.93	L	P	Cornelea Breedt	11	ESP	EKU	02/03/2023 SA Level 2 Regional Age Group Champs
321	53.97	L	F	Kabo Phalane	11	HASC	JHB	18/03/2023 Level 1 Intra-Provincial 2023
322	54.04	L	F	Hesmari MacRobert	11	KSTAR	EDD	18/02/2023 EDEN 5th A-League Gala 2023
323	54.06	L	F	Angeliqe Marais	11	EXP	TSH	08/10/2022 NTS Sprint Gala

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time		P/F/S	Name	Age/Yr			
324	54.08	L	F	Kendall Dennehy	11	AQDO	CPT	11/02/2023 WCA-B Champs - 2023
325	54.10	L	P	Kamea Govindasamy	11	WATR	JHB	31/03/2023 SA Level 3 Regional Age Group
326	54.36	L	P	Kiara Naidoo	11	BON	EKU	02/03/2023 SA Level 2 Regional Age Group Champs
327	54.41	L	F	Payton Mathee	11	SGUL	ETH	05/11/2022 KZN Junior Championships 2022
328	54.53	L	F	Alia Leeuwner	11	CSA	EZD	14/10/2022 MP AGE GROUP 2 GALA 14-15
329	54.54	L S	P	Amahle Mazula	11	MAKO	EKU	08/12/2022 EGA Summer Champs 2022
330	54.65	L	F	Kate Tager	11	CUHE	QBD	13/11/2022 Winelands Summer League 4
331	54.74	L	F	Kopano Lempe	11	MAKO	EKU	23/09/2022 EGA Summer 1 2022
332	54.97	L	F	Emma Van Driel	11	VRC	TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
333*	55.05	L	F	Nala Hlapho	11	LEBII		10/02/2023 NW School Championships 2023
333*	55.05	L	F	Lia Basson	11	TUKS	TSH	18/03/2023 Level 1 Intra-Provincial 2023
335	55.11	L	F	Kirsten Koopman	11	TOTIS	ETH	19/03/2023 KZN Level 1 Championships 2023
336	55.16	L	F	Rachael Nieuwoudt	11	QSAW	CED	18/02/2023 Swartland Invitational Gala 2023
337*	55.22	L	F	Ayesha Motala	11	ATLA	JHB	01/10/2022 2022 AG Swim Stars&OR Tambo
337*	55.22	L	F	Shehzadi Abdul Gafar	11	PCS	KKD	10/02/2023 NW School Championships 2023
339	55.36	L S	P	Sithabile Mdlalose	11	JAQ	EKU	08/12/2022 EGA Summer Champs 2022
340	55.45	L	F	Motheo Mofokeng	11	KPS	KKD	10/02/2023 NW School Championships 2023
341	55.47	L	F	Jeanne-Marie Jordaan	11	EVO	CPT	18/02/2023 Swartland Invitational Gala 2023
342	56.30	L	F	Keletso Goeieman	11	KALA		07/12/2022 NCASA CHAMPS 2022
343	56.43	L	F	Carissa Pitout	11	BETH	FDD	21/01/2023 PELICAN NEPTUNE GALA
344	56.44	L	F	Megan Mukundi	11	AQDO	CPT	07/10/2022 41st Freda Barnard Invitational Gala
345	56.45	L	F	Oratilwe Ngubeni	11	JAQ	EKU	01/10/2022 2022 AG Swim Stars&OR Tambo
346	56.55	L	F	Yalsha Moodley	11	SGUL	ETH	19/03/2023 KZN Level 1 Championships 2023
347	56.57	L	F	Mieke Van der Walt	11	LSM	NGD	10/02/2023 NW School Championships 2023
348	56.60	L	F	Charné Terblanche	11	KNYJ	EDD	05/11/2022 EDEN 3rd A-League Gala 2022
349	56.75	L	F	Rachel Moelich	11	TCA	EKU	11/06/2022 EGA Winter 1 2022
350	56.92	L	F	Leanri Bekker	11	PEAS	NMA	13/08/2022 Madibaz Swim Meet
351	56.94	L	F	Tshegofatso Maphoto	11	CURHK	CCD	04/02/2023 Limpopo School Champs
352	57.03	L	F	Suzette Coetzee	11	KALA		03/12/2022 AGE GROUP 4 KATHU 2022
353	57.21	L	F	Lize Pienaar	11	BULS	MAN	04/02/2023 Heidedal Kovsie Gala
354	57.22	L	F	Alexia Montgomery	11	AQUA	UTD	03/12/2022 Uthukela District Age Group Gala 3 Dec
355	57.65	L	F	Nica-Ann Dos Santos	11	STSC	KCD	22/10/2022 Stingrays Swim Club Championships
356	57.71	L	F	Zana Richardson	11	CUR	EZD	11/03/2023 SSA LEVEL 1 REGIONAL CHAMPS
357	57.74	L	F	Nobubelebesisa Zwane	11	FRA	KCD	04/02/2023 KCDA February Age Group Gala 2023
358	57.82	L	F	Tshimologo Van Vuuren	11	ACSC	TSH	17/02/2023 NTS February Lev 1+2 Age Group Gala
359	57.84	L	F	Lezani Mansfield	11	AQUA	UTD	04/02/2023 Uthukela District Age Group Gal 4 Feb
360	57.99	L	F	Caroline Abbott	11	QUIC	CPT	07/10/2022 41st Freda Barnard Invitational Gala
361	58.07	L	P	Orefile Ramphole	11	MATL	KKD	07/12/2022 NWS Championships 2022/2023
362	58.11	L	F	Ratanang Gambu	11	TMAC	ETH	19/03/2023 KZN Level 1 Championships 2023
363	58.12	L	F	Carli Lourens	11	ETTN	EKU	11/06/2022 EGA Winter 1 2022
364	58.19	L	F	Paballo Mabote	11	MAKO	EKU	17/02/2023 EGA Let's Race 2023
365	58.25	L	F	Lisa Raath	11	WRP	EZD	30/09/2022 MP AGE GROUP 1
366	58.60	L	F	Anesuishe Jojozi	11	PELIC	MAN	27/01/2023 Seals Bullsharks Gala
367	58.82	L	F	Angelica Pienaar	11	LEBII		10/02/2023 NW School Championships 2023
368	58.95	L	F	Khaya Nguphane	11	PCS	KKD	10/02/2023 NW School Championships 2023
369	59.32	L	P	Alexa Talbot	11	MPS	NGD	21/02/2023 Buffalo City Primary School Trials 2023
370	59.96	L	F	Riley Thompson	11	HARL	BUF	04/02/2023 BCA Feb Age Group Gala 2023
371	1:00.19	L	F	Ami Wiesner	11	CUHE	QBD	13/11/2022 Winelands Summer League 4
372	1:00.65	L	F	Angelique Kyanda-Kaboza	11	DESA	NMA	22/10/2022 4th A League Gala
373	1:00.67	L	F	Kendal Few	11	FIELD	BPD	10/02/2023 NW School Championships 2023
374	1:01.36	L	F	Logan Nieuwenhuys	11	KALA		18/02/2023 AGE GROUP 6 KATHU - 2023
375	1:02.03	L S	P	Zisuliwe Zikhali	11	MAKO	EKU	08/12/2022 EGA Summer Champs 2022
376	1:02.37	L	F	Susanna Ellis	11	LSM	NGD	10/02/2023 NW School Championships 2023
377	1:02.49	L	F	Gia De Wit	11	QUIC	CPT	12/11/2022 CTA B CHAMPS
378	1:02.71	L	F	Madison Steyn	11	AQUA	UTD	07/01/2023 Uthukela District January 2023 Age
379	1:02.85	L	F	Lunè Botes	11	BS	LLD	12/11/2022 Kroonstad Age Group
380	1:02.97	L	F	Esti Raath	11	WRP	EZD	30/09/2022 MP AGE GROUP 1
381	1:03.53	L	F	Akhona Lama	11	ESTR	EKU	18/03/2023 Level 1 Intra-Provincial 2023
382	1:04.25	L	F	Roaluswa Manenzhe	11	MATL	KKD	21/01/2023 NWS Sprint Gala 2023

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr				
383	1:04.55	L	F	Michelle De Beer	11	TASC MPD	12/11/2022	Limpopo Age Group 5
384	1:04.97	L	F	Kendra Samuels	11	GSA CPT	12/11/2022	CTA B CHAMPS
385	1:06.15	L	F	Liyema Boya	11	MPS NGD	20/01/2023	MP AGE GROUP 4 GALA 21 - 22
386	1:06.47	L	F	Unathi Mvula	11	HPS TSH	08/10/2022	NTS Sprint Gala
387	1:07.53	L	F	Amyoli Vutha	11	AQUA BUF	02/12/2022	BCA Long Course Championships 2022
388	1:07.58	L	F	Nicolien Poolman	11	KALAH	25/02/2023	FLAMINGO GALA 2023
389	1:09.16	L	F	Hakhakhi Matodzi	11	SOWE JHB	18/03/2023	Level 1 Intra-Provincial 2023
390	1:11.93	L	F	Wila McHugh	11	HDAQ MPD	12/11/2022	Limpopo Age Group 5
391	1:12.16	L	F	Marieta Kruger	11	GHSK	05/11/2022	AGE GROUP 2 KBY 2022
392	1:13.24	L	F	Lufuno Masupa	11	WSS LLD	12/11/2022	Kroonstad Age Group
393	1:14.39	L	F	Anneke Paulsen	11	ASAC CPT	12/11/2022	CTA B CHAMPS
394	1:16.47	L	F	Danielle Kileshye Onema	11	ISSA	10/02/2023	NW School Championships 2023
395	1:16.73	L	F	Zelia Du Toit	11	BLNE MAN	24/09/2022	Bull-Sharks Gala
396	1:24.81	L	F	Micah-Lee Jansen	11	KHAY CPT	07/10/2022	41st Freda Barnard Invitational Gala
397	1:48.41	L	F	Linnique Johnson	11	KSSS	19/11/2022	AGE GROUP 3 KATHU - 2022
398	1:51.68	L	F	Khumo Goeieman	11	KSSS	19/11/2022	AGE GROUP 3 KATHU - 2022
<b>Women 18 &amp; Under 100 Back</b>								
1	1:07.09	L L	F	Jenna Thornton	11	INFA NMA	21/03/2023	SA National Junior Age Group
2	1:13.22	L	P	Gemma Spies	11	ECA BUF	21/04/2023	SA Schools Swimming Championship
3	1:16.43	L	F	Hannah-Grace Havinga	11	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group
4	1:17.54	L	F	Sophie Smith	11	VINE CPT	31/03/2023	SA Level 3 Regional Age Group
5	1:17.94	L	F	Jessica Barnard	11	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group
6	1:18.39	L	F	Ava Lorenzen	11	BLMA CPT	31/03/2023	SA Level 3 Regional Age Group
7	1:20.13	L	F	Ella Bunge	11	KZNA ETH	21/04/2023	SA Schools Swimming Championship
8	1:20.55	L	P	Sharli Durandt	11	SSISA CPT	31/03/2023	SA Level 3 Regional Age Group
9	1:20.63	L	P	Zenicke Van Schalkwyk	11	DESA NMA	31/03/2023	SA Level 3 Regional Age Group
10	1:22.72	L	F	Amelia Oosthuizen	11	TUKS TSH	01/07/2022	Prestige Tournament 2022
11	1:22.85	L	F	Julia-Ruth Jacobs	11	BLNE MAN	31/03/2023	SA Level 3 Regional Age Group
12	1:22.96	L	P	Caeli Ferreira	11	AAS JHB	31/03/2023	SA Level 3 Regional Age Group
13	1:23.15	L	F	Zani Van Dyk	11	GSA CPT	11/02/2023	WCA-B Champs - 2023
14	1:23.31	L	P	Freya Vilborn	11	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group
15	1:23.52	L	F	Aimee Van Der Merwe	11	MDOL EKU	31/03/2023	SA Level 3 Regional Age Group
16	1:24.03	L	P	Jenna-Lee Watson	11	PAC TSH	31/03/2023	SA Level 3 Regional Age Group
17	1:24.19	L S	P	Olivia Stroebel	11	HPS TSH	09/12/2022	NTS Championships 2022
18	1:24.20	L	P	Kaylee Watt	11	DRGN JHB	08/12/2022	EGA Summer Champs 2022
19	1:24.50	L	F	Isabella Brooker	11	AACTA CPT	09/12/2022	Western Cape LC-A Championship 2022
20	1:24.65	L	P	Amber Gaddin	11	AAS JHB	21/03/2023	SA National Junior Age Group
21	1:24.88	L	F	Chloe Potgieter	11	SEAL UMD	31/03/2023	SA Level 3 Regional Age Group
22	1:25.24	L	F	Sienna Polti	11	CYBE CPT	24/02/2023	Western Cape Elite Gala
23	1:25.63	L	P	Mari Bruwer	11	LP CC	21/04/2023	SA Schools Swimming Championship
24	1:25.78	L	F	Irma Kotzé	11	POTC KKD	07/12/2022	NWS Championships 2022/2023
25	1:25.96	L	F	Mia Pienaar	11	PGAC EKU	20/01/2023	EGA Last Chance Galal
26	1:25.98	L	F	Hayley De Haas	11	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship
27	1:25.99	L	F	Tyloh Aitken	11	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship
28	1:26.07	L	F	Rebecca Nilsson	11	TYGE CPT	21/01/2023	CTA Qualifying Meet #7
29	1:26.15	L	F	Saskya Kistnasami	11	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship
30	1:26.33	L	P	Donylle Cupido	11	FSS FS	21/04/2023	SA Schools Swimming Championship
31	1:26.52	L	F	Makenzie Abrams	11	CPRIM BUF	25/02/2023	Eastern Cape Schools Swimming Trials
32	1:26.81	L	P	Zoi Dimatellis	11	ROA EDD	31/03/2023	SA Level 3 Regional Age Group
33	1:27.24	L	F	Morgan Tandy	11	ESTR EKU	08/12/2022	EGA Summer Champs 2022
34	1:27.38	L	F	Zoe Morgado	11	CSA EZD	28/01/2023	CANA GRAND PRIX JAN 2023
35	1:27.40	L	P	Julie Olivier	11	TYGE CPT	31/03/2023	SA Level 3 Regional Age Group
36	1:27.51	L	P	Lauren Walker	11	WATR JHB	31/03/2023	SA Level 3 Regional Age Group
37	1:27.52	L	F	Lucy Seymour	11	CRSC JHB	02/03/2023	SA Level 2 Regional Age Group Champs
38	1:27.59	L	P	Mia Lombard	11	HARL BUF	03/03/2023	SA Level 2 Regional Age Group Champs
39	1:27.71	L	F	Ava Kranenburg	11	VINE CPT	24/09/2022	CTA Qualifying Meet #5
40	1:28.32	L	F	Alice Esterhuyse	11	EDEN EDD	28/01/2023	NMBA Intra-District Championship
41	1:28.44	L	P	Hannah Wright	11	CA EKU	31/03/2023	SA Level 3 Regional Age Group
42*	1:28.48	L	P	Mila Strydom	11	NC	21/04/2023	SA Schools Swimming Championship

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

	Time	P/F/S	Name	Age/Yr					
42*	1:28.48	L	P	Martinet Bezuidenhout	11	TUKS	FSH	31/03/2023	SA Level 3 Regional Age Group
44	1:28.69	L	P	Emma Groenewald	11	KTS		31/03/2023	SA Level 3 Regional Age Group
45	1:28.83	L	F	Megan Els	11	MAC	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
46	1:29.02	L	P	Abigail Da Silva	11	TUKS	FSH	31/03/2023	SA Level 3 Regional Age Group
47*	1:29.37	L	F	Kinique De Agrella	11	TKS	WBD	02/03/2023	SA Level 2 Regional Age Group Champs
47*	1:29.37	L	P	Leeann Reynolds	11	SOUL	EKU	31/03/2023	SA Level 3 Regional Age Group
49	1:29.52	L	F	Julia Wichmann	11	MGSC	UGD	17/03/2023	SA Level 2 Regional Age Group Champs
50	1:29.70	L	F	Amieka Henning	11	GHS	BPD	10/02/2023	NW School Championships 2023
51	1:29.75	L	P	Isabella De Beer	11	QSAW	CED	31/03/2023	SA Level 3 Regional Age Group
52	1:30.04	L	F	Jothany Ngnotchouye	11	SEAL	UMD	16/12/2022	KZNA Premier Provincial Championship
53	1:30.36	L	F	Melan van der Spuy	KR	BLOT	MAN	04/02/2023	Heidedal Kovsie Gala
54	1:30.59	L	F	Thandi Bosman	11	CPRIM	BUF	21/02/2023	Buffalo City Primary School Trials 2023
55	1:30.77	L	P	Courtney Biggs	11	SASE	JHB	01/12/2022	CGA LC Summer Championships Level
56	1:30.84	L	F	Lara Macqueen	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
57	1:30.92	L	F	Anika Muller	11	MSC	NGD	02/12/2022	Mpumalanga Championships 2022
58	1:30.95	L	F	Ella Van Viegen	11	BLSS	MAN	06/12/2022	Free State Champs 2022
59	1:31.05	L	P	Ava Constantinides	11	SWIFT	EKU	08/12/2022	EGA Summer Champs 2022
60	1:31.31	L	F	Caylie Azar	11	BLSS	MAN	06/12/2022	Free State Champs 2022
61	1:31.69	L	F	Emerson Woods	11	ESTR	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
62	1:31.75	L	P	Isabella Oswald	11	AAS	JHB	01/12/2022	CGA LC Summer Championships Level
63	1:31.86	L	P	Tamlyn Groenewald	11	TUKS	FSH	31/03/2023	SA Level 3 Regional Age Group
64	1:31.93	L	P	Wilmi Esbach	11	HREF	BPD	07/12/2022	NWS Championships 2022/2023
65	1:31.98	L	F	Pippa Polti	11	CYBE	CPT	04/11/2022	CTA A CHAMPS 2022
66	1:31.99	L	P	Nina Steyn	11	BLSS	MAN	31/03/2023	SA Level 3 Regional Age Group
67	1:32.06	L	P	Addison Cochran	11	ASA	ILD	31/03/2023	SA Level 3 Regional Age Group
68	1:32.20	L	F	Oatile Oliphant	11	WATR	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
69	1:32.62	L	F	Mila-Belle Slatter	11	SSISA	CPT	04/11/2022	CTA A CHAMPS 2022
70	1:32.75	L	P	Anya Sonnekus	11	TYGE	CPT	31/03/2023	SA Level 3 Regional Age Group
71	1:32.80	L	F	Lulu Swanepoel	11	ASAC	CPT	24/09/2022	CTA Qualifying Meet #5
72	1:32.89	L	F	Lisa Du Toit	11	SEAL	UMD	17/03/2023	SA Level 2 Regional Age Group Champs
73	1:32.94	L	F	Roxanne De Lange	11	PAC	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
74	1:32.99	L	F	Jade Rogers	11	BLUO	UGD	17/03/2023	SA Level 2 Regional Age Group Champs
75	1:33.05	L	F	Francesca Flack	11	CLSC	WCD	28/01/2023	Winelands SL Final
76	1:33.07	L	P	Sienna Seagram	11	ELEC	FSH	31/03/2023	SA Level 3 Regional Age Group
77	1:33.11	L	P	Clarise Stadler	11	TUKS	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
78*	1:33.20	L	F	Jessica Wood	11	TCA	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
78*	1:33.20	L	P	Livia Gutter	11	BLNE	MAN	31/03/2023	SA Level 3 Regional Age Group
80	1:33.24	L	F	Casey Lee Mccabe	11	DOLFI	MPD	02/03/2023	SA Level 2 Regional Age Group Champs
81	1:33.66	L	F	Emma Terblanche	11	NAE	EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
82	1:33.82	L	F	Abigail Slabber	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
83	1:33.98	L	P	Trinity Kavanagh	11	TCA	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
84	1:34.06	L	F	Liza Oosthuizen	11	CLSC	WCD	11/02/2023	WCA-B Champs - 2023
85	1:34.17	L	F	Lea Grobler	11	AQU	ADJ	17/03/2023	SA Level 2 Regional Age Group Champs
86	1:34.23	L	F	Jenna Joyce	11	BARR	CPT	04/11/2022	CTA A CHAMPS 2022
87	1:34.27	L	F	Carolina Eybers	11	VRY	ZLD	28/01/2023	Ushaka Champs 2023
88	1:34.53	L	F	Tamryn Ririe	11	BLSS	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
89	1:34.65	L	F	Madison Polti	11	CYBE	CPT	15/10/2022	CTA Qualifying Meet #6
90	1:34.69	L	F	Samantha Mazhandu	11	LINR	JHB	01/10/2022	2022 AG Swim Stars&OR Tambo
91	1:34.78	L	F	Mila Nienaber	11	QSAW	CED	28/01/2023	Winelands SL Final
92	1:34.87	L	P	Violet Maritz	11	SEAL	UMD	16/12/2022	KZNA Premier Provincial Championship
93	1:35.41	L	P	Gianna De Andrade	11	MDOL	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
94	1:35.43	L	F	Karla Chowles	11	TYGE	CPT	04/11/2022	CTA A CHAMPS 2022
95	1:35.58	L	P	Talia McCabe	11	WATR	JHB	31/03/2023	SA Level 3 Regional Age Group
96	x1:35.59	L	F	Kiersten Hillen	11	DRGN	JHB	18/03/2023	Level 1 Intra-Provincial 2023
97	1:35.79	L	F	Dunay Zovitzkey	11	TUKS	FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
98	1:35.82	L	F	Megan Bosch	11	DDA	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
99	1:35.83	L	P	Morgan Maree	11	DRGN	JHB	08/12/2022	EGA Summer Champs 2022
100	1:35.84	L	P	Anri Jonker	11	TUKS	FSH	31/03/2023	SA Level 3 Regional Age Group
101	1:36.09	L	F	Molly Calf	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022

## Individual Top Times

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

	Time	P/F/S	Name	Age/Yr			
102	1:36.18 L	F	Lika Zietsman	11	BETH FDD	03/03/2023	SA Level 2 Regional Age Group Champs
103	1:36.19 L	F	Liandri Terblanche	11	LSTZN MP	04/02/2023	Limpopo School Champs
104	1:36.43 L	F	Beniece Mouton	11	SWAR WCD	11/02/2023	WCA-B Champs - 2023
105	1:36.47 L	F	Storm Bircher	11	CUHE OBD	03/09/2022	CTA Qualifying Meet #4
106	1:36.60 L	P	April Jooman	11	BEST NMA	03/03/2023	SA Level 2 Regional Age Group Champs
107	1:36.64 L	F	Isabella Cownie	11	TUKS FSH	02/03/2023	SA Level 2 Regional Age Group Champs
108	1:36.70 L	F	Iane Joubert	11	ROA EDD	07/10/2022	41st Freda Barnard Invitational Gala
109	1:36.72 L	F	Cara Louw	11	RBOT BPD	07/12/2022	NWS Championships 2022/2023
110	1:36.87 L	F	Inge Opperman	11	BLNE MAN	29/10/2022	Neptune Gala
111	1:37.00 L	F	Liv van den Heever	11	AZON ETH	17/03/2023	SA Level 2 Regional Age Group Champs
112*	1:37.19 L	P	Lene Bester	11	MATL KKD	03/03/2023	SA Level 2 Regional Age Group Champs
112*	1:37.19 L	P	Clarrisa Schuch	11	TOTIS ETH	01/07/2022	Prestige Tournament 2022
114	1:37.23 L	F	Aimee Liebenberg	11	SWAR WCD	03/03/2023	SA Level 2 Regional Age Group Champs
115	1:37.40 L	F	Marli Coetzee	11	GSA CPT	21/01/2023	CTA Qualifying Meet #7
116	1:37.57 L	F	Taurez Gunkel	11	BEAV ETH	05/11/2022	KZN Junior Championships 2022
117	1:37.71 L	P	Elmiah Vd Merwe	11	TUKS FSH	01/07/2022	Prestige Tournament 2022
118	1:37.73 L	F	Lyla Barnard	11	RFA FSH	02/03/2023	SA Level 2 Regional Age Group Champs
119	1:37.94 L	F	Katherine Pappas	11	INFA NMA	03/03/2023	SA Level 2 Regional Age Group Champs
120	1:37.98 L	F	Ontshiametse Makatiers	11	RBOT BPD	03/03/2023	SA Level 2 Regional Age Group Champs
121	1:38.07 L	F	Mikaela Roff	11	ROA EDD	03/03/2023	SA Level 2 Regional Age Group Champs
122	1:38.08 L	F	Zibusiso Xulu	11	KLOO ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
123	1:38.14 L	P	Melokuhle Mhlongo	11	PSCP UMD	01/07/2022	Prestige Tournament 2022
124	1:38.16 L	F	Josephine Van Wyk	11	LALE CED	28/01/2023	Winelands SL Final
125	1:38.20 L	F	Bona Fischer	11	VINE CPT	03/09/2022	CTA Qualifying Meet #4
126	1:38.22 L	F	Tischke Rischmuller	11	RFA FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
127	1:38.25 L	P	Ofentse Mthopeng	11	ESP EKU	08/12/2022	EGA Summer Champs 2022
128	1:38.51 L	F	Jessica Darling	11	BLMA CPT	04/11/2022	CTA A CHAMPS 2022
129	1:38.54 L	F	Ella Steenkamp	11	VINE CPT	24/09/2022	CTA Qualifying Meet #5
130	1:38.85 L	F	Annabelle Kruger	11	DESA NMA	10/02/2023	Infinity Gala 2023
131	1:38.88 L	F	Annabelle Gwilt	11	SASE JHB	25/02/2023	CGA Level 3+ Last Chance gala
132	1:39.03 L	F	Lize Thompson	11	SWAR WCD	11/11/2022	Swartland Prestige Gala 2022
133	1:39.12 L	F	Gina Austin	11	ELEC FSH	02/12/2022	2022 The Tshwane Mayoral Gala
134	1:39.19 L	F	Huei-Gin Chen	11	DORE JHB	18/03/2023	Level 1 Intra-Provincial 2023
135	1:39.20 L	F	Leané Van der Merwe	11	PRA NGD	20/01/2023	MP AGE GROUP 4 GALA 21 - 22
136	1:39.35 L	P	Ashley Williams	11	BLNE MAN	03/03/2023	SA Level 2 Regional Age Group Champs
137	1:39.49 L	F	Emma Hunter	11	KNYJ EDD	25/06/2022	PEA Winter Gala 2022
138	1:39.65 L	F	Zamajobe Mtetwa	11	TUKS FSH	02/12/2022	2022 The Tshwane Mayoral Gala
139*	1:39.81 L	P	Sasha Bailey	11	HASC JHB	02/03/2023	SA Level 2 Regional Age Group Champs
139*	1:39.81 L	F	Jasmine Acker-Cooper	11	SGUL ETH	19/03/2023	KZN Level 1 Championships 2023
141	1:39.86 L	F	Jada-Leigh Brockman	11	HURA CPT	11/02/2023	WCA-B Champs - 2023
142	1:39.92 L	F	Amelia Minnar	11	CPRIM BUF	21/02/2023	Buffalo City Primary School Trials 2023
143	1:39.98 L	F	Tatum Venter	11	WSS LLD	03/03/2023	SA Level 2 Regional Age Group Champs
144	1:40.26 L	P	Amaru Mapulane	11	CA EKU	08/12/2022	EGA Summer Champs 2022
145	1:40.59 L	F	Jeneva Noble-Ashby	11	SGUL ETH	17/03/2023	SA Level 2 Regional Age Group Champs
146	1:40.73 L	F	Milan Young	11	RBUR BPD	07/12/2022	NWS Championships 2022/2023
147	1:40.74 L	F	Haylee Smith	11	SGUL ETH	05/11/2022	KZN Junior Championships 2022
148	1:40.77 L	F	Emily Wang	11	OHAN ILD	05/11/2022	KZN Junior Championships 2022
149	1:41.02 L	F	Cara Mills	11	UNI EZD	02/12/2022	Mpumalanga Championships 2022
150	1:41.64 L	F	Nina Tjallingii	11	SAAW CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
151	1:41.71 L	P	Jeanté Bothma	11	CSA EZD	02/03/2023	SA Level 2 Regional Age Group Champs
152	1:41.84 L	F	Kaitlyn Richter	11	PEAS NMA	25/06/2022	PEA Winter Gala 2022
153	1:41.99 L	F	Umari Bloem	AR	BLOT MAN	06/12/2022	Free State Champs 2022
154	1:42.32 L	F	Juliette Wallis	11	GREY CPT	24/09/2022	CTA Qualifying Meet #5
155	1:42.40 L	F	Courtney Wessels	11	OHAN ILD	05/11/2022	KZN Junior Championships 2022
156	1:42.50 L	F	Leonie Wink	11	VINE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
157	1:42.56 L	F	Mia Putter	11	NWUC KKD	07/12/2022	NWS Championships 2022/2023
158	1:43.09 L	F	Charlotte Guy	11	GSA CPT	15/10/2022	CTA Qualifying Meet #6
159	1:43.13 L	P	Ava Koortzen	11	LINR JHB	02/03/2023	SA Level 2 Regional Age Group Champs
160	1:43.21 L	P	Madison Botha	11	RAV EKU	08/12/2022	EGA Summer Champs 2022

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr					
161	1:43.26	L	F	Mia Janse van Rensburg	11	MGSC	UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
162	1:43.47	L	F	Suné Vd Walt	11	FISH	EDD	07/10/2022	41st Freda Barnard Invitational Gala
163	1:43.51	L	P	Ane' Lindthout	11	BLNE	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
164	1:43.68	L	F	Eumari Van den Heever	11	RFA	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
165	1:43.83	L	F	Malaika van Leeuwen	11	ASA	ILD	05/11/2022	KZN Junior Championships 2022
166	1:43.93	L	F	Talia Hill	11	PAC	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
167	1:43.99	L	P	Elnye Potgieter	11	RFA	FSH	31/03/2023	SA Level 3 Regional Age Group
168	1:44.31	L	F	Danielle Bond	11	ROA	EDD	05/11/2022	EDEN 3rd A-League Gala 2022
169	1:44.32	L	F	Camryn Weber	11	SPS	BUF	21/02/2023	Buffalo City Primary School Trials 2023
170	1:44.38	L	F	Milan Kruger	11	QSAW	CED	28/01/2023	Winelands SL Final
171	1:44.40	L	P	Leatile Mothibinyane	11	ESP	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
172	1:44.60	L	F	Grace Newton	11	CUDU	CPT	04/11/2022	CTA A CHAMPS 2022
173	1:44.86	L	F	Gea March	11	UPSK		03/02/2023	NCASA SPRINTS - 3 & 4 FEBRUARY
174	1:44.87	L	F	Jessica Head	11	SEAL	UMD	25/11/2022	WSC & Seals Summer LC Champs 2022
175	1:45.03	L	F	Tlotliso Rakubutu	11	MCS	BPD	10/02/2023	NW School Championships 2023
176	1:45.07	L	F	Chiniq Breet	11	CSA	EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
177*	1:45.33	L	F	Esona Sekeleni	11	BCA	BUF	28/01/2023	NMBA Intra-District Championship
177*	1:45.33	L	F	Lucia Kempen	11	AGAQ	QBD	07/10/2022	41st Freda Barnard Invitational Gala
179	1:45.45	L	F	Juané Labuschagne	11	LSMSA	VB	04/02/2023	Limpopo School Champs
180	1:45.57	L	F	Abigail Krevitar	11	MGSC	UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
181	1:45.71	L	F	Alyssa van Niekerk	11	FAC	EKU	17/02/2023	EGA Let's Race 2023
182	1:45.73	L	F	Lethabo Mogadi	11	ACAQ	CCD	02/12/2022	Limpopo Champs
183	1:46.06	L	F	Isabelle Boyd	11	MSC	NGD	02/12/2022	Mpumalanga Championships 2022
184	1:46.07	L	F	Mia Bernard	11	TUKS	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
185	1:46.11	L	P	Lana Van Schalkwyk	11	TUKS	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
186	1:46.22	L	F	Nangamso Bodlani	11	FRA	KCD	11/03/2023	KCDA Level 1 Championships 2023
187	1:46.48	L	F	Sunechka Roodt	11	MATL	KKD	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
188	1:46.53	L	F	Mienke Rutherford	11	LSM	NGD	10/02/2023	NW School Championships 2023
189	1:46.99	L	F	Maleleko Mushikita	11	KFPS	WB	04/02/2023	Limpopo School Champs
190	1:47.04	L	F	Eden Bollay	11	WSTV	ETH	05/11/2022	KZN Junior Championships 2022
191	1:47.17	L	F	Tyla Charles	11	VINE	CPT	03/09/2022	CTA Qualifying Meet #4
192	1:47.30	L	P	Natalie De Beer	11	CPSC	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
193	1:47.47	L	P	Elle Joubert	11	QSAW	CED	03/03/2023	SA Level 2 Regional Age Group Champs
194	1:47.53	L	F	Emma Brownlee	11	VINE	CPT	24/09/2022	CTA Qualifying Meet #5
195	1:47.59	L	F	Nina Alberts	11	VRC	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
196	1:47.70	L	F	Rua De Wit	11	QUIC	CPT	12/11/2022	CTA B CHAMPS
197	1:47.76	L	F	Taygen Roden	11	BEAV	ETH	02/12/2022	EDA AG Gala December 2022
198	1:47.89	L	F	Olivia Marais	11	ELEC	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
199	1:48.24	L	F	Kimberly Johnson	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
200	1:48.28	L	P	Heike Wessels	11	QUIC	CPT	03/03/2023	SA Level 2 Regional Age Group Champs
201	1:48.40	L	F	Kendall Dennehy	11	AQDO	CPT	24/09/2022	CTA Qualifying Meet #5
202	1:48.55	L	F	Paula Theron	11	CUDU	CPT	12/11/2022	CTA B CHAMPS
203	1:48.65	L	F	Carli Kieck	11	AWIN	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
204	1:48.74	L	F	Katelyn Kretzmann	11	INFA	NMA	07/10/2022	41st Freda Barnard Invitational Gala
205	1:48.75	L	F	Chanlè Jacobs	11	STGR		07/12/2022	NCASA CHAMPS 2022
206	1:49.10	L	P	Olwethu Gqoloma	11	RBOT	BPD	03/03/2023	SA Level 2 Regional Age Group Champs
207	1:49.15	L	F	Dinette Van Niekerk	11	BLNE	MAN	21/01/2023	PELICAN NEPTUNE GALA
208	1:49.40	L	F	Leah Stewart	11	TASC	MPD	12/11/2022	Limpopo Age Group 5
209	1:49.48	L	F	Esté Gersbach	11	BARR	CPT	11/02/2023	WCA-B Champs - 2023
210	1:49.80	L	F	Ghardine Pelsler	11	NSAD	EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER
211	1:50.18	L	F	Hayleigh Sutherland	11	AWIN	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
212	1:50.25	L	F	Abigail Naicker	11	PHOE	ETH	19/03/2023	KZN Level 1 Championships 2023
213	1:50.32	L	F	Kate Cunningham	11	CYBE	CPT	15/10/2022	CTA Qualifying Meet #6
214	1:50.50	L	F	Amanda Honneysett	11	AQDO	CPT	21/01/2023	CTA Qualifying Meet #7
215	1:50.53	L	F	Khwezi Magobongo	11	CPRIM	BUF	21/02/2023	Buffalo City Primary School Trials 2023
216	1:50.54	L	F	Annabelle Roos	11	SPS	BUF	21/02/2023	Buffalo City Primary School Trials 2023
217	1:50.84	L	P	Ciara Kroef	11	FAC	EKU	08/12/2022	EGA Summer Champs 2022
218	1:51.42	L	P	Ezra Swartz	11	BULS	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
219	1:51.44	L	F	Frances Esterhuysen	11	KSTAR	EDD	05/11/2022	EDEN 3rd A-League Gala 2022

## Individual Top Times

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

	Time	P/F/S	Name	Age/Yr			
220	1:51.71	L	F	Jany Norval	11	SS MPD	02/12/2022 Limpopo Champs
221	1:51.84	L	F	Londiwe Ngwenya	11	SGUL ETH	19/03/2023 KZN Level 1 Championships 2023
222	1:52.02	L	F	Liyah Theron	11	ROA EDD	19/11/2022 Eden LC Champs 2022
223*	1:52.05	L	P	Maike Wheeler	11	BON EKU	08/12/2022 EGA Summer Champs 2022
223*	1:52.05	L	P	Adiana Van der Merwe	11	STGR	03/03/2023 SA Level 2 Regional Age Group Champs
225	1:52.36	L	F	Wilmari Nortman-Gobey	11	GHS BPD	10/02/2023 NW School Championships 2023
226	1:52.61	L	F	Morganne Michielsens	11	OHAN ILD	05/11/2022 KZN Junior Championships 2022
227	1:52.65	L	F	Olivia Elan-Puttick	11	QSAW CED	28/01/2023 Winelands SL Final
228	1:52.69	L	F	Taylor Siebrits	11	STSC KCD	28/01/2023 Ushaka Champs 2023
229	1:53.00	L	F	Thandolwethu Dlamini	11	MPS NGD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
230	1:53.54	L	F	Payton Mathee	11	SGUL ETH	05/11/2022 KZN Junior Championships 2022
231	1:53.85	L	P	Melanie Munyoro	11	WATR JHB	02/03/2023 SA Level 2 Regional Age Group Champs
232	1:54.03	L	F	Elri De Waal	11	STGR	05/11/2022 AGE GROUP 2 KBY 2022
233*	1:54.08	L	F	Liané Van Heerden	11	SS MPD	02/12/2022 Limpopo Champs
233*	1:54.08	L	P	Isabelle Adendorff	11	JAQ EKU	08/12/2022 EGA Summer Champs 2022
235	1:54.57	L	P	Bonolo Nthwane	11	MATL KKD	03/03/2023 SA Level 2 Regional Age Group Champs
236	1:54.67	L	F	Jessica Dreyer	11	GREY CPT	24/09/2022 CTA Qualifying Meet #5
237	1:54.81	L	P	Kamea Govindasamy	11	WATR JHB	31/03/2023 SA Level 3 Regional Age Group
238	1:54.97	L	F	Hesmari MacRobert	11	KSTAR EDD	18/02/2023 EDEN 5th A-League Gala 2023
239	1:55.10	L	P	Elizabeth Desilla	11	MDOL EKU	08/12/2022 EGA Summer Champs 2022
240	1:56.15	L	P	Imke Vermaak	11	RBUR BPD	07/12/2022 NWS Championships 2022/2023
241	1:56.33	L	P	Kopano Lempe	11	MAKO EKU	02/03/2023 SA Level 2 Regional Age Group Champs
242	1:56.61	L	P	Jane Du Preez	11	NAE EZD	02/12/2022 Mpumalanga Championships 2022
243	1:56.75	L	F	Tayla-Jean Gibb	11	HARL BUF	19/11/2022 BCA 2nd November Age Group Gala
244	1:57.25	L	F	Caitlin Wagner	11	CUR EZD	30/09/2022 MP AGE GROUP 1
245	1:58.04	L	P	Cornelea Breedt	11	ESP EKU	02/03/2023 SA Level 2 Regional Age Group Champs
246	1:58.73	L	F	Ella Hodges	11	ACES ETH	05/11/2022 KZN Junior Championships 2022
247	1:59.21	L	F	Jane Botha	11	VALS FDD	12/11/2022 Kroonstad Age Group
248	1:59.84	L	P	Julia Pienaar	11	TLAC BPD	07/12/2022 NWS Championships 2022/2023
249	2:00.32	L	F	Makanaka Makoto	11	NSAD EZD	30/09/2022 MP AGE GROUP 1
250	2:00.67	L	P	Zoe Bayisayi	11	TCA EKU	08/12/2022 EGA Summer Champs 2022
251	2:01.21	L	F	Kiara Naidoo	11	BON EKU	20/01/2023 EGA Last Chance Galal
252	2:01.57	L	F	Aleksia Demetriou	11	SLS KKD	10/02/2023 NW School Championships 2023
253	2:01.99	L	F	Angelique Marais	11	EXP TSH	01/10/2022 2022 AG Swim Stars&OR Tambo
254	2:02.21	L	F	Ayesha Motala	11	ATLA JHB	18/03/2023 Level 1 Intra-Provincial 2023
255	2:02.56	L	F	Keletso Goeieman	11	KALA	18/02/2023 AGE GROUP 6 KATHU - 2023
256	2:02.75	L	F	Kaira Nel	11	WELA LLD	21/01/2023 PELICAN NEPTUNE GALA
257	2:03.47	L	F	Angelique Kyanda-Kaboza	11	DESA NMA	22/10/2022 4th A League Gala
258	2:04.53	L	F	Lika Els	11	WCA CPT	19/03/2023 2023 TOYOTA SASAPD
259	2:04.65	L	F	Paballo Mabote	11	MAKO EKU	18/03/2023 Level 1 Intra-Provincial 2023
260	2:04.95	L	F	Zana Richardson	11	CUR EZD	11/03/2023 SSA LEVEL 1 REGIONAL CHAMPS
261	2:08.00	L	F	Suzette Coetzee	11	KALA	07/12/2022 NCASA CHAMPS 2022
262	2:08.73	L	F	Nica-Ann Dos Santos	11	STSC KCD	19/11/2022 Froggies Aquatics Championships 2022
263	2:09.16	L	P	Amahle Mazula	11	MAKO EKU	08/12/2022 EGA Summer Champs 2022
264	2:09.64	L	F	Carissa Pitout	11	BETH FDD	21/01/2023 PELICAN NEPTUNE GALA
265	2:09.74	L	F	Motheo Mofokeng	11	KPS KKD	10/02/2023 NW School Championships 2023
266	2:10.46	L	P	Orefile Ramphele	11	MATL KKD	07/12/2022 NWS Championships 2022/2023
267	2:12.23	L	F	Zisuliwe Zikhali	11	MAKO EKU	18/03/2023 Level 1 Intra-Provincial 2023
268	2:13.95	L	F	Sithabile Mdlalose	11	JAQ EKU	18/03/2023 Level 1 Intra-Provincial 2023
269	2:14.33	L	F	Lezani Mansfield	11	AQUA UTD	07/01/2023 Uthukela District January 2023 Age
270	2:14.85	L	F	Shehzadi Abdul Gafar	11	PCS KKD	10/02/2023 NW School Championships 2023
271	2:15.86	L	F	Kendra Samuels	11	GSA CPT	12/11/2022 CTA B CHAMPS
272	2:16.02	L	F	Gia De Wit	11	QUIC CPT	12/11/2022 CTA B CHAMPS
273	2:17.78	L	F	Jeanne-Marie Jordaan	11	EVO CPT	11/11/2022 Swartland Prestige Gala 2022
274	2:18.52	L	P	Oratilwe Ngubeni	11	JAQ EKU	08/12/2022 EGA Summer Champs 2022
275	2:19.31	L	F	Khenso Mabasa	11	SS MPD	02/12/2022 Limpopo Champs
276	2:20.48	L	F	Amyoli Vutha	11	AQUA BUF	02/12/2022 BCA Long Course Championships 2022
277	2:21.78	L	F	Caroline Abbott	11	QUIC CPT	07/10/2022 41st Freda Barnard Invitational Gala
278	2:24.34	L	F	Nicolien Poolman	11	KALAH	25/02/2023 FLAMINGO GALA 2023



## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr				
279	2:27.72 L	F	Logan Nieuwenhuys	11	KALA	18/02/2023	AGE GROUP 6 KATHU - 2023	
280	2:33.35 L	P	Angelica Pienaar	11	TLAC BPD	07/12/2022	NWS Championships 2022/2023	
281	2:35.91 L	F	Anesuise Jojozi	11	PELIC MAN	06/12/2022	Free State Champs 2022	
282	2:43.21 L	F	Zelia Du Toit	11	BLNE MAN	29/10/2022	Neptune Gala	
<b>Women 18 &amp; Under 200 Back</b>								
1	2:40.63 L	F	Gemma Spies	11	ECA BUF	21/04/2023	SA Schools Swimming Championship	
2	2:47.79 L	F	Ava Lorenzen	11	BLMA CPT	31/03/2023	SA Level 3 Regional Age Group	
3	2:48.19 L	F	Sophie Smith	11	VINE CPT	31/03/2023	SA Level 3 Regional Age Group	
4	2:48.96 L	F	Sharli Durandt	11	SSISA CPT	31/03/2023	SA Level 3 Regional Age Group	
5	2:50.90 L	F	Hannah-Grace Havinga	11	TUKS FSH	24/02/2023	NTS February Lev 3+ Age Group Gala	
6	2:52.45 L	F	Zenicke Van Schalkwyk	11	DESA NMA	31/03/2023	SA Level 3 Regional Age Group	
7	2:55.58 L	F	Jessica Barnard	11	TUKS FSH	31/03/2023	SA Level 3 Regional Age Group	
8	2:56.71 L	F	Ella Bunge	11	BLUO UGD	31/03/2023	SA Level 3 Regional Age Group	
9	2:56.90 L	F	Julie Olivier	11	TYGE CPT	31/03/2023	SA Level 3 Regional Age Group	
10	2:58.12 L	F	Irma Kotzé	11	POTC KKD	31/03/2023	SA Level 3 Regional Age Group	
11	2:58.35 L	F	Olivia Stroebel	11	HPS FSH	09/12/2022	NTS Championships 2022	
12	2:58.58 L	F	Aimee Van Der Merwe	11	MDOL EKU	31/03/2023	SA Level 3 Regional Age Group	
13	3:00.81 L	F	Chloe Potgieter	11	SEAL UMD	31/03/2023	SA Level 3 Regional Age Group	
14	3:01.25 L	F	Julia-Ruth Jacobs	11	FSS FS	21/04/2023	SA Schools Swimming Championship	
15	3:01.56 L	F	Caeli Ferreira	11	AAS JHB	31/03/2023	SA Level 3 Regional Age Group	
16	3:02.81 L	P	Zani Van Dyk	11	GSA CPT	31/03/2023	SA Level 3 Regional Age Group	
17	3:02.99 L	P	Isabella Brooker	11	AACTA CPT	09/12/2022	Western Cape LC-A Championship 2022	
18	3:03.41 L	P	Zoi Dimatellis	11	ROA EDD	31/03/2023	SA Level 3 Regional Age Group	
19	3:04.50 L	F	Lauren Walker	11	WATR JHB	31/03/2023	SA Level 3 Regional Age Group	
20	3:05.92 L	P	Amelia Oosthuizen	11	TUKS FSH	01/07/2022	Prestige Tournament 2022	
21	3:07.42 L	P	Donylle Cupido	11	BLNE MAN	31/03/2023	SA Level 3 Regional Age Group	
22	3:07.67 L	P	Ava Kranenburg	11	VINE CPT	31/03/2023	SA Level 3 Regional Age Group	
23	3:07.74 L	F	Tamlyn Groenewald	11	TUKS FSH	09/12/2022	NTS Championships 2022	
24	3:09.09 L	F	Kaylee Watt	11	DRGN JHB	20/01/2023	EGA Last Chance Galal	
25	3:09.33 L	P	Emma Groenewald	11	KTS	31/03/2023	SA Level 3 Regional Age Group	
26	3:09.35 L	F	Zoe Morgado	11	CSA EZD	02/12/2022	Mpumalanga Championships 2022	
27	3:09.50 L	P	Abigail Da Silva	11	TUKS FSH	09/12/2022	NTS Championships 2022	
28	3:09.54 L	F	Hannah Wright	11	CA EKU	31/03/2023	SA Level 3 Regional Age Group	
29	3:11.63 L	F	Mia Pienaar	11	PGAC EKU	08/12/2022	EGA Summer Champs 2022	
30	3:11.71 L	F	Morgan Tandy	11	ESTR EKU	31/03/2023	SA Level 3 Regional Age Group	
31	3:12.00 L	F	Rebecca Nilsson	11	TYGE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8	
32	3:12.22 L	F	Anika Muller	11	MSC NGD	02/12/2022	Mpumalanga Championships 2022	
33	3:14.38 L	P	Kinique De Agrella	11	TKS WBD	02/03/2023	SA Level 2 Regional Age Group Champs	
34	3:14.52 L	F	Trinity Kavanagh	11	TCA EKU	02/03/2023	SA Level 2 Regional Age Group Champs	
35	3:14.98 L	F	Alice Esterhuyse	11	KSTAR EDD	05/11/2022	EDEN 3rd A-League Gala 2022	
36	3:15.13 L S	F	Amieka Henning	11	HREF BPD	07/12/2022	NWS Championships 2022/2023	
37	3:15.14 L	F	Ava Constantinides	11	SWIFT EKU	08/12/2022	EGA Summer Champs 2022	
38	3:15.63 L S	F	Ella Van Viegen	11	BLSS MAN	06/12/2022	Free State Champs 2022	
39	3:15.89 L	P	Mila Nienaber	11	QSAW CED	31/03/2023	SA Level 3 Regional Age Group	
40	3:16.11 L	F	Isabella De Beer	11	QSAW CED	11/02/2023	WCA-B Champs - 2023	
41	3:17.94 L	F	Liandri Terblanche	11	LSTZN MP	04/02/2023	Limpopo School Champs	
42	3:18.03 L	F	Leeann Reynolds	11	SOUL EKU	31/03/2023	SA Level 3 Regional Age Group	
43	3:20.10 L	F	Lucy Seymour	11	CRSC JHB	25/02/2023	CGA Level 3+ Last Chance gala	
44	3:20.49 L	F	Iane Joubert	11	ROA EDD	03/03/2023	SA Level 2 Regional Age Group Champs	
45	3:20.66 L	F	Anya Sonnekus	11	TYGE CPT	04/11/2022	CTA A CHAMPS 2022	
46	3:21.12 L	F	Zibusiso Xulu	11	KLOO ETH	31/03/2023	SA Level 3 Regional Age Group	
47	3:22.19 L	F	Casey Lee Mccabe	11	DOLFI MPD	02/03/2023	SA Level 2 Regional Age Group Champs	
48	3:22.48 L	F	Jessica Wood	11	TCA EKU	02/03/2023	SA Level 2 Regional Age Group Champs	
49	3:23.81 L	F	Ashley Williams	11	BLNE MAN	03/03/2023	SA Level 2 Regional Age Group Champs	
50	3:23.95 L	F	Sienna Seagram	11	ELEC FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala	
51	3:24.44 L	F	Lene Bester	11	MATL KKD	03/03/2023	SA Level 2 Regional Age Group Champs	
52	3:24.55 L	F	Nina Steyn	11	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala	
53	3:25.09 L	F	Emerson Woods	11	ESTR EKU	02/03/2023	SA Level 2 Regional Age Group Champs	
54	3:25.15 L	F	Elmiah Vd Merwe	11	TUKS FSH	02/12/2022	2022 The Tshwane Mayoral Gala	

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr					
55	3:25.74	L	P	Francesca Flack	11	CLSC	WCD	31/03/2023	SA Level 3 Regional Age Group
56	3:26.35	L	F	Aimee Liebenberg	11	SWAR	WCD	11/02/2023	WCA-B Champs - 2023
57	3:26.44	L	P	Cara Louw	11	RBOT	BPD	03/03/2023	SA Level 2 Regional Age Group Champs
58	3:26.51	L	F	Khwezi Magobongo	11	USC	BUF	02/12/2022	BCA Long Course Championships 2022
59	3:27.02	L	P	Mikaela Roff	11	ROA	EDD	03/03/2023	SA Level 2 Regional Age Group Champs
60	3:27.40	L	F	Megan Bosch	11	DDA	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
61	3:27.47	L	P	Courtney Biggs	11	SASE	JHB	01/12/2022	CGA LC Summer Championships Level
62	3:27.85	L	F	Isabella Cownie	11	TUKS	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
63	3:27.89	L	F	Annabelle Gwilt	11	SASE	JHB	25/02/2023	CGA Level 3+ Last Chance gala
64	3:28.10	L	F	Tischke Rischmuller	11	RFA	FSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
65	3:28.87	L	F	Beniece Mouton	11	SWAR	WCD	18/02/2023	Swartland Invitational Gala 2023
66	3:29.68	L	F	Wilmi Esbach	11	GHS	BPD	10/02/2023	NW School Championships 2023
67	3:30.28	L	F	Caylie Azar	11	BLSS	MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
68	3:30.62	L	P	Liv van den Heever	11	AZON	ETH	17/03/2023	SA Level 2 Regional Age Group Champs
69	3:30.75	L	P	Megan Els	11	MAC	EKU	08/12/2022	EGA Summer Champs 2022
70	3:30.89	L	F	Storm Bircher	11	CUHE	OBD	11/02/2023	WCA-B Champs - 2023
71	3:31.84	L	F	Tatum Venter	11	WSS	LLD	03/03/2023	SA Level 2 Regional Age Group Champs
72	3:33.27	L	F	Amaru Mapulane	11	CA	EKU	20/01/2023	EGA Last Chance Galal
73	3:33.51	L	P	Lyla Barnard	11	RFA	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
74	3:34.23	L	F	Ella Steenkamp	11	VINE	CPT	04/11/2022	CTA A CHAMPS 2022
75	3:34.31	L	P	Ofentse Mothopeng	11	ESP	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
76	3:34.51	L	F	Lize Thompson	11	SWAR	WCD	11/02/2023	WCA-B Champs - 2023
77	3:36.15	L	P	Ontshiametse Makatiers	11	RBOT	BPD	03/03/2023	SA Level 2 Regional Age Group Champs
78	3:38.08	L	P	Elizabeth Desilla	11	MDOL	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
79	3:39.21	L	P	Jeané Bothma	11	CSA	EZD	02/03/2023	SA Level 2 Regional Age Group Champs
80	3:40.46	L	P	Olwethu Gqoloma	11	RBOT	BPD	03/03/2023	SA Level 2 Regional Age Group Champs
81	3:41.68	L	F	Jada-Leigh Brockman	11	HURA	CPT	11/02/2023	WCA-B Champs - 2023
82	3:42.84	L	P	Leatile Mothibinyane	11	ESP	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
83	3:43.80	L S	F	Sunechka Roodt	11	MATL	KKD	07/12/2022	NWS Championships 2022/2023
84	3:44.52	L	F	Maleleko Mushikita	11	KFPS	WB	04/02/2023	Limpopo School Champs
85	3:45.07	L	F	Juliette Wallis	11	GREY	CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
86	3:45.96	L	F	Esona Sekeleni	11	AQUA	BUF	03/03/2023	SA Level 2 Regional Age Group Champs
87	3:46.62	L	F	Gea March	11	UPSK		03/03/2023	SA Level 2 Regional Age Group Champs
88	3:46.91	L	F	Charlotte Guy	11	GSA	CPT	13/11/2022	Winelands Summer League 4
89	3:47.78	L	F	Jessica Darling	11	BLMA	CPT	28/01/2023	Winelands SL Final
90	3:48.02	L	F	Tlotliso Rakubutu	11	MCS	BPD	10/02/2023	NW School Championships 2023
91	3:49.87	L	P	Nicola Peers	11	SASE	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
92	3:57.89	L	P	Ciara Kroef	11	FAC	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
93	3:59.10	L S	F	Ezra Swartz	11	BULS	MAN	06/12/2022	Free State Champs 2022
94	4:01.24	L	P	Bonolo Nthwane	11	MATL	KKD	03/03/2023	SA Level 2 Regional Age Group Champs
95	4:06.60	L S	P	Wilmari Nortman-Gobey	11	HREF	BPD	07/12/2022	NWS Championships 2022/2023
96	4:09.18	L	F	Tayla-Jean Gibb	11	HARL	BUF	19/11/2022	BCA 2nd November Age Group Gala
97	4:09.56	L	F	Addison Oldfield-Sammons	11	BARA	EKU	20/01/2023	EGA Last Chance Galal
98	4:09.68	L	F	Jessica Dreyer	11	GREY	CPT	24/09/2022	CTA Qualifying Meet #5
99	4:10.68	L	P	Cornelea Breedt	11	ESP	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
100	4:12.71	L	F	Kate Tager	11	CUHE	OBD	13/11/2022	Winelands Summer League 4
101	4:13.00	L	P	Julia Pienaar	11	TLAC	BPD	01/07/2022	Prestige Tournament 2022
102	4:17.96	L	F	Lika Zietsman	11	BETH	FDD	24/09/2022	Bull-Sharks Gala
103	4:22.69	L	F	Keletso Goeieman	11	KALA		18/02/2023	AGE GROUP 6 KATHU - 2023
104	4:25.99	L	F	Aleksia Demetriou	11	MATL	KKD	26/11/2022	NWS Age Group 3 2022/23
105	4:30.23	L S	P	Orefile Ramphele	11	MATL	KKD	07/12/2022	NWS Championships 2022/2023
106	4:47.01	L	P	Oratilwe Ngubeni	11	JAQ	EKU	08/12/2022	EGA Summer Champs 2022
107	5:03.19	L	F	Nicolien Poolman	11	KALA		19/11/2022	AGE GROUP 3 KATHU - 2022
<b>Women 18 &amp; Under 50 Breast</b>									
1	37.89	L	F	Amber Gaddin	11	AAS	JHB	21/03/2023	SA National Junior Age Group
2	38.61	L	F	Emily Geldart	11	INFA	NMA	31/03/2023	SA Level 3 Regional Age Group
3	39.89	L	F	Saskya Kistnasami	11	KZNA	ETH	21/04/2023	SA Schools Swimming Championship
4	40.51	L	F	Ella Bunge	11	BLUO	UGD	31/03/2023	SA Level 3 Regional Age Group
5	40.58	L	F	Jenna Joyce	11	BARR	CPT	31/03/2023	SA Level 3 Regional Age Group

### Individual Top Times

Times since: 01-May-22      Times until: 30-Apr-23  
 Number of Top Times: All      Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
6	40.59	L	F	Olivia Stroebel	11	HPS	TSH	31/03/2023	SA Level 3 Regional Age Group
7	40.86	L	F	Amelia Oosthuizen	11	TUKS	TSH	31/03/2023	SA Level 3 Regional Age Group
8	41.27	L	F	Melokuhle Mhlongo	11	PSCP	UMD	31/03/2023	SA Level 3 Regional Age Group
9	41.40	L	P	Thandi Bosman	11	USC	BUF	21/03/2023	SA National Junior Age Group
10	41.91	L	F	Rebecca Nilsson	11	TYGE	CPT	31/03/2023	SA Level 3 Regional Age Group
11	42.27	L	F	Caeli Ferreira	11	AAS	JHB	31/03/2023	SA Level 3 Regional Age Group
12	42.38	L	F	Leané Van der Merwe	11	MP	EZ	21/04/2023	SA Schools Swimming Championship
13	42.39	L	F	Zani Van Dyk	11	GSA	CPT	31/03/2023	SA Level 3 Regional Age Group
14	42.59	L	F	Molly Calf	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
15	42.71	L	F	Amelia Fury	11	VINE	CPT	31/03/2023	SA Level 3 Regional Age Group
16	42.82	L	P	Makenzie Abrams	11	USC	BUF	21/03/2023	SA National Junior Age Group
17	42.93	L	F	Elle Gasson	11	BLSS	MAN	31/03/2023	SA Level 3 Regional Age Group
18	43.04	L	F	Ava Lorenzen	11	BLMA	CPT	31/03/2023	SA Level 3 Regional Age Group
19	43.21	L	F	Anelle Ward	11	TUKS	TSH	31/03/2023	SA Level 3 Regional Age Group
20	43.33	L	F	Kaylee Watt	11	DRGN	JHB	31/03/2023	SA Level 3 Regional Age Group
21	43.35	L	F	Melan van der Spuy	KR	BLOT	MAN	31/03/2023	SA Level 3 Regional Age Group
22	43.69	L	P	Hayley De Haas	11	SEAL	UMD	31/03/2023	SA Level 3 Regional Age Group
23	43.96	L	F	Talia McCabe	11	WATR	JHB	01/12/2022	CGA LC Summer Championships Level
24	43.99	L	P	Jenna-Lee Watson	11	PAC	TSH	31/03/2023	SA Level 3 Regional Age Group
25	44.21	L	F	Violet Maritz	11	SEAL	UMD	16/12/2022	KZNA Premier Provincial Championship
26	44.23	L	F	Amaru Mapulane	11	CA	EKU	17/02/2023	EGA Let's Race 2023
27	44.24	L	P	Mia Putter	11	NWUC	KKD	31/03/2023	SA Level 3 Regional Age Group
28	44.48	L	F	Zoi Dimatellis	11	ROA	EDD	09/12/2022	Western Cape LC-A Championship 2022
29	44.55	L	P	Suraiya Harris	11	AAS	JHB	31/03/2023	SA Level 3 Regional Age Group
30	44.61	L	F	Clarise Stadler	11	TUKS	TSH	02/03/2023	SA Level 2 Regional Age Group Champs
31	44.70	L	F	Ashley Williams	11	BLNE	MAN	06/12/2022	Free State Champs 2022
32	44.79	L	P	Morgan Maree	11	DRGN	JHB	31/03/2023	SA Level 3 Regional Age Group
33	44.81	L S	F	Isabella Mackenzie	11	TUKS	TSH	09/12/2022	NTS Championships 2022
34	44.84	L	P	Efthimia Moustakis	11	SOUL	EKU	31/03/2023	SA Level 3 Regional Age Group
35	44.89	L	P	Anya Sonnekus	11	TYGE	CPT	31/03/2023	SA Level 3 Regional Age Group
36	44.90	L	F	Tyloh Aitken	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
37	44.97	L	F	Julia-Ruth Jacobs	11	BLNE	MAN	31/03/2023	SA Level 3 Regional Age Group
38	45.00	L	F	Lara Macqueen	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
39	45.01	L	P	Emma Hunter	11	KNYJ	EDD	09/12/2022	Western Cape LC-A Championship 2022
40*	45.02	L	F	Ava Constantinides	11	SWIFT	EKU	08/12/2022	EGA Summer Champs 2022
40*	45.02	L	P	Sienna Seagram	11	ELEC	TSH	31/03/2023	SA Level 3 Regional Age Group
42	45.03	L	P	Morgan Tandy	11	ESTR	EKU	31/03/2023	SA Level 3 Regional Age Group
43	45.25	L	P	Anja Solomon	11	NC		21/04/2023	SA Schools Swimming Championship
44	45.26	L	F	Holly Dorrestein-Rowley	11	ELEC	TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
45	45.30	L	F	Cara Louw	11	RBOT	BPD	03/03/2023	SA Level 2 Regional Age Group Champs
46	45.43	L	F	Casia Huntley	11	WSTV	ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
47	45.52	L	P	Lethabo Mogadi	11	ACAQ	CCD	02/03/2023	SA Level 2 Regional Age Group Champs
48	45.53	L	F	Kaylee Naidoo	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
49	45.56	L	P	Tamlyn Groenewald	11	TUKS	TSH	31/03/2023	SA Level 3 Regional Age Group
50	45.60	L	F	Gemma Spies	11	INFA	NMA	07/10/2022	41st Freda Barnard Invitational Gala
51	45.69	L	F	Arabella Duggan	11	PEAS	NMA	09/12/2022	NMBA Championships 2022
52	45.72	L	P	Mari Bruwer	11	SS	MPD	31/03/2023	SA Level 3 Regional Age Group
53	45.76	L	F	Mia Stilwayney	11	PAQU	CED	11/02/2023	WCA-B Champs - 2023
54	45.77	L	F	Khloe Daniels	11	AWSC	JHB	18/03/2023	Level 1 Intra-Provincial 2023
55	45.85	L	F	Gina Austin	11	ELEC	TSH	02/03/2023	SA Level 2 Regional Age Group Champs
56	45.86	L	P	Rania Marnewick	11	LINR	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
57	45.90	L	F	Miya De Villiers	11	ISSC	NMD	04/02/2023	Nelson Mandela Bay Schools Swimming
58	45.96	L	F	Lethabo Mogadi	11	MITCH	CC	04/02/2023	Limpopo School Champs
59	46.11	L	F	Mikayla Twali	11	CPSC	TSH	08/10/2022	NTS Sprint Gala
60*	46.16	L	F	Jeneva Noble-Ashby	11	SGUL	ETH	05/11/2022	KZN Junior Championships 2022
60*	46.16	L	F	Elrie Moolman	11	OLDE	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
62*	46.24	L	F	Anri Jonker	11	TUKS	TSH	02/12/2022	2022 The Tshwane Mayoral Gala
62*	46.24	L	P	Liyanda Miti	11	ECA	BUF	21/04/2023	SA Schools Swimming Championship
64	46.28	L	F	Irma Kotzé	11	POTC	KKD	07/12/2022	NWS Championships 2022/2023

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
65	46.29	L	F	Zoe Morgado	11	CSA EZD	02/12/2022 Mpumalanga Championships 2022
66	46.47	L	F	Emma De Villiers	11	BLTA NMA	09/12/2022 NMBA Championships 2022
67	46.50	L	P	Livia Gutter	11	BLNE MAN	31/03/2023 SA Level 3 Regional Age Group
68*	46.53	L	F	Jiya Benjamin	11	PAQU CED	11/02/2023 WCA-B Champs - 2023
68*	46.53	L	F	Harper Halford	11	MANT CPT	03/03/2023 SA Level 2 Regional Age Group Champs
70	46.59	L	F	Abigail Slabber	11	SEAL UMD	17/03/2023 SA Level 2 Regional Age Group Champs
71	46.70	L	P	Aimee Van Der Merwe	11	MDOL EKU	31/03/2023 SA Level 3 Regional Age Group
72	46.82	L	F	Annabelle Roos	11	SPS BUF	21/02/2023 Buffalo City Primary School Trials 2023
73	46.84	L	F	Tamryn Ririe	11	BLSS MAN	03/03/2023 SA Level 2 Regional Age Group Champs
74	46.94	L	P	Leeann Reynolds	11	SOUL EKU	31/03/2023 SA Level 3 Regional Age Group
75*	47.10	L	P	Courtney Logie	11	KLOO ETH	17/03/2023 SA Level 2 Regional Age Group Champs
75*	47.10	L	F	Jaimee Cronje	11	COMS FSH	08/10/2022 NTS Sprint Gala
77	47.12	L	F	Alina Dore	11	MGSC UGD	25/11/2022 WSC & Seals Summer LC Champs 2022
78	47.13	L	P	Mila-Belle Slatter	11	SSISA CPT	24/02/2023 Western Cape Elite Gala
79	47.22	L	P	Khwezi Magobongo	11	CPRIM BUF	21/02/2023 Buffalo City Primary School Trials 2023
80	47.30	L	P	Courtney Biggs	11	SASE JHB	01/12/2022 CGA LC Summer Championships Level
81	47.41	L	F	Ezra Swartz	11	BULS MAN	21/01/2023 PELICAN NEPTUNE GALA
82*	47.48	L	F	Mia Lombard	11	HARL BUF	03/03/2023 SA Level 2 Regional Age Group Champs
82*	47.48	L	P	Nina Tjallingii	11	SAAW CPT	24/02/2023 Western Cape Elite Gala
84	47.61	L	F	Iane Joubert	11	ROA EDD	03/03/2023 SA Level 2 Regional Age Group Champs
85	47.63	L	F	Taygen Roden	11	BEAV ETH	17/03/2023 SA Level 2 Regional Age Group Champs
86	47.67	L	F	Malaika van Leeuwen	11	ASA ILD	05/11/2022 KZN Junior Championships 2022
87*	47.70	L	F	Megan Els	11	MAC EKU	02/03/2023 SA Level 2 Regional Age Group Champs
87*	47.70	L S	P	Hannah-Grace Havinga	11	TUKS FSH	09/12/2022 NTS Championships 2022
89*	47.71	L	P	Kiana Kalpage	11	HASC JHB	02/03/2023 SA Level 2 Regional Age Group Champs
89*	47.71	L	P	Rachel Wiseman	11	FRA KCD	17/03/2023 SA Level 2 Regional Age Group Champs
91	47.77	L	F	Heike Wessels	11	QUIC CPT	03/03/2023 SA Level 2 Regional Age Group Champs
92	47.86	L	F	Grace Newton	11	CUDU CPT	21/01/2023 CTA Qualifying Meet #7
93	47.89	L	P	Sage Moodie	11	ACES ETH	16/12/2022 KZNA Premier Provincial Championship
94	47.94	L	P	Victoria Jackson	11	SOUL EKU	02/03/2023 SA Level 2 Regional Age Group Champs
95	48.00	L	F	Umari Bloem	AR	BLOT MAN	21/01/2023 PELICAN NEPTUNE GALA
96	48.02	L	P	Lulu Swanepoel	11	ASAC CPT	09/12/2022 Western Cape LC-A Championship 2022
97	48.04	L	P	Annabelle Gwilt	11	SASE JHB	02/03/2023 SA Level 2 Regional Age Group Champs
98	48.11	L	P	Taylor Siebrits	11	STSC KCD	17/03/2023 SA Level 2 Regional Age Group Champs
99	48.15	L	F	Tyla Charles	11	VINE CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet #8
100	48.34	L	F	Emihle James	11	RBOT BPD	03/03/2023 SA Level 2 Regional Age Group Champs
101	48.42	L	P	Trinity Kavanagh	11	TCA EKU	02/03/2023 SA Level 2 Regional Age Group Champs
102	48.52	L	F	Emma Terblanche	11	NAE EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5
103*	48.55	L	F	Makanaka Makoto	11	NSAD EZD	24/02/2023 MP AGE GROUP 6 GALA
103*	48.55	L	P	Jothany Ngnotchouye	11	SEAL UMD	16/12/2022 KZNA Premier Provincial Championship
105	48.61	L	F	Jessica Darling	11	BLMA CPT	04/11/2022 CTA A CHAMPS 2022
106	48.66	L	F	Julie Olivier	11	TYGE CPT	07/10/2022 41st Freda Barnard Invitational Gala
107	48.78	L	P	Emerson Woods	11	ESTR EKU	08/12/2022 EGA Summer Champs 2022
108	48.81	L	P	Chelsea Fowles	11	MPS NGD	21/02/2023 Buffalo City Primary School Trials 2023
109	48.83	L	F	Mila Strydom	11	GHSK	21/01/2023 GROUP 5 - Kby 2023
110	48.92	L	F	Nikah Solomons	11	PAQU CED	13/11/2022 Winelands Summer League 4
111	48.94	L	F	Kamea Govindasamy	11	WATR JHB	25/02/2023 CGA Level 3+ Last Chance gala
112	48.95	L	P	Oatile Oliphant	11	WATR JHB	02/03/2023 SA Level 2 Regional Age Group Champs
113	48.98	L	F	Zamajobe Mtetwa	11	TUKS FSH	02/12/2022 2022 The Tshwane Mayoral Gala
114*	49.00	L	F	Margelie Hansen	11	PLAY CED	03/03/2023 SA Level 2 Regional Age Group Champs
114*	49.00	L	F	Donylle Cupido	11	BLNE MAN	29/10/2022 Neptune Gala
114*	49.00	L	P	Chiniq Breet	11	CSA EZD	02/03/2023 SA Level 2 Regional Age Group Champs
117	49.01	L	P	Gianna De Andrade	11	MDOL EKU	08/12/2022 EGA Summer Champs 2022
118	49.20	L	F	Liza Oosthuizen	11	CLSC WCD	11/02/2023 WCA-B Champs - 2023
119	49.25	L	P	Liandri Terblanche	11	SS MPD	31/03/2023 SA Level 3 Regional Age Group
120	49.28	L	F	Maleleko Mushikita	11	DOLFI MPD	02/12/2022 Limpopo Champs
121	49.29	L	F	Tatum Venter	11	WSS LLD	17/02/2023 Neptune Last Chance Gala
122	49.33	L	P	Danica Du Plessis	11	FLOD JHB	02/03/2023 SA Level 2 Regional Age Group Champs
123	49.36	L	F	Cailyn McDougall	11	AA JHB	18/03/2023 Level 1 Intra-Provincial 2023

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr				
124	49.37	L	P	Kinique De Agrella	11	TKS WBD	02/03/2023	SA Level 2 Regional Age Group Champs
125	49.38	L	P	Alexia Montgomery	11	AQUA BUF	03/03/2023	SA Level 2 Regional Age Group Champs
126*	49.42	L	P	Jessica Wood	11	TCA EKU	02/03/2023	SA Level 2 Regional Age Group Champs
126*	49.42	L	F	Frances Esterhuysen	11	KSTAR EDD	19/11/2022	Eden LC Champs 2022
128	49.44	L	F	Nina Steyn	11	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
129	49.46	L	F	Liyah Theron	11	ROA EDD	07/10/2022	41st Freda Barnard Invitational Gala
130*	49.47	L	F	Milan Young	11	RBUR BPD	07/12/2022	NWS Championships 2022/2023
130*	49.47	L	P	Katherine Pappas	11	INFA NMA	03/03/2023	SA Level 2 Regional Age Group Champs
132	49.52	L	P	Maike Wheeler	11	BON EKU	02/03/2023	SA Level 2 Regional Age Group Champs
133	49.57	L	F	Talia Hill	11	PAC TSH	02/12/2022	2022 The Tshwane Mayoral Gala
134	49.62	L	F	Anneke Pieterse	11	LSWBA WBD	04/02/2023	Limpopo School Champs
135	49.79	L	F	Ella Van Viegen	11	BLSS MAN	27/08/2022	Kovsie Gala
136*	49.97	L	F	Ella Steenkamp	11	VINE CPT	11/02/2023	WCA-B Champs - 2023
136*	49.97	L	P	Maya Johnstone	11	AFIN JHB	02/03/2023	SA Level 2 Regional Age Group Champs
138	50.04	L	P	Ingemari Griffioen	11	LINR JHB	02/03/2023	SA Level 2 Regional Age Group Champs
139	50.12	L	F	Emma Groenewald	11	KTS	14/01/2023	GROUP 5 - KTHU 2023
140	50.14	L	F	Abigail Krevitar	11	MGSC UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
141	50.17	L	F	Ava Larter	11	PEAS NMA	09/12/2022	NMBA Championships 2022
142	50.18	L	F	Abigail Da Silva	11	TUKS TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
143	50.22	L	F	Jessica Barnard	11	TUKS TSH	21/10/2022	NTS October Lev 3 Age Group Gala
144	50.26	L	P	Lana Van Schalkwyk	11	TUKS TSH	02/03/2023	SA Level 2 Regional Age Group Champs
145	50.30	L	F	Jane Retief	11	LALE CED	28/01/2023	Winelands SL Final
146	50.34	L	P	Gabriela Govender	11	INFA NMA	03/03/2023	SA Level 2 Regional Age Group Champs
147*	50.43	L	P	Marietta Ferreira	11	EXP TSH	02/03/2023	SA Level 2 Regional Age Group Champs
147*	50.43	L	F	Wilmi Esbach	11	HREF BPD	10/09/2022	Adrian Grafe Gala 2022
149	50.55	L	P	Lucy Seymour	11	CRSC JHB	02/03/2023	SA Level 2 Regional Age Group Champs
150*	50.61	L	F	Caylie Azar	11	BLSS MAN	27/08/2022	Kovsie Gala
150*	50.61	L	P	Amalia van der Westhuizen	11	PEAS NMA	03/03/2023	SA Level 2 Regional Age Group Champs
152	50.62	L	F	Karu Rademeyer	11	VINE CPT	11/02/2023	WCA-B Champs - 2023
153	50.63	L	F	Ane' Lindthout	11	BLNE MAN	06/12/2022	Free State Champs 2022
154	50.69	L	F	Zoey Dampier	11	SS MPD	12/11/2022	Limpopo Age Group 5
155	50.84	L S	P	Roxanne De Lange	11	PAC TSH	09/12/2022	NTS Championships 2022
156	50.90	L	F	Sarah-Rose Pohlmann	11	BEST NMA	27/08/2022	2nd A League Gala
157*	50.92	L	P	Ontshiametse Makatiers	11	RBOT BPD	03/03/2023	SA Level 2 Regional Age Group Champs
157*	50.92	L	F	Mieke Van der Merwe	11	NSAD EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER
159	50.94	L	F	Imke Vermaak	11	RBUR BPD	07/12/2022	NWS Championships 2022/2023
160*	50.95	L	P	Jessica Head	11	SEAL UMD	17/03/2023	SA Level 2 Regional Age Group Champs
160*	50.95	L	F	Dunay Zovitzkey	11	TUKS TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
162	50.96	L	F	Leandri Pretorius	11	WRP EZD	11/03/2023	SSA LEVEL 1 REGIONAL CHAMPS
163	51.00	L	P	Addison Cochran	11	ASA ILD	31/03/2023	SA Level 3 Regional Age Group
164	51.05	L	F	Kiersten Hillen	11	DRGN JHB	18/03/2023	Level 1 Intra-Provincial 2023
165	51.06	L	P	Isabella Brooker	11	AACTA CPT	09/12/2022	Western Cape LC-A Championship 2022
166	51.13	L	F	Lizae Swanepoel	11	STGR	18/02/2023	AGE GROUP 6 KBY- 2023
167	51.20	L	F	Isabella De Beer	11	QSAW CED	28/01/2023	Winelands SL Final
168	51.22	L	F	Annelie Thiar	11	CLSC WCD	11/02/2023	WCA-B Champs - 2023
169*	51.24	L	F	Pippa Roberts	11	UNI EZD	02/12/2022	Mpumalanga Championships 2022
169*	51.24	L	P	Viha Beecum	11	CPRIM BUF	21/02/2023	Buffalo City Primary School Trials 2023
171	51.29	L	P	Zibusiso Xulu	11	KLOO ETH	31/03/2023	SA Level 3 Regional Age Group
172	51.30	L	F	Emily Wang	11	OHAN ILD	05/11/2022	KZN Junior Championships 2022
173	51.31	L	F	Mia Pienaar	11	PGAC EKU	21/10/2022	EGA Summer 2 2022
174	51.34	L	P	Ane Du Plessis	11	KSC EZD	02/03/2023	SA Level 2 Regional Age Group Champs
175	51.35	L	F	Nozibusiso Dube	11	STSC KCD	11/03/2023	KCDA Level 1 Championships 2023
176	51.36	L	F	Amieka Henning	11	HREF BPD	07/12/2022	NWS Championships 2022/2023
177	51.39	L	P	Xysca Bezuidenhout	11	FRA KCD	17/03/2023	SA Level 2 Regional Age Group Champs
178	51.46	L	F	Liané Van Heerden	11	LSTZN MP	04/02/2023	Limpopo School Champs
179*	51.50	L	F	Kiara Naidoo	11	BON EKU	20/01/2023	EGA Last Chance Galal
179*	51.50	L	P	Alexa Talbot	11	MPS NGD	21/02/2023	Buffalo City Primary School Trials 2023
181	51.53	L	F	Lucia Kempen	11	AGAQ OBD	07/10/2022	41st Freda Barnard Invitational Gala
182	51.55	L	F	Elmiah Vd Merwe	11	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr				
183	51.57	L	F	Morganne Michielsens	11	OHAN	ILD	05/11/2022 KZN Junior Championships 2022
184	51.66	L S	F	Sharli Durandt	11	VINE	CPT	25/06/2022 PEA Winter Gala 2022
185	51.67	L	P	Inge Opperman	11	BLNE	MAN	03/03/2023 SA Level 2 Regional Age Group Champs
186	52.03	L	P	Camryn Weber	11	SPS	BUF	21/02/2023 Buffalo City Primary School Trials 2023
187	52.08	L	F	Josephine Van Wyk	11	LALE	CED	28/01/2023 Winelands SL Final
188	52.17	L	P	Elizabeth Desilla	11	MDOL	EKU	02/03/2023 SA Level 2 Regional Age Group Champs
189	52.23	L	P	Alyssa van Niekerk	11	FAC	EKU	02/03/2023 SA Level 2 Regional Age Group Champs
190	52.26	L	P	Olwethu Gqoloma	11	RBOT	BPD	03/03/2023 SA Level 2 Regional Age Group Champs
191	52.28	L	F	Rachele Goosen	11	UNI	EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
192	52.30	L	F	Frané van Wyk	11	BS	LLD	06/12/2022 Free State Champs 2022
193	52.34	L	F	Kimberly Johnson	11	SEAL	UMD	05/11/2022 KZN Junior Championships 2022
194	52.35	L	F	Tischke Rischmuller	11	RFA	FSH	02/12/2022 2022 The Tshwane Mayoral Gala
195	52.43	L	F	Chloe Potgieter	11	SEAL	UMD	25/11/2022 WSC & Seals Summer LC Champs 2022
196	52.51	L	F	Nangamso Bodlani	11	FRA	KCD	11/03/2023 KCDA Level 1 Championships 2023
197	52.58	L	P	Erin Chree	11	INFA	NMA	03/03/2023 SA Level 2 Regional Age Group Champs
198	52.59	L	F	Carmi Roux	11	CSA	EZD	28/01/2023 CANA GRAND PRIX JAN 2023
199	52.60	L	F	Charlotte Guy	11	GSA	CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet #8
200	52.63	L	P	Anika Muller	11	MSC	NGD	02/12/2022 Mpumalanga Championships 2022
201	52.64	L	F	Kelsey Jansen	11	WATR	JHB	01/10/2022 2022 AG Swim Stars&OR Tambo
202*	52.65	L	F	Sophie Smith	11	VINE	CPT	03/09/2022 CTA Qualifying Meet #4
202*	52.65	L	F	Kirsten Koopman	11	TOTIS	ETH	19/03/2023 KZN Level 1 Championships 2023
204	52.69	L	F	Mila Nienaber	11	QSAW	CED	07/10/2022 41st Freda Barnard Invitational Gala
205	52.73	L	P	Miane Muller	11	CA	EKU	08/12/2022 EGA Summer Champs 2022
206*	52.77	L	F	Addison Kirk	11	RFA	FSH	02/12/2022 2022 The Tshwane Mayoral Gala
206*	52.77	L	F	Haylee Smith	11	SGUL	ETH	05/11/2022 KZN Junior Championships 2022
208	52.86	L	F	Amani Mottiar	11	ATLA	JHB	18/03/2023 Level 1 Intra-Provincial 2023
209	53.09	L	F	Jessica Van Wyk	11	SEAL	UMD	25/11/2022 WSC & Seals Summer LC Champs 2022
210	53.10	L	F	Emma Van Driel	11	VRC	FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
211*	53.11	L	F	Mieke Botha	11	VASTR	KKD	10/02/2023 NW School Championships 2023
211*	53.11	L	F	Mia Bernard	11	TUKS	FSH	02/12/2022 2022 The Tshwane Mayoral Gala
213	53.28	L	F	Nondalo Mkhasibe	11	SEAL	UMD	05/11/2022 KZN Junior Championships 2022
214	53.32	L	F	Annabelle Kruger	11	DESA	NMA	03/03/2023 SA Level 2 Regional Age Group Champs
215	53.37	L	F	Saskia von Maltitz	11	BULS	MAN	22/10/2022 Otters Prestige Gala 2022
216*	53.40	L	F	Dinette Van Niekerk	11	BLNE	MAN	21/01/2023 PELICAN NEPTUNE GALA
216*	53.40	L	F	Tatum Macintosh	11	CA	EKU	21/10/2022 EGA Summer 2 2022
218	53.47	L	F	Hannah Kemp	11	LALE	CED	13/11/2022 Winelands Summer League 4
219	53.48	L	F	Swapnika Kasireddy	11	SASE	JHB	25/02/2023 CGA Level 3+ Last Chance gala
220	53.56	L	F	Milan Kruger	11	QSAW	CED	13/11/2022 Winelands Summer League 4
221	53.59	L	F	Marli Coetzee	11	GSA	CPT	07/10/2022 41st Freda Barnard Invitational Gala
222*	53.64	L	P	Liv van den Heever	11	AZON	ETH	17/03/2023 SA Level 2 Regional Age Group Champs
222*	53.64	L	F	Abigail Naicker	11	PHOE	ETH	19/03/2023 KZN Level 1 Championships 2023
224	53.76	L	F	Esti Raath	11	WRP	EZD	30/09/2022 MP AGE GROUP 1
225	53.78	L	P	Kyra Lilly Meyer	11	SPS	BUF	21/02/2023 Buffalo City Primary School Trials 2023
226	53.86	L	F	Lyla Barnard	11	RFA	FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
227	53.90	L	P	Cara Mills	11	UNI	EZD	02/12/2022 Mpumalanga Championships 2022
228	53.93	L	F	Yalsha Moodley	11	SGUL	ETH	19/03/2023 KZN Level 1 Championships 2023
229	53.94	L	P	Madison Botha	11	RAV	EKU	08/12/2022 EGA Summer Champs 2022
230	53.98	L	F	Mienke Rutherford	11	POTC	KKD	21/01/2023 NWS Sprint Gala 2023
231	54.00	L	P	Melanie Munyoro	11	WATR	JHB	02/03/2023 SA Level 2 Regional Age Group Champs
232*	54.03	L	F	Cara Vd Westhuizen	11	TASC	MPD	12/11/2022 Limpopo Age Group 5
232*	54.03	L	P	Mila Howell	11	CPRIM	BUF	21/02/2023 Buffalo City Primary School Trials 2023
234	54.04	L	F	Suné Vd Walt	11	FISH	EDD	07/10/2022 41st Freda Barnard Invitational Gala
235	54.14	L	F	Eden Bollay	11	WSTV	ETH	05/11/2022 KZN Junior Championships 2022
236	54.16	L	P	Aleksia Demetriou	11	MATL	KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
237	54.33	L	F	Isabelle Boyd	11	MSC	NGD	02/12/2022 Mpumalanga Championships 2022
238*	54.42	L	F	Mia Janse van Rensburg	11	MGSC	UGD	25/11/2022 WSC & Seals Summer LC Champs 2022
238*	54.42	L	F	Leonie Wink	11	VINE	CPT	04/11/2022 CTA A CHAMPS 2022
238*	54.42	L	P	Amelia Minnar	11	CPRIM	BUF	21/02/2023 Buffalo City Primary School Trials 2023
241	54.51	L	F	Ava Kranenburg	11	VINE	CPT	21/01/2023 CTA Qualifying Meet #7

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
242	54.55	L	P	Ofentse Mthopeng	11	ESP EKU	02/03/2023 SA Level 2 Regional Age Group Champs
243	54.58	L	F	Casey Lee Mccabe	11	DOLFI MPD	02/12/2022 Limpopo Champs
244	54.60	L S	F	Caitlin Douglas	11	ROA EDD	25/06/2022 PEA Winter Gala 2022
245	54.69	L	F	Lene Bester	11	MATL KKD	07/12/2022 NWS Championships 2022/2023
246	54.70	L	F	Chanlè Jacobs	11	STGR	05/11/2022 AGE GROUP 2 KBY 2022
247*	54.75	L	F	Orefile Ramphele	11	KPS KKD	10/02/2023 NW School Championships 2023
247*	54.75	L	P	Annabelle Marsh	11	TINC FSH	02/03/2023 SA Level 2 Regional Age Group Champs
249	54.77	L	P	Nina Alberts	11	VRC FSH	02/03/2023 SA Level 2 Regional Age Group Champs
250	54.78	L	F	Olivia Talbot	11	KNYA EDD	18/02/2023 EDEN 5th A-League Gala 2023
251	54.79	L	F	Emmalynn Strydom	11	TUKS FSH	02/12/2022 2022 The Tshwane Mayoral Gala
252	54.80	L	F	Lisa Du Toit	11	SEAL UMD	05/11/2022 KZN Junior Championships 2022
253	54.86	L	F	Lia Basson	11	TUKS FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
254	54.91	L	F	Chloë Snyman	11	SS MPD	02/12/2022 Limpopo Champs
255	54.93	L	F	Hannah Wright	11	TT EKU	10/09/2022 Adrian Grafe Gala 2022
256	55.03	L	P	Esona Sekeleni	11	CAMPB BUF	21/02/2023 Buffalo City Primary School Trials 2023
257	55.05	L	F	Isabella Cownie	11	TUKS FSH	08/10/2022 NTS Sprint Gala
258	55.16	L	F	Carlin Havemann	11	QSAW CED	28/01/2023 Winelands SL Final
259	55.17	L	F	Ratanang Gambu	11	TMAC ETH	25/11/2022 WSC & Seals Summer LC Champs 2022
260*	55.24	L	F	Lika Zietsman	11	BETH FDD	06/12/2022 Free State Champs 2022
260*	55.24	L	F	Juané Labuschagne	11	LSMSA VB	04/02/2023 Limpopo School Champs
262*	55.28	L	F	Liane Ferreira	11	PLAY CED	18/02/2023 Swartland Invitational Gala 2023
262*	55.28	L	P	Taylor Smith	11	HPPS BUF	21/02/2023 Buffalo City Primary School Trials 2023
264	55.38	L	F	Rebecca Alderman	11	VINE CPT	15/10/2022 CTA Qualifying Meet #6
265	55.45	L	F	Katelyn Kretzmann	11	INFA NMA	10/02/2023 Infinity Gala 2023
266	55.46	L	F	Gea March	11	UPSK	07/12/2022 NCASA CHAMPS 2022
267	55.51	L	P	Tayla-Jean Gibb	11	SPS BUF	21/02/2023 Buffalo City Primary School Trials 2023
268	55.59	L	F	Kopano Lempe	11	MAKO EKU	17/02/2023 EGA Let's Race 2023
269	55.62	L	F	Hayleigh Sutherland	11	AWIN FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
270	55.75	L	P	Jane Botha	11	VALS FDD	03/03/2023 SA Level 2 Regional Age Group Champs
271*	55.79	L	F	Jessica Dreyer	11	GREY CPT	13/11/2022 Winelands Summer League 4
271*	55.79	L	P	Mieke Van der Walt	11	NWUC KKD	07/12/2022 NWS Championships 2022/2023
273	55.81	L	F	Elle Joubert	11	QSAW CED	13/11/2022 Winelands Summer League 4
274	55.88	L	P	Ava Pretorius	11	MPS NGD	21/02/2023 Buffalo City Primary School Trials 2023
275	55.94	L	P	Emma Fischer	11	HPPS BUF	21/02/2023 Buffalo City Primary School Trials 2023
276	55.95	L	F	Storm Bircher	11	CUHE OBD	07/10/2022 41st Freda Barnard Invitational Gala
277	56.01	L	F	Lika Els	11	QSAW CED	11/02/2023 WCA-B Champs - 2023
278	56.04	L	F	Alize Spangenberg	11	EXP FSH	02/12/2022 2022 The Tshwane Mayoral Gala
279	56.09	L	F	Kaitlyn Richter	11	PEAS NMA	22/10/2022 4th A League Gala
280	56.21	L	P	Francesca Flack	11	CLSC WCD	31/03/2023 SA Level 3 Regional Age Group
281	56.23	L	P	Nina Van Staden	11	KSC EZD	02/12/2022 Mpumalanga Championships 2022
282	56.28	L	F	Holly Oosthuizen	11	AQUA UTD	07/01/2023 Uthukela District January 2023 Age
283	56.38	L	F	Kaylan Venter	11	FAAC FBD	07/10/2022 FLAMINGO GALA OCT 2022
284	56.42	L	F	Julia Pienaar	11	TLAC BPD	21/01/2023 NWS Sprint Gala 2023
285	56.51	L	F	Lea Malherbe	11	LSM NGD	10/02/2023 NW School Championships 2023
286	56.61	L	F	Paballo Mabote	11	MAKO EKU	18/03/2023 Level 1 Intra-Provincial 2023
287	56.62	L	F	Lisa Raath	11	WRP EZD	30/09/2022 MP AGE GROUP 1
288	56.65	L	F	Tshimologo Van Vuuren	11	ACSC FSH	17/02/2023 NTS February Lev 1+2 Age Group Gala
289	56.66	L	F	Jordan Godfrey	11	AFIN JHB	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
290	56.81	L	P	Sithabile Mdlalose	11	JAQ EKU	08/12/2022 EGA Summer Champs 2022
291	56.84	L	F	Riley Pieterse	11	TUKS FSH	02/12/2022 2022 The Tshwane Mayoral Gala
292	56.87	L	F	Clarrisa Schuch	11	TOTIS ETH	05/11/2022 KZN Junior Championships 2022
293	56.95	L	F	Lisa Mahadeo	11	AA JHB	18/03/2023 Level 1 Intra-Provincial 2023
294	56.96	L	F	Mishay Smith	11	ZASC FSH	17/02/2023 NTS February Lev 1+2 Age Group Gala
295	57.08	L	F	Ami Wiesner	11	CUHE OBD	03/09/2022 CTA Qualifying Meet #4
296	57.28	L	F	Milandrie Gouws	11	LEBII	10/02/2023 NW School Championships 2023
297	57.34	L	F	Megan Bosch	11	DDA FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
298	57.35	L	F	Kate Cunningham	11	CYBE CPT	15/10/2022 CTA Qualifying Meet #6
299	57.43	L	P	Jane Du Preez	11	NAE EZD	02/12/2022 Mpumalanga Championships 2022
300	57.64	L	F	Khenso Mabasa	11	SS MPD	02/12/2022 Limpopo Champs

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
301	57.69 L	F	Jodi Marais	11	BLMA CPT	28/01/2023	Winelands SL Final
302	57.88 L	F	Zoë Schmidt	11	SS MPD	12/11/2022	Limpopo Age Group 5
303	57.93 L	F	Lize Thompson	11	SWAR WCD	11/02/2023	WCA-B Champs - 2023
304	57.99 L	F	April Jooman	11	CPRIM BUF	25/02/2023	Eastern Cape Schools Swimming Trials
305	58.01 L	F	Izabel Harrison	11	GREY CPT	13/11/2022	Winelands Summer League 4
306	58.11 L	F	Carli Kieck	11	AWIN TSH	02/12/2022	2022 The Tshwane Mayoral Gala
307	58.18 L	F	Elri De Waal	11	STGR	19/11/2022	AGE GROUP 3 KBY 2022
308	58.30 L	F	Jasmine Acker-Cooper	11	SGUL ETH	05/11/2022	KZN Junior Championships 2022
309	58.50 L	F	Jany Norval	11	SS MPD	02/12/2022	Limpopo Champs
310	58.56 L	F	Londiwe Ngwenya	11	SGUL ETH	19/03/2023	KZN Level 1 Championships 2023
311	58.77 L	F	Nala Hlapho	11	LEBII	10/02/2023	NW School Championships 2023
312	58.87 L	F	Amanda Honneysett	11	AQDO CPT	07/10/2022	41st Freda Barnard Invitational Gala
313	58.89 L	P	Sunehka Roodt	11	MATL KKD	03/03/2023	SA Level 2 Regional Age Group Champs
314	58.91 L	F	Dunay Futcher	11	FRA KCD	11/03/2023	KCDA Level 1 Championships 2023
315	58.93 L	P	Riley Thompson	11	HPPS BUF	21/02/2023	Buffalo City Primary School Trials 2023
316	58.98 L	F	Charné Terblanche	11	KNYJ EDD	22/10/2022	EDEN 2nd A-League Gala 2022
317	58.99 L	F	Paula Theron	11	CUDU CPT	12/11/2022	CTA B CHAMPS
318	59.23 L	F	Jana Durrans	11	QSAW CED	28/01/2023	Winelands SL Final
319	59.24 L	F	Esté Gersbach	11	BARR CPT	11/02/2023	WCA-B Champs - 2023
320	59.28 L	F	Tlotliso Rakubutu	11	HREF BPD	10/09/2022	Adrian Grafe Gala 2022
321	59.32 L	F	Ava Nel	11	SS MPD	02/12/2022	Limpopo Champs
322	59.38 L	F	Louisa Anderson	11	WELL CED	13/11/2022	Winelands Summer League 4
323	59.58 L	F	Angeliqe Kyanda-Kaboza	11	DESA NMA	22/10/2022	4th A League Gala
324*	59.84 L	F	Franciska Van der Merwe	11	WRP EZD	30/09/2022	MP AGE GROUP 1
324*	59.84 L	F	Angeliqe Marais	11	EXP TSH	02/12/2022	2022 The Tshwane Mayoral Gala
326	59.96 L	F	Madison Woods	11	SOUL EKU	11/06/2022	EGA Winter 1 2022
327	59.99 L	F	Olivia Elan-Puttick	11	QSAW CED	13/11/2022	Winelands Summer League 4
328	1:00.16 L	F	Danielle Bond	11	ROA EDD	05/11/2022	EDEN 3rd A-League Gala 2022
329	1:00.17 L	F	Mia De Esclana	11	VRC TSH	02/12/2022	2022 The Tshwane Mayoral Gala
330	1:00.21 L	F	Eumari Van den Heever	11	RFA TSH	02/12/2022	2022 The Tshwane Mayoral Gala
331	1:00.25 L	F	Keletso Goeieman	11	KALA	03/02/2023	NCASA SPRINTS - 3 & 4 FEBRUARY
332	1:00.34 L	F	Kaira Nel	11	WELA LLD	21/01/2023	PELICAN NEPTUNE GALA
333	1:00.37 L	P	Zoe Bayisayi	11	TCA EKU	08/12/2022	EGA Summer Champs 2022
334	1:00.48 L	P	Ciara Kroef	11	FAC EKU	02/03/2023	SA Level 2 Regional Age Group Champs
335	1:00.50 L	F	Caroline Abbott	11	QUIC CPT	07/10/2022	41st Freda Barnard Invitational Gala
336	1:00.53 L	F	Emma Brownlee	11	VINE CPT	24/09/2022	CTA Qualifying Meet #5
337	1:00.54 L	F	Suzette Coetzee	11	KALA	07/12/2022	NCASA CHAMPS 2022
338	1:00.66 L	F	Hesmari MacRobert	11	KSTAR EDD	18/02/2023	EDEN 5th A-League Gala 2023
339	1:00.67 L	F	Kendall Dennehy	11	AQDO CPT	21/01/2023	CTA Qualifying Meet #7
340*	1:00.81 L	F	Sofia de Freitas	11	MAKO EKU	10/09/2022	Adrian Grafe Gala 2022
340*	1:00.81 L	F	Aimee Liebenberg	11	SWAR WCD	18/02/2023	Swartland Invitational Gala 2023
342	1:00.89 L	F	Nobubelebesisa Zwane	11	FRA KCD	11/03/2023	KCDA Level 1 Championships 2023
343	1:00.95 L	F	Juliette Wallis	11	GREY CPT	21/01/2023	CTA Qualifying Meet #7
344	1:00.97 L	P	Jéanté Bothma	11	CSA EZD	02/12/2022	Mpumalanga Championships 2022
345	1:01.05 L	F	Masego Sereto	11	ATTE TSH	18/03/2023	Level 1 Intra-Provincial 2023
346	1:01.06 L	F	Leatile Mothibinyane	11	ESP EKU	10/09/2022	Adrian Grafe Gala 2022
347	1:01.09 L	F	Lezani Mansfield	11	AQUA UTD	04/02/2023	Uthukela District Age Group Gal 4 Feb
348	1:01.42 L	F	Natalie De Beer	11	CPSC TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
349	1:01.62 L	F	Rua De Wit	11	QUIC CPT	11/02/2023	WCA-B Champs - 2023
350	1:01.70 L	F	Line Cilliers	11	FAAC FBD	19/11/2022	AGE GROUP 3 KBY 2022
351	1:01.72 L	F	Karla Chowles	11	TYGE CPT	24/09/2022	CTA Qualifying Meet #5
352	1:01.84 L	F	Marieta Kruger	11	GHSK	05/11/2022	AGE GROUP 2 KBY 2022
353	1:02.34 L	F	Mieke du Toit	11	LINR JHB	18/03/2023	Level 1 Intra-Provincial 2023
354	1:02.38 L	F	Zana Richardson	11	CUR EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
355	1:02.61 L	P	Wilmari Nortman-Gobey	11	HREF BPD	07/12/2022	NWS Championships 2022/2023
356	1:03.03 L	F	Caitlin Wagner	11	CUR EZD	30/09/2022	MP AGE GROUP 1
357	1:03.54 L	F	Addison Oldfield-Sammons	11	BARA EKU	18/03/2023	Level 1 Intra-Provincial 2023
358	1:03.68 L	F	Gia De Wit	11	QUIC CPT	12/11/2022	CTA B CHAMPS
359	1:03.86 L	F	Susanna Ellis	11	LSM NGD	10/02/2023	NW School Championships 2023



### Individual Top Times

Times since: 01-May-22      Times until: 30-Apr-23  
 Number of Top Times: All      Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
360	1:03.90	L	F	Julie Neumann	11	PCS KKD	10/02/2023 NW School Championships 2023
361	1:04.15	L	F	Bonolo Nthwane	11	MATL KKD	21/01/2023 NWS Sprint Gala 2023
362	1:04.27	L	F	Kendra Samuels	11	GSA CPT	12/11/2022 CTA B CHAMPS
363	1:04.33	L	F	Thandolwethu Dlamini	11	MSC NGD	11/03/2023 SSA LEVEL 1 REGIONAL CHAMPS
364	1:04.41	L	F	Klara Botha	11	SS MPD	22/10/2022 Limpopo Age Group 4
365	1:04.56	L	F	Minke Ferreira	LN	BLOT MAN	21/01/2023 PELICAN NEPTUNE GALA
366	1:04.62	L	F	Carissa Pitout	11	BETH FDD	21/01/2023 PELICAN NEPTUNE GALA
367	1:04.75	L	P	Isabelle Adendorff	11	JAQ EKU	08/12/2022 EGA Summer Champs 2022
368	1:04.76	L	P	Cornelea Breedt	11	ESP EKU	02/03/2023 SA Level 2 Regional Age Group Champs
369	1:05.01	L	F	Michelle De Beer	11	TASC MPD	12/11/2022 Limpopo Age Group 5
370	1:05.30	L	F	Akhona Lama	11	ESTR EKU	18/03/2023 Level 1 Intra-Provincial 2023
371	1:05.82	L	F	Anneke Paulsen	11	ASAC CPT	12/11/2022 CTA B CHAMPS
372	1:06.10	L	F	Lufuno Masupa	11	WSS LLD	12/11/2022 Kroonstad Age Group
373	1:06.34	L	F	Shehzadi Abdul Gafar	11	PCS KKD	10/02/2023 NW School Championships 2023
374	1:06.40	L	F	Christie Russell	11	SUPE JHB	18/03/2023 Level 1 Intra-Provincial 2023
375	1:06.46	L	F	Heleina Esterhuyse	11	CLSC WCD	11/11/2022 Swartland Prestige Gala 2022
376	1:06.60	L	F	Jada-Leigh Brockman	11	HURA CPT	03/09/2022 CTA Qualifying Meet #4
377	1:06.63	L	F	Tshegofatso Maphoto	11	CURHK CCD	04/02/2023 Limpopo School Champs
378	1:06.86	L	F	Logan Nieuwenhuys	11	KALA	18/02/2023 AGE GROUP 6 KATHU - 2023
379	1:06.98	L	F	Madison Steyn	11	AQUA UTD	07/01/2023 Uthukela District January 2023 Age
380	1:07.54	L	F	Ayesha Motala	11	ATLA JHB	01/10/2022 2022 AG Swim Stars&OR Tambo
381	1:07.84	L	F	Rachael Nieuwoudt	11	QSAW CED	18/02/2023 Swartland Invitational Gala 2023
382	1:07.86	L	F	Olaotse Seome	11	LEBII	10/02/2023 NW School Championships 2023
383	1:07.97	L	F	Jeanne-Marie Jordaan	11	EVO CPT	11/11/2022 Swartland Prestige Gala 2022
384	1:08.03	L	F	Angelica Pienaar	11	LEBII	10/02/2023 NW School Championships 2023
385	1:08.59	L	F	Nicolien Poolman	11	KALAH	25/02/2023 FLAMINGO GALA 2023
386	1:08.66	L	F	Xandri Hattingh	11	KTS	18/02/2023 AGE GROUP 6 KATHU - 2023
387	1:08.72	L	F	Ava Scally	11	ZASC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
388	1:08.83	L	F	Zisuliwe Zikhali	11	MAKO EKU	18/03/2023 Level 1 Intra-Provincial 2023
389	1:09.97	L	P	Amahle Mazula	11	MAKO EKU	08/12/2022 EGA Summer Champs 2022
390	1:10.16	L	F	Payton Mathee	11	SGUL ETH	05/11/2022 KZN Junior Championships 2022
391	1:10.17	L	F	Kabo Raseloma	11	LEBII	10/02/2023 NW School Championships 2023
392	1:10.31	L	F	Motheo Mofokeng	11	KPS KKD	10/02/2023 NW School Championships 2023
393	1:10.68	L	F	Kendal Few	11	FIELD BPD	10/02/2023 NW School Championships 2023
394	1:10.70	L	F	Nica-Ann Dos Santos	11	STSC KCD	22/10/2022 Stingrays Swim Club Championships
395	1:11.16	L	F	Hakhakhi Matodzi	11	SOWE JHB	18/03/2023 Level 1 Intra-Provincial 2023
396	1:14.27	L	F	Anesuise Jojozi	11	PELIC MAN	06/12/2022 Free State Champs 2022
397	1:14.96	L	F	Rachel Moelich	11	TCA EKU	11/06/2022 EGA Winter 1 2022
398	1:15.30	L	F	Nina Ungerer	11	BIOS CED	20/08/2022 Winelands SL 1
399	1:15.41	L	F	Liyema Boya	11	MPS NGD	20/01/2023 MP AGE GROUP 4 GALA 21 - 22
400	1:15.68	L	F	Zelia Du Toit	11	BLNE MAN	29/10/2022 Neptune Gala
401	1:16.19	L	F	Leanri Bekker	11	PEAS NMA	16/07/2022 1st A League Gala 2022 NMA
402	1:16.49	L	F	Carli Lourens	11	ETTN EKU	11/06/2022 EGA Winter 1 2022
403	1:17.65	L	F	Unathi Mvula	11	HPS TSH	08/10/2022 NTS Sprint Gala
404	1:18.31	L	F	Emma Malan	11	CLSC WCD	20/08/2022 Winelands SL 1
405	1:20.57	L	F	Megan Mukundi	11	AQDO CPT	07/10/2022 41st Freda Barnard Invitational Gala
406	1:20.69	L	F	Izabella Samuel	11	AQDO CPT	07/10/2022 41st Freda Barnard Invitational Gala
407	1:21.12	L	F	Lize Pienaar	11	BULS MAN	04/02/2023 Heidedal Kovsie Gala
408	1:23.85	L	F	Oratilwe Ngubeni	11	JAQ EKU	11/06/2022 EGA Winter 1 2022
409	1:34.31	L	F	Lunè Botes	11	BS LLD	12/11/2022 Kroonstad Age Group
410	1:53.69	L	F	Micah-Lee Jansen	11	KHAY CPT	12/11/2022 CTA B CHAMPS

#### Women 18 & Under 100 Breast

1	1:21.65	L	F	Amber Gaddin	11	AAS JHB	21/03/2023 SA National Junior Age Group
2	1:27.43	L	F	Emily Geldart	11	INFA NMA	31/03/2023 SA Level 3 Regional Age Group
3	1:27.59	L	F	Ella Bunge	11	BLUO UGD	31/03/2023 SA Level 3 Regional Age Group
4	1:28.39	L	F	Jenna Joyce	11	BARR CPT	11/02/2023 WCA-B Champs - 2023
5	1:30.07	L	F	Amelia Oosthuizen	11	TUKS TSH	31/03/2023 SA Level 3 Regional Age Group
6	1:30.29	L	F	Saskya Kistnasami	11	KZNA ETH	21/04/2023 SA Schools Swimming Championship
7	1:30.61	L	F	Olivia Stroebel	11	HPS TSH	31/03/2023 SA Level 3 Regional Age Group

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr					
8	1:30.81	L	F	Melan van der Spuy	KR	BLOT MAN	31/03/2023	SA Level 3 Regional	Age Group
9	1:31.24	L	F	Molly Calf	11	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship	
10	1:31.26	L	P	Caeli Ferreira	11	AAS JHB	31/03/2023	SA Level 3 Regional	Age Group
11	1:31.63	L	F	Rebecca Nilsson	11	TYGE CPT	31/03/2023	SA Level 3 Regional	Age Group
12	1:33.13	L	F	Melokuhle Mhlongo	11	PSCP UMD	31/03/2023	SA Level 3 Regional	Age Group
13	1:33.18	L	F	Leané Van der Merwe	11	MP EZ	21/04/2023	SA Schools Swimming Championship	
14	1:33.23	L	P	Thandi Bosman	11	USC BUF	21/03/2023	SA National Junior Age Group	
15	1:33.94	L	F	Jenna-Lee Watson	11	PAC TSH	09/12/2022	NTS Championships 2022	
16	1:36.13	L	P	Emma Hunter	11	KNYA EDD	31/03/2023	SA Level 3 Regional	Age Group
17	1:36.31	L	F	Anelle Ward	11	TUKS TSH	31/03/2023	SA Level 3 Regional	Age Group
18	1:36.44	L	P	Kaylee Watt	11	DRGN JHB	31/03/2023	SA Level 3 Regional	Age Group
19	1:36.66	L	P	Efthimia Moustakis	11	SOUL EKU	31/03/2023	SA Level 3 Regional	Age Group
20	1:36.73	L	P	Makenzie Abrams	11	USC BUF	21/03/2023	SA National Junior Age Group	
21	1:36.82	L	F	Elle Gasson	11	BLSS MAN	31/03/2023	SA Level 3 Regional	Age Group
22	1:37.19	L	F	Ava Lorenzen	11	BLMA CPT	09/12/2022	Western Cape LC-A Championship 2022	
23	1:37.48	L	F	Amelia Fury	11	VINE CPT	31/03/2023	SA Level 3 Regional	Age Group
24	1:37.80	L	P	Talia McCabe	11	WATR JHB	31/03/2023	SA Level 3 Regional	Age Group
25	1:37.89	L	F	Zoi Dimatellis	11	ROA EDD	31/03/2023	SA Level 3 Regional	Age Group
26	1:38.13	L	F	Martinet Bezuidenhout	11	TUKS TSH	03/02/2023	NTS January Lev 3+ Age Group Gala	
27	1:38.18	L	P	Livia Gutter	11	BLNE MAN	31/03/2023	SA Level 3 Regional	Age Group
28	1:38.56	L	P	Sienna Seagram	11	ELEC TSH	31/03/2023	SA Level 3 Regional	Age Group
29	1:38.63	L	F	Kaylee Naidoo	11	SEAL UMD	05/11/2022	KZN Junior Championships 2022	
30	1:38.98	L	P	Mia Putter	11	NWUC KKD	31/03/2023	SA Level 3 Regional	Age Group
31	1:39.31	L	P	Amaru Mapulane	11	CA EKU	08/12/2022	EGA Summer Champs 2022	
32	1:39.48	L	P	Ava Constantinides	11	SWIFT EKU	31/03/2023	SA Level 3 Regional	Age Group
33	1:39.60	L	P	Anya Sonnekus	11	TYGE CPT	31/03/2023	SA Level 3 Regional	Age Group
34	1:39.63	L	P	Morgan Maree	11	DRGN JHB	31/03/2023	SA Level 3 Regional	Age Group
35	1:39.64	L	F	Clarise Stadler	11	TUKS TSH	02/03/2023	SA Level 2 Regional Age Group Champs	
36	1:40.12	L	F	Violet Maritz	11	SEAL UMD	04/02/2023	Uthukela District Age Group Gal 4 Feb	
37	1:40.66	L	F	Morgan Tandy	11	ESTR EKU	08/12/2022	EGA Summer Champs 2022	
38	1:40.91	L	F	Julia-Ruth Jacobs	11	BLNE MAN	17/02/2023	Neptune Last Chance Gala	
39*	1:41.03	L	F	Rania Marnewick	11	LINR JHB	02/03/2023	SA Level 2 Regional Age Group Champs	
39*	1:41.03	L	P	Anri Jonker	11	TUKS TSH	31/03/2023	SA Level 3 Regional	Age Group
41	1:41.34	L	P	Mari Bruwer	11	SS MPD	31/03/2023	SA Level 3 Regional	Age Group
42	1:41.40	L	P	Mila-Belle Slatter	11	SSISA CPT	31/03/2023	SA Level 3 Regional	Age Group
43	1:41.48	L	P	Anja Solomon	11	NC	21/04/2023	SA Schools Swimming Championship	
44	1:41.49	L	F	Casia Huntley	11	WSTV ETH	25/11/2022	WSC & Seals Summer LC Champs 2022	
45	1:41.59	L	P	Irma Kotzé	11	POTC KKD	31/03/2023	SA Level 3 Regional	Age Group
46	1:41.60	L	F	Tatum Venter	11	WSS LLD	03/03/2023	SA Level 2 Regional Age Group Champs	
47	1:41.76	L	F	Emma De Villiers	11	BLTA NMA	09/12/2022	NMBA Championships 2022	
48	1:41.78	L	P	Roxanne De Lange	11	PAC TSH	31/03/2023	SA Level 3 Regional	Age Group
49	1:41.83	L	P	Hayley De Haas	11	SEAL UMD	31/03/2023	SA Level 3 Regional	Age Group
50	1:41.87	L	F	Arabella Duggan	11	PEAS NMA	09/12/2022	NMBA Championships 2022	
51	1:42.05	L	F	Aimee Van Der Merwe	11	MDOL EKU	17/02/2023	EGA Let's Race 2023	
52	1:42.12	L	P	Isabella Mackenzie	11	TUKS TSH	31/03/2023	SA Level 3 Regional	Age Group
53	1:42.17	L	P	Elrie Moolman	11	OLDE JHB	02/03/2023	SA Level 2 Regional Age Group Champs	
54	1:42.32	L	P	Nina Tjallingii	11	SAAW CPT	24/02/2023	Western Cape Elite Gala	
55	1:42.59	L	F	Jaimee Cronje	11	COMS TSH	03/02/2023	NTS January Lev 3+ Age Group Gala	
56	1:42.61	L	F	Khwezi Magobongo	11	CPRIM BUF	21/02/2023	Buffalo City Primary School Trials 2023	
57	1:42.80	L	F	Suraiya Harris	11	AAS JHB	25/02/2023	CGA Level 3+ Last Chance gala	
58	1:42.91	L	P	Lara Macqueen	11	SEAL UMD	31/03/2023	SA Level 3 Regional	Age Group
59	1:43.07	L	F	Miya De Villiers	11	BLTA NMA	22/10/2022	4th A League Gala	
60	1:43.18	L	F	Abigail Slabber	11	SEAL UMD	17/03/2023	SA Level 2 Regional Age Group Champs	
61	1:43.21	L	F	Gemma Spies	11	INFA NMA	13/01/2023	Eastern Cape Aquatics LC Champs 2023	
62	1:43.34	L	F	Kamea Govindasamy	11	WATR JHB	25/02/2023	CGA Level 3+ Last Chance gala	
63	1:43.49	L	F	Gianna De Andrade	11	MDOL EKU	02/03/2023	SA Level 2 Regional Age Group Champs	
64	1:43.84	L	F	Umari Bloem	AR	BLOT MAN	03/03/2023	SA Level 2 Regional Age Group Champs	
65	1:43.87	L	F	Victoria Jackson	11	SOUL EKU	02/03/2023	SA Level 2 Regional Age Group Champs	
66	1:44.00	L	F	Mia Stilwayney	11	PAQU CED	28/01/2023	Winelands SL Final	

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr				
67	1:44.04	L	F	Tyloh Aitken	11	SEAL UMD	05/11/2022	KZN Junior Championships 2022
68	1:44.09	L	P	Leeann Reynolds	11	SOUL EKU	31/03/2023	SA Level 3 Regional Age Group
69	1:44.28	L	F	Talia Hill	11	PAC TSH	02/03/2023	SA Level 2 Regional Age Group Champs
70	1:44.29	L	F	Taygen Roden	11	BEAV ETH	17/03/2023	SA Level 2 Regional Age Group Champs
71	1:44.50	L	F	Zani Van Dyk	11	GSA CPT	11/02/2023	WCA-B Champs - 2023
72	1:44.79	L	F	Taylor Siebrits	11	STSC KCD	17/03/2023	SA Level 2 Regional Age Group Champs
73	1:44.80	L	F	Harper Halford	11	MANT CPT	03/03/2023	SA Level 2 Regional Age Group Champs
74	1:45.02	L	F	Taurez Gunkel	11	BEAV ETH	17/03/2023	SA Level 2 Regional Age Group Champs
75	1:45.06	L	P	Mia Lombard	11	HARL BUF	03/03/2023	SA Level 2 Regional Age Group Champs
76	1:45.09	L	F	Ashley Williams	11	BLNE MAN	03/03/2023	SA Level 2 Regional Age Group Champs
77	1:45.17	L	F	Chiniq Breet	11	CSA EZD	28/01/2023	CANA GRAND PRIX JAN 2023
78	1:45.36	L	F	Courtney Biggs	11	SASE JHB	25/02/2023	CGA Level 3+ Last Chance gala
79	1:45.42	L	P	Emma Terblanche	11	NAE EZD	02/12/2022	Mpumalanga Championships 2022
80	1:45.50	L	F	Nikah Solomons	11	PAQU CED	13/11/2022	Winelands Summer League 4
81	1:45.65	L	F	Grace Newton	11	CUDU CPT	11/02/2023	WCA-B Champs - 2023
82	1:45.66	L S	F	Nina Steyn	11	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
83	1:45.69	L	F	Tyla Charles	11	VINE CPT	11/02/2023	WCA-B Champs - 2023
84	1:45.80	L	F	Malaika van Leeuwen	11	ASA ILD	05/11/2022	KZN Junior Championships 2022
85	1:45.81	L	F	Annabelle Gwilt	11	SASE JHB	02/03/2023	SA Level 2 Regional Age Group Champs
86	1:46.06	L	P	Julie Olivier	11	TYGE CPT	31/03/2023	SA Level 3 Regional Age Group
87	1:46.10	L	F	Alina Dore	11	MGSC UGD	05/11/2022	KZN Junior Championships 2022
88	1:46.33	L	F	Tamryn Ririe	11	BLSS MAN	03/03/2023	SA Level 2 Regional Age Group Champs
89	1:46.48	L	P	Mila Strydom	11	GHSK	03/03/2023	SA Level 2 Regional Age Group Champs
90	1:46.52	L	F	Heike Wessels	11	QUIC CPT	03/03/2023	SA Level 2 Regional Age Group Champs
91	1:46.53	L	F	Pippa Polti	11	CYBE CPT	24/02/2023	Western Cape Elite Gala
92	1:46.78	L	F	Donylle Cupido	11	BLNE MAN	06/12/2022	Free State Champs 2022
93	1:46.93	L	F	Jessica Wood	11	TCA EKU	02/03/2023	SA Level 2 Regional Age Group Champs
94	1:47.23	L	F	Zamajobe Mtetwa	11	TUKS TSH	21/10/2022	NTS October Lev 3 Age Group Gala
95	1:47.51	L	F	Abigail Krevitar	11	MGSC UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
96	1:47.64	L	F	Ella Steenkamp	11	VINE CPT	11/02/2023	WCA-B Champs - 2023
97	1:47.70	L	P	Jothany Ngnotchouye	11	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship
98	1:47.79	L	F	Julia Wichmann	11	MGSC UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
99	1:47.83	L	P	Trinity Kavanagh	11	TCA EKU	02/03/2023	SA Level 2 Regional Age Group Champs
100	1:47.95	L	F	Makanaka Makoto	11	NSAD EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
101	1:47.99	L	F	Margelie Hansen	11	PLAY CED	03/03/2023	SA Level 2 Regional Age Group Champs
102*	1:48.02	L	F	Lethabo Mogadi	11	MITCH CC	04/02/2023	Limpopo School Champs
102*	1:48.02	L	F	Cara Louw	11	RBOT BPD	03/03/2023	SA Level 2 Regional Age Group Champs
104	1:48.06	L	F	Mila Nienaber	11	QSAW CED	11/02/2023	WCA-B Champs - 2023
105	1:48.23	L	F	Kinique De Agrella	11	LSKP WBD	04/02/2023	Limpopo School Champs
106	1:48.24	L	F	Courtney Logie	11	KLOO ETH	17/03/2023	SA Level 2 Regional Age Group Champs
107	1:48.49	L	F	Katherine Pappas	11	INFA NMA	03/03/2023	SA Level 2 Regional Age Group Champs
108	1:48.63	L	F	Ava Larter	11	PEAS NMA	09/12/2022	NMBA Championships 2022
109	1:48.72	L	P	Liandri Terblanche	11	SS MPD	31/03/2023	SA Level 3 Regional Age Group
110	1:48.80	L	P	Maya Johnstone	11	AFIN JHB	02/03/2023	SA Level 2 Regional Age Group Champs
111	1:49.00	L	F	Jeneva Noble-Ashby	11	SGUL ETH	05/11/2022	KZN Junior Championships 2022
112	1:49.25	L	F	Gina Austin	11	ELEC TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
113	1:49.40	L	F	Jessica Darling	11	BLMA CPT	28/01/2023	Winelands SL Final
114	1:49.69	L	F	Lucia Kempen	11	AGAQ OBD	07/10/2022	41st Freda Barnard Invitational Gala
115	1:49.70	L	F	Gabriela Govender	11	EDEN EDD	28/01/2023	NMBA Intra-District Championship
116*	1:49.72	L	F	Lulu Swanepoel	11	ASAC CPT	03/09/2022	CTA Qualifying Meet #4
116*	1:49.72	L	P	Oatile Oliphant	11	WATR JHB	02/03/2023	SA Level 2 Regional Age Group Champs
118*	1:49.78	L S	F	Caylie Azar	11	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
118*	1:49.78	L	F	Amalia van der Westhuizen	11	PEAS NMA	03/03/2023	SA Level 2 Regional Age Group Champs
120	1:49.91	L	F	Milan Young	11	PPARK BPD	10/02/2023	NW School Championships 2023
121	1:50.03	L	P	Lucy Seymour	11	CRSC JHB	02/03/2023	SA Level 2 Regional Age Group Champs
122	1:50.05	L	F	Ella Van Viegen	11	BLSS MAN	06/12/2022	Free State Champs 2022
123	1:50.17	L	P	Megan Els	11	MAC EKU	02/03/2023	SA Level 2 Regional Age Group Champs
124	1:50.25	L	F	Liza Oosthuizen	11	CLSC WCD	11/02/2023	WCA-B Champs - 2023
125	1:50.41	L	P	Madison Polti	11	CYBE CPT	24/02/2023	Western Cape Elite Gala

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
126	1:50.56	L	P	Elmiah Vd Merwe	11	TUKS FSH	01/07/2022 Prestige Tournament 2022
127	1:50.72	L S	F	Sharli Durandt	11	VINE CPT	25/06/2022 PEA Winter Gala 2022
128	1:50.77	L	F	Samantha Mazhandu	11	LINR JHB	01/10/2022 2022 AG Swim Stars&OR Tambo
129	1:50.80	L	F	Amieka Henning	11	HREF BPD	07/12/2022 NWS Championships 2022/2023
130	1:50.85	L	F	Iane Joubert	11	EDEN EDD	28/01/2023 NMBA Intra-District Championship
131	1:51.01	L	P	Miane Muller	11	CA EKU	08/12/2022 EGA Summer Champs 2022
132	1:51.12	L	F	Sarah-Rose Pohlmann	11	BEST NMA	10/02/2023 Infinity Gala 2023
133	1:51.24	L	F	Stella Abrahams	11	PLAY CED	28/01/2023 Winelands SL Final
134	1:51.33	L	F	Liyanda Miti	11	CPRIM BUF	21/02/2023 Buffalo City Primary School Trials 2023
135	1:51.42	L	F	Ezra Swartz	11	BULS MAN	27/01/2023 Seals Bullsharks Gala
136	1:51.51	L	F	Courtney Wessels	11	OHAN ILD	05/11/2022 KZN Junior Championships 2022
137	1:51.56	L	F	Mia Janse van Rensburg	11	MGSC UGD	25/11/2022 WSC & Seals Summer LC Champs 2022
138*	1:51.63	L	F	Annelie Thiar	11	CLSC WCD	11/02/2023 WCA-B Champs - 2023
138*	1:51.63	L	F	Jiya Benjamin	11	PAQU CED	28/01/2023 Winelands SL Final
140	1:51.71	L	F	Marietta Ferreira	11	EXP FSH	02/12/2022 2022 The Tshwane Mayoral Gala
141	1:51.83	L	P	Lana Van Schalkwyk	11	TUKS FSH	02/03/2023 SA Level 2 Regional Age Group Champs
142	1:51.87	L	P	Emihle James	11	RBOT BPD	03/03/2023 SA Level 2 Regional Age Group Champs
143	1:51.97	L	P	Emerson Woods	11	ESTR EKU	02/03/2023 SA Level 2 Regional Age Group Champs
144	1:52.00	L	F	Liyah Theron	11	ROA EDD	18/02/2023 EDEN 5th A-League Gala 2023
145	1:52.25	L	F	Xysca Bezuidenhout	11	FRA KCD	17/03/2023 SA Level 2 Regional Age Group Champs
146*	1:52.26	L	P	Ontshiametse Makatiers	11	RBOT BPD	03/03/2023 SA Level 2 Regional Age Group Champs
146*	1:52.26	L	F	Wilmi Esbach	11	HREF BPD	07/12/2022 NWS Championships 2022/2023
148	1:52.37	L	F	Addison Cochran	11	SEAL UMD	05/11/2022 KZN Junior Championships 2022
149	1:52.41	L	F	Zoey Dampier	11	SS MPD	02/12/2022 Limpopo Champs
150	1:52.52	L	F	Rachel Wiseman	11	FRA KCD	19/11/2022 Froggies Aquatics Championships 2022
151	1:52.76	L	F	Leonie Wink	11	VINE CPT	11/02/2023 WCA-B Champs - 2023
152	1:52.77	L	F	Tischke Rischmuller	11	RFA FSH	02/12/2022 2022 The Tshwane Mayoral Gala
153	1:52.87	L	F	Mieke Botha	11	VASTR KKD	10/02/2023 NW School Championships 2023
154*	1:52.96	L	F	Mia Bernard	11	TUKS FSH	02/12/2022 2022 The Tshwane Mayoral Gala
154*	1:52.96	L	F	Carmi Roux	11	CSA EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
156	1:53.09	L	F	Frances Esterhuyse	11	KSTAR EDD	07/10/2022 41st Freda Barnard Invitational Gala
157	1:53.38	L	F	Annabelle Roos	11	SPS BUF	21/02/2023 Buffalo City Primary School Trials 2023
158	1:53.42	L	F	Haylee Smith	11	SGUL ETH	25/11/2022 WSC & Seals Summer LC Champs 2022
159	1:53.70	L	F	Marli Coetzee	11	GSA CPT	11/02/2023 WCA-B Champs - 2023
160	1:53.79	L	P	Kiara Naidoo	11	BON EKU	02/03/2023 SA Level 2 Regional Age Group Champs
161	1:53.80	L	F	Imke Vermaak	11	RBUR BPD	07/12/2022 NWS Championships 2022/2023
162	1:53.82	L	F	Emma Groenewald	11	KTS	18/02/2023 AGE GROUP 6 KATHU - 2023
163	1:54.01	L	F	Cara Mills	11	UNI EZD	02/12/2022 Mpumalanga Championships 2022
164	1:54.04	L	F	Mieke Van der Merwe	11	NSAD EZD	14/10/2022 MP AGE GROUP 2 GALA 14-15
165	1:54.06	L	P	Pippa Roberts	11	UNI EZD	02/12/2022 Mpumalanga Championships 2022
166	1:54.22	L	F	Frané van Wyk	11	BS LLD	06/12/2022 Free State Champs 2022
167	1:54.39	L	P	Isabelle Boyd	11	MSC NGD	02/03/2023 SA Level 2 Regional Age Group Champs
168	1:54.48	L	P	Mia Pienaar	11	PGAC EKU	08/12/2022 EGA Summer Champs 2022
169	1:54.49	L	F	Lyla Barnard	11	RFA FSH	02/12/2022 2022 The Tshwane Mayoral Gala
170	1:54.53	L	F	Isabella De Beer	11	QSAW CED	28/01/2023 Winelands SL Final
171	1:54.66	L	F	Caitlin Douglas	11	ROA EDD	07/10/2022 41st Freda Barnard Invitational Gala
172	1:54.81	L	P	Elizabeth Desilla	11	MDOL EKU	02/03/2023 SA Level 2 Regional Age Group Champs
173	1:55.08	L	F	Kirsten Koopman	11	TOTIS ETH	25/11/2022 WSC & Seals Summer LC Champs 2022
174	1:55.30	L	F	Viha Beecum	11	CPRIM BUF	21/02/2023 Buffalo City Primary School Trials 2023
175	1:55.31	L	F	Karu Rademeyer	11	ASAC CPT	21/01/2023 CTA Qualifying Meet #7
176	1:55.35	L	P	Maike Wheeler	11	BON EKU	02/03/2023 SA Level 2 Regional Age Group Champs
177	1:55.36	L	F	Chelsea Fowles	11	MPS NGD	21/02/2023 Buffalo City Primary School Trials 2023
178	1:55.45	L	F	Camryn Weber	11	SPS BUF	21/02/2023 Buffalo City Primary School Trials 2023
179	1:55.51	L	P	Maleleko Mushikita	11	LP CC	21/04/2023 SA Schools Swimming Championship
180	1:55.82	L	F	Lene Bester	11	MATL KKD	26/11/2022 NWS Age Group 3 2022/23
181	1:55.90	L	F	Rachele Goosen	11	UNI EZD	11/03/2023 SSA LEVEL 1 REGIONAL CHAMPS
182	1:55.93	L	F	Zibusiso Xulu	11	KLOO ETH	05/11/2022 KZN Junior Championships 2022
183	1:55.96	L	F	Kate Cunningham	11	CYBE CPT	11/02/2023 WCA-B Champs - 2023
184	1:55.97	L	F	Morganne Michielsens	11	OHAN ILD	05/11/2022 KZN Junior Championships 2022

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr					
185	1:56.04	L	F	Lisa Raath	11	WRP	EZD	30/09/2022	MP AGE GROUP 1
186	1:56.18	L	F	Dunay Zovitzkey	11	TUKS	FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
187	1:56.31	L	F	Chloe Potgieter	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
188	1:56.33	L	P	Emmalynn Strydom	11	TUKS	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
189	1:56.46	L	F	Inge Opperman	11	BLNE	MAN	05/11/2022	Seals Heidedal Gala
190	1:56.55	L	F	Milan Kruger	11	QSAW	GED	28/01/2023	Winelands SL Final
191	1:56.67	L	P	Ane Du Plessis	11	KSC	EZD	02/03/2023	SA Level 2 Regional Age Group Champs
192	1:56.68	L	P	Franciska Van der Merwe	11	WRC	EZD	02/12/2022	Mpumalanga Championships 2022
193	1:56.73	L	P	Melanie Munyoro	11	WATR	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
194	1:57.18	L	F	Suné Vd Walt	11	FISH	EDD	07/10/2022	41st Freda Barnard Invitational Gala
195	1:57.40	L	F	Nozibusiso Dube	11	STSC	KCD	11/03/2023	KCDA Level 1 Championships 2023
196	1:57.48	L	F	Liv van den Heever	11	AZON	ETH	05/11/2022	KZN Junior Championships 2022
197	1:57.51	L	F	Nangamso Bodlani	11	FRA	KCD	04/02/2023	KCDA February Age Group Gala 2023
198	1:57.57	L	F	Juané Labuschagne	11	SS	MPD	02/12/2022	Limpopo Champs
199	1:57.74	L	F	Storm Bircher	11	CUHE	QBD	28/01/2023	Winelands SL Final
200	1:58.13	L	F	Casey Lee Mccabe	11	DOLFI	MPD	02/12/2022	Limpopo Champs
201	1:58.14	L	P	Olwethu Gqoloma	11	RBOT	BPD	03/03/2023	SA Level 2 Regional Age Group Champs
202	1:58.34	L	F	Isabella Brooker	11	AACTA	CPT	07/10/2022	41st Freda Barnard Invitational Gala
203	1:58.54	L	F	Orefile Ramphela	11	MATL	KKD	07/12/2022	NWS Championships 2022/2023
204	1:58.58	L	F	Dinette Van Niekerk	11	BLNE	MAN	21/01/2023	PELICAN NEPTUNE GALA
205	1:58.70	L	P	Madison Botha	11	RAV	EKU	08/12/2022	EGA Summer Champs 2022
206*	1:58.75	L	F	Danielle Bond	11	ROA	EDD	18/02/2023	EDEN 5th A-League Gala 2023
206*	1:58.75	L	F	Lia Basson	11	TUKS	FSH	18/03/2023	Level 1 Intra-Provincial 2023
208	1:59.17	L	F	Esti Raath	11	WRP	EZD	30/09/2022	MP AGE GROUP 1
209	1:59.21	L	F	Ane' Lindthout	11	BLNE	MAN	17/02/2023	Neptune Last Chance Gala
210	1:59.25	L	F	Hannah Kemp	11	LALE	GED	28/01/2023	Winelands SL Final
211	1:59.53	L	F	Jessica Head	11	SEAL	UMD	25/11/2022	WSC & Seals Summer LC Champs 2022
212	1:59.55	L	F	Annabelle Kruger	11	DESA	NMA	10/02/2023	Infinity Gala 2023
213	1:59.60	L	F	Nondalo Mkhasibe	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
214	1:59.69	L	F	Pippa Roberts	11	UPP	EZD	14/10/2022	MP AGE GROUP 2 GALA 14-15
215	1:59.89	L	F	Nina Alberts	11	VRC	FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
216	1:59.91	L S	P	Aleksia Demetriou	11	MATL	KKD	03/10/2022	Sasolburg Swim Club Invitational Gala
217	1:59.93	L	F	Jodi Marais	11	BLMA	CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
218	1:59.98	L	P	Alyssa van Niekerk	11	FAC	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
219	2:00.00	L	F	Holly Oosthuizen	11	AQUA	UTD	04/02/2023	Uthukela District Age Group Gal 4 Feb
220	2:00.05	L	F	Addison Kirk	11	RFA	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
221	2:00.08	L	F	Olivia Talbot	11	KNYA	EDD	18/02/2023	EDEN 5th A-League Gala 2023
222*	2:00.13	L	F	Mieke Van der Walt	11	NWYC	KKD	07/12/2022	NWS Championships 2022/2023
222*	2:00.13	L	F	Liané Van Heerden	11	LSTZN	MP	04/02/2023	Limpopo School Champs
224	2:00.30	L	F	Alize Spangenberg	11	EXP	FSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
225	2:00.49	L	F	Ava Kranenburg	11	VINE	CPT	04/11/2022	CTA A CHAMPS 2022
226	2:00.94	L	F	Amani Mottiar	11	ATLA	JHB	18/03/2023	Level 1 Intra-Provincial 2023
227	2:01.53	L	F	Cara Vd Westhuizen	11	TASC	MPD	12/11/2022	Limpopo Age Group 5
228	2:01.63	L	P	Ofentse Mothopeng	11	ESP	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
229	2:01.64	L	F	Alexia Montgomery	11	AQUA	UTD	04/02/2023	Uthukela District Age Group Gal 4 Feb
230	2:02.16	L	F	Swapnika Kasireddy	11	SASE	JHB	25/02/2023	CGA Level 3+ Last Chance gala
231	2:02.24	L	F	Yaisha Moodley	11	SGUL	ETH	19/03/2023	KZN Level 1 Championships 2023
232	2:02.33	L	P	Elle Joubert	11	QSAW	GED	03/03/2023	SA Level 2 Regional Age Group Champs
233	2:02.59	L	F	Alexa Talbot	11	MPS	NGD	21/02/2023	Buffalo City Primary School Trials 2023
234	2:02.63	L	F	Rebecca Alderman	11	VINE	CPT	24/09/2022	CTA Qualifying Meet #5
235	2:02.95	L	P	Julia Pienaar	11	TLAC	BPD	01/07/2022	Prestige Tournament 2022
236	2:02.98	L	F	Beniece Mouton	11	SWAR	WCD	11/02/2023	WCA-B Champs - 2023
237	2:03.02	L	F	Alia Leeuwner	11	CSA	EZD	14/10/2022	MP AGE GROUP 2 GALA 14-15
238	2:03.07	L	F	Mila Howell	11	CPRIM	BUF	21/02/2023	Buffalo City Primary School Trials 2023
239	2:03.36	L	F	Sithabile Mdlalose	11	JAQ	EKU	18/03/2023	Level 1 Intra-Provincial 2023
240	2:03.39	L S	F	Katelyn Kretzmann	11	INFA	NMA	25/06/2022	PEA Winter Gala 2022
241	2:03.47	L	P	Kopano Lempe	11	MAKO	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
242	2:03.72	L	F	Esona Sekeleni	11	CAMB	BUF	21/02/2023	Buffalo City Primary School Trials 2023
243	2:03.75	L	F	Charlotte Guy	11	GSA	CPT	07/10/2022	41st Freda Barnard Invitational Gala

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
244	2:03.83	L	F	Gea March	11	UPSK	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
245	2:03.87	L	F	Lika Zietsman	11	BETH FDD	21/01/2023 PELICAN NEPTUNE GALA
246	2:04.02	L	F	Kelsey Jansen	11	WATR JHB	01/10/2022 2022 AG Swim Stars&OR Tambo
247	2:04.08	L	F	Angelique Marais	11	EXP TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
248	2:04.10	L	P	Jane Botha	11	VALS FDD	03/03/2023 SA Level 2 Regional Age Group Champs
249	2:04.31	L	F	Paula Theron	11	CUDU CPT	21/01/2023 CTA Qualifying Meet #7
250	2:04.48	L	F	Amelia Minnar	11	CPRIM BUF	21/02/2023 Buffalo City Primary School Trials 2023
251	2:04.65	L	F	Skye Vd Spuy	11	TUKS TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
252	2:05.18	L	F	Tlotliso Rakubutu	11	MCS BPD	10/02/2023 NW School Championships 2023
253	2:05.20	L	F	Ratanang Gambu	11	TMAC ETH	25/11/2022 WSC & Seals Summer LC Champs 2022
254	2:05.25	L	F	Ami Wiesner	11	CUHE OBD	03/09/2022 CTA Qualifying Meet #4
255	2:05.62	L	P	Jane Du Preez	11	NAE EZD	02/12/2022 Mpumalanga Championships 2022
256	2:06.01	L	F	Chloë Snyman	11	SS MPD	02/12/2022 Limpopo Champs
257	2:06.04	L	F	Mienke Rutherford	11	POTC KKD	07/12/2022 NWS Championships 2022/2023
258	2:06.41	L	F	Sofia de Freitas	11	MAKO EKU	23/09/2022 EGA Summer 1 2022
259	2:06.47	L	P	Leatile Mothibinyane	11	ESP EKU	02/03/2023 SA Level 2 Regional Age Group Champs
260	2:06.54	L	F	Kaylan Venter	11	FAAC FBD	07/10/2022 FLAMINGO GALA OCT 2022
261	2:06.67	L	F	Carli Kieck	11	AWIN TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
262	2:06.70	L	F	Amanda Honneysett	11	AQDO CPT	07/10/2022 41st Freda Barnard Invitational Gala
263	2:06.79	L	F	Tayla-Jean Gibb	11	HARL BUF	02/12/2022 BCA Long Course Championships 2022
264	2:07.05	L	F	Londiwe Ngwenya	11	SGUL ETH	19/03/2023 KZN Level 1 Championships 2023
265	2:07.21	L	P	Riley Thompson	11	HARL BUF	03/03/2023 SA Level 2 Regional Age Group Champs
266	2:07.28	L	F	Mia De Esclana	11	VRC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
267	2:07.44	L	F	Madison Woods	11	SOUL EKU	11/06/2022 EGA Winter 1 2022
268	2:08.24	L	F	Lika Els	11	QSAW CED	28/01/2023 Winelands SL Final
269	2:08.25	L	P	Sunechka Roodt	11	MATL KKD	03/03/2023 SA Level 2 Regional Age Group Champs
270	2:08.62	L	F	Taylor Smith	11	HPPS BUF	21/02/2023 Buffalo City Primary School Trials 2023
271	2:09.22	L	P	Nina Van Staden	11	KSC EZD	02/12/2022 Mpumalanga Championships 2022
272	2:09.56	L	F	Jasmine Acker-Cooper	11	SGUL ETH	19/03/2023 KZN Level 1 Championships 2023
273	2:09.95	L	F	Annabelle Marsh	11	TINC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
274	2:10.39	L	F	Hannah Wright	11	TT EKU	11/06/2022 EGA Winter 1 2022
275	2:10.46	L	F	Megan Bosch	11	DDA TSH	23/09/2022 EGA Summer 1 2022
276	2:11.27	L	F	Karla Chowles	11	TYGE CPT	24/09/2022 CTA Qualifying Meet #5
277	2:11.56	L	F	Jessica Dreyer	11	GREY CPT	03/09/2022 CTA Qualifying Meet #4
278	2:11.90	L	F	Ciara Kroef	11	FAC EKU	17/02/2023 EGA Let's Race 2023
279	2:11.98	L	F	Milandrie Gouws	11	LEBII	10/02/2023 NW School Championships 2023
280	2:12.21	L	F	Angelina Fernandes	11	WSS LLD	24/09/2022 Bull-Sharks Gala
281	2:12.38	L	F	Keletso Goeieman	11	KALA	18/02/2023 AGE GROUP 6 KATHU - 2023
282	2:12.39	L	F	Angelique Kyanda-Kaboza	11	DESA NMA	19/11/2022 5th A League Gala
283	2:12.50	L	F	Bonolo Nthwane	11	MATL KKD	07/12/2022 NWS Championships 2022/2023
284*	2:12.54	L	P	Zoe Bayisayi	11	TCA EKU	08/12/2022 EGA Summer Champs 2022
284*	2:12.54	L	F	Zoë Schmidt	11	SS MPD	12/11/2022 Limpopo Age Group 5
286	2:12.82	L	F	Elri De Waal	11	STGR	19/11/2022 AGE GROUP 3 KBY 2022
287	2:12.94	L	F	Kaira Nel	11	WELA LLD	05/11/2022 Seals Heidedal Gala
288	2:13.32	L	F	Hesmari MacRobert	11	KSTAR EDD	18/02/2023 EDEN 5th A-League Gala 2023
289	2:13.56	L	F	Suzette Coetzee	11	KALA	07/12/2022 NCASA CHAMPS 2022
290	2:13.92	L	F	Paballo Mabote	11	MAKO EKU	18/03/2023 Level 1 Intra-Provincial 2023
291	2:14.12	L	F	Charné Terblanche	11	KNYJ EDD	22/10/2022 EDEN 2nd A-League Gala 2022
292	2:14.36	L	F	Gia De Wit	11	QUIC CPT	12/11/2022 CTA B CHAMPS
293	2:14.67	L	F	Kendall Dennehy	11	AQDO CPT	11/02/2023 WCA-B Champs - 2023
294	2:14.97	L	F	Caitlin Wagner	11	CUR EZD	30/09/2022 MP AGE GROUP 1
295	2:15.00	L	F	Esté Gersbach	11	BARR CPT	07/10/2022 41st Freda Barnard Invitational Gala
296	2:15.02	L	F	Zana Richardson	11	CUR EZD	11/03/2023 SSA LEVEL 1 REGIONAL CHAMPS
297	2:16.70	L	F	Mieke du Toit	11	LINR JHB	18/03/2023 Level 1 Intra-Provincial 2023
298	2:17.22	L	F	Caroline Abbott	11	QUIC CPT	07/10/2022 41st Freda Barnard Invitational Gala
299	2:17.55	L	P	Addison Oldfield-Sammons	11	BARA EKU	08/12/2022 EGA Summer Champs 2022
300	2:17.68	L	P	Cornelea Breedt	11	ESP EKU	02/03/2023 SA Level 2 Regional Age Group Champs
301	2:18.03	L	F	Carissa Pitout	11	BETH FDD	21/01/2023 PELICAN NEPTUNE GALA
302	2:18.90	L	F	Masego Sereto	11	ATTE TSH	17/02/2023 NTS February Lev 1+2 Age Group Gala

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr					
303	2:19.17	L	F	Wilmari Nortman-Gobey	11	HREF	BPD	07/12/2022	NWS Championships 2022/2023
304	2:19.78	L	F	Minke Ferreira	LN	BLOT	MAN	05/11/2022	Seals Heidedal Gala
305	2:20.90	L	F	Heleina Esterhuysen	11	CLSC	WCD	11/11/2022	Swartland Prestige Gala 2022
306	2:21.35	L	P	Isabelle Adendorff	11	JAQ	EKU	08/12/2022	EGA Summer Champs 2022
307	2:23.17	L	F	Naledi Mohapi	11	ESTR	EKU	17/02/2023	EGA Let's Race 2023
308	2:23.31	L	F	Thandolwethu Dlamini	11	MSC	NGD	11/03/2023	SSA LEVEL 1 REGIONAL CHAMPS
309	2:23.54	L	F	Nicolien Poolman	11	KALAH		25/02/2023	FLAMINGO GALA 2023
310	2:24.20	L	F	Christie Russell	11	SUPE	JHB	18/03/2023	Level 1 Intra-Provincial 2023
311	2:25.25	L	F	Lezani Mansfield	11	AQUA	UTD	07/01/2023	Uthukela District January 2023 Age
312	2:26.07	L	F	Cassie Van Heerden	11	TYGE	CPT	18/02/2023	Swartland Invitational Gala 2023
313	2:26.99	L	F	Michelle De Beer	11	TASC	MPD	12/11/2022	Limpopo Age Group 5
314	2:27.56	L	F	Logan Nieuwenhuys	11	KALA		18/02/2023	AGE GROUP 6 KATHU - 2023
315	2:28.14	L	F	Khenso Mabasa	11	SS	MPD	02/12/2022	Limpopo Champs
316	2:29.37	L	F	Zisuliwe Zikhali	11	MAKO	EKU	18/03/2023	Level 1 Intra-Provincial 2023
317	2:30.74	L	F	Amahle Mazula	11	MAKO	EKU	18/03/2023	Level 1 Intra-Provincial 2023
318	2:33.44	L	F	Zelia Du Toit	11	BLNE	MAN	24/09/2022	Bull-Sharks Gala
319	2:38.39	L	F	Shehzadi Abdul Gafar	11	PCS	KKD	10/02/2023	NW School Championships 2023
320	2:39.80	L	F	Lufuno Masupa	11	WSS	LLD	06/12/2022	Free State Champs 2022
321	2:40.60	L	F	Kabo Raseloma	11	LEBII		10/02/2023	NW School Championships 2023
322	2:50.11	L	F	Izabella Samuel	11	AQDO	CPT	12/11/2022	CTA B CHAMPS
323	2:50.60	L	F	Megan Mukundi	11	AQDO	CPT	12/11/2022	CTA B CHAMPS
<b>Women 18 &amp; Under 200 Breast</b>									
1	3:01.99	L S	F	Amber Gaddin	11	AAS	JHB	21/03/2023	SA National Junior Age Group
2	3:10.41	L	P	Ella Bunge	11	KZNA	ETH	21/04/2023	SA Schools Swimming Championship
3	3:15.58	L	F	Jenna Joyce	11	BARR	CPT	11/02/2023	WCA-B Champs - 2023
4	3:16.61	L	F	Rebecca Nilsson	11	TYGE	CPT	31/03/2023	SA Level 3 Regional Age Group
5	3:17.34	L	F	Molly Calf	11	SEAL	UMD	16/12/2022	KZNA Premier Provincial Championship
6	3:17.51	L	F	Caeli Ferreira	11	AAS	JHB	17/02/2023	EGA Let's Race 2023
7	3:19.76	L	F	Amelia Oosthuizen	11	TUKS	FSH	09/12/2022	NTS Championships 2022
8	3:19.89	L	F	Melan van der Spuy	KR	BLOT	MAN	31/03/2023	SA Level 3 Regional Age Group
9	3:19.93	L	F	Leané Van der Merwe	11	MP	EZ	21/04/2023	SA Schools Swimming Championship
10	3:20.91	L	F	Talia McCabe	11	WATR	JHB	01/12/2022	CGA LC Summer Championships Level
11	3:23.36	L	F	Jenna-Lee Watson	11	PAC	FSH	09/12/2022	NTS Championships 2022
12	3:24.35	L	F	Thandi Bosman	11	USC	BUF	19/11/2022	BCA 2nd November Age Group Gala
13	3:25.96	L	F	Elle Gasson	11	BLSS	MAN	31/03/2023	SA Level 3 Regional Age Group
14	3:26.40	L	F	Anelle Ward	11	TUKS	FSH	09/12/2022	NTS Championships 2022
15	3:26.43	L	P	Melokuhle Mhlongo	11	KZNA	ETH	21/04/2023	SA Schools Swimming Championship
16	3:26.85	L	F	Zoi Dimatellis	11	ROA	EDD	31/03/2023	SA Level 3 Regional Age Group
17	3:28.30	L	F	Livia Gutter	11	BLNE	MAN	31/03/2023	SA Level 3 Regional Age Group
18	3:28.90	L	F	Emma Hunter	11	KNYJ	EDD	09/12/2022	Western Cape LC-A Championship 2022
19	3:29.66	L	F	Sienna Seagram	11	ELEC	FSH	31/03/2023	SA Level 3 Regional Age Group
20	3:29.98	L	F	Lulu Swanepoel	11	ASAC	CPT	31/03/2023	SA Level 3 Regional Age Group
21	3:30.25	L	F	Martinet Bezuidenhout	11	TUKS	FSH	31/03/2023	SA Level 3 Regional Age Group
22	3:31.28	L S	F	Irma Kotzé	11	POTC	KKD	07/12/2022	NWS Championships 2022/2023
23	3:31.60	L	P	Kaylee Naidoo	11	KZNA	ETH	21/04/2023	SA Schools Swimming Championship
24	3:32.02	L	F	Anyia Sonnekus	11	TYGE	CPT	31/03/2023	SA Level 3 Regional Age Group
25	3:32.31	L	P	Ava Lorenzen	11	BLMA	CPT	09/12/2022	Western Cape LC-A Championship 2022
26	3:33.29	L	F	Ashley Williams	11	BLNE	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
27	3:33.71	L	P	Rania Marnewick	11	LINR	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
28	3:34.13	L	F	Tatum Venter	11	WSS	LLD	03/03/2023	SA Level 2 Regional Age Group Champs
29	3:34.79	L	F	Ava Constantinides	11	SWIFT	EKU	31/03/2023	SA Level 3 Regional Age Group
30	3:34.90	L	F	Elrie Moolman	11	OLDE	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
31	3:35.10	L	F	Annabelle Gwilt	11	SASE	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
32	3:35.77	L	F	Arabella Duggan	11	PEAS	NMA	09/12/2022	NMBA Championships 2022
33	3:36.18	L	F	Amaru Mapulane	11	CA	EKU	31/03/2023	SA Level 3 Regional Age Group
34	3:36.81	L	F	Efthimia Moustakis	11	SOUL	EKU	31/03/2023	SA Level 3 Regional Age Group
35	3:37.07	L	F	Sharli Durandt	11	SSISA	CPT	21/01/2023	CTA Qualifying Meet #7
36	3:37.45	L	P	Violet Maritz	11	SEAL	UMD	16/12/2022	KZNA Premier Provincial Championship
37	3:37.61	L	F	Kaylee Watt	11	DRGN	JHB	31/03/2023	SA Level 3 Regional Age Group

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

	Time	P/F/S	Name	Age/Yr			
38	3:37.92 L	F	Mari Bruwer	11	LSTZN MP	04/02/2023	Limpopo School Champs
39	3:37.99 L	F	Tamryn Ririe	11	BLSS MAN	03/03/2023	SA Level 2 Regional Age Group Champs
40	3:38.41 L S	F	Julia-Ruth Jacobs	11	BLNE MAN	06/12/2022	Free State Champs 2022
41	3:38.52 L	F	Holly Dorrestein-Rowley	11	ELEC TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
42	3:38.92 L	F	Miya De Villiers	11	BLTA NMA	10/02/2023	Infinity Gala 2023
43	3:39.45 L	F	Morgan Maree	11	DRGN JHB	31/03/2023	SA Level 3 Regional Age Group
44	3:39.97 L	P	Alina Dore	11	MGSC UGD	17/03/2023	SA Level 2 Regional Age Group Champs
45	3:40.10 L	P	Nina Tjallingii	11	SAAW CPT	24/02/2023	Western Cape Elite Gala
46	3:40.65 L	F	Olivia Stroebe	11	HPS TSH	28/10/2022	NTS October SARJ+ Age Group Gala
47	3:40.84 L	F	Emma Terblanche	11	NAE EZD	14/10/2022	MP AGE GROUP 2 GALA 14-15
48	3:41.07 L	P	Anja Solomon	11	NC	21/04/2023	SA Schools Swimming Championship
49	3:42.02 L	F	Kamea Govindasamy	11	WATR JHB	25/02/2023	CGA Level 3+ Last Chance gala
50	3:43.96 L	F	Chiniq Breet	11	CSA EZD	02/03/2023	SA Level 2 Regional Age Group Champs
51	3:44.44 L	F	Oatile Oliphant	11	WATR JHB	02/03/2023	SA Level 2 Regional Age Group Champs
52	3:44.90 L	F	Leeann Reynolds	11	SOUL ECU	31/03/2023	SA Level 3 Regional Age Group
53	3:45.64 L	F	Nina Steyn	11	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
54	3:45.66 L	P	Amelia Fury	11	VINE CPT	31/03/2023	SA Level 3 Regional Age Group
55	3:46.51 L	F	Zani Van Dyk	11	GSA CPT	24/09/2022	CTA Qualifying Meet #5
56	3:46.63 L	F	Suraiya Harris	11	AAS JHB	31/03/2023	SA Level 3 Regional Age Group
57	3:46.70 L	P	Anri Jonker	11	TUKS TSH	09/12/2022	NTS Championships 2022
58	3:46.78 L	P	Taylor Siebrits	11	STSC KCD	17/03/2023	SA Level 2 Regional Age Group Champs
59	3:46.86 L	F	Julie Olivier	11	TYGE CPT	07/10/2022	41st Freda Barnard Invitational Gala
60	3:47.11 L	F	Aimee Van Der Merwe	11	MDOL ECU	31/03/2023	SA Level 3 Regional Age Group
61	3:47.14 L	P	Jessica Wood	11	TCA ECU	02/03/2023	SA Level 2 Regional Age Group Champs
62	3:47.15 L	F	Grace Newton	11	CUDU CPT	11/02/2023	WCA-B Champs - 2023
63	3:47.38 L S	F	Donylle Cupido	11	BLNE MAN	06/12/2022	Free State Champs 2022
64	3:47.63 L	P	Mila Strydom	11	GHSK	03/03/2023	SA Level 2 Regional Age Group Champs
65	3:49.04 L S	F	Umari Bloem	AR	BLOT MAN	06/12/2022	Free State Champs 2022
66	3:49.25 L	F	Harper Halford	11	MANT CPT	03/03/2023	SA Level 2 Regional Age Group Champs
67	3:49.43 L	F	Liandri Terblanche	11	SS MPD	31/03/2023	SA Level 3 Regional Age Group
68	3:49.80 L	P	Margelie Hansen	11	PLAY CED	03/03/2023	SA Level 2 Regional Age Group Champs
69	3:49.86 L	F	Gianna De Andrade	11	MDOL ECU	21/10/2022	EGA Summer 2 2022
70	3:50.07 L	F	Abigail Krevitar	11	MGSC UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
71	3:50.22 L	F	Liyah Theron	11	ROA EDD	07/10/2022	41st Freda Barnard Invitational Gala
72	3:50.42 L S	F	Ella Van Viegen	11	BLSS MAN	06/12/2022	Free State Champs 2022
73	3:50.54 L	F	Ella Steenkamp	11	VINE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
74	3:50.65 L	F	Frances Esterhuyse	11	KSTAR EDD	18/02/2023	EDEN 5th A-League Gala 2023
75	3:50.92 L	F	Trinity Kavanagh	11	TCA ECU	02/03/2023	SA Level 2 Regional Age Group Champs
76	3:50.96 L	F	Marli Coetzee	11	GSA CPT	21/01/2023	CTA Qualifying Meet #7
77	3:51.06 L	F	Lucy Seymour	11	CRSC JHB	25/02/2023	CGA Level 3+ Last Chance gala
78	3:51.21 L	F	Courtney Biggs	11	SASE JHB	31/03/2023	SA Level 3 Regional Age Group
79	3:51.41 L	F	Marietta Ferreira	11	EXP TSH	02/12/2022	2022 The Tshwane Mayoral Gala
80	3:51.75 L	F	Gabriela Govender	11	INFA NMA	03/03/2023	SA Level 2 Regional Age Group Champs
81	3:51.92 L	F	Khwezi Magobongo	11	USC BUF	02/12/2022	BCA Long Course Championships 2022
82	3:52.39 L	F	Amalia van der Westhuizen	11	PEAS NMA	03/03/2023	SA Level 2 Regional Age Group Champs
83	3:52.44 L	F	Mia Lombard	11	HARL BUF	03/03/2023	SA Level 2 Regional Age Group Champs
84	3:52.73 L	F	Makanaka Makoto	11	NSAD EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
85	3:52.78 L	P	Maya Johnstone	11	AFIN JHB	02/03/2023	SA Level 2 Regional Age Group Champs
86	3:53.36 L	F	Zamajobe Mtetwa	11	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala
87	3:53.84 L S	F	Amieka Henning	11	HREF BPD	07/12/2022	NWS Championships 2022/2023
88	3:54.07 L	F	Tyla Charles	11	VINE CPT	11/02/2023	WCA-B Champs - 2023
89	3:54.49 L S	P	Milan Young	11	RBUR BPD	07/12/2022	NWS Championships 2022/2023
90	3:54.71 L	F	Annelie Thiar	11	CLSC WCD	11/02/2023	WCA-B Champs - 2023
91	3:54.74 L	F	Pippa Roberts	11	UNI EZD	02/12/2022	Mpumalanga Championships 2022
92	3:54.83 L	P	Elizabeth Desilla	11	MDOL ECU	02/03/2023	SA Level 2 Regional Age Group Champs
93	3:54.94 L	F	Cara Louw	11	VASTR KKD	10/02/2023	NW School Championships 2023
94	3:55.19 L	P	Megan Els	11	MAC ECU	02/03/2023	SA Level 2 Regional Age Group Champs
95	3:56.00 L	F	Iane Joubert	11	ROA EDD	03/03/2023	SA Level 2 Regional Age Group Champs
96	3:56.54 L	F	Elmiah Vd Merwe	11	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala



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

	Time	P/F/S	Name	Age/Yr			
97	3:56.56	L	F	Mieke Botha	11	VASTR KKD	10/02/2023 NW School Championships 2023
98	3:56.83	L	F	Mia Janse van Rensburg	11	MGSC UGD	25/11/2022 WSC & Seals Summer LC Champs 2022
99	3:56.98	L	F	Gina Austin	11	ELEC TSH	02/12/2022 2022 The Tshwane Mayoral Gala
100	3:57.27	L	P	Emerson Woods	11	ESTR EKU	02/03/2023 SA Level 2 Regional Age Group Champs
101	3:58.28	L	F	Kinique De Agrella	11	TKS WBD	02/12/2022 Limpopo Champs
102	3:58.98	L	F	Sarah-Rose Pohlmann	11	BEST NMA	09/12/2022 NMBA Championships 2022
103	4:00.17	L	P	Kiara Naidoo	11	BON EKU	02/03/2023 SA Level 2 Regional Age Group Champs
104	4:01.11	L	F	Caylie Azar	11	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
105	4:01.16	L	P	Nina Alberts	11	VRC TSH	02/03/2023 SA Level 2 Regional Age Group Champs
106	4:01.18	L	F	Liv van den Heever	11	AZON ETH	17/03/2023 SA Level 2 Regional Age Group Champs
107	4:01.55	L	F	Lana Van Schalkwyk	11	TUKS TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
108	4:01.66	L	F	Emma Groenewald	11	KTS	07/12/2022 NCASA CHAMPS 2022
109	4:01.98	L	P	Isabelle Boyd	11	MSC NGD	02/03/2023 SA Level 2 Regional Age Group Champs
110	4:02.11	L	F	Carmi Roux	11	CSA EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
111	4:02.25	L	F	Jaimee Cronje	11	COMS TSH	21/10/2022 NTS October Lev 3 Age Group Gala
112	4:02.71	L	F	Mieke Van der Merwe	11	NSAD EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5
113	4:03.33	L	F	Inge Opperman	11	BLNE MAN	03/03/2023 SA Level 2 Regional Age Group Champs
114	4:03.61	L	F	Karu Rademeyer	11	ASAC CPT	21/01/2023 CTA Qualifying Meet #7
115	4:03.64	L	F	Hannah Kemp	11	LALE CED	13/11/2022 Winelands Summer League 4
116	4:03.83	L	F	Annabelle Kruger	11	DESA NMA	03/03/2023 SA Level 2 Regional Age Group Champs
117	4:03.94	L	P	Ezra Swartz	11	BULS MAN	03/03/2023 SA Level 2 Regional Age Group Champs
118	4:04.30	L	F	Emmalynn Strydom	11	TUKS TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
119	4:05.02	L	P	Maike Wheeler	11	BON EKU	02/03/2023 SA Level 2 Regional Age Group Champs
120	4:05.03	L	F	Jiya Benjamin	11	PAQU CED	28/01/2023 Winelands SL Final
121	4:05.98	L	P	Ane' Lindthout	11	BLNE MAN	03/03/2023 SA Level 2 Regional Age Group Champs
122	4:06.31	L	P	Ontshiametse Makatiers	11	RBOT BPD	03/03/2023 SA Level 2 Regional Age Group Champs
123	4:06.69	L S	F	Lene Bester	11	MATL KKD	07/12/2022 NWS Championships 2022/2023
124	4:07.57	L	F	Nikah Solomons	11	PAQU CED	07/10/2022 41st Freda Barnard Invitational Gala
125	4:09.39	L	F	Ane Du Plessis	11	KSC EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
126	4:09.50	L	F	Caitlin Douglas	11	ROA EDD	07/10/2022 41st Freda Barnard Invitational Gala
127	4:11.46	L	P	Alyssa van Niekerk	11	FAC EKU	02/03/2023 SA Level 2 Regional Age Group Champs
128	4:12.10	L	F	Storm Bircher	11	CUHE OBD	18/02/2023 Swartland Invitational Gala 2023
129	4:12.92	L	P	Kopano Lempe	11	MAKO EKU	02/03/2023 SA Level 2 Regional Age Group Champs
130	4:13.76	L	F	Maleleko Mushikita	11	DOLFI MPD	22/10/2022 Limpopo Age Group 4
131	4:13.81	L	F	Mieke Van der Walt	11	LSM NGD	10/02/2023 NW School Championships 2023
132	4:14.86	L	F	Mia Pienaar	11	PGAC EKU	21/10/2022 EGA Summer 2 2022
133	4:15.28	L	F	Jessica Darling	11	BLMA CPT	07/10/2022 41st Freda Barnard Invitational Gala
134	4:16.06	L	F	Alize Spangenberg	11	EXP TSH	17/02/2023 NTS February Lev 1+2 Age Group Gala
135	4:16.22	L	P	Angelique Marais	11	EXP TSH	02/03/2023 SA Level 2 Regional Age Group Champs
136	4:16.48	L	F	Esona Sekeleni	11	AQUA BUF	04/02/2023 BCA Feb Age Group Gala 2023
137	4:16.82	L	F	Ava Kranenburg	11	VINE CPT	15/10/2022 CTA Qualifying Meet #6
138	4:17.63	L	F	Elle Joubert	11	QSAW CED	18/02/2023 Swartland Invitational Gala 2023
139	4:19.03	L	F	Olivia Talbot	11	KNYA EDD	18/02/2023 EDEN 5th A-League Gala 2023
140	4:19.30	L	F	Elri De Waal	11	STGR	05/11/2022 AGE GROUP 2 KBY 2022
141	4:19.51	L	F	Casey Lee Mccabe	11	DOLFI MPD	02/12/2022 Limpopo Champs
142	4:20.81	L	P	Annabelle Marsh	11	TINC TSH	02/03/2023 SA Level 2 Regional Age Group Champs
143	4:21.45	L	F	Milan Kruger	11	QSAW CED	28/01/2023 Winelands SL Final
144	4:21.60	L	P	Julia Pienaar	11	TLAC BPD	03/03/2023 SA Level 2 Regional Age Group Champs
145	4:21.76	L	P	Ciara Kroef	11	FAC EKU	02/03/2023 SA Level 2 Regional Age Group Champs
146	4:22.13	L	F	Isabella De Beer	11	QSAW CED	13/11/2022 Winelands Summer League 4
147	4:22.66	L	F	Lika Els	11	QSAW CED	11/02/2023 WCA-B Champs - 2023
148	4:23.29	L	F	Frané van Wyk	11	BS LLD	29/10/2022 Neptune Gala
149	4:23.47	L	F	Tayla-Jean Gibb	11	HARL BUF	02/12/2022 BCA Long Course Championships 2022
150	4:24.41	L S	F	Orefile Ramphele	11	MATL KKD	07/12/2022 NWS Championships 2022/2023
151	4:25.90	L	F	Aleksia Demetriou	11	SLS KKD	10/02/2023 NW School Championships 2023
152	4:27.34	L	F	Amanda Honneysett	11	AQDO CPT	04/11/2022 CTA A CHAMPS 2022
153	4:27.58	L	F	Mia De Esclana	11	VRC TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
154	4:28.28	L	F	Charlotte Guy	11	GSA CPT	07/10/2022 41st Freda Barnard Invitational Gala
155	4:28.88	L	F	Jane Du Preez	11	NAE EZD	02/12/2022 Mpumalanga Championships 2022

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
156	4:30.33 L	P	Ofentse Mothopeng	11	ESP EKU	02/03/2023	SA Level 2 Regional Age Group Champs
157	4:31.11 L	F	Megan Bosch	11	DIA JHB	21/10/2022	EGA Summer 2 2022
158	4:31.49 L	F	Angelina Fernandes	11	WSS LLD	29/09/2022	MA Grand Prix
159	4:32.19 L	F	Alexia Montgomery	11	AQUA UTD	12/11/2022	Uthukela District Age Group Gala
160	4:32.94 L	P	Leatile Mothibinyane	11	ESP EKU	02/03/2023	SA Level 2 Regional Age Group Champs
161	4:34.78 L	F	Ami Wiesner	11	CUHE OBD	13/11/2022	Winelands Summer League 4
162	4:38.69 L	F	Carli Kieck	11	AWIN TSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
163	4:39.09 L	F	Gea March	11	UPSK	03/02/2023	NCASA SPRINTS - 3 & 4 FEBRUARY
164	4:40.12 L S	P	Addison Oldfield-Sammons	11	BARA EKU	08/12/2022	EGA Summer Champs 2022
165	4:44.35 L	F	Angelique Kyanda-Kaboza	11	DESA NMA	19/11/2022	5th A League Gala
166	4:45.60 L	F	Suzette Coetzee	11	KALA	07/12/2022	NCASA CHAMPS 2022
167	4:47.64 L	F	Kendall Dennehy	11	AQDO CPT	07/10/2022	41st Freda Barnard Invitational Gala
168*	4:54.74 L S	P	Sithabile Mdlalose	11	JAQ EKU	08/12/2022	EGA Summer Champs 2022
168*	4:54.74 L S	P	Isabelle Adendorff	11	JAQ EKU	08/12/2022	EGA Summer Champs 2022
170	4:56.51 L	P	Cornelea Breedt	11	ESP EKU	02/03/2023	SA Level 2 Regional Age Group Champs
171	5:11.50 L	F	Masego Sereto	11	ATTE TSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
172	5:20.91 L	F	Keletso Goeieman	11	KALA	07/12/2022	NCASA CHAMPS 2022
173	5:34.33 L	F	Paballo Mabote	11	MAKO EKU	21/10/2022	EGA Summer 2 2022
174	5:41.92 L	F	Nicolien Poolman	11	KALA	03/11/2022	AGE GROUP 2 KATHU 2022
<b>Women 18 &amp; Under 50 Fly</b>							
1	31.91 L	F	Jenna Thornton	11	EDEN EDD	28/01/2023	NMBA Intra-District Championship
2	33.23 L	F	Lara Macqueen	11	SEAL UMD	31/03/2023	SA Level 3 Regional Age Group
3	33.34 L	F	Gemma Spies	11	INFA NMA	10/02/2023	Infinity Gala 2023
4	34.29 L	F	Olivia Stroebel	11	HPS TSH	09/12/2022	NTS Championships 2022
5	34.46 L	F	Ava Lorenzen	11	BLMA CPT	31/03/2023	SA Level 3 Regional Age Group
6	34.51 L	F	Jessica Barnard	11	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group
7	34.70 L	F	Lauren Walker	11	WATR JHB	31/03/2023	SA Level 3 Regional Age Group
8	34.77 L	F	Irma Kotzé	11	POTC KKD	31/03/2023	SA Level 3 Regional Age Group
9	35.53 L	F	Thandi Bosman	11	USC BUF	10/02/2023	Infinity Gala 2023
10	35.81 L	P	Leah de Jager	11	AAS JHB	31/03/2023	SA Level 3 Regional Age Group
11	36.06 L	P	Amelia Oosthuizen	11	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group
12	36.21 L	F	Rebecca Nilsson	11	TYGE CPT	21/01/2023	CTA Qualifying Meet #7
13	36.34 L	F	Emily Geldart	11	SELC BUF	25/02/2023	Eastern Cape Schools Swimming Trials
14	36.37 L	F	Mila Strydom	11	NC	21/04/2023	SA Schools Swimming Championship
15	36.43 L	F	Jothany Ngotchouye	11	SEAL UMD	31/03/2023	SA Level 3 Regional Age Group
16	36.44 L	F	Donylle Cupido	11	BLNE MAN	31/03/2023	SA Level 3 Regional Age Group
17	36.45 L	F	Leané Van der Merwe	11	MP EZ	21/04/2023	SA Schools Swimming Championship
18	36.73 L	P	Saskya Kistnasami	11	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship
19	36.77 L	F	Sharli Durandt	11	SSISA CPT	21/01/2023	CTA Qualifying Meet #7
20	36.83 L	F	Jenna Joyce	11	BARR CPT	11/02/2023	WCA-B Champs - 2023
21	36.84 L	F	Zoi Dimatellis	11	ROA EDD	31/03/2023	SA Level 3 Regional Age Group
22	37.08 L	F	Jenna-Lee Watson	11	PAC TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
23	37.15 L	P	Makenzie Abrams	11	USC BUF	21/03/2023	SA National Junior Age Group
24	37.25 L	F	Aimee Van Der Merwe	11	MDOL EKU	06/01/2023	2023 Grand Prix Invitation Swimming
25	37.27 L	F	Ella Bunge	11	BLUO UGD	16/12/2022	KZNA Premier Provincial Championship
26	37.34 L	F	Jaimee Cronje	11	COMS TSH	09/12/2022	NTS Championships 2022
27	37.57 L	P	Hannah-Grace Havinga	11	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group
28	37.58 L	F	Zani Van Dyk	11	CTA CPT	28/01/2023	NMBA Intra-District Championship
29	37.66 L	F	Lulu Swanepoel	11	ASAC CPT	31/03/2023	SA Level 3 Regional Age Group
30*	37.68 L	F	Zenicke Van Schalkwyk	11	DESA NMA	09/12/2022	NMBA Championships 2022
30*	37.68 L	F	Kaylee Naidoo	11	SEAL UMD	31/03/2023	SA Level 3 Regional Age Group
32	37.79 L	P	Abigail Da Silva	11	TUKS TSH	09/12/2022	NTS Championships 2022
33	37.87 L	F	Jessica Wood	11	TCA EKU	02/03/2023	SA Level 2 Regional Age Group Champs
34	38.08 L	P	Nina Steyn	11	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
35	38.10 L	P	Kaylee Watt	11	DRGN JHB	31/03/2023	SA Level 3 Regional Age Group
36*	38.17 L	P	Isabella Mackenzie	11	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group
36*	38.17 L	P	Morgan Maree	11	DRGN JHB	31/03/2023	SA Level 3 Regional Age Group
38	38.38 L	P	Roxanne De Lange	11	PAC TSH	31/03/2023	SA Level 3 Regional Age Group
39	38.53 L	F	Zoe Morgado	11	CSA EZD	02/12/2022	Mpumalanga Championships 2022

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
40	38.58 L	F	Wilmi Esbach	11	NCASA	28/01/2023	4 + 1 Inter Provincial Gala 2023
41	38.83 L	F	Melokuhle Mhlongo	11	PSCP UMD	01/07/2022	Prestige Tournament 2022
42	39.04 L	F	Sienna Polti	11	CYBE CPT	04/11/2022	CTA A CHAMPS 2022
43	39.06 L	P	Isabella Brooker	11	AACTA CPT	09/12/2022	Western Cape LC-A Championship 2022
44	39.12 L	F	Lethabo Mogadi	11	ACAQ CCD	02/03/2023	SA Level 2 Regional Age Group Champs
45	39.15 L	F	Tyloh Aitken	11	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship
46	39.22 L	P	Ava Constantinides	11	SWIFT EKU	31/03/2023	SA Level 3 Regional Age Group
47	39.24 L	F	Gina Austin	11	ELEC TSH	02/03/2023	SA Level 2 Regional Age Group Champs
48	39.36 L	F	Hayley De Haas	11	SEAL UMD	25/11/2022	WSC & Seals Summer LC Champs 2022
49	39.45 L	F	Alice Esterhuysen	11	EDEN EDD	28/01/2023	NMBA Intra-District Championship
50	39.50 L	P	Amelia Fury	11	VINE CPT	31/03/2023	SA Level 3 Regional Age Group
51	39.51 L	F	Mia Stilwayney	11	PAQU CED	11/02/2023	WCA-B Champs - 2023
52	39.52 L	F	Kiana Kalpage	11	HASC JHB	25/02/2023	CGA Level 3+ Last Chance gala
53	39.53 L	F	Haylee Smith	11	SGUL ETH	16/12/2022	KZNA Premier Provincial Championship
54	39.57 L	F	Molly Calf	11	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship
55	39.74 L	P	Martinet Bezuidenhout	11	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group
56*	39.76 L	F	Rachel Wiseman	11	FRA KCD	17/03/2023	SA Level 2 Regional Age Group Champs
56*	39.76 L	F	Lika Zietsman	11	BETH FDD	03/03/2023	SA Level 2 Regional Age Group Champs
58	39.86 L	F	Carolina Eybers	11	VRY ZLD	28/01/2023	Ushaka Champs 2023
59	39.95 L	F	Julie Olivier	11	TYGE CPT	11/02/2023	WCA-B Champs - 2023
60	40.02 L	F	Megan Els	11	MAC EKU	02/03/2023	SA Level 2 Regional Age Group Champs
61	40.03 L	F	Daniella Tolmay	11	AFIN JHB	02/03/2023	SA Level 2 Regional Age Group Champs
62	40.07 L	F	Gea March	11	UPSK	03/03/2023	SA Level 2 Regional Age Group Champs
63	40.09 L	F	Caylie Azar	11	BLSS MAN	06/12/2022	Free State Champs 2022
64	40.32 L	F	Riley Janse van Rensburg	11	AQUA BUF	03/03/2023	SA Level 2 Regional Age Group Champs
65*	40.42 L	F	Mia Pienaar	11	PGAC EKU	08/12/2022	EGA Summer Champs 2022
65*	40.42 L	F	Julia-Ruth Jacobs	11	BLNE MAN	22/10/2022	Otters Prestige Gala 2022
67	40.49 L	P	Ava Kranenburg	11	VINE CPT	31/03/2023	SA Level 3 Regional Age Group
68	x40.49 L	F	Kiersten Hillen	11	DRGN JHB	18/03/2023	Level 1 Intra-Provincial 2023
69	40.57 L	P	Anya Sonnekus	11	TYGE CPT	31/03/2023	SA Level 3 Regional Age Group
70	40.72 L	F	Maleleko Mushikita	11	KFPS WB	04/02/2023	Limpopo School Champs
71	40.84 L	F	Morgan Tandy	11	ESTR EKU	23/09/2022	EGA Summer 1 2022
72	41.00 L	P	Elle Gasson	11	BLSS MAN	31/03/2023	SA Level 3 Regional Age Group
73	41.04 L	F	Mila-Belle Slatter	11	SSISA CPT	04/11/2022	CTA A CHAMPS 2022
74	41.19 L	F	Madison Polti	11	CYBE CPT	04/11/2022	CTA A CHAMPS 2022
75	41.38 L	F	Lethabo Mogadi	11	MITCH CC	04/02/2023	Limpopo School Champs
76	41.48 L	P	Hannah Wright	11	CA EKU	08/12/2022	EGA Summer Champs 2022
77	41.58 L	F	Grace Newton	11	CUDU CPT	11/02/2023	WCA-B Champs - 2023
78	41.68 L	P	Isabella Oswald	11	AAS JHB	31/03/2023	SA Level 3 Regional Age Group
79	41.79 L	P	Emma Groenewald	11	KTS	31/03/2023	SA Level 3 Regional Age Group
80	41.97 L	F	Liyanda Miti	11	CPRIM BUF	21/02/2023	Buffalo City Primary School Trials 2023
81	42.09 L	P	Chloe Potgieter	11	SEAL UMD	31/03/2023	SA Level 3 Regional Age Group
82	42.13 L	F	Mari Bruwer	11	SS MPD	22/10/2022	Limpopo Age Group 4
83	42.22 L	F	Amalia van der Westhuizen	11	PEAS NMA	03/03/2023	SA Level 2 Regional Age Group Champs
84	42.29 L	F	Leatile Mothibinyane	11	ESP EKU	10/09/2022	Adrian Grafte Gala 2022
85	42.35 L	P	Amber Gaddin	11	AAS JHB	21/03/2023	SA National Junior Age Group
86*	42.36 L	F	Julia Wichmann	11	MGSC UGD	17/03/2023	SA Level 2 Regional Age Group Champs
86*	42.36 L	F	Mia Lombard	11	HARL BUF	03/03/2023	SA Level 2 Regional Age Group Champs
88	42.47 L	F	Lene Bester	11	MATL KKD	03/03/2023	SA Level 2 Regional Age Group Champs
89	42.49 L	F	Mia Putter	11	NCASA	28/01/2023	4 + 1 Inter Provincial Gala 2023
90	42.58 L	P	Trinity Kavanagh	11	TCA EKU	02/03/2023	SA Level 2 Regional Age Group Champs
91	42.60 L	P	Nina Van Staden	11	KSC EZD	02/03/2023	SA Level 2 Regional Age Group Champs
92	42.69 L	F	April Jooman	11	BEST NMA	03/03/2023	SA Level 2 Regional Age Group Champs
93	42.73 L	F	Anneke Pieterse	11	LSWBA WBD	04/02/2023	Limpopo School Champs
94	42.87 L	F	Ella Van Viegen	11	BLSS MAN	29/09/2022	MA Grand Prix
95	42.98 L	P	Cara Mills	11	UNI EZD	02/12/2022	Mpumalanga Championships 2022
96	43.25 L	P	Zibusiso Xulu	11	KLOO ETH	31/03/2023	SA Level 3 Regional Age Group
97	43.30 L	F	Frances Esterhuysen	11	KSTAR EDD	18/02/2023	EDEN 5th A-League Gala 2023
98*	43.31 L	F	Taygen Roden	11	BEAV ETH	17/03/2023	SA Level 2 Regional Age Group Champs

### Individual Top Times

Times since: 01-May-22      Times until: 30-Apr-23  
 Number of Top Times: All      Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
98*	43.31 L	F	Pippa Polti	11	CYBE CPT	04/11/2022	CTA A CHAMPS 2022
100*	43.33 L	F	Melan van der Spuy	KR	BLOT MAN	29/10/2022	Neptune Gala
100*	43.33 L	P	Elrie Moolman	11	OLDE JHB	02/03/2023	SA Level 2 Regional Age Group Champs
102*	43.36 L	F	Casia Huntley	11	WSTV ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
102*	43.36 L	F	Jeneva Noble-Ashby	11	SGUL ETH	17/03/2023	SA Level 2 Regional Age Group Champs
104*	43.41 L	P	Sasha Bailey	11	HASC JHB	02/03/2023	SA Level 2 Regional Age Group Champs
104*	43.41 L	P	Oatile Oliphant	11	WATR JHB	02/03/2023	SA Level 2 Regional Age Group Champs
106*	43.42 L	F	Anja Solomon	11	KALA	03/03/2023	SA Level 2 Regional Age Group Champs
106*	43.42 L	F	Gabriela Govender	11	INFA NMA	09/12/2022	NMBA Championships 2022
108	43.46 L	P	Courtney Biggs	11	SASE JHB	31/03/2023	SA Level 3 Regional Age Group
109	43.50 L	F	Talia Hill	11	PAC TSH	02/12/2022	2022 The Tshwane Mayoral Gala
110	43.59 L	P	Rania Marnewick	11	LINR JHB	02/03/2023	SA Level 2 Regional Age Group Champs
111	44.08 L	P	Kinique De Agrella	11	TKS WBD	02/03/2023	SA Level 2 Regional Age Group Champs
112	44.09 L	P	Mikayla Twali	11	CPSC TSH	02/03/2023	SA Level 2 Regional Age Group Champs
113	44.22 L	F	Erin Chree	11	INFA NMA	03/03/2023	SA Level 2 Regional Age Group Champs
114	44.25 L	F	Karla Chowles	11	TYGE CPT	04/11/2022	CTA A CHAMPS 2022
115	44.48 L	F	Clarise Stadler	11	TUKS TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
116	44.55 L	P	Leah Stewart	11	TASC MPD	02/03/2023	SA Level 2 Regional Age Group Champs
117	44.70 L	F	Inge Opperman	11	BLNE MAN	06/12/2022	Free State Champs 2022
118	44.90 L	F	Lea Grobler	11	AQU ADJ	17/03/2023	SA Level 2 Regional Age Group Champs
119	45.00 L	P	Hayleigh Sutherland	11	AWIN TSH	02/03/2023	SA Level 2 Regional Age Group Champs
120	45.27 L	F	Abigail Naicker	11	PHOE ETH	19/03/2023	KZN Level 1 Championships 2023
121	45.59 L	F	Annabelle Roos	11	SPS BUF	21/02/2023	Buffalo City Primary School Trials 2023
122	45.68 L	F	Emma De Villiers	11	ISSC NMD	04/02/2023	Nelson Mandela Bay Schools Swimming
123	45.69 L	F	Ava Larter	11	PEAS NMA	09/12/2022	NMBA Championships 2022
124	45.73 L	F	Jessica Darling	11	BLMA CPT	07/10/2022	41st Freda Barnard Invitational Gala
125	45.88 L	F	Samantha Mazhandu	11	LINR JHB	01/10/2022	2022 AG Swim Stars&OR Tambo
126	45.94 L	F	Ella Steenkamp	11	VINE CPT	04/11/2022	CTA A CHAMPS 2022
127	45.97 L	F	Clarrisa Schuch	11	TOTIS ETH	05/11/2022	KZN Junior Championships 2022
128	46.11 L	F	Katelyn Kretzmann	11	INFA NMA	07/10/2022	41st Freda Barnard Invitational Gala
129	46.18 L	P	Casey Lee Mccabe	11	DOLFI MPD	02/03/2023	SA Level 2 Regional Age Group Champs
130*	46.19 L	P	Emihle James	11	RBOT BPD	03/03/2023	SA Level 2 Regional Age Group Champs
130*	46.19 L	P	Iane Joubert	11	ROA EDD	03/03/2023	SA Level 2 Regional Age Group Champs
132	46.23 L	F	Mieke Van der Merwe	11	NSAD EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER
133	46.28 L	P	Livia Gutter	11	BLNE MAN	31/03/2023	SA Level 3 Regional Age Group
134	46.30 L	P	Lucy Seymour	11	CRSC JHB	02/03/2023	SA Level 2 Regional Age Group Champs
135	46.31 L	F	Lisa Du Toit	11	SEAL UMD	05/11/2022	KZN Junior Championships 2022
136	46.34 L	F	Isabella Cownie	11	TUKS TSH	08/10/2022	NTS Sprint Gala
137	46.38 L	F	Umari Bloem	AR	BLOT MAN	22/10/2022	Otters Prestige Gala 2022
138	46.47 L	F	Ane' Lindthout	11	BLNE MAN	06/12/2022	Free State Champs 2022
139	46.53 L	P	Juané Labuschagne	11	SS MPD	02/03/2023	SA Level 2 Regional Age Group Champs
140	46.56 L	F	Elmiah Vd Merwe	11	TUKS TSH	21/10/2022	NTS October Lev 3 Age Group Gala
141	46.61 L	P	Kelly Goldschmidt	11	BALP BUF	21/02/2023	Buffalo City Primary School Trials 2023
142	46.75 L	F	Amieka Henning	11	HREF BPD	07/12/2022	NWS Championships 2022/2023
143	x46.78 L	F	Cailyn McDougall	11	AA JHB	18/03/2023	Level 1 Intra-Provincial 2023
144	46.88 L	P	Ofentse Mothopeng	11	ESP EKU	02/03/2023	SA Level 2 Regional Age Group Champs
145	46.96 L	P	Maya Johnstone	11	AFIN JHB	02/03/2023	SA Level 2 Regional Age Group Champs
146	46.97 L	F	Tamryn Ririe	11	BLSS MAN	22/10/2022	Otters Prestige Gala 2022
147	47.13 L	P	Talia McCabe	11	WATR JHB	01/12/2022	CGA LC Summer Championships Level
148	47.18 L	F	Marli Coetzee	11	GSA CPT	07/10/2022	41st Freda Barnard Invitational Gala
149	47.20 L	F	Eden Bollay	11	WSTV ETH	05/11/2022	KZN Junior Championships 2022
150	47.24 L	F	Cara Louw	11	RBOT BPD	07/12/2022	NWS Championships 2022/2023
151	47.34 L	F	Aimee Liebenberg	11	SWAR WCD	11/02/2023	WCA-B Champs - 2023
152	47.40 L	F	Lea Malherbe	11	LSM NGD	10/02/2023	NW School Championships 2023
153	47.55 L	F	Kaitlyn Richter	11	PEAS NMA	13/01/2023	Eastern Cape Aquatics LC Champs 2023
154	47.59 L	P	Khwezi Magobongo	11	CPRIM BUF	21/02/2023	Buffalo City Primary School Trials 2023
155	47.64 L	F	Tyla Charles	11	VINE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet #8
156	47.66 L	F	Tischke Rischmuller	11	RFA TSH	02/12/2022	2022 The Tshwane Mayoral Gala
157*	47.72 L	F	Sofia de Freitas	11	MAKO EKU	23/09/2022	EGA Summer 1 2022

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
157*	47.72 L	P	Cornelea Breedt	11	ESP EKU	02/03/2023	SA Level 2 Regional Age Group Champs
159	47.94 L	F	Mienke Rutherford	11	LSM NGD	10/02/2023	NW School Championships 2023
160	47.96 L	F	Jany Norval	11	SS MPD	02/12/2022	Limpopo Champs
161	47.98 L	F	Skye Vd Spuy	11	TUKS FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
162	48.01 L	P	Anika Muller	11	MSC NGD	02/12/2022	Mpumalanga Championships 2022
163	48.09 L	F	Nangamso Bodlani	11	FRA KCD	11/03/2023	KCDA Level 1 Championships 2023
164*	48.21 L	P	Francesca Flack	11	CLSC WCD	31/03/2023	SA Level 3 Regional Age Group
164*	48.21 L	P	Esona Sekeleni	11	AQUA BUF	03/03/2023	SA Level 2 Regional Age Group Champs
166	48.24 L	F	Abigail Krevitar	11	MGSC UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
167	48.32 L	F	Storm Bircher	11	CUHE OBD	07/10/2022	41st Freda Barnard Invitational Gala
168	48.54 L	F	Camryn Weber	11	SPS BUF	21/02/2023	Buffalo City Primary School Trials 2023
169	48.72 L	F	Charlotte Guy	11	GSA CPT	11/02/2023	WCA-B Champs - 2023
170	48.99 L	P	Ava Koortzen	11	LINR JHB	02/03/2023	SA Level 2 Regional Age Group Champs
171	49.29 L	P	Emerson Woods	11	ESTR EKU	02/03/2023	SA Level 2 Regional Age Group Champs
172	49.33 L	P	Pippa Roberts	11	UNI EZD	02/12/2022	Mpumalanga Championships 2022
173	49.42 L	P	Tlotliso Rakubutu	11	HREF BPD	02/03/2023	SA Level 2 Regional Age Group Champs
174	49.45 L	P	Jeanté Bothma	11	CSA EZD	02/03/2023	SA Level 2 Regional Age Group Champs
175	49.47 L	F	Liane Ferreira	11	PLAY CED	18/02/2023	Swartland Invitational Gala 2023
176	49.53 L	F	Ashley Williams	11	BLNE MAN	06/12/2022	Free State Champs 2022
177	49.55 L	P	Taurez Gunkel	11	BEAV ETH	01/07/2022	Prestige Tournament 2022
178	49.57 L	F	Emily Wang	11	OHAN ILD	05/11/2022	KZN Junior Championships 2022
179	49.60 L	P	Bonolo Nthwane	11	MATL KKD	03/03/2023	SA Level 2 Regional Age Group Champs
180	49.66 L	F	Suné Vd Walt	11	FISH EDD	07/10/2022	41st Freda Barnard Invitational Gala
181	49.84 L	F	Payton Mathee	11	SGUL ETH	05/11/2022	KZN Junior Championships 2022
182	49.85 L	F	Annabelle Marsh	11	TINC FSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
183	49.98 L	F	Sienna Seagram	11	ELEC FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
184	50.24 L	P	Amelia Minnar	11	CPRIM BUF	21/02/2023	Buffalo City Primary School Trials 2023
185	50.25 L	F	Addison Cochran	11	SEAL UMD	05/11/2022	KZN Junior Championships 2022
186*	50.27 L	F	Ezra Swartz	11	BULS MAN	21/01/2023	PELICAN NEPTUNE GALA
186*	50.27 L	P	Miane Muller	11	CA EKU	08/12/2022	EGA Summer Champs 2022
188	50.29 L	P	Maike Wheeler	11	BON EKU	02/03/2023	SA Level 2 Regional Age Group Champs
189	50.37 L	F	Adiana Van der Merwe	11	STGR	29/10/2022	Neptune Gala
190	50.46 L	F	Natalie De Beer	11	CPSC FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
191	50.51 L	F	Katherine Pappas	11	INFA NMA	07/10/2022	41st Freda Barnard Invitational Gala
192	50.63 L	P	Holly Oosthuizen	11	AQUA BUF	03/03/2023	SA Level 2 Regional Age Group Champs
193	50.67 L	F	Kamea Govindasamy	11	WATR JHB	25/02/2023	CGA Level 3+ Last Chance gala
194	50.72 L	F	Kate Cunningham	11	CYBE CPT	11/02/2023	WCA-B Champs - 2023
195	50.78 L	F	Alize Spangenberg	11	EXP FSH	08/10/2022	NTS Sprint Gala
196	50.91 L	P	Emma Terblanche	11	NAE EZD	02/12/2022	Mpumalanga Championships 2022
197	50.99 L	F	Leeann Reynolds	11	SOUL EKU	23/09/2022	EGA Summer 1 2022
198	51.11 L	F	Lana Van Schalkwyk	11	TUKS FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
199	51.12 L	P	Emma Fray	11	MPS NGD	21/02/2023	Buffalo City Primary School Trials 2023
200	51.14 L	F	Emmalynn Strydom	11	TUKS FSH	02/12/2022	2022 The Tshwane Mayoral Gala
201	51.17 L S	F	Miya De Villiers	11	BLTA NMA	25/06/2022	PEA Winter Gala 2022
202	51.19 L	F	Eumari Van den Heever	11	RFA FSH	02/12/2022	2022 The Tshwane Mayoral Gala
203	51.25 L	F	Liané Van Heerden	11	LSTZN MP	04/02/2023	Limpopo School Champs
204	51.29 L	F	Lyla Barnard	11	RFA FSH	02/12/2022	2022 The Tshwane Mayoral Gala
205	51.40 L	F	Mia Janse van Rensburg	11	MGSC UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
206	51.44 L	P	Gianna De Andrade	11	MDOL EKU	02/03/2023	SA Level 2 Regional Age Group Champs
207	51.55 L	P	Makanaka Makoto	11	NSAD EZD	02/03/2023	SA Level 2 Regional Age Group Champs
208	51.58 L	P	Ane Du Plessis	11	KSC EZD	02/03/2023	SA Level 2 Regional Age Group Champs
209	51.63 L	F	Jane Du Preez	11	NAE EZD	30/09/2022	MP AGE GROUP 1
210	52.08 L	F	Zayra Davids	11	HPPS BUF	21/02/2023	Buffalo City Primary School Trials 2023
211	52.12 L	F	Nina Tjallingii	11	SAAW CPT	18/02/2023	Swartland Invitational Gala 2023
212	52.27 L	F	Carmi Roux	11	CSA EZD	28/01/2023	CANA GRAND PRIX JAN 2023
213	52.35 L	F	Danielle Bond	11	ROA EDD	18/02/2023	EDEN 5th A-League Gala 2023
214	52.37 L	F	Lize Thompson	11	SWAR WCD	11/11/2022	Swartland Prestige Gala 2022
215	52.41 L	F	Rebecca Alderman	11	VINE CPT	24/09/2022	CTA Qualifying Meet #5
216	52.43 L	F	Londiwe Ngwenya	11	SGUL ETH	25/11/2022	WSC & Seals Summer LC Champs 2022

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
217	52.50	L	F	Yalsha Moodley	11	SGUL	ETH 19/03/2023 KZN Level 1 Championships 2023
218	52.53	L	P	Elizabeth Desilla	11	MDOL	EKU 08/12/2022 EGA Summer Champs 2022
219	52.72	L	F	Pippa Roberts	11	UPP	EZD 14/10/2022 MP AGE GROUP 2 GALA 14-15
220	52.83	L	F	Jasmine Acker-Cooper	11	SGUL	ETH 19/03/2023 KZN Level 1 Championships 2023
221	52.90	L	F	Ava Nel	11	SS	MPD 02/12/2022 Limpopo Champs
222	52.97	L	F	Jordan Godfrey	11	AFIN	JHB 27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
223	52.99	L	F	Angelique Marais	11	EXP	FSH 08/10/2022 NTS Sprint Gala
224	53.00	L	P	Milan Young	11	RBUR	BPD 07/12/2022 NWS Championships 2022/2023
225	53.10	L	F	Mia Lourens	11	CUDU	CPT 12/11/2022 CTA B CHAMPS
226	53.16	L	F	Josephine Van Wyk	11	LALE	GED 13/11/2022 Winelands Summer League 4
227	53.26	L	F	Juliette Wallis	11	GREY	CPT 24/09/2022 CTA Qualifying Meet #5
228	53.36	L	P	Viha Beecum	11	CPRIM	BUF 21/02/2023 Buffalo City Primary School Trials 2023
229	53.50	L	F	Louisa Anderson	11	WELL	GED 13/11/2022 Winelands Summer League 4
230	53.80	L	F	Amaru Mapulane	11	CA	EKU 23/09/2022 EGA Summer 1 2022
231	53.87	L	F	Mieke Botha	11	VASTR	KKD 10/02/2023 NW School Championships 2023
232	53.92	L	F	Dunay Zovitzkey	11	TUKS	FSH 02/12/2022 2022 The Tshwane Mayoral Gala
233	53.95	L	F	Julie Marais	11	LSWBA	WBD 04/02/2023 Limpopo School Champs
234	53.97	L	F	Nobubelebesisa Zwane	11	FRA	KCD 11/03/2023 KCDA Level 1 Championships 2023
235	54.00	L	F	Rachael Nieuwoudt	11	QSAW	GED 18/02/2023 Swartland Invitational Gala 2023
236	54.05	L	F	Olwethu Gqoloma	11	RBOT	BPD 07/12/2022 NWS Championships 2022/2023
237	54.13	L	F	Nala Hlapho	11	TLAC	BPD 21/01/2023 NWS Sprint Gala 2023
238	54.21	L	F	Ciara Kroef	11	FAC	EKU 20/01/2023 EGA Last Chance Galal
239	54.25	L	F	Liandri Terblanche	11	SS	MPD 12/11/2022 Limpopo Age Group 5
240	54.34	L	F	Zamajobe Mtetwa	11	TUKS	FSH 08/10/2022 NTS Sprint Gala
241	54.38	L	F	Tatum Venter	11	WSS	LLD 22/10/2022 Otters Prestige Gala 2022
242	54.79	L	F	Dinette Van Niekerk	11	BLNE	MAN 21/01/2023 PELICAN NEPTUNE GALA
243	54.88	L	F	Mieke du Toit	11	LINR	JHB 18/03/2023 Level 1 Intra-Provincial 2023
244	55.04	L	F	Heike Wessels	11	QUIC	CPT 12/11/2022 CTA B CHAMPS
245	55.13	L	F	Kirsten Koopman	11	TOTIS	ETH 25/11/2022 WSC & Seals Summer LC Champs 2022
246	55.25	L	F	Kabo Phalane	11	HASC	JHB 18/03/2023 Level 1 Intra-Provincial 2023
247	55.26	L	F	Caitlin Wagner	11	CUR	EZD 30/09/2022 MP AGE GROUP 1
248	55.30	L	F	Nikah Solomons	11	PAQU	GED 07/10/2022 41st Freda Barnard Invitational Gala
249	55.34	L	P	Orefile Ramphele	11	MATL	KKD 07/12/2022 NWS Championships 2022/2023
250	55.49	L	F	Susanna Ellis	11	LSM	NGD 10/02/2023 NW School Championships 2023
251	55.68	L	F	Riley Thompson	11	BCA	BUF 28/01/2023 NMBA Intra-District Championship
252	55.78	L	F	Esté Gersbach	11	BARR	CPT 12/11/2022 CTA B CHAMPS
253	55.92	L	F	Sunechka Roodt	11	MATL	KKD 21/01/2023 NWS Sprint Gala 2023
254	56.09	L	F	Liyah Theron	11	ROA	EDD 18/02/2023 EDEN 5th A-League Gala 2023
255	56.46	L	F	Ayesha Motala	11	ATLA	JHB 18/03/2023 Level 1 Intra-Provincial 2023
256	56.86	L	P	Imke Vermaak	11	RBUR	BPD 07/12/2022 NWS Championships 2022/2023
257	56.88	L	P	Jane Botha	11	VALS	FDD 03/03/2023 SA Level 2 Regional Age Group Champs
258	56.96	L	F	Hannah Kemp	11	LALE	GED 13/11/2022 Winelands Summer League 4
259	57.01	L	F	Carli Kieck	11	AWIN	FSH 02/12/2022 2022 The Tshwane Mayoral Gala
260	57.17	L	F	Karolien Wilmot	11	BULS	MAN 22/10/2022 Otters Prestige Gala 2022
261	57.20	L	P	Kopano Lempe	11	MAKO	EKU 02/03/2023 SA Level 2 Regional Age Group Champs
262	57.36	L	P	Mila Howell	11	CPRIM	BUF 21/02/2023 Buffalo City Primary School Trials 2023
263	57.69	L	F	Gia De Wit	11	QUIC	CPT 12/11/2022 CTA B CHAMPS
264	58.31	L	F	Zoë Schmidt	11	SS	MPD 02/12/2022 Limpopo Champs
265	58.37	L	F	Marietta Ferreira	11	EXP	FSH 08/10/2022 NTS Sprint Gala
266*	58.66	L	F	Ontshiametse Makatiers	11	RBOT	BPD 21/01/2023 NWS Sprint Gala 2023
266*	58.66	L	F	Kaira Nel	11	WELA	LLD 17/02/2023 Neptune Last Chance Gala
268	58.73	L	F	Carissa Pitout	11	BETH	FDD 21/01/2023 PELICAN NEPTUNE GALA
269	58.78	L	F	Ratanang Gambu	11	TMAC	ETH 19/03/2023 KZN Level 1 Championships 2023
270	59.03	L	F	Isabella De Beer	11	QSAW	GED 28/01/2023 Winelands SL Final
271	59.35	L	F	Isabelle Boyd	11	MSC	NGD 04/11/2022 MP AGE GROUP 3 GALA 4-5
272	59.56	L	F	Lisa Mahadeo	11	AA	JHB 18/03/2023 Level 1 Intra-Provincial 2023
273	59.89	L	F	Anesuishe Jojozi	11	PELIC	MAN 27/01/2023 Seals Bullsharks Gala
274	1:00.30	L	F	Thandolwethu Dlamini	11	MPS	NGD 10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
275	1:00.66	L	P	Isabelle Adendorff	11	JAQ	EKU 08/12/2022 EGA Summer Champs 2022

### Individual Top Times

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 Number of Top Times: All      Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
276	1:00.93	L	F	Jana Durrans	11	QSAW	GED 28/01/2023 Winelands SL Final
277	1:00.96	L	F	Alexia Montgomery	11	AQUA	BUF 29/10/2022 Amajuba District Age Group 4 29
278	1:00.97	L	P	Melanie Munyoro	11	WATR	JHB 02/03/2023 SA Level 2 Regional Age Group Champs
279	1:01.10	L	F	Rua De Wit	11	QUIC	CPT 12/11/2022 CTA B CHAMPS
280	1:01.16	L	F	Wilmari Nortman-Gobey	11	GHS	BPD 10/02/2023 NW School Championships 2023
281	1:01.56	L	F	Ami Wiesner	11	CUHE	OBD 13/11/2022 Winelands Summer League 4
282	1:01.62	L	F	Kate Tager	11	CUHE	OBD 13/11/2022 Winelands Summer League 4
283	1:01.93	L	F	Aleksia Demetriou	11	SLS	KKD 10/02/2023 NW School Championships 2023
284	1:01.98	L	F	Oratilwe Ngubeni	11	JAQ	EKU 23/09/2022 EGA Summer 1 2022
285	1:02.10	L	F	Jessica Dreyer	11	GREY	CPT 03/09/2022 CTA Qualifying Meet #4
286	1:02.26	L	P	Tayla-Jean Gibb	11	SPS	BUF 21/02/2023 Buffalo City Primary School Trials 2023
287	1:02.38	L	F	Lia Basson	11	TUKS	FSH 18/03/2023 Level 1 Intra-Provincial 2023
288	1:02.55	L	P	Mieke Van der Walt	11	NWUC	KKD 07/12/2022 NWS Championships 2022/2023
289	1:02.80	L	F	Keletso Goeieman	11	KALA	07/12/2022 NCASA CHAMPS 2022
290	1:02.89	L	F	Kendall Dennehy	11	AQDO	CPT 07/10/2022 41st Freda Barnard Invitational Gala
291	1:03.51	L	F	Izabella Samuel	11	AQDO	CPT 12/11/2022 CTA B CHAMPS
292	1:03.56	L	F	Chloë Snyman	11	SS	MPD 02/12/2022 Limpopo Champs
293	1:03.81	L	F	Amanda Honneysett	11	AQDO	CPT 04/11/2022 CTA A CHAMPS 2022
294	1:04.11	L	F	Annabelle Kruger	11	DESA	NMA 22/10/2022 4th A League Gala
295	1:04.39	L	F	Chiniq Breet	11	CSA	EZD 17/09/2022 MP SPRINT GALA 17 SEPTEMBER
296	1:04.42	L	F	Zana Richardson	11	CUR	EZD 11/03/2023 SSA LEVEL 1 REGIONAL CHAMPS
297	1:04.81	L	F	Xysca Bezuidenhout	11	FRA	KCD 22/10/2022 Stingrays Swim Club Championships
298	1:04.96	L	F	Wila McHugh	11	HDAQ	MPD 12/11/2022 Limpopo Age Group 5
299	1:05.83	L	F	Lezani Mansfield	11	AQUA	UTD 04/02/2023 Uthukela District Age Group Gal 4 Feb
300	1:06.30	L	F	Madison Steyn	11	AQUA	UTD 07/01/2023 Uthukela District January 2023 Age
301	1:06.54	L	P	Alyssa van Niekerk	11	FAC	EKU 08/12/2022 EGA Summer Champs 2022
302	1:06.74	L	F	Nina Alberts	11	VRC	FSH 02/12/2022 2022 The Tshwane Mayoral Gala
303	1:07.21	L	F	Charné Terblanche	11	KNYJ	EDD 07/10/2022 41st Freda Barnard Invitational Gala
304	1:07.27	L	F	Angelica Pienaar	11	LEBII	10/02/2023 NW School Championships 2023
305	1:07.49	L	F	Motheo Mofokeng	11	KPS	KKD 10/02/2023 NW School Championships 2023
306	1:07.50	L	F	Heleina Esterhuysen	11	CLSC	WCD 11/11/2022 Swartland Prestige Gala 2022
307	1:08.99	L	F	Khenso Mabasa	11	SS	MPD 02/12/2022 Limpopo Champs
308	1:09.41	L	F	Lizae Swanepoel	11	STGR	03/12/2022 AGE GROUP 4 KBY 2022
309	1:09.51	L	F	Akhona Lama	11	ESTR	EKU 18/03/2023 Level 1 Intra-Provincial 2023
310	1:10.00	L	F	Angelique Kyanda-Kaboza	11	DESA	NMA 22/10/2022 4th A League Gala
311	1:10.50	L	F	Kitsoyaone Phetwe	11	LEBII	10/02/2023 NW School Championships 2023
312	1:10.72	L	F	Megan Mukundi	11	AQDO	CPT 12/11/2022 CTA B CHAMPS
313	1:11.47	L	F	Tshegofatso Maphoto	11	CURHK	CCD 04/02/2023 Limpopo School Champs
314	1:12.14	L	F	Sithabile Mdlalose	11	JAQ	EKU 18/03/2023 Level 1 Intra-Provincial 2023
315	1:13.72	L	F	Suzette Coetzee	11	KALA	07/12/2022 NCASA CHAMPS 2022
316	1:15.87	L	F	Lufuno Masupa	11	WSS	LLD 06/12/2022 Free State Champs 2022
317	1:17.28	L	F	Zelia Du Toit	11	BLNE	MAN 29/10/2022 Neptune Gala
318	1:18.38	L	P	Julia Pienaar	11	TLAC	BPD 07/12/2022 NWS Championships 2022/2023
319	1:18.67	L	F	Kabo Raseloma	11	LEBII	10/02/2023 NW School Championships 2023

#### Women 18 & Under 100 Fly

1	1:16.15	L	F	Jenna Thornton	11	INFA	NMA 13/01/2023 Eastern Cape Aquatics LC Champs 2023
2	1:17.22	L	F	Ava Lorenzen	11	BLMA	CPT 31/03/2023 SA Level 3 Regional Age Group
3	1:20.80	L	F	Rebecca Nilsson	11	TYGE	CPT 31/03/2023 SA Level 3 Regional Age Group
4	1:21.03	L S	P	Makenzie Abrams	11	USC	BUF 21/03/2023 SA National Junior Age Group
5	1:21.71	L	F	Lauren Walker	11	WATR	JHB 31/03/2023 SA Level 3 Regional Age Group
6	1:22.22	L	F	Leah de Jager	11	AAS	JHB 31/03/2023 SA Level 3 Regional Age Group
7	1:23.75	L	F	Sharli Durandt	11	SSISA	CPT 31/03/2023 SA Level 3 Regional Age Group
8	1:25.04	L	F	Jaimee Cronje	11	COMS	FSH 09/12/2022 NTS Championships 2022
9	1:25.27	L	P	Lulu Swanepoel	11	ASAC	CPT 31/03/2023 SA Level 3 Regional Age Group
10	1:26.16	L	F	Thandi Bosman	11	USC	BUF 10/02/2023 Infinity Gala 2023
11	1:27.20	L	F	Jenna Joyce	11	BARR	CPT 21/01/2023 CTA Qualifying Meet #7
12	1:27.71	L	F	Nina Steyn	11	BLSS	MAN 31/03/2023 SA Level 3 Regional Age Group
13	1:27.78	L	P	Olivia Stroebel	11	HPS	FSH 31/03/2023 SA Level 3 Regional Age Group
14	1:27.83	L	F	Donylle Cupido	11	BLNE	MAN 31/03/2023 SA Level 3 Regional Age Group

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr					
15	1:29.14 L	F	Zoi Dimatellis	11	ROA EDD	31/03/2023	SA Level 3 Regional	Age Group	
16	1:30.02 L	F	Jothany Ngotchouye	11	SEAL UMD	31/03/2023	SA Level 3 Regional	Age Group	
17	1:30.19 L	F	Roxanne De Lange	11	PAC TSH	31/03/2023	SA Level 3 Regional	Age Group	
18	1:30.77 L	F	Haylee Smith	11	SGUL ETH	16/12/2022	KZNA Premier Provincial Championship		
19	1:31.78 L	F	Ava Constantinides	11	SWIFT ECU	31/03/2023	SA Level 3 Regional	Age Group	
20	1:33.35 L	F	Amelia Oosthuizen	11	TUKS TSH	09/12/2022	NTS Championships 2022		
21	1:34.15 L	F	Zani Van Dyk	11	GSA CPT	07/10/2022	41st Freda Barnard Invitational Gala		
22	1:34.32 L	F	Isabella Oswald	11	AAS JHB	25/02/2023	CGA Level 3+ Last Chance gala		
23	1:34.80 L	F	Kaylee Naidoo	11	KZNA ETH	21/04/2023	SA Schools Swimming Championship		
24	1:35.94 L	F	Zoe Morgado	11	CSA EZD	02/12/2022	Mpumalanga Championships 2022		
25	1:36.58 L	F	Leané Van der Merwe	11	PRA NGD	31/03/2023	SA Level 3 Regional	Age Group	
26*	1:37.04 L	P	Molly Calf	11	SEAL UMD	16/12/2022	KZNA Premier Provincial Championship		
26*	1:37.04 L	F	Sienna Polti	11	CYBE CPT	04/11/2022	CTA A CHAMPS 2022		
28	1:37.64 L	F	Taurez Gunkel	11	BEAV ETH	17/03/2023	SA Level 2 Regional Age Group Champs		
29	1:38.28 L	F	Leah Stewart	11	TASC MPD	02/03/2023	SA Level 2 Regional Age Group Champs		
30	1:38.37 L	F	Alice Esterhuysen	11	KSTAR EDD	07/10/2022	41st Freda Barnard Invitational Gala		
31	1:39.55 L	F	Mia Putter	11	NWUC KKD	31/03/2023	SA Level 3 Regional	Age Group	
32	1:39.72 L	P	Melokuhle Mhlongo	11	PSCP UMD	16/12/2022	KZNA Premier Provincial Championship		
33	1:39.79 L	F	Caylie Azar	11	BLSS MAN	05/11/2022	Seals Heidedal Gala		
34	1:41.09 L	F	Daniella Tolmay	11	AFIN JHB	02/03/2023	SA Level 2 Regional Age Group Champs		
35	1:41.15 L	F	Lika Zietsman	11	BETH FDD	03/03/2023	SA Level 2 Regional Age Group Champs		
36	1:41.32 L	F	Tyloh Aitken	11	SEAL UMD	05/11/2022	KZN Junior Championships 2022		
37	1:41.79 L	F	Gea March	11	UPSK	03/03/2023	SA Level 2 Regional Age Group Champs		
38	1:42.78 L S	F	Kaitlyn Richter	11	PEAS NMA	25/06/2022	PEA Winter Gala 2022		
39	1:43.37 L	P	Aimee Van Der Merwe	11	MDOL ECU	31/03/2023	SA Level 3 Regional	Age Group	
40	1:44.27 L	F	Ella Van Viegen	11	BLSS MAN	29/09/2022	MA Grand Prix		
41	1:44.29 L	F	Hayley De Haas	11	SEAL UMD	25/11/2022	WSC & Seals Summer LC Champs 2022		
42	1:44.65 L	F	Casey Lee Mccabe	11	DOLFI MPD	02/03/2023	SA Level 2 Regional Age Group Champs		
43	1:44.81 L	F	Anneke Pieterse	11	LSWBA WBD	04/02/2023	Limpopo School Champs		
44	1:45.31 L S	P	Hannah Wright	11	CA ECU	08/12/2022	EGA Summer Champs 2022		
45	1:45.41 L	F	Lene Bester	11	MATL KKD	03/03/2023	SA Level 2 Regional Age Group Champs		
46	1:45.44 L	F	Zibusiso Xulu	11	KLOO ETH	03/03/2023	KZN Qualifying Gala		
47	1:45.72 L	F	Megan Els	11	MAC ECU	02/03/2023	SA Level 2 Regional Age Group Champs		
48	1:47.33 L	F	Maleleko Mushikita	11	KFPS WB	04/02/2023	Limpopo School Champs		
49	1:47.45 L S	F	Morgan Maree	11	DRGN JHB	08/12/2022	EGA Summer Champs 2022		
50	1:47.62 L S	F	Bonolo Nthwane	11	MATL KKD	07/12/2022	NWS Championships 2022/2023		
51	1:48.79 L	F	Inge Opperman	11	BLNE MAN	03/03/2023	SA Level 2 Regional Age Group Champs		
52	1:49.34 L	F	Julia-Ruth Jacobs	11	BLNE MAN	05/11/2022	Seals Heidedal Gala		
53	1:49.69 L	F	Ava Koortzen	11	LINR JHB	02/03/2023	SA Level 2 Regional Age Group Champs		
54	1:50.52 L	F	Frances Esterhuysen	11	KSTAR EDD	07/10/2022	41st Freda Barnard Invitational Gala		
55	1:51.62 L	F	Mia Lombard	11	SPS BUF	21/02/2023	Buffalo City Primary School Trials 2023		
56	1:53.34 L	F	Mia Janse van Rensburg	11	MGSC UGD	25/11/2022	WSC & Seals Summer LC Champs 2022		
57	1:53.57 L	F	Abigail Krevitar	11	MGSC UGD	25/11/2022	WSC & Seals Summer LC Champs 2022		
58	1:56.17 L	F	Khwezi Magobongo	11	CPRIM BUF	21/02/2023	Buffalo City Primary School Trials 2023		
59	1:56.89 L	F	Ofentse Mthopeng	11	ESP ECU	02/03/2023	SA Level 2 Regional Age Group Champs		
60	1:56.95 L	F	Jany Norval	11	LSTZN MP	04/02/2023	Limpopo School Champs		
61	1:58.90 L	F	Abigail Naicker	11	PHOE ETH	19/03/2023	KZN Level 1 Championships 2023		
62	2:00.04 L	F	Kinique De Agrella	11	TKS WBD	02/12/2022	Limpopo Champs		
63	2:00.89 L	F	Esona Sekeleni	11	AQUA BUF	03/03/2023	SA Level 2 Regional Age Group Champs		
64	2:03.01 L	F	Camryn Weber	11	SPS BUF	21/02/2023	Buffalo City Primary School Trials 2023		
65	2:03.11 L	F	Storm Bircher	11	CUHE OBD	03/09/2022	CTA Qualifying Meet #4		
66	2:03.53 L	F	Londiwe Ngwenya	11	SGUL ETH	19/03/2023	KZN Level 1 Championships 2023		
67	2:03.96 L	P	Tlotliso Rakubutu	11	HREF BPD	02/03/2023	SA Level 2 Regional Age Group Champs		
68	2:04.33 L	F	Riley Thompson	11	HARL BUF	04/02/2023	BCA Feb Age Group Gala 2023		
69	2:04.77 L	F	Tatum Venter	11	WSS LLD	17/02/2023	Neptune Last Chance Gala		
70	2:09.21 L	F	Olwethu Gqoloma	11	RBOT BPD	26/11/2022	NWS Age Group 3 2022/23		
71	2:17.53 L	F	Ontshiametse Makatiers	11	RBOT BPD	26/11/2022	NWS Age Group 3 2022/23		
<b>Women 18 &amp; Under 200 Fly</b>									
1	3:28.06 L	F	Sharli Durandt	11	SSISA CPT	15/10/2022	CTA Qualifying Meet #6		



### Individual Top Times

Times since: 01-May-22      Times until: 30-Apr-23  
 Number of Top Times: All      Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
<b>Women 18 &amp; Under 200 IM</b>								
1	2:48.75	L	F	Ava Lorenzen	11	BLMA	CPT	31/03/2023 SA Level 3 Regional Age Group
2	2:52.98	L	F	Ella Bunge	11	BLUO	UGD	31/03/2023 SA Level 3 Regional Age Group
3	2:53.08	L	P	Makenzie Abrams	11	USC	BUF	21/03/2023 SA National Junior Age Group
4	2:53.35	L	F	Gemma Spies	11	INFA	NMA	09/12/2022 NMBA Championships 2022
5	2:55.19	L	P	Thandi Bosman	11	USC	BUF	31/03/2023 SA National Junior Age Group
6	2:55.84	L	F	Hannah-Grace Havinga	11	TUKS	FSH	31/03/2023 SA Level 3 Regional Age Group
7	2:56.01	L	F	Zenicke Van Schalkwyk	11	DESA	NMA	31/03/2023 SA Level 3 Regional Age Group
8	2:56.32	L	F	Leah de Jager	11	AAS	JHB	31/03/2023 SA Level 3 Regional Age Group
9	2:56.33	L	F	Caeli Ferreira	11	AAS	JHB	31/03/2023 SA Level 3 Regional Age Group
10	2:56.45	L	P	Sharli Durandt	11	SSISA	CPT	31/03/2023 SA Level 3 Regional Age Group
11	2:56.62	L	F	Irma Kotzé	11	POTC	KKD	31/03/2023 SA Level 3 Regional Age Group
12	3:00.72	L	P	Amber Gaddin	11	AAS	JHB	21/03/2023 SA National Junior Age Group
13	3:01.00	L	F	Lara Macqueen	11	SEAL	UMD	31/03/2023 SA Level 3 Regional Age Group
14	3:02.03	L	P	Rebecca Nilsson	11	TYGE	CPT	31/03/2023 SA Level 3 Regional Age Group
15	3:02.10	L	P	Sophie Smith	11	VINE	CPT	31/03/2023 SA Level 3 Regional Age Group
16	3:04.36	L	F	Kaylee Watt	11	DRGN	JHB	31/03/2023 SA Level 3 Regional Age Group
17	3:04.69	L	F	Lauren Walker	11	WATR	JHB	31/03/2023 SA Level 3 Regional Age Group
18	3:04.70	L	P	Jessica Barnard	11	TUKS	FSH	31/03/2023 SA Level 3 Regional Age Group
19	3:04.78	L	P	Olivia Stroebel	11	HPS	FSH	31/03/2023 SA Level 3 Regional Age Group
20	3:04.87	L	F	Amelia Oosthuizen	11	TUKS	FSH	24/02/2023 NTS February Lev 3+ Age Group Gala
21	3:05.30	L	F	Jenna Joyce	11	BARR	CPT	11/02/2023 WCA-B Champs - 2023
22	3:05.33	L	F	Emily Geldart	11	INFA	NMA	09/12/2022 NMBA Championships 2022
23	3:05.63	L	F	Donylle Cupido	11	BLNE	MAN	31/03/2023 SA Level 3 Regional Age Group
24	3:06.32	L	P	Zoe Morgado	11	MP	EZ	21/04/2023 SA Schools Swimming Championship
25	3:06.43	L	P	Amelia Fury	11	VINE	CPT	31/03/2023 SA Level 3 Regional Age Group
26	3:07.00	L	P	Lulu Swanepoel	11	ASAC	CPT	09/12/2022 Western Cape LC-A Championship 2022
27	3:07.16	L	P	Julia-Ruth Jacobs	11	BLNE	MAN	31/03/2023 SA Level 3 Regional Age Group
28	3:07.50	L	P	Zoi Dimatellis	11	ROA	EDD	31/03/2023 SA Level 3 Regional Age Group
29	3:08.19	L	P	Aimee Van Der Merwe	11	MDOL	EKU	31/03/2023 SA Level 3 Regional Age Group
30	3:08.33	L	F	Julie Olivier	11	CTA	CPT	28/01/2023 NMBA Intra-District Championship
31	3:09.03	L	F	Martinet Bezuidenhout	11	TUKS	FSH	09/12/2022 NTS Championships 2022
32	3:09.16	L	P	Zani Van Dyk	11	GSA	CPT	31/03/2023 SA Level 3 Regional Age Group
33	3:09.56	L	P	Leané Van der Merwe	11	PRA	NGD	31/03/2023 SA Level 3 Regional Age Group
34	3:10.02	L	F	Sienna Polti	11	CYBE	CPT	04/11/2022 CTA A CHAMPS 2022
35	3:10.19	L	P	Anya Sonnekus	11	TYGE	CPT	31/03/2023 SA Level 3 Regional Age Group
36	3:10.21	L	P	Talia McCabe	11	WATR	JHB	31/03/2023 SA Level 3 Regional Age Group
37	3:10.40	L	F	Melan van der Spuy	KR	BLOT	MAN	31/03/2023 SA Level 3 Regional Age Group
38	3:10.80	L	P	Elle Gasson	11	BLSS	MAN	31/03/2023 SA Level 3 Regional Age Group
39	3:10.84	L	P	Isabella Oswald	11	AAS	JHB	31/03/2023 SA Level 3 Regional Age Group
40	3:11.39	L	F	Mia Pienaar	11	PGAC	EKU	08/12/2022 EGA Summer Champs 2022
41	3:11.78	L	F	Alice Esterhuysen	11	KSTAR	EDD	18/02/2023 EDEN 5th A-League Gala 2023
42	3:12.77	L	F	Mila-Belle Slatter	11	SSISA	CPT	24/02/2023 Western Cape Elite Gala
43	3:12.82	L	F	Molly Calf	11	SEAL	UMD	16/12/2022 KZNA Premier Provincial Championship
44	3:13.47	L	F	Madison Polti	11	CYBE	CPT	24/02/2023 Western Cape Elite Gala
45	3:13.59	L	P	Jaimee Cronje	11	COMS	FSH	09/12/2022 NTS Championships 2022
46	3:13.65	L	F	Tyloh Aitken	11	SEAL	UMD	05/11/2022 KZN Junior Championships 2022
47	3:14.10	L	F	Mila Strydom	11	GHSK		03/03/2023 SA Level 2 Regional Age Group Champs
48	3:14.23	L	F	Kaylee Naidoo	11	SEAL	UMD	01/07/2022 Prestige Tournament 2022
49	3:14.29	L	P	Ava Kranenburg	11	VINE	CPT	31/03/2023 SA Level 3 Regional Age Group
50	3:14.47	L	F	Jothany Ngnotchouye	11	SEAL	UMD	16/12/2022 KZNA Premier Provincial Championship
51	3:14.78	L	F	Trinity Kavanagh	11	TCA	EKU	02/03/2023 SA Level 2 Regional Age Group Champs
52	3:15.82	L	P	Chloe Potgieter	11	SEAL	UMD	31/03/2023 SA Level 3 Regional Age Group
53	3:15.87	L	P	Nina Steyn	11	BLSS	MAN	31/03/2023 SA Level 3 Regional Age Group
54	3:16.13	L	F	Roxanne De Lange	11	PAC	FSH	09/12/2022 NTS Championships 2022
55	3:16.14	L	P	Ava Constantinides	11	SWIFT	EKU	31/03/2023 SA Level 3 Regional Age Group
56	3:16.49	L	F	Jenna Thornton	11	INFA	NMA	07/10/2022 41st Freda Barnard Invitational Gala
57	3:16.66	L	P	Hannah Wright	11	CA	EKU	31/03/2023 SA Level 3 Regional Age Group
58	3:16.93	L	F	Melokuhle Mhlongo	11	PSCP	UMD	01/07/2022 Prestige Tournament 2022

### Individual Top Times

Times since: 01-May-22      Times until: 30-Apr-23  
 Number of Top Times: All      Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
59	3:17.41	L	P	Livia Gutter	11	BLNE	MAN	31/03/2023	SA Level 3 Regional Age Group
60	3:18.14	L	F	Ella Van Viegen	11	BLSS	MAN	06/12/2022	Free State Champs 2022
61	3:18.21	L	F	Mia Lombard	11	HARL	BUF	03/03/2023	SA Level 2 Regional Age Group Champs
62	3:18.71	L	P	Morgan Maree	11	DRGN	JHB	31/03/2023	SA Level 3 Regional Age Group
63	3:18.84	L	P	Jessica Wood	11	TCA	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
64	3:19.01	L	P	Leeann Reynolds	11	SOUL	EKU	31/03/2023	SA Level 3 Regional Age Group
65	3:19.11	L	F	Mari Bruwer	11	SS	MPD	02/12/2022	Limpopo Champs
66	3:19.47	L	P	Emma Groenewald	11	KTS		31/03/2023	SA Level 3 Regional Age Group
67	3:19.53	L	P	Haylee Smith	11	SGUL	ETH	16/12/2022	KZNA Premier Provincial Championship
68	3:19.87	L	F	Abigail Da Silva	11	TUKS	TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
69	3:20.09	L	F	Caylie Azar	11	BLSS	MAN	05/11/2022	Seals Heidedal Gala
70	3:21.20	L	F	Annabelle Gwilt	11	SASE	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
71	3:21.86	L	F	Julia Wichmann	11	MGSC	UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
72	3:21.96	L	P	Courtney Biggs	11	SASE	JHB	31/03/2023	SA Level 3 Regional Age Group
73	3:22.27	L	F	Isabella Mackenzie	11	TUKS	TSH	03/02/2023	NTS January Lev 3+ Age Group Gala
74	3:22.41	L	P	Pippa Polti	11	CYBE	CPT	24/02/2023	Western Cape Elite Gala
75	3:22.54	L	F	Gina Austin	11	ELEC	TSH	02/12/2022	2022 The Tshwane Mayoral Gala
76	3:23.01	L	P	Mia Putter	11	NWUC	KKD	31/03/2023	SA Level 3 Regional Age Group
77	3:23.13	L	P	Elrie Moolman	11	OLDE	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
78	3:23.20	L	F	Ella Steenkamp	11	VINE	CPT	11/02/2023	WCA-B Champs - 2023
79	3:23.29	L	F	Emma De Villiers	11	BLTA	NMA	10/02/2023	Infinity Gala 2023
80	3:23.88	L	F	Isabella Brooker	11	AACTA	CPT	07/10/2022	41st Freda Barnard Invitational Gala
81	3:23.91	L	F	Taurez Gunkel	11	BEAV	ETH	17/03/2023	SA Level 2 Regional Age Group Champs
82	3:24.16	L	F	Ashley Williams	11	BLNE	MAN	03/03/2023	SA Level 2 Regional Age Group Champs
83	3:24.83	L	F	Kinique De Agrella	11	TKS	WBD	02/03/2023	SA Level 2 Regional Age Group Champs
84	3:25.19	L	P	Amaru Mapulane	11	CA	EKU	08/12/2022	EGA Summer Champs 2022
85	3:25.26	L	F	Leah Stewart	11	TASC	MPD	02/03/2023	SA Level 2 Regional Age Group Champs
86	3:25.78	L	F	Amieka Henning	11	GHS	BPD	10/02/2023	NW School Championships 2023
87	3:25.80	L	F	Hayley De Haas	11	SEAL	UMD	05/11/2022	KZN Junior Championships 2022
88	3:26.13	L	P	Lucy Seymour	11	CRSC	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
89	3:26.45	L	F	Jade Rogers	11	BLUO	UGD	17/03/2023	SA Level 2 Regional Age Group Champs
90	3:26.54	L	F	Iane Joubert	11	ROA	EDD	22/10/2022	EDEN 2nd A-League Gala 2022
91	3:26.55	L	F	Lisa Du Toit	11	SEAL	UMD	17/03/2023	SA Level 2 Regional Age Group Champs
92	3:27.48	L	F	Zibusiso Xulu	11	KLOO	ETH	03/03/2023	KZN Qualifying Gala
93	3:27.66	L	F	Amalia van der Westhuizen	11	PEAS	NMA	03/03/2023	SA Level 2 Regional Age Group Champs
94	3:27.85	L	F	Inge Opperman	11	BLNE	MAN	06/12/2022	Free State Champs 2022
95	3:28.16	L	F	Casey Lee Mccabe	11	DOLFI	MPD	02/12/2022	Limpopo Champs
96	3:28.40	L	P	Abigail Slabber	11	SEAL	UMD	17/03/2023	SA Level 2 Regional Age Group Champs
97	3:28.46	L	P	Anika Muller	11	MSC	NGD	31/03/2023	SA Level 3 Regional Age Group
98	3:28.55	L	F	Tischke Rischmuller	11	RFA	TSH	02/03/2023	SA Level 2 Regional Age Group Champs
99	3:28.79	L	F	Ava Larter	11	PEAS	NMA	09/12/2022	NMBA Championships 2022
100	3:28.92	L	F	Tamlyn Groenewald	11	TUKS	TSH	21/10/2022	NTS October Lev 3 Age Group Gala
101	3:28.97	L	F	Gabriela Govender	11	INFA	NMA	03/03/2023	SA Level 2 Regional Age Group Champs
102	3:29.02	L	F	Mia Stilwayney	11	PAQU	CED	28/01/2023	Winelands SL Final
103	3:29.23	L	P	Morgan Tandy	11	ESTR	EKU	08/12/2022	EGA Summer Champs 2022
104	3:29.50	L	F	Grace Newton	11	CUDU	CPT	11/02/2023	WCA-B Champs - 2023
105	3:29.55	L	F	Wilmi Esbach	11	GHS	BPD	10/02/2023	NW School Championships 2023
106	3:29.78	L	P	Victoria Jackson	11	SOUL	EKU	08/12/2022	EGA Summer Champs 2022
107	3:30.31	L	F	Anja Solomon	11	KALA		03/03/2023	SA Level 2 Regional Age Group Champs
108	3:31.22	L	F	Emma Terblanche	11	NAE	EZD	02/12/2022	Mpumalanga Championships 2022
109	3:31.34	L	P	Rania Marnewick	11	LINR	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
110	3:31.84	L	F	Miya De Villiers	11	BLTA	NMA	22/10/2022	4th A League Gala
111	3:31.96	L	P	Mikayla Twali	11	CPSC	TSH	02/03/2023	SA Level 2 Regional Age Group Champs
112	3:32.33	L	F	Tamryn Ririe	11	BLSS	MAN	06/12/2022	Free State Champs 2022
113	3:32.71	L	F	Tyla Charles	11	VINE	CPT	11/02/2023	WCA-B Champs - 2023
114	3:32.84	L	F	Marli Coetzee	11	GSA	CPT	11/02/2023	WCA-B Champs - 2023
115	3:32.90	L	F	Jeneva Noble-Ashby	11	SGUL	ETH	05/11/2022	KZN Junior Championships 2022
116	3:32.91	L	F	Frances Esterhuysen	11	KSTAR	EDD	18/02/2023	EDEN 5th A-League Gala 2023
117	3:33.07	L	F	Mikaela Roff	11	ROA	EDD	03/03/2023	SA Level 2 Regional Age Group Champs

### Individual Top Times

Times since: 01-May-22      Times until: 30-Apr-23  
 Number of Top Times: All      Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
118	3:34.01	L	F	Kaitlyn Richter	11	PEAS NMA	09/12/2022	NMBA Championships 2022
119	3:34.05	L	P	Maya Johnstone	11	AFIN JHB	02/03/2023	SA Level 2 Regional Age Group Champs
120	3:34.24	L	F	Violet Maritz	11	SEAL UMD	28/01/2023	EDA January Gala 2023
121	3:34.41	L	F	Erin Chree	11	INFA NMA	10/02/2023	Infinity Gala 2023
122	3:34.48	L	F	April Jooman	11	BEST NMA	10/02/2023	Infinity Gala 2023
123	3:35.59	L	P	Lika Zietsman	11	BETH FDD	03/03/2023	SA Level 2 Regional Age Group Champs
124	3:35.62	L	F	Megan Els	11	MAC EKU	20/01/2023	EGA Last Chance Galal
125	3:35.67	L	P	Kiana Kalpage	11	HASC JHB	02/03/2023	SA Level 2 Regional Age Group Champs
126	3:36.13	L	F	Lene Bester	11	MATL KKD	07/12/2022	NWS Championships 2022/2023
127	3:36.34	L	F	Clarise Stadler	11	TUKS TSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
128	3:36.37	L	F	Aimee Liebenberg	11	SWAR WCD	11/02/2023	WCA-B Champs - 2023
129	3:36.60	L	P	Isabella De Beer	11	QSAW CED	31/03/2023	SA Level 3 Regional Age Group
130	3:36.63	L	F	Annelie Thiar	11	CLSC WCD	11/02/2023	WCA-B Champs - 2023
131	3:36.71	L	F	Cara Louw	11	RBOT BPD	21/01/2023	NWS Sprint Gala 2023
132	3:36.90	L	F	Josephine Van Wyk	11	LALE CED	28/01/2023	Winelands SL Final
133	3:37.09	L	F	Liza Oosthuizen	11	CLSC WCD	11/11/2022	Swartland Prestige Gala 2022
134	3:37.31	L	F	Storm Bircher	11	CUHE OBD	28/01/2023	Winelands SL Final
135	3:37.32	L	P	Taylor Siebrits	11	STSC KCD	17/03/2023	SA Level 2 Regional Age Group Champs
136	3:37.83	L	P	Emerson Woods	11	ESTR EKU	08/12/2022	EGA Summer Champs 2022
137	3:38.05	L	P	Tatum Venter	11	WSS LLD	03/03/2023	SA Level 2 Regional Age Group Champs
138	3:38.10	L	F	Elmiah Vd Merwe	11	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala
139	3:38.42	L	F	Nina Van Staden	11	KSC EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
140	3:38.83	L	F	Samantha Mazhandu	11	LINR JHB	01/10/2022	2022 AG Swim Stars&OR Tambo
141	3:38.93	L	F	Karu Rademeyer	11	VINE CPT	11/02/2023	WCA-B Champs - 2023
142	3:39.69	L	F	Liandri Terblanche	11	SS MPD	02/12/2022	Limpopo Champs
143	3:40.02	L	P	Nina Tjallingii	11	SAAW CPT	31/03/2023	SA Level 3 Regional Age Group
144	3:40.40	L	F	Ane' Lindthout	11	BLNE MAN	06/12/2022	Free State Champs 2022
145	3:40.42	L	F	Abigail Krevitar	11	MGSC UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
146	3:41.35	L	F	Gea March	11	UPSK	03/02/2023	NCASA SPRINTS - 3 & 4 FEBRUARY
147	3:41.48	L	F	Mila Nienaber	11	QSAW CED	11/11/2022	Swartland Prestige Gala 2022
148*	3:41.60	L	F	Daniella Tolmay	11	AFIN JHB	01/10/2022	2022 AG Swim Stars&OR Tambo
148*	3:41.60	L	P	Francesca Flack	11	CLSC WCD	31/03/2023	SA Level 3 Regional Age Group
150	3:41.62	L	F	Heike Wessels	11	QUIC CPT	03/03/2023	SA Level 2 Regional Age Group Champs
151	3:41.71	L	F	Pippa Roberts	11	UNI EZD	02/12/2022	Mpumalanga Championships 2022
152	3:41.87	L	F	Maleleko Mushikita	11	KFPS WB	04/02/2023	Limpopo School Champs
153	3:42.03	L	P	Efthimia Moustakis	11	SOUL EKU	08/12/2022	EGA Summer Champs 2022
154	3:42.20	L	F	Mieke Van der Merwe	11	NSAD EZD	04/11/2022	MP AGE GROUP 3 GALA 4-5
155	3:42.69	L	F	Khwezi Magobongo	11	CPRIM BUF	21/02/2023	Buffalo City Primary School Trials 2023
156	3:42.80	L	F	Jessica Darling	11	BLMA CPT	07/10/2022	41st Freda Barnard Invitational Gala
157	3:42.85	L	F	Katherine Pappas	11	INFA NMA	09/12/2022	NMBA Championships 2022
158*	3:42.90	L	P	Hayleigh Sutherland	11	AWIN TSH	02/03/2023	SA Level 2 Regional Age Group Champs
158*	3:42.90	L	F	Anri Jonker	11	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala
160	3:42.96	L	F	Megan Bosch	11	DDA TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
161	3:43.27	L	P	Holly Oosthuizen	11	AQUA BUF	03/03/2023	SA Level 2 Regional Age Group Champs
162	3:43.41	L	P	Elizabeth Desilla	11	MDOL EKU	02/03/2023	SA Level 2 Regional Age Group Champs
163	3:43.68	L	P	Ingemari Griffioen	11	LINR JHB	02/03/2023	SA Level 2 Regional Age Group Champs
164	3:43.71	L	F	Liyah Theron	11	ROA EDD	18/02/2023	EDEN 5th A-League Gala 2023
165	3:43.78	L	F	Lyla Barnard	11	RFA TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
166	3:44.06	L	F	Mia Janse van Rensburg	11	MGSC UGD	25/11/2022	WSC & Seals Summer LC Champs 2022
167	3:44.11	L	F	Nikah Solomons	11	PAQU CED	11/02/2023	WCA-B Champs - 2023
168	3:44.45	L	F	Umari Bloem	AR	BLOT MAN	24/09/2022	Bull-Sharks Gala
169	3:44.52	L	F	Esona Sekeleni	11	AQUA BUF	03/03/2023	SA Level 2 Regional Age Group Champs
170	3:45.02	L	F	Liv van den Heever	11	AZON ETH	05/11/2022	KZN Junior Championships 2022
171	3:45.10	L	P	Maike Wheeler	11	BON EKU	02/03/2023	SA Level 2 Regional Age Group Champs
172	3:45.22	L	F	Chiniq Breet	11	CSA EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
173	3:45.91	L	P	Suraiya Harris	11	AAS JHB	01/12/2022	CGA LC Summer Championships Level
174	3:47.40	L	P	Emmalynn Strydom	11	TUKS TSH	02/03/2023	SA Level 2 Regional Age Group Champs
175	3:47.53	L	F	Camryn Weber	11	SPS BUF	21/02/2023	Buffalo City Primary School Trials 2023
176	3:47.55	L	F	Makanaka Makoto	11	NSAD EZD	04/11/2022	MP AGE GROUP 3 GALA 4-5

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr					
177	3:47.67	L	P	Leatile Mothibinyane	11	ESP	EKU	08/12/2022	EGA Summer Champs 2022
178	3:47.72	L	F	Gianna De Andrade	11	MDOL	EKU	21/10/2022	EGA Summer 2 2022
179	3:48.08	L	F	Annabelle Marsh	11	TINC	FSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
180	3:48.10	L	F	Katelyn Kretzmann	11	INFA	NMA	07/10/2022	41st Freda Barnard Invitational Gala
181	3:48.25	L	F	Beniece Mouton	11	SWAR	WCD	11/02/2023	WCA-B Champs - 2023
182	3:48.46	L	P	Ofentse Mothopeng	11	ESP	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
183	3:48.54	L	F	Taygen Roden	11	BEAV	ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
184	3:49.08	L	F	Charlotte Guy	11	GSA	CPT	11/02/2023	WCA-B Champs - 2023
185	3:49.09	L	P	Ava Koortzen	11	LINR	JHB	02/03/2023	SA Level 2 Regional Age Group Champs
186	3:49.44	L	F	Jessica Head	11	SEAL	UMD	17/03/2023	SA Level 2 Regional Age Group Champs
187	3:49.71	L	P	Isabella Cownie	11	TUKS	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
188	3:50.09	L	F	Margelie Hansen	11	PLAY	CED	28/01/2023	Winelands SL Final
189	3:50.25	L	F	Harper Halford	11	MANT	CPT	18/02/2023	Swartland Invitational Gala 2023
190	3:50.37	L	P	Olwethu Gqoloma	11	RBOT	BPD	07/12/2022	NWS Championships 2022/2023
191	3:50.63	L	F	Leonie Wink	11	VINE	CPT	24/09/2022	CTA Qualifying Meet #5
192	3:50.66	L	P	Milan Young	11	RBUR	BPD	07/12/2022	NWS Championships 2022/2023
193	3:50.87	L	F	Stella Abrahams	11	PLAY	CED	28/01/2023	Winelands SL Final
194	3:51.61	L	F	Sarah-Rose Pohlmann	11	BEST	NMA	13/08/2022	Madibaz Swim Meet
195	3:52.79	L	F	Paula Theron	11	CUDU	CPT	12/11/2022	CTA B CHAMPS
196	3:52.92	L	F	Isabelle Boyd	11	MSC	NGD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
197	3:53.09	L	F	Nangamso Bodlani	11	FRA	KCD	28/01/2023	Ushaka Champs 2023
198	3:53.75	L	F	Mienke Rutherford	11	LSM	NGD	10/02/2023	NW School Championships 2023
199	3:54.03	L	F	Jasmine Acker-Cooper	11	SGUL	ETH	05/11/2022	KZN Junior Championships 2022
200	3:55.00	L	P	Emihle James	11	RBOT	BPD	07/12/2022	NWS Championships 2022/2023
201	3:55.69	L	F	Jany Norval	11	SS	MPD	02/12/2022	Limpopo Champs
202	3:56.11	L	P	Lana Van Schalkwyk	11	TUKS	FSH	02/03/2023	SA Level 2 Regional Age Group Champs
203	3:56.36	L	P	Tlotliso Rakubutu	11	HREF	BPD	02/03/2023	SA Level 2 Regional Age Group Champs
204	3:56.60	L	F	Carlin Havemann	11	QSAW	CED	28/01/2023	Winelands SL Final
205	3:56.98	L	F	Rachel Wiseman	11	FRA	KCD	10/12/2022	KCDA December Age Goup Gala 2022
206	3:57.00	L	F	Liané Van Heerden	11	SS	MPD	02/12/2022	Limpopo Champs
207	3:57.34	L	F	Alize Spangenberg	11	EXP	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
208	3:57.93	L	F	Sunechka Roodt	11	MATL	KKD	21/01/2023	NWS Sprint Gala 2023
209	3:58.07	L	F	Jane Botha	11	VALS	FDD	06/12/2022	Free State Champs 2022
210	3:58.25	L	F	Carmi Roux	11	CSA	EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
211	3:58.51	L	F	Ezra Swartz	11	BULS	MAN	06/12/2022	Free State Champs 2022
212	3:59.08	L	F	Annabelle Roos	11	SPS	BUF	21/02/2023	Buffalo City Primary School Trials 2023
213	3:59.31	L	P	Riley Janse van Rensburg	11	AQUA	BUF	03/03/2023	SA Level 2 Regional Age Group Champs
214	3:59.61	L	F	Juané Labuschagne	11	SS	MPD	12/11/2022	Limpopo Age Group 5
215	4:00.30	L	F	Danielle Bond	11	ROA	EDD	05/11/2022	EDEN 3rd A-League Gala 2022
216	4:00.87	L	F	Louisa Anderson	11	WELL	CED	13/11/2022	Winelands Summer League 4
217	4:01.42	L	F	Juliette Wallis	11	GREY	CPT	12/11/2022	CTA B CHAMPS
218	4:01.50	L	P	Cornelea Breedt	11	ESP	EKU	02/03/2023	SA Level 2 Regional Age Group Champs
219	4:02.22	L	F	Elri De Waal	11	STGR		19/11/2022	AGE GROUP 3 KBY 2022
220	4:02.25	L	F	Ontshiametse Makatiers	11	RBOT	BPD	21/01/2023	NWS Sprint Gala 2023
221	4:02.30	L	F	Franciska Van der Merwe	11	WRP	EZD	30/09/2022	MP AGE GROUP 1
222	4:02.40	L	F	Bonolo Nthwane	11	MATL	KKD	07/12/2022	NWS Championships 2022/2023
223	4:02.70	L	F	Olivia Elan-Puttick	11	QSAW	CED	28/01/2023	Winelands SL Final
224	4:02.73	L	F	Ciara Kroef	11	FAC	EKU	01/10/2022	2022 AG Swim Stars&OR Tambo
225	4:03.03	L	F	Amani Mottiar	11	ATLA	JHB	18/03/2023	Level 1 Intra-Provincial 2023
226	4:03.06	L	F	Caitlin Wagner	11	CUR	EZD	30/09/2022	MP AGE GROUP 1
227	4:03.13	L	F	Jeanté Bothma	11	CSA	EZD	02/12/2022	Mpumalanga Championships 2022
228	4:03.16	L	F	Jodi Marais	11	BLMA	CPT	28/01/2023	Winelands SL Final
229	4:03.40	L	F	Eumari Van den Heever	11	RFA	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
230	4:03.63	L	F	Ane Du Plessis	11	KSC	EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
231	4:04.88	L	F	Jiya Benjamin	11	PAQU	CED	28/01/2023	Winelands SL Final
232	4:05.54	L	F	Courtney Logie	11	KLOO	ETH	25/11/2022	WSC & Seals Summer LC Champs 2022
233	4:06.20	L	F	Rachele Goosen	11	UNI	EZD	10/02/2023	MP SA SCHOOLS TRIALS AG 5 10-11
234	4:06.75	L	F	Milan Kruger	11	QSAW	CED	13/11/2022	Winelands Summer League 4
235	4:07.96	L	F	Jessica Dreyer	11	GREY	CPT	13/11/2022	Winelands Summer League 4

## Individual Top Times

**Times since: 01-May-22**      **Times until: 30-Apr-23**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr					
236	4:08.23	L	F	Angelina Fernandes	11	WSS	LLD	24/09/2022	Bull-Sharks Gala
237	4:09.26	L	F	Lethabo Mogadi	11	ACAO	CCD	22/10/2022	Limpopo Age Group 4
238	4:09.35	L	F	Esté Gersbach	11	BARR	CPT	12/11/2022	CTA B CHAMPS
239	4:09.87	L S	F	Caitlin Douglas	11	ROA	EDD	25/06/2022	PEA Winter Gala 2022
240	4:10.12	L	F	Marietta Ferreira	11	EXP	FSH	01/10/2022	2022 AG Swim Stars&OR Tambo
241	4:10.32	L	P	Riley Thompson	11	HARL	BUF	03/03/2023	SA Level 2 Regional Age Group Champs
242	4:10.86	L	F	Thandolwethu Dlamini	11	MSC	NGD	11/03/2023	SSA LEVEL 1 REGIONAL CHAMPS
243	4:11.17	L	F	Natalie De Beer	11	CPSC	FSH	17/02/2023	NTS February Lev 1+2 Age Group Gala
244	4:11.33	L	F	Alexia Montgomery	11	AQUA	UTD	07/01/2023	Uthukela District January 2023 Age
245	4:11.37	L	F	Mia Lourens	11	CUDU	CPT	12/11/2022	CTA B CHAMPS
246	4:11.46	L	F	Olivia Talbot	11	KNYA	EDD	18/02/2023	EDEN 5th A-League Gala 2023
247	4:11.82	L	P	Alyssa van Niekerk	11	FAC	EKU	08/12/2022	EGA Summer Champs 2022
248	4:12.28	L	F	Amanda Honneysett	11	AQDO	CPT	07/10/2022	41st Freda Barnard Invitational Gala
249	4:12.56	L	F	Rua De Wit	11	QUIC	CPT	12/11/2022	CTA B CHAMPS
250	4:14.80	L	F	Mieke Van der Walt	11	LSM	NGD	10/02/2023	NW School Championships 2023
251	4:15.04	L	F	Jane Du Preez	11	NAE	EZD	02/12/2022	Mpumalanga Championships 2022
252	4:15.17	L	F	Chanlè Jacobs	11	STGR		19/11/2022	AGE GROUP 3 KBY 2022
253	4:15.49	L	P	Kopano Lempe	11	MAKO	EKU	08/12/2022	EGA Summer Champs 2022
254	4:15.77	L	F	Liane Ferreira	11	PLAY	CED	28/01/2023	Winelands SL Final
255	4:16.25	L	F	Addison Kirk	11	RFA	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
256	4:16.75	L	F	Orefile Ramphele	11	KPS	KKD	10/02/2023	NW School Championships 2023
257	4:17.39	L	F	Annabelle Kruger	11	DESA	NMA	22/10/2022	4th A League Gala
258	4:17.85	L	F	Xysca Bezuidenhout	11	FRA	KCD	19/11/2022	Froggies Aquatics Championships 2022
259	4:21.14	L	F	Elle Joubert	11	QSAW	CED	13/11/2022	Winelands Summer League 4
260	4:21.64	L	F	Kiara Naidoo	11	BON	EKU	21/10/2022	EGA Summer 2 2022
261	4:22.26	L	F	Kate Tager	11	CUHE	OBD	13/11/2022	Winelands Summer League 4
262	4:25.26	L	F	Ami Wiesner	11	CUHE	OBD	13/11/2022	Winelands Summer League 4
263	4:25.35	L	F	Kendall Dennehy	11	AQDO	CPT	07/10/2022	41st Freda Barnard Invitational Gala
264	4:26.91	L	F	Nobubelebesisa Zwane	11	FRA	KCD	04/02/2023	KCDA February Age Group Gala 2023
265	4:27.00	L	F	Lika Els	11	QSAW	CED	11/02/2023	WCA-B Champs - 2023
266	4:27.27	L	F	Lizae Swanepoel	11	STGR		18/02/2023	AGE GROUP 6 KBY- 2023
267	4:28.72	L	F	Zamacirha Malla	11	HARL	BUF	04/02/2023	BCA Feb Age Group Gala 2023
268	4:30.07	L	F	Wilmari Nortman-Gobey	11	GHS	BPD	10/02/2023	NW School Championships 2023
269	4:31.37	L	F	Carissa Pitout	11	BETH	FDD	06/12/2022	Free State Champs 2022
270	4:31.58	L	F	Adiana Van der Merwe	11	STGR		19/11/2022	AGE GROUP 3 KBY 2022
271	4:33.29	L	F	Mia De Esclana	11	VRC	FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
272	4:33.70	L	F	Gia De Wit	11	QUIC	CPT	12/11/2022	CTA B CHAMPS
273	4:34.43	L	F	Kaira Nel	11	WELA	LLD	24/09/2022	Bull-Sharks Gala
274	4:37.51	L	F	Karolien Wilmot	11	BULS	MAN	05/11/2022	Seals Heidedal Gala
275	4:37.82	L	F	Keletso Goeieman	11	KALA		03/02/2023	NCASA SPRINTS - 3 & 4 FEBRUARY
276	4:38.03	L	F	Cassie Van Heerden	11	TYGE	CPT	18/02/2023	Swartland Invitational Gala 2023
277	4:40.53	L	F	Julia Pienaar	11	TLAC	BPD	01/07/2022	Prestige Tournament 2022
278	4:42.85	L	F	Angelique Kyanda-Kaboza	11	DESA	NMA	22/10/2022	4th A League Gala
279	4:46.99	L	F	Saskia von Maltitz	11	BULS	MAN	22/10/2022	Otters Prestige Gala 2022
280	5:12.68	L	F	Zelia Du Toit	11	BLNE	MAN	24/09/2022	Bull-Sharks Gala
281	5:12.85	L	F	Madison Steyn	11	AQUA	UTD	07/01/2023	Uthukela District January 2023 Age
282	5:33.95	L	F	Kabo Raseloma	11	LEBII		10/02/2023	NW School Championships 2023
<b>Women 18 &amp; Under 400 IM</b>									
1	7:17.19	L	F	Alice Esterhuyse	11	KSTAR	EDD	05/11/2022	EDEN 3rd A-League Gala 2022