

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				
Women 11 Free								
1	2:39.28 L	F	Tanika Jones	19	BEAV ETH	12/11/2022	Baynesfield Open Water KZN	
Women 50 Free								
1	24.78 L S	T	Emma Chelius	26	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202	
2	25.31 L	S	Erin Gallagher	24	RSA	29/07/2022	Commonweath Games 2022 Birmingh	
3	25.40 L	P	Olivia Nel	20	RSA	29/07/2022	Commonweath Games 2022 Birmingh	
4	25.41 L	F	Aimee Canny	19	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202	
5	25.48 L	F	Caitlin De Lange	19	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202	
6	25.65 L	F	Inge Weidemann	22	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202	
7	26.06 L	F	Veronique Rossouw	19	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202	
8	26.73 L	F	Kerryn Herbst	20	RSA	20/08/2022	2022 15th CANA AFRICAN SWIMMIN	
9	26.79 L S	F	Michaela De Villiers	20	VINE CPT	25/06/2022	PEA Winter Gala 2022	
10	26.85 L	F	Georgia Nel	20	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202	
11	27.00 L	F	Carissa Van Rooyen	20	MDOL EKU	03/03/2023	2023 Grand Prix 2 Invitational Meet - K	
12	27.29 L	F	Trinity Hearne	19	CYBE CPT	24/02/2023	Western Cape Elite Gala	
13	27.32 L	F	Natasha Cornelius	21	TUKS TSH	09/12/2022	NTS Championships 2022	
14	27.41 L	F	Amica De Jager	23	TUKS TSH	19/08/2022	USSA Swimming	
15	27.48 L S	F	Kelsea Munro	20	KNYA EDD	25/06/2022	PEA Winter Gala 2022	
16*	27.54 L	F	Rebecca Meder	20	SGUL ETH	25/11/2022	WSC & Seals Summer LC Champs 20	
16*	27.54 L	F	Marine Nortje	22	KOVS MAN	16/12/2022	KZNA Premier Provincial Championshi	
18	27.57 L	P	Jana Coetzé	22	TUKS TSH	20/07/2022	Irish Summer National Championships	
19	27.64 L	F	Samantha Straw	21	TUKS TSH	09/12/2022	NTS Championships 2022	
20	27.66 L	F	Michaela Hunt	28	INFA NMA	09/12/2022	NMBA Championships 2022	
21*	27.81 L	P	Helen Taylor	25	AZON ETH	03/03/2023	2023 Grand Prix 2 Invitational Meet - K	
21*	27.81 L	P	Taneal Baptiste	23	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202	
23	27.83 L	F	Bianca Opperman	21	TUKS TSH	19/08/2022	USSA Swimming	
24*	27.96 L	F	Courtney Van Biljon	24	VRC TSH	02/12/2022	2022 The Tshwane Mayoral Gala	
24*	27.96 L S	P	Tilka Paljk	26	MATI CED	09/12/2022	Western Cape LC-A Championship 20	
26	28.04 L	P	Brooklyn Croxon	19	RSA	21/07/2022	Solidarity Games Kazan July	
27	28.09 L	P	Hannah Pearse	20	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202	
28	28.13 L	F	Ashlea Smith	20	RAV EKU	21/10/2022	EGA Summer 2 2022	
29*	28.16 L	P	Natalie Landmann	21	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202	
29*	28.16 L	F	Emily Visagie	25	SEAL UMD	01/07/2022	Prestige Tournament 2022	
31	28.22 L	F	Lize-Marie Davidson	19	KOVS MAN	06/12/2022	Free State Champs 2022	
32	28.26 L	F	Michelle Nieuwstad	29	LALE CED	24/02/2023	Western Cape Elite Gala	
33	28.29 L	F	Chante' Cornelius	21	TUKS TSH	09/12/2022	NTS Championships 2022	
34	28.33 L S	F	Nuria Ribeiro	20	MATI CED	09/12/2022	Western Cape LC-A Championship 20	
35*	28.42 L	F	Tayla Parker	19	SWIFT EKU	31/03/2023	SA Level 3 Regional Age Group Chan	
35*	28.42 L	P	Carla Meikle	20	SEAL UMD	01/07/2022	Prestige Tournament 2022	
35*	28.42 L	F	Maryke Koen	21	NWUC KKD	19/08/2022	USSA Swimming	
38	28.45 L	F	Kristin Bellingan	25	TUKS TSH	02/12/2022	2022 The Tshwane Mayoral Gala	
39	28.47 L	F	Jenna-Laine Fuller	22	TUKS TSH	24/02/2023	NTS February Lev 3+ Age Group Gala	
40	28.57 L	P	Abigail Meder	22	SGUL ETH	01/07/2022	Prestige Tournament 2022	
41*	28.59 L	P	Q-Rize Ferreira	19	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202	
41*	28.59 L	F	Yvette Victor-Van Den Berg	43	CSC TSH	02/12/2022	2022 The Tshwane Mayoral Gala	
43	28.60 L	F	Sandree Carolus	19	RSA	04/12/2022	AUSC-Region 5 Under 20 YTH Games	
44	28.62 L	P	Dominique Barnard	20	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202	
45	28.66 L	F	Constantina Pietersen	21	INFA NMA	10/02/2023	Infinity Gala 2023	
46*	28.69 L	P	Casey Smith	19	TUKS TSH	01/07/2022	Prestige Tournament 2022	
46*	28.69 L	F	Tanya Abrie	27	WATR JHB	25/02/2023	CGA Level 3+ Last Chance gala	
48	28.74 L	F	Carmel Billson	30	PEAS NMA	27/08/2022	2nd A League Gala	
49	28.77 L	P	Sinolithemba Mbatha	20	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202	
50*	28.90 L	P	Kelly Zwart	19	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202	
50*	28.90 L	F	Chloe LE Roux	19	KOVS MAN	24/09/2022	Bull-Sharks Gala	
52	28.91 L	F	Jessica Canter	23	LALE CED	28/01/2023	Winelands SL Final	
53	28.99 L	P	Lizanne Viljoen	24	TUKS TSH	09/12/2022	NTS Championships 2022	
54	29.11 L	F	Tasneen Ebrahim	20	INFA NMA	13/08/2022	Madibaz Swim Meet	
55	29.21 L	F	Coreen Hechter	21	BLSS MAN	06/12/2022	Free State Champs 2022	

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	Time	P/F/S	Name	Age/Yr			
56	29.27	L	F	Tatum Botha	19	SGUL	ETH 06/01/2023 2023 Grand Prix Invitation Swimming I
57	29.31	L	P	Heike Thormahlen	23	AGC	FSH 12/04/2023 SA National Aquatic SNR-Champ 202
58	29.35	L	P	Megan Hesse	28	PAC	FSH 09/12/2022 NTS Championships 2022
59	29.39	L	P	Reese Harradine	19	PAC	FSH 09/12/2022 NTS Championships 2022
60	29.42	L	F	Liliana Ricco	20	MATI	GED 03/09/2022 CTA Qualifying Meet #4
61	29.44	L	P	Manuela Marggraff	19	PAC	FSH 09/12/2022 NTS Championships 2022
62	29.46	L	F	Perry-Ann Cadiz	47	CPTM	CPT 04/02/2023 CTA BRIAN BUTTON Qualifying Meet
63*	29.59	L	F	Jordainne Kazimierczak	20	FLOD	JHB 01/12/2022 CGA LC Summer Championships Lev
63*	29.59	L	P	Nastasiya Vrey	24	TUKS	FSH 09/12/2022 NTS Championships 2022
65	29.60	L	F	Tarryn Stone	IN	BLOT	MAN 22/10/2022 Otters Prestige Gala 2022
66	29.73	L	F	Rachael Humphries	21	NWUC	KKD 26/11/2022 NWS Age Group 3 2022/23
67	29.76	L	F	Jenna Whiting	22	TUKS	FSH 08/10/2022 NTS Sprint Gala
68*	29.88	L	F	Brie Parker	26	WSTV	ETH 28/01/2023 EDA January Gala 2023
68*	29.88	L	F	Idel� du Toit	20	NWUC	KKD 07/12/2022 NWS Championships 2022/2023
70	29.89	L	F	Sasha-Lee Nordengen - Corris	25	SGUL	ETH 02/12/2022 EDA AG Gala December 2022
71	29.93	L S	F	Anica Dennis	20	INFA	NMA 25/06/2022 PEA Winter Gala 2022
72	30.04	L	F	Kayleigh Theron	19	WATR	JHB 09/12/2022 NMBA Championships 2022
73	30.06	L S	P	Sylvia Van Tromp	44	ETTN	EKU 03/10/2022 Sasolburg Swim Club Invitational Gala
74	30.47	L	F	Trisha Pollicutte	20	NWUC	KKD 19/08/2022 USSA Swimming
75	30.53	L	F	Emma Branco-Lizen	19	AQU	ADJ 24/09/2022 Amajuba District Age Group Gala 3
76	30.54	L	F	Marlien Crewe-Brown	19	DESA	NMA 10/02/2023 Infinity Gala 2023
77	30.59	L	P	Hannah Andraos	19	TUKS	FSH 09/12/2022 NTS Championships 2022
78	30.71	L	F	Win� Koekemoer	19	BLUO	UGD 31/03/2023 SA Level 3 Regional Age Group Chan
79	30.74	L	F	Reedah Shaw	22	TUKS	FSH 24/02/2023 NTS February Lev 3+ Age Group Gala
80	30.76	L	F	Marnel Jv Rensburg	19	PSC	FSH 03/02/2023 NTS January Lev 3+ Age Group Gala :
81	30.78	L	P	Megan Tully	21	ACSA	ETH 01/07/2022 Prestige Tournament 2022
82	30.79	L	F	Inge Steyn	19	NWUC	KKD 19/08/2022 USSA Swimming
83	31.15	L	F	Kristen Sullivan	34	PAC	FSH 21/10/2022 NTS October Lev 3 Age Group Gala 2I
84	31.17	L	F	Robyn Young	22	NWUC	KKD 19/08/2022 USSA Swimming
85	31.19	L	F	Lizri Weyers	19	UFS	MAN 19/08/2022 USSA Swimming
86	31.26	L	P	Taylor Pharoah	20	TUKS	FSH 01/07/2022 Prestige Tournament 2022
87	31.31	L	P	Suzanne Harrop-Allin	44	CSC	FSH 01/07/2022 Prestige Tournament 2022
88	31.38	L	F	Michele Esterhuizen	50	CSA	EZD 02/12/2022 Mpumalanga Championships 2022
89	31.45	L	F	Courtney Repinz	20	PEAS	NMA 16/07/2022 1st A League Gala 2022 NMA
90	31.51	L	F	Marjone De Beer	19	PHS	CCD 08/09/2022 Limpopo Interhoer (Capricorn Distrik)
91	31.58	L	P	Daniella Dal Medico	19	TUKS	FSH 01/07/2022 Prestige Tournament 2022
92	31.62	L	F	Judi Smith	20	QUIC	CPT 21/01/2023 CTA Qualifying Meet #7
93	31.63	L	F	Erin Harty	21	NMU	NMA 19/08/2022 USSA Swimming
94	31.70	L	P	Cornelle Leach	24	AGA	EKU 12/04/2023 SA National Aquatic SNR-Champ 202
95	31.76	L	F	Tanya Joubert	19	SEAL	UMD 25/11/2022 WSC & Seals Summer LC Champs 20
96	31.86	L S	P	Hannah Paulse	19	VINE	CPT 09/12/2022 Western Cape LC-A Championship 20
97	32.15	L	F	Esmari Theart	27	KALA	28/10/2022 KALAHARI CLASSIC CLUB GALA
98	32.17	L	P	Katelyn Marais	20	AGC	FSH 12/04/2023 SA National Aquatic SNR-Champ 202
99	32.21	L	F	Paula Van Zyl	20	KZNA	ETH 12/04/2023 SA National Aquatic SNR-Champ 202
100	32.33	L	F	Annorina Groenewald	42	KTS	07/12/2022 NCASA CHAMPS 2022
101	32.40	L	P	Cameron Vd Merwe	20	AWSC	JHB 01/12/2022 CGA LC Summer Championships Lev
102	32.41	L	F	Katelyn Marais	20	GAU	19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
103	32.52	L	F	Pierrette Labuschagne	51	CSA	EZD 02/12/2022 Mpumalanga Championships 2022
104	32.64	L S	P	Johane Fourie	22	BLSS	MAN 03/10/2022 Sasolburg Swim Club Invitational Gala
105	32.76	L	F	Katherine Bihl	53	CPTM	CPT 04/02/2023 CTA BRIAN BUTTON Qualifying Meet
106	32.78	L	F	Paula Van Zyl	20	KZN	19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
107	32.92	L	F	Anke Weyers	22	UFS	MAN 19/08/2022 USSA Swimming
108	33.21	L	F	Wendy Cook	52	COEL	FSH 28/01/2023 Ushaka Champs 2023
109	33.29	L	F	Tyra Roozendaal	20	INFA	NMA 10/02/2023 Infinity Gala 2023
110	33.34	L	F	Kate-Lynne Kuhn	31	KSC	EZD 02/12/2022 Mpumalanga Championships 2022
111	33.73	L	F	Ingrd Trusler	64	COEL	FSH 02/12/2022 2022 The Tshwane Mayoral Gala
112	33.79	L	F	Lara Venter	21	UFS	MAN 19/08/2022 USSA Swimming
113	33.84	L	F	Sabine Verryn	61	COEL	FSH 02/12/2022 2022 The Tshwane Mayoral Gala
114	33.86	L	F	Charmae Hauptfleisch	19	RFA	FSH 24/02/2023 NTS February Lev 3+ Age Group Gala

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	Time	P/F/S	Name	Age/Yr			
115	33.87	L	F	Marcelle Strauss	58	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
116	33.92	L	F	Camryn Beaton	21	NWUC KKD	19/08/2022 USSA Swimming
117	34.11	L	F	Simoné Möhr-de Bod	36	COEL TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
118	34.49	L	F	Lauren Roberts	47	UNI EZD	02/12/2022 Mpumalanga Championships 2022
119	34.54	L	F	Nicole Mogajane	20	TUKS TSH	02/12/2022 2022 The Tshwane Mayoral Gala
120	34.68	L S	P	Morgan Vermeulen	19	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
121	34.71	L	F	Kirsten Henry	21	NWUC KKD	19/08/2022 USSA Swimming
122	35.02	L	F	Alida Stronkhorst	25	KSC EZD	02/12/2022 Mpumalanga Championships 2022
123	35.56	L	F	Gwynedd Peters	43	COEL TSH	02/12/2022 2022 The Tshwane Mayoral Gala
124	35.80	L	F	Zarlia Engelbrecht	19	KSC EZD	02/12/2022 Mpumalanga Championships 2022
125	35.85	L	P	Perle Du Plessis	43	BLSS MAN	06/12/2022 Free State Champs 2022
126	36.68	L	P	Mia Vd Merwe	24	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
127*	37.33	L	F	Nadja Shaw	26	WALTS EZD	02/12/2022 Mpumalanga Championships 2022
127*	37.33	L	F	Nicole De Montille	46	PGAC EKU	10/09/2022 Adrian Grafe Gala 2022
129	37.41	L	F	Helena Erasmus	42	SANDH	19/11/2022 AGE GROUP 3 KBY 2022
130	37.55	L	F	Samantha Howard	47	UNI EZD	02/12/2022 Mpumalanga Championships 2022
131	37.66	L	F	Brigitte Radley	45	NSAD EZD	02/12/2022 Mpumalanga Championships 2022
132	37.93	L	F	Celeste Ruck	58	COEL TSH	02/12/2022 2022 The Tshwane Mayoral Gala
133*	38.32	L	F	Janine Welgemoed	61	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
133*	38.32	L	F	Anneleen Cronje	27	KSC EZD	02/12/2022 Mpumalanga Championships 2022
135	38.36	L	F	Simone Scholtz	25	SANDH	19/11/2022 AGE GROUP 3 KBY 2022
136	38.83	L	F	Christina Van Rooyen	47	PGAC EKU	21/10/2022 EGA Summer 2 2022
137	39.13	L	P	Sonja Coetzee	35	VALS FDD	06/12/2022 Free State Champs 2022
138	39.62	L	F	Caterina Pietrobon	55	FEMS EDD	18/02/2023 EDEN 5th A-League Gala 2023
139	39.76	L	F	Ronel Van Staden	42	KSC EZD	02/12/2022 Mpumalanga Championships 2022
140	40.17	L	F	Melinda Winfield	62	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
141	40.42	L	F	Nadia Small	37	KSC EZD	02/12/2022 Mpumalanga Championships 2022
142	40.71	L	F	Emma Kruger	22	UFS MAN	19/08/2022 USSA Swimming
143	41.01	L	F	Mary-Ann Steyn	39	KSC EZD	02/12/2022 Mpumalanga Championships 2022
144	41.35	L	F	Cornelia Fowler	42	KLOO ETH	16/12/2022 KZNA Premier Provincial Championships
145	41.44	L	F	Ancois Oppen	42	COEL TSH	02/12/2022 2022 The Tshwane Mayoral Gala
146	42.20	L	F	Melisa O'Neill	31	ASAC CPT	04/11/2022 CTA A CHAMPS 2022
147	42.23	L	F	Malenke Basson	32	KSC EZD	02/12/2022 Mpumalanga Championships 2022
148	42.32	L	F	Therese Sharkey	68	WINE CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
149	42.97	L	P	Kat Swanepoel	35	AGA EKU	12/04/2023 SA National Aquatic SNR-Champ 202
150	44.21	L	F	Janine Steyn	37	KSC EZD	02/12/2022 Mpumalanga Championships 2022
151	44.69	L S	F	Nikita Douglass	24	MDOL EKU	09/12/2022 NTS Championships 2022
152	44.75	L	F	Nikita Douglas	24	GAU	19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
153	45.29	L	F	Ankia Van Der Merwe	47	KSC EZD	02/12/2022 Mpumalanga Championships 2022
154	46.41	L	F	Jeanne Louw	40	KALA	14/01/2023 GROUP 5 - KTHU 2023
155	47.16	L	F	Natasha Wallis	31	AHS EZD	02/12/2022 Mpumalanga Championships 2022
156	48.48	L	F	Helena Farrelly	60	FEMS EDD	18/02/2023 EDEN 5th A-League Gala 2023
157	49.53	L	F	Mpho Kobyan	19	ATTE TSH	17/02/2023 NTS February Lev 1+2 Age Group Gal
158	52.12	L	F	Maryna De Lange	63	KSC EZD	02/12/2022 Mpumalanga Championships 2022
159	52.64	L	F	Criin Combrinck	34	SANDH	19/11/2022 AGE GROUP 3 KBY 2022
160	53.27	L	F	Rentia Oosthuizen	31	DESA NMA	22/10/2022 4th A League Gala
161	55.68	L	F	Helen Van Vuuren	43	NCASA	28/01/2023 4 + 1 Inter Provincial Gala 2023
162	59.39	L	P	Marne Kock	25	RBUR BPD	07/12/2022 NWS Championships 2022/2023
163	1:01.77	L	F	Daelene Goodison	50	UNI EZD	02/12/2022 Mpumalanga Championships 2022
164	1:03.00	L	F	Judith Dixon	81	FEMS EDD	18/02/2023 EDEN 5th A-League Gala 2023
Women 100 Free							
1	54.65	L	F	Aimee Canny	19	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
2	54.88	L	F	Rebecca Meder	20	KZNA ETH	12/04/2023 SA National Aquatic SNR-Champ 202
3	55.09	L	F	Erin Gallagher	24	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
4	55.39	L	P	Emma Chelius	26	RSA	18/06/2022 19th FINA World Championship-Bubař
5	56.07	L	P	Caitlin De Lange	19	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
6	56.75	L	F	Inge Weidemann	22	TUKS TSH	20/07/2022 Irish Summer National Championships
7	57.03	L	P	Veronique Rossouw	19	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
8	57.29	L	P	Georgia Nel	20	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202

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	Time	P/F/S	Name	Age/Yr					
9	57.35	L	P	Trinity Hearne	19	WCA	CPT	12/04/2023	SA National Aquatic SNR-Champ 202
10	57.62	L	F	Dune Coetzee	20	TUKS	FSH	30/06/2022	2022 Bulldog Summer Invite
11	57.85	L	F	Kerryn Herbst	20	TUKS	FSH	01/07/2022	Prestige Tournament 2022
12	58.38	L	P	Carissa Van Rooyen	20	AGA	EKU	12/04/2023	SA National Aquatic SNR-Champ 202
13	58.71	L	F	Michaela De Villiers	20	VINE	CPT	25/06/2022	PEA Winter Gala 2022
14	59.02	L	P	Tatjana Schoenmaker	25	TUKS	FSH	16/12/2022	KZNA Premier Provincial Championsh
15	59.07	L	P	Kate Meyer	20	TUKS	FSH	01/12/2022	Rotterdam Qualification Meet 2022
16	59.30	L	F	Natasha Cornelius	21	TUKS	FSH	19/08/2022	USSA Swimming
17	59.36	L	F	Bianca Opperman	21	TUKS	FSH	19/08/2022	USSA Swimming
18	59.58	L	P	Marine Nortje	22	KOVS	MAN	16/12/2022	KZNA Premier Provincial Championsh
19	59.61	L	F	Amica De Jager	23	TUKS	FSH	19/08/2022	USSA Swimming
20	59.64	L	F	Lize-Marie Davidson	19	KOVS	MAN	16/12/2022	KZNA Premier Provincial Championsh
21	59.81	L	F	Samantha Straw	21	TUKS	FSH	09/12/2022	NTS Championships 2022
22	59.89	L	P	Taneal Baptiste	23	TUKS	FSH	09/12/2022	NTS Championships 2022
23	59.94	L	P	Janie Coetzer	21	TUKS	FSH	20/07/2022	Irish Summer National Championships
24	1:00.00	L	F	Helen Taylor	25	AZON	ETH	16/12/2022	KZNA Premier Provincial Championsh
25	1:00.05	L	F	Kiara Noades	22	TUKS	FSH	19/08/2022	USSA Swimming
26	1:00.72	L	P	Jana Coetzé	22	TUKS	FSH	20/07/2022	Irish Summer National Championships
27	1:00.80	L	P	Brooklyn Croxon	19	RSA		21/07/2022	Solidarity Games Kazan July
28	1:00.86	L	F	Abigail Meder	22	SGUL	ETH	01/07/2022	Prestige Tournament 2022
29	1:00.93	L	P	Kaylene Corbett	23	TUKS	FSH	16/12/2022	KZNA Premier Provincial Championsh
30	1:01.14	L	F	Holly Cleworth	19	SAAW	CPT	25/06/2022	PEA Winter Gala 2022
31	1:01.31	L	P	Kelsea Munro	20	KNYA	EDD	25/06/2022	PEA Winter Gala 2022
32	1:01.60	L	F	Chante' Cornelius	21	TUKS	FSH	09/12/2022	NTS Championships 2022
33	1:01.66	L	F	Victoria Earle	21	TUKS	FSH	19/08/2022	USSA Swimming
34	1:01.91	L	P	Chloe LE Roux	19	WCA	CPT	12/04/2023	SA National Aquatic SNR-Champ 202
35	1:02.00	L	F	Sandralee Carolus	19	RSA		04/12/2022	AUSC-Region 5 Under 20 YTH Games
36	1:02.14	L	P	Hannah Murray	19	WCA	CPT	12/04/2023	SA National Aquatic SNR-Champ 202
37	1:02.17	L	F	Courtney Pretorius	21	TUKS	FSH	19/08/2022	USSA Swimming
38	1:02.31	L	F	Tanya Abrie	27	WATR	JHB	25/02/2023	CGA Level 3+ Last Chance gala
39	1:02.34	L	F	Jenna-Laine Fuller	22	TUKS	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
40	1:02.36	L	F	Carmel Billson	30	PEAS	NMA	17/09/2022	3rd A League Gala-Newton Park Pool
41	1:02.51	L	F	Jessica Canter	23	LALE	CED	28/01/2023	Winelands SL Final
42	1:02.55	L	P	Kelly Zwart	19	KZNA	ETH	12/04/2023	SA National Aquatic SNR-Champ 202
43	1:02.60	L	F	Yvette Victor-Van Den Berg	43	CSC	FSH	01/07/2022	Prestige Tournament 2022
44	1:02.64	L	P	Reese Harradine	19	AGC	FSH	12/04/2023	SA National Aquatic SNR-Champ 202
45	1:02.71	L	P	Ashlea Smith	20	RAV	EKU	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
46	1:02.78	L	F	Sasha-Lee Nordengen - Corris	25	SGUL	ETH	02/12/2022	EDA AG Gala December 2022
47*	1:02.83	L	F	Tayla Parker	19	SWIFT	EKU	31/03/2023	SA Level 3 Regional Age Group Chan
47*	1:02.83	L	F	Coreen Hechter	21	BLSS	MAN	06/12/2022	Free State Champs 2022
49	1:02.95	L	F	Nuria Ribeiro	20	MATI	CED	09/12/2022	Western Cape LC-A Championship 20
50	1:03.10	L	P	Nastasiya Vrey	24	TUKS	FSH	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
51	1:03.11	L	F	Tatum Botha	19	RSA		28/01/2023	CANA GRAND PRIX JAN 2023 MBO
52	1:03.14	L	F	Stephanie Houtman	20	TUKS	FSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
53	1:03.23	L	P	Dominique Barnard	20	PSC	FSH	09/12/2022	NTS Championships 2022
54	1:03.30	L	P	Natalie Landmann	21	PAC	FSH	09/12/2022	NTS Championships 2022
55*	1:03.37	L	F	Michelle Nieuwstad	29	LALE	CED	28/01/2023	Winelands SL Final
55*	1:03.37	L	F	Jordainne Kazimierzczak	20	FLOD	JHB	01/12/2022	CGA LC Summer Championships Lev
57	1:03.48	L	F	Casey Smith	19	TUKS	FSH	01/07/2022	Prestige Tournament 2022
58	1:03.49	L	F	Tasneen Ebrahim	20	INFA	NMA	25/06/2022	PEA Winter Gala 2022
59*	1:03.50	L	F	Tilka Paljk	26	NWUC	KKD	19/08/2022	USSA Swimming
59*	1:03.50	L	F	Maryke Koen	21	NWUC	KKD	19/08/2022	USSA Swimming
61*	1:03.78	L	F	Michaela Hunt	28	INFA	NMA	09/12/2022	NMBA Championships 2022
61*	1:03.78	L	F	Heike Thormahlen	23	TUKS	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
63	1:03.83	L	P	Sinelithemba Mbatha	20	AGC	FSH	12/04/2023	SA National Aquatic SNR-Champ 202
64	1:03.91	L S	F	Christine Mbite	19	ACAA	CCD	03/10/2022	Sasolburg Swim Club Invitational Gala
65	1:04.00	L	P	Sune Van Jaarsveld	21	TUKS	FSH	20/07/2022	Irish Summer National Championships
66	1:04.17	L	F	Rachael Humphries	21	NWUC	KKD	07/12/2022	NWS Championships 2022/2023
67	1:04.27	L	P	Manuela Marggraff	19	AGC	FSH	12/04/2023	SA National Aquatic SNR-Champ 202

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				
68	1:04.31	L	F	Megan Shepherd	19	ELEC	TSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
69	1:04.53	L	P	Hannah Andraos	19	AGC	TSH	12/04/2023 SA National Aquatic SNR-Champ 202
70	1:04.69	L	F	Anica Dennis	20	INFA	NMA	16/07/2022 1st A League Gala 2022 NMA
71	1:04.85	L	F	Idel� du Toit	20	NWUC	KKD	07/12/2022 NWS Championships 2022/2023
72	1:05.23	L	P	Abigail Swanepoel	19	ECA	BUF	12/04/2023 SA National Aquatic SNR-Champ 202
73	1:05.38	L	F	Liliana Ricco	20	MATI	GED	03/09/2022 CTA Qualifying Meet #4
74	1:05.46	L	F	Hannah Counihan	20	NWUC	KKD	19/08/2022 USSA Swimming
75	1:05.52	L	P	Kayleigh Theron	19	WATR	JHB	31/03/2023 SA Level 3 Regional Age Group Chan
76	1:05.78	L	F	Netanya Roberts	21	NWUC	KKD	19/08/2022 USSA Swimming
77	1:05.91	L	F	Win� Koekemoer	19	BLUO	UGD	31/03/2023 SA Level 3 Regional Age Group Chan
78	1:06.06	L	F	Marlien Crewe-Brown	19	DESA	NMA	09/12/2022 NMBA Championships 2022
79	1:06.75	L	P	Jessica Booth	20	MATI	GED	25/06/2022 PEA Winter Gala 2022
80	1:06.90	L	F	Nelzaan Strydom	19	BLUO	UGD	31/03/2023 SA Level 3 Regional Age Group Chan
81	1:07.09	L	F	Inge Steyn	19	NWUC	KKD	19/08/2022 USSA Swimming
82	1:07.22	L	F	Marnel Jv Rensburg	19	PSC	TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
83	1:07.57	L	F	Alani Ferreira	24	KZNA	ETH	12/04/2023 SA National Aquatic SNR-Champ 202
84	1:08.56	L	F	Lizri Weyers	19	UFS	MAN	19/08/2022 USSA Swimming
85	1:08.63	L	F	Paula Van Zyl	20	KZNA	ETH	12/04/2023 SA National Aquatic SNR-Champ 202
86	1:08.75	L	P	Hannah Pause	19	VINE	CPT	09/12/2022 Western Cape LC-A Championship 20
87	1:09.01	L	F	Talitha Vd Walt	22	BARR	CPT	21/01/2023 CTA Qualifying Meet #7
88	1:09.44	L	F	Michele Esterhuizen	50	CSA	EZD	02/12/2022 Mpumalanga Championships 2022
89	1:09.67	L	F	Robyn Young	22	NWUC	KKD	19/08/2022 USSA Swimming
90	1:09.83	L	F	Tanya Joubert	19	SEAL	UMD	01/07/2022 Prestige Tournament 2022
91	1:09.87	L	F	Daniella Dal Medico	19	TUKS	TSH	01/07/2022 Prestige Tournament 2022
92	1:10.24	L	F	Emma Branco-Lizen	19	AQU	ADJ	24/09/2022 Amajuba District Age Group Gala 3
93	1:10.42	L	F	Erin Hartly	21	NMU	NMA	19/08/2022 USSA Swimming
94	1:10.43	L	F	Esmari Theart	27	KALA		28/10/2022 KALAHARI CLASSIC CLUB GALA
95	1:10.56	L	F	Judi Smith	20	QUIC	CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
96	1:10.64	L	P	Tanika Jones	19	BEAV	ETH	16/12/2022 KZNA Premier Provincial Championsh
97	1:10.73	L	F	Trisha Pollicutte	20	NWUC	KKD	19/08/2022 USSA Swimming
98	1:10.99	L	F	Courtney Repinz	20	PEAS	NMA	16/07/2022 1st A League Gala 2022 NMA
99	1:11.26	L	F	Katelyn Marais	20	AGC	TSH	12/04/2023 SA National Aquatic SNR-Champ 202
100	1:11.42	L	F	Tyra Roozendaal	20	INFA	NMA	13/08/2022 Madibaz Swim Meet
101	1:11.80	L	F	Katelyn Marais	20	GAU		19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
102	1:11.86	L	F	Paula Van Zyl	20	KZN		19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
103	1:12.07	L	F	Cornelle Leach	24	AGA	EKU	12/04/2023 SA National Aquatic SNR-Champ 202
104	1:12.40	L	P	Cameron Vd Merwe	20	AWSC	JHB	01/12/2022 CGA LC Summer Championships Lev
105	1:12.54	L	F	Annorina Groenewald	42	KTS		07/12/2022 NCASA CHAMPS 2022
106	1:12.57	L	F	Morgan Vermeulen	19	SWIFT	EKU	11/06/2022 EGA Winter 1 2022
107	1:13.17	L	F	Marcelle Strauss	58	CPTM	CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
108	1:13.23	L	F	Anke Weyers	22	UFS	MAN	19/08/2022 USSA Swimming
109	1:14.63	L	F	Johane Fourie	22	BLSS	MAN	27/08/2022 Koviesie Gala
110	1:14.74	L	F	Lara Venter	21	UFS	MAN	19/08/2022 USSA Swimming
111	1:15.13	L	F	Camryn Beaton	21	NWUC	KKD	19/08/2022 USSA Swimming
112	1:16.21	L	F	Nicole Mogajane	20	TUKS	TSH	02/12/2022 2022 The Tshwane Mayoral Gala
113	1:16.58	L	F	Ian� Lavarack	21	FAAC	FBD	19/11/2022 AGE GROUP 3 KBY 2022
114	1:17.60	L	F	Lauren Roberts	47	UNI	EZD	02/12/2022 Mpumalanga Championships 2022
115	1:18.05	L	F	Kate-Lynne Kuhn	31	KSC	EZD	02/12/2022 Mpumalanga Championships 2022
116	1:19.46	L	P	Perle Du Plessis	43	BLSS	MAN	06/12/2022 Free State Champs 2022
117	1:19.90	L	F	Simon� M�hr-de Bod	36	COEL	TSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
118	1:21.15	L	F	Kirsten Henry	21	NWUC	KKD	19/08/2022 USSA Swimming
119	1:22.13	L	F	Zarlia Engelbrecht	19	KSC	EZD	02/12/2022 Mpumalanga Championships 2022
120	1:22.32	L	F	Alida Stronkhorst	25	KSC	EZD	02/12/2022 Mpumalanga Championships 2022
121	1:25.30	L	F	Helena Erasmus	42	SANDH		07/12/2022 NCASA CHAMPS 2022
122	1:25.90	L	P	Genevieve-Michel Janse van Vuuren	23	NSAD	EZD	02/12/2022 Mpumalanga Championships 2022
123	1:26.31	L	F	Simone Scholtz	25	SANDH		19/11/2022 AGE GROUP 3 KBY 2022
124	1:28.11	L	F	Janine Welgemoed	61	CPTM	CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
125	1:29.21	L	P	Cornelia Fowler	42	KLOO	ETH	31/03/2023 SA Level 3 Regional Age Group Chan
126	1:29.63	L	F	Anneleen Cronje	27	KSC	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					
127	1:30.45	L	P	Mia Vd Merwe	24	WCA	CPT	12/04/2023	SA National Aquatic SNR-Champ 202
128	1:31.12	L	F	Beverly Mallows	52	CPTM	CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
129	1:32.15	L	F	Natalie Davenport	37	DESA	NMA	13/01/2023	Eastern Cape Aquatics LC Champs 20
130	1:32.56	L	F	Therese Sharkey	68	WINE	CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
131	1:34.38	L	F	Melisa O'Neill	31	ASAC	CPT	04/11/2022	CTA A CHAMPS 2022
132	1:35.85	L	P	Kat Swanepoel	35	DRGN	JHB	08/12/2022	EGA Summer Champs 2022
133	1:36.40	L	F	Melinda Winfield	62	CPTM	CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
134	1:39.85	L	F	Nikita Douglas	24	GAU		19/03/2023	2023 TOYOTA SASAPD CHAMPIONS
135	1:41.69	L	P	Nikita Douglass	24	AGA	EKU	12/04/2023	SA National Aquatic SNR-Champ 202
136	1:47.78	L	F	Nadia Small	37	KSC	EZD	02/12/2022	Mpumalanga Championships 2022
137	1:52.58	L	F	Natasha Wallis	31	AHS	EZD	02/12/2022	Mpumalanga Championships 2022
138	1:55.15	L	F	Rentia Oosthuizen	31	DESA	NMA	22/10/2022	4th A League Gala
139	2:00.92	L	F	Jeanne Louw	40	KALA		14/01/2023	GROUP 5 - KTHU 2023
140	2:05.29	L	F	Helen Van Vuuren	43	NWUC	KKD	07/12/2022	NWS Championships 2022/2023
141	2:08.91	L	F	Mpho Kobyanne	19	ATTE	FSH	02/10/2022	2022 AG Swim Stars 14&Over
142	2:10.89	L	P	Marne Kock	25	RBUR	BPD	07/12/2022	NWS Championships 2022/2023
Women 200 Free									
1	1:57.82	L	F	Aimee Canny	19	WCA	CPT	12/04/2023	SA National Aquatic SNR-Champ 202
2	1:59.05	L	F	Dune Coetzee	20	AGC	FSH	12/04/2023	SA National Aquatic SNR-Champ 202
3	1:59.50	L	F	Erin Gallagher	24	AGC	FSH	12/04/2023	SA National Aquatic SNR-Champ 202
4	1:59.66	L	F	Rebecca Meder	20	KZNA	ETH	12/04/2023	SA National Aquatic SNR-Champ 202
5	2:01.21	L	P	Michaela Pulford	19	RSA		29/07/2022	Commonweath Games 2022 Birmingh
6	2:02.87	L	F	Trinity Hearne	19	WCA	CPT	12/04/2023	SA National Aquatic SNR-Champ 202
7	2:03.28	L	F	Veronique Rossouw	19	AGC	FSH	12/04/2023	SA National Aquatic SNR-Champ 202
8	2:03.31	L	F	Tatjana Schoenmaker	25	TUKS	FSH	16/12/2022	KZNA Premier Provincial Championshi
9	2:04.58	L	F	Hannah Pearse	20	AGC	FSH	12/04/2023	SA National Aquatic SNR-Champ 202
10	2:04.77	L	F	Georgia Nel	20	WCA	CPT	12/04/2023	SA National Aquatic SNR-Champ 202
11	2:05.39	L	P	Christin Mundell	21	TUKS	FSH	20/07/2022	Irish Summer National Championships
12	2:05.45	L	F	Stephanie Houtman	20	AGC	FSH	12/04/2023	SA National Aquatic SNR-Champ 202
13	2:05.52	L	P	Janie Coetzer	21	TUKS	FSH	20/07/2022	Irish Summer National Championships
14	2:06.44	L	P	Inge Weidemann	22	TUKS	FSH	20/07/2022	Irish Summer National Championships
15	2:06.96	L	F	Jordan-Jenna Rolfe	21	AGB	JHB	12/04/2023	SA National Aquatic SNR-Champ 202
16	2:07.74	L	P	Kiara Noades	22	TUKS	FSH	01/12/2022	Rotterdam Qualification Meet 2022
17	2:08.37	L	F	Amica De Jager	23	TUKS	FSH	19/08/2022	USSA Swimming
18	2:08.85	L	F	Abigail Meder	22	SGUL	ETH	01/07/2022	Prestige Tournament 2022
19	2:09.23	L	F	Lize-Marie Davidson	19	KOVS	MAN	16/12/2022	KZNA Premier Provincial Championshi
20	2:09.73	L	F	Natasha Cornelius	21	TUKS	FSH	19/08/2022	USSA Swimming
21	2:10.33	L	P	Carla Antonopoulos	22	AGC	FSH	12/04/2023	SA National Aquatic SNR-Champ 202
22	2:10.36	L	F	Victoria Earle	21	TUKS	FSH	01/07/2022	Prestige Tournament 2022
23	2:10.45	L	P	Chloe LE Roux	19	WCA	CPT	12/04/2023	SA National Aquatic SNR-Champ 202
24	2:10.84	L	P	Hannah Murray	19	WCA	CPT	12/04/2023	SA National Aquatic SNR-Champ 202
25	2:11.94	L	F	Holly Cleworth	19	SAAW	CPT	25/06/2022	PEA Winter Gala 2022
26*	2:12.37	L	P	Kaylene Corbett	23	TUKS	FSH	16/12/2022	KZNA Premier Provincial Championshi
26*	2:12.37	L	F	Emily Visagie	25	SEAL	UMD	01/07/2022	Prestige Tournament 2022
28	2:12.69	L	P	Taneal Baptiste	23	AGC	FSH	12/04/2023	SA National Aquatic SNR-Champ 202
29	2:12.88	L	P	Samantha Straw	21	AGC	FSH	12/04/2023	SA National Aquatic SNR-Champ 202
30	2:12.96	L	P	Marine Nortje	22	FSA	FS	12/04/2023	SA National Aquatic SNR-Champ 202
31	2:13.45	L	F	Helen Taylor	25	AZON	ETH	25/11/2022	WSC & Seals Summer LC Champs 20
32	2:13.51	L	P	Samantha Randle	24	TUKS	FSH	20/07/2022	Irish Summer National Championships
33	2:13.77	L	P	Brooklyn Croxon	19	RSA		21/07/2022	Solidarity Games Kazan July
34	2:14.34	L	F	Sasha-Lee Nordengen - Corris	25	SGUL	ETH	02/12/2022	EDA AG Gala December 2022
35	2:14.40	L S	F	Megan Shepherd	19	ELEC	FSH	09/12/2022	NTS Championships 2022
36	2:14.43	L	P	Tatum Botha	19	SGUL	ETH	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
37	2:14.47	L	F	Chante' Cornelius	21	TUKS	FSH	19/08/2022	USSA Swimming
38	2:14.86	L	P	Nastasiya Vrey	24	TUKS	FSH	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
39	2:14.87	L	F	Tasneen Ebrahim	20	INFA	NMA	25/06/2022	PEA Winter Gala 2022
40	2:16.98	L	F	Coreen Hechter	21	BLSS	MAN	06/12/2022	Free State Champs 2022
41*	2:17.67	L	P	Toni Rafferty	21	PEAS	NMA	25/06/2022	PEA Winter Gala 2022
41*	2:17.67	L	P	Abigail Swanepoel	19	ECA	BUF	12/04/2023	SA National Aquatic SNR-Champ 202

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			
43	2:17.71	L	F	Carmel Billson	30	PEAS NMA	17/09/2022 3rd A League Gala-Newton Park Pool
44	2:18.30	L	P	Jessica Booth	20	MATI CED	25/06/2022 PEA Winter Gala 2022
45	2:18.41	L	F	Christine Mbite	19	ACAQ CCD	03/10/2022 Sasolburg Swim Club Invitational Gala
46	2:18.52	L	P	Carla Meikle	20	SEAL UMD	01/07/2022 Prestige Tournament 2022
47	2:18.94	L	F	Kelly Zwart	19	SEAL UMD	16/12/2022 KZNA Premier Provincial Championships
48	2:19.05	L	F	Jordainne Kazimierzczak	20	FLOD JHB	31/03/2023 SA Level 3 Regional Age Group Chan
49	2:19.29	L	P	Heike Thormahlen	23	SGUL ETH	01/07/2022 Prestige Tournament 2022
50	2:20.16	L	P	Sandralee Carolus	19	AGB JHB	12/04/2023 SA National Aquatic SNR-Champ 202
51	2:22.64	L	F	Maryke Koen	21	NWUC KKD	19/08/2022 USSA Swimming
52	2:22.69	L	P	Liliana Ricco	20	MATI CED	24/02/2023 Western Cape Elite Gala
53	2:23.01	L S	P	Courtney Pretorius	21	TUKS FSH	09/12/2022 NTS Championships 2022
54	2:23.50	L	F	Hannah Counihan	20	MATI CED	09/12/2022 NMBA Championships 2022
55	2:23.52	L	F	Rachael Humphries	21	NWUC KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
56	2:24.12	L	F	Nuria Ribeiro	20	MATI CED	28/01/2023 Winelands SL Final
57	2:24.15	L	P	Anica Dennis	20	INFA NMA	25/06/2022 PEA Winter Gala 2022
58	2:24.91	L	P	Tayla Parker	19	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
59	2:25.02	L S	P	Reese Harradine	19	PAC FSH	09/12/2022 NTS Championships 2022
60	2:25.68	L	P	Kayleigh Theron	19	WATR JHB	31/03/2023 SA Level 3 Regional Age Group Chan
61	2:26.33	L	P	Yvette Victor-Van Den Berg	43	CSC FSH	03/10/2022 Sasolburg Swim Club Invitational Gala
62	2:27.05	L	F	Tanya Joubert	19	SEAL UMD	25/11/2022 WSC & Seals Summer LC Champs 20
63	2:27.19	L	P	Nelzaan Strydom	19	BLUO UGD	31/03/2023 SA Level 3 Regional Age Group Chan
64	2:27.64	L	P	Casey Smith	19	TUKS FSH	01/07/2022 Prestige Tournament 2022
65	2:27.80	L	P	Carmel Lombard	20	ACSA ETH	01/07/2022 Prestige Tournament 2022
66	2:29.08	L	F	Winé Koekemoer	19	BLUO UGD	31/03/2023 SA Level 3 Regional Age Group Chan
67	2:30.20	L	F	Alani Ferreira	24	SEAL UMD	03/03/2023 KZN Qualifying Gala
68	2:30.27	L	F	Hannah Paulse	19	VINE CPT	04/11/2022 CTA A CHAMPS 2022
69	2:31.70	L	F	Tyra Roozendaal	20	INFA NMA	09/12/2022 NMBA Championships 2022
70	2:34.04	L	F	Marlien Crewe-Brown	19	DESA NMA	22/10/2022 4th A League Gala
71	2:34.33	L	F	Emma Branco-Lizen	19	AQU ADJ	24/09/2022 Amajuba District Age Group Gala 3
72	2:34.57	L	F	Lizri Weyers	19	UFS MAN	19/08/2022 USSA Swimming
73	2:34.96	L	F	Judi Smith	20	QUIC CPT	15/10/2022 CTA Qualifying Meet #6
74	2:35.79	L	F	Cameron Vd Merwe	20	AWSC JHB	01/12/2022 CGA LC Summer Championships Lev
75	2:38.01	L	F	Norelle Engela	50	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
76	2:43.85	L	F	Morgan Vermeulen	19	SWIFT EKU	20/01/2023 EGA Last Chance Galal
77	2:45.43	L	F	Marcelle Strauss	58	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
78	2:46.59	L	F	Camryn Beaton	21	NWUC KKD	19/08/2022 USSA Swimming
79	2:50.28	L	F	Lara Venter	21	UFS MAN	19/08/2022 USSA Swimming
80	2:56.31	L	F	Janine Steyn	52	VOLK KKD	28/01/2023 4 + 1 Inter Provincial Gala 2023
81	2:56.42	L	P	Perle Du Plessis	43	BLSS MAN	06/12/2022 Free State Champs 2022
82	2:58.19	L	F	Nicole Mogajane	20	TUKS FSH	02/12/2022 2022 The Tshwane Mayoral Gala
83	2:58.95	L	F	Johane Fourie	22	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
84	3:15.34	L	F	Simone Scholtz	25	SANDH	19/11/2022 AGE GROUP 3 KBY 2022
85	3:22.54	L	P	Mia Vd Merwe	24	CUDU CPT	25/06/2022 PEA Winter Gala 2022
86	3:25.17	L	F	Beverly Mallows	52	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
87	3:26.94	L	F	Natalie Davenport	37	DESA NMA	19/11/2022 5th A League Gala
88	4:44.17	L	F	Marne Kock	25	RBUR BPD	07/12/2022 NWS Championships 2022/2023
Women 400 Free							
1	4:10.49	L S	F	Dune Coetzee	20	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
2	4:16.32	L	P	Rebecca Meder	20	SGUL ETH	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
3	4:18.76	L	P	Michaela Pulford	19	RSA	29/07/2022 Commonwealth Games 2022 Birmingh
4	4:22.53	L	F	Christin Mundell	21	TUKS FSH	20/07/2022 Irish Summer National Championships
5	4:23.17	L	P	Tajana Schoenmaker	25	TUKS FSH	16/12/2022 KZNA Premier Provincial Championships
6	4:23.25	L S	F	Jordan-Jenna Rolfe	21	AGB JHB	12/04/2023 SA National Aquatic SNR-Champ 202
7	4:26.22	L	P	Trinity Hearne	19	RSA	29/07/2022 Commonwealth Games 2022 Birmingh
8	4:26.88	L S	P	Stephanie Houtman	20	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
9	4:27.95	L	F	Victoria Earle	21	TUKS FSH	16/12/2022 KZNA Premier Provincial Championships
10	4:29.02	L	P	Kristin Bellingan	25	TUKS FSH	16/12/2022 KZNA Premier Provincial Championships
11	4:29.07	L	P	Samantha Randle	24	TUKS FSH	16/12/2022 KZNA Premier Provincial Championships
12	4:29.73	L	P	Janie Coetzer	21	TUKS FSH	20/07/2022 Irish Summer National Championships

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			
13	4:31.30	L	P	Kiara Noades	22	TUKS	FSH 01/12/2022 Rotterdam Qualification Meet 2022
14	4:31.48	L	F	Amica De Jager	23	TUKS	FSH 19/08/2022 USSA Swimming
15	4:32.11	L S	F	Carla Antonopoulos	22	AGC	FSH 12/04/2023 SA National Aquatic SNR-Champ 202
16	4:32.23	L	P	Hannah Pearse	20	TUKS	FSH 20/07/2022 Irish Summer National Championships
17	4:34.17	L	F	Abigail Meder	22	SGUL	ETH 01/07/2022 Prestige Tournament 2022
18	4:37.06	L	F	Tatum Botha	19	SGUL	ETH 03/03/2023 2023 Grand Prix 2 Invitational Meet - K
19	4:37.47	L S	P	Lize-Marie Davidson	19	FSA	FS 12/04/2023 SA National Aquatic SNR-Champ 202
20	4:37.81	L	F	Emily Visagie	25	SEAL	UMD 01/07/2022 Prestige Tournament 2022
21	4:40.09	L S	P	Chloe LE Roux	19	WCA	CPT 12/04/2023 SA National Aquatic SNR-Champ 202
22	4:40.88	L	T	Sash Carris	25	RSA	28/01/2023 CANA GRAND PRIX JAN 2023 MBOM
23	4:42.66	L	F	Holly Cleworth	19	SAAW	CPT 03/09/2022 CTA Qualifying Meet #4
24	4:45.12	L S	P	Taylor Pharoah	20	AGC	FSH 12/04/2023 SA National Aquatic SNR-Champ 202
25	4:45.39	L	F	Sasha-Lee Nordengen - Corris	25	SGUL	ETH 16/07/2022 AQZ Dual Meet
26	4:45.66	L	F	Megan Shepherd	19	ELEC	FSH 09/12/2022 NTS Championships 2022
27	4:45.70	L	F	Jessica Booth	20	MATI	GED 25/06/2022 PEA Winter Gala 2022
28	4:45.83	L	P	Nastasiya Vrey	24	TUKS	FSH 03/03/2023 2023 Grand Prix 2 Invitational Meet - K
29	4:46.15	L	F	Hannah Andraos	19	TUKS	FSH 09/12/2022 NTS Championships 2022
30	4:46.97	L	F	Tasneen Ebrahim	20	INFA	NMA 10/02/2023 Infinity Gala 2023
31	4:47.08	L	F	Abigail Swanepoel	19	INFA	NMA 10/02/2023 Infinity Gala 2023
32	4:49.31	L	F	Helen Taylor	25	AZON	ETH 01/07/2022 Prestige Tournament 2022
33	4:50.95	L	F	Coreen Hechter	21	BLSS	MAN 06/12/2022 Free State Champs 2022
34	4:54.73	L	F	Marine Nortje	22	UFS	MAN 19/08/2022 USSA Swimming
35	4:57.58	L	F	Danica Van Jaarsveld	19	AAS	JHB 01/12/2022 CGA LC Summer Championships Leve
36	4:58.77	L	F	Hannah Counihan	20	MATI	GED 09/12/2022 NMBA Championships 2022
37	4:59.06	L	F	Anica Dennis	20	INFA	NMA 13/08/2022 Madibaz Swim Meet
38	5:01.56	L S	P	Alani Ferreira	24	KZNA	ETH 12/04/2023 SA National Aquatic SNR-Champ 202
39	5:03.57	L	F	Nelzaan Strydom	19	BLUO	UGD 31/03/2023 SA Level 3 Regional Age Group Chan
40	5:04.49	L	F	Reese Harradine	19	PAC	FSH 03/02/2023 NTS January Lev 3+ Age Group Gala :
41	5:05.30	L	F	Rachael Humphries	21	NWUC	KKD 31/03/2023 SA Level 3 Regional Age Group Chan
42	5:06.31	L	F	Tayla Parker	19	SWIFT	EKU 08/12/2022 EGA Summer Champs 2022
43	5:07.12	L	F	Idel� du Toit	20	NWUC	KKD 19/08/2022 USSA Swimming
44	5:07.25	L	F	Nuria Ribeiro	20	MATI	GED 28/01/2023 Winelands SL Final
45	5:12.40	L	F	Carmel Lombard	20	ACSA	ETH 01/07/2022 Prestige Tournament 2022
46	5:18.09	L	F	Anneleen Bruwer	42	MMD	CPT 24/09/2022 CTA Qualifying Meet #5
47	5:20.54	L	F	Manuela Marggraff	19	PAC	FSH 03/02/2023 NTS January Lev 3+ Age Group Gala :
48	5:30.79	L	F	Chane' De Jager	27	PEAS	NMA 19/11/2022 5th A League Gala
49	5:34.60	L	F	Natalie Landmann	21	PAC	FSH 03/02/2023 NTS January Lev 3+ Age Group Gala :
50	5:39.36	L	F	Morgan Vermeulen	19	SWIFT	EKU 08/12/2022 EGA Summer Champs 2022
51	5:45.45	L	F	Camryn Beaton	21	NWUC	KKD 19/08/2022 USSA Swimming
52	5:53.86	L	F	Katelyn Marais	20	TUKS	FSH 21/10/2022 NTS October Lev 3 Age Group Gala 21
53	6:15.29	L	F	Lara Venter	21	UFS	MAN 19/08/2022 USSA Swimming
54	6:15.58	L	F	Lauren Roberts	47	UNI	EZD 10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
55	6:25.14	L	F	Nicole Mogajane	20	TUKS	FSH 02/12/2022 2022 The Tshwane Mayoral Gala
56	6:38.32	L	F	Johane Fourie	22	BLSS	MAN 03/10/2022 Sasolburg Swim Club Invitational Gala
57	6:59.09	L	F	Mia Vd Merwe	24	CUDU	CPT 25/06/2022 PEA Winter Gala 2022
58	7:21.77	L	F	Natalie Davenport	37	DESA	NMA 19/11/2022 5th A League Gala
59	7:24.00	L	O	Samantha Howard	47	UNI	EZD 16/10/2022 OPEN WATER 1
60	7:36.38	L	F	Taryn Goosen	29	SRAY	BUF 02/12/2022 BCA Long Course Championships 202
61	8:13.00	L	O	Natasha Wallis	31	CSA	EZD 16/10/2022 OPEN WATER 1
62	8:44.97	L	F	Caterina Pietrobon	55	FEMS	EDD 18/02/2023 EDEN 5th A-League Gala 2023
63	9:50.00	L	O	Daelene Goodison	50	UNI	EZD 16/10/2022 OPEN WATER 1
Women 800 Free							
1	8:33.46	L	F	Dune Coetzee	20	AGC	FSH 12/04/2023 SA National Aquatic SNR-Champ 202
2	8:44.77	L	F	Michaela Pulford	19	RSA	29/07/2022 Commonwealth Games 2022 Birmingham
3	8:56.67	L	F	Stephanie Houtman	20	AGC	FSH 12/04/2023 SA National Aquatic SNR-Champ 202
4	8:59.58	L	F	Jordan-Jenna Rolfe	21	AGB	JHB 12/04/2023 SA National Aquatic SNR-Champ 202
5	9:03.67	L	F	Janie Coetzer	21	AGC	FSH 12/04/2023 SA National Aquatic SNR-Champ 202
6	9:04.63	L	F	Christin Mundell	21	TUKS	FSH 20/07/2022 Irish Summer National Championships
7	9:08.56	L	F	Samantha Randle	24	RSA	20/08/2022 2022 15th CANA AFRICAN SWIMMIN

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	9:09.30	L	F	Tajjana Schoenmaker	25	TUKS	FSH 16/12/2022 KZNA Premier Provincial Championsh
9	9:12.10	L	F	Abigail Meder	22	SGUL	ETH 01/07/2022 Prestige Tournament 2022
10	9:14.80	L	F	Carla Antonopoulos	22	TUKS	FSH 16/12/2022 KZNA Premier Provincial Championsh
11	9:16.80	L	F	Victoria Earle	21	TUKS	FSH 19/08/2022 USSA Swimming
12	9:18.67	L	F	Amica De Jager	23	TUKS	FSH 19/08/2022 USSA Swimming
13	9:22.75	L	F	Trinity Hearne	19	CYBE	CPT 15/10/2022 CTA Qualifying Meet #6
14	9:28.38	L	F	Emily Visagie	25	SEAL	UMD 01/07/2022 Prestige Tournament 2022
15	9:33.89	L	F	Tatum Botha	19	SGUL	ETH 03/03/2023 2023 Grand Prix 2 Invitational Meet - K
16	9:38.00	L	F	Taylor Pharoah	20	AGC	FSH 12/04/2023 SA National Aquatic SNR-Champ 202
17	9:42.06	L	F	Abigail Swanepoel	19	ECA	BUF 12/04/2023 SA National Aquatic SNR-Champ 202
18	9:42.46	L	F	Kristin Bellingan	25	TUKS	FSH 19/08/2022 USSA Swimming
19	9:43.19	L	F	Lize-Marie Davidson	19	UFS	MAN 19/08/2022 USSA Swimming
20	9:43.55	L	F	Jessica Booth	20	NWUC	KKD 19/08/2022 USSA Swimming
21	9:45.17	L	F	Holly Cleworth	19	SAAW	CPT 03/09/2022 CTA Qualifying Meet #4
22	9:57.07	L	F	Tasneen Ebrahim	20	INFA	NMA 25/06/2022 PEA Winter Gala 2022
23	10:00.46	L	F	Sasha-Lee Nordengen - Corris	25	SGUL	ETH 16/07/2022 AQZ Dual Meet
24	10:10.70	L	F	Nastasiya Vrey	24	TUKS	FSH 03/02/2023 NTS January Lev 3+ Age Group Gala :
25	10:20.74	L	F	Coreen Hechter	21	BLSS	MAN 06/12/2022 Free State Champs 2022
26	10:27.53	L	F	Rachael Humphries	21	NWUC	KKD 26/11/2022 NWS Age Group 3 2022/23
27	10:35.94	L	F	Nelzaan Strydom	19	BLUO	UGD 28/01/2023 EDA January Gala 2023
28	10:45.20	L	F	Hannah Counihan	20	MATI	GED 13/11/2022 Winelands Summer League 4
29	10:49.69	L	F	Tayla Parker	19	SWIFT	EKU 08/12/2022 EGA Summer Champs 2022
30	11:00.42	L	F	Carmel Lombard	20	ACSA	ETH 01/07/2022 Prestige Tournament 2022
31	12:49.89	L	F	Annorina Groenewald	42	KTS	07/12/2022 NCASA CHAMPS 2022
32	13:07.16	L	F	Johane Fourie	22	BLSS	MAN 03/10/2022 Sasolburg Swim Club Invitational Gala
33	13:59.09	L	F	Simone Scholtz	25	SANDH	19/11/2022 AGE GROUP 3 KBY 2022
34	14:57.80	L	F	Melisa O'Neill	31	ASAC	CPT 28/01/2023 Winelands SL Final
Women 1000 Free							
1	12:23.00	L	O	Carla Antonopoulos	22	SGUL	ETH 20/11/2022 Capital-K 2022
2	18:32.00	L	O	Jani Maritz	37	SMSC	ETH 20/11/2022 Capital-K 2022
3	18:45.00	L	O	Nothando Msomi	26	SMSC	ETH 20/11/2022 Capital-K 2022
4	19:39.00	L	O	Amanda Koegelenberg	45	BLUO	UGD 20/11/2022 Capital-K 2022
5	21:24.00	L	O	Annette Thatcher	71	SMSC	ETH 20/11/2022 Capital-K 2022
6	23:02.00	L	O	Joan Schiever	61	SMSC	ETH 20/11/2022 Capital-K 2022
7	25:04.00	L	O	Candice Walton	41	AZON	ETH 20/11/2022 Capital-K 2022
8	28:22.00	L	O	Dawn Lloyd	64	SMSC	ETH 20/11/2022 Capital-K 2022
9	29:36.00	L	O	Rosemary Clark	74	SMSC	ETH 20/11/2022 Capital-K 2022
10	32:49.00	L	O	Susan Rich	60	SMSC	ETH 20/11/2022 Capital-K 2022
11	35:39.00	L	O	Winifred Gray	SR	ANSWS	UMD 20/11/2022 Capital-K 2022
Women 1500 Free							
1	16:32.91	L	F	Dune Coetzee	20	AGC	FSH 12/04/2023 SA National Aquatic SNR-Champ 202
2	17:08.12	L	P	Stephanie Houtman	20	RSA	18/06/2022 19th FINA World Championship-Bubař
3	17:08.63	L	F	Jordan-Jenna Rolfe	21	AGB	JHB 12/04/2023 SA National Aquatic SNR-Champ 202
4	17:13.56	L	F	Janie Coetzer	21	AGC	FSH 12/04/2023 SA National Aquatic SNR-Champ 202
5	17:28.54	L	F	Samantha Randle	24	RSA	20/08/2022 2022 15th CANA AFRICAN SWIMMIN
6	17:33.05	L	F	Carla Antonopoulos	22	AGC	FSH 12/04/2023 SA National Aquatic SNR-Champ 202
7	17:35.43	L	F	Christin Mundell	21	TUKS	FSH 20/07/2022 Irish Summer National Championships
8	17:47.30	L	F	Hannah Pearse	20	RSA	20/08/2022 2022 15th CANA AFRICAN SWIMMIN
9	17:53.98	L	F	Trinity Hearne	19	CYBE	CPT 28/01/2023 Winelands SL Final
10	18:01.96	L	F	Victoria Earle	21	TUKS	FSH 16/12/2022 KZNA Premier Provincial Championsh
11	19:13.12	L S	F	Jessica Booth	20	MATI	GED 25/06/2022 PEA Winter Gala 2022
12	20:05.19	L	F	Rachael Humphries	21	NWUC	KKD 03/10/2022 Sasolburg Swim Club Invitational Gala
13	26:32.64	L	F	Janine Steyn	52	BETH	FDD 03/10/2022 Sasolburg Swim Club Invitational Gala
14	26:42.27	L	F	Johane Fourie	22	BLSS	MAN 03/10/2022 Sasolburg Swim Club Invitational Gala
15	28:58.87	L	F	Jana Grobler	58	K@S	NGD 20/01/2023 MP AGE GROUP 4 GALA 21 - 22 JAN
16	33:54.00	L	O	Natasha Wallis	31	CSA	EZD 16/10/2022 OPEN WATER 1
17	34:36.52	L	F	Margery van Niekerk	37	UNAT	22/01/2023 Open water 3 , 22 Jan 2023
18	35:39.89	L	F	Jeanne Louw	40	KALA	14/01/2023 GROUP 5 - KTHU 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			
19	38:11.62 L	F	Marietta Hamersma	61	UNAT	22/01/2023	Open water 3 , 22 Jan 2023
Women 3000 Free							
1	43.34 L	F	Chloe LE Roux	ZR	BLOT MAN	27/11/2022	Marina artinique
2	36:23.00 L	F	Victoria Earle	21	TUKS TSH	03/12/2022	Prime View Swim Challenge #3
3	38:04.00 L	F	Carla Antonopoulos	22	TUKS TSH	03/12/2022	Prime View Swim Challenge #3
4	38:37.00 L	F	Samantha Randle	24	TUKS TSH	03/12/2022	Prime View Swim Challenge #3
5	40:43.00 L	F	Hannah Andraos	19	TUKS TSH	03/12/2022	Prime View Swim Challenge #3
6	40:47.83 L	O	Taylor Pharoah	20	AGC TSH	10/03/2023	SA National OWS Championship 2023
7	43:00.00 L	F	Rachael Humphries	21	NWUC KKD	19/11/2022	Prime View Swim Challenge #2
8	43:29.00 L	F	Megan Shepherd	19	ELEC TSH	03/12/2022	Prime View Swim Challenge #3
9	43:41.00 L	O	Tanika Jones	19	BEAV ETH	20/11/2022	Capital-K 2022
10	44:26.00 L	O	Chane' De Jager	27	PEAS NMA	21/01/2023	NMBA OWS Championships 2023
11	45:49.00 L	F	Ingrd Trusler	64	COEL TSH	03/12/2022	Prime View Swim Challenge #3
12	45:50.00 L	O	Tanya Osborne	50	FEMS EDD	27/11/2022	EC Swim Series OWS 2 2022
13	46:01.00 L	F	Jordainne Kazimierczak	20	FLOD JHB	19/11/2022	Prime View Swim Challenge #2
14	46:09.00 L	F	Kirsty Hyslop	27	AA JHB	21/01/2023	Prime View Swim Challenge #4Jan 20
15	47:45.73 L	O	Michele Esterhuizen	50	MPA EZD	10/03/2023	SA National OWS Championship 2023
16	48:25.00 L	O	Sharon Viljoen	51	PEMA NMA	23/10/2022	EC Swim Series OWS 1 2022
17	49:01.00 L	O	Jean Degenaar	63	CPTM CPT	23/10/2022	EC Swim Series OWS 1 2022
18	50:08.80 L	O	Marcelle Pakendorf	21	SWHUB CPT	11/12/2022	Lomond OWS 2022
19	50:46.00 L	O	Marcelle Stiemens	55	SMSC ETH	20/11/2022	Capital-K 2022
20	52:23.00 L	F	Sandra Dorlas	56	COEL TSH	03/12/2022	Prime View Swim Challenge #3
21	53:30.00 L	O	Hannah Drewes	19	UNI EZD	16/10/2022	OPEN WATER 1
22	55:08.00 L	F	Maureen Mons	71	WAHO JHB	03/12/2022	Prime View Swim Challenge #3
23	56:34.00 L	F	Caren Naude	55	WATR JHB	03/12/2022	Prime View Swim Challenge #3
24	57:24.69 L	F	Joanne Vreenegoor	41	EGATC EKU	02/10/2022	AG Open Water Grand Prix #1
25	57:36.00 L	F	Lauren Roberts	47	UNI EZD	22/01/2023	Open water 3 , 22 Jan 2023
26	59:26.00 L	F	Janine Daly	49	ELEC TSH	03/12/2022	Prime View Swim Challenge #3
27	59:27.00 L	F	Debra Kotze	61	COEL TSH	03/12/2022	Prime View Swim Challenge #3
28	59:42.00 L	O	Amanda Koegelenberg	45	BLUO UGD	20/11/2022	Capital-K 2022
29	59:47.00 L	F	Marissa Rollnick	71	WAHO JHB	03/12/2022	Prime View Swim Challenge #3
30	1:00:40.50 L	F	Carol Bruining	62	UNAT	22/01/2023	Open water 3 , 22 Jan 2023
31	1:00:56.00 L	O	Amanda Wallace	62	FEMS EDD	27/11/2022	EC Swim Series OWS 2 2022
32	1:01:03.50 L	F	Jana Grobler	58	UNAT	22/01/2023	Open water 3 , 22 Jan 2023
33	1:07:04.00 L	F	Linda Griffiths	50	LTS JHB	21/01/2023	Prime View Swim Challenge #4Jan 20
34	1:11:22.00 L	O	Susan Rich	60	SMSC ETH	20/11/2022	Capital-K 2022
35	1:13:36.00 L	O	Taryn Beaton	41	PEAS NMA	27/11/2022	EC Swim Series OWS 2 2022
36	1:15:09.00 L	O	Susan Jacoby	57	BEAV ETH	20/11/2022	Capital-K 2022
37	1:15:26.00 L	O	Natalie Ogden	47	PEAS NMA	23/10/2022	EC Swim Series OWS 1 2022
38	1:32:53.50 L	F	Elmarie Keys	64	UNI EZD	22/01/2023	Open water 3 , 22 Jan 2023
Women 5000 Free							
1	58:28.73 L	F	Kate Beavon	23	WATR JHB	18/12/2022	Purdue University
2	1:01:03.70 L	O	Amica De Jager	23	RSA	18/06/2022	19th FINA World Championship-Bubař
3	1:02:23.00 L	O	Victoria Earle	21	AGC TSH	10/03/2023	SA National OWS Championship 2023
4	1:02:27.88 L	O	Sasha-Lee Nordengen - Corris	25	KZNA ETH	10/03/2023	SA National OWS Championship 2023
5	1:03:58.00 L	F	Samantha Randle	24	TUKS TSH	03/12/2022	Prime View Swim Challenge #3
6	1:05:04.26 L	O	Carla Antonopoulos	22	AGC TSH	10/03/2023	SA National OWS Championship 2023
7	1:05:17.00 L	O	Tasneen Ebrahim	20	INFA NMA	23/10/2022	EC Swim Series OWS 1 2022
8	1:06:00.00 L	F	Sasha-Lee Corris	25	KZN	21/01/2023	Prime View Swim Challenge #4Jan 20
9	1:09:49.00 L	O	Jessica Booth	20	MATI CED	27/11/2022	EC Swim Series OWS 2 2022
10	1:10:47.00 L	F	Kristin Bellingan	25	TUKS TSH	19/11/2022	Prime View Swim Challenge #2
11	1:12:08.00 L	O	Kerri-Lee Barnard	19	BEST NMA	27/11/2022	EC Swim Series OWS 2 2022
12	1:12:08.83 L	O	Rachael Humphries	21	NWS	10/03/2023	SA National OWS Championship 2023
13	1:14:15.76 L	O	Hannah Andraos	19	AGC TSH	10/03/2023	SA National OWS Championship 2023
14	1:17:30.00 L	F	Lize-Marie Davidson	19	KOVS MAN	23/01/2023	Dischem Kovsie Aquatics Open Water
15	x1:18:07.62 L	O	Kirsty Hyslop	27	AGB JHB	10/03/2023	SA National OWS Championship 2023
16	1:33:22.00 L	F	Sandra Dorlas	56	COEL TSH	21/01/2023	Prime View Swim Challenge #4Jan 20
17	1:44:12.00 L	F	Carole Bridges	60	WAHO JHB	03/12/2022	Prime View Swim Challenge #3

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			
Women 7500 Free							
1	1:47:47.00 L	O	Jessica Booth	20	MATI CED	27/11/2022	EC Swim Series OWS 2 2022
2	1:52:45.00 L	O	Kerri-Lee Barnard	19	BEST NMA	21/01/2023	NMBA OWS Championships 2023
3	1:52:58.00 L	F	Rachael Humphries	21	NWUC KKD	03/12/2022	Prime View Swim Challenge #3
4	2:43:19.00 L	F	Carole Bridges	60	WAHO JHB	21/01/2023	Prime View Swim Challenge #4Jan 20
Women 10000 Free							
1	2:06:00.20 L	O	Amica De Jager	23	RSA	18/06/2022	19th FINA World Championship-BuBař
2	2:08:55.23 L	O	Victoria Earle	21	AGC FSH	10/03/2023	SA National OWS Championship 2023
3	2:13:35.28 L	O	Sasha-Lee Nordengen - Corris	25	KZNA ETH	10/03/2023	SA National OWS Championship 2023
4	2:13:43.72 L	O	Kate Beavon	23	AGB JHB	10/03/2023	SA National OWS Championship 2023
5	2:15:24.00 L	F	Sasha-Lee Corris	25	KZN	21/01/2023	Prime View Swim Challenge #4Jan 20
6	2:15:38.45 L	O	Carla Antonopoulos	22	AGC FSH	10/03/2023	SA National OWS Championship 2023
7	2:16:54.97 L	O	Michelle Weber	26	WCA CPT	10/03/2023	SA National OWS Championship 2023
8	2:26:16.00 L	O	Jessica Booth	20	MATI CED	27/11/2022	EC Swim Series OWS 2 2022
9	2:30:31.00 L	O	Kerri-Lee Barnard	19	BEST NMA	27/11/2022	EC Swim Series OWS 2 2022
10	2:33:05.00 L	F	Rachael Humphries	21	NWUC KKD	03/12/2022	Prime View Swim Challenge #3
Women 50 Back							
1	28.39 L	F	Olivia Nel	20	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
2	28.66 L	F	Rebecca Meder	20	RSA	29/07/2022	Commonwealth Games 2022 Birmingham
3	29.31 L	F	Anastasiya Shkur dai	20	SAAW CPT	04/11/2022	CTA A CHAMPS 2022
4	29.45 L	F	Caitlin De Lange	19	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
5	29.53 L	F	Kerryn Herbst	20	RSA	20/08/2022	2022 15th CANA AFRICAN SWIMMIN
6	29.75 L S	P	Carissa Van Rooyen	20	MDOL EKU	08/12/2022	EGA Summer Champs 2022
7	29.78 L	F	Erin Gallagher	24	TUKS FSH	16/12/2022	KZNA Premier Provincial Championshi
8	29.87 L	F	Michaela De Villiers	20	VINE CPT	25/06/2022	PEA Winter Gala 2022
9	29.94 L	F	Natalie Landmann	21	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
10	30.04 L	P	Georgia Nel	20	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
11	30.09 L	F	Hannah Pearse	20	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
12	30.68 L	F	Jana Coetzé	22	TUKS FSH	01/07/2022	Prestige Tournament 2022
13	30.79 L	P	Kelsea Munro	20	KNYA EDD	25/06/2022	PEA Winter Gala 2022
14	31.10 L	F	Emma Chelius	26	TUKS FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
15	31.12 L	P	Kiara Noades	22	TUKS FSH	01/12/2022	Rotterdam Qualification Meet 2022
16	31.19 L	P	Heike Thormahlen	23	TUKS FSH	03/03/2023	2023 Grand Prix 2 Invitational Meet - k
17	31.33 L	F	Sinelithemba Mbatha	20	TUKS FSH	19/08/2022	USSA Swimming
18	31.45 L	F	Dominique Barnard	20	PSC FSH	09/12/2022	NTS Championships 2022
19	31.54 L	F	Samantha Straw	21	TUKS FSH	09/12/2022	NTS Championships 2022
20	31.65 L	P	Holly Cleworth	19	SAAW CPT	16/12/2022	KZNA Premier Provincial Championshi
21	31.66 L	P	Samantha Randle	24	TUKS FSH	20/07/2022	Irish Summer National Championships
22*	31.76 L	F	Michaela Hunt	28	EDEN EDD	28/01/2023	NMBA Intra-District Championship
22*	31.76 L	F	Manuela Marggraff	19	PAC FSH	09/12/2022	NTS Championships 2022
24	31.82 L	P	Reese Harradine	19	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
25	31.83 L	F	Lize-Marie Davidson	19	KOVS MAN	06/12/2022	Free State Champs 2022
26	31.91 L	F	Constantina Pietersen	21	INFA NMA	10/02/2023	Infinity Gala 2023
27	32.14 L	F	Hannah Andraos	19	TUKS FSH	09/12/2022	NTS Championships 2022
28	32.74 L	F	Nuria Ribeiro	20	MATI CED	09/12/2022	Western Cape LC-A Championship 20
29	32.75 L	F	Tayla Parker	19	SWIFT EKU	31/03/2023	SA Level 3 Regional Age Group Chan
30	33.17 L	F	Michelle Nieuwstad	29	LALE CED	13/11/2022	Winelands Summer League 4
31	33.39 L	P	Ashlea Smith	20	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202
32	33.40 L	F	Anica Dennis	20	INFA NMA	25/06/2022	PEA Winter Gala 2022
33	33.57 L	F	Courtney Van Biljon	24	VRC FSH	09/12/2022	NTS Championships 2022
34	33.66 L	F	Jessica Canter	23	LALE CED	09/12/2022	NMBA Championships 2022
35	33.67 L	F	Kayleigh Theron	19	WATR JHB	09/12/2022	NMBA Championships 2022
36*	33.77 L	P	Chloe LE Roux	19	KOVS MAN	06/12/2022	Free State Champs 2022
36*	33.77 L	P	Marine Nortje	22	FSA FS	12/04/2023	SA National Aquatic SNR-Champ 202
38	33.82 L	F	Robyn Young	22	NWUC KKD	19/08/2022	USSA Swimming
39	33.91 L	F	Brie Parker	26	WSTV ETH	16/12/2022	KZNA Premier Provincial Championshi
40	34.11 L	F	Tanya Joubert	19	SEAL JMD	31/03/2023	SA Level 3 Regional Age Group Chan
41	34.18 L	P	Jordainne Kazmierczak	20	FLOD JHB	01/12/2022	CGA LC Summer Championships Lev

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				
42	34.25	L	F	Brooklyn Croxon	19	UNI EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER 2
43	34.53	L	F	Perry-Ann Cadiz	47	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
44	34.54	L	F	Abigail Swanepoel	19	INFA NMA	25/06/2022	PEA Winter Gala 2022
45	34.73	L	F	Courtney Repinz	20	PEAS NMA	16/07/2022	1st A League Gala 2022 NMA
46	34.87	L	F	Yvette Victor-Van Den Berg	43	CSC FSH	09/12/2022	NTS Championships 2022
47	35.23	L	F	Inge Steyn	19	NWUC KKD	19/08/2022	USSA Swimming
48	35.29	L	F	Marnel Jv Rensburg	19	PSC FSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
49	35.35	L	F	Marjone De Beer	19	PHS CCD	15/10/2022	Limpopo Top 10 - High Schools
50	35.36	L	F	Cameron Vd Merwe	20	AWSC JHB	01/12/2022	CGA LC Summer Championships Lev
51	35.42	L	P	Rachael Humphries	21	NWUC KKD	31/03/2023	SA Level 3 Regional Age Group Chan
52	35.45	L	F	Taylor Pharoah	20	TUKS FSH	01/07/2022	Prestige Tournament 2022
53	36.00	L	F	Liliana Ricco	20	MATI CED	03/09/2022	CTA Qualifying Meet #4
54	36.39	L	P	Jessica Booth	20	MATI CED	25/06/2022	PEA Winter Gala 2022
55	36.50	L	F	Esmari Theart	27	KALA	28/10/2022	KALAHARI CLASSIC CLUB GALA
56	36.51	L	P	Coreen Hechter	21	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
57	36.76	L	F	Jenna Whiting	22	TUKS FSH	08/10/2022	NTS Sprint Gala
58	36.86	L	P	Daniella Dal Medico	19	TUKS FSH	09/12/2022	NTS Championships 2022
59	37.45	L	F	Judi Smith	20	QUIC CPT	21/01/2023	CTA Qualifying Meet #7
60	37.57	L	P	Suzanne Harrop-Allin	44	CSC FSH	03/10/2022	Sasolburg Swim Club Invitational Gala
61	37.82	L	F	Chane' De Jager	27	PEAS NMA	19/11/2022	5th A League Gala
62	38.65	L	F	Winé Koekemoer	19	BLUO UGD	31/03/2023	SA Level 3 Regional Age Group Chan
63	38.75	L	F	Erin Harty	21	NMU NMA	19/08/2022	USSA Swimming
64	38.86	L	F	Michele Esterhuizen	50	CSA EZD	02/12/2022	Mpumalanga Championships 2022
65	39.82	L	F	Katherine Bihl	53	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
66	39.94	L	F	Kate-Lynne Kuhn	31	KSC EZD	02/12/2022	Mpumalanga Championships 2022
67	40.09	L	F	Anke Weyers	22	UFS MAN	19/08/2022	USSA Swimming
68	40.32	L	F	Kirsten Henry	21	NWUC KKD	19/08/2022	USSA Swimming
69	40.36	L	F	Annorina Groenewald	42	KTS	11/11/2022	UPINGTON CLUB GALA 2022
70	40.44	L	F	Kristen Klinkert	19	HSTAN MPD	15/10/2022	Limpopo Top 10 - High Schools
71	42.48	L	F	Perle Du Plessis	43	BLSS MAN	05/11/2022	Seals Heidedal Gala
72	42.76	L	F	Nicole Mogajane	20	TUKS FSH	02/12/2022	2022 The Tshwane Mayoral Gala
73	43.03	L	F	Morgan Vermeulen	19	SWIFT EKU	11/06/2022	EGA Winter 1 2022
74	43.83	L	F	Gwynedd Peters	43	COEL FSH	09/12/2022	NTS Championships 2022
75	43.85	L	F	Nicole De Montille	46	PGAC EKU	10/09/2022	Adrian Grafe Gala 2022
76	44.81	L	P	Mia Vd Merwe	24	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
77	45.29	L	F	Samantha Howard	47	UNI EZD	02/12/2022	Mpumalanga Championships 2022
78	45.89	L	F	Brigitte Radley	45	NSAD EZD	02/12/2022	Mpumalanga Championships 2022
79	46.32	L	F	Beverly Mallows	52	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
80	46.51	L	F	Mary-Ann Steyn	39	KSC EZD	02/12/2022	Mpumalanga Championships 2022
81	46.55	L	F	Celeste Ruck	58	COEL FSH	09/12/2022	NTS Championships 2022
82	46.83	L	F	Janine Welgemoed	61	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
83	47.64	L	F	Simone Scholtz	25	SANDH	19/11/2022	AGE GROUP 3 KBY 2022
84	48.12	L	P	Sonja Coetzee	35	VALS FDD	03/10/2022	Sasolburg Swim Club Invitational Gala
85	49.05	L	F	Judith Brewis	68	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
86	49.29	L	F	Therese Sharkey	68	WINE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
87	49.69	L	F	Kat Swanepoel	35	DRGN JHB	23/09/2022	EGA Summer 1 2022
88	49.70	L	F	Ronel Van Staden	42	KSC EZD	02/12/2022	Mpumalanga Championships 2022
89	50.67	L	F	Melinda Winfield	62	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
90	52.16	L	F	Janine Steyn	37	KSC EZD	02/12/2022	Mpumalanga Championships 2022
91	52.52	L	F	Cornelia Fowler	42	KLOO ETH	16/12/2022	KZNA Premier Provincial Championsh
92	52.66	L	F	Nikita Douglass	24	MDOL EKU	23/09/2022	EGA Summer 1 2022
93	54.44	L	F	Crin Combrinck	34	SANDH	19/11/2022	AGE GROUP 3 KBY 2022
94	54.49	L	F	Nikita Douglas	24	GAU	19/03/2023	2023 TOYOTA SASAPD CHAMPIONS
95	54.63	L	F	Christina Van Rooyen	47	PGAC EKU	10/09/2022	Adrian Grafe Gala 2022
96	55.56	L	F	Melisa O'Neill	31	ASAC CPT	28/01/2023	Winelands SL Final
97	57.38	L	F	Natasha Wallis	31	AHS EZD	02/12/2022	Mpumalanga Championships 2022
98	59.16	L	F	Helena Farrelly	60	FEMS EDD	18/02/2023	EDEN 5th A-League Gala 2023
99	1:02.82	L	F	Ankia Van Der Merwe	47	KSC EZD	02/12/2022	Mpumalanga Championships 2022
100	1:06.67	L	F	Maryna De Lange	63	KSC 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			
101	1:09.49 L	F	Marne Kock	25	NCASA	28/01/2023	4 + 1 Inter Provincial Gala 2023
102	1:11.86 L	F	Helen Van Vuuren	43	NWUC KKD	03/10/2022	Sasolburg Swim Club Invitational Gala
103	1:24.17 L	F	Judith Dixon	81	FEMS EDD	18/02/2023	EDEN 5th A-League Gala 2023
Women 100 Back							
1	1:01.71 L	S	Rebecca Meder	20	RSA	29/07/2022	Commonwealth Games 2022 Birmingham
2	1:02.22 L	F	Olivia Nel	20	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
3	1:02.64 L	F	Hannah Pearse	20	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
4	1:03.05 L	P	Kerryn Herbst	20	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
5	1:03.73 L	F	Carissa Van Rooyen	20	MDOL EKU	08/12/2022	EGA Summer Champs 2022
6	1:05.09 L	P	Michaela De Villiers	20	VINE CPT	25/06/2022	PEA Winter Gala 2022
7	1:05.35 L	F	Natalie Landmann	21	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
8	1:06.92 L	P	Samantha Randle	24	TUKS FSH	20/07/2022	Irish Summer National Championships
9	1:07.38 L	F	Jana Coetzé	22	TUKS FSH	19/08/2022	USSA Swimming
10	1:07.47 L	F	Sinelithemba Mbatha	20	TUKS FSH	19/08/2022	USSA Swimming
11	1:07.58 L	F	Lize-Marie Davidson	19	KOVS MAN	06/12/2022	Free State Champs 2022
12	1:07.59 L	P	Heike Thormahlen	23	TUKS FSH	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
13	1:08.13 L S	F	Samantha Straw	21	TUKS FSH	09/12/2022	NTS Championships 2022
14	1:08.34 L	P	Hannah Andraos	19	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
15	1:08.88 L	F	Constantina Pietersen	21	INFA NMA	10/02/2023	Infinity Gala 2023
16	1:09.05 L	F	Holly Cleworth	19	SAAW CPT	25/06/2022	PEA Winter Gala 2022
17	1:09.17 L	P	Manuela Marggraff	19	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
18	1:09.20 L	F	Trinity Hearne	19	CYBE CPT	28/01/2023	Winelands SL Final
19	1:09.66 L	P	Reese Harradine	19	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
20	1:09.82 L	P	Dominique Barnard	20	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
21	1:10.33 L	F	Anica Dennis	20	INFA NMA	25/06/2022	PEA Winter Gala 2022
22	1:12.55 L	F	Kayleigh Theron	19	WATR JHB	09/12/2022	NMBA Championships 2022
23	1:12.59 L	F	Tayla Parker	19	SWIFT EKU	08/12/2022	EGA Summer Champs 2022
24	1:12.60 L	F	Megan Shepherd	19	ELEC FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
25	1:12.93 L	F	Tanya Joubert	19	SEAL UMD	31/03/2023	SA Level 3 Regional Age Group Chan
26	1:13.12 L	P	Megan Tully	21	ACSA ETH	01/07/2022	Prestige Tournament 2022
27	1:13.65 L	F	Nuria Ribeiro	20	MATI CED	09/12/2022	Western Cape LC-A Championship 20
28	1:14.10 L	F	Hannah Counihan	20	MATI CED	09/12/2022	NMBA Championships 2022
29	1:15.20 L	F	Jordainne Kazimierczak	20	FLOD JHB	31/03/2023	SA Level 3 Regional Age Group Chan
30	1:15.34 L	F	Abigail Swanepoel	19	INFA NMA	09/12/2022	NMBA Championships 2022
31	1:16.07 L	F	Tasneen Ebrahim	20	EDEN EDD	28/01/2023	NMBA Intra-District Championship
32*	1:16.30 L	P	Cameron Vd Merwe	20	AWSC JHB	01/12/2022	CGA LC Summer Championships Lev
32*	1:16.30 L	F	Rachael Humphries	21	NWUC KKD	07/12/2022	NWS Championships 2022/2023
34	1:16.60 L	F	Aletta Gersbach	20	LALE CED	20/08/2022	Winelands SL 1
35	1:16.76 L	F	Robyn Young	22	NWUC KKD	19/08/2022	USSA Swimming
36	1:17.75 L	F	Marnel Jv Rensburg	19	PSC FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
37	1:18.22 L	F	Marjone De Beer	19	PHS CCD	08/09/2022	Limpopo Interhoer (Capricorn Distrik)
38	1:18.68 L	F	Winé Koekemoer	19	BLUO UGD	31/03/2023	SA Level 3 Regional Age Group Chan
39	1:18.81 L	F	Helen Taylor	25	AZON ETH	16/07/2022	AQZ Dual Meet
40	1:19.39 L	P	Coreen Hechter	21	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
41	1:19.85 L	F	Jessica Booth	20	MATI CED	28/01/2023	Winelands SL Final
42	1:20.12 L	F	Esmari Theart	27	KALA	28/10/2022	KALAHARI CLASSIC CLUB GALA
43	1:20.82 L	F	Trisha Pollicutte	20	NWUC KKD	19/08/2022	USSA Swimming
44	1:20.85 L	P	Daniella Dal Medico	19	TUKS FSH	01/07/2022	Prestige Tournament 2022
45	1:20.94 L	F	Marlien Crewe-Brown	19	DESA NMA	22/10/2022	4th A League Gala
46	1:21.62 L	F	Norelle Engela	50	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
47	1:22.23 L	F	Chane' De Jager	27	PEAS NMA	19/11/2022	5th A League Gala
48	1:22.59 L	F	Paula Van Zyl	20	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202
49	1:23.59 L	P	Suzanne Harrop-Allin	44	CSC FSH	03/10/2022	Sasolburg Swim Club Invitational Gala
50	1:23.76 L	F	Judi Smith	20	QUIC CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
51	1:25.85 L	F	Tyra Roozendaal	20	INFA NMA	19/11/2022	5th A League Gala
52	1:26.04 L	F	Paula Van Zyl	20	KZN	19/03/2023	2023 TOYOTA SASAPD CHAMPIONS
53	1:26.49 L	F	Nelzaan Strydom	19	BLUO UGD	28/01/2023	EDA January Gala 2023
54	1:28.35 L	F	Anke Weyers	22	UFS MAN	19/08/2022	USSA Swimming
55	1:29.79 L	P	Perle Du Plessis	43	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			
56	1:33.31 L	F	Janine Welgemoed	61	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
57	1:34.43 L	F	Kristen Klinkert	19	HSTAN MPD	15/10/2022	Limpopo Top 10 - High Schools
58	1:37.60 L	F	Mia Vd Merwe	24	CUDU CPT	03/09/2022	CTA Qualifying Meet #4
59	1:39.53 L	F	Beverly Mallows	52	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
60	1:49.97 L	F	Cornelia Fowler	42	KLOO ETH	16/12/2022	KZNA Premier Provincial Championships
61	1:50.82 L	F	Therese Sharkey	68	WINE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
62	1:53.04 L S	F	Kat Swanepoel	35	DRGN JHB	08/12/2022	EGA Summer Champs 2022
63	1:53.19 L	F	Nikita Douglas	24	GAU	19/03/2023	2023 TOYOTA SASAPD CHAMPIONS
64	1:54.21 L	P	Nikita Douglass	24	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202
65	1:56.70 L	F	Melisa O'Neill	31	ASAC CPT	04/11/2022	CTA A CHAMPS 2022
66	2:10.81 L	F	Rentia Oosthuizen	31	DESA NMA	22/10/2022	4th A League Gala
67	2:32.31 L	F	Marne Kock	25	RBUR BPD	07/12/2022	NWS Championships 2022/2023
Women 200 Back							
1	2:12.86 L S	F	Hannah Pearse	20	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
2	2:17.93 L	F	Samantha Randle	24	TUKS FSH	16/12/2022	KZNA Premier Provincial Championships
3	2:19.56 L S	F	Kerryn Herbst	20	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
4	2:21.96 L	F	Kristin Bellingan	25	TUKS FSH	16/12/2022	KZNA Premier Provincial Championships
5	2:25.93 L S	F	Lize-Marie Davidson	19	FSA FS	12/04/2023	SA National Aquatic SNR-Champ 202
6	2:26.64 L	P	Carissa Van Rooyen	20	MDOL EKU	08/12/2022	EGA Summer Champs 2022
7	2:27.63 L S	F	Hannah Andraos	19	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
8	2:29.43 L	P	Heike Thormahlen	23	TUKS FSH	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
9	2:29.73 L S	P	Reese Harradine	19	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
10	2:30.12 L	F	Trinity Hearne	19	CYBE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
11	2:34.44 L	F	Anica Dennis	20	INFA NMA	09/12/2022	NMBA Championships 2022
12	2:34.48 L	F	Holly Cleworth	19	SAAW CPT	25/06/2022	PEA Winter Gala 2022
13	2:34.90 L	F	Kayleigh Theron	19	WATR JHB	09/12/2022	NMBA Championships 2022
14	2:35.22 L S	P	Manuela Marggraff	19	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
15	2:35.60 L	F	Samantha Straw	21	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
16	2:35.70 L	F	Dominique Barnard	20	PSC FSH	09/12/2022	NTS Championships 2022
17	2:36.14 L	P	Natalie Landmann	21	PAC FSH	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
18	2:37.89 L	P	Sinelithemba Mbatha	20	TUKS FSH	01/07/2022	Prestige Tournament 2022
19	2:39.31 L	F	Megan Shepherd	19	ELEC FSH	03/02/2023	NTS January Lev 3+ Age Group Gala ;
20	2:39.54 L	F	Jordainne Kazimierczak	20	FLOD JHB	01/12/2022	CGA LC Summer Championships Lev
21	2:39.80 L	F	Tanya Joubert	19	SEAL UMD	25/11/2022	WSC & Seals Summer LC Champs 20
22	2:40.27 L	F	Carla Antonopoulos	22	SGUL ETH	16/07/2022	AQZ Dual Meet
23	2:40.89 L S	F	Rachael Humphries	21	NWUC KKD	07/12/2022	NWS Championships 2022/2023
24	2:41.73 L	F	Tayla Parker	19	SWIFT EKU	08/12/2022	EGA Summer Champs 2022
25	2:43.67 L	F	Hannah Counihan	20	MATI CED	09/12/2022	NMBA Championships 2022
26	2:44.03 L S	F	Idel� du Toit	20	NWUC KKD	07/12/2022	NWS Championships 2022/2023
27	2:44.18 L	F	Courtney Pretorius	21	TUKS FSH	19/08/2022	USSA Swimming
28	2:50.14 L	F	Win� Koekemoer	19	BLUO UGD	31/03/2023	SA Level 3 Regional Age Group Chan
29	2:50.16 L	P	Cameron Vd Merwe	20	AWSC JHB	01/12/2022	CGA LC Summer Championships Lev
30	2:50.53 L	F	Nuria Ribeiro	20	NWUC KKD	19/08/2022	USSA Swimming
31	2:54.19 L	F	Chane' De Jager	27	PEAS NMA	19/11/2022	5th A League Gala
32	3:02.00 L	F	Daniella Dal Medico	19	TUKS FSH	28/10/2022	NTS October SARJ+ Age Group Gala
33	3:13.53 L	F	Katherine Bihl	53	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
34	3:14.60 L	F	Anke Weyers	22	UFS MAN	19/08/2022	USSA Swimming
35	3:18.79 L	P	Morgan Vermeulen	19	SWIFT EKU	08/12/2022	EGA Summer Champs 2022
36	3:36.14 L	F	Judith Brewis	68	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
37	3:40.61 L	F	Janine Welgemoed	61	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
38	3:46.45 L	F	Beverly Mallows	52	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
39	3:46.79 L	P	Mia Vd Merwe	24	CUDU CPT	25/06/2022	PEA Winter Gala 2022
40	4:06.68 L	F	Melisa O'Neill	31	ASAC CPT	28/01/2023	Winelands SL Final
Women 50 Breast							
1	29.73 L	F	Lara Van Niekerk	19	RSA	29/07/2022	Commonwealth Games 2022 Birmingham
2	30.41 L	F	Tatjana Schoenmaker	25	RSA	29/07/2022	Commonwealth Games 2022 Birmingham
3	31.07 L	P	Kaylene Corbett	23	RSA	29/07/2022	Commonwealth Games 2022 Birmingham
4	31.73 L	F	Caitlin De Lange	19	TUKS FSH	20/07/2022	Irish Summer National Championships

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					
5	32.30	L	P	Kate Meyer	20	AGC	FSH	12/04/2023	SA National Aquatic SNR-Champ 202
6	32.92	L	F	Rebecca Meder	20	SGUL	ETH	01/07/2022	Prestige Tournament 2022
7	32.98	L	F	Emily Visagie	25	KZNA	ETH	12/04/2023	SA National Aquatic SNR-Champ 202
8	33.11	L	P	Christin Mundell	21	TUKS	FSH	20/07/2022	Irish Summer National Championships
9	33.47	L	P	Helen Taylor	25	AZON	ETH	16/12/2022	KZNA Premier Provincial Championshi
10	33.48	L	F	Bianca Opperman	21	TUKS	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
11	33.81	L	F	Jenna-Laine Fuller	22	TUKS	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
12	34.39	L	F	Reedah Shaw	22	TUKS	FSH	19/08/2022	USSA Swimming
13	34.76	L	F	Brie Parker	26	WSTV	ETH	25/11/2022	WSC & Seals Summer LC Champs 20
14	34.79	L	F	Tilka Paljk	26	MATI	GED	09/12/2022	Western Cape LC-A Championship 20
15*	35.13	L S	F	Samantha Straw	21	TUKS	FSH	09/12/2022	NTS Championships 2022
15*	35.13	L	F	Michelle Nieuwstad	29	LALE	GED	28/01/2023	Winelands SL Final
17	35.14	L	P	Sune Van Jaarsveld	21	AGC	FSH	12/04/2023	SA National Aquatic SNR-Champ 202
18	35.21	L S	F	Q-Rize Ferreira	19	TUKS	FSH	09/12/2022	NTS Championships 2022
19	35.30	L S	F	Taneal Baptiste	23	TUKS	FSH	09/12/2022	NTS Championships 2022
20	35.32	L	F	Amica De Jager	23	TUKS	FSH	19/08/2022	USSA Swimming
21	35.44	L	F	Trinity Hearne	19	CYBE	CPT	15/10/2022	CTA Qualifying Meet #6
22	35.86	L	P	Carissa Van Rooyen	20	MDOL	EKU	08/12/2022	EGA Summer Champs 2022
23	35.89	L	F	Christine Mbite	19	ACAQ	CCD	03/10/2022	Sasolburg Swim Club Invitational Gala
24	35.96	L	P	Inge Weidemann	22	RSA		20/08/2022	2022 15th CANA AFRICAN SWIMMIN
25	35.98	L S	F	Yvette Victor-Van Den Berg	43	CSC	FSH	09/12/2022	NTS Championships 2022
26	36.19	L	F	Brooklyn Croxon	19	UNI	EZD	17/09/2022	MP SPRINT GALA 17 SEPTEMBER 2
27	36.24	L S	P	Megan Shepherd	19	ELEC	FSH	09/12/2022	NTS Championships 2022
28	36.30	L S	F	Manuela Marggraff	19	PAC	FSH	09/12/2022	NTS Championships 2022
29	36.46	L	F	Marlien Crewe-Brown	19	EDEN	EDD	28/01/2023	NMBA Intra-District Championship
30	36.49	L	P	Taylor Pharoah	20	TUKS	FSH	01/07/2022	Prestige Tournament 2022
31	36.68	L	F	Courtney Van Biljon	24	VRC	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
32	36.69	L	F	Constantina Pietersen	21	INFA	NMA	10/02/2023	Infinity Gala 2023
33	37.03	L S	P	Megan Hesse	28	PAC	FSH	09/12/2022	NTS Championships 2022
34	37.28	L	F	Netanya Roberts	21	NWUC	KKD	19/08/2022	USSA Swimming
35	37.34	L	F	Kayleigh Theron	19	WATR	JHB	31/03/2023	SA Level 3 Regional Age Group Chan
36	37.42	L	P	Hannah Paulse	19	VINE	CPT	09/12/2022	Western Cape LC-A Championship 20
37	37.79	L	F	Jessica Booth	20	MATI	GED	28/01/2023	Winelands SL Final
38	37.84	L	F	Jordainne Kazimierczak	20	FLOD	JHB	01/12/2022	CGA LC Summer Championships Lev
39	38.72	L	F	Tayla Parker	19	SWIFT	EKU	23/09/2022	EGA Summer 1 2022
40	38.78	L	F	Hannah Jacobs	19	DRGN	JHB	11/06/2022	EGA Winter 1 2022
41	38.89	L	F	Pierrette Labuschagne	51	CSA	EZD	04/11/2022	MP AGE GROUP 3 GALA 4-5 NOVEM
42	38.93	L	F	Alani Ferreira	24	KZNA	ETH	12/04/2023	SA National Aquatic SNR-Champ 202
43	39.41	L	F	Lerato Thobeha	19	QUIC	CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
44	39.47	L	F	Bridget Van Breda	48	CPTM	CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
45	39.57	L	P	Suzanne Harrop-Allin	44	CSC	FSH	01/07/2022	Prestige Tournament 2022
46	39.63	L	F	Reese Harradine	19	PAC	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
47	39.68	L	F	Trisha Pollicutte	20	NWUC	KKD	19/08/2022	USSA Swimming
48	40.44	L	F	Liliana Ricco	20	MATI	GED	07/10/2022	41st Freda Barnard Invitational Gala
49	40.53	L	F	Wendy Cook	52	COEL	FSH	28/01/2023	Ushaka Champs 2023
50	40.98	L	F	Charmae Hauptfleisch	19	RFA	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
51	41.70	L	P	Tanika Jones	19	BEAV	ETH	01/07/2022	Prestige Tournament 2022
52	42.03	L	F	Marjone De Beer	19	PHS	CCD	08/09/2022	Limpopo Interhoer (Capricorn Distrik)
53	42.16	L	F	Michele Esterhuizen	50	CSA	EZD	02/12/2022	Mpumalanga Championships 2022
54	42.31	L	F	Erin Harty	21	NMU	NMA	19/08/2022	USSA Swimming
55	42.37	L	F	Tyra Roozendaal	20	INFA	NMA	10/02/2023	Infinity Gala 2023
56	42.44	L	P	Daniella Dal Medico	19	TUKS	FSH	01/07/2022	Prestige Tournament 2022
57	42.74	L	F	Esmari Theart	27	KALA		03/11/2022	AGE GROUP 2 KATHU 2022
58	43.12	L	F	Nelzaan Strydom	19	BLUO	UGD	28/01/2023	EDA January Gala 2023
59	43.14	L	F	Simoné Möhr-de Bod	36	COEL	FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
60	43.98	L	F	Nicole Mogajane	20	TUKS	FSH	02/12/2022	2022 The Tshwane Mayoral Gala
61	44.14	L	F	Hannah Drewes	19	UNI	EZD	04/11/2022	MP AGE GROUP 3 GALA 4-5 NOVEM
62	44.48	L	F	Alida Stronkhorst	25	KSC	EZD	02/12/2022	Mpumalanga Championships 2022
63	45.19	L	F	Nicole De Montille	46	PGAC	EKU	10/09/2022	Adrian Grafe Gala 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			
64	45.22	L	F	Morgan Vermeulen	19	SWIFT EKU	11/06/2022 EGA Winter 1 2022
65	45.74	L	F	Annorina Groenewald	42	KTS	11/11/2022 UPINGTON CLUB GALA 2022
66	46.22	L	F	Judi Smith	20	QUIC CPT	21/01/2023 CTA Qualifying Meet #7
67	46.32	L	F	Zarlia Engelbrecht	19	KSC EZD	02/12/2022 Mpumalanga Championships 2022
68	46.52	L	P	Perle Du Plessis	43	BLSS MAN	06/12/2022 Free State Champs 2022
69	46.84	L	F	Lauren Roberts	47	UNI EZD	02/12/2022 Mpumalanga Championships 2022
70	47.11	L	F	Kate-Lynne Kuhn	31	KSC EZD	02/12/2022 Mpumalanga Championships 2022
71	48.00	L	F	Samantha Howard	47	UNI EZD	02/12/2022 Mpumalanga Championships 2022
72	48.62	L	F	Christina Van Rooyen	47	PGAC EKU	21/10/2022 EGA Summer 2 2022
73	49.16	L	F	Camryn Beaton	21	NWUC KKD	19/08/2022 USSA Swimming
74	50.63	L	F	Jacora Navarra	66	COEL TSH	02/12/2022 2022 The Tshwane Mayoral Gala
75	50.86	L	F	Melinda Winfield	62	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
76	50.88	L	F	Helena Erasmus	42	SANDH	19/11/2022 AGE GROUP 3 KBY 2022
77	51.20	L	F	Simone Scholtz	25	SANDH	19/11/2022 AGE GROUP 3 KBY 2022
78	51.83	L	F	Melisa O'Neill	31	ASAC CPT	28/01/2023 Winelands SL Final
79	51.98	L	F	Cornelia Fowler	42	KLOO ETH	16/12/2022 KZNA Premier Provincial Championshi
80	52.98	L	F	Caterina Pietrobon	55	FEMS EDD	18/02/2023 EDEN 5th A-League Gala 2023
81	53.58	L	F	Ronel Van Staden	42	KSC EZD	02/12/2022 Mpumalanga Championships 2022
82	53.82	L	P	Sonja Coetzee	35	VALS FDD	06/12/2022 Free State Champs 2022
83	54.87	L	F	Anneleen Cronje	27	KSC EZD	02/12/2022 Mpumalanga Championships 2022
84	55.23	L	F	Emma Kruger	22	UFS MAN	19/08/2022 USSA Swimming
85	55.58	L	F	Mia Vd Merwe	24	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
86	55.90	L	F	Nadia Small	37	KSC EZD	02/12/2022 Mpumalanga Championships 2022
87	56.42	L	F	Nicolette Louw	68	WINE CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
88	56.96	L	F	Rentia Oosthuizen	31	DESA NMA	22/10/2022 4th A League Gala
89	58.37	L	F	Malenke Basson	32	KSC EZD	02/12/2022 Mpumalanga Championships 2022
90	58.54	L	P	Kat Swanepoel	35	AGA EKU	12/04/2023 SA National Aquatic SNR-Champ 202
91	59.83	L	F	Mpho Kobyan	19	ATTE TSH	08/10/2022 NTS Sprint Gala
92	1:00.73	L	F	Daelene Goodison	50	UNI EZD	02/12/2022 Mpumalanga Championships 2022
93	1:01.52	L	F	Natasha Wallis	31	AHS EZD	02/12/2022 Mpumalanga Championships 2022
94	1:05.63	L	F	Nikita Douglass	24	MDOL EKU	21/10/2022 EGA Summer 2 2022
95	1:08.88	L	F	Crin Combrinck	34	SANDH	19/11/2022 AGE GROUP 3 KBY 2022
96	1:09.83	L	F	Helen Van Vuuren	43	NWUC KKD	07/12/2022 NWS Championships 2022/2023
97	1:10.09	L	F	Marne Kock	25	RBUR BPD	07/12/2022 NWS Championships 2022/2023
Women 100 Breast							
1	1:05.47	L	F	Lara Van Niekerk	19	RSA	29/07/2022 Commonwealth Games 2022 Birmingh
2	1:05.89	L	F	Tatjana Schoenmaker	25	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
3	1:07.62	L	F	Kaylene Corbett	23	RSA	29/07/2022 Commonwealth Games 2022 Birmingh
4	1:10.11	L	F	Rebecca Meder	20	SGUL ETH	02/12/2022 EDA AG Gala December 2022
5	1:10.64	L	F	Emily Visagie	25	KZNA ETH	12/04/2023 SA National Aquatic SNR-Champ 202
6	1:11.70	L	F	Caitlin De Lange	19	TUKS TSH	20/07/2022 Irish Summer National Championships
7	1:12.48	L	P	Kate Meyer	20	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
8	1:13.08	L	P	Helen Taylor	25	AZON ETH	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
9	1:14.77	L	F	Bianca Opperman	21	TUKS TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
10*	1:16.83	L	P	Megan Shepherd	19	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
10*	1:16.83	L	F	Brie Parker	26	WSTV ETH	16/12/2022 KZNA Premier Provincial Championshi
12	1:17.10	L	F	Q-Rize Ferreira	19	TUKS TSH	09/12/2022 NTS Championships 2022
13	1:17.34	L S	F	Christine Mbite	19	ACAA CCD	03/10/2022 Sasolburg Swim Club Invitational Gala
14	1:17.96	L	F	Jenna-Laine Fuller	22	TUKS TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
15	1:18.11	L	F	Trinity Hearne	19	CYBE CPT	21/01/2023 CTA Qualifying Meet #7
16	1:18.29	L	P	Sune Van Jaarsveld	21	TUKS TSH	20/07/2022 Irish Summer National Championships
17	1:18.38	L	P	Taylor Pharoah	20	TUKS TSH	01/07/2022 Prestige Tournament 2022
18	1:18.45	L	P	Brooklyn Croxon	19	RSA	21/07/2022 Solidarity Games Kazan July
19	1:18.48	L	F	Tilka Paljk	26	NWUC KKD	19/08/2022 USSA Swimming
20	1:19.54	L	F	Reedah Shaw	22	TUKS TSH	19/08/2022 USSA Swimming
21	1:20.42	L S	F	Yvette Victor-Van Den Berg	43	CSC TSH	03/10/2022 Sasolburg Swim Club Invitational Gala
22	1:20.46	L	F	Constantina Pietersen	21	INFA NMA	10/02/2023 Infinity Gala 2023
23	1:20.56	L	F	Chloe LE Roux	19	KOVS MAN	06/12/2022 Free State Champs 2022
24	1:21.98	L	F	Marlien Crewe-Brown	19	DESA NMA	10/02/2023 Infinity 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				
25	1:22.56	L	F	Jessica Booth	20	MATI CED	28/01/2023	Winelands SL Final
26	1:23.05	L	F	Netanya Roberts	21	NWUC KKD	19/08/2022	USSA Swimming
27	1:23.43	L	F	Alani Ferreira	24	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202
28	1:23.61	L	F	Kayleigh Theron	19	WATR JHB	01/12/2022	CGA LC Summer Championships Lev
29	1:24.19	L	F	Manuela Marggraff	19	PAC FSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
30	1:24.78	L	F	Pierrette Labuschagne	51	CSA EZD	02/12/2022	Mpumalanga Championships 2022
31	1:25.21	L	F	Hannah Pause	19	VINE CPT	04/11/2022	CTAA CHAMPS 2022
32	1:25.51	L	F	Kristen Sullivan	34	PAC FSH	21/10/2022	NTS October Lev 3 Age Group Gala 21
33	1:25.74	L	F	Charmae Hauptfleisch	19	RFA FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
34	1:26.37	L	F	Hannah Jacobs	19	DRGN JHB	11/06/2022	EGA Winter 1 2022
35	1:26.50	L	F	Idelé du Toit	20	NWUC KKD	07/12/2022	NWS Championships 2022/2023
36	1:27.15	L	P	Jordainne Kazimierczak	20	FLOD JHB	31/03/2023	SA Level 3 Regional Age Group Chan
37	1:27.23	L	F	Bridget Van Breda	48	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
38	1:27.53	L	P	Suzanne Harrop-Allin	44	CSC FSH	01/07/2022	Prestige Tournament 2022
39	1:29.09	L	F	Tayla Parker	19	SWIFT ECU	08/12/2022	EGA Summer Champs 2022
40	1:31.25	L	F	Cornelle Leach	24	DRGN JHB	23/09/2022	EGA Summer 1 2022
41	1:32.26	L	F	Tyra Roozendaal	20	INFA NMA	17/09/2022	3rd A League Gala-Newton Park Pool
42	1:33.51	L	F	Marjone De Beer	19	PHS CCD	15/10/2022	Limpopo Top 10 - High Schools
43	1:33.57	L	F	Hannah Drewes	19	UNI EZD	04/11/2022	MP AGE GROUP 3 GALA 4-5 NOVEM
44	1:37.16	L	F	Simoné Möhr-de Bod	36	COEL FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
45	1:37.78	L	F	Natalie Landmann	21	PAC FSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
46	1:38.54	L	F	Paula Van Zyl	20	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202
47	1:40.27	L	F	Perle Du Plessis	43	BLSS MAN	06/12/2022	Free State Champs 2022
48	1:41.31	L	F	Morgan Vermeulen	19	SWIFT ECU	11/06/2022	EGA Winter 1 2022
49	1:41.43	L	F	Nicole Mogajane	20	TUKS FSH	17/02/2023	NTS February Lev 1+2 Age Group Gal
50	1:44.69	L	F	Nicole De Montille	46	PGAC ECU	23/09/2022	EGA Summer 1 2022
51	1:45.38	L	F	Paula Van Zyl	20	KZN	19/03/2023	2023 TOYOTA SASAPD CHAMPIONS
52	1:54.29	L	F	Melisa O'Neill	31	ASAC CPT	04/11/2022	CTAA CHAMPS 2022
53	1:55.29	L	F	Cornelia Fowler	42	KLOO ETH	16/12/2022	KZNA Premier Provincial Championshi
54	2:00.17	L	F	Rentia Oosthuizen	31	DESA NMA	22/10/2022	4th A League Gala
55	2:01.80	L	P	Sonja Coetzee	35	VALS FDD	06/12/2022	Free State Champs 2022
56	2:02.81	L	F	Emma Kruger	22	UFS MAN	19/08/2022	USSA Swimming
57	2:04.47	L	F	Mia Vd Merwe	24	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
58	2:07.00	L	F	Nicolette Louw	68	WINE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
59	2:08.67	L	F	Mpho Kobyané	19	ATTE FSH	02/10/2022	2022 AG Swim Stars 14&Over
60	2:15.00	L	P	Kat Swanepoel	35	AGA ECU	12/04/2023	SA National Aquatic SNR-Champ 202
61	2:30.43	L	F	Elmarie Keys	64	PRA NGD	20/01/2023	MP AGE GROUP 4 GALA 21 - 22 JAN
62	2:32.28	L	F	Nikita Douglass	24	MDOL ECU	23/09/2022	EGA Summer 1 2022
63	2:32.93	L	F	Marne Kock	25	RBUR BPD	07/12/2022	NWS Championships 2022/2023
64	2:39.40	L	F	Helen Van Vuuren	43	NWUC KKD	26/11/2022	NWS Age Group 3 2022/23
Women 200 Breast								
1	2:21.76	L	P	Tatjana Schoenmaker	25	RSA	29/07/2022	Commonwealth Games 2022 Birmingh
2	2:23.67	L	F	Kaylene Corbett	23	RSA	29/07/2022	Commonwealth Games 2022 Birmingh
3	2:33.26	L	F	Emily Visagie	25	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202
4	2:33.79	L	F	Kate Meyer	20	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
5	2:34.22	L	T	Rebecca Meder	20	RSA	28/01/2023	CANA GRAND PRIX JAN 2023 MBON
6	2:35.16	L	F	Lara Van Niekerk	19	PAC FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
7	2:40.88	L	F	Helen Taylor	25	AZON ETH	16/12/2022	KZNA Premier Provincial Championshi
8	2:44.14	L	F	Taylor Pharoah	20	TUKS FSH	19/08/2022	USSA Swimming
9	2:47.90	L	P	Brooklyn Croxon	19	RSA	21/07/2022	Solidarity Games Kazan July
10	2:48.20	L	P	Megan Shepherd	19	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
11	2:51.52	L	F	Jessica Booth	20	NWUC KKD	19/08/2022	USSA Swimming
12	2:52.48	L	F	Christine Mbite	19	ACAC CCD	03/10/2022	Sasolburg Swim Club Invitational Gala
13	2:52.62	L	F	Brie Parker	26	WSTV ETH	25/11/2022	WSC & Seals Summer LC Champs 20
14	2:52.73	L	F	Sune Van Jaarsveld	21	TUKS FSH	09/12/2022	NTS Championships 2022
15	2:53.67	L	F	Tilka Paljk	26	NWUC KKD	19/08/2022	USSA Swimming
16	2:58.02	L	F	Marlien Crewe-Brown	19	DESA NMA	10/02/2023	Infinity Gala 2023
17	2:59.88	L	F	Reedah Shaw	22	TUKS FSH	19/08/2022	USSA Swimming
18	3:00.29	L	F	Netanya Roberts	21	NWUC KKD	19/08/2022	USSA Swimming

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			
19	3:02.22	L	F	Kayleigh Theron	19	WATR JHB	31/03/2023 SA Level 3 Regional Age Group Chan
20	3:07.88	L	F	Hannah Paulse	19	VINE GPT	09/12/2022 Western Cape LC-A Championship 20
21	3:11.86	L	P	Jordainne Kazimierczak	20	FLOD JHB	01/12/2022 CGA LC Summer Championships Lev
22	3:14.07	L	F	Idel� du Toit	20	NWUC KKD	19/08/2022 USSA Swimming
23	3:14.85	L	F	Hannah Drewes	19	UNI EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5 NOVEM
24	3:15.74	L	F	Suzanne Harrop-Allin	44	CSC TSH	01/07/2022 Prestige Tournament 2022
25	3:17.34	L	F	Tyra Roozendaal	20	INFA NMA	13/01/2023 Eastern Cape Aquatics LC Champs 20
26	3:20.42	L S	P	Tayla Parker	19	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
27	3:30.35	L	F	Esmari Theart	27	KALA	03/11/2022 AGE GROUP 2 KATHU 2022
28	3:32.97	L S	F	Perle Du Plessis	43	BLSS MAN	06/12/2022 Free State Champs 2022
29	3:38.70	L S	P	Morgan Vermeulen	19	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
30	3:44.24	L	F	Nicole Mogajane	20	TUKS TSH	02/12/2022 2022 The Tshwane Mayoral Gala
31	4:00.47	L	F	Christina Van Rooyen	47	PGAC EKU	21/10/2022 EGA Summer 2 2022
32	4:08.27	L	F	Rentia Oosthuizen	31	DESA NMA	22/10/2022 4th A League Gala
33	4:46.35	L	F	Mpho Kobyanne	19	ATTE TSH	02/12/2022 2022 The Tshwane Mayoral Gala
34	5:25.91	L	F	Elmarie Keys	64	PRA NGD	20/01/2023 MP AGE GROUP 4 GALA 21 - 22 JAN
35	5:27.07	L S	F	Marne Kock	25	RBUR BPD	07/12/2022 NWS Championships 2022/2023
Women 50 Fly							
1	26.05	L	F	Erin Gallagher	24	RSA	29/07/2022 Commonwealth Games 2022 Birmingh
2	26.84	L	S	Rebecca Meder	20	RSA	29/07/2022 Commonwealth Games 2022 Birmingh
3	27.01	L S	F	Inge Weidemann	22	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
4	27.25	L	F	Caitlin De Lange	19	TUKS TSH	20/07/2022 Irish Summer National Championships
5	27.47	L	F	Anastasiya Shkur dai	20	SAAW GPT	04/11/2022 CTA A CHAMPS 2022
6	27.51	L S	F	Veronique Rossouw	19	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
7	27.70	L S	P	Trinity Hearne	19	WCA GPT	12/04/2023 SA National Aquatic SNR-Champ 202
8	27.79	L	P	Kerryn Herbst	20	RSA	20/08/2022 2022 15th CANA AFRICAN SWIMMIN
9	28.17	L S	P	Kate Meyer	20	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
10	28.23	L	F	Emma Chelius	26	TUKS TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
11	28.50	L S	F	Michaela De Villiers	20	VINE GPT	25/06/2022 PEA Winter Gala 2022
12	28.52	L	P	Jana Coetz�	22	TUKS TSH	20/07/2022 Irish Summer National Championships
13	28.66	L	P	Taneal Baptiste	23	TUKS TSH	09/12/2022 NTS Championships 2022
14	28.76	L	P	Natalie Landmann	21	PAC TSH	01/07/2022 Prestige Tournament 2022
15	28.86	L	F	Megan Hesse	28	PAC TSH	09/12/2022 NTS Championships 2022
16	28.90	L	F	Courtney Van Biljon	24	VRC TSH	09/12/2022 NTS Championships 2022
17	29.05	L	F	Aimee Canny	19	KNYA EDD	05/11/2022 EDEN 3rd A-League Gala 2022
18	29.14	L	P	Lara Van Niekerk	19	PAC TSH	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
19	29.17	L	F	Bianca Opperman	21	TUKS TSH	08/10/2022 NTS Sprint Gala
20	29.29	L	P	Natasha Cornelius	21	TUKS TSH	09/12/2022 NTS Championships 2022
21	29.30	L	P	Kiara Noades	22	TUKS TSH	01/12/2022 Rotterdam Qualification Meet 2022
22	29.36	L S	P	Samantha Straw	21	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
23	29.37	L	F	Carissa Van Rooyen	20	MDOL EKU	08/12/2022 EGA Summer Champs 2022
24	29.44	L	P	Lizanne Viljoen	24	TUKS TSH	09/12/2022 NTS Championships 2022
25	29.76	L	P	Chante' Cornelius	21	TUKS TSH	09/12/2022 NTS Championships 2022
26	29.78	L	F	Casey Smith	19	TUKS TSH	01/07/2022 Prestige Tournament 2022
27	29.98	L	F	Michaela Hunt	28	INFA NMA	09/12/2022 NMBA Championships 2022
28	30.10	L	P	Manuela Marggraff	19	PAC TSH	09/12/2022 NTS Championships 2022
29	30.12	L	F	Kelly Zwart	19	SEAL UMD	16/12/2022 KZNA Premier Provincial Championsh
30	30.13	L	F	Sandralee Carolus	19	RSA	04/12/2022 AUSC-Region 5 Under 20 YTH Games
31	30.17	L	F	Holly Cleworth	19	SAAW GPT	16/12/2022 KZNA Premier Provincial Championsh
32	30.18	L	F	Constantina Pietersen	21	INFA NMA	10/02/2023 Infinity Gala 2023
33	30.20	L S	P	Sune Van Jaarsveld	21	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
34	30.36	L	P	Ashlea Smith	20	RAV EKU	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
35	30.45	L S	P	Megan Shepherd	19	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
36	30.52	L	P	Carla Meikle	20	SEAL UMD	01/07/2022 Prestige Tournament 2022
37	30.62	L S	P	Q-Rize Ferreira	19	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
38	30.63	L	F	Jessica Canter	23	LALE CED	28/01/2023 Winelands SL Final
39	30.70	L	P	Kaylene Corbett	23	TUKS TSH	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
40	30.78	L	F	Carmel Billson	30	PEAS NMA	17/09/2022 3rd A League Gala-Newton Park Pool
41	30.95	L	F	Maryke Koen	21	NWUC KKD	19/08/2022 USSA Swimming

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			
42	31.01	L	F	Reese Harradine	19	PAC FSH	24/02/2023 NTS February Lev 3+ Age Group Gala
43	31.10	L	P	Dominique Barnard	20	PSC FSH	09/12/2022 NTS Championships 2022
44*	31.28	L	F	Lerato Thobeha	19	QUIC CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
44*	31.28	L	F	Yvette Victor-Van Den Berg	43	CSC FSH	09/12/2022 NTS Championships 2022
46	31.29	L	F	Courtney Pretorius	21	TUKS FSH	19/08/2022 USSA Swimming
47	31.46	L	F	Idelé du Toit	20	NWUC KKD	07/12/2022 NWS Championships 2022/2023
48*	31.52	L	F	Jenna-Laine Fuller	22	TUKS FSH	08/10/2022 NTS Sprint Gala
48*	31.52	L	P	Lize-Marie Davidson	19	KOVS MAN	16/12/2022 KZNA Premier Provincial Championshi
50	31.53	L	F	Abigail Swanepoel	19	INFA NMA	10/02/2023 Infinity Gala 2023
51*	31.60	L	F	Liliana Ricco	20	MATI CED	28/01/2023 Winelands SL Final
51*	31.60	L	F	Marine Nortje	22	VOLK KKD	28/01/2023 4 + 1 Inter Provincial Gala 2023
53	31.83	L	F	Kristen Sullivan	34	PAC FSH	21/10/2022 NTS October Lev 3 Age Group Gala 21
54	32.15	L	F	Coreen Hechter	21	BLSS MAN	06/12/2022 Free State Champs 2022
55	32.32	L	F	Tayla Parker	19	SWIFT EKU	31/03/2023 SA Level 3 Regional Age Group Chan
56	32.40	L S	P	Sinelithemba Mbatha	20	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
57	32.46	L S	P	Nuria Ribeiro	20	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
58	32.74	L	F	Tanya Joubert	19	SEAL UMD	31/03/2023 SA Level 3 Regional Age Group Chan
59	32.82	L	F	Jenna Whiting	22	TUKS FSH	08/10/2022 NTS Sprint Gala
60	32.86	L	F	Brooklyn Croxon	19	UNI EZD	17/09/2022 MP SPRINT GALA 17 SEPTEMBER 2
61	32.97	L	F	Tasneen Ebrahim	20	INFA NMA	13/08/2022 Madibaz Swim Meet
62	33.11	L	F	Marlien Crewe-Brown	19	DESA NMA	09/12/2022 NMBA Championships 2022
63*	33.16	L	F	Emma Branco-Lizen	19	AQU ADJ	24/09/2022 Amajuba District Age Group Gala 3
63*	33.16	L	P	Hannah Andraos	19	TUKS FSH	09/12/2022 NTS Championships 2022
65	33.21	L	F	Marnel Jv Rensburg	19	PSC FSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
66	33.22	L	F	Michele Esterhuizen	50	CSA EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5 NOVEM
67	33.23	L	F	Tilka Paljk	26	NWUC KKD	19/08/2022 USSA Swimming
68	33.25	L	F	Reedah Shaw	22	TUKS FSH	19/08/2022 USSA Swimming
69	33.75	L	F	Hannah Paulse	19	VINE CPT	09/12/2022 Western Cape LC-A Championship 20
70	33.78	L	F	Trisha Pollicutte	20	NWUC KKD	19/08/2022 USSA Swimming
71	33.97	L	F	Lizri Weyers	19	UFS MAN	19/08/2022 USSA Swimming
72	34.14	L	P	Taylor Pharoah	20	TUKS FSH	01/07/2022 Prestige Tournament 2022
73	34.27	L	F	Talitha Vd Walt	22	BARR CPT	21/01/2023 CTA Qualifying Meet #7
74	34.51	L	F	Anica Dennis	20	INFA NMA	09/12/2022 NMBA Championships 2022
75*	34.67	L	F	Inge Steyn	19	NWUC KKD	19/08/2022 USSA Swimming
75*	34.67	L	F	Courtney Repinz	20	PEAS NMA	16/07/2022 1st A League Gala 2022 NMA
77	35.32	L	F	Annorina Groenewald	42	KTS	11/11/2022 UPINGTON CLUB GALA 2022
78	35.41	L	F	Bridget Van Breda	48	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
79	35.43	L	F	Norelle Engela	50	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
80	35.82	L	F	Nastasiya Vrey	24	TUKS FSH	19/08/2022 USSA Swimming
81	36.30	L	F	Erin Harty	21	NMU NMA	19/08/2022 USSA Swimming
82	36.41	L	F	Rachael Humphries	21	NCASA	28/01/2023 4 + 1 Inter Provincial Gala 2023
83	36.65	L	F	Judi Smith	20	QUIC CPT	21/01/2023 CTA Qualifying Meet #7
84	36.80	L	F	Robyn Young	22	NWUC KKD	19/08/2022 USSA Swimming
85	37.40	L	F	Wendy Cook	52	COEL FSH	28/01/2023 Ushaka Champs 2023
86	37.47	L	F	Suzanne Harrop-Allin	44	CSC FSH	09/12/2022 NTS Championships 2022
87*	37.84	L	F	Tyra Roozendaal	20	INFA NMA	10/02/2023 Infinity Gala 2023
87*	37.84	L	F	Katelyn Marais	20	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
89	37.87	L	F	Johane Fourie	22	BLSS MAN	06/12/2022 Free State Champs 2022
90	38.68	L	P	Morgan Vermeulen	19	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
91	39.61	L	P	Perle Du Plessis	43	BLSS MAN	06/12/2022 Free State Champs 2022
92	40.26	L	F	Lauren Roberts	47	UNI EZD	10/02/2023 MP SA SCHOOLS TRIALS AG 5 10-11
93	40.75	L	F	Simoné Möhr-de Bod	36	COEL FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
94	41.52	L	F	Janine Steyn	52	VOLK KKD	28/01/2023 4 + 1 Inter Provincial Gala 2023
95	42.01	L	F	Nicole Mogajane	20	TUKS FSH	17/02/2023 NTS February Lev 1+2 Age Group Gal
96	42.21	L	F	Nicole De Montille	46	PGAC EKU	10/09/2022 Adrian Grafe Gala 2022
97	42.87	L	F	Kirsten Henry	21	NWUC KKD	19/08/2022 USSA Swimming
98	50.44	L	F	Cornelia Fowler	42	KLOO ETH	16/12/2022 KZNA Premier Provincial Championshi
99	50.63	L S	P	Mia Vd Merwe	24	CUDU CPT	25/06/2022 PEA Winter Gala 2022
100	51.07	L	F	Nikita Douglass	24	MDOL 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			
101	51.55 L	F	Christina Van Rooyen	47	PGAC EKU	10/09/2022	Adrian Grafe Gala 2022
102	52.66 L	F	Nikita Douglas	24	GAU	19/03/2023	2023 TOYOTA SASAPD CHAMPIONS
103	52.81 L	F	Melisa O'Neill	31	ASAC CPT	04/11/2022	CTA A CHAMPS 2022
104	55.27 L	F	Rentia Oosthuizen	31	DESA NMA	22/10/2022	4th A League Gala
105	56.55 L	F	Emma Kruger	22	UFS MAN	19/08/2022	USSA Swimming
106	1:06.18 L	F	Helena Farrelly	60	FEMS EDD	18/02/2023	EDEN 5th A-League Gala 2023
107	1:06.75 L	F	Nicolette Louw	68	WINE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
108	1:13.94 L	F	Helen Van Vuuren	43	NWUC KKD	03/10/2022	Sasolburg Swim Club Invitational Gala
Women 100 Fly							
1	57.84 L	F	Erin Gallagher	24	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
2	59.76 L	F	Rebecca Meder	20	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202
3	1:00.19 L	P	Dune Coetzee	20	RSA	29/07/2022	Commonweath Games 2022 Birmingh
4	1:00.30 L	F	Trinity Hearne	19	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
5	1:01.28 L	P	Veronique Rossouw	19	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
6	1:02.54 L	F	Inge Weidemann	22	TUKS TSH	20/07/2022	Irish Summer National Championships
7	1:02.77 L	P	Kerryn Herbst	20	TUKS TSH	20/07/2022	Irish Summer National Championships
8	1:03.01 L	P	Kate Meyer	20	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
9	1:03.25 L	F	Anastasiya Shkurdai	20	SAAW CPT	04/11/2022	CTA A CHAMPS 2022
10	1:03.45 L	F	Natasha Cornelius	21	TUKS TSH	19/08/2022	USSA Swimming
11	1:03.61 L	F	Lizanne Viljoen	24	TUKS TSH	03/03/2023	2023 Grand Prix 2 Invitational Meet - k
12	1:04.02 L	F	Taneal Baptiste	23	TUKS TSH	09/12/2022	NTS Championships 2022
13	1:04.24 L	F	Megan Hesse	28	PAC TSH	09/12/2022	NTS Championships 2022
14	1:04.33 L	F	Chante' Cornelius	21	TUKS TSH	19/08/2022	USSA Swimming
15	1:04.77 L	P	Kiara Noades	22	TUKS TSH	01/12/2022	Rotterdam Qualification Meet 2022
16	1:05.79 L	F	Bianca Opperman	21	TUKS TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
17	1:06.51 L	P	Jana Coetzé	22	TUKS TSH	20/07/2022	Irish Summer National Championships
18	1:07.14 L	P	Kaylene Corbett	23	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
19	1:07.33 L	F	Lara Van Niekerk	19	PAC TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
20	1:07.39 L S	F	Holly Cleworth	19	SAAW CPT	25/06/2022	PEA Winter Gala 2022
21	1:07.46 L	P	Q-Rize Ferreira	19	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
22	1:07.69 L	P	Sune Van Jaarsveld	21	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
23	1:07.74 L	P	Kelly Zwart	19	SEAL UMD	03/03/2023	2023 Grand Prix 2 Invitational Meet - k
24	1:07.96 L	P	Abigail Swanepoel	19	ECA BUF	12/04/2023	SA National Aquatic SNR-Champ 202
25	1:08.01 L	F	Jessica Canter	23	LALE CED	09/12/2022	NMBA Championships 2022
26	1:08.04 L	F	Courtney Pretorius	21	TUKS TSH	19/08/2022	USSA Swimming
27	x1:08.20 L	F	Carla Antonopoulos	22	TUKS TSH	16/12/2022	KZNA Premier Provincial Championsh
28	1:08.21 L	P	Casey Smith	19	TUKS TSH	09/12/2022	NTS Championships 2022
29	1:08.40 L	F	Marine Nortje	22	UFS MAN	19/08/2022	USSA Swimming
30	1:08.97 L	P	Manuela Marggraff	19	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
31	1:08.99 L S	F	Samantha Straw	21	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
32	1:09.52 L	P	Megan Shepherd	19	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
33	1:09.59 L	P	Natalie Landmann	21	PAC TSH	01/07/2022	Prestige Tournament 2022
34	1:09.83 L	P	Ashlea Smith	20	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202
35	1:10.00 L	F	Aimee Canny	19	KNYA EDD	05/11/2022	EDEN 3rd A-League Gala 2022
36	1:10.49 L	F	Hannah Jacobs	19	DRGN JHB	11/06/2022	EGA Winter 1 2022
37	1:10.63 L S	F	Christine Mbite	19	ACAAQ CED	03/10/2022	Sasolburg Swim Club Invitational Gala
38	1:10.74 L	F	Sandreele Carolus	19	RSA	04/12/2022	AUSC-Region 5 Under 20 YTH Games
39	1:11.20 L	F	Idelé du Toit	20	NWUC KKD	19/08/2022	USSA Swimming
40	1:11.56 L	F	Tasneen Ebrahim	20	INFA NMA	17/09/2022	3rd A League Gala-Newton Park Pool
41	1:11.97 L	F	Maryke Koen	21	NWUC KKD	19/08/2022	USSA Swimming
42	1:12.26 L	F	Tatum Botha	19	RSA	28/01/2023	CANA GRAND PRIX JAN 2023 MBOM
43	1:13.49 L	F	Tanya Joubert	19	SEAL UMD	31/03/2023	SA Level 3 Regional Age Group Chan
44	1:13.90 L	F	Carissa Van Rooyen	20	MDOL EKU	23/09/2022	EGA Summer 1 2022
45	1:14.90 L	F	Reese Harradine	19	PAC TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
46	1:15.88 L	F	Victoria Earle	21	TUKS TSH	19/08/2022	USSA Swimming
47	1:16.52 L	F	Kristen Sullivan	34	PAC TSH	21/10/2022	NTS October Lev 3 Age Group Gala 21
48	1:17.18 L	F	Lizri Weyers	19	UFS MAN	19/08/2022	USSA Swimming
49	1:18.12 L	F	Liliana Ricco	20	MATI CED	07/10/2022	41st Freda Barnard Invitational Gala
50	1:18.60 L	F	Michele Esterhuizen	50	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			
51	1:19.00 L	P	Tanika Jones	19	BEAV ETH	16/12/2022	KZNA Premier Provincial Championshi
52	1:19.69 L	F	Alani Ferreira	24	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202
53	1:20.89 L S	P	Tayla Parker	19	SWIFT EKU	08/12/2022	EGA Summer Champs 2022
54	1:23.62 L	F	Erin Harty	21	NMU NMA	19/08/2022	USSA Swimming
55	1:25.50 L	P	Katelyn Marais	20	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
56	1:32.98 L S	F	Perle Du Plessis	43	BLSS MAN	06/12/2022	Free State Champs 2022
57	1:40.40 L S	P	Morgan Vermeulen	19	SWIFT EKU	08/12/2022	EGA Summer Champs 2022
58	1:42.34 L	F	Katelyn Marais	20	GAU	19/03/2023	2023 TOYOTA SASAPD CHAMPIONS
59	1:57.12 L	F	Nikita Douglas	24	GAU	19/03/2023	2023 TOYOTA SASAPD CHAMPIONS
60	1:58.28 L	F	Nikita Douglass	24	MDOL EKU	20/01/2023	EGA Last Chance Galal
61	2:07.54 L	F	Nicolette Louw	68	WINE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
Women 200 Fly							
1	2:12.40 L	P	Dune Coetzee	20	RSA	29/07/2022	Commonweath Games 2022 Birmingh
2	2:14.15 L	F	Trinity Hearne	19	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
3	2:17.48 L	P	Lizanne Viljoen	24	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
4	2:18.92 L	F	Veronique Rossouw	19	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
5	2:25.12 L	F	Emily Visagie	25	RSA	20/08/2022	2022 15th CANA AFRICAN SWIMMIN
6	2:25.56 L	P	Carla Antonopoulos	22	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
7	2:29.09 L	F	Kristin Bellingan	25	TUKS FSH	19/08/2022	USSA Swimming
8	2:34.62 L	P	Abigail Swanepoel	19	INFA NMA	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
9	2:36.46 L	F	Courtney Pretorius	21	TUKS FSH	19/08/2022	USSA Swimming
10	2:36.56 L	F	Kiara Noades	22	TUKS FSH	19/08/2022	USSA Swimming
11	2:36.72 L	F	Kelly Zwart	19	SEAL UMD	16/12/2022	KZNA Premier Provincial Championshi
12	2:41.04 L	F	Tanya Joubert	19	SEAL UMD	16/12/2022	KZNA Premier Provincial Championshi
13	2:42.29 L	F	Idel� du Toit	20	NWUC KKD	19/08/2022	USSA Swimming
14	2:43.26 L	F	Jessica Booth	20	NWUC KKD	19/08/2022	USSA Swimming
15	2:43.75 L	F	Maryke Koen	21	NWUC KKD	19/08/2022	USSA Swimming
16	4:15.37 L	F	Nikita Douglass	24	MDOL EKU	21/10/2022	EGA Summer 2 2022
Women 150 IM							
1	2:56.84 L S	P	Kat Swanepoel	35	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202
Women 200 IM							
1	2:11.39 L	F	Rebecca Meder	20	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202
2	2:13.35 L	F	Aimee Canny	19	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
3	2:17.52 L	F	Tatjana Schoenmaker	25	TUKS FSH	16/12/2022	KZNA Premier Provincial Championshi
4	2:19.69 L	F	Emily Visagie	25	RSA	20/08/2022	2022 15th CANA AFRICAN SWIMMIN
5	2:19.85 L	F	Trinity Hearne	19	RSA	20/08/2022	2022 15th CANA AFRICAN SWIMMIN
6	2:20.01 L	F	Kate Meyer	20	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
7	2:20.50 L	P	Kaylene Corbett	23	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
8	2:20.57 L	F	Caitlin De Lange	19	TUKS FSH	20/07/2022	Irish Summer National Championships
9	2:21.22 L	F	Anastasiya Shkur dai	20	SAAW CPT	04/11/2022	CTA A CHAMPS 2022
10	2:22.87 L	F	Erin Gallagher	24	TUKS FSH	16/12/2022	KZNA Premier Provincial Championshi
11	2:23.20 L	F	Kristin Bellingan	25	TUKS FSH	16/12/2022	KZNA Premier Provincial Championshi
12	2:23.63 L	F	Samantha Randle	24	TUKS FSH	16/12/2022	KZNA Premier Provincial Championshi
13	2:26.04 L	F	Megan Shepherd	19	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
14	2:28.18 L	F	Chante' Cornelius	21	TUKS FSH	19/08/2022	USSA Swimming
15	2:28.39 L	F	Carissa Van Rooyen	20	MDOL EKU	08/12/2022	EGA Summer Champs 2022
16	2:29.60 L	P	Q-Rize Ferreira	19	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
17	2:30.48 L	F	Taneal Baptiste	23	TUKS FSH	09/12/2022	NTS Championships 2022
18	2:30.54 L	P	Holly Cleworth	19	SAAW CPT	16/12/2022	KZNA Premier Provincial Championshi
19	2:30.63 L	P	Hannah Murray	19	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
20	2:30.91 L	P	Chloe LE Roux	19	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
21	2:31.40 L	P	Brooklyn Croxon	19	RSA	21/07/2022	Solidarity Games Kazan July
22	2:31.91 L	P	Sune Van Jaarsveld	21	TUKS FSH	20/07/2022	Irish Summer National Championships
23	2:32.03 L	F	Samantha Straw	21	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
24	2:33.35 L	F	Taylor Pharoah	20	TUKS FSH	01/07/2022	Prestige Tournament 2022
25	2:35.29 L	F	Jessica Booth	20	NWUC KKD	19/08/2022	USSA Swimming
26	2:37.80 L	F	Christine Mbite	19	ACAQ CCD	03/10/2022	Sasolburg Swim Club Invitational Gala
27	2:37.91 L	F	Heike Thormahlen	23	SGUL ETH	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			
28	2:37.93	L	F	Carla Antonopoulos	22	SGUL ETH	16/07/2022 AQZ Dual Meet
29	2:38.78	L	F	Marine Nortje	22	UFS MAN	19/08/2022 USSA Swimming
30	2:40.09	L	F	Tasneen Ebrahim	20	INFA NMA	13/08/2022 Madibaz Swim Meet
31	2:41.02	L	F	Brie Parker	26	WSTV ETH	25/11/2022 WSC & Seals Summer LC Champs 20
32	2:41.10	L	F	Idelé du Toit	20	NWUC KKD	19/08/2022 USSA Swimming
33	2:41.71	L	F	Courtney Pretorius	21	TUKS TSH	19/08/2022 USSA Swimming
34	2:42.00	L	F	Kelly Zwart	19	SEAL UMD	25/11/2022 WSC & Seals Summer LC Champs 20
35	2:42.87	L	F	Coreen Hechter	21	BLSS MAN	06/12/2022 Free State Champs 2022
36	2:43.32	L	P	Sandralee Carolus	19	AGB JHB	12/04/2023 SA National Aquatic SNR-Champ 202
37	2:44.82	L	P	Marlien Crewe-Brown	19	DESA NMA	31/03/2023 SA Level 3 Regional Age Group Chan
38	2:44.84	L S	F	Alani Ferreira	24	KZNA ETH	12/04/2023 SA National Aquatic SNR-Champ 202
39	2:45.54	L	F	Netanya Roberts	21	NWUC KKD	19/08/2022 USSA Swimming
40	2:45.71	L	F	Jordainne Kazimierzczak	20	FLOD JHB	01/12/2022 CGA LC Summer Championships Lev
41	2:46.10	L	F	Casey Smith	19	TUKS TSH	28/10/2022 NTS October SARJ+ Age Group Gala
42	2:46.14	L	F	Tanya Joubert	19	SEAL UMD	31/03/2023 SA Level 3 Regional Age Group Chan
43	2:46.44	L	F	Kayleigh Theron	19	WATR JHB	09/12/2022 NMBA Championships 2022
44	2:47.58	L	F	Nelzaan Strydom	19	BLUO UGD	31/03/2023 SA Level 3 Regional Age Group Chan
45	2:49.39	L	P	Tayla Parker	19	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
46	2:50.42	L	F	Marjone De Beer	19	PHS CCD	08/09/2022 Limpopo Interhoer (Capricorn Distrik)
47	2:50.46	L	F	Rachael Humphries	21	NWUC KKD	03/10/2022 Sasolburg Swim Club Invitational Gala
48	2:51.04	L	P	Tanika Jones	19	BEAV ETH	16/12/2022 KZNA Premier Provincial Championsh
49	2:57.36	L	F	Tyra Roozendaal	20	INFA NMA	19/11/2022 5th A League Gala
50	2:59.37	L S	F	Paula Van Zyl	20	KZNA ETH	12/04/2023 SA National Aquatic SNR-Champ 202
51	3:00.00	L	F	Judi Smith	20	QUIC CPT	15/10/2022 CTA Qualifying Meet #6
52	3:01.12	L	F	Michele Esterhuizen	50	CSA EZD	02/12/2022 Mpumalanga Championships 2022
53	3:03.70	L	P	Kat Swanepoel	35	DRGN JHB	08/12/2022 EGA Summer Champs 2022
54	3:03.94	L	P	Suzanne Harrop-Allin	44	CSC TSH	03/10/2022 Sasolburg Swim Club Invitational Gala
55	3:07.76	L	P	Morgan Vermeulen	19	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
56	3:08.58	L	F	Paula Van Zyl	20	KZN	19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
57	3:09.58	L	F	Perle Du Plessis	43	BLSS MAN	06/12/2022 Free State Champs 2022
58	3:09.73	L	F	Daniella Dal Medico	19	TUKS TSH	28/10/2022 NTS October SARJ+ Age Group Gala
59	3:10.18	L	F	Jean Degenaar	63	CPTM CPT	24/09/2022 CTA Qualifying Meet #5
60	3:12.12	L S	P	Katelyn Marais	20	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
61	3:13.96	L	F	Katelyn Marais	20	GAU	19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
62	3:23.41	L	F	Nicole Mogajane	20	TUKS TSH	02/10/2022 2022 AG Swim Stars 14&Over
63	3:36.00	L	F	Nicole De Montille	46	PGAC EKU	23/09/2022 EGA Summer 1 2022
64	3:38.92	L	F	Simone Scholtz	25	SANDH	19/11/2022 AGE GROUP 3 KBY 2022
65	3:39.31	L	F	Johane Fourie	22	BLSS MAN	22/10/2022 Otters Prestige Gala 2022
66	3:47.86	L	P	Cornelia Fowler	42	KLOO ETH	31/03/2023 SA Level 3 Regional Age Group Chan
67	3:48.83	L	F	Melisa O'Neill	31	ASAC CPT	04/11/2022 CTA A CHAMPS 2022
68	3:49.19	L	F	Mia Vd Merwe	24	CUDU CPT	03/09/2022 CTA Qualifying Meet #4
69	3:52.88	L	F	Beverly Mallows	52	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
70	4:01.07	L	F	Nikita Douglass	24	MDOL EKU	23/09/2022 EGA Summer 1 2022
71	4:04.46	L	F	Christina Van Rooyen	47	PGAC EKU	10/09/2022 Adrian Grafe Gala 2022
72	4:08.45	L	F	Nikita Douglas	24	GAU	19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
73	4:09.92	L	F	Rentia Oosthuizen	31	DESA NMA	22/10/2022 4th A League Gala
74	6:21.87	L	F	Taryn Beaton	41	PEAS NMA	22/10/2022 Otters Prestige Gala 2022
Women 400 IM							
1	4:49.92	L	F	Rebecca Meder	20	SGUL ETH	01/07/2022 Prestige Tournament 2022
2	4:56.89	L	F	Trinity Hearne	19	RSA	20/08/2022 2022 15th CANA AFRICAN SWIMMIN
3	4:57.86	L	F	Kristin Bellingan	25	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
4	4:58.57	L	F	Samantha Randle	24	RSA	20/08/2022 2022 15th CANA AFRICAN SWIMMIN
5	5:07.08	L	P	Kate Meyer	20	TUKS TSH	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
6	5:27.48	L	F	Taylor Pharoah	20	TUKS TSH	19/08/2022 USSA Swimming
7	5:31.79	L	F	Jessica Booth	20	NWUC KKD	19/08/2022 USSA Swimming
8	5:38.84	L	F	Reese Harradine	19	PAC TSH	09/12/2022 NTS Championships 2022
9	5:47.41	L	F	Megan Shepherd	19	ELEC TSH	28/10/2022 NTS October SARJ+ Age Group Gala
10	5:50.98	L	F	Idelé du Toit	20	NWUC KKD	19/08/2022 USSA Swimming
11	6:06.20	L	F	Netanya Roberts	21	NWUC KKD	19/08/2022 USSA Swimming

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				
12	6:09.47 L	F	Tayla Parker	19	SWIFT EKU	08/12/2022	EGA Summer Champs 2022	
13	6:59.51 L	F	Morgan Vermeulen	19	SWIFT EKU	21/10/2022	EGA Summer 2 2022	
Men 11 Free								
1	2:17.25 L	F	Matthew Pelser	20	BEAV ETH	14/01/2023	Baynesfiels #2 Open Water KZN	
2	1:54:59.25 L	F	Byron Kimber	21	EGATC EKU	25/01/2023	Australain Open Water Champs	
Men 50 Free								
1	22.47 L	P	Clayton Jimmie	27	RSA	20/08/2022	2022 15th CANA AFRICAN SWIMMIN	
2	22.89 L	F	Roland Schoeman	42	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202	
3	23.15 L	P	Kobe Ndebele	20	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202	
4	23.21 L	F	Phillip De Lange	19	TUKS FSH	20/07/2022	Irish Summer National Championships	
5	23.32 L	P	Ryan Coetzee	27	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202	
6	23.40 L	F	Simon Haddon	24	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202	
7	23.51 L	P	Alex Goddard	22	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
8	23.54 L	P	Armand Maritz	26	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
9	23.56 L	F	Gabriel Nortje	21	SGUL ETH	16/12/2022	KZNA Premier Provincial Championshi	
10	23.63 L	P	Guy Brooks	20	SGUL ETH	01/07/2022	Prestige Tournament 2022	
11	23.65 L	P	Ruard Van Renen	19	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202	
12	23.73 L	F	Gustav Schlechter	20	LALE CED	13/11/2022	Winelands Summer League 4	
13	23.76 L	F	Pieter Mostert	20	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
14*	23.91 L	P	Kaydn Naidoo	20	BEAV ETH	16/12/2022	KZNA Premier Provincial Championshi	
14*	23.91 L	F	Luca Holtzhausen	19	SGUL ETH	16/12/2022	KZNA Premier Provincial Championshi	
16	23.96 L	P	Anandt Van Rensburg	23	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202	
17	23.98 L	P	Ross Hartigan	24	TUKS FSH	16/12/2022	KZNA Premier Provincial Championshi	
18	23.99 L S	P	Danté Nortjé	22	CA EKU	08/12/2022	EGA Summer Champs 2022	
19	24.01 L	F	Derek Godfrey	19	TUKS FSH	09/12/2022	NTS Championships 2022	
20	24.05 L	F	Kobus Groenewald	21	UFS MAN	19/08/2022	USSA Swimming	
21	24.12 L	P	Jayden Nel	19	NWS	12/04/2023	SA National Aquatic SNR-Champ 202	
22	24.13 L	P	Ruan Ras	26	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
23	24.16 L	F	Petrus Truter	19	RSA	04/12/2022	AUSC-Region 5 Under 20 YTH Games	
24	24.17 L	P	Ruan Hanaczek Kruger	21	LP CC	12/04/2023	SA National Aquatic SNR-Champ 202	
25*	24.24 L	F	Cameron Oliver	26	TUKS FSH	09/12/2022	NTS Championships 2022	
25*	24.24 L	P	Jonah Pool-Jones	20	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202	
27	24.28 L	P	Ramon Landmann	19	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
28*	24.29 L	P	Joshua Goldberg	24	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202	
28*	24.29 L	P	Andrew Ross	21	TUKS FSH	01/07/2022	Prestige Tournament 2022	
28*	24.29 L S	F	Liam Vehbi	19	INFA NMA	25/06/2022	PEA Winter Gala 2022	
31	24.32 L	F	Benjamin Plattner	23	TUKS FSH	16/12/2022	KZNA Premier Provincial Championshi	
32	24.33 L	F	Giano Dos Santos	20	TUKS FSH	09/12/2022	NTS Championships 2022	
33*	24.37 L	F	Arno Krüger	20	TUKS FSH	19/08/2022	USSA Swimming	
33*	24.37 L	P	Jethro Irvine	21	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202	
35	24.40 L	P	Joshua Parry	20	SEAL UMD	01/07/2022	Prestige Tournament 2022	
36	24.44 L	P	Jordan Lotter	19	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202	
37	24.46 L	F	Jacques Van Wyk	30	COEL FSH	02/12/2022	2022 The Tshwane Mayoral Gala	
38	24.48 L	F	Adam Moncherry	24	MATI CED	28/01/2023	Winelands SL Final	
39	24.49 L S	P	Martin Wolmarans	20	PEAS NMA	25/06/2022	PEA Winter Gala 2022	
40	24.56 L	P	Righardt Muller	20	CYBE CPT	24/02/2023	Western Cape Elite Gala	
41*	24.61 L	P	Chris Luus	22	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
41*	24.61 L	P	Matthew Randle	19	TUKS FSH	16/12/2022	KZNA Premier Provincial Championshi	
43	24.67 L	F	Philip Vorster	19	NWUC KKD	19/08/2022	USSA Swimming	
44*	24.71 L	P	Christiaan Engelbrecht	23	NWUC KKD	07/12/2022	NWS Championships 2022/2023	
44*	24.71 L	F	Callum Wimble	19	SEAL UMD	09/07/2022	GCSC L3 Long Course Meet	
46	24.77 L	P	Janco Rademeyer	23	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
47	24.84 L S	P	Jaiden Staines	20	BAS EKU	08/12/2022	EGA Summer Champs 2022	
48	24.87 L	F	Joshua Emslie	21	NWUC KKD	19/08/2022	USSA Swimming	
49	24.90 L	F	Gideon Wolmarans	20	PAC FSH	24/02/2023	NTS February Lev 3+ Age Group Gala	
50	24.92 L	F	Jordan Bradshaw	22	CRSC JHB	01/12/2022	CGA LC Summer Championships Lev	
51	24.93 L	P	Terence O'Hara	22	TUKS FSH	16/12/2022	KZNA Premier Provincial Championshi	
52	25.06 L	P	Frans-Josef Mentz	23	NWUC 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			
53	25.08 L	P	Ruan Hutten	20	RFA TSH	09/12/2022	NTS Championships 2022
54	25.11 L	P	Fabio Santos	19	FSA FS	12/04/2023	SA National Aquatic SNR-Champ 202
55	25.14 L	F	Chase Rayment	21	SGUL ETH	16/07/2022	AQZ Dual Meet
56*	25.15 L	F	Ethan Du Preez	19	CYBE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
56*	25.15 L	P	Bernard Wolfaardt	20	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
58	25.17 L	P	Logan Truter	19	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
59	25.18 L	F	Calvin Maughan	58	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
60*	25.19 L	F	Ethan Hieckmann	22	BARR CPT	07/10/2022	41st Freda Barnard Invitational Gala
60*	25.19 L	P	Roberto Gomes	23	TUKS TSH	01/07/2022	Prestige Tournament 2022
62	25.21 L	F	Ronan Theron	20	TUKS TSH	19/08/2022	USSA Swimming
63	25.22 L	F	Darren Minnies	25	NWUC KKD	19/08/2022	USSA Swimming
64	25.30 L	F	Ma'Az Khota	22	RBOT BPD	26/11/2022	NWS Age Group 3 2022/23
65	25.31 L	P	Philippus Van der Spuy	20	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
66	25.32 L	F	Reynier Pretorius	28	SGUL ETH	01/07/2022	Prestige Tournament 2022
67	25.33 L	F	Marthinus Matthee	25	KOVS MAN	06/12/2022	Free State Champs 2022
68	25.34 L	F	Van Zyl Brand	25	NWUC KKD	07/12/2022	NWS Championships 2022/2023
69	25.41 L S	F	Dylan Botha	20	NMU NMA	25/06/2022	PEA Winter Gala 2022
70	25.54 L	P	Michael Bromfield	22	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
71	25.59 L	F	Bernard Mentz	20	ACAA CCD	22/10/2022	Limpopo Age Group 4
72*	25.61 L	F	Corey Webb	19	TUKS TSH	19/08/2022	USSA Swimming
72*	25.61 L	F	Frederik De Beer	21	TUKS TSH	19/08/2022	USSA Swimming
72*	25.61 L	P	Kairav Mahabeer	20	PISC ETH	16/12/2022	KZNA Premier Provincial Championshi
75	25.63 L	P	Minkateko Makamu	23	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202
76*	25.66 L	P	Kelly Geldenhuys	19	RSA	21/07/2022	Solidarity Games Kazan July
76*	25.66 L S	P	Ryan Van Reenen	24	BLMA CPT	09/12/2022	Western Cape LC-A Championship 20
76*	25.66 L S	F	Bradley Reen	46	BLTA NMA	25/06/2022	PEA Winter Gala 2022
79	25.68 L	F	Dirco Nienaber	20	FISH EDD	18/02/2023	EDEN 5th A-League Gala 2023
80	25.69 L	P	Zinadeen Scheepers	20	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202
81*	25.71 L	P	Len-Douglas MACKAY	19	FSA FS	12/04/2023	SA National Aquatic SNR-Champ 202
81*	25.71 L	P	Jetro Piso	21	UNI EZD	02/12/2022	Mpumalanga Championships 2022
83*	25.79 L	F	Dirk Grobler	19	WWOL TSH	24/02/2023	NTS February Lev 3+ Age Group Gala
83*	25.79 L	F	Kyle Hultzer	19	SEAL UMD	01/07/2022	Prestige Tournament 2022
85	25.82 L	P	Thomas Woodhead	21	PER JHB	01/12/2022	CGA LC Summer Championships Lev
86	25.84 L	F	Christian Davidson	19	INFA NMA	09/12/2022	NMBA Championships 2022
87	25.85 L	P	Joshua Penney	19	TRAZ TSH	09/12/2022	NTS Championships 2022
88	25.86 L	F	Johannes Opperman	29	CPTM CPT	03/09/2022	CTA Qualifying Meet #4
89*	25.90 L	P	Kyle Letley	21	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202
89*	25.90 L	F	Luan De Waal	20	BLSS MAN	06/12/2022	Free State Champs 2022
91	25.93 L	F	Pieter Delpont	19	KOVS MAN	22/10/2022	Otters Prestige Gala 2022
92	25.96 L	F	Jaden Harris	23	RAV EKU	17/02/2023	EGA Let's Race 2023
93	26.00 L S	P	Connor Theron	20	SSISA CPT	09/12/2022	Western Cape LC-A Championship 20
94	26.01 L	F	Rael Hanan	21	RAV EKU	31/03/2023	SA Level 3 Regional Age Group Chan
95	26.03 L	F	Samuel Norton	20	NWUC KKD	19/08/2022	USSA Swimming
96	26.04 L S	P	Jarryd Snyman	23	HURAQ CPT	09/12/2022	Western Cape LC-A Championship 20
97*	26.06 L	P	Benjamin Strydom	19	PAC TSH	09/12/2022	NTS Championships 2022
97*	26.06 L	F	Callum Millington	19	CA EKU	21/10/2022	EGA Summer 2 2022
99*	26.07 L	P	Jordan Moodley	19	RSA	21/07/2022	Solidarity Games Kazan July
99*	26.07 L	P	Matthew-Ethan Falconer	20	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202
101	26.09 L	F	Luke Lalin	40	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
102	26.10 L S	F	Ude Fuchs	25	ACAA CCD	03/10/2022	Sasolburg Swim Club Invitational Gala
103	26.11 L	F	Dale Van der Merwe	19	SAAW CPT	03/09/2022	CTA Qualifying Meet #4
104	26.18 L	F	Matthew Abrahams	23	ASAC CPT	31/03/2023	SA Level 3 Regional Age Group Chan
105*	26.21 L	F	Jacobus Davel	19	KTS	07/12/2022	NCASA CHAMPS 2022
105*	26.21 L	F	Johannes Ferreira	21	NWUC KKD	07/12/2022	NWS Championships 2022/2023
107*	26.31 L S	P	Nicholas Oosthuizen	21	SSISA CPT	09/12/2022	Western Cape LC-A Championship 20
107*	26.31 L	F	Sean Loock	23	PSC TSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
109	26.34 L	F	Marnó Zietsman	30	COEL TSH	02/12/2022	2022 The Tshwane Mayoral Gala
110	26.35 L	F	Harald Ruck	57	COEL TSH	02/12/2022	2022 The Tshwane Mayoral Gala
111	26.37 L	F	Marno Langeveldt	29	TOTIS ETH	25/11/2022	WSC & Seals Summer LC Champs 20

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			
112	26.41	L	F	Corne Le Roux	21	NWUC KKD	19/08/2022 USSA Swimming
113	26.42	L	P	Luke Ashton	22	SASE JHB	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
114*	26.57	L	F	Matthew Hibberd	25	BLMA CPT	07/10/2022 41st Freda Barnard Invitational Gala
114*	26.57	L	F	Alan Smith	20	TRAZ TSH	28/01/2023 Ushaka Champs 2023
116	26.67	L	F	Nishan Fernando	21	PEAS NMA	13/01/2023 Eastern Cape Aquatics LC Champs 20
117	26.71	L	P	Hlalele Chaane	22	NWUC KKD	01/07/2022 Prestige Tournament 2022
118	26.73	L	F	Stephanus Kruger	19	UPSK	28/10/2022 KALAHARI CLASSIC CLUB GALA
119	26.75	L	P	Malcolm Botha	20	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
120	26.77	L S	F	Anthony Van Der Linden	48	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
121	26.79	L	F	Daniel Louw	19	UPSK	05/11/2022 AGE GROUP 2 UPINGTON 2022
122	26.80	L	P	Jayden Wills	19	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
123	26.81	L	F	William Van Niekerk	27	KTS	03/12/2022 AGE GROUP 4 KATHU 2022
124*	26.85	L	P	Luke Howard	19	PSCP UMD	01/07/2022 Prestige Tournament 2022
124*	26.85	L	F	Lionel Moss	19	SSISA CPT	24/09/2022 CTA Qualifying Meet #5
126	26.87	L	P	Matthew Estment	23	PER JHB	01/12/2022 CGA LC Summer Championships Leve
127	26.89	L	P	Robert Hattingh	19	TUKS TSH	31/03/2023 SA Level 3 Regional Age Group Chan
128	26.92	L	F	Ethan Bailey	20	AQDO CPT	07/10/2022 41st Freda Barnard Invitational Gala
129	26.95	L	P	Taine Richardson	19	SASE JHB	01/12/2022 CGA LC Summer Championships Leve
130	26.96	L	F	Luke Norris	19	INFA NMA	10/02/2023 Infinity Gala 2023
131	26.97	L	P	Guillaume Louw	19	CUDU CPT	31/03/2023 SA Level 3 Regional Age Group Chan
132	27.08	L	F	Jan Venter	35	UNI EZD	02/12/2022 Mpumalanga Championships 2022
133	27.09	L	F	Matthew Andrew	20	MSC NGD	14/10/2022 MP AGE GROUP 2 GALA 14-15 OCTO
134	27.20	L	F	Christopher Häseli	19	TUKS TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
135	27.32	L	F	Hendrick Ramaala	22	TUKS TSH	08/10/2022 NTS Sprint Gala
136*	27.33	L	F	Marku Potgieter	30	HPS TSH	02/12/2022 2022 The Tshwane Mayoral Gala
136*	27.33	L	F	Andries Jansen van Vuuren	20	BLSS MAN	06/12/2022 Free State Champs 2022
138*	27.34	L	F	Nkosinolwazi Mbatha	26	USH UHD	28/01/2023 Ushaka Champs 2023
138*	27.34	L	F	Ammar Anthony	20	MARL CPT	07/10/2022 41st Freda Barnard Invitational Gala
140	27.38	L S	P	Thornton Velloen	20	ONYX EKU	08/12/2022 EGA Summer Champs 2022
141	27.40	L	P	Daniel Caldeira	19	FLOD JHB	01/12/2022 CGA LC Summer Championships Leve
142	27.44	L	F	Bronte Margro	20	RAV EKU	17/02/2023 EGA Let's Race 2023
143	27.46	L	P	Jurgen Steyn	19	TRAZ TSH	09/12/2022 NTS Championships 2022
144	27.52	L S	P	Adriaan Den Haan	19	QUIC CPT	09/12/2022 Western Cape LC-A Championship 20
145	27.60	L	F	Eduan Du Preez	20	TUKS TSH	19/08/2022 USSA Swimming
146	27.62	L	F	Heinrich Vorster	20	TUKS TSH	19/08/2022 USSA Swimming
147	27.64	L	F	Rohan Barnard	19	BLMA CPT	07/10/2022 41st Freda Barnard Invitational Gala
148	27.71	L	F	Byron Govender	22	BEAV ETH	31/03/2023 SA Level 3 Regional Age Group Chan
149	27.72	L	P	Ryan Fermoye	20	SASE JHB	01/12/2022 CGA LC Summer Championships Leve
150	27.77	L	P	Petrus Brand	19	CSA EZD	02/12/2022 Mpumalanga Championships 2022
151	27.78	L	F	Vincent Potgieter	24	NCASA	28/01/2023 4 + 1 Inter Provincial Gala 2023
152*	27.83	L	F	Willem Kleynhans	19	TUKS TSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
152*	27.83	L	F	Jonathan Pheiffer	20	UWCA CPT	04/11/2022 CTA A CHAMPS 2022
154	27.85	L	P	Angus Solomons	22	TUKS TSH	09/12/2022 NTS Championships 2022
155	28.05	L	F	Jed Plath	19	NWUC KKD	19/08/2022 USSA Swimming
156	28.20	L	F	Pierre Theron	27	NCASA	28/01/2023 4 + 1 Inter Provincial Gala 2023
157	28.24	L	P	Liam Bruce	20	TUKS TSH	01/07/2022 Prestige Tournament 2022
158	28.26	L	F	Iacopo Marmeggi	19	STAR BPD	07/12/2022 NWS Championships 2022/2023
159	28.38	L	F	Thomas Peycke	20	BLMA CPT	03/09/2022 CTA Qualifying Meet #4
160	28.52	L	F	Ayden Brown	19	FAAC FBD	07/10/2022 FLAMINGO GALA OCT 2022
161	28.76	L	F	Dino Barber	33	CPTM CPT	24/09/2022 CTA Qualifying Meet #5
162	28.80	L	F	Kealeboga Khoza	20	NCASA	28/01/2023 4 + 1 Inter Provincial Gala 2023
163	28.81	L	P	Mbulelo Mente	19	SOWE JHB	02/03/2023 SA Level 2 Regional Age Group Cham
164	28.83	L	F	Gabriël Labuschagne	19	HSBV SKD	15/10/2022 Limpopo Top 10 - High Schools
165	28.85	L	F	Aaron Putz	26	KZNA ETH	12/04/2023 SA National Aquatic SNR-Champ 202
166	28.87	L	F	Gerhardus Kuhn	32	KSC EZD	02/12/2022 Mpumalanga Championships 2022
167	28.93	L	F	Jandre Lubbe	40	KALA	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
168	28.96	L	F	Tgegofatso Nkutshweu	20	ATTE TSH	02/12/2022 2022 The Tshwane Mayoral Gala
169	28.97	L	F	André van der Merwe	51	CA EKU	17/02/2023 EGA Let's Race 2023
170	28.98	L	F	Joshua Bowers	20	MANT CPT	04/11/2022 CTA A 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		
171	29.16	L	F	Pieter Van Coller	19	HPP BUF	15/10/2022 Limpopo Top 10 - High Schools
172	29.25	L	F	Jean Pretorius	26	WCA CPT	19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
173	29.31	L	P	Matthew Moss	19	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
174	29.37	L	P	Christian Sadie	25	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
175	29.45	L	F	Pieter Lombard	19	WELA LLD	12/11/2022 Kroonstad Age Group
176	29.60	L	F	Craig Medefindt	45	COEL FSH	02/12/2022 2022 The Tshwane Mayoral Gala
177	29.61	L	F	Willem Botha	44	UNATC	19/11/2022 AGE GROUP 3 KATHU - 2022
178	29.64	L	F	Andrè Roothman	68	CPTM CPT	03/09/2022 CTA Qualifying Meet #4
179	29.67	L	F	Erhardt Gerber	45	FEMS EDD	07/10/2022 41st Freda Barnard Invitational Gala
180	29.86	L	F	Theo Van Der Westhuizen	50	CSA EZD	02/12/2022 Mpumalanga Championships 2022
181	30.08	L	F	Willem Potgieter	54	HPS FSH	02/12/2022 2022 The Tshwane Mayoral Gala
182	30.11	L	F	Marno De Villiers	20	ONYX EKU	10/09/2022 Adrian Grafe Gala 2022
183	30.28	L	F	Hendrik Groenewald	43	KTS	07/12/2022 NCASA CHAMPS 2022
184	30.29	L	F	Brendan Fowler	42	UNI EZD	04/11/2022 MP AGE GROUP 3 GALA 4-5 NOVEM
185	30.30	L	F	Albert De Klerk	19	UPSK	19/11/2022 AGE GROUP 3 UPINGTON - 2022
186	30.42	L	F	Russel Nugent	53	UPSK	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
187	30.66	L	F	Marco Van Der Merwe	21	UPSK	07/12/2022 NCASA CHAMPS 2022
188	30.90	L	F	Thembela Dlamini	21	NWUC KKD	19/08/2022 USSA Swimming
189	30.96	L S	P	Justin Cameron	20	RPAC EKU	08/12/2022 EGA Summer Champs 2022
190	31.01	L	F	John-Henry Oosthuizen	21	QSAW CED	13/11/2022 Winelands Summer League 4
191	31.13	L	F	Ivan Janse Van Vuuren	39	VOLK KKD	28/01/2023 4 + 1 Inter Provincial Gala 2023
192	31.15	L	F	Emil Wedemeyer	39	NAE EZD	02/12/2022 Mpumalanga Championships 2022
193	31.25	L	P	Khosi Matsipa	21	OLDE JHB	31/03/2023 SA Level 3 Regional Age Group Chan
194	31.29	L	F	Danny Damoense	19	RBOT BPD	07/12/2022 NWS Championships 2022/2023
195	31.44	L	F	Ryno Van der Walt	QR	PSA ZLD	19/11/2022 Froggies Aquatics Championships 202
196	31.63	L	F	Daniel Berk	44	CPTM CPT	03/09/2022 CTA Qualifying Meet #4
197	31.64	L	P	Bruce Rankin	59	TLAC BPD	07/12/2022 NWS Championships 2022/2023
198	31.77	L	P	Jasper Van der Westhuizen	42	AAS JHB	01/12/2022 CGA LC Summer Championships Lev
199	31.80	L	F	Valentino Vergotine	35	VINE CPT	04/11/2022 CTA A CHAMPS 2022
200	32.03	L S	F	Jean-Pierre Nel	23	ETTN EKU	08/12/2022 EGA Summer Champs 2022
201	32.12	L	F	Phetolo Chauke	19	SOSH FSH	02/12/2022 2022 The Tshwane Mayoral Gala
202*	32.18	L	F	Cornelius Cockeran	40	KALA	14/01/2023 GROUP 5 - KTHU 2023
202*	32.18	L	P	Wg Engelbrecht	21	KSC EZD	02/12/2022 Mpumalanga Championships 2022
204	32.32	L	F	Gerard Groenewald	19	WALM CPT	21/01/2023 CTA Qualifying Meet #7
205	32.33	L	F	Ebert Kleynhans	52	GHSK	19/11/2022 AGE GROUP 3 KBY 2022
206	32.53	L	F	Patrick Mc Cabe	32	CSA EZD	02/12/2022 Mpumalanga Championships 2022
207	33.22	L	F	Phahleng Mampa	20	SOSH FSH	17/02/2023 NTS February Lev 1+2 Age Group Gal
208	33.36	L	P	Elih Lawrence	20	FSA FS	12/04/2023 SA National Aquatic SNR-Champ 202
209	33.43	L	F	Michael Winfield	68	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
210	33.49	L	F	Anz-Lee Eilerd	19	KALA	03/12/2022 AGE GROUP 4 KATHU 2022
211	33.75	L	F	Arno Opperman	42	KTS	07/12/2022 NCASA CHAMPS 2022
212	33.87	L	F	Mahlatsi Machaka	20	ATTE FSH	02/12/2022 2022 The Tshwane Mayoral Gala
213	34.42	L	F	Nicolaas Maree	46	NAE EZD	02/12/2022 Mpumalanga Championships 2022
214	34.56	L	F	Schalk Kock	55	NCASA	28/01/2023 4 + 1 Inter Provincial Gala 2023
215	34.64	L	F	Willscott Radley	50	NSAD EZD	17/09/2022 MP SPRINT GALA 17 SEPTEMBER 2
216	34.69	L	F	Andre Maritz	46	GHSK	05/11/2022 AGE GROUP 2 KBY 2022
217	35.19	L	F	Jan-Herman Els	23	PAC FSH	02/12/2022 2022 The Tshwane Mayoral Gala
218	35.39	L	F	Jan Engelbrecht	57	KSC EZD	02/12/2022 Mpumalanga Championships 2022
219	35.60	L	P	Nkosimayebongwe Dlodlu	24	AGB JHB	12/04/2023 SA National Aquatic SNR-Champ 202
220	35.91	L	F	Werner Pretorius	44	KALA	28/10/2022 KALAHARI CLASSIC CLUB GALA
221	36.04	L	P	Mpho Mainganye	31	AGB JHB	12/04/2023 SA National Aquatic SNR-Champ 202
222	36.11	L	F	Simphiwe Wanda	22	FSE KCD	26/11/2022 KCDA November Age Group Gala 202
223	36.83	L	F	Nkoi Dlodlu	24	GAU	19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
224	36.96	L	F	Leon Louw	40	KALA	14/01/2023 GROUP 5 - KTHU 2023
225	37.59	L	F	Gerhard Snr Basson	39	KSC EZD	02/12/2022 Mpumalanga Championships 2022
226	38.33	L	F	Jeremia Louw	43	KALA	18/02/2023 AGE GROUP 6 KATHU - 2023
227	38.55	L	F	Eugene Small	46	KSC EZD	02/12/2022 Mpumalanga Championships 2022
228	38.80	L	F	Christiaan Botha	46	KSC EZD	02/12/2022 Mpumalanga Championships 2022
229	38.87	L	F	Mpho Mainganye	31	GAU	19/03/2023 2023 TOYOTA SASAPD CHAMPIONS

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					
230	39.55 L	P	Kabelo Zwane	20	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202		
231	39.93 L	F	John Mosime	37	ISSC NMD	21/01/2023	NWS Sprint Gala 2023		
232	40.12 L	F	Cecil Cochrane	57	NSAD EZD	20/01/2023	MP AGE GROUP 4 GALA 21 - 22 JAN		
233	40.17 L	F	Arthur Platte	66	WINE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet		
234	40.82 L S	F	Dewald Hoffman	19	AWSC JHB	09/12/2022	NTS Championships 2022		
235	40.85 L S	F	Christiaan Franck	36	ETTN EKU	03/10/2022	Sasolburg Swim Club Invitational Gala		
236	41.47 L	F	Allen Morrison	75	CPTM CPT	18/02/2023	EDEN 5th A-League Gala 2023		
237	41.93 L	F	Nsindiso Ntombelo	25	FSE KCD	26/11/2022	KCDA November Age Group Gala 202		
238	44.12 L	F	Siphelele Mkhize	21	FSE KCD	21/01/2023	KCDA January Age Group Gala 2023		
239	47.90 L	F	Hendrik Grobler	48	KSC EZD	02/12/2022	Mpumalanga Championships 2022		
240	1:23.85 L	F	Bernard Manzoni	48	QUIC CPT	07/10/2022	41st Freda Barnard Invitational Gala		
241	1:40.88 L	F	Neville Muir	84	COEL TSH	02/12/2022	2022 The Tshwane Mayoral Gala		
Men 100 Free									
1	48.97 L	F	Chad Le Clos	31	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202		
2	49.20 L	F	Matthew Sates	19	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202		
3	49.78 L	F	Clayton Jimmie	27	RSA	20/08/2022	2022 15th CANA AFRICAN SWIMMIN		
4	49.85 L	P	Kobe Ndebele	20	SEAL UMD	07/07/2022	2022 ST TXLA Speedo Sectionals - Au		
5	50.84 L	T	Ian Venter	24	PEAS NMA	30/11/2022	2022 TT - Toyota US Open Champions		
6	50.98 L	F	Guy Brooks	20	SGUL ETH	16/07/2022	AQZ Dual Meet		
7	50.99 L	F	Simon Haddon	24	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202		
8	51.28 L	F	Ruard Van Renen	19	RSA	20/08/2022	2022 15th CANA AFRICAN SWIMMIN		
9	51.42 L	F	Ross Hartigan	24	TUKS TSH	16/12/2022	KZNA Premier Provincial Championshi		
10	51.66 L	P	Luca Holtzhausen	19	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202		
11	51.78 L	P	Danté Nortjé	22	CA EKU	08/12/2022	EGA Summer Champs 2022		
12	51.83 L	P	Anandt Van Rensburg	23	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202		
13	51.85 L	F	Gabriel Nortje	21	SGUL ETH	16/12/2022	KZNA Premier Provincial Championshi		
14	51.88 L	P	Andrew Ross	21	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202		
15	51.91 L	P	Alex Goddard	22	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202		
16	52.04 L	P	Pieter Mostert	20	TUKS TSH	09/12/2022	NTS Championships 2022		
17	52.16 L	F	Arno Krüger	20	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202		
18	52.39 L	F	Phillip De Lange	19	TUKS TSH	20/07/2022	Irish Summer National Championships		
19	52.46 L	F	Derek Godfrey	19	TUKS TSH	09/12/2022	NTS Championships 2022		
20	52.53 L	P	Kaydn Naidoo	20	BEAV ETH	16/12/2022	KZNA Premier Provincial Championshi		
21	52.57 L	P	Giano Dos Santos	20	TUKS TSH	03/03/2023	2023 Grand Prix 2 Invitational Meet - K		
22	52.68 L	P	Hendrik Louw	21	TUKS TSH	01/12/2022	Rotterdam Qualification Meet 2022		
23	52.73 L	P	Ruan Ras	26	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202		
24	52.76 L	P	Brandon Chapman	20	ECA BUF	12/04/2023	SA National Aquatic SNR-Champ 202		
25	52.79 L	P	Liam Vehbi	19	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202		
26	52.81 L	P	Ruan Hanaczek Kruger	21	LP CC	12/04/2023	SA National Aquatic SNR-Champ 202		
27	52.85 L	P	Cameron Oliver	26	TUKS TSH	09/12/2022	NTS Championships 2022		
28	52.97 L	P	Righardt Muller	20	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202		
29*	52.99 L	P	Jethro Irvine	21	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202		
29*	52.99 L	F	Gustav Schlechter	20	LALE CED	13/11/2022	Winelands Summer League 4		
31	53.00 L	P	Adriaan Viljoen	20	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202		
32	53.05 L	P	Ethan Du Preez	19	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202		
33	53.08 L	P	Janco Rademeyer	23	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202		
34	53.27 L	P	Armand Maritz	26	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202		
35	53.51 L	P	Jayden Nel	19	NWS	12/04/2023	SA National Aquatic SNR-Champ 202		
36*	53.52 L	P	Jonah Pool-Jones	20	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202		
36*	53.52 L	F	Joshua Parry	20	SEAL UMD	01/07/2022	Prestige Tournament 2022		
38	53.55 L	P	Bernard Wolfaardt	20	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202		
39	53.71 L	F	Andre Van Huyssteen	24	TUKS TSH	19/08/2022	USSA Swimming		
40	53.81 L	P	Chris Luus	22	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202		
41	53.97 L	P	Gideon Wolmarans	20	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202		
42	54.15 L	P	Ramon Landmann	19	PAC TSH	03/03/2023	2023 Grand Prix 2 Invitational Meet - K		
43	54.18 L	F	Petrus Truter	19	LALE CED	28/01/2023	Winelands SL Final		
44	54.19 L	P	Benjamin Plattner	23	TUKS TSH	16/12/2022	KZNA Premier Provincial Championshi		
45	54.29 L	F	Adam Moncherry	24	MATI CED	25/06/2022	PEA Winter Gala 2022		
46	54.30 L	P	Joshua Emslie	21	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202		

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	Time	P/F/S	Name	Age/Yr					
47	54.31	L	P	Philip Vorster	19	NWS	12/04/2023	SA National Aquatic SNR-Champ 202	
48*	54.39	L	P	Jordan Bradshaw	22	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202	
48*	54.39	L	P	Roberto Gomes	23	TUKS TSH	09/12/2022	NTS Championships 2022	
50	54.43	L	P	Jordan Lotter	19	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202	
51	54.57	L	F	Ethan Bailey	20	RSA	04/12/2022	AUSC-Region 5 Under 20 YTH Games	
52	54.69	L	P	Joshua Goldberg	24	RAV EKU	03/03/2023	2023 Grand Prix 2 Invitational Meet - K	
53	54.82	L	F	Callum Wimble	19	SEAL UMD	09/07/2022	GCSC L3 Long Course Meet	
54	54.86	L	P	Christiaan Engelbrecht	23	NWUC KKD	07/12/2022	NWS Championships 2022/2023	
55	54.88	L	F	Frans-Josef Mentz	23	NWUC KKD	19/08/2022	USSA Swimming	
56	54.96	L	P	Michael Bromfield	22	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202	
57	54.99	L	P	Philippus Van der Spuy	20	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202	
58	55.25	L	P	Ruan Hutten	20	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202	
59	55.29	L	F	Kobus Groenewald	21	UFS MAN	19/08/2022	USSA Swimming	
60	55.32	L	P	Kelly Geldenhuys	19	RSA	21/07/2022	Solidarity Games Kazan July	
61	55.34	L	F	Christian Davidson	19	EDEN EDD	28/01/2023	NMBA Intra-District Championship	
62	55.35	L	P	Zinadeen Scheepers	20	AA JHB	01/12/2022	CGA LC Summer Championships Leve	
63	55.42	L	P	Thomas Woodhead	21	PER JHB	01/12/2022	CGA LC Summer Championships Leve	
64	55.69	L	F	Jetro Piso	21	UNI EZD	02/12/2022	Mpumalanga Championships 2022	
65	55.73	L	P	Jacobus Davel	19	NWS	12/04/2023	SA National Aquatic SNR-Champ 202	
66	55.74	L	F	Reynier Pretorius	28	SGUL ETH	01/07/2022	Prestige Tournament 2022	
67	55.78	L	P	Terence O'Hara	22	TUKS TSH	16/12/2022	KZNA Premier Provincial Championsh	
68	55.80	L	P	Len-Douglas MACKAY	19	FSA FS	12/04/2023	SA National Aquatic SNR-Champ 202	
69	55.93	L	F	Matthew Randle	19	TUKS TSH	28/10/2022	NTS October SARJ+ Age Group Gala	
70	55.97	L	P	Reece Zowitsky	20	TUKS TSH	09/12/2022	NTS Championships 2022	
71	56.17	L	P	Joshua Penney	19	TRAZ TSH	09/12/2022	NTS Championships 2022	
72	56.37	L	P	Kyle Letley	21	ESTR EKU	08/12/2022	EGA Summer Champs 2022	
73	56.40	L	F	Vishay Nagin	19	WATR JHB	31/03/2023	SA Level 3 Regional Age Group Chan	
74	56.47	L	F	Frederik De Beer	21	TUKS TSH	19/08/2022	USSA Swimming	
75	56.55	L	P	Minkateko Makamu	23	AA JHB	03/03/2023	2023 Grand Prix 2 Invitational Meet - K	
76	56.56	L	P	Luke Ashton	22	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202	
77	56.62	L	F	Pieter Delpport	19	KOVS MAN	22/10/2022	Otters Prestige Gala 2022	
78	56.67	L	P	Jaiden Staines	20	BAS EKU	08/12/2022	EGA Summer Champs 2022	
79	56.75	L	F	Dirk Grobler	19	WWOL TSH	24/02/2023	NTS February Lev 3+ Age Group Gala	
80	56.79	L	P	Ethan Hieckmann	22	BARR CPT	09/12/2022	Western Cape LC-A Championship 20	
81	56.82	L	F	Matthew Abrahams	23	ASAC CPT	31/03/2023	SA Level 3 Regional Age Group Chan	
82	56.85	L	P	Marthinus Matthee	25	KOVS MAN	06/12/2022	Free State Champs 2022	
83	57.09	L	P	Jordan Moodley	19	RSA	21/07/2022	Solidarity Games Kazan July	
84	57.26	L	F	Ma'Az Khota	22	RBOT BPD	26/11/2022	NWS Age Group 3 2022/23	
85	57.27	L	F	Matthew Andrew	20	MSC NGD	14/10/2022	MP AGE GROUP 2 GALA 14-15 OCT	
86	57.30	L	F	Dale Van der Merwe	19	TUKS TSH	19/08/2022	USSA Swimming	
87	57.40	L	F	Dirco Nienaber	20	FISH EDD	18/02/2023	EDEN 5th A-League Gala 2023	
88*	57.42	L	F	Taro Tomitsuka	21	JVR CPT	04/11/2022	CTA A CHAMPS 2022	
88*	57.42	L	P	Kairav Mahabeer	20	PISC ETH	16/12/2022	KZNA Premier Provincial Championsh	
90	57.50	L	F	Alan Smith	20	TRAZ TSH	28/01/2023	Ushaka Champs 2023	
91	57.53	L	F	Kyle Hultzer	19	SEAL UMD	01/07/2022	Prestige Tournament 2022	
92	57.69	L S	F	Luan De Waal	20	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala	
93	57.70	L	P	Nicholas Oosthuizen	21	SSISA CPT	09/12/2022	Western Cape LC-A Championship 20	
94	57.74	L	F	Matthew-Ethan Falconer	20	CA EKU	11/06/2022	EGA Winter 1 2022	
95	57.90	L	F	Johannes Ferreira	21	NWUC KKD	19/08/2022	USSA Swimming	
96	57.98	L	P	Benjamin Strydom	19	PAC TSH	31/03/2023	SA Level 3 Regional Age Group Chan	
97	58.07	L	P	Jival Bodlall	21	TUKS TSH	09/12/2022	NTS Championships 2022	
98	58.24	L	F	Johannes Opperman	29	CPTM CPT	03/09/2022	CTA Qualifying Meet #4	
99	58.34	L	F	Connor Theron	20	SSISA CPT	15/10/2022	CTA Qualifying Meet #6	
100	58.40	L	F	Samuel Norton	20	NWUC KKD	19/08/2022	USSA Swimming	
101	58.41	L	F	Corey Webb	19	SAAW CPT	03/09/2022	CTA Qualifying Meet #4	
102	58.60	L	P	Fabio Santos	19	KOVS MAN	29/09/2022	MA Grand Prix	
103	58.79	L	P	Heinrich Vorster	20	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202	
104	58.85	L	F	Chad Erasmus	20	VINE CPT	03/09/2022	CTA Qualifying Meet #4	
105	58.89	L	P	Robert Hattingh	19	TUKS TSH	09/12/2022	NTS 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			
106	58.98	L	P	Matthew Estment	23	PER JHB	01/12/2022 CGA LC Summer Championships Lev
107	59.37	L	P	Guillaume Louw	19	CUDU CPT	24/02/2023 Western Cape Elite Gala
108	59.43	L	F	Matthew Hibberd	25	BLMA CPT	07/10/2022 41st Freda Barnard Invitational Gala
109	59.48	L	F	Hlalele Chaane	22	NWUC KKD	26/11/2022 NWS Age Group 3 2022/23
110*	59.51	L	P	Bronte Margro	20	RAV EKU	08/12/2022 EGA Summer Champs 2022
110*	59.51	L	F	Nishan Fernando	21	PEAS NMA	10/02/2023 Infinity Gala 2023
112	59.55	L	F	Rohan Barnard	19	BLMA CPT	28/01/2023 Winelands SL Final
113	59.60	L	F	Andries Jansen van Vuuren	20	BLSS MAN	06/12/2022 Free State Champs 2022
114	59.82	L	P	Anthony Van Der Linden	48	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
115	59.91	L	F	Luke Howard	19	PSCP UMD	01/07/2022 Prestige Tournament 2022
116	59.93	L	F	Willem Kleynhans	19	TUKS FSH	03/02/2023 NTS January Lev 3+ Age Group Gala
117	59.94	L	F	Stephanus Kruger	19	UPSK	14/01/2023 AGE GROUP 5 UPT 2023
118	1:00.06	L	F	Callum Millington	19	CA EKU	20/01/2023 EGA Last Chance Galal
119	1:00.25	L	P	Ryan Van Reenen	24	BLMA CPT	09/12/2022 Western Cape LC-A Championship 20
120	1:00.49	L	P	Rael Hanan	21	RAV EKU	31/03/2023 SA Level 3 Regional Age Group Chan
121	1:00.64	L	F	Jayden Wills	19	RFA FSH	06/01/2023 2023 Grand Prix Invitation Swimming I
122	1:00.67	L	F	Lionel Moss	19	SSISA CPT	15/10/2022 CTA Qualifying Meet #6
123	1:00.72	L	F	Ammar Anthony	20	MARL CPT	04/11/2022 CTA A CHAMPS 2022
124	1:00.78	L	P	Taine Richardson	19	SASE JHB	01/12/2022 CGA LC Summer Championships Lev
125	1:00.92	L	P	Ryan Fermoye	20	SASE JHB	31/03/2023 SA Level 3 Regional Age Group Chan
126	1:01.18	L	F	Christopher Häseli	19	TUKS FSH	24/02/2023 NTS February Lev 3+ Age Group Gala
127	1:01.36	L	P	Daniel Caldeira	19	FLOD JHB	01/12/2022 CGA LC Summer Championships Lev
128	1:01.46	L	F	Jonathan Pheiffer	20	UWCA CPT	21/01/2023 CTA Qualifying Meet #7
129	1:01.62	L	F	Nkosinolwazi Mbatha	26	USH UHD	28/01/2023 Ushaka Champs 2023
130*	1:01.73	L	F	Byron Govender	22	BEAV ETH	31/03/2023 SA Level 3 Regional Age Group Chan
130*	1:01.73	L	P	Roland Schoeman	42	KZNA ETH	12/04/2023 SA National Aquatic SNR-Champ 202
132	1:01.89	L	F	Liam Bruce	20	TUKS FSH	01/07/2022 Prestige Tournament 2022
133	1:02.07	L	P	Petrus Brand	19	CSA EZD	02/12/2022 Mpumalanga Championships 2022
134	1:02.09	L	F	Linda Mpfana	20	UMSH ETH	02/12/2022 EDA AG Gala December 2022
135	1:02.16	L	F	Jan Venter	35	UNI EZD	02/12/2022 Mpumalanga Championships 2022
136	1:02.17	L	P	Tyron Erasmus	19	PER JHB	31/03/2023 SA Level 3 Regional Age Group Chan
137	1:02.38	L	F	Pieter Lombard	19	WELA LLD	12/11/2022 Kroonstad Age Group
138	1:02.61	L	P	Iacopo Marmeggi	19	STAR BPD	07/12/2022 NWS Championships 2022/2023
139	1:02.62	L	P	Thornton Velloen	20	ONYX EKU	08/12/2022 EGA Summer Champs 2022
140	1:02.74	L	P	Joshua Bowers	20	MANT CPT	31/03/2023 SA Level 3 Regional Age Group Chan
141*	1:02.78	L	F	William Van Niekerk	27	KTS	07/12/2022 NCASA CHAMPS 2022
141*	1:02.78	L	F	Michael Witbooi	21	BIOS CED	13/11/2022 Winelands Summer League 4
143	1:02.82	L	F	Daniel Louw	19	UPSK	11/11/2022 UPINGTON CLUB GALA 2022
144	1:03.51	L	F	Amkele Qamarana	19	AGB JHB	12/04/2023 SA National Aquatic SNR-Champ 202
145	1:03.54	L	F	Aaron Putz	26	KZNA ETH	12/04/2023 SA National Aquatic SNR-Champ 202
146	1:03.97	L	F	Thomas Peycke	20	BLMA CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
147	1:04.26	L	F	Jed Plath	19	NWUC KKD	19/08/2022 USSA Swimming
148	1:04.35	L	F	Tgegofatso Nkutshweu	20	ATTE FSH	02/12/2022 2022 The Tshwane Mayoral Gala
149	1:04.54	L	F	André van der Merwe	51	CA EKU	20/01/2023 EGA Last Chance Galal
150	1:05.20	L	F	Brenden Crawford	27	CA EKU	20/01/2023 EGA Last Chance Galal
151	1:05.49	L	F	Jandre Lubbe	40	KALA	14/01/2023 TIME TRIAL AGE GROUP 5 - 2023
152*	1:06.51	L	F	Kealeboga Khoza	20	NWUC KKD	19/08/2022 USSA Swimming
152*	1:06.51	L	F	Ayden Brown	19	FAAC FBD	28/10/2022 KALAHARI CLASSIC CLUB GALA
154	1:07.27	L	F	Erhardt Gerber	45	FEMS EDD	07/10/2022 41st Freda Barnard Invitational Gala
155	1:07.47	L	F	Jasper Van der Westhuizen	42	AAS JHB	25/02/2023 CGA Level 3+ Last Chance gala
156	1:07.56	L	P	Vincent Potgieter	24	TLAC BPD	07/12/2022 NWS Championships 2022/2023
157	1:08.02	L	F	Jean Pretorius	26	CYBE CPT	03/09/2022 CTA Qualifying Meet #4
158	1:08.45	L	F	Christian Sadie	25	LALE CED	28/01/2023 Winelands SL Final
159	1:08.60	L	F	Andrè Roothman	68	CPTM CPT	03/09/2022 CTA Qualifying Meet #4
160	1:09.34	L S	F	Ivan Janse Van Vuuren	39	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
161	1:09.50	L S	F	Jean-Pierre Nel	23	ETTN EKU	08/12/2022 EGA Summer Champs 2022
162	1:09.82	L	F	Russel Nugent	53	UPSK	11/11/2022 UPINGTON CLUB GALA 2022
163	1:10.14	L	F	Brendan Fowler	42	UNI EZD	02/12/2022 Mpumalanga Championships 2022
164	1:10.20	L	F	Valentino Vergotine	35	VINE CPT	24/09/2022 CTA Qualifying Meet #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			
165	1:10.26	L	F	Gerhardus Kuhn	32	KSC EZD	02/12/2022 Mpumalanga Championships 2022
166	1:10.37	L	F	Khosi Matsipa	21	OLDE JHB	25/02/2023 CGA Level 3+ Last Chance gala
167	1:10.64	L	F	Matthew Moss	19	WCA CPT	19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
168	1:11.06	L	F	Hendrik Groenewald	43	KTS	07/12/2022 NCASA CHAMPS 2022
169	1:11.50	L	F	John-Henry Oosthuizen	21	QSAW CED	13/11/2022 Winelands Summer League 4
170	1:11.53	L	F	Marco Van Der Merwe	21	UPSK	07/12/2022 NCASA CHAMPS 2022
171	1:11.79	L	F	Theo Van Der Westhuizen	50	CSA EZD	02/12/2022 Mpumalanga Championships 2022
172	1:11.97	L	F	Ryno Van der Walt	QR	PSA ZLD	22/10/2022 Stingrays Swim Club Championships 2
173	1:12.24	L	F	Justin Cameron	20	RPAC EKU	20/01/2023 EGA Last Chance Galal
174	1:12.75	L	F	Albert De Klerk	19	UPSK	19/11/2022 AGE GROUP 3 UPINGTON - 2022
175	1:12.90	L	P	Bruce Rankin	59	TLAC BPD	07/12/2022 NWS Championships 2022/2023
176	1:13.48	L	F	Louis Van Deventer	19	HE WBD	15/10/2022 Limpopo Top 10 - High Schools
177	1:13.66	L	F	Luke Lalin	40	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
178	1:13.86	L	F	Anz-Lee Eilerd	19	KALA	07/12/2022 NCASA CHAMPS 2022
179	1:14.05	L	F	Thembela Dlamini	21	NWUC KKD	19/08/2022 USSA Swimming
180	1:14.55	L	F	Elih Lawrence	20	FSA FS	12/04/2023 SA National Aquatic SNR-Champ 202
181	1:14.87	L	F	Glenn Steyn	62	CPTM CPT	03/09/2022 CTA Qualifying Meet #4
182	1:14.88	L	P	Danny Damoense	19	RBOT BPD	07/12/2022 NWS Championships 2022/2023
183	1:15.67	L	F	Michael Winfield	68	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
184	1:19.16	L	P	Wg Engelbrecht	21	KSC EZD	02/12/2022 Mpumalanga Championships 2022
185	1:19.30	L	F	Gerard Groenewald	19	WALM CPT	21/01/2023 CTA Qualifying Meet #7
186	1:19.43	L	F	Patrick Mc Cabe	32	CSA EZD	02/12/2022 Mpumalanga Championships 2022
187	1:20.25	L	F	Andre Maritz	46	GHSK	07/10/2022 FLAMINGO GALA OCT 2022
188	1:20.27	L	F	Jacob Burger	49	CPTM CPT	03/09/2022 CTA Qualifying Meet #4
189	1:20.87	L	P	Mbulelo Mente	19	SOWE JHB	02/03/2023 SA Level 2 Regional Age Group Cham
190	1:21.64	L	F	Willscott Radley	50	NSAD EZD	17/09/2022 MP SPRINT GALA 17 SEPTEMBER 2
191	1:22.87	L	F	Nkosimayebongwe Dlodlu	24	JMDOL JHB	01/12/2022 CGA LC Summer Championships Lev
192	1:23.51	L	F	Arno Opperman	42	KTS	07/12/2022 NCASA CHAMPS 2022
193	1:23.56	L	F	Nkois Dlodlu	24	GAU	19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
194	1:24.81	L	F	Phahleng Mampa	20	SOSH FSH	27/01/2023 NTS Janaury Lev 1+2 Age Group Gala
195	1:25.51	L	F	Phetolo Chauke	19	SOSH FSH	02/12/2022 2022 The Tshwane Mayoral Gala
196	1:25.88	L	F	Jan Engelbrecht	57	KSC EZD	02/12/2022 Mpumalanga Championships 2022
197	1:27.01	L	F	Jan-Herman Els	23	PAC FSH	02/12/2022 2022 The Tshwane Mayoral Gala
198	1:27.87	L	F	Leon Louw	40	KALA	07/12/2022 NCASA CHAMPS 2022
199	1:31.69	L	F	Cecil Cochrane	57	NSAD EZD	24/02/2023 MP AGE GROUP 6 GALA
200	1:34.34	L S	F	Christiaan Franck	36	ETTN EKU	03/10/2022 Sasolburg Swim Club Invitational Gala
201	1:35.05	L	F	Werner Pretorius	44	KALA	28/10/2022 KALAHARI CLASSIC CLUB GALA
202	1:36.87	L	F	Dewald Hoffman	19	AWSC JHB	25/02/2023 CGA Level 3+ Last Chance gala
203	1:38.67	L	F	Mpho Mainganye	31	GAU	19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
204	1:38.82	L	F	Jeremia Louw	43	KALA	18/02/2023 AGE GROUP 6 KATHU - 2023
205	1:39.28	L	F	Christiaan Botha	46	KSC EZD	02/12/2022 Mpumalanga Championships 2022
206	1:39.45	L	F	Mpho Mainganye	31	JMDOL JHB	25/02/2023 CGA Level 3+ Last Chance gala
207	1:43.17	L	F	Kabelo Zwane	20	JMDOL JHB	01/12/2022 CGA LC Summer Championships Lev

Men 200 Free

1	1:46.63	L	S	Matthew Sates	19	RSA	18/06/2022 19th FINA World Championship-Bubař
2	1:49.75	L	P	Andrew Ross	21	RSA	29/07/2022 Commonwealth Games 2022 Birmingh
3	1:50.21	L	F	Righardt Muller	20	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
4	1:51.38	L	P	Ian Venter	24	ECA BUF	12/04/2023 SA National Aquatic SNR-Champ 202
5	1:51.86	L	T	Kobe Ndebele	20	SEAL UMD	26/07/2022 2022 USA Swimming Nationals
6	1:52.41	L	P	Hendrik Louw	21	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
7	1:52.73	L	F	Ross Hartigan	24	RSA	20/08/2022 2022 15th CANA AFRICAN SWIMMIN
8	1:52.75	L	F	Cameron Casali	20	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
9	1:53.19	L	F	Bernard Wolfaardt	20	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
10	1:53.27	L	F	Simon Haddon	24	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
11	1:53.61	L S	F	Pieter Mostert	20	TUKS FSH	09/12/2022 NTS Championships 2022
12	1:53.80	L	F	Arno Krüger	20	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
13	1:54.39	L	F	Janco Rademeyer	23	TUKS FSH	19/08/2022 USSA Swimming
14	1:54.54	L	F	Danté Nortjé	22	CA EKU	08/12/2022 EGA Summer Champs 2022
15	1:54.81	L	P	Luca Holtzhausen	19	SGUL ETH	16/12/2022 KZNA Premier Provincial Championsh

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			
16	1:55.45	L	F	Petrus Truter	19	RSA	04/12/2022 AUSC-Region 5 Under 20 YTH Games
17	1:56.16	L	F	Connor Buck	20	ACSA ETH	16/12/2022 KZNA Premier Provincial Championsh
18	1:56.34	L	F	Brandon Chapman	20	PEAS NMA	25/06/2022 PEA Winter Gala 2022
19	1:56.53	L	P	Adriaan Viljoen	20	MATI CED	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
20	1:56.84	L	F	Kaydn Naidoo	20	RSA	04/12/2022 AUSC-Region 5 Under 20 YTH Games
21	1:57.19	L	P	Roberto Gomes	23	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
22	1:57.23	L	P	Joshua Parry	20	SEAL UMD	01/07/2022 Prestige Tournament 2022
23*	1:57.37	L	P	Connor Albertyn	19	RSA	30/08/2022 8th FINA JUNIOR WORLD SWIMMING
23*	1:57.37	L	F	Gabriel Nortje	21	SGUL ETH	16/12/2022 KZNA Premier Provincial Championsh
25	1:57.74	L	P	Ethan Bailey	20	AQDO CPT	09/12/2022 Western Cape LC-A Championship 20
26	1:57.81	L	F	Andre Van Huyssteen	24	TUKS TSH	19/08/2022 USSA Swimming
27	1:57.91	L	P	Michael Duckham	21	SEAL UMD	01/07/2022 Prestige Tournament 2022
28	1:58.15	L	P	Ruard Van Renen	19	RSA	20/08/2022 2022 15th CANA AFRICAN SWIMMING
29	1:58.83	L	P	Derek Godfrey	19	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
30	1:59.02	L	P	Christian Davidson	19	INFA NMA	25/06/2022 PEA Winter Gala 2022
31	1:59.41	L	F	Joshua Ashley	20	ACSA ETH	16/12/2022 KZNA Premier Provincial Championsh
32	1:59.51	L	P	Ethan Du Preez	19	CYBE CPT	24/02/2023 Western Cape Elite Gala
33	1:59.54	L S	F	Reece Zowitsky	20	TUKS TSH	09/12/2022 NTS Championships 2022
34	1:59.94	L S	F	Gideon Wolmarans	20	PAC TSH	09/12/2022 NTS Championships 2022
35	2:00.00	L	F	Giano Dos Santos	20	TUKS TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
36	2:00.11	L	P	Liam Vehbi	19	TUKS TSH	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
37*	2:00.77	L	F	Anandt Van Rensburg	23	CA EKU	17/02/2023 EGA Let's Race 2023
37*	2:00.77	L	P	Jordan Lotter	19	AGA EKU	12/04/2023 SA National Aquatic SNR-Champ 202
39	2:01.17	L	F	Aiden Petersen	21	MATI CED	09/12/2022 Western Cape LC-A Championship 20
40	2:01.67	L	P	Michael Bromfield	22	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
41	2:02.14	L	F	Jetro Piso	21	UNI EZD	02/12/2022 Mpumalanga Championships 2022
42	2:02.20	L	F	Joshua Emslie	21	MATI CED	13/11/2022 Winelands Summer League 4
43	2:02.31	L	P	Ruan Hutten	20	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
44	2:02.70	L	F	Frans-Josef Mentz	23	NWUC KKD	19/08/2022 USSA Swimming
45	2:03.16	L	F	Jonah Pool-Jones	20	NWUC KKD	19/08/2022 USSA Swimming
46	2:03.26	L	F	Thomas Woodhead	21	PER JHB	01/12/2022 CGA LC Summer Championships Lev
47	2:04.07	L	F	Kelly Geldenhuys	19	SGUL ETH	01/07/2022 Prestige Tournament 2022
48	2:04.65	L	F	Dale Van der Merwe	19	SAAW CPT	03/09/2022 CTA Qualifying Meet #4
49	2:04.87	L	F	Jayden Nel	19	NWUC KKD	07/12/2022 NWS Championships 2022/2023
50*	2:05.10	L	F	Callum Wimble	19	SEAL UMD	09/07/2022 Guilford City Long Course Summer Op
50*	2:05.10	L	F	Len-Douglas MACKAY	19	BLNE MAN	05/11/2022 Seals Heidedal Gala
52	2:05.14	L	F	Jacobus Davel	19	KTS	07/12/2022 NCASA CHAMPS 2022
53	2:05.45	L	F	Heinrich Vorster	20	MATI CED	09/12/2022 NMBA Championships 2022
54	2:05.69	L	F	Vishay Nagin	19	WATR JHB	31/03/2023 SA Level 3 Regional Age Group Chan
55	2:05.84	L	F	Kyle Hultzer	19	SEAL UMD	01/07/2022 Prestige Tournament 2022
56	2:06.52	L	F	Ruan Hanaczek Kruger	21	SS MPD	22/10/2022 Limpopo Age Group 4
57	2:06.98	L	F	Kobus Groenewald	21	UFS MAN	19/08/2022 USSA Swimming
58	2:07.49	L	F	Johannes Ferreira	21	NWUC KKD	19/08/2022 USSA Swimming
59	2:07.53	L	F	Matthew Andrew	20	MSC NGD	02/12/2022 Mpumalanga Championships 2022
60	2:07.55	L	P	Ramon Landmann	19	PAC TSH	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
61	2:07.79	L S	P	Joshua Penney	19	TRAZ TSH	09/12/2022 NTS Championships 2022
62	2:08.46	L	P	Jordan Moodley	19	KZNA ETH	12/04/2023 SA National Aquatic SNR-Champ 202
63	2:08.47	L	F	Alan Smith	20	TRAZ TSH	28/01/2023 Ushaka Champs 2023
64	2:08.90	L	P	Nicholas Oosthuizen	21	SSISA CPT	09/12/2022 Western Cape LC-A Championship 20
65	2:08.92	L	P	Matthew Abrahams	23	ASAC CPT	09/12/2022 Western Cape LC-A Championship 20
66	2:09.15	L	F	Pieter Delpont	19	KOVs MAN	22/10/2022 Otters Prestige Gala 2022
67	2:09.69	L	P	Kyle Letley	21	AGA EKU	12/04/2023 SA National Aquatic SNR-Champ 202
68	2:10.36	L S	P	Jayden Wills	19	RFA TSH	09/12/2022 NTS Championships 2022
69	2:10.53	L	P	Christiaan Engelbrecht	23	NWUC KKD	07/12/2022 NWS Championships 2022/2023
70	2:10.74	L	F	Rohan Barnard	19	BLMA CPT	07/10/2022 41st Freda Barnard Invitational Gala
71	2:11.17	L	F	Bronte Margro	20	RAV EKU	08/12/2022 EGA Summer Champs 2022
72	2:11.43	L	P	Matthew Pelser	20	AZON ETH	01/07/2022 Prestige Tournament 2022
73	2:11.52	L	P	Luan De Waal	20	BLSS MAN	06/12/2022 Free State Champs 2022
74	2:12.47	L	F	Rogan Shepherd	21	TUKS TSH	24/02/2023 NTS February Lev 3+ 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				
75	2:14.25	L S	P	Muhammed Adam	21	TUKS	F	09/12/2022 NTS Championships 2022
76	2:14.35	L	F	Willem Kleynhans	19	TUKS	F	03/02/2023 NTS January Lev 3+ Age Group Gala
77	2:14.52	L	F	Fabio Santos	19	UFS	MAN	19/08/2022 USSA Swimming
78	2:15.19	L	P	Matthew Hibberd	25	BLMA	CPT	09/12/2022 Western Cape LC-A Championship 20
79	2:15.52	L	P	Connor Theron	20	SSISA	CPT	09/12/2022 Western Cape LC-A Championship 20
80	2:15.59	L	P	Guillaume Louw	19	CUDU	CPT	25/06/2022 PEA Winter Gala 2022
81	2:15.60	L	F	Callum Millington	19	CA	EKU	23/09/2022 EGA Summer 1 2022
82	2:16.23	L	P	Hlalele Chaane	22	NWUC	KKD	07/12/2022 NWS Championships 2022/2023
83	2:16.26	L	F	Jonathan Pheiffer	20	UWCA	CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
84	2:17.81	L	P	Anthony Van Der Linden	48	SWIFT	EKU	08/12/2022 EGA Summer Champs 2022
85	2:18.07	L	P	Jordan Bradshaw	22	CRSC	JHB	01/12/2022 CGA LC Summer Championships Lev
86	2:18.12	L	P	Ammar Anthony	20	MARL	CPT	24/02/2023 Western Cape Elite Gala
87	2:18.14	L S	P	Jurgen Steyn	19	TRAZ	F	09/12/2022 NTS Championships 2022
88	2:18.34	L	F	Robert Hattingh	19	TUKS	F	21/10/2022 NTS October Lev 3 Age Group Gala 21
89	2:18.82	L	P	Ryan Fermoyle	20	SASE	JHB	31/03/2023 SA Level 3 Regional Age Group Chan
90	2:19.09	L	P	Dirk Bonemma	23	MATI	CED	24/02/2023 Western Cape Elite Gala
91	2:19.25	L	F	Stephanus Kruger	19	UPSK		05/11/2022 AGE GROUP 2 UPINGTON 2022
92	2:19.57	L	F	Muhammad Adam	19	NWUC	KKD	19/08/2022 USSA Swimming
93	2:19.82	L	F	Lionel Moss	19	SSISA	CPT	15/10/2022 CTA Qualifying Meet #6
94	2:20.09	L	P	Nishan Fernando	21	PEAS	NMA	25/06/2022 PEA Winter Gala 2022
95	2:20.10	L	F	Petrus Brand	19	CSA	EZD	02/12/2022 Mpumalanga Championships 2022
96	2:20.97	L	F	Joshua Bowers	20	MANT	CPT	18/02/2023 Swartland Invitational Gala 2023
97	2:21.62	L	P	Ryan Van Reenen	24	BLMA	CPT	25/06/2022 PEA Winter Gala 2022
98	2:24.00	L	F	Chad Erasmus	20	VINE	CPT	03/09/2022 CTA Qualifying Meet #4
99	2:24.20	L	F	Luke Howard	19	PSCP	UMD	25/11/2022 WSC & Seals Summer LC Champs 20
100	2:24.87	L	F	Christopher Häseli	19	TUKS	F	24/02/2023 NTS February Lev 3+ Age Group Gala
101	2:25.37	L	F	Eduan Du Preez	20	TUKS	F	19/08/2022 USSA Swimming
102	2:26.15	L S	P	Yannis Dengo Chonguica	20	TUKS	F	09/12/2022 NTS Championships 2022
103	2:26.45	L	P	Iacopo Marmeggi	19	STAR	BPD	07/12/2022 NWS Championships 2022/2023
104	2:26.76	L	F	Llewellyn Buys	21	MATI	CED	28/01/2023 Winelands SL Final
105	2:26.96	L	F	Jasper Van der Westhuizen	42	AAS	JHB	25/02/2023 CGA Level 3+ Last Chance gala
106	2:27.04	L	F	André van der Merwe	51	CA	EKU	17/02/2023 EGA Let's Race 2023
107	2:27.91	L	P	Marno De Villiers	20	ONYX	EKU	08/12/2022 EGA Summer Champs 2022
108	2:28.12	L	F	Daniel Louw	19	UPSK		11/11/2022 UPINGTON CLUB GALA 2022
109	2:31.52	L	T	Byron Govender	22	BEAV	ETH	11/03/2023 KCDA Level 1 Championships 2023
110	2:31.95	L	F	Linda Mpfana	20	UMSH	ETH	02/12/2022 EDA AG Gala December 2022
111	2:32.07	L	P	Thornton Velloen	20	ONYX	EKU	31/03/2023 SA Level 3 Regional Age Group Chan
112	2:32.50	L	F	Christian Sadie	25	LALE	CED	13/11/2022 Winelands Summer League 4
113	2:32.51	L	F	Valentino Vergotine	35	VINE	CPT	15/10/2022 CTA Qualifying Meet #6
114	2:35.55	L	F	Tyla Amos	19	VINE	CPT	21/01/2023 CTA Qualifying Meet #7
115	2:37.93	L	P	Jean-Pierre Nel	23	ETTN	EKU	08/12/2022 EGA Summer Champs 2022
116	2:38.15	L	F	Pierre Theron	27	FAAC	FBD	15/10/2022 KBY AGE GROUP 1 - 2022
117	2:38.93	L	F	William Van Niekerk	27	KTS		07/12/2022 NCASA CHAMPS 2022
118	2:40.64	L	F	Kealeboga Khoza	20	NWUC	KKD	19/08/2022 USSA Swimming
119	2:41.46	L	F	Ivan Janse Van Vuuren	39	VOLK	KKD	28/01/2023 4 + 1 Inter Provincial Gala 2023
120	2:45.49	L	F	Russel Nugent	53	UPSK		03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
121	2:45.67	L	F	Erhardt Gerber	45	FEMS	EDD	19/11/2022 Eden LC Champs 2022
122	2:49.51	L	F	John-Henry Oosthuizen	21	QSAW	CED	07/10/2022 41st Freda Barnard Invitational Gala
123	2:52.40	L	P	Elih Lawrence	20	FSA	FS	12/04/2023 SA National Aquatic SNR-Champ 202
124	2:52.60	L	F	Anz-Lee Eilerd	19	KALA		03/12/2022 AGE GROUP 4 KATHU 2022
125	2:54.74	L	F	Glenn Steyn	62	CPTM	CPT	03/09/2022 CTA Qualifying Meet #4
126	2:55.63	L	P	Bruce Rankin	59	TLAC	BPD	03/10/2022 Sasolburg Swim Club Invitational Gala
127	2:56.73	L	P	Danny Damoense	19	RBOT	BPD	07/12/2022 NWS Championships 2022/2023
128	2:57.93	L	F	Justin Cameron	20	RPAC	EKU	20/01/2023 EGA Last Chance Galal
129	3:02.49	L	F	Andre Maritz	46	GHSK		05/11/2022 AGE GROUP 2 KBY 2022
130	3:02.79	L	F	Marco Van Der Merwe	21	UPSK		07/12/2022 NCASA CHAMPS 2022
131	3:06.57	L	F	Peter Bennetto	69	CPTM	CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
132	3:07.40	L	F	Albert De Klerk	19	UPSK		05/11/2022 AGE GROUP 2 UPINGTON 2022
133	3:23.01	L	F	Leon Louw	40	NCASA		28/01/2023 4 + 1 Inter Provincial 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			
134	3:24.96 L	F	Christiaan Franck	36	ETTN EKU	03/10/2022	Sasolburg Swim Club Invitational Gala
135	3:25.43 L	F	Phahleng Mampa	20	SOSH FSH	02/12/2022	2022 The Tshwane Mayoral Gala
136	3:44.24 L	F	Phetolo Chauke	19	SOSH FSH	02/12/2022	2022 The Tshwane Mayoral Gala
137	3:44.47 L	F	Dewald Hoffman	19	AWSC JHB	25/02/2023	CGA Level 3+ Last Chance gala
Men 400 Free							
1	3:49.68 L	P	Matthew Sates	19	RSA	29/07/2022	Commonwealth Games 2022 Birmingham
2	3:57.16 L S	F	Righardt Muller	20	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
3	3:58.44 L	P	Andrew Ross	21	RSA	29/07/2022	Commonwealth Games 2022 Birmingham
4	4:00.00 L	F	Connor Buck	20	ACSA ETH	16/12/2022	KZNA Premier Provincial Championships
5	4:00.31 L	F	Bernard Wolfaardt	20	TUKS FSH	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
6	4:00.48 L S	P	Cameron Casali	20	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
7	4:00.91 L	F	Hendrik Louw	21	TUKS FSH	01/12/2022	Rotterdam Qualification Meet 2022
8	4:01.39 L S	F	Arno Krüger	20	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
9	4:02.01 L	P	Ross Hartigan	24	TUKS FSH	16/12/2022	KZNA Premier Provincial Championships
10	4:02.16 L	F	Roberto Gomes	23	RSA	20/08/2022	2022 15th CANA AFRICAN SWIMMING
11	4:03.15 L	F	Pieter Mostert	20	TUKS FSH	09/12/2022	NTS Championships 2022
12	4:05.41 L	F	Christian Davidson	19	INFA NMA	09/12/2022	NMBA Championships 2022
13	4:07.62 L S	F	Ethan Bailey	20	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
14	4:09.51 L	P	Connor Albertyn	19	RSA	30/08/2022	8th FINA JUNIOR WORLD SWIMMING
15	4:10.17 L	F	Ethan Du Preez	19	CYBE CPT	21/01/2023	CTA Qualifying Meet #7
16	4:13.13 L	F	Reece Zowitsky	20	TUKS FSH	09/12/2022	NTS Championships 2022
17	4:13.82 L	F	Danté Nortjé	22	CA EKU	20/01/2023	EGA Last Chance Galal
18	4:14.21 L	F	Joshua Ashley	20	ACSA ETH	25/11/2022	WSC & Seals Summer LC Champs 20
19	4:15.87 L	F	Michael Duckham	21	SEAL UMD	01/07/2022	Prestige Tournament 2022
20	4:17.67 L	F	Janco Rademeyer	23	TUKS FSH	19/08/2022	USSA Swimming
21	4:18.65 L S	P	Philippus Van der Spuy	20	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
22	4:19.19 L	F	Gabriel Nortje	21	SGUL ETH	16/12/2022	KZNA Premier Provincial Championships
23	4:19.24 L	F	Reino Von Wielligh	30	TUKS FSH	09/12/2022	NTS Championships 2022
24	4:19.64 L	F	Michael Bromfield	22	MATI CED	09/12/2022	Western Cape LC-A Championship 20
25	4:21.10 L	F	Matthew Randle	19	TUKS FSH	01/07/2022	Prestige Tournament 2022
26	4:21.22 L	F	Aiden Petersen	21	TUKS FSH	19/08/2022	USSA Swimming
27	4:21.36 L	F	Adriaan Viljoen	20	NWUC KKD	19/08/2022	USSA Swimming
28	4:22.08 L S	P	Ruan Hutten	20	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
29	4:26.47 L	F	Matthew Andrew	20	MSC NGD	02/12/2022	Mpumalanga Championships 2022
30	4:27.22 L	F	Gideon Wolmarans	20	PAC FSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
31	4:30.48 L	F	Heinrich Vorster	20	MATI CED	25/06/2022	PEA Winter Gala 2022
32	4:31.20 L	F	Vishay Nagin	19	WATR JHB	31/03/2023	SA Level 3 Regional Age Group Chan
33	4:33.10 L	F	Frans-Josef Mentz	23	NWUC KKD	07/12/2022	NWS Championships 2022/2023
34	4:34.02 L	F	Rogan Shepherd	21	TUKS FSH	19/08/2022	USSA Swimming
35	4:35.84 L	F	Alan Smith	20	TRAZ FSH	28/01/2023	Ushaka Champs 2023
36	4:37.21 L	F	Matthew Pelser	20	AZON ETH	01/07/2022	Prestige Tournament 2022
37	4:37.74 L	F	Kyle Hultzer	19	SEAL UMD	01/07/2022	Prestige Tournament 2022
38	4:39.83 L	F	Jacobus Davel	19	KTS	07/12/2022	NCASA CHAMPS 2022
39	4:40.79 L	F	Johannes Ferreira	21	NWUC KKD	19/08/2022	USSA Swimming
40	4:41.81 L	F	Nicholas Oosthuizen	21	SSISA CPT	09/12/2022	Western Cape LC-A Championship 20
41	4:42.69 L	F	Jetro Piso	21	UNI EZD	02/12/2022	Mpumalanga Championships 2022
42	4:43.05 L	F	Len-Douglas MACKAY	19	BLNE MAN	09/09/2022	MA Long Distance Gala 1
43	4:46.74 L	F	Rohan Barnard	19	BLMA CPT	09/12/2022	Western Cape LC-A Championship 20
44	4:46.85 L	F	Muhammed Adam	21	TUKS FSH	09/12/2022	NTS Championships 2022
45	4:51.98 L	F	Guillaume Louw	19	CUDU CPT	25/06/2022	PEA Winter Gala 2022
46	4:52.01 L	F	Joshua Penney	19	TRAZ FSH	09/12/2022	NTS Championships 2022
47	4:52.69 L	F	Corne Le Roux	21	NWUC KKD	19/08/2022	USSA Swimming
48	4:53.59 L	F	Bronte Margro	20	RAV EKU	08/12/2022	EGA Summer Champs 2022
49	4:59.37 L	F	Jayden Wills	19	RFA FSH	28/10/2022	NTS October SARJ+ Age Group Gala
50	5:01.66 L	F	Muhammad Adam	19	NWUC KKD	19/08/2022	USSA Swimming
51	5:01.81 L	F	Anthony Van Der Linden	48	SWIFT EKU	08/12/2022	EGA Summer Champs 2022
52	5:02.66 L	F	Joshua Bowers	20	MANT CPT	31/03/2023	SA Level 3 Regional Age Group Chan
53	5:07.18 L	F	Dirk Bonemma	23	NWUC KKD	19/08/2022	USSA Swimming
54	5:09.11 L	F	Yannis Dengo Chonguica	20	TUKS FSH	09/12/2022	NTS 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			
55	5:16.20	L	F	Llewellyn Buys	21	MATI CED	28/01/2023 Winelands SL Final
56	5:16.84	L	F	Ammar Anthony	20	MARL CPT	28/01/2023 Winelands SL Final
57	5:17.49	L	F	Stephanus Kruger	19	UPSK	05/11/2022 AGE GROUP 2 UPINGTON 2022
58	5:19.14	L	F	André van der Merwe	51	CA EKU	20/01/2023 EGA Last Chance Galal
59	5:24.84	L	F	Jasper Van der Westhuizen	42	AAS JHB	01/12/2022 CGA LC Summer Championships Leve
60	5:31.78	L	F	Valentino Vergotine	35	VINE CPT	04/11/2022 CTA A CHAMPS 2022
61	5:37.11	L	F	Daniel Louw	19	UPSK	05/11/2022 AGE GROUP 2 UPINGTON 2022
62	5:39.01	L	F	Jean-Pierre Nel	23	ETTN EKU	03/10/2022 Sasolburg Swim Club Invitational Gala
63	6:00.05	L	F	Amkele Qamarana	19	JMDOL JHB	25/02/2023 CGA Level 3+ Last Chance gala
64	6:00.78	L	F	Ivan Janse Van Vuuren	39	BLSS MAN	06/12/2022 Free State Champs 2022
65	6:22.12	L	F	David Frost	64	WINE CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
66	6:23.89	L	F	Russel Nugent	53	UPSK	05/11/2022 AGE GROUP 2 UPINGTON 2022
67	6:24.30	L	F	Elih Lawrence	20	BLNE MAN	06/12/2022 Free State Champs 2022
68	6:25.93	L	F	Anz-Lee Eilerd	19	KALA	03/12/2022 AGE GROUP 4 KATHU 2022
69	6:28.00	L	O	Brendan Fowler	42	UNI EZD	16/10/2022 OPEN WATER 1
70	7:00.39	L	F	Peter Bennetto	69	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
71	7:06.21	L	F	Marco Van Der Merwe	21	UPSK	07/12/2022 NCASA CHAMPS 2022
72	7:45.25	L	F	Leon Louw	40	KALA	03/12/2022 AGE GROUP 4 KATHU 2022
73	7:50.42	L	F	Albert De Klerk	19	UPSK	05/11/2022 AGE GROUP 2 UPINGTON 2022
74	8:29.00	L	O	Patrick Mc Cabe	32	CSA EZD	16/10/2022 OPEN WATER 1
Men 800 Free							
1	8:05.37	L	F	Righardt Muller	20	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
2	8:15.71	L	F	Connor Buck	20	ACSA ETH	16/12/2022 KZNA Premier Provincial Championsh
3	8:23.47	L	F	Christian Davidson	19	INFA NMA	09/12/2022 NMBA Championships 2022
4	8:23.49	L	F	Roberto Gomes	23	RSA	20/08/2022 2022 15th CANA AFRICAN SWIMMIN
5	8:25.09	L	P	Hendrik Louw	21	TUKS FSH	01/12/2022 Rotterdam Qualification Meet 2022
6	8:31.60	L	F	Pieter Mostert	20	TUKS FSH	09/12/2022 NTS Championships 2022
7	8:38.39	L S	F	Ethan Bailey	20	AQDO CPT	09/12/2022 Western Cape LC-A Championship 20
8	8:38.82	L	F	Reece Zowitsky	20	TUKS FSH	09/12/2022 NTS Championships 2022
9	8:56.12	L	F	Ethan Du Preez	19	CYBE CPT	03/09/2022 CTA Qualifying Meet #4
10	9:03.90	L	F	Reino Von Wielligh	30	TUKS FSH	09/12/2022 NTS Championships 2022
11	9:17.72	L	F	Heinrich Vorster	20	MATI CED	09/12/2022 NMBA Championships 2022
12	9:35.37	L	F	Ruan Hutten	20	RFA FSH	28/10/2022 NTS October SARJ+ Age Group Gala
13	9:59.47	L S	F	Nicholas Oosthuizen	21	SSISA CPT	09/12/2022 Western Cape LC-A Championship 20
14	10:07.42	L	F	Rohan Barnard	19	BLMA CPT	07/10/2022 41st Freda Barnard Invitational Gala
15	10:37.14	L	F	Joshua Bowers	20	MANT CPT	15/10/2022 CTA Qualifying Meet #6
16	10:38.55	L	F	Guillaume Louw	19	CUDU CPT	25/06/2022 PEA Winter Gala 2022
17	10:45.33	L	F	Llewellyn Buys	21	MATI CED	13/11/2022 Winelands Summer League 4
18	10:46.08	L	F	Ammar Anthony	20	MARL CPT	03/09/2022 CTA Qualifying Meet #4
19	10:47.17	L	F	Aaron Putz	26	WSTV ETH	01/07/2022 Prestige Tournament 2022
20	11:13.87	L	F	Valentino Vergotine	35	VINE CPT	03/09/2022 CTA Qualifying Meet #4
21	11:29.13	L	F	Stephanus Kruger	19	UPSK	11/11/2022 UPINGTON CLUB GALA 2022
22	12:59.75	L	F	David Frost	64	WINE CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
23	14:18.19	L	F	Schalk Kock	55	RBUR BPD	26/11/2022 NWS Age Group 3 2022/23
24	15:06.35	L	F	Albert De Klerk	19	UPSK	11/11/2022 UPINGTON CLUB GALA 2022
25	16:07.55	L	F	Simphiwe Wanda	22	FSE KCD	26/11/2022 KCDA November Age Group Gala 202
26	17:58.69	L	F	David McLachlan	85	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
Men 1000 Free							
1	15:05.00	L	O	Marno Langeveldt	29	TOTIS ETH	20/11/2022 Capital-K 2022
2	15:12.00	L	O	Xavier Beukes	19	PISC ETH	20/11/2022 Capital-K 2022
3	16:14.00	L	O	Luke Howard	19	PSCP UMD	20/11/2022 Capital-K 2022
Men 1500 Free							
1	15:32.26	L	F	Righardt Muller	20	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
2	15:55.77	L	F	Connor Buck	20	ACSA ETH	16/12/2022 KZNA Premier Provincial Championsh
3	16:07.14	L	F	Christian Davidson	19	INFA NMA	09/12/2022 NMBA Championships 2022
4	16:08.28	L	F	Roberto Gomes	23	RSA	20/08/2022 2022 15th CANA AFRICAN SWIMMIN
5	16:31.58	L	F	Ruan Breytenbach	20	TUKS FSH	28/10/2022 NTS October SARJ+ Age Group Gala
6	16:37.83	L	F	Reece Zowitsky	20	TUKS FSH	09/12/2022 NTS 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			
7	16:39.39	L	F	Cameron Casali	20	TUKS FSH	19/08/2022 USSA Swimming
8	16:47.29	L	F	Ethan Bailey	20	AQDO CPT	09/12/2022 Western Cape LC-A Championship 20
9	16:49.00	L	F	Janco Rademeyer	23	TUKS FSH	19/08/2022 USSA Swimming
10	16:51.40	L	F	Ethan Du Preez	19	CYBE CPT	28/01/2023 Winelands SL Final
11	17:20.42	L	F	Aiden Petersen	21	TUKS FSH	19/08/2022 USSA Swimming
12	17:33.44	L	F	Petrus Truter	19	LALE CED	13/11/2022 Winelands Summer League 4
13	17:42.55	L	F	Muhammed Adam	21	RSA	20/08/2022 2022 15th CANA AFRICAN SWIMMIN
14	17:43.63	L	F	Reino Von Wielligh	30	TUKS FSH	09/12/2022 NTS Championships 2022
15	17:48.38	L	F	Rogan Shepherd	21	TUKS FSH	19/08/2022 USSA Swimming
16	17:59.17	L	F	Heinrich Vorster	20	TUKS FSH	19/08/2022 USSA Swimming
17	18:14.70	L	F	Gabriel Nortje	21	SGUL ETH	01/07/2022 Prestige Tournament 2022
18	18:22.89	L	F	Matthew Pelser	20	AZON ETH	01/07/2022 Prestige Tournament 2022
19	18:23.22	L	F	Kelly Geldenhuys	19	SGUL ETH	01/07/2022 Prestige Tournament 2022
20	18:45.78	L	F	Ruan Hutten	20	RFA FSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
21	19:02.52	L	F	Nicholas Oosthuizen	21	SSISA CPT	03/09/2022 CTA Qualifying Meet #4
22	19:05.81	L	F	Muhammad Adam	19	NWUC KKD	19/08/2022 USSA Swimming
23	19:28.06	L	F	Rohan Barnard	19	BLMA CPT	09/12/2022 Western Cape LC-A Championship 20
24	19:51.43	L	F	Fabio Santos	19	UFS MAN	19/08/2022 USSA Swimming
25	20:03.11	L	F	Joshua Penney	19	TRAZ FSH	28/10/2022 NTS October SARJ+ Age Group Gala
26	20:24.73	L	F	Joshua Bowers	20	MANT CPT	03/09/2022 CTA Qualifying Meet #4
27	20:25.63	L	F	Aaron Putz	26	WSTV ETH	25/11/2022 WSC & Seals Summer LC Champs 20
28	20:37.82	L	F	Bronte Margro	20	RAV EKU	21/10/2022 EGA Summer 2 2022
29	20:44.11	L S	F	Guillaume Louw	19	CUDU CPT	25/06/2022 PEA Winter Gala 2022
30	21:10.22	L	F	Stephanus Kruger	19	UPSK	07/12/2022 NCASA CHAMPS 2022
31	21:23.06	L	F	Joshua Jacoby	23	BEAV ETH	28/01/2023 Ushaka Champs 2023
32	21:24.95	L	F	Valentino Vergotine	35	VINE CPT	03/09/2022 CTA Qualifying Meet #4
33	21:29.72	L	F	Dirk Bonemma	23	NWUC KKD	19/08/2022 USSA Swimming
34	22:46.12	L	F	Callum Millington	19	CA EKU	21/10/2022 EGA Summer 2 2022
35	24:42.21	L	F	Russel Nugent	53	UPSK	11/11/2022 UPINGTON CLUB GALA 2022
36	24:47.58	L	F	David Frost	64	WINE CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
37	27:53.90	L	F	Albert De Klerk	19	UPSK	11/11/2022 UPINGTON CLUB GALA 2022
38*	29:15.04	L	F	Mark Esterhuysen	35	UNAT	22/01/2023 Open water 3 , 22 Jan 2023
38*	29:15.04	L	F	Kenneth Creighton	52	UNI EZD	22/01/2023 Open water 3 , 22 Jan 2023
40	33:27.83	L	F	Nico Grove	42	UNAT	22/01/2023 Open water 3 , 22 Jan 2023
41	33:45.00	L	O	Patrick Mc Cabe	32	CSA EZD	16/10/2022 OPEN WATER 1
42	34:44.61	L	F	Clinton Neyt	47	UNAT	22/01/2023 Open water 3 , 22 Jan 2023
Men 3000 Free							
1	41.44	L	F	Len-Douglas MACKAY	19	BLSS MAN	23/01/2023 Dischem Kovsie Aquatics Open Water
2	47.29	L	F	Linda Mpfana	20	TOTIS ETH	14/01/2023 Baynesfiels #2 Open Water KZN
3	35:52.00	L	F	Reino Von Wielligh	30	TUKS FSH	19/11/2022 Prime View Swim Challenge #2
4	35:57.83	L	O	Reece Zowitsky	20	AGC FSH	10/03/2023 SA National OWS Championship 2023
5	37:20.21	L	F	Ruan Breytenbach	20	TUKS FSH	02/10/2022 AG Open Water Grand Prix #1
6	37:25.00	L	F	Ross Hartigan	24	TUKS FSH	21/01/2023 Prime View Swim Challenge #4Jan 20
7	37:40.16	L	O	Matthew Andrew	20	MPA EZD	10/03/2023 SA National OWS Championship 2023
8	38:27.00	L	F	Ethan Bailey	20	WC	21/01/2023 Prime View Swim Challenge #4Jan 20
9	38:40.00	L	O	Matthew Pelser	20	AZON ETH	20/11/2022 Capital-K 2022
10	39:16.00	L	F	Muhammed Adam	21	TUKS FSH	03/12/2022 Prime View Swim Challenge #3
11	39:30.00	L	O	Deon Marshall	49	FEMS EDD	27/11/2022 EC Swim Series OWS 2 2022
12	40:31.00	L	F	Coillard Ford	48	COEL FSH	19/11/2022 Prime View Swim Challenge #2
13	40:36.14	L	O	Roberto Marchi	26	AGB JHB	10/03/2023 SA National OWS Championship 2023
14	40:36.24	L	O	Rogan Shepherd	21	AGC FSH	10/03/2023 SA National OWS Championship 2023
15	40:37.00	L	F	Gary Albertyn	54	COEL FSH	03/12/2022 Prime View Swim Challenge #3
16	41:17.00	L	O	Deshaan Pillay	25	INFA NMA	27/11/2022 EC Swim Series OWS 2 2022
17	42:47.00	L	O	Joshua Jacoby	23	BEAV ETH	20/11/2022 Capital-K 2022
18	43:39.00	L	F	Kyle Letley	21	ESTR EKU	03/12/2022 Prime View Swim Challenge #3
19	43:47.66	L	O	Thomas Klopstra	22	ASAC CPT	11/12/2022 Lomond OWS 2022
20	44:16.00	L	O	Mark Edge	64	PEAS NMA	27/11/2022 EC Swim Series OWS 2 2022
21	44:49.00	L	F	Brady Rothschild	29	WAHO JHB	21/01/2023 Prime View Swim Challenge #4Jan 20
22	45:57.00	L	F	Joshua Penney	19	TRAZ FSH	21/01/2023 Prime View Swim Challenge #4Jan 20

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			
23	46:29.79	L	O	Adrian Goate	48	AGB	JHB 10/03/2023 SA National OWS Championship 2023
24	48:39.00	L	F	André van der Merwe	51	CA	EKU 19/11/2022 Prime View Swim Challenge #2
25	48:40.00	L	O	Xavier Beukes	19	PISC	ETH 20/11/2022 Capital-K 2022
26	49:23.00	L	F	Walter Botes	43	MEGA	EKU 03/12/2022 Prime View Swim Challenge #3
27	51:42.00	L	O	Clinton Le Sueur	49	ASAC	CPT 27/11/2022 EC Swim Series OWS 2 2022
28	58:25.00	L	F	Warwick Henley	50	ESTR	EKU 21/01/2023 Prime View Swim Challenge #4Jan 20
29	59:41.00	L	F	Derek Maltby	75	WAHO	JHB 03/12/2022 Prime View Swim Challenge #3
30	1:04:04.00	L	F	Mark Harris	54	RAV	EKU 03/12/2022 Prime View Swim Challenge #3
31	1:05:16.00	L	F	Guy Keeling	69	COEL	TSH 21/01/2023 Prime View Swim Challenge #4Jan 20
32	1:07:02.00	L	F	Kenneth Wright	52	WAHO	JHB 21/01/2023 Prime View Swim Challenge #4Jan 20
33	1:12:41.00	L	F	Wesley Findlay	43	TUKS	TSH 21/01/2023 Prime View Swim Challenge #4Jan 20
Men 5000 Free							
1	1:01.24	L	F	Joshua Ashley	20	BEAV	ETH 12/11/2022 Baynesfield Open Water KZN
2	1:06.50	L	F	Matthew Pelser	20	AZON	ETH 14/01/2023 Baynesfiels #2 Open Water KZN
3	1:14.11	L	F	Joshua Jacoby	23	SEAL	UMD 12/11/2022 Baynesfield Open Water KZN
4	1:19.48	L	F	Aaron Putz	26	WSTV	ETH 12/11/2022 Baynesfield Open Water KZN
5	53:41.74	L	F	Byron Kimber	21	EGATC	EKU 25/01/2023 Australain Open Water Champs
6	56:39.60	L	O	Connor Buck	20	RSA	18/06/2022 19th FINA World Championship-Bubař
7	57:54.90	L	O	Ruan Breytenbach	20	RSA	18/06/2022 19th FINA World Championship-Bubař
8	1:00:17.70	L	O	Reino Von Wielligh	30	AGC	TSH 10/03/2023 SA National OWS Championship 2023
9	1:00:19.66	L	O	Damien Payet	19	NWS	10/03/2023 SA National OWS Championship 2023
10	1:00:41.57	L	O	Reece Zowitsky	20	AGC	TSH 10/03/2023 SA National OWS Championship 2023
11	1:00:46.03	L	O	Rossouw Venter	21	AGC	TSH 10/03/2023 SA National OWS Championship 2023
12	1:03:19.00	L	O	Heinrich Vorster	20	MATI	GED 27/11/2022 EC Swim Series OWS 2 2022
13	1:03:20.00	L	O	Kyle White	20	INFA	NMA 27/11/2022 EC Swim Series OWS 2 2022
14	1:03:35.41	L	O	Matthew Andrew	20	MPA	EZD 10/03/2023 SA National OWS Championship 2023
15	1:04:36.43	L	O	Muhammed Adam	21	AGC	TSH 10/03/2023 SA National OWS Championship 2023
16	1:06:24.00	L	F	Michael McGlynn	23	AA	JHB 21/01/2023 Prime View Swim Challenge #4Jan 20
17	1:07:16.00	L	F	Ethan Bailey	20	WC	21/01/2023 Prime View Swim Challenge #4Jan 20
18	1:08:37.03	L	O	Coillard Ford	48	AGC	TSH 10/03/2023 SA National OWS Championship 2023
19	1:09:43.61	L	O	Rogan Shepherd	21	AGC	TSH 10/03/2023 SA National OWS Championship 2023
20	1:10:42.00	L	F	Gary Albertyn	54	COEL	TSH 03/12/2022 Prime View Swim Challenge #3
21	1:32:01.00	L	F	Lyle Jacobs	39	COEL	TSH 03/12/2022 Prime View Swim Challenge #3
22	1:54:17.00	L	F	Naledi Khalema	38	CA	EKU 19/11/2022 Prime View Swim Challenge #2
Men 7500 Free							
1	1:41.14	L	F	Matthew Pelser	20	WSTV	ETH 14/01/2023 Baynesfiels #2 Open Water KZN
2	1:34:51.00	L	F	Reino Von Wielligh	30	TUKS	TSH 19/11/2022 Prime View Swim Challenge #2
3	1:35:01.00	L	O	Rossouw Venter	21	TUKS	TSH 27/11/2022 EC Swim Series OWS 2 2022
4	1:35:06.00	L	F	Reece Zowitsky	20	TUKS	TSH 03/12/2022 Prime View Swim Challenge #3
5	2:23:14.00	L	F	Lyle Jacobs	39	COEL	TSH 21/01/2023 Prime View Swim Challenge #4Jan 20
Men 10000 Free							
1	1:55:40.10	L	O	Ruan Breytenbach	20	RSA	18/06/2022 19th FINA World Championship-Bubař
2	1:59:07.60	L	O	Connor Buck	20	RSA	16/09/2022 FINA JUNIOR WORLD OPEN SWIMM
3	1:59:23.34	L	O	Byron Kimber	21	AGA	EKU 10/03/2023 SA National OWS Championship 2023
4	2:00:46.16	L	O	Joshua Ashley	20	KZNA	ETH 10/03/2023 SA National OWS Championship 2023
5	2:06:16.16	L	O	Rossouw Venter	21	AGC	TSH 10/03/2023 SA National OWS Championship 2023
6	2:07:34.00	L	F	Reino Von Wielligh	30	TUKS	TSH 03/12/2022 Prime View Swim Challenge #3
7	2:09:27.00	L	F	Reece Zowitsky	20	TUKS	TSH 03/12/2022 Prime View Swim Challenge #3
8	2:09:36.72	L	O	Damien Payet	19	NWS	10/03/2023 SA National OWS Championship 2023
9	2:10:23.00	L	O	Heinrich Vorster	20	MATI	GED 27/11/2022 EC Swim Series OWS 2 2022
10	2:14:24.00	L	O	Kyle White	20	INFA	NMA 27/11/2022 EC Swim Series OWS 2 2022
11	2:16:25.15	L	O	Muhammed Adam	21	AGC	TSH 10/03/2023 SA National OWS Championship 2023
12	2:17:36.00	L	F	Ethan Bailey	20	WC	21/01/2023 Prime View Swim Challenge #4Jan 20
13	2:21:10.69	L	O	Matthew Pelser	20	KZNA	ETH 10/03/2023 SA National OWS Championship 2023
Men 50 Back							
1	25.75	L	F	Clayton Jimmie	27	RSA	20/08/2022 2022 15th CANA AFRICAN SWIMMIN
2	26.22	L	F	Ruard Van Renen	19	WCA	CPT 12/04/2023 SA National Aquatic SNR-Champ 202
3	26.35	L	P	Jonah Pool-Jones	20	WCA	CPT 12/04/2023 SA National Aquatic SNR-Champ 202

Individual Top Times

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	Time	P/F/S	Name	Age/Yr				
4*	26.51	L	F	Jacques Van Wyk	30	COEL	FSH	09/12/2022 NTS Championships 2022
4*	26.51	L	P	Ian Venter	24	ECA	BUF	12/04/2023 SA National Aquatic SNR-Champ 202
6	26.61	L	P	Ruan Hanaczek Kruger	21	LP	CC	12/04/2023 SA National Aquatic SNR-Champ 202
7	26.74	L	P	Chris Luus	22	AGC	FSH	12/04/2023 SA National Aquatic SNR-Champ 202
8	26.85	L	F	Phillip De Lange	19	TUKS	FSH	20/07/2022 Irish Summer National Championships
9	26.96	L	F	Kaydn Naidoo	20	BEAV	ETH	16/12/2022 KZNA Premier Provincial Championsh
10	27.21	L	P	Giano Dos Santos	20	TUKS	FSH	01/12/2022 Rotterdam Qualification Meet 2022
11	27.26	L	F	Liam Vehbi	19	INFA	NMA	25/06/2022 PEA Winter Gala 2022
12	27.34	L	P	Chase Rayment	21	AZON	ETH	16/12/2022 KZNA Premier Provincial Championsh
13	27.42	L S	P	Danté Nortjé	22	CA	EKU	08/12/2022 EGA Summer Champs 2022
14	27.46	L	F	Corey Webb	19	TUKS	FSH	19/08/2022 USSA Swimming
15	27.50	L	F	Ronan Theron	20	TUKS	FSH	09/12/2022 NTS Championships 2022
16	27.54	L	P	Alex Goddard	22	AGC	FSH	12/04/2023 SA National Aquatic SNR-Champ 202
17	27.67	L	F	Ethan Hieckmann	22	BARR	CPT	07/10/2022 41st Freda Barnard Invitational Gala
18	27.74	L	P	Jethro Irvine	21	KZNA	ETH	12/04/2023 SA National Aquatic SNR-Champ 202
19	27.85	L	F	Guy Brooks	20	SGUL	ETH	01/07/2022 Prestige Tournament 2022
20	27.97	L	F	Frederik De Beer	21	TUKS	FSH	19/08/2022 USSA Swimming
21*	28.01	L S	F	Joshua Goldberg	24	RAV	EKU	08/12/2022 EGA Summer Champs 2022
21*	28.01	L	F	Robert Le Roux	23	TUKS	FSH	19/08/2022 USSA Swimming
23	28.02	L	F	Logan Truter	19	TUKS	FSH	09/12/2022 NTS Championships 2022
24	28.05	L	P	Luca Holtzhausen	19	AGC	FSH	12/04/2023 SA National Aquatic SNR-Champ 202
25	28.25	L	P	Jordan Lotter	19	AGA	EKU	12/04/2023 SA National Aquatic SNR-Champ 202
26	28.30	L	F	Callum Wimble	19	SEAL	UMD	09/07/2022 GCSC L3 Long Course Meet
27	28.32	L	F	Ethan Du Preez	19	CYBE	CPT	24/09/2022 CTA Qualifying Meet #5
28*	28.35	L	F	Kelly Geldenhuys	19	SGUL	ETH	01/07/2022 Prestige Tournament 2022
28*	28.35	L	F	Gideon Wolmarans	20	PAC	FSH	09/12/2022 NTS Championships 2022
30	28.47	L	P	Minkateko Makamu	23	AGB	JHB	12/04/2023 SA National Aquatic SNR-Champ 202
31	28.52	L	F	Righardt Muller	20	CYBE	CPT	24/09/2022 CTA Qualifying Meet #5
32	28.57	L	F	Martin Wolmarans	20	PEAS	NMA	25/06/2022 PEA Winter Gala 2022
33	28.58	L	P	Ramon Landmann	19	AGC	FSH	12/04/2023 SA National Aquatic SNR-Champ 202
34	28.63	L	F	Michael Duckham	21	SEAL	UMD	01/07/2022 Prestige Tournament 2022
35	28.78	L	F	Ruan Hutten	20	RFA	FSH	09/12/2022 NTS Championships 2022
36	28.82	L	P	Matthew-Ethan Falconer	20	AGA	EKU	12/04/2023 SA National Aquatic SNR-Champ 202
37	28.92	L	F	Len-Douglas MACKAY	19	BLSS	MAN	27/01/2023 Seals Bullsharks Gala
38	28.93	L	F	Marno Langeveldt	29	TOTIS	ETH	25/11/2022 WSC & Seals Summer LC Champs 20
39	28.95	L	F	Frans-Josef Mentz	23	NWUC	KKD	19/08/2022 USSA Swimming
40	29.09	L	P	Jonathan Heslop	19	TUKS	FSH	20/07/2022 Irish Summer National Championships
41	29.14	L	P	Jacobus Davel	19	NWS		12/04/2023 SA National Aquatic SNR-Champ 202
42	29.17	L	F	Reynier Pretorius	28	SGUL	ETH	01/07/2022 Prestige Tournament 2022
43	29.23	L	F	Ude Fuchs	25	ACAA	CCD	02/12/2022 Limpopo Champs
44	29.29	L	F	Thomas Woodhead	21	PER	JHB	01/12/2022 CGA LC Summer Championships Leve
45	29.37	L	F	Joshua Jacoby	23	BEAV	ETH	28/01/2023 Ushaka Champs 2023
46	29.43	L	P	Jordan Moodley	19	RSA		21/07/2022 Solidarity Games Kazan July
47	29.54	L	P	Jaiden Staines	20	AGA	EKU	12/04/2023 SA National Aquatic SNR-Champ 202
48*	29.67	L	F	Anandt Van Rensburg	23	CA	EKU	10/09/2022 Adrian Grafe Gala 2022
48*	29.67	L	F	Dale Van der Merwe	19	TUKS	FSH	19/08/2022 USSA Swimming
50	29.68	L	F	Jetro Piso	21	UNI	EZD	02/12/2022 Mpumalanga Championships 2022
51	29.82	L	F	Petrus Brand	19	CSA	EZD	02/12/2022 Mpumalanga Championships 2022
52	29.91	L	F	Matthew Estment	23	PER	JHB	01/12/2022 CGA LC Summer Championships Leve
53	29.94	L	F	Philip Vorster	19	NWUC	KKD	19/08/2022 USSA Swimming
54	30.07	L	F	Derek Godfrey	19	TUKS	FSH	19/08/2022 USSA Swimming
55	30.14	L	F	Johannes Opperman	29	CPTM	CPT	03/09/2022 CTA Qualifying Meet #4
56	30.18	L	F	Van Zyl Brand	25	NCASA		28/01/2023 4 + 1 Inter Provincial Gala 2023
57	30.28	L	F	Luke Lalin	40	CPTM	CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
58	30.38	L	P	Jurgen Steyn	19	TRAZ	FSH	09/12/2022 NTS Championships 2022
59	30.40	L	P	Gabriel Nortje	21	SGUL	ETH	16/12/2022 KZNA Premier Provincial Championsh
60	30.41	L	F	Christian Davidson	19	INFA	NMA	22/10/2022 4th A League Gala
61	30.46	L	F	Darren Minnies	25	NWUC	KKD	19/08/2022 USSA Swimming
62	30.47	L	F	Pieter Delpoit	19	KOVS	MAN	05/11/2022 Seals Heidedal Gala

Individual Top Times

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	Time	P/F/S	Name	Age/Yr			
63	30.66	L	P	Taine Richardson	19	SASE JHB	01/12/2022 CGA LC Summer Championships Lev
64	30.70	L	F	Harald Ruck	57	COEL TSH	09/12/2022 NTS Championships 2022
65*	30.73	L	P	Kyle Letley	21	ESTR EKU	16/12/2022 KZNA Premier Provincial Championsh
65*	30.73	L	F	Alan Smith	20	TRAZ TSH	28/01/2023 Ushaka Champs 2023
67	30.83	L	P	Connor Theron	20	SSISA CPT	09/12/2022 Western Cape LC-A Championship 20
68	30.87	L	F	Joshua Emslie	21	NWUC KKD	19/08/2022 USSA Swimming
69	30.90	L	F	Ethan Bailey	20	AQDO CPT	07/10/2022 41st Freda Barnard Invitational Gala
70*	30.93	L	F	Guillaume Louw	19	CUDU CPT	31/03/2023 SA Level 3 Regional Age Group Chan
70*	30.93	L	P	Luke Norris	19	INFA NMA	25/06/2022 PEA Winter Gala 2022
72	30.94	L	P	Luan De Waal	20	BLSS MAN	06/12/2022 Free State Champs 2022
73	30.95	L	F	Stephanus Kruger	19	UPSK	11/11/2022 UPINGTON CLUB GALA 2022
74	31.08	L	F	Michael Bromfield	22	NWUC KKD	19/08/2022 USSA Swimming
75	31.30	L	P	Fabio Santos	19	KOVS MAN	06/12/2022 Free State Champs 2022
76	31.45	L	F	Dirk Grobler	19	WWOL TSH	28/01/2023 Ushaka Champs 2023
77	31.49	L	F	Daniel Louw	19	UPSK	11/11/2022 UPINGTON CLUB GALA 2022
78	31.64	L S	F	Anthony Van Der Linden	48	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
79	31.81	L	F	Luke Howard	19	PSCP UMD	01/07/2022 Prestige Tournament 2022
80*	31.84	L	F	Pieter Lombard	19	WELA LLD	12/11/2022 Kroonstad Age Group
80*	31.84	L	F	Joshua Bowers	20	MANT CPT	18/02/2023 Swartland Invitational Gala 2023
82	32.03	L	F	Matthew Bedderson	23	RSA	28/01/2023 CANA GRAND PRIX JAN 2023 MBON
83	32.17	L	P	Benjamin Strydom	19	PAC TSH	09/12/2022 NTS Championships 2022
84	32.18	L	P	Tyron Erasmus	19	PER JHB	01/12/2022 CGA LC Summer Championships Lev
85	32.31	L	P	Matthew Abrahams	23	ASAC CPT	09/12/2022 Western Cape LC-A Championship 20
86	32.94	L	P	Jayden Wills	19	RFA TSH	09/12/2022 NTS Championships 2022
87	32.95	L	F	Ryan Van Reenen	24	BLMA CPT	04/11/2022 CTA A CHAMPS 2022
88	32.97	L	P	Ryan Fermoyle	20	SASE JHB	31/03/2023 SA Level 3 Regional Age Group Chan
89	32.98	L	F	Willem Kleynhans	19	TUKS TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
90*	33.10	L	F	Lionel Moss	19	SSISA CPT	03/09/2022 CTA Qualifying Meet #4
90*	33.10	L	F	Matthew Hibberd	25	BLMA CPT	07/10/2022 41st Freda Barnard Invitational Gala
92	33.26	L	F	Jan Venter	35	UNI EZD	02/12/2022 Mpumalanga Championships 2022
93	33.27	L	F	Ammar Anthony	20	MARL CPT	03/09/2022 CTA Qualifying Meet #4
94	33.53	L	F	Andries Jansen van Vuuren	20	BLSS MAN	06/12/2022 Free State Champs 2022
95	33.85	L	P	Rohan Barnard	19	BLMA CPT	25/06/2022 PEA Winter Gala 2022
96	33.89	L	F	Nkosinolwazi Mbatha	26	USH UJD	28/01/2023 Ushaka Champs 2023
97	34.01	L	F	Vincent Potgieter	24	TLAC BPD	21/01/2023 NWS Sprint Gala 2023
98	34.11	L	F	Callum Millington	19	CA EKU	23/09/2022 EGA Summer 1 2022
99	34.24	L	F	Gerhardus Kuhn	32	KSC EZD	02/12/2022 Mpumalanga Championships 2022
100*	34.26	L	F	Eduan Du Preez	20	TUKS TSH	19/08/2022 USSA Swimming
100*	34.26	L	F	Aaron Putz	26	WSTV ETH	16/12/2022 KZNA Premier Provincial Championsh
102	34.37	L	F	Christoff Kok	35	COEL TSH	09/12/2022 NTS Championships 2022
103	34.75	L S	P	Bronte Margro	20	RAV EKU	08/12/2022 EGA Summer Champs 2022
104	34.80	L	F	Danny Damoense	19	RBOT BPD	21/01/2023 NWS Sprint Gala 2023
105	34.84	L	F	Marno De Villiers	20	ONYX EKU	10/09/2022 Adrian Grafe Gala 2022
106	34.91	L	F	Ryno Van der Walt	QR	PSA ZLD	22/10/2022 Stingrays Swim Club Championships 2
107	35.03	L	F	Iacopo Marmeggi	19	STAR BPD	07/12/2022 NWS Championships 2022/2023
108	35.12	L	P	Matthew Moss	19	LALE CED	24/02/2023 Western Cape Elite Gala
109	35.44	L	F	Jean Pretorius	26	WCA CPT	19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
110	36.11	L	F	Christian Sadie	25	LALE CED	13/11/2022 Winelands Summer League 4
111	37.03	L S	P	Thornton Velloen	20	ONYX EKU	08/12/2022 EGA Summer Champs 2022
112	37.06	L	F	William Van Niekerk	27	KTS	07/12/2022 NCASA CHAMPS 2022
113	37.52	L	F	Jandre Lubbe	40	KALA	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
114	38.19	L	F	Michael Winfield	68	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
115	38.23	L	F	Valentino Vergotine	35	VINE CPT	04/11/2022 CTA A CHAMPS 2022
116	38.44	L	P	Bruce Rankin	59	TLAC BPD	07/12/2022 NWS Championships 2022/2023
117	38.56	L	F	Ivan Janse Van Vuuren	39	BLSS MAN	05/11/2022 Seals Heidedal Gala
118	38.64	L	F	Brendan Fowler	42	UNI EZD	02/12/2022 Mpumalanga Championships 2022
119	39.10	L	F	Russel Nugent	53	UPSK	11/11/2022 UPINGTON CLUB GALA 2022
120	39.94	L	P	Jean-Pierre Nel	23	AGA EKU	12/04/2023 SA National Aquatic SNR-Champ 202
121	40.21	L	P	Jasper Van der Westhuizen	42	AAS JHB	01/12/2022 CGA LC Summer Championships Lev

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			
122	40.30 L	F	Elih Lawrence	20	FSA FS	12/04/2023	SA National Aquatic SNR-Champ 202
123	41.19 L	F	Anz-Lee Eilerd	19	KALA	07/12/2022	NCASA CHAMPS 2022
124	41.46 L	P	Wg Engelbrecht	21	KSC EZD	02/12/2022	Mpumalanga Championships 2022
125	41.93 L	F	John-Henry Oosthuizen	21	QSAW CED	07/10/2022	41st Freda Barnard Invitational Gala
126	42.72 L	F	Albert De Klerk	19	UPSK	11/11/2022	UPINGTON CLUB GALA 2022
127	42.80 L	F	Justin Cameron	20	RPAC EKU	02/10/2022	2022 AG Swim Stars 14&Over
128	43.31 L	F	Patrick Mc Cabe	32	CSA EZD	02/12/2022	Mpumalanga Championships 2022
129	43.39 L	F	Nicolaas Maree	46	NAE EZD	02/12/2022	Mpumalanga Championships 2022
130	43.66 L	P	Mbulelo Mente	19	SOWE JHB	02/03/2023	SA Level 2 Regional Age Group Cham
131	45.05 L	F	Marco Van Der Merwe	21	UPSK	11/11/2022	UPINGTON CLUB GALA 2022
132	45.93 L	F	Christiaan Franck	36	ETTN EKU	03/10/2022	Sasolburg Swim Club Invitational Gala
133	46.03 L	F	Gerard Groenewald	19	WALM CPT	21/01/2023	CTA Qualifying Meet #7
134	46.28 L	F	Nkosimayebongwe Dlodlu	24	JMDOL JHB	01/12/2022	CGA LC Summer Championships Lev
135	46.39 L S	F	Dewald Hoffman	19	AWSC JHB	09/12/2022	NTS Championships 2022
136	46.51 L	F	Andre Maritz	46	GHSK	07/10/2022	FLAMINGO GALA OCT 2022
137	47.16 L	F	Erhardt Gerber	45	FEMS EDD	07/10/2022	41st Freda Barnard Invitational Gala
138	47.48 L	F	Willscott Radley	50	NSAD EZD	02/12/2022	Mpumalanga Championships 2022
139	47.73 L	F	Peter Bennetto	69	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
140	47.81 L	F	Cornelius Cockeran	40	KALA	14/01/2023	GROUP 5 - KTHU 2023
141	47.84 L	F	Allen Morrison	75	CPTM CPT	18/02/2023	EDEN 5th A-League Gala 2023
142	48.43 L	F	Phetolo Chauke	19	SOSH TSH	02/12/2022	2022 The Tshwane Mayoral Gala
143	49.04 L	F	Leon Louw	40	KALA	07/12/2022	NCASA CHAMPS 2022
144	50.13 L	F	Sean O'Neill	38	ASAC CPT	28/01/2023	Winelands SL Final
145	50.56 L	F	Kabelo Zwane	20	JMDOL JHB	31/03/2023	SA Level 3 Regional Age Group Chan
146	51.89 L	F	Siphelele Mkhize	21	FSE KCD	21/01/2023	KCDA January Age Group Gala 2023
147	51.96 L	F	Jan-Herman Els	23	PAC TSH	17/02/2023	NTS February Lev 1+2 Age Group Gal
148	55.09 L	F	Cecil Cochrane	57	NSAD EZD	20/01/2023	MP AGE GROUP 4 GALA 21 - 22 JAN
149	59.76 L	F	Nsindiso Ntombelo	25	FSE KCD	26/11/2022	KCDA November Age Group Gala 202
150	1:57.71 L	F	Bernard Manzoni	48	QUIC CPT	07/10/2022	41st Freda Barnard Invitational Gala
Men 100 Back							
1	54.56 L	F	Ruard Van Renen	19	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
2	57.04 L	F	Ian Venter	24	PEAS NMA	30/11/2022	2022 Toyota US Open Championships
3	57.09 L	F	Ruan Ras	26	RSA	20/08/2022	2022 15th CANA AFRICAN SWIMMIN
4	57.18 L	F	Liam Vehbi	19	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
5	57.72 L	F	Kaydn Naidoo	20	BEAV ETH	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
6	58.22 L	F	Ethan Du Preez	19	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
7	58.31 L	F	Giano Dos Santos	20	TUKS TSH	20/07/2022	Irish Summer National Championships
8	58.63 L	P	Andrew Ross	21	TUKS TSH	01/07/2022	Prestige Tournament 2022
9	58.71 L	F	Ronan Theron	20	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
10	59.15 L	F	Chase Rayment	21	AZON ETH	16/12/2022	KZNA Premier Provincial Championshi
11	59.18 L	P	Jonah Pool-Jones	20	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
12	59.33 L	P	Phillip De Lange	19	TUKS TSH	20/07/2022	Irish Summer National Championships
13	59.37 L	P	Chris Luus	22	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
14	59.40 L	P	Ruan Hanaczek Kruger	21	LP CC	12/04/2023	SA National Aquatic SNR-Champ 202
15	59.46 L	P	Logan Truter	19	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
16	1:00.59 L	F	Corey Webb	19	TUKS TSH	19/08/2022	USSA Swimming
17	1:00.65 L	P	Ethan Hieckmann	22	BARR CPT	09/12/2022	Western Cape LC-A Championship 20
18	1:00.72 L	P	Cameron Pennell	23	ACSA ETH	16/12/2022	KZNA Premier Provincial Champions
19	1:01.16 L	F	Michael Duckham	21	SEAL UMD	01/07/2022	Prestige Tournament 2022
20	1:01.70 L S	F	Jonathan Heslop	19	TUKS TSH	09/12/2022	NTS Championships 2022
21	1:01.78 L	P	Matthew-Ethan Falconer	20	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202
22	1:01.87 L	F	Dale Van der Merwe	19	SAAW CPT	03/09/2022	CTA Qualifying Meet #4
23	1:01.89 L	P	Len-Douglas MACKAY	19	FSA FS	12/04/2023	SA National Aquatic SNR-Champ 202
24	1:01.99 L	P	Jordan Lotter	19	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202
25	1:02.00 L	P	Ramon Landmann	19	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
26	1:02.16 L S	P	Robert Le Roux	23	TUKS TSH	09/12/2022	NTS Championships 2022
27	1:02.21 L	P	Joshua Goldberg	24	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202
28	1:02.25 L	P	Kelly Geldenhuys	19	RSA	21/07/2022	Solidarity Games Kazan July
29	1:02.39 L	F	Alex Goddard	22	TUKS TSH	04/02/2023	BCA Feb Age Group 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			
30	1:02.67	L	F	Jacobus Davel	19	KTS	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
31	1:02.74	L S	F	Ruan Hutten	20	RFA TSH	09/12/2022 NTS Championships 2022
32	1:02.91	L	F	Righardt Muller	20	CYBE CPT	28/01/2023 Winelands SL Final
33	1:03.00	L	F	Frederik De Beer	21	TUKS TSH	19/08/2022 USSA Swimming
34	1:03.21	L	P	Minkateko Makamu	23	AGB JHB	12/04/2023 SA National Aquatic SNR-Champ 202
35	1:03.22	L	P	Kaleb Lombard	20	INFA NMA	25/06/2022 PEA Winter Gala 2022
36	1:03.37	L	F	Reynier Pretorius	28	SGUL ETH	01/07/2022 Prestige Tournament 2022
37	1:03.75	L	F	Matthew Estment	23	PER JHB	01/12/2022 CGA LC Summer Championships Lev
38	1:03.88	L	F	Joshua Jacoby	23	BEAV ETH	28/01/2023 Ushaka Champs 2023
39	1:03.90	L	F	Derek Godfrey	19	TUKS TSH	19/08/2022 USSA Swimming
40	1:04.21	L S	P	Jurgen Steyn	19	TRAZ TSH	09/12/2022 NTS Championships 2022
41	1:04.98	L	F	Connor Theron	20	SSISA CPT	15/10/2022 CTA Qualifying Meet #6
42	1:05.32	L	F	Jetro Piso	21	UNI EZD	02/12/2022 Mpumalanga Championships 2022
43	1:05.53	L	P	Luke Norris	19	INFA NMA	25/06/2022 PEA Winter Gala 2022
44	1:05.56	L	F	Frans-Josef Mentz	23	NWUC KKD	19/08/2022 USSA Swimming
45	1:05.59	L	F	Philip Vorster	19	NWUC KKD	19/08/2022 USSA Swimming
46	1:05.61	L	F	Johannes Opperman	29	CPTM CPT	03/09/2022 CTA Qualifying Meet #4
47	1:05.75	L	F	Taine Richardson	19	SASE JHB	01/12/2022 CGA LC Summer Championships Lev
48	1:05.88	L	F	Pieter Delpont	19	BLSS MAN	27/08/2022 Kovsie Gala
49	1:06.27	L	F	Alan Smith	20	TRAZ TSH	28/01/2023 Ushaka Champs 2023
50	1:06.59	L	F	Ethan Bailey	20	AQDO CPT	07/10/2022 41st Freda Barnard Invitational Gala
51	1:06.69	L	P	Petrus Brand	19	CSA EZD	02/12/2022 Mpumalanga Championships 2022
52	1:07.10	L	P	Jordan Moodley	19	RSA	21/07/2022 Solidarity Games Kazan July
53	1:07.81	L	P	Anthony Van Der Linden	48	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
54	1:07.91	L	F	Darren Minnies	25	NWUC KKD	19/08/2022 USSA Swimming
55	1:08.54	L	P	Kyle Letley	21	ESTR EKU	16/12/2022 KZNA Premier Provincial Championsh
56	1:08.58	L	F	Luke Lalin	40	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
57	1:08.78	L	P	Luan De Waal	20	BLSS MAN	06/12/2022 Free State Champs 2022
58	1:09.38	L	F	Joshua Bowers	20	MANT CPT	31/03/2023 SA Level 3 Regional Age Group Chan
59	1:09.42	L	P	Guillaume Louw	19	CUDU CPT	24/02/2023 Western Cape Elite Gala
60	1:09.81	L	P	Tyron Erasmus	19	PER JHB	01/12/2022 CGA LC Summer Championships Lev
61	1:10.11	L	P	Liam Bruce	20	TUKS TSH	01/07/2022 Prestige Tournament 2022
62	1:10.18	L	F	Willem Kleynhans	19	TUKS TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
63	1:10.59	L	F	Lionel Moss	19	SSISA CPT	15/10/2022 CTA Qualifying Meet #6
64	1:10.69	L	F	Alexander Bond	20	LALE CED	20/08/2022 Winelands SL 1
65	1:10.82	L	P	Luke Howard	19	PSCP UMD	01/07/2022 Prestige Tournament 2022
66	1:11.17	L	P	Fabio Santos	19	KOVS MAN	25/06/2022 PEA Winter Gala 2022
67	1:12.05	L	F	Jonathan Pheiffer	20	UWCA CPT	04/11/2022 CTA A CHAMPS 2022
68	1:12.07	L	F	Stephanus Kruger	19	UPSK	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
69	1:12.31	L	F	Matthew Hibberd	25	BLMA CPT	07/10/2022 41st Freda Barnard Invitational Gala
70	1:12.60	L	F	Daniel Louw	19	UPSK	15/10/2022 AGE GROUP 1 UPINGTON 2022
71*	1:12.80	L	P	Rohan Barnard	19	BLMA CPT	09/12/2022 Western Cape LC-A Championship 20
71*	1:12.80	L	P	Matthew Moss	19	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
73	1:13.30	L	F	Andries Jansen van Vuuren	20	BLSS MAN	06/12/2022 Free State Champs 2022
74	1:13.42	L	P	Ryan Fermoye	20	SASE JHB	01/12/2022 CGA LC Summer Championships Lev
75	1:13.60	L	F	Dirk Bonemma	23	NWUC KKD	19/08/2022 USSA Swimming
76	1:13.95	L	F	Aaron Putz	26	WSTV ETH	16/12/2022 KZNA Premier Provincial Championsh
77	1:13.98	L	P	Thomas Woodhead	21	PER JHB	01/12/2022 CGA LC Summer Championships Lev
78	1:14.24	L	F	Christian Sadie	25	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
79	1:14.81	L	P	Marno De Villiers	20	ONYX EKU	08/12/2022 EGA Summer Champs 2022
80	1:15.79	L	P	Matthew Abrahams	23	ASAC CPT	09/12/2022 Western Cape LC-A Championship 20
81	1:15.85	L	P	Ryan Van Reenen	24	BLMA CPT	25/06/2022 PEA Winter Gala 2022
82	1:17.33	L	F	Jean Pretorius	26	WCA CPT	19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
83	1:17.62	L	F	Danny Damoense	19	RBOT BPD	07/12/2022 NWS Championships 2022/2023
84	1:19.99	L	P	Iacopo Marmeggi	19	STAR BPD	03/10/2022 Sasolburg Swim Club Invitational Gala
85	1:21.49	L	F	Vincent Potgieter	24	TLAC BPD	07/12/2022 NWS Championships 2022/2023
86	1:22.06	L	F	Michael Winfield	68	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
87	1:22.26	L	P	Ivan Janse Van Vuuren	39	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
88	1:22.60	L	F	Johan Van Deventer	19	HE WBD	15/10/2022 Limpopo Top 10 - High Schools

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			
89	1:24.29	L	F	Valentino Vergotine	35	VINE CPT	24/09/2022 CTA Qualifying Meet #5
90	1:24.34	L	F	Ryno Van der Walt	QR	PSA ZLD	19/11/2022 Froggies Aquatics Championships 202
91	1:25.08	L	P	Thornton Velloen	20	ONYX ECU	08/12/2022 EGA Summer Champs 2022
92	1:26.15	L	P	Bruce Rankin	59	TLAC BPD	07/12/2022 NWS Championships 2022/2023
93	1:26.85	L	F	Russel Nugent	53	UPSK	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
94	1:29.99	L	F	William Van Niekerk	27	KTS	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
95	1:32.92	L	F	Anz-Lee Eilerd	19	KALA	07/12/2022 NCASA CHAMPS 2022
96	1:34.26	L	P	Elih Lawrence	20	FSA FS	12/04/2023 SA National Aquatic SNR-Champ 202
97	1:35.28	L	F	John-Henry Oosthuizen	21	QSAW CED	11/11/2022 Swartland Prestige Gala 2022
98	1:38.37	L	F	Adriaan Louw	69	WINE CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
99	1:39.16	L	P	Christiaan Franck	36	ETTN ECU	03/10/2022 Sasolburg Swim Club Invitational Gala
100	1:42.66	L	F	Albert De Klerk	19	UPSK	05/11/2022 AGE GROUP 2 UPINGTON 2022
101	1:48.01	L	P	Dewald Hoffman	19	AWSC JHB	01/12/2022 CGA LC Summer Championships Lev
102	1:50.87	L	F	Jan-Herman Els	23	PAC FSH	02/12/2022 2022 The Tshwane Mayoral Gala
103	1:56.63	L	F	Leon Louw	40	KALA	18/02/2023 AGE GROUP 6 KATHU - 2023
104	2:09.29	L	F	Kabelo Zwane	20	JMDOL JHB	25/02/2023 CGA Level 3+ Last Chance gala
Men 200 Back							
1	2:05.96	L S	F	Ethan Du Preez	19	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
2	2:05.99	L	F	Ruan Ras	26	RSA	20/08/2022 2022 15th CANA AFRICAN SWIMMIN
3	2:06.21	L S	P	Ruard Van Renen	19	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
4	2:07.44	L	P	Ian Venter	24	PEAS NMA	30/11/2022 2022 Toyota US Open Championships
5	2:07.49	L	P	Guy Brooks	20	RSA	29/07/2022 Commonwealth Games 2022 Birmingh
6	2:07.52	L S	F	Liam Vehbi	19	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
7	2:08.48	L	F	Kaydn Naidoo	20	BEAV ETH	16/12/2022 KZNA Premier Provincial Championshi
8	2:09.29	L	F	Andrew Ross	21	TUKS FSH	24/02/2023 NTS February Lev 3+ Age Group Gala
9	2:09.58	L	F	Cameron Pennell	23	ACSA ETH	16/12/2022 KZNA Premier Provincial Championshi
10	2:11.63	L S	F	Logan Truter	19	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
11	2:13.46	L	F	Michael Duckham	21	SEAL UMD	01/07/2022 Prestige Tournament 2022
12	2:14.50	L	F	Righardt Muller	20	CYBE CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
13	2:15.75	L	F	Corey Webb	19	TUKS FSH	19/08/2022 USSA Swimming
14	2:16.09	L	F	Ross Hartigan	24	TUKS FSH	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
15	2:16.22	L S	P	Gideon Wolmarans	20	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
16	2:16.26	L	F	Ruan Hutten	20	RFA FSH	09/12/2022 NTS Championships 2022
17	2:16.88	L	F	Anandt Van Rensburg	23	CA ECU	20/01/2023 EGA Last Chance Galal
18	2:17.06	L	P	Jonathan Heslop	19	TUKS FSH	20/07/2022 Irish Summer National Championships
19*	2:17.64	L	F	Dale Van der Merwe	19	SAAW CPT	03/09/2022 CTA Qualifying Meet #4
19*	2:17.64	L S	P	Matthew-Ethan Falconer	20	AGA ECU	12/04/2023 SA National Aquatic SNR-Champ 202
21	2:19.73	L	F	Ma'Az Khota	22	RBOT BPD	26/11/2022 NWS Age Group 3 2022/23
22	2:19.92	L	P	Pieter Delpont	19	KOVS MAN	29/09/2022 MA Grand Prix
23	2:21.09	L	F	Ethan Bailey	20	AQDO CPT	07/10/2022 41st Freda Barnard Invitational Gala
24	2:21.32	L	F	Ruan Hanaczek Kruger	21	SS MPD	02/12/2022 Limpopo Champs
25	2:21.70	L	F	Taine Richardson	19	SASE JHB	01/12/2022 CGA LC Summer Championships Lev
26	2:21.92	L	F	Petrus Truter	19	LALE CED	13/11/2022 Winelands Summer League 4
27	2:22.02	L	F	Jurgen Steyn	19	TRAZ FSH	09/12/2022 NTS Championships 2022
28	2:22.20	L	F	Aiden Petersen	21	TUKS FSH	19/08/2022 USSA Swimming
29	2:22.49	L	F	Frans-Josef Mentz	23	NWUC KKD	19/08/2022 USSA Swimming
30	2:23.92	L	F	Jacobus Davel	19	KTS	03/02/2023 NCASA SPRINTS - 3 & 4 FEBRUARY
31	2:26.22	L	F	Matthew Estment	23	PER JHB	01/12/2022 CGA LC Summer Championships Lev
32	2:26.24	L	F	Alan Smith	20	TRAZ FSH	31/03/2023 SA Level 3 Regional Age Group Chan
33	2:30.32	L	F	Petrus Brand	19	CSA EZD	02/12/2022 Mpumalanga Championships 2022
34	2:30.39	L	F	Kobus Groenewald	21	UFS MAN	19/08/2022 USSA Swimming
35	2:31.60	L	F	Guillaume Louw	19	CUDU CPT	25/06/2022 PEA Winter Gala 2022
36	2:32.14	L	F	Joshua Bowers	20	MANT CPT	31/03/2023 SA Level 3 Regional Age Group Chan
37	2:32.33	L	F	Ramon Landmann	19	PAC FSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
38	2:33.48	L	F	Luan De Waal	20	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
39	2:33.68	L	F	Willem Kleynhans	19	TUKS FSH	24/02/2023 NTS February Lev 3+ Age Group Gala
40	2:34.25	L	F	Dirk Bonemma	23	NWUC KKD	19/08/2022 USSA Swimming
41	2:36.21	L	F	Byron Govender	22	BEAV ETH	31/03/2023 SA Level 3 Regional Age Group Chan
42	2:36.23	L	F	Rohan Barnard	19	BLMA 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			
43	2:36.55	L	F	Tyron Erasmus	19	PER JHB	31/03/2023 SA Level 3 Regional Age Group Chan
44	2:36.79	L	F	Luke Howard	19	PSCP UMD	25/11/2022 WSC & Seals Summer LC Champs 20
45	2:37.72	L	F	Philip Vorster	19	NWUC KKD	19/08/2022 USSA Swimming
46	2:39.48	L	P	Anthony Van Der Linden	48	SWIFT EKV	08/12/2022 EGA Summer Champs 2022
47	2:40.73	L	F	Stephanus Kruger	19	UPSK	03/03/2023 SA Level 2 Regional Age Group Cham
48	2:41.24	L	P	Aaron Putz	26	WSTV ETH	16/12/2022 KZNA Premier Provincial Championsh
49	2:43.82	L	F	Lionel Moss	19	SSISA CPT	24/09/2022 CTA Qualifying Meet #5
50	2:45.71	L	F	Daniel Louw	19	UPSK	11/11/2022 UPINGTON CLUB GALA 2022
51	2:47.53	L	P	Bronte Margro	20	RAV EKV	08/12/2022 EGA Summer Champs 2022
52	2:50.64	L	F	Benjamin Strydom	19	PAC TSH	03/02/2023 NTS January Lev 3+ Age Group Gala :
53	2:58.33	L	F	Ryan Van Reenen	24	BLMA CPT	07/10/2022 41st Freda Barnard Invitational Gala
54	3:00.55	L	F	Danny Damoense	19	RBOT BPD	26/11/2022 NWS Age Group 3 2022/23
55	3:03.21	L	F	Ivan Janse Van Vuuren	39	BLSS MAN	27/01/2023 Seals Bullsharks Gala
56	3:08.40	L	F	Michael Winfield	68	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
57	3:21.84	L S	F	Elih Lawrence	20	BLNE MAN	06/12/2022 Free State Champs 2022
58	3:26.29	L	P	Bruce Rankin	59	TLAC BPD	03/10/2022 Sasolburg Swim Club Invitational Gala
59	3:28.80	L	F	Anz-Lee Eilerd	19	KALA	07/12/2022 NCASA CHAMPS 2022
60	3:29.62	L	F	Adriaan Louw	69	WINE CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
61	3:56.30	L	F	Sean O'Neill	38	ASAC CPT	28/01/2023 Winelands SL Final
62	4:23.65	L	F	Leon Louw	40	KALA	14/01/2023 GROUP 5 - KTHU 2023
Men 50 Breast							
1	27.10	L	P	Michael Houlie	22	RSA	29/07/2022 Commonwealth Games 2022 Birmingh
2	27.75	L	S	Brenden Crawford	27	RSA	29/07/2022 Commonwealth Games 2022 Birmingh
3	28.31	L	F	Petrus Truter	19	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
4	28.33	L	P	Adrian Robinson	23	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
5	28.45	L	F	Matthew Randle	19	TUKS TSH	01/12/2022 Rotterdam Qualification Meet 2022
6	28.87	L	P	Terence O'Hara	22	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
7	28.99	L	P	Michael Deans	21	WATR JHB	25/06/2022 PEA Winter Gala 2022
8	29.05	L	P	Anandt Van Rensburg	23	AGA EKV	12/04/2023 SA National Aquatic SNR-Champ 202
9	29.06	L	P	Joshua Emslie	21	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
10	29.09	L	P	Simon Haddon	24	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
11	29.11	L	P	Luke Ashton	22	AGB JHB	12/04/2023 SA National Aquatic SNR-Champ 202
12	29.15	L	F	Oliva Lange	19	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
13	29.22	L	F	Jaiden Staines	20	BAS EKV	08/12/2022 EGA Summer Champs 2022
14	29.35	L	F	Benjamin Sack	26	SAAW CPT	28/01/2023 Winelands SL Final
15	29.70	L	F	Luan De Waal	20	BLSS MAN	27/01/2023 Seals Bullsharks Gala
16	29.74	L	F	Andrew Ross	21	TUKS TSH	01/07/2022 Prestige Tournament 2022
17*	29.87	L S	F	Robert Le Roux	23	TUKS TSH	09/12/2022 NTS Championships 2022
17*	29.87	L	F	Bernard Mentz	20	ACAQ CCD	03/03/2023 2023 Grand Prix 2 Invitational Meet - k
19	29.90	L	F	Luca Holtzhausen	19	SGUL ETH	16/12/2022 KZNA Premier Provincial Championsh
20*	29.98	L	P	Matthew Bedderson	23	KZNA ETH	12/04/2023 SA National Aquatic SNR-Champ 202
20*	29.98	L	P	Ross Hartigan	24	TUKS TSH	16/12/2022 KZNA Premier Provincial Championsh
22	30.20	L	P	Malcolm Botha	20	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
23	30.26	L	F	Ruan Hanaczek Kruger	21	SS MPD	02/12/2022 Limpopo Champs
24	30.40	L S	F	Jayden Wills	19	RFA TSH	09/12/2022 NTS Championships 2022
25	30.77	L	P	Jonathan Heslop	19	RSA	20/08/2022 2022 15th CANA AFRICAN SWIMMIN
26	30.86	L	F	Samuel Norton	20	NWUC KKD	19/08/2022 USSA Swimming
27	30.89	L	P	Matthew Andrew	20	LP CC	12/04/2023 SA National Aquatic SNR-Champ 202
28	31.12	L	P	Fabio Santos	19	KOVs MAN	06/12/2022 Free State Champs 2022
29	31.22	L	F	Jayden Nel	19	NWUC KKD	19/08/2022 USSA Swimming
30	31.38	L	F	Callum Wimble	19	SEAL UMD	09/07/2022 Guilford City Long Course Summer Of
31	31.44	L	P	Liam Vehbi	19	INFA NMA	25/06/2022 PEA Winter Gala 2022
32	31.47	L	F	Cameron Casali	20	TUKS TSH	01/07/2022 Prestige Tournament 2022
33	31.57	L	F	Jonah Pool-Jones	20	NWUC KKD	19/08/2022 USSA Swimming
34	31.62	L	F	Dylan Botha	20	NMU NMA	09/12/2022 NMBA Championships 2022
35	31.64	L	F	Kaydn Naidoo	20	BEAV ETH	28/01/2023 EDA January Gala 2023
36	31.72	L	F	Zinadeen Scheepers	20	AA JHB	01/12/2022 CGA LC Summer Championships Lev
37	31.80	L	F	Ude Fuchs	25	ACAQ CCD	03/10/2022 Sasolburg Swim Club Invitational Gala
38	31.94	L	P	Hendrick Ramaala	22	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202

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			
39	31.97	L	P	Minkateko Makamu	23	AA JHB	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
40	32.05	L	F	Hlalele Chaane	22	NWUC KKD	21/01/2023 NWS Sprint Gala 2023
41	32.11	L	F	Chris Luus	22	RFA TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
42	32.22	L	P	Matthew Hibberd	25	BLMA CPT	09/12/2022 Western Cape LC-A Championship 20
43	32.30	L	F	Fabio Santos	19	UFS MAN	19/08/2022 USSA Swimming
44	32.34	L	F	Pierre Theron	27	FAAC FBD	25/02/2023 FLAMINGO GALA 2023
45	32.38	L	F	Christopher Häseli	19	TUKS TSH	31/03/2023 SA Level 3 Regional Age Group Chan
46	32.43	L	F	Kyle Hultzer	19	SEAL UMD	01/07/2022 Prestige Tournament 2022
47	32.56	L	F	Angus Solomons	22	TUKS TSH	19/08/2022 USSA Swimming
48	32.58	L	F	Marku Potgieter	30	HPS TSH	02/12/2022 2022 The Tshwane Mayoral Gala
49	32.72	L	F	Chris van Heerden	20	NWUC KKD	19/08/2022 USSA Swimming
50*	32.73	L	F	Andries Jansen van Vuuren	20	BLSS MAN	06/12/2022 Free State Champs 2022
50*	32.73	L	P	Dirk Grobler	19	WWOL TSH	31/03/2023 SA Level 3 Regional Age Group Chan
52	32.85	L	P	Kyle Letley	21	ESTR EKU	08/12/2022 EGA Summer Champs 2022
53	32.88	L	P	Ramon Landmann	19	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
54	32.89	L	F	Luke Norris	19	INFA NMA	13/08/2022 Madibaz Swim Meet
55	32.98	L	F	Frans-Josef Mentz	23	NWUC KKD	07/12/2022 NWS Championships 2022/2023
56	33.03	L	F	Ryan Van Reenen	24	BLMA CPT	28/01/2023 Winelands SL Final
57	33.17	L	P	Dirco Nienaber	20	FISH EDD	09/12/2022 Western Cape LC-A Championship 20
58	33.32	L	P	Benjamin Plattner	23	TUKS TSH	16/12/2022 KZNA Premier Provincial Championshi
59	33.46	L	F	Taine Richardson	19	SASE JHB	01/12/2022 CGA LC Summer Championships Lev
60	33.50	L	F	Philippus Van der Spuy	20	NWUC KKD	19/08/2022 USSA Swimming
61	33.60	L	F	William Van Niekerk	27	KTS	03/12/2022 AGE GROUP 4 KATHU 2022
62	33.70	L	F	Gideon Wolmarans	20	PAC TSH	24/02/2023 NTS February Lev 3+ Age Group Gala
63	33.80	L	P	Thornton Velloen	20	ONYX EKU	08/12/2022 EGA Summer Champs 2022
64	33.89	L	F	Deshaan Pillay	25	INFA NMA	13/08/2022 Madibaz Swim Meet
65	34.10	L	P	Ammar Anthony	20	MARL CPT	24/02/2023 Western Cape Elite Gala
66	34.13	L	F	Pieter Lombard	19	WELA LLD	12/11/2022 Kroonstad Age Group
67*	34.15	L	F	Michael Witbooi	21	BIOS CED	13/11/2022 Winelands Summer League 4
67*	34.15	L	F	Jordan Lotter	19	CA EKU	11/06/2022 EGA Winter 1 2022
69	34.22	L	F	Tyla Amos	19	VINE CPT	24/09/2022 CTA Qualifying Meet #5
70	34.23	L	F	Ethan Bailey	20	AQDO CPT	07/10/2022 41st Freda Barnard Invitational Gala
71	34.28	L	P	Jordan Moodley	19	RSA	21/07/2022 Solidarity Games Kazan July
72	34.39	L	P	Benjamin Strydom	19	PAC TSH	31/03/2023 SA Level 3 Regional Age Group Chan
73	34.40	L	F	Ruan Hutten	20	RFA TSH	06/01/2023 2023 Grand Prix Invitation Swimming I
74	34.47	L	F	Amkele Qamarana	19	AGB JHB	12/04/2023 SA National Aquatic SNR-Champ 202
75	34.53	L	F	Petrus Brand	19	CSA EZD	02/12/2022 Mpumalanga Championships 2022
76	34.63	L	F	Harald Ruck	57	COEL TSH	02/12/2022 2022 The Tshwane Mayoral Gala
77	34.70	L	F	Jacobus Davel	19	KTS	07/12/2022 NCASA CHAMPS 2022
78	34.80	L	F	Daniel Louw	19	UPSK	05/11/2022 AGE GROUP 2 UPINGTON 2022
79	34.95	L	F	Declan Edwards	20	HPS TSH	02/12/2022 2022 The Tshwane Mayoral Gala
80	35.22	L	P	Thomas Peycke	20	BLMA CPT	09/12/2022 Western Cape LC-A Championship 20
81	35.26	L	P	Anthony Van Der Linden	48	SWIFT EKU	08/12/2022 EGA Summer Champs 2022
82	35.39	L	F	Theo Van Der Westhuizen	50	CSA EZD	02/12/2022 Mpumalanga Championships 2022
83	35.40	L	F	Len-Douglas MACKAY	19	BLNE MAN	27/08/2022 Kopsie Gala
84	35.42	L	P	Khosi Matsipa	21	OLDE JHB	31/03/2023 SA Level 3 Regional Age Group Chan
85	35.45	L	F	Eduan Du Preez	20	TUKS TSH	19/08/2022 USSA Swimming
86	35.64	L	F	Aaron Putz	26	WSTV ETH	16/12/2022 KZNA Premier Provincial Championshi
87	35.76	L	P	Rohan Barnard	19	BLMA CPT	09/12/2022 Western Cape LC-A Championship 20
88	35.88	L	F	Luke Lalin	40	CPTM CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
89	36.10	L	P	Guillaume Louw	19	CUDU CPT	09/12/2022 Western Cape LC-A Championship 20
90	36.31	L	P	Bronte Margro	20	RAV EKU	31/03/2023 SA Level 3 Regional Age Group Chan
91	36.51	L	F	Adriaan vd Watt	55	COEL TSH	02/12/2022 2022 The Tshwane Mayoral Gala
92	36.53	L	F	Luke Sproule	19	DRGN JHB	11/06/2022 EGA Winter 1 2022
93	36.89	L	P	Daniel Caldeira	19	FLOD JHB	01/12/2022 CGA LC Summer Championships Lev
94	37.00	L	F	Eric Van Dyk	60	COEL TSH	02/12/2022 Mpumalanga Championships 2022
95	37.16	L	F	Marnó Zietsman	30	COEL TSH	02/12/2022 2022 The Tshwane Mayoral Gala
96	37.22	L	F	Willem Potgieter	54	HPS TSH	02/12/2022 2022 The Tshwane Mayoral Gala
97	37.63	L	F	Ayden Brown	19	FAAC FBD	07/10/2022 FLAMINGO GALA OCT 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			
98	37.71 L	F	Callum Millington	19	CA EKU	21/10/2022	EGA Summer 2 2022
99	37.85 L	F	Jean Pretorius	26	WCA CPT	19/03/2023	2023 TOYOTA SASAPD CHAMPIONS
100	37.87 L	F	Jonathan Pheiffer	20	UWCA CPT	24/09/2022	CTA Qualifying Meet #5
101	37.90 L	F	Stephanus Kruger	19	UPSK	07/10/2022	FLAMINGO GALA OCT 2022
102	38.04 L	P	Marno De Villiers	20	ONYX EKU	08/12/2022	EGA Summer Champs 2022
103	38.18 L	F	Tgegofatso Nkutshweu	20	ATTE TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
104	38.30 L	F	Matthew-Ethan Falconer	20	CA EKU	11/06/2022	EGA Winter 1 2022
105	38.96 L	F	Erhardt Gerber	45	FEMS EDD	19/11/2022	Eden LC Champs 2022
106	39.11 L	F	Valentino Vergotine	35	VINE CPT	11/02/2023	WCA-B Champs - 2023
107	39.41 L	F	Vincent Potgieter	24	TLAC BPD	21/01/2023	NWS Sprint Gala 2023
108	39.45 L	F	Christian Sadie	25	LALE CED	13/11/2022	Winelands Summer League 4
109	39.47 L	F	André van der Merwe	51	TT EKU	23/09/2022	EGA Summer 1 2022
110	39.54 L	F	Mbulelo Mente	19	SOWE JHB	02/03/2023	SA Level 2 Regional Age Group Cham
111	39.58 L	F	Jed Plath	19	NWUC KKD	19/08/2022	USSA Swimming
112	40.04 L	F	Kealeboga Khoza	20	NCASA	28/01/2023	4 + 1 Inter Provincial Gala 2023
113	40.14 L	F	Armand Botha	19	HSBV SKD	15/10/2022	Limpopo Top 10 - High Schools
114	40.25 L	F	Nicolaas Maree	46	NAE EZD	28/01/2023	CANA GRAND PRIX JAN 2023 MBON
115	41.17 L	F	Brendan Fowler	42	UNI EZD	02/12/2022	Mpumalanga Championships 2022
116	41.44 L	F	Thembela Dlamini	21	NWUC KKD	19/08/2022	USSA Swimming
117	41.90 L	F	Jandre Lubbe	40	KALA	03/02/2023	NCASA SPRINTS - 3 & 4 FEBRUARY
118	41.93 L	F	Phetolo Chauke	19	SOSH TSH	02/12/2022	2022 The Tshwane Mayoral Gala
119	42.46 L	F	Marco Van Der Merwe	21	UPSK	11/11/2022	UPINGTON CLUB GALA 2022
120	42.86 L	F	Pieter Van Collier	19	HPP BUF	15/10/2022	Limpopo Top 10 - High Schools
121	42.87 L	F	Ivan Janse Van Vuuren	39	BLSS MAN	27/08/2022	Kovsie Gala
122	43.27 L	F	Ryno Van der Walt	QR	PSA ZLD	28/01/2023	Ushaka Champs 2023
123	43.28 L	P	Jean-Pierre Nel	23	ETTN EKU	08/12/2022	EGA Summer Champs 2022
124	43.39 L	F	Arno Opperman	42	KTS	11/11/2022	UPINGTON CLUB GALA 2022
125	43.42 L	F	Willscott Radley	50	NSAD EZD	24/02/2023	MP AGE GROUP 6 GALA
126	43.72 L	F	Emil Wedemeyer	39	NAE EZD	02/12/2022	Mpumalanga Championships 2022
127	44.45 L	F	John Mosime	37	NCASA	28/01/2023	4 + 1 Inter Provincial Gala 2023
128	45.14 L	F	Elih Lawrence	20	BLNE MAN	06/12/2022	Free State Champs 2022
129	45.83 L	F	Willem Olivier	59	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
130	45.96 L	F	Phahleng Mampa	20	SOSH TSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
131	46.43 L	F	Leon Louw	40	KALA	28/10/2022	KALAHARI CLASSIC CLUB GALA
132	47.21 L	F	Anz-Lee Eilerd	19	KALA	07/12/2022	NCASA CHAMPS 2022
133	47.55 L	F	Cecil Cochrane	57	NSAD EZD	24/02/2023	MP AGE GROUP 6 GALA
134	47.83 L	F	Andre Maritz	46	GHSK	07/10/2022	FLAMINGO GALA OCT 2022
135	48.30 L	F	John-Henry Oosthuizen	21	QSAW CED	13/11/2022	Winelands Summer League 4
136	48.84 L	F	Christiaan Botha	46	KSC EZD	02/12/2022	Mpumalanga Championships 2022
137	49.67 L	F	Nsindiso Ntombelo	25	FSE KCD	26/11/2022	KCDA November Age Group Gala 202
138	50.15 L	F	Kabelo Zwane	20	JMDOL JHB	31/03/2023	SA Level 3 Regional Age Group Chan
139	51.44 L	F	Jan-Herman Els	23	PAC TSH	02/12/2022	2022 The Tshwane Mayoral Gala
140	51.75 L	F	Schalk Kock	55	NCASA	28/01/2023	4 + 1 Inter Provincial Gala 2023
141	51.76 L	F	Sean O'Neill	38	ASAC CPT	28/01/2023	Winelands SL Final
142	53.13 L	F	Dewald Hoffman	19	AWSC JHB	01/12/2022	CGA LC Summer Championships Lev
143	54.48 L	F	Albert De Klerk	19	UPSK	14/01/2023	AGE GROUP 5 UPT 2023
144	54.51 L	P	Christiaan Franck	36	ETTN EKU	03/10/2022	Sasolburg Swim Club Invitational Gala
145	56.92 L	F	Gerard Groenewald	19	WALM CPT	21/01/2023	CTA Qualifying Meet #7
146	1:01.29 L	F	Arthur Platte	66	WINE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
147	2:02.38 L	F	Neville Muir	84	COEL TSH	02/12/2022	2022 The Tshwane Mayoral Gala

Men 100 Breast

1	1:00.64 L	S	Brenden Crawford	27	RSA	29/07/2022	Commonwealth Games 2022 Birmingham
2	1:01.24 L	S	Michael Houlie	22	RSA	29/07/2022	Commonwealth Games 2022 Birmingham
3	1:01.35 L	F	Matthew Randle	19	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
4	1:03.03 L	F	Michael Deans	21	WATR JHB	25/06/2022	PEA Winter Gala 2022
5	1:03.19 L	P	Petrus Truter	19	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
6	1:03.50 L	F	Jaiden Staines	20	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202
7	1:03.74 L	P	Anandt Van Rensburg	23	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202
8	1:04.07 L	F	Terence O'Hara	22	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202

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					
9	1:04.41	L	F	Adrian Robinson	23	AGC	FSH	12/04/2023	SA National Aquatic SNR-Champ 202
10	1:05.06	L	P	Malcolm Botha	20	AGC	FSH	12/04/2023	SA National Aquatic SNR-Champ 202
11	1:05.59	L	F	Benjamin Sack	26	SAAW	CPT	28/01/2023	Winelands SL Final
12	1:05.65	L	P	Oliva Lange	19	AGC	FSH	12/04/2023	SA National Aquatic SNR-Champ 202
13	1:05.71	L	P	Dylan Botha	20	ECA	BUF	12/04/2023	SA National Aquatic SNR-Champ 202
14	1:06.01	L	F	Robert Le Roux	23	TUKS	FSH	19/08/2022	USSA Swimming
15	1:06.05	L	F	Bernard Mentz	20	ACAA	CCD	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
16*	1:06.62	L	P	Joshua Emslie	21	WCA	CPT	12/04/2023	SA National Aquatic SNR-Champ 202
16*	1:06.62	L	P	Jonathan Heslop	19	TUKS	FSH	20/07/2022	Irish Summer National Championships
18	1:06.67	L	P	Luca Holtzhausen	19	SGUL	ETH	16/12/2022	KZNA Premier Provincial Championships
19	1:07.35	L	P	Ross Hartigan	24	TUKS	FSH	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
20	1:07.63	L S	F	Luan De Waal	20	BLSS	MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
21	1:07.78	L	P	Luke Ashton	22	AGB	JHB	12/04/2023	SA National Aquatic SNR-Champ 202
22	1:07.84	L	P	Jayden Wills	19	AGC	FSH	12/04/2023	SA National Aquatic SNR-Champ 202
23	1:07.90	L	F	Liam Vehbi	19	INFA	NMA	25/06/2022	PEA Winter Gala 2022
24	1:07.92	L	F	Ruan Hanaczek Kruger	21	SS	MPD	02/12/2022	Limpopo Champs
25	1:07.96	L	P	Matthew Andrew	20	LP	CC	12/04/2023	SA National Aquatic SNR-Champ 202
26	1:08.36	L	F	Matthew Bedderson	23	SGUL	ETH	01/07/2022	Prestige Tournament 2022
27	1:09.01	L	P	Jayden Nel	19	NWS		12/04/2023	SA National Aquatic SNR-Champ 202
28	1:09.19	L	F	Fabio Santos	19	KOVS	MAN	06/12/2022	Free State Champs 2022
29	1:09.38	L	F	Kaydn Naidoo	20	BEAV	ETH	28/01/2023	EDA January Gala 2023
30	1:10.38	L	F	Hendrick Ramaala	22	TUKS	FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
31	1:10.70	L	F	Luke Norris	19	INFA	NMA	13/08/2022	Madibaz Swim Meet
32	1:10.80	L	F	Samuel Norton	20	NWUC	KKD	19/08/2022	USSA Swimming
33	1:11.16	L	F	Fabio Santos	19	UFS	MAN	19/08/2022	USSA Swimming
34	1:11.42	L	F	Chris van Heerden	20	NWUC	KKD	19/08/2022	USSA Swimming
35	1:11.73	L	F	Matthew Hibberd	25	BLMA	CPT	07/10/2022	41st Freda Barnard Invitational Gala
36	1:11.94	L	F	Frans-Josef Mentz	23	NWUC	KKD	07/12/2022	NWS Championships 2022/2023
37	1:12.32	L	F	Christopher Häseli	19	TUKS	FSH	31/03/2023	SA Level 3 Regional Age Group Chan
38	1:13.01	L	F	Angus Solomons	22	TUKS	FSH	19/08/2022	USSA Swimming
39	1:13.50	L	F	Hlalele Chaane	22	NWUC	KKD	07/12/2022	NWS Championships 2022/2023
40	1:13.78	L	F	Philippus Van der Spuy	20	NWUC	KKD	19/08/2022	USSA Swimming
41	1:14.16	L	F	Pierre Theron	27	FAAC	FBD	25/02/2023	FLAMINGO GALA 2023
42	1:14.21	L	F	Chris Luus	22	RFA	FSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
43	1:15.27	L	F	Gideon Wolmarans	20	PAC	FSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
44	1:15.53	L	F	Adriaan Den Haan	19	QUIC	CPT	09/12/2022	Western Cape LC-A Championship 20
45	1:15.66	L	F	Ruan Hutten	20	RFA	FSH	06/01/2023	2023 Grand Prix Invitation Swimming f
46	1:15.74	L	F	Pieter Delpport	19	KOVS	MAN	22/10/2022	Others Prestige Gala 2022
47	1:15.88	L	F	Deshaan Pillay	25	INFA	NMA	13/08/2022	Madibaz Swim Meet
48	1:15.90	L	F	Ethan Bailey	20	AQDO	CPT	07/10/2022	41st Freda Barnard Invitational Gala
49	1:16.05	L	F	Thornton Velloen	20	ONYX	EKU	20/01/2023	EGA Last Chance Galal
50	1:16.20	L	F	Andries Jansen van Vuuren	20	BLSS	MAN	06/12/2022	Free State Champs 2022
51	1:16.39	L	F	Jacobus Davel	19	KTS		07/12/2022	NCASA CHAMPS 2022
52	1:16.42	L	F	Tyla Amos	19	VINE	CPT	24/09/2022	CTA Qualifying Meet #5
53	1:16.68	L	F	Benjamin Strydom	19	PAC	FSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
54	1:17.29	L	F	William Van Niekerk	27	KTS		07/12/2022	NCASA CHAMPS 2022
55	1:17.84	L	F	Taine Richardson	19	SASE	JHB	01/12/2022	CGA LC Summer Championships Leve
56	1:18.50	L	P	Theo Van Der Westhuizen	50	CSA	EZD	02/12/2022	Mpumalanga Championships 2022
57	1:18.58	L	F	Muhammad Adam	19	NWUC	KKD	19/08/2022	USSA Swimming
58	1:18.76	L	F	Ammar Anthony	20	MARL	CPT	28/01/2023	Winelands SL Final
59	1:19.57	L	P	Petrus Brand	19	CSA	EZD	02/12/2022	Mpumalanga Championships 2022
60	1:19.59	L	P	Thomas Peycke	20	BLMA	CPT	09/12/2022	Western Cape LC-A Championship 20
61	1:19.88	L	F	Amkele Qamarana	19	JMDOL	JHB	01/12/2022	CGA LC Summer Championships Leve
62	1:20.03	L	P	Aaron Putz	26	KZNA	ETH	12/04/2023	SA National Aquatic SNR-Champ 202
63	1:20.37	L	T	Michael Witbooi	21	BIOS	GED	13/11/2022	Winelands Summer League 4
64	1:21.03	L	P	Khosi Matsipa	21	OLDE	JHB	31/03/2023	SA Level 3 Regional Age Group Chan
65	1:21.08	L	P	Ryan Van Reenen	24	BLMA	CPT	25/06/2022	PEA Winter Gala 2022
66	1:21.76	L	F	Pieter Lombard	19	WELA	LLD	12/11/2022	Kroonstad Age Group
67	1:21.85	L	P	Guillaume Louw	19	CUDU	CPT	25/06/2022	PEA Winter Gala 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			
68	1:21.93	L	F	Jean Pretorius	26	WCA CPT	19/03/2023 2023 TOYOTA SASAPD CHAMPIONS
69	1:22.14	L	F	Christian Sadie	25	RSA	29/07/2022 Commonwealth Games 2022 Birmingh
70	1:22.24	L	F	Linda Mpfana	20	UMSH ETH	02/12/2022 EDAAG Gala December 2022
71	1:23.16	L	F	Eduan Du Preez	20	TUKS TSH	19/08/2022 USSA Swimming
72	1:23.26	L	F	Matthew Moss	19	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
73	1:23.76	L	F	Luke Sproule	19	DRGN JHB	11/06/2022 EGA Winter 1 2022
74	1:24.84	L	F	Valentino Vergotine	35	VINE CPT	11/02/2023 WCA-B Champs - 2023
75	1:25.59	L	F	Matthew-Ethan Falconer	20	CA ECU	11/06/2022 EGA Winter 1 2022
76	1:25.60	L	P	Marno De Villiers	20	ONYX ECU	08/12/2022 EGA Summer Champs 2022
77	1:25.75	L	P	Anthony Van Der Linden	48	SWIFT ECU	08/12/2022 EGA Summer Champs 2022
78	1:25.78	L	F	Tgegofatso Nkutshweu	20	ATTE TSH	02/12/2022 2022 The Tshwane Mayoral Gala
79	1:26.32	L	F	Daniel Louw	19	UPSK	15/10/2022 AGE GROUP 1 UPINGTON 2022
80	1:26.51	L	F	Jasper Van der Westhuizen	42	AAS JHB	25/02/2023 CGA Level 3+ Last Chance gala
81	1:26.68	L	F	André van der Merwe	51	CA ECU	20/01/2023 EGA Last Chance Galal
82	1:28.28	L	F	Stephanus Kruger	19	UPSK	03/03/2023 SA Level 2 Regional Age Group Cham
83	1:29.03	L	F	Ayden Brown	19	FAAC FBD	28/10/2022 KALAHARI CLASSIC CLUB GALA
84	1:30.78	L	F	Llewellyn Buys	21	MATI CED	28/01/2023 Winelands SL Final
85	1:33.79	L	F	Jed Plath	19	NWUC KKD	19/08/2022 USSA Swimming
86	1:34.14	L S	F	Jean-Pierre Nel	23	ETTN ECU	08/12/2022 EGA Summer Champs 2022
87	1:34.79	L	F	Ryno Van der Walt	QR	PSA ZLD	28/01/2023 Ushaka Champs 2023
88	1:34.82	L	F	Kealeboga Khoza	20	NWUC KKD	19/08/2022 USSA Swimming
89	1:36.15	L	F	David Frost	64	WINE CPT	03/09/2022 CTA Qualifying Meet #4
90	1:36.16	L	F	Armand Botha	19	HSBV SKD	15/10/2022 Limpopo Top 10 - High Schools
91	1:37.36	L	F	Jacob Burger	49	CPTM CPT	03/09/2022 CTA Qualifying Meet #4
92	1:37.52	L	F	Willscott Radley	50	NSAD EZD	24/02/2023 MP AGE GROUP 6 GALA
93	1:39.16	L	F	Thembela Dlamini	21	NWUC KKD	19/08/2022 USSA Swimming
94	1:39.27	L S	P	Ivan Janse Van Vuuren	39	BLSS MAN	03/10/2022 Sasolburg Swim Club Invitational Gala
95	1:40.61	L	F	Phetolo Chauke	19	SOSH TSH	02/12/2022 2022 The Tshwane Mayoral Gala
96	1:41.71	L	F	Marco Van Der Merwe	21	UPSK	07/12/2022 NCASA CHAMPS 2022
97	1:43.13	L	P	Mpho Mainganye	31	AGB JHB	12/04/2023 SA National Aquatic SNR-Champ 202
98	1:43.56	L	P	Mbulelo Mente	19	SOWE JHB	02/03/2023 SA Level 2 Regional Age Group Cham
99	1:45.83	L	F	Andre Maritz	46	GHSK	07/10/2022 FLAMINGO GALA OCT 2022
100	1:45.88	L	F	Phahleng Mampa	20	SOSH TSH	17/02/2023 NTS February Lev 1+2 Age Group Gal
101	1:48.44	L	P	Cecil Cochrane	57	NSAD EZD	02/12/2022 Mpumalanga Championships 2022
102	1:48.72	L	F	Elih Lawrence	20	BLNE MAN	22/10/2022 Otters Prestige Gala 2022
103	1:48.79	L	F	Leon Louw	40	KALA	14/01/2023 GROUP 5 - KTHU 2023
104	1:49.41	L	F	Werner Pretorius	44	KALA	14/01/2023 GROUP 5 - KTHU 2023
105	1:56.64	L	P	Kabelo Zwane	20	JMDOL JHB	01/12/2022 CGA LC Summer Championships Leve
106	1:57.31	L	F	Jan-Herman Els	23	PAC TSH	21/10/2022 NTS October Lev 3 Age Group Gala 2I
107	2:00.12	L S	F	Christiaan Franck	36	ETTN ECU	03/10/2022 Sasolburg Swim Club Invitational Gala
108	2:00.13	L	F	Dewald Hoffman	19	AWSC JHB	01/12/2022 CGA LC Summer Championships Leve
109	2:24.47	L	F	Arthur Platte	66	WINE CPT	04/02/2023 CTA BRIAN BUTTON Qualifying Meet
Men 200 Breast							
1	2:14.40	L	F	Matthew Randle	19	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
2	2:17.10	L	F	Petrus Truter	19	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
3	2:18.50	L	F	Michael Deans	21	WATR JHB	25/06/2022 PEA Winter Gala 2022
4	2:20.60	L	F	Jaiden Staines	20	AGA ECU	12/04/2023 SA National Aquatic SNR-Champ 202
5	2:20.88	L	F	Terence O'Hara	22	TUKS TSH	16/12/2022 KZNA Premier Provincial Championshi
6	2:21.35	L	P	Dylan Botha	20	ECA BUF	12/04/2023 SA National Aquatic SNR-Champ 202
7	2:22.40	L	P	Oliva Lange	19	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
8	2:26.22	L	P	Jonathan Heslop	19	RSA	20/08/2022 2022 15th CANA AFRICAN SWIMMIN
9	2:26.33	L	F	Robert Le Roux	23	TUKS TSH	19/08/2022 USSA Swimming
10	2:27.40	L	F	Cameron Casali	20	TUKS TSH	01/07/2022 Prestige Tournament 2022
11	2:28.72	L	P	Malcolm Botha	20	AGC TSH	12/04/2023 SA National Aquatic SNR-Champ 202
12	2:30.30	L	F	Andre Van Huyssteen	24	TUKS TSH	19/08/2022 USSA Swimming
13	2:30.65	L	P	Matthew Andrew	20	LP CC	12/04/2023 SA National Aquatic SNR-Champ 202
14	2:32.65	L	F	Matthew Bedderson	23	SGUL ETH	01/07/2022 Prestige Tournament 2022
15	2:33.09	L	F	Kaydn Naidoo	20	BEAV ETH	28/01/2023 EDA January Gala 2023
16	2:33.82	L S	F	Luan De Waal	20	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			
17	2:33.84 L	F	Luke Norris	19	INFA NMA	25/06/2022	PEA Winter Gala 2022
18	2:34.05 L	P	Bernard Mentz	20	LP GC	12/04/2023	SA National Aquatic SNR-Champ 202
19	2:34.07 L	F	Jayden Wills	19	RFA TSH	09/12/2022	NTS Championships 2022
20	2:34.96 L	F	Ruan Hanaczek Kruger	21	SS MPD	02/12/2022	Limpopo Champs
21	2:35.05 L	P	Hendrick Ramaala	22	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
22	2:36.08 L	F	Anandt Van Rensburg	23	CA EKU	21/10/2022	EGA Summer 2 2022
23	2:36.20 L	P	Fabio Santos	19	FSA FS	12/04/2023	SA National Aquatic SNR-Champ 202
24	2:41.44 L	F	Matthew Hibberd	25	BLMA CPT	09/12/2022	Western Cape LC-A Championship 20
25	2:42.22 L	F	Adriaan Den Haan	19	QUIC CPT	09/12/2022	Western Cape LC-A Championship 20
26	2:43.37 L	F	Chris van Heerden	20	NWUC KKD	19/08/2022	USSA Swimming
27	2:43.65 L	F	Fabio Santos	19	UFS MAN	19/08/2022	USSA Swimming
28	2:44.05 L	F	Samuel Norton	20	NWUC KKD	19/08/2022	USSA Swimming
29	2:44.64 L	F	Ruan Hutten	20	RFA TSH	28/10/2022	NTS October SARJ+ Age Group Gala
30	2:45.74 L	F	Christopher Häseli	19	TUKS TSH	31/03/2023	SA Level 3 Regional Age Group Chan
31	2:48.58 L	F	Angus Solomons	22	TUKS TSH	19/08/2022	USSA Swimming
32	2:48.73 L	F	Muhammad Adam	19	NWUC KKD	19/08/2022	USSA Swimming
33	2:49.04 L	P	Ammar Anthony	20	MARL CPT	24/02/2023	Western Cape Elite Gala
34	2:50.15 L	F	Pierre Theron	27	FAAC FBD	03/02/2023	NCASA SPRINTS - 3 & 4 FEBRUARY
35	2:50.66 L S	P	Hlalele Chaane	22	NWUC KKD	07/12/2022	NWS Championships 2022/2023
36	2:53.73 L S	F	Thornton Velloen	20	ONYX EKU	08/12/2022	EGA Summer Champs 2022
37	2:53.92 L	F	Tyla Amos	19	VINE CPT	21/01/2023	CTA Qualifying Meet #7
38	2:55.93 L	P	Amkele Qamarana	19	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202
39	2:56.84 L	P	Taine Richardson	19	SASE JHB	01/12/2022	CGA LC Summer Championships Leve
40	2:57.06 L	F	Guillaume Louw	19	CUDU CPT	25/06/2022	PEA Winter Gala 2022
41	3:03.41 L	F	Valentino Vergotine	35	VINE CPT	15/10/2022	CTA Qualifying Meet #6
42	3:04.07 L	F	Ryan Van Reenen	24	BLMA CPT	07/10/2022	41st Freda Barnard Invitational Gala
43	3:05.73 L	F	Thomas Peycke	20	BLMA CPT	04/11/2022	CTA A CHAMPS 2022
44	3:08.73 L	F	Tgegofatso Nkutshweu	20	ATTE TSH	02/12/2022	2022 The Tshwane Mayoral Gala
45	3:09.22 L	F	Theo Van Der Westhuizen	50	CSA EZD	02/12/2022	Mpumalanga Championships 2022
46	3:10.74 L	F	William Van Niekerk	27	KTS	07/12/2022	NCASA CHAMPS 2022
47	3:11.29 L S	P	Anthony Van Der Linden	48	SWIFT EKU	08/12/2022	EGA Summer Champs 2022
48	3:12.55 L	F	Khosi Matsipa	21	OLDE JHB	01/12/2022	CGA LC Summer Championships Leve
49	3:12.79 L	F	Stephanus Kruger	19	UPSK	03/03/2023	SA Level 2 Regional Age Group Cham
50	3:15.57 L S	P	Bronte Margro	20	RAV EKU	08/12/2022	EGA Summer Champs 2022
51	3:16.16 L	P	Jasper Van der Westhuizen	42	AAS JHB	01/12/2022	CGA LC Summer Championships Leve
52	3:19.89 L	F	Elih Lawrence	20	BLNE MAN	12/11/2022	Kroonstad Age Group
53	3:27.57 L S	P	Jean-Pierre Nel	23	ETTN EKU	08/12/2022	EGA Summer Champs 2022
54	3:28.37 L	F	David Frost	64	WINE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
55	3:37.80 L	F	Willscott Radley	50	NSAD EZD	24/02/2023	MP AGE GROUP 6 GALA
56	3:48.75 L	F	Phetolo Chauke	19	SOSH TSH	02/12/2022	2022 The Tshwane Mayoral Gala
57	3:57.58 L	F	Marco Van Der Merwe	21	UPSK	07/12/2022	NCASA CHAMPS 2022
58	4:02.41 L	F	Leon Louw	40	KALA	07/12/2022	NCASA CHAMPS 2022
59	4:04.82 L	F	Cecil Cochrane	57	NSAD EZD	24/02/2023	MP AGE GROUP 6 GALA
60	4:27.45 L S	F	Schalk Kock	55	RBUR BPD	07/12/2022	NWS Championships 2022/2023
61	4:57.66 L	F	Albert De Klerk	19	UPSK	11/11/2022	UPINGTON CLUB GALA 2022
Men 50 Fly							
1	23.54 L	F	Clayton Jimmie	27	RSA	20/08/2022	2022 15th CANA AFRICAN SWIMMIN
2	23.67 L	S	Chad Le Clos	31	RSA	29/07/2022	Commonweath Games 2022 Birmingham
3	23.83 L S	F	Roland Schoeman	42	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202
4	24.29 L S	F	Ryan Coetzee	27	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202
5	24.73 L S	F	Ruan Ras	26	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
6	24.79 L S	F	Simon Haddon	24	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
7	24.82 L S	F	Ruard Van Renen	19	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
8	24.83 L S	F	Joshua Emslie	21	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
9	24.91 L	P	Kaydn Naidoo	20	BEAV ETH	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
10	24.96 L	F	Servaas Fick	21	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
11	24.98 L S	F	Phillip De Lange	19	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
12	25.08 L S	P	Benjamin Plattner	23	AGC TSH	12/04/2023	SA National Aquatic SNR-Champ 202
13	25.09 L	F	Adam Moncherry	24	MATI GED	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			
14	25.13	L	P	Chase Rayment	21	AZON ETH	16/12/2022 KZNA Premier Provincial Championsh
15*	25.15	L	P	Andrew Ross	21	TUKS FSH	09/12/2022 NTS Championships 2022
15*	25.15	L S	P	Brandon Chapman	20	ECA BUF	12/04/2023 SA National Aquatic SNR-Champ 202
17*	25.23	L S	P	Alex Goddard	22	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
17*	25.23	L S	P	Armand Maritz	26	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
19	25.43	L S	P	Ruan Hanaczek Kruger	21	LP CC	12/04/2023 SA National Aquatic SNR-Champ 202
20	25.45	L	P	Danté Nortjé	22	CA EKU	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
21	25.56	L	F	Ronan Theron	20	TUKS FSH	09/12/2022 NTS Championships 2022
22*	25.57	L S	P	Jayden Nel	19	NWS	12/04/2023 SA National Aquatic SNR-Champ 202
22*	25.57	L	P	Ross Hartigan	24	TUKS FSH	16/12/2022 KZNA Premier Provincial Championsh
24	25.61	L	P	Joshua Parry	20	SEAL UMD	01/07/2022 Prestige Tournament 2022
25	25.62	L S	P	Ethan Du Preez	19	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
26	25.64	L	F	Giano Dos Santos	20	TUKS FSH	09/12/2022 NTS Championships 2022
27	25.66	L S	P	Adrian Robinson	23	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
28	25.67	L S	P	Gustav Schlechter	20	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
29	25.70	L S	F	Liam Vehbi	19	INFA NMA	25/06/2022 PEA Winter Gala 2022
30	25.72	L	F	Jaiden Staines	20	BAS EKU	08/12/2022 EGA Summer Champs 2022
31	25.75	L S	P	Luca Holtzhausen	19	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
32	25.90	L S	P	Arno Krüger	20	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
33	25.99	L	P	Pieter Mostert	20	TUKS FSH	09/12/2022 NTS Championships 2022
34	26.03	L	F	Jacques Van Wyk	30	COEL FSH	09/12/2022 NTS Championships 2022
35	26.06	L	P	Anandt Van Rensburg	23	CA EKU	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
36	26.11	L S	P	Martin Wolmarans	20	PEAS NMA	25/06/2022 PEA Winter Gala 2022
37*	26.12	L S	P	Dylan Botha	20	ECA BUF	12/04/2023 SA National Aquatic SNR-Champ 202
37*	26.12	L	P	Cameron Oliver	26	TUKS FSH	09/12/2022 NTS Championships 2022
39	26.14	L	F	Righardt Muller	20	CYBE CPT	15/10/2022 CTA Qualifying Meet #6
40	26.24	L	P	Robert Le Roux	23	TUKS FSH	09/12/2022 NTS Championships 2022
41	26.28	L	F	Roberto Gomes	23	TUKS FSH	01/07/2022 Prestige Tournament 2022
42	26.29	L	P	Ramon Landmann	19	PAC FSH	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
43	26.30	L	F	Christiaan Engelbrecht	23	NWUC KKD	07/12/2022 NWS Championships 2022/2023
44	26.33	L S	P	Jordan Bradshaw	22	AGB JHB	12/04/2023 SA National Aquatic SNR-Champ 202
45	26.49	L	F	Jaden Harris	23	RAV EKU	17/02/2023 EGA Let's Race 2023
46	26.50	L S	P	Luke Ashton	22	AGB JHB	12/04/2023 SA National Aquatic SNR-Champ 202
47*	26.51	L S	P	Chris Luus	22	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
47*	26.51	L	P	Gideon Wolmarans	20	PAC FSH	09/12/2022 NTS Championships 2022
49	26.64	L S	P	Logan Truter	19	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
50	26.67	L	P	Janco Rademeyer	23	TUKS FSH	01/07/2022 Prestige Tournament 2022
51	26.71	L	P	Jordan Lotter	19	CA EKU	03/03/2023 2023 Grand Prix 2 Invitational Meet - K
52	26.73	L	F	Jetro Piso	21	UNI EZD	30/09/2022 MP AGE GROUP 1
53*	26.75	L	F	Petrus Truter	19	LALE CED	28/01/2023 Winelands SL Final
53*	26.75	L S	P	Michael Bromfield	22	WCA CPT	12/04/2023 SA National Aquatic SNR-Champ 202
55	26.80	L S	P	Jonathan Heslop	19	AGC FSH	12/04/2023 SA National Aquatic SNR-Champ 202
56	26.85	L	F	Ethan Hieckmann	22	BARR CPT	07/10/2022 41st Freda Barnard Invitational Gala
57	26.86	L	P	Derek Godfrey	19	TUKS FSH	09/12/2022 NTS Championships 2022
58	26.89	L	F	Ryan Van Reenen	24	BLMA CPT	31/03/2023 SA Level 3 Regional Age Group Chan
59	26.90	L S	F	Kaleb Lombard	20	INFA NMA	25/06/2022 PEA Winter Gala 2022
60	26.92	L	P	Kelly Geldenhuys	19	RSA	21/07/2022 Solidarity Games Kazan July
61	26.95	L	P	Zinadeen Scheepers	20	AA JHB	01/12/2022 CGA LC Summer Championships Leve
62	26.97	L	F	Fabio Santos	19	KOVS MAN	06/12/2022 Free State Champs 2022
63	27.07	L	F	Kobus Groenewald	21	UFS MAN	19/08/2022 USSA Swimming
64*	27.08	L	F	Rael Hanan	21	RAV EKU	25/02/2023 CGA Level 3+ Last Chance gala
64*	27.08	L	F	Philip Vorster	19	NWUC KKD	19/08/2022 USSA Swimming
66	27.09	L	F	Corey Webb	19	TUKS FSH	19/08/2022 USSA Swimming
67	27.14	L	F	Jacobus Davel	19	KTS	07/12/2022 NCASA CHAMPS 2022
68	27.15	L	P	Sean Loock	23	PSC FSH	09/12/2022 NTS Championships 2022
69	27.17	L	F	Ude Fuchs	25	ACAA CCD	03/10/2022 Sasolburg Swim Club Invitational Gala
70	27.18	L	P	Dirk Grobler	19	WWOL FSH	31/03/2023 SA Level 3 Regional Age Group Chan
71	27.19	L	F	Frederik De Beer	21	TUKS FSH	19/08/2022 USSA Swimming
72	27.25	L	F	Corne Le Roux	21	MATI CED	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				
73	27.28	L S	P	Kyle Letley	21	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202
74	27.29	L	F	Connor Theron	20	SSISA CPT	09/12/2022	Western Cape LC-A Championship 20
75	27.37	L	P	Ruan Hutten	20	RFA FSH	09/12/2022	NTS Championships 2022
76	27.42	L	F	Callum Millington	19	CA EKU	23/09/2022	EGA Summer 1 2022
77	27.44	L	F	Jordan Moodley	19	SGUL ETH	16/12/2022	KZNA Premier Provincial Championsh
78*	27.47	L	F	Ethan Bailey	20	AQDO CPT	07/10/2022	41st Freda Barnard Invitational Gala
78*	27.47	L	F	Gabriel Nortje	21	SGUL ETH	28/01/2023	EDA January Gala 2023
80	27.48	L	F	Daniel Louw	19	UPSK	05/11/2022	AGE GROUP 2 UPINGTON 2022
81*	27.52	L	F	Frans-Josef Mentz	23	NWUC KKD	07/12/2022	NWS Championships 2022/2023
81*	27.52	L	F	Thomas Woodhead	21	PER JHB	01/12/2022	CGA LC Summer Championships Lev
83	27.54	L	F	Marthinus Matthee	25	KOVS MAN	06/12/2022	Free State Champs 2022
84	27.55	L	F	Matthew Hibberd	25	BLMA CPT	07/10/2022	41st Freda Barnard Invitational Gala
85	27.56	L	F	Terence O'Hara	22	TUKS FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
86	27.66	L	F	Dale Van der Merwe	19	SAAW CPT	03/09/2022	CTA Qualifying Meet #4
87	27.71	L	P	Vishay Nagin	19	WATR JHB	31/03/2023	SA Level 3 Regional Age Group Chan
88	27.75	L	P	Luan De Waal	20	BLSS MAN	06/12/2022	Free State Champs 2022
89	27.81	L	F	Petrus Brand	19	CSA EZD	02/12/2022	Mpumalanga Championships 2022
90	27.89	L	F	Hlalele Chaane	22	NWUC KKD	07/12/2022	NWS Championships 2022/2023
91	27.93	L	F	Nicholas Nel	20	TOTIS ETH	01/07/2022	Prestige Tournament 2022
92	27.95	L	F	Joshua Penney	19	TRAZ FSH	28/10/2022	NTS October SARJ+ Age Group Gala
93	27.97	L	F	Benjamin Sack	26	SAAW CPT	03/09/2022	CTA Qualifying Meet #4
94	27.99	L	F	Johannes Ferreira	21	NWUC KKD	07/12/2022	NWS Championships 2022/2023
95	28.01	L	F	Stephanus Kruger	19	UPSK	03/03/2023	SA Level 2 Regional Age Group Cham
96*	28.05	L	F	Christian Davidson	19	INFA NMA	10/02/2023	Infinity Gala 2023
96*	28.05	L	F	Luke Norris	19	INFA NMA	10/02/2023	Infinity Gala 2023
98	28.07	L	F	Malcolm Botha	20	VRC FSH	03/02/2023	NTS January Lev 3+ Age Group Gala :
99	28.08	L	F	Andries Jansen van Vuuren	20	BLSS MAN	29/10/2022	Neptune Gala
100	28.12	L	F	Darren Minnies	25	NWUC KKD	19/08/2022	USSA Swimming
101	28.17	L	F	Kairav Mahabeer	20	PISC ETH	16/12/2022	KZNA Premier Provincial Championsh
102	28.18	L	F	Kyle Hultzer	19	SEAL UMD	01/07/2022	Prestige Tournament 2022
103	28.20	L	F	Joshua Jacoby	23	BEAV ETH	28/01/2023	Ushaka Champs 2023
104	28.24	L	F	Johannes Opperman	29	CPTM CPT	03/09/2022	CTA Qualifying Meet #4
105	28.26	L	F	Bernard Mentz	20	ACAA CCD	02/12/2022	Limpopo Champs
106	28.27	L	P	Matthew Randle	19	TUKS FSH	20/07/2022	Irish Summer National Championships
107	28.33	L	F	Harald Ruck	57	COEL FSH	09/12/2022	NTS Championships 2022
108	28.36	L	P	Robert Hattingh	19	TUKS FSH	09/12/2022	NTS Championships 2022
109	28.37	L S	P	Jayden Wills	19	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
110	28.40	L	F	Matthew Abrahams	23	ASAC CPT	31/03/2023	SA Level 3 Regional Age Group Chan
111	28.42	L	F	Benjamin Strydom	19	PAC FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
112	28.53	L	F	Hendrick Ramaala	22	TUKS FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
113	28.54	L	F	Ammar Anthony	20	MARL CPT	07/10/2022	41st Freda Barnard Invitational Gala
114	28.61	L	P	Guillaume Louw	19	CUDU CPT	31/03/2023	SA Level 3 Regional Age Group Chan
115	28.64	L	P	Iacopo Marmeggi	19	STAR BPD	07/12/2022	NWS Championships 2022/2023
116	28.68	L	F	Dirco Nienaber	20	FISH EDD	18/02/2023	EDEN 5th A-League Gala 2023
117	29.01	L	P	Matthew Andrew	20	MSC NGD	02/12/2022	Mpumalanga Championships 2022
118	29.13	L	F	Angus Solomons	22	TUKS FSH	19/08/2022	USSA Swimming
119	29.20	L	F	Alan Smith	20	TRAZ FSH	28/01/2023	Ushaka Champs 2023
120	29.23	L S	P	Pierre Theron	27	FAAC FBD	25/06/2022	PEA Winter Gala 2022
121	29.29	L	F	Samuel Norton	20	NWUC KKD	19/08/2022	USSA Swimming
122	29.31	L	F	Jonathan Pheiffer	20	UWCA CPT	03/09/2022	CTA Qualifying Meet #4
123	29.36	L	P	Anthony Van Der Linden	48	SWIFT EKU	08/12/2022	EGA Summer Champs 2022
124	29.43	L	F	Nishan Fernando	21	PEAS NMA	13/08/2022	Madibaz Swim Meet
125	29.44	L	P	Bronte Margro	20	RAV EKU	31/03/2023	SA Level 3 Regional Age Group Chan
126	29.47	L	F	Thomas Peycke	20	BLMA CPT	28/01/2023	Winelands SL Final
127	29.65	L	F	Eduan Du Preez	20	TUKS FSH	19/08/2022	USSA Swimming
128	29.67	L	F	Lionel Moss	19	SSISA CPT	04/11/2022	CTAA CHAMPS 2022
129	29.72	L	F	Luke Lalin	40	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
130	29.74	L	F	Pieter Lombard	19	WELA LLD	12/11/2022	Kroonstad Age Group
131*	29.75	L	F	Nkosinolwazi Mbatha	26	USH UHD	28/01/2023	Ushaka 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			
131*	29.75 L	P	Ryan Fermoye	20	SASE JHB	01/12/2022	CGA LC Summer Championships Lev
133	29.92 L	P	Byron Govender	22	BEAV ETH	31/03/2023	SA Level 3 Regional Age Group Chan
134	29.94 L	P	Christian Sadie	25	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
135	29.96 L	P	Tyron Erasmus	19	PER JHB	31/03/2023	SA Level 3 Regional Age Group Chan
136	29.99 L	F	Christoff Kok	35	COEL FSH	09/12/2022	NTS Championships 2022
137	30.20 L	P	Rohan Barnard	19	BLMA CPT	31/03/2023	SA Level 3 Regional Age Group Chan
138	30.24 L	P	Nicholas Oosthuizen	21	SSISA CPT	09/12/2022	Western Cape LC-A Championship 20
139	30.38 L	F	Luke Howard	19	PSCP UMD	25/11/2022	WSC & Seals Summer LC Champs 20
140	30.39 L	P	Thornton Velloen	20	ONYX EKU	31/03/2023	SA Level 3 Regional Age Group Chan
141	30.49 L	F	Jan Venter	35	UNI EZD	02/12/2022	Mpumalanga Championships 2022
142	30.50 L	P	Daniel Caldeira	19	FLOD JHB	01/12/2022	CGA LC Summer Championships Lev
143	30.52 L	F	William Van Niekerk	27	UPSK	11/11/2022	UPINGTON CLUB GALA 2022
144	30.63 L	P	Liam Bruce	20	TUKS FSH	01/07/2022	Prestige Tournament 2022
145	30.70 L	F	Jed Plath	19	MATI CED	13/11/2022	Winelands Summer League 4
146	30.98 L	F	Amkele Qamarana	19	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202
147	31.36 L	P	Mbulelo Mente	19	SOWE JHB	02/03/2023	SA Level 2 Regional Age Group Cham
148	31.71 L	P	Joshua Bowers	20	MANT CPT	31/03/2023	SA Level 3 Regional Age Group Chan
149	31.76 L	F	Matthew Moss	19	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
150	31.78 L	F	Aaron Putz	26	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202
151	32.00 L	F	Tgegofatso Nkutshweu	20	ATTE FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
152*	32.16 L	F	Ryno Van der Walt	QR	PSA ZLD	19/11/2022	Froggies Aquatics Championships 202
152*	32.16 L	F	Vincent Potgieter	24	NCASA	28/01/2023	4 + 1 Inter Provincial Gala 2023
154	32.30 L	F	Jean Pretorius	26	WCA CPT	19/03/2023	2023 TOYOTA SASAPD CHAMPIONS
155	32.63 L	P	Khosi Matsipa	21	OLDE JHB	31/03/2023	SA Level 3 Regional Age Group Chan
156	32.69 L	F	Ayden Brown	19	FAAC FBD	07/10/2022	FLAMINGO GALA OCT 2022
157	33.32 L	F	Erhardt Gerber	45	FEMS EDD	19/11/2022	Eden LC Champs 2022
158	33.39 L	P	Marno De Villiers	20	ONYX EKU	08/12/2022	EGA Summer Champs 2022
159	33.54 L	F	Jandre Lubbe	40	KALA	03/02/2023	NCASA SPRINTS - 3 & 4 FEBRUARY
160	33.64 L	F	Brendan Fowler	42	UNI EZD	02/12/2022	Mpumalanga Championships 2022
161	33.65 L	F	Andrè Roothman	68	CPTM CPT	03/09/2022	CTA Qualifying Meet #4
162	33.94 L	F	Albert De Klerk	19	UPSK	11/11/2022	UPINGTON CLUB GALA 2022
163	34.01 L	F	Valentino Vergotine	35	VINE CPT	04/11/2022	CTA A CHAMPS 2022
164	34.67 L	P	Jean-Pierre Nel	23	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202
165	35.81 L	P	Danny Damoense	19	RBOT BPD	07/12/2022	NWS Championships 2022/2023
166	36.04 L	F	Elih Lawrence	20	BLNE MAN	17/02/2023	Neptune Last Chance Gala
167	37.48 L	P	Nkosimayebongwe Dlodlu	24	JMDOL JHB	31/03/2023	SA Level 3 Regional Age Group Chan
168	37.98 L	F	Justin Cameron	20	RPAC EKU	20/01/2023	EGA Last Chance Galal
169	39.22 L	P	Kabelo Zwane	20	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202
170	39.71 L	F	John-Henry Oosthuizen	21	QSAW CED	13/11/2022	Winelands Summer League 4
171	39.77 L	F	Russel Nugent	53	UPSK	03/02/2023	NCASA SPRINTS - 3 & 4 FEBRUARY
172	40.36 L	F	Andre Maritz	46	GHSK	18/02/2023	AGE GROUP 6 KBY- 2023
173	40.37 L	F	Marco Van Der Merwe	21	UPSK	07/12/2022	NCASA CHAMPS 2022
174	41.17 L	F	Anz-Lee Eilerd	19	UNATC	19/11/2022	AGE GROUP 3 KATHU - 2022
175	41.43 L	P	Mpho Mainganye	31	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202
176	41.79 L	F	Nkois Dludu	24	GAU	19/03/2023	2023 TOYOTA SASAPD CHAMPIONS
177	42.74 L	F	Sean O'Neill	38	ASAC CPT	28/01/2023	Winelands SL Final
178	43.21 L	F	Jan-Herman Els	23	PAC FSH	21/10/2022	NTS October Lev 3 Age Group Gala 21
179	43.83 L	F	Mpho Mainganye	31	GAU	19/03/2023	2023 TOYOTA SASAPD CHAMPIONS
180	43.87 L	F	Willem Olivier	59	CPTM CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
181	44.03 L	F	Phahleng Mampa	20	SOSH FSH	02/12/2022	2022 The Tshwane Mayoral Gala
182	45.24 L	F	Patrick Mc Cabe	32	CSA EZD	02/12/2022	Mpumalanga Championships 2022
183	45.78 L	F	Dewald Hoffman	19	GAU	19/03/2023	2023 TOYOTA SASAPD CHAMPIONS
184	49.61 L	F	Phetolo Chauke	19	SOSH FSH	27/01/2023	NTS Janaury Lev 1+2 Age Group Gala
185	1:02.50 L	F	Arthur Platte	66	WINE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
Men 100 Fly							
1	51.37 L	F	Chad Le Clos	31	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
2	51.91 L	F	Matthew Sates	19	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202
3	53.76 L	F	Benjamin Plattner	23	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
4	53.99 L	P	Clayton Jimmie	27	RSA	20/08/2022	2022 15th CANA AFRICAN SWIMMIN

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					
5	54.13 L	F	Servaas Fick	21	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202		
6	54.26 L	P	Andrew Ross	21	RSA	29/07/2022	Commonwealth Games 2022 Birmingham		
7	54.45 L	F	Brandon Chapman	20	ECA BUF	12/04/2023	SA National Aquatic SNR-Champ 202		
8	54.48 L	F	Kaydn Naidoo	20	RSA	04/12/2022	AUSC-Region 5 Under 20 YTH Games		
9	54.51 L	F	Ethan Du Preez	19	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202		
10	54.82 L	F	Ross Hartigan	24	RSA	20/08/2022	2022 15th CANA AFRICAN SWIMMIN		
11	55.05 L	T	Kobe Ndebele	20	SEAL UMD	26/07/2022	2022 USA Swimming Nationals		
12	55.19 L	F	Liam Vehbi	19	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202		
13	55.24 L	P	Ryan Coetzee	27	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202		
14	55.34 L	P	Ruard Van Renen	19	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202		
15	55.50 L	F	Ruan Ras	26	TUKS FSH	09/12/2022	NTS Championships 2022		
16	56.04 L	F	Guy Brooks	20	SGUL ETH	16/07/2022	AQZ Dual Meet		
17	56.16 L	F	Luca Holtzhausen	19	SGUL ETH	01/07/2022	Prestige Tournament 2022		
18	56.50 L	F	Joshua Parry	20	SEAL UMD	01/07/2022	Prestige Tournament 2022		
19	56.66 L	F	Joshua Emslie	21	MATI CED	03/03/2023	2023 Grand Prix 2 Invitational Meet - K		
20	56.67 L	P	Roberto Gomes	23	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202		
21	56.75 L S	F	Danté Nortjé	22	CA EKU	08/12/2022	EGA Summer Champs 2022		
22	56.79 L	F	Robert Le Roux	23	TUKS FSH	09/12/2022	NTS Championships 2022		
23	56.97 L	P	Giano Dos Santos	20	TUKS FSH	20/07/2022	Irish Summer National Championships		
24	57.20 L	P	Petrus Truter	19	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202		
25	57.25 L	P	Chase Rayment	21	AZON ETH	16/12/2022	KZNA Premier Provincial Championshi		
26	57.26 L	P	Ruan Hanaczek Kruger	21	LP GC	12/04/2023	SA National Aquatic SNR-Champ 202		
27	57.66 L	F	Alex Goddard	22	TUKS FSH	04/02/2023	BCA Feb Age Group Gala 2023		
28	57.70 L S	F	Kaleb Lombard	20	INFA NMA	25/06/2022	PEA Winter Gala 2022		
29	57.75 L	P	Jethro Irvine	21	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202		
30*	57.91 L	P	Jayden Nel	19	NWS	12/04/2023	SA National Aquatic SNR-Champ 202		
30*	57.91 L	F	Righardt Muller	20	CYBE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet		
32	57.99 L	P	Adam Moncherry	24	MATI CED	03/03/2023	2023 Grand Prix 2 Invitational Meet - K		
33	58.01 L	P	Ronan Theron	20	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202		
34	58.03 L	F	Andre Van Huyssteen	24	TUKS FSH	19/08/2022	USSA Swimming		
35	58.10 L	F	Janco Rademeyer	23	TUKS FSH	09/12/2022	NTS Championships 2022		
36	58.11 L S	F	Jaiden Staines	20	BAS EKU	08/12/2022	EGA Summer Champs 2022		
37	58.33 L	F	Arno Krüger	20	TUKS FSH	19/08/2022	USSA Swimming		
38	58.62 L	P	Gideon Wolmarans	20	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202		
39	58.71 L	F	Jetro Piso	21	UNI EZD	02/12/2022	Mpumalanga Championships 2022		
40	58.73 L	P	Jordan Moodley	19	RSA	21/07/2022	Solidarity Games Kazan July		
41	58.78 L	F	Anandt Van Rensburg	23	CA EKU	11/06/2022	EGA Winter 1 2022		
42	58.86 L	P	Adriaan Viljoen	20	MATI CED	03/03/2023	2023 Grand Prix 2 Invitational Meet - K		
43	59.05 L	F	Dylan Botha	20	NMU NMA	09/12/2022	NMBA Championships 2022		
44	59.10 L	P	Ethan Bailey	20	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202		
45	59.15 L	P	Gustav Schlechter	20	LALE CED	03/03/2023	2023 Grand Prix 2 Invitational Meet - K		
46	59.22 L	P	Logan Truter	19	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202		
47	59.88 L	P	Corne Le Roux	21	MATI CED	24/02/2023	Western Cape Elite Gala		
48	59.98 L	P	Jival Bodlall	21	TUKS FSH	09/12/2022	NTS Championships 2022		
49	1:00.10 L	F	Adrian Robinson	23	TUKS FSH	19/08/2022	USSA Swimming		
50*	1:00.35 L	F	Pieter Mostert	20	TUKS FSH	19/08/2022	USSA Swimming		
50*	1:00.35 L	F	Joshua Ashley	20	ACSA ETH	25/11/2022	WSC & Seals Summer LC Champs 20		
52	1:00.37 L	P	Jordan Bradshaw	22	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202		
53	1:00.39 L	F	Jacobus Davel	19	KTS	07/12/2022	NCASA CHAMPS 2022		
54	1:00.40 L	F	Dale Van der Merwe	19	TUKS FSH	19/08/2022	USSA Swimming		
55	1:00.69 L	P	Kelly Geldenhuys	19	RSA	21/07/2022	Solidarity Games Kazan July		
56	1:00.79 L	F	Christian Davidson	19	INFA NMA	22/10/2022	4th A League Gala		
57	1:00.81 L	P	Michael Bromfield	22	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202		
58	1:00.95 L	F	Luke Norris	19	INFA NMA	10/02/2023	Infinity Gala 2023		
59	1:01.08 L	F	Connor Buck	20	ACSA ETH	25/11/2022	WSC & Seals Summer LC Champs 20		
60	1:01.21 L	P	Dirk Grobler	19	WWOL FSH	31/03/2023	SA Level 3 Regional Age Group Chan		
61	1:01.27 L	P	Vishay Nagin	19	WATR JHB	31/03/2023	SA Level 3 Regional Age Group Chan		
62	1:01.69 L	F	Darren Minnies	25	NWUC KKD	19/08/2022	USSA Swimming		
63	1:01.77 L	P	Zinadeen Scheepers	20	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202		

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				
64	1:01.85	L S	F	Christiaan Engelbrecht	23	NWUC KKD	07/12/2022	NWS Championships 2022/2023
65	1:02.01	L	F	Rogan Shepherd	21	TUKS FSH	19/08/2022	USSA Swimming
66	1:02.03	L	P	Cameron Oliver	26	TUKS FSH	09/12/2022	NTS Championships 2022
67	1:02.10	L	F	Nicholas Nel	20	TOTIS ETH	01/07/2022	Prestige Tournament 2022
68	1:02.28	L	F	Thomas Woodhead	21	PER JHB	01/12/2022	CGA LC Summer Championships Leve
69	1:02.38	L	F	Kobus Groenewald	21	UFS MAN	19/08/2022	USSA Swimming
70	1:02.46	L	P	Benjamin Strydom	19	PAC FSH	09/12/2022	NTS Championships 2022
71	1:02.49	L S	P	Connor Theron	20	SSISA CPT	09/12/2022	Western Cape LC-A Championship 20
72	1:02.73	L S	P	Matthew Hibberd	25	BLMA CPT	25/06/2022	PEA Winter Gala 2022
73	1:02.96	L	F	Hendrick Ramaala	22	TUKS FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
74	1:02.98	L	F	Johannes Ferreira	21	NWUC KKD	19/08/2022	USSA Swimming
75	1:03.02	L	F	Bernard Mentz	20	ACAQ CCD	22/10/2022	Limpopo Age Group 4
76	1:03.05	L	P	Robert Hattingh	19	TUKS FSH	09/12/2022	NTS Championships 2022
77	1:03.08	L	F	Frederik De Beer	21	TUKS FSH	19/08/2022	USSA Swimming
78	1:03.29	L	P	Joshua Penney	19	TRAZ FSH	09/12/2022	NTS Championships 2022
79	1:03.45	L S	P	Ryan Van Reenen	24	BLMA CPT	09/12/2022	Western Cape LC-A Championship 20
80	1:03.54	L S	F	Luan De Waal	20	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala
81	1:03.62	L	F	Matthew Randle	19	TUKS FSH	28/10/2022	NTS October SARJ+ Age Group Gala
82	1:03.68	L	F	Guillaume Louw	19	CUDU CPT	31/03/2023	SA Level 3 Regional Age Group Chan
83	1:03.71	L	F	Chris van Heerden	20	NWUC KKD	19/08/2022	USSA Swimming
84	1:03.86	L S	F	Marthinus Matthee	25	KOVS MAN	06/12/2022	Free State Champs 2022
85	1:03.92	L	P	Kyle Letley	21	ESTR EKU	16/12/2022	KZNA Premier Provincial Championshi
86	1:03.98	L	F	Hlalele Chaane	22	NWUC KKD	26/11/2022	NWS Age Group 3 2022/23
87	1:04.04	L	F	Petrus Brand	19	CSA EZD	02/12/2022	Mpumalanga Championships 2022
88	1:04.26	L	P	Kyle Hultzer	19	SEAL UMD	01/07/2022	Prestige Tournament 2022
89	1:04.79	L	F	Adriaan Den Haan	19	QUIC CPT	15/10/2022	CTA Qualifying Meet #6
90	1:05.01	L	F	Ammar Anthony	20	MARL CPT	07/10/2022	41st Freda Barnard Invitational Gala
91	1:05.24	L	P	Matthew Abrahams	23	ASAC CPT	31/03/2023	SA Level 3 Regional Age Group Chan
92	1:05.32	L	F	Ruan Hutten	20	RFA FSH	06/01/2023	2023 Grand Prix Invitation Swimming I
93	1:05.36	L	F	Luke Sproule	19	DRGN JHB	11/06/2022	EGA Winter 1 2022
94	1:05.58	L	P	Bronte Margro	20	RAV EKU	31/03/2023	SA Level 3 Regional Age Group Chan
95	1:05.77	L S	F	Andries Jansen van Vuuren	20	BLSS MAN	06/12/2022	Free State Champs 2022
96	1:06.98	L	P	Dirk Bonemma	23	MATI CED	24/02/2023	Western Cape Elite Gala
97	1:07.12	L	F	Alan Smith	20	TRAZ FSH	28/01/2023	Ushaka Champs 2023
98	1:07.32	L	F	Dino Barber	33	CPTM CPT	24/09/2022	CTA Qualifying Meet #5
99	1:07.39	L S	P	Thomas Peycke	20	BLMA CPT	09/12/2022	Western Cape LC-A Championship 20
100	1:07.48	L	F	Daniel Louw	19	UPSK	11/11/2022	UPINGTON CLUB GALA 2022
101	1:07.84	L	P	Liam Bruce	20	TUKS FSH	01/07/2022	Prestige Tournament 2022
102	1:07.92	L	F	Nkosinolwazi Mbatha	26	USH UHD	28/01/2023	Ushaka Champs 2023
103	1:08.34	L	F	Byron Govender	22	BEAV ETH	31/03/2023	SA Level 3 Regional Age Group Chan
104	1:08.87	L	F	Stephanus Kruger	19	UPSK	03/03/2023	SA Level 2 Regional Age Group Cham
105	1:08.93	L	P	Ryan Fermoyle	20	SASE JHB	31/03/2023	SA Level 3 Regional Age Group Chan
106	1:09.83	L S	P	Iacopo Marmeggi	19	STAR BPD	07/12/2022	NWS Championships 2022/2023
107	1:10.13	L	F	Jonathan Pheiffer	20	UWCA CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
108	1:10.89	L	F	Christian Sadie	25	WCA CPT	19/03/2023	2023 TOYOTA SASAPD CHAMPIONS
109	1:11.12	L	P	Tyron Erasmus	19	PER JHB	31/03/2023	SA Level 3 Regional Age Group Chan
110	1:12.96	L	P	Yannis Dengo Chonguica	20	TUKS FSH	09/12/2022	NTS Championships 2022
111	1:13.03	L	P	Thornton Velloen	20	ONYX EKU	31/03/2023	SA Level 3 Regional Age Group Chan
112	1:13.64	L	P	Joshua Bowers	20	MANT CPT	31/03/2023	SA Level 3 Regional Age Group Chan
113	1:14.02	L	F	Khosi Matsipa	21	OLDE JHB	25/02/2023	CGA Level 3+ Last Chance gala
114	1:14.30	L	F	Ryno Van der Walt	QR	PSA ZLD	19/11/2022	Froggies Aquatics Championships 202
115	1:14.54	L	F	Jean Pretorius	26	WCA CPT	19/03/2023	2023 TOYOTA SASAPD CHAMPIONS
116	1:17.10	L S	P	Jean-Pierre Nel	23	ETTN EKU	08/12/2022	EGA Summer Champs 2022
117	1:17.30	L	F	Matthew Moss	19	WCA CPT	19/03/2023	2023 TOYOTA SASAPD CHAMPIONS
118	1:17.81	L S	P	Anthony Van Der Linden	48	SWIFT EKU	08/12/2022	EGA Summer Champs 2022
119	1:21.42	L	F	Andrè Roothman	68	CPTM CPT	03/09/2022	CTA Qualifying Meet #4
120	1:25.01	L S	P	Ivan Janse Van Vuuren	39	BLSS MAN	06/12/2022	Free State Champs 2022
121	1:38.20	L	F	Kabelo Zwane	20	GAU	19/03/2023	2023 TOYOTA SASAPD CHAMPIONS
122	1:40.90	L	F	Albert De Klerk	19	UPSK	11/11/2022	UPINGTON CLUB GALA 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			
123	1:55.49 L	F	Marco Van Der Merwe	21	UPSK	11/11/2022	UPINGTON CLUB GALA 2022
124	2:35.47 L	F	Arthur Platte	66	WINE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
Men 200 Fly							
1	1:55.89 L	F	Chad Le Clos	31	RSA	29/07/2022	Commonwealth Games 2022 Birmingham
2	1:57.09 L	F	Ethan Du Preez	19	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
3	2:01.23 L	F	Ross Hartigan	24	RSA	20/08/2022	2022 15th CANA AFRICAN SWIMMIN
4	2:02.38 L	F	Brandon Chapman	20	ECA BUF	12/04/2023	SA National Aquatic SNR-Champ 202
5	2:02.92 L	P	Servaas Fick	21	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
6	2:03.33 L	F	Benjamin Plattner	23	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
7*	2:04.71 L	P	Righardt Muller	20	CYBE CPT	24/02/2023	Western Cape Elite Gala
7*	2:04.71 L	F	Ruan Ras	26	RSA	20/08/2022	2022 15th CANA AFRICAN SWIMMIN
9	2:05.85 L	F	Robert Le Roux	23	TUKS FSH	19/08/2022	USSA Swimming
10	2:05.87 L	P	Luca Holtzhausen	19	RSA	30/08/2022	8th FINA JUNIOR WORLD SWIMMIN
11	2:06.65 L	F	Guy Brooks	20	SGUL ETH	01/07/2022	Prestige Tournament 2022
12	2:07.56 L	P	Roberto Gomes	23	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
13	2:08.27 L	F	Ethan Bailey	20	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
14	2:08.59 L	F	Andrew Ross	21	TUKS FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
15	2:08.65 L	F	Connor Buck	20	ACSA ETH	16/12/2022	KZNA Premier Provincial Championsh
16	2:09.86 L	F	Kaleb Lombard	20	INFA NMA	25/06/2022	PEA Winter Gala 2022
17	2:11.98 L	F	Joshua Ashley	20	ACSA ETH	16/12/2022	KZNA Premier Provincial Championsh
18	2:12.22 L	F	Christian Davidson	19	INFA NMA	09/12/2022	NMBA Championships 2022
19	2:13.64 L	P	Jordan Moodley	19	RSA	21/07/2022	Solidarity Games Kazan July
20	2:13.95 L	F	Cameron Casali	20	TUKS FSH	19/08/2022	USSA Swimming
21	2:15.20 L	F	Adriaan Viljoen	20	NWUC KKD	19/08/2022	USSA Swimming
22	2:15.66 L S	F	Jival Bodlall	21	TUKS FSH	09/12/2022	NTS Championships 2022
23	2:17.19 L	F	Rogan Shepherd	21	TUKS FSH	19/08/2022	USSA Swimming
24	2:18.54 L	P	Corne Le Roux	21	MATI CED	24/02/2023	Western Cape Elite Gala
25	2:18.61 L	F	Luke Norris	19	INFA NMA	25/06/2022	PEA Winter Gala 2022
26	2:20.05 L	F	Benjamin Strydom	19	PAC FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
27	2:21.32 L	F	Anandt Van Rensburg	23	CA EKU	21/10/2022	EGA Summer 2 2022
28	2:26.90 L	F	Nicholas Nel	20	TOTIS ETH	01/07/2022	Prestige Tournament 2022
29	2:33.73 L	F	Adriaan Den Haan	19	QUIC CPT	09/12/2022	Western Cape LC-A Championship 20
30	2:37.41 L	F	Matthew Hibberd	25	BLMA CPT	09/12/2022	Western Cape LC-A Championship 20
31	2:51.35 L	F	Christiaan Engelbrecht	23	NWUC KKD	19/08/2022	USSA Swimming
32	3:00.48 L	F	Stephanus Kruger	19	UPSK	03/02/2023	NCASA SPRINTS - 3 & 4 FEBRUARY
Men 200 IM							
1	1:57.74 L	S	Matthew Sates	19	RSA	18/06/2022	19th FINA World Championship-Bubař
2	2:01.88 L	F	Andrew Ross	21	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
3	2:03.67 L	F	Ross Hartigan	24	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
4	2:04.98 L	F	Liam Vehbi	19	TUKS FSH	03/03/2023	2023 Grand Prix 2 Invitational Meet - K
5	2:06.60 L	F	Matthew Randle	19	TUKS FSH	16/12/2022	KZNA Premier Provincial Championsh
6	2:07.10 L	F	Cameron Casali	20	TUKS FSH	16/12/2022	KZNA Premier Provincial Championsh
7	2:07.47 L	F	Ruan Ras	26	RSA	20/08/2022	2022 15th CANA AFRICAN SWIMMIN
8	2:07.77 L	P	Anandt Van Rensburg	23	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202
9	2:07.81 L	F	Danté Nortjé	22	CA EKU	08/12/2022	EGA Summer Champs 2022
10	2:08.10 L	P	Luca Holtzhausen	19	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202
11	2:08.12 L	P	Petrus Truter	19	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
12	2:08.47 L	F	Robert Le Roux	23	TUKS FSH	19/08/2022	USSA Swimming
13	2:08.62 L	F	Kaydn Naidoo	20	RSA	04/12/2022	AUSC-Region 5 Under 20 YTH Games
14	2:09.91 L	F	Guy Brooks	20	SGUL ETH	16/07/2022	AQZ Dual Meet
15	2:11.38 L	F	Adriaan Viljoen	20	MATI CED	09/12/2022	Western Cape LC-A Championship 20
16	2:11.59 L	P	Terence O'Hara	22	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
17	2:11.65 L S	F	Michael Deans	21	WATR JHB	25/06/2022	PEA Winter Gala 2022
18	2:11.72 L	F	Andre Van Huyssteen	24	TUKS FSH	19/08/2022	USSA Swimming
19	2:12.94 L	F	Joshua Parry	20	SEAL UMD	01/07/2022	Prestige Tournament 2022
20	2:13.26 L	F	Jonathan Heslop	19	TUKS FSH	09/12/2022	NTS Championships 2022
21	2:13.53 L	F	Ruan Breytenbach	20	TUKS FSH	28/10/2022	NTS October SARJ+ Age Group Gala
22	2:13.71 L	P	Oliva Lange	19	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202

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					
23	2:14.00	L	P	Dylan Botha	20	ECA BUF	12/04/2023	SA National Aquatic SNR-Champ 202	
24	2:14.36	L	P	Gideon Wolmarans	20	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
25	2:14.44	L	F	Ethan Bailey	20	RSA	04/12/2022	AUSC-Region 5 Under 20 YTH Games	
26	2:15.22	L	P	Jaiden Staines	20	AGA EKU	12/04/2023	SA National Aquatic SNR-Champ 202	
27	2:15.51	L S	F	Kaleb Lombard	20	INFA NMA	25/06/2022	PEA Winter Gala 2022	
28	2:16.08	L	P	Jayden Nel	19	NWS	12/04/2023	SA National Aquatic SNR-Champ 202	
29	2:16.22	L	P	Ruan Hutten	20	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
30	2:17.06	L	F	Matthew Andrew	20	MSC NGD	02/12/2022	Mpumalanga Championships 2022	
31	2:17.24	L S	F	Luke Norris	19	INFA NMA	25/06/2022	PEA Winter Gala 2022	
32	2:17.29	L S	F	Christian Davidson	19	INFA NMA	25/06/2022	PEA Winter Gala 2022	
33	2:18.30	L	F	Joshua Ashley	20	ACSA ETH	01/07/2022	Prestige Tournament 2022	
34	2:18.33	L	P	Hendrick Ramaala	22	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
35	2:18.87	L	F	Philippus Van der Spuy	20	NWUC KKD	19/08/2022	USSA Swimming	
36	2:19.84	L	F	Aiden Petersen	21	MATI CED	13/11/2022	Winelands Summer League 4	
37	2:20.12	L	F	Roberto Gomes	23	TUKS FSH	01/07/2022	Prestige Tournament 2022	
38	2:20.48	L	F	Ruan Hanaczek Kruger	21	SS MPD	02/12/2022	Limpopo Champs	
39	2:20.67	L	P	Kelly Geldenhuys	19	RSA	21/07/2022	Solidarity Games Kazan July	
40	2:20.68	L	F	Frans-Josef Mentz	23	NWUC KKD	07/12/2022	NWS Championships 2022/2023	
41	2:20.88	L	P	Jayden Wills	19	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
42	2:21.17	L	F	Reece Zowitsky	20	TUKS FSH	01/07/2022	Prestige Tournament 2022	
43	2:21.49	L	P	Zinadeen Scheepers	20	AA JHB	01/12/2022	CGA LC Summer Championships Lev	
44	2:21.76	L	F	Adriaan Den Haan	19	QUIC CPT	09/12/2022	Western Cape LC-A Championship 20	
45	2:22.58	L	P	Malcolm Botha	20	AGC FSH	12/04/2023	SA National Aquatic SNR-Champ 202	
46	2:22.74	L	F	Taro Tomitsuka	21	JVR CPT	04/11/2022	CTA A CHAMPS 2022	
47	2:23.10	L	F	Rogan Shepherd	21	TUKS FSH	19/08/2022	USSA Swimming	
48	2:23.35	L	F	Chris van Heerden	20	NWUC KKD	19/08/2022	USSA Swimming	
49	2:23.67	L	F	Jacobus Davel	19	KTS	07/10/2022	FLAMINGO GALA OCT 2022	
50	2:23.73	L	F	Jetro Piso	21	UNI EZD	02/12/2022	Mpumalanga Championships 2022	
51	2:23.88	L	F	Ethan Hieckmann	22	BARR CPT	07/10/2022	41st Freda Barnard Invitational Gala	
52	2:23.99	L	F	Luan De Waal	20	BLSS MAN	06/12/2022	Free State Champs 2022	
53	2:24.34	L	F	Chris Luus	22	RFA FSH	06/01/2023	2023 Grand Prix Invitation Swimming I	
54	2:24.69	L	F	Bernard Mentz	20	ACAAQ CCD	02/12/2022	Limpopo Champs	
55	2:25.17	L	F	Len-Douglas MACKAY	19	BLNE MAN	05/11/2022	Seals Heidedal Gala	
56	2:25.44	L	F	Pieter Delpont	19	KOVS MAN	22/10/2022	Otters Prestige Gala 2022	
57	2:25.45	L	F	Vishay Nagin	19	WATR JHB	31/03/2023	SA Level 3 Regional Age Group Chan	
58	2:27.28	L	P	Taine Richardson	19	SASE JHB	01/12/2022	CGA LC Summer Championships Lev	
59	2:28.17	L	P	Corne Le Roux	21	MATI CED	24/02/2023	Western Cape Elite Gala	
60	2:28.58	L	P	Kyle Letley	21	ESTR EKU	16/12/2022	KZNA Premier Provincial Championsh	
61	2:28.61	L	F	Darren Minnies	25	NWUC KKD	19/08/2022	USSA Swimming	
62	2:28.76	L	F	Matthew Hibberd	25	BLMA CPT	07/10/2022	41st Freda Barnard Invitational Gala	
63	2:29.26	L	F	Kyle Hultzer	19	SEAL UMD	01/07/2022	Prestige Tournament 2022	
64	2:29.41	L	F	Rohan Barnard	19	BLMA CPT	28/01/2023	Winelands SL Final	
65	2:30.23	L	P	Nicholas Oosthuizen	21	SSISA CPT	09/12/2022	Western Cape LC-A Championship 20	
66	2:30.79	L	P	Alan Smith	20	TRAZ FSH	31/03/2023	SA Level 3 Regional Age Group Chan	
67	2:31.48	L	F	Joshua Jacoby	23	BEAV ETH	28/01/2023	Ushaka Champs 2023	
68	2:31.61	L	F	Luke Sproule	19	DRGN JHB	11/06/2022	EGA Winter 1 2022	
69	2:32.02	L	P	Benjamin Strydom	19	PAC FSH	09/12/2022	NTS Championships 2022	
70	2:32.09	L	P	Anthony Van Der Linden	48	SWIFT EKU	08/12/2022	EGA Summer Champs 2022	
71	2:32.15	L	F	Liam Bruce	20	TUKS FSH	01/07/2022	Prestige Tournament 2022	
72	2:32.29	L	F	Philip Vorster	19	NWUC KKD	07/10/2022	FLAMINGO GALA OCT 2022	
73	2:32.69	L	F	Ammar Anthony	20	MARL CPT	24/09/2022	CTA Qualifying Meet #5	
74	2:33.59	L	F	Christopher Häseli	19	TUKS FSH	03/02/2023	NTS January Lev 3+ Age Group Gala :	
75	2:33.87	L	F	Muhammad Adam	19	NWUC KKD	19/08/2022	USSA Swimming	
76	2:34.22	L S	P	Guillaume Louw	19	CUDU CPT	25/06/2022	PEA Winter Gala 2022	
77	2:34.69	L S	F	Matthew Moss	19	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202	
78	2:34.84	L	P	Matthew Abrahams	23	ASAC CPT	09/12/2022	Western Cape LC-A Championship 20	
79	2:34.95	L	F	Fabio Santos	19	UFS MAN	19/08/2022	USSA Swimming	
80	2:35.13	L	F	Petrus Brand	19	CSA EZD	02/12/2022	Mpumalanga Championships 2022	
81	2:35.34	L	F	Nkosinlwazi Mbatha	26	USH UHD	28/01/2023	Ushaka 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			
82	2:36.13 L	F	Heinrich Vorster	20	MATI CED	09/12/2022	NMBA Championships 2022
83	2:36.39 L S	F	Christian Sadie	25	WCA CPT	12/04/2023	SA National Aquatic SNR-Champ 202
84	2:37.01 L	F	Pieter Lombard	19	WELA LLD	12/11/2022	Kroonstad Age Group
85	2:37.44 L	P	Bronte Margro	20	RAV EKU	31/03/2023	SA Level 3 Regional Age Group Chan
86	2:38.13 L S	P	Aaron Putz	26	KZNA ETH	12/04/2023	SA National Aquatic SNR-Champ 202
87	2:38.79 L	P	Andries Jansen van Vuuren	20	BLSS MAN	06/12/2022	Free State Champs 2022
88	2:39.45 L	F	Jurgen Steyn	19	TRAZ FSH	28/10/2022	NTS October SARJ+ Age Group Gala
89	2:41.35 L	F	Byron Govender	22	BEAV ETH	31/03/2023	SA Level 3 Regional Age Group Chan
90	2:41.76 L	F	Lionel Moss	19	SSISA CPT	24/09/2022	CTA Qualifying Meet #5
91	2:42.42 L	F	Stephanus Kruger	19	UPSK	03/02/2023	NCASA SPRINTS - 3 & 4 FEBRUARY
92	2:42.92 L	F	Luke Howard	19	PSCP UMD	01/07/2022	Prestige Tournament 2022
93*	2:43.02 L	F	Marno De Villiers	20	ONYX EKU	23/09/2022	EGA Summer 1 2022
93*	2:43.02 L	F	Daniel Louw	19	UPSK	11/11/2022	UPINGTON CLUB GALA 2022
95	2:43.79 L	F	Thomas Peycke	20	BLMA CPT	03/09/2022	CTA Qualifying Meet #4
96	2:45.63 L	F	Pierre Theron	27	FAAC FBD	15/10/2022	KBY AGE GROUP 1 - 2022
97	2:46.88 L	F	Nishan Fernando	21	PEAS NMA	13/08/2022	Madibaz Swim Meet
98	2:47.61 L	F	Fabio Santos	19	KOVS MAN	24/09/2022	Bull-Sharks Gala
99	2:47.97 L	P	Thornton Velloen	20	ONYX EKU	31/03/2023	SA Level 3 Regional Age Group Chan
100	2:49.16 L S	F	Amkele Qamarana	19	AGB JHB	12/04/2023	SA National Aquatic SNR-Champ 202
101	2:49.91 L	F	Llewellyn Buys	21	MATI CED	13/11/2022	Winelands Summer League 4
102	2:50.12 L	F	Dirco Nienaber	20	FISH EDD	18/02/2023	EDEN 5th A-League Gala 2023
103	2:50.69 L	F	Ryan Van Reenen	24	BLMA CPT	07/10/2022	41st Freda Barnard Invitational Gala
104	2:52.36 L	F	Jasper Van der Westhuizen	42	AAS JHB	25/02/2023	CGA Level 3+ Last Chance gala
105	2:53.68 L	F	Ryno Van der Walt	QR	PSA ZLD	22/10/2022	Stingrays Swim Club Championships 2
106	2:54.36 L	F	Valentino Vergotine	35	VINE CPT	31/03/2023	SA Level 3 Regional Age Group Chan
107	2:56.76 L	P	Jean-Pierre Nel	23	ETTN EKU	08/12/2022	EGA Summer Champs 2022
108	3:02.28 L	F	Kairav Mahabeer	20	PISC ETH	25/11/2022	WSC & Seals Summer LC Champs 20
109	3:03.73 L	F	William Van Niekerk	27	KTS	03/02/2023	NCASA SPRINTS - 3 & 4 FEBRUARY
110	3:07.81 L	P	Ivan Janse Van Vuuren	39	BLSS MAN	06/12/2022	Free State Champs 2022
111	3:11.75 L	F	Erhardt Gerber	45	FEMS EDD	19/11/2022	Eden LC Champs 2022
112	3:19.81 L	F	John-Henry Oosthuizen	21	QSAW CED	13/11/2022	Winelands Summer League 4
113	3:25.06 L	F	Elih Lawrence	20	BLNE MAN	05/11/2022	Seals Heidedal Gala
114	3:34.12 L	F	Adriaan Louw	69	WINE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
115	3:49.85 L	F	Albert De Klerk	19	UPSK	11/11/2022	UPINGTON CLUB GALA 2022
116	3:51.37 L	F	Mpho Mainganye	31	JMDOL JHB	25/02/2023	CGA Level 3+ Last Chance gala
117	3:58.30 L	P	Kabelo Zwane	20	JMDOL JHB	31/03/2023	SA Level 3 Regional Age Group Chan
118	4:04.47 L	F	Dewald Hoffman	19	AWSC JHB	25/02/2023	CGA Level 3+ Last Chance gala
119	4:19.47 L	F	Phetolo Chauke	19	SOSH FSH	02/10/2022	2022 AG Swim Stars 14&Over
120	4:35.99 L	F	Arthur Platte	66	WINE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet
Men 400 IM							
1	4:14.81 L	P	Matthew Sates	19	RSA	18/06/2022	19th FINA World Championship-Bubaq
2	4:29.06 L	F	Ruan Ras	26	RSA	20/08/2022	2022 15th CANA AFRICAN SWIMMIN
3	4:30.40 L	F	Cameron Casali	20	TUKS FSH	16/12/2022	KZNA Premier Provincial Championshi
4	4:32.47 L	F	Matthew Randle	19	TUKS FSH	16/12/2022	KZNA Premier Provincial Championshi
5	4:38.71 L	P	Liam Vehbi	19	RSA	30/08/2022	8th FINA JUNIOR WORLD SWIMMINC
6	4:41.12 L	F	Ruan Breytenbach	20	TUKS FSH	28/10/2022	NTS October SARJ+ Age Group Gala
7	4:45.13 L	F	Danté Nortjé	22	CA EKU	20/01/2023	EGA Last Chance Galal
8	4:46.14 L	F	Kaleb Lombard	20	INFA NMA	25/06/2022	PEA Winter Gala 2022
9	4:47.69 L	F	Adriaan Viljoen	20	NWUC KKD	19/08/2022	USSA Swimming
10	4:48.75 L	F	Ethan Bailey	20	AQDO CPT	09/12/2022	Western Cape LC-A Championship 20
11	4:49.07 L	F	Ross Hartigan	24	TUKS FSH	24/02/2023	NTS February Lev 3+ Age Group Gala
12	4:49.20 L	F	Pieter Mostert	20	TUKS FSH	19/08/2022	USSA Swimming
13	4:49.57 L	F	Christian Davidson	19	ECA BUF	12/04/2023	SA National Aquatic SNR-Champ 202
14	4:52.11 L	F	Philippus Van der Spuy	20	NWUC KKD	19/08/2022	USSA Swimming
15	4:59.24 L	F	Kaydn Naidoo	20	BEAV ETH	01/07/2022	Prestige Tournament 2022
16	5:03.17 L	F	Dylan Botha	20	NMU NMA	19/08/2022	USSA Swimming
17	5:10.56 L	F	Matthew Andrew	20	MSC NGD	20/01/2023	MP AGE GROUP 4 GALA 21 - 22 JAN
18	5:15.18 L	F	Chris van Heerden	20	NWUC KKD	19/08/2022	USSA Swimming
19	5:22.76 L	F	Adriaan Den Haan	19	QUIC CPT	09/12/2022	Western Cape LC-A Championship 20

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				
20	5:28.32 L	F	Rohan Barnard	19	BLMA CPT	09/12/2022	Western Cape LC-A Championship 20	
21	5:29.88 L	F	Johannes Ferreira	21	NWUC KKD	19/08/2022	USSA Swimming	
22	5:32.14 L	F	Jacobus Davel	19	KTS	19/11/2022	AGE GROUP 3 KATHU - 2022	
23	5:36.36 L	F	Matthew Hibberd	25	BLMA CPT	07/10/2022	41st Freda Barnard Invitational Gala	
24	5:55.52 L	F	Anthony Van Der Linden	48	SWIFT EKU	08/12/2022	EGA Summer Champs 2022	
25	5:59.43 L	F	Fabio Santos	19	KOVS MAN	09/09/2022	MA Long Distance Gala 1	
26	6:12.86 L	F	Joshua Bowers	20	MANT CPT	15/10/2022	CTA Qualifying Meet #6	
27	6:26.77 L	F	Stephanus Kruger	19	UPSK	07/12/2022	NCASA CHAMPS 2022	
28	6:54.91 L	F	Ivan Janse Van Vuuren	39	BLSS MAN	03/10/2022	Sasolburg Swim Club Invitational Gala	
29	7:43.07 L	F	Adriaan Louw	69	WINE CPT	04/02/2023	CTA BRIAN BUTTON Qualifying Meet	
30	8:35.64 L	F	Albert De Klerk	19	UPSK	19/11/2022	AGE GROUP 3 UPINGTON - 2022	