

### Individual Top Times

Times since: 01-May-23      Times until: 30-Apr-24  
 Number of Top Times: All      Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Women</b>	<b>50 Free</b>						
1	24.89 L	S	Erin Gallagher	25	TUKS FSH	05/08/2023	World Univesity Games 2023
2	24.96 L S	F	Caitlin De Lange	20	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
3	25.22 L	P	Emma Chelius	27	TUKS FSH	14/12/2023	KZNA 2023 Championships Incorp SSA
4	25.55 L	F	Aimee Canny	20	KNYA EDD	24/06/2023	PEA Winter Gala 2023
5	25.56 L S	F	Johanna Buys	23	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
6	25.88 L S	F	Michaela De Villiers	21	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
7	25.92 L	F	Inge Weidemann	23	TUKS FSH	23/02/2024	2024 Grand Prix 2 Invitational Meet -
8	26.22 L S	F	Carissa Van Rooyen	22	AGA EKU	08/04/2024	SA National Aquatic Champ 2024-PE
9	26.38 L	F	Georgia Nel	21	SAAW CPT	25/02/2024	2024 ACC Long Course TT Invitational
10	26.46 L S	P	Lana Janson	21	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
11	26.64 L	F	Kate Meyer	21	TUKS FSH	14/12/2023	KZNA 2023 Championships Incorp SSA
12	26.69 L	F	Tumaini Macdonell	19	USC BUF	24/06/2023	PEA Winter Gala 2023
13	26.79 L S	F	Trinity Hearne	20	CYBE CPT	14/12/2023	Western Cape LC-A Championship 2023
14	26.90 L S	S	Hannah Robertson	19	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
15	26.93 L S	F	Kiara Noades	23	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
16	27.01 L S	S	Samantha Straw	22	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
17	27.04 L S	F	Anieke Helmand	19	FSA FS	08/04/2024	SA National Aquatic Champ 2024-PE
18	27.05 L	F	Lara Van Niekerk	21	PAC FSH	12/12/2023	NTS Championships 2023
19	27.29 L	F	Carla Meikle	22	SEALE ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
20	27.32 L	P	Taneal Baptiste	25	RSA	20/10/2023	World Aqua -Swimming World Cup Oct
21	27.39 L	P	Tayla Jonker	19	RSA	18/10/2023	BRICS Games Swimming 2023-KZN
22	27.43 L	F	Amica De Jager	24	TUKS FSH	16/09/2023	USSA Swimming
23	27.44 L	F	Lize-Marie Davidson	20	KOVS MAN	06/12/2023	Free State Champs 2023
24	27.48 L S	P	Kerryn Herbst	21	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
25	27.62 L S	P	Leah Christie	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
26	27.64 L S	P	Marne' Meier	25	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
27	27.65 L S	F	Nuria Ribeiro	21	MATI CED	14/12/2023	Western Cape LC-A Championship 2023
28	27.71 L	F	Lara Peirce	24	BLSS MAN	06/12/2023	Free State Champs 2023
29	27.76 L S	P	Simone Moll	19	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
30*	27.83 L S	F	Hannah Cromhout	19	SAAW CPT	14/12/2023	Western Cape LC-A Championship 2023
30*	27.83 L S	P	Lise Coetzee	19	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
32	27.86 L S	P	Caitlin Rademakers	19	ECA BUF	08/04/2024	SA National Aquatic Champ 2024-PE
33	27.88 L S	P	Corinna Meyer	19	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
34	27.94 L	F	Natasha Cornelius	22	TUKS FSH	16/09/2023	USSA Swimming
35	28.09 L	P	Kelly Zwart	20	RSA	18/10/2023	BRICS Games Swimming 2023-KZN
36	28.15 L S	F	Michelle Nieuwstad	30	LALE CED	14/12/2023	Western Cape LC-A Championship 2023
37	28.21 L	F	Catherine Van Rensburg	19	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group
38	28.27 L	F	Kaylene Corbett	24	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group
39	28.30 L S	F	Ashlea Smith	21	RAV EKU	07/12/2023	EGA Summer Championships
40	28.36 L	F	Courtney Van Biljon	26	RVF FSH	01/12/2023	2023 The Tshwane Mayor's Gala
41	28.42 L S	P	Emma Michell	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
42	28.44 L S	P	Hannah Pearse	21	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
43	28.45 L	F	Tilka Paljk	27	MATI CED	11/11/2023	Winelands SL4
44	28.52 L S	P	Simei Van Staden	19	KZNA ETH	08/04/2024	SA National Aquatic Champ 2024-PE
45	28.53 L	F	Jenna-Laine Fuller	23	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group
46	28.55 L S	P	Kristen Straszacker	24	CASC CPT	14/12/2023	Western Cape LC-A Championship 2023
47	28.56 L	P	Jolene Cornelius	20	TUKS FSH	15/03/2024	SA National Junior Age Group
48	28.63 L	F	Edith Ottermann	57	CPTM CPT	01/12/2023	2023 The Tshwane Mayor's Gala
49	28.67 L	F	Sinelithemba Mbatha	21	TUKS FSH	16/09/2023	USSA Swimming
50	28.68 L	F	Chante' Cornelius	22	TUKS FSH	16/09/2023	USSA Swimming
51	28.71 L	F	Natalie Landmann	22	PAC FSH	12/12/2023	NTS Championships 2023
52	28.73 L	F	Carmel Billson	31	PEAS NMA	24/06/2023	PEA Winter Gala 2023
53	28.86 L	F	Leigh McMorran	19	AA JHB	22/09/2023	NTS Level 3+ September Age Group
54	28.89 L S	P	Lezanne De Villiers	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
55	28.90 L	F	Hannah Murray	20	ROA EDD	24/06/2023	PEA Winter Gala 2023
56*	28.97 L S	F	Erin Daffarn	19	VINE CPT	14/12/2023	Western Cape LC-A Championship 2023
56*	28.97 L	F	Janie Coetzer	22	TUKS FSH	20/10/2023	NTS Level 3+ October Age Group 2023
58	29.06 L	F	Casey Smith	20	TUKS FSH	12/12/2023	NTS Championships 2023

## Individual Top Times

**Times since: 01-May-23**      **Times until: 30-Apr-24**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
59*	29.11 L	F	Sune Van Jaarsveld	22	TUKS FSH	20/10/2023	NTS Level 3+ October Age Group 2023
59*	29.11 L	F	Jordainne Kazimierczak	21	FLOD JHB	30/11/2023	CGA Championships 2023
61	29.12 L	F	Paige Nicholson	20	ASHL ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
62	29.17 L	P	Jessica Meter	19	SEAL UMD	14/12/2023	KZNA 2023 Championships Incorp SSA
63*	29.24 L	F	Stephanie Houtman	21	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group
63*	29.24 L	P	Q-Rize Ferreira	20	TUKS FSH	12/12/2023	NTS Championships 2023
65	29.53 L	F	Jenna Whiting	23	TUKS FSH	16/09/2023	USSA Swimming
66*	29.55 L	F	Yvette Victor	44	COEL FSH	01/12/2023	2023 The Tshwane Mayor's Gala
66*	29.55 L	F	Megan Shepherd	21	TUKS FSH	23/02/2024	NTS Prestige AG February 2024
68	29.56 L	P	Rachael Humphries	22	NWUC KKD	12/12/2023	NTS Championships 2023
69	29.62 L	P	Catherine Morrison	19	TUKS FSH	12/12/2023	NTS Championships 2023
70	29.63 L	P	Mia vd Walt	20	TUKS FSH	12/12/2023	NTS Championships 2023
71	29.64 L	F	Guilma Lausberg	20	MATI CED	16/09/2023	USSA Swimming
72	29.67 L	F	Tayla-Paige Lacey	19	INFA NMA	12/08/2023	Madibaz Swim Meet 2023
73	29.69 L	F	Courtney Pretorius	23	TUKS FSH	16/09/2023	USSA Swimming
74	29.76 L	F	Chanel Fourie	19	AA JHB	20/03/2024	SA Level 3 Regional Age Group
75	29.95 L	F	Tayla Parker	20	SWIFT ECU	28/10/2023	EGA Summer 2 2023
76	29.96 L S	F	Tara Uys	19	TYGE CPT	24/11/2023	CTA A & B CHAMPS 2023
77	29.98 L	P	Cailey Sauvage	19	PAC FSH	12/12/2023	NTS Championships 2023
78	30.12 L	P	Heike Thormahlen	24	TUKS FSH	01/12/2023	Mpumalanga Championships 2023
79	30.21 L	F	Yvonne Botha	19	SS MPD	01/12/2023	Limpopo Champs
80	30.22 L	F	Erin Harty	22	NMU NMA	16/09/2023	USSA Swimming
81*	30.40 L	F	Kara Fourie	19	LAD UTD	05/04/2024	SA Level 2 Regional Age Group Champs
81*	30.40 L	F	Hannah Neilson	19	UWCA CPT	11/11/2023	Winelands SL4
83	30.43 L	P	Megan Bulose	19	UWCA CPT	21/03/2024	SA Level 3 Regional Age Group
84	30.58 L	F	Tanika Lubbe	23	NC FB	27/01/2024	4 + 1 Inter Provincial Gala 2023
85	30.59 L	F	Netanya Roberts	22	MATI CED	16/09/2023	USSA Swimming
86	30.75 L	P	Kiara Barnes	23	TYGE CPT	24/06/2023	PEA Winter Gala 2023
87	30.79 L	P	Jessica Booth	21	MATI CED	24/06/2023	PEA Winter Gala 2023
88	30.84 L	F	Amori Potgieter	19	NWUC KKD	06/12/2023	NWS Championships 2023/24
89	30.92 L	F	Alex Truter	19	BEAV ETH	27/01/2024	Ushaka Champs 2024
90	30.94 L	F	Gabriella de Beer	19	NWUC KKD	11/11/2023	NWS Age Group 3 + 4
91	31.01 L	F	Michele Esterhuizen	52	CSA EZD	01/12/2023	Mpumalanga Championships 2023
92	31.22 L	F	Zaria Fourie	19	HSBV SKD	14/10/2023	Limpopo Top 8 - High Schools
93	31.26 L	F	Anneke van Eeden	20	NWUC KKD	21/10/2023	NWS Age Group 1 & 2 2023
94	31.40 L	P	Erin Haslehurst	20	PGAC ECU	15/03/2024	SA National Junior Age Group
95	31.50 L	P	Anica Dennis	22	INFA NMA	24/06/2023	PEA Winter Gala 2023
96	31.67 L	F	Annorina Groenewald	43	KTS	24/11/2023	AGE GROUP 2 KATHU 2023
97	31.73 L	F	Suzanne Harrop-Allin	45	COEL FSH	01/12/2023	2023 The Tshwane Mayor's Gala
98	31.75 L	F	Amani Ismail	19	TUKS FSH	20/10/2023	NTS Level 3+ October Age Group 2023
99	31.79 L	P	Luané Engelbrecht	19	TUKS FSH	12/12/2023	NTS Championships 2023
100	31.80 L	P	Ayanda Tshabalala	20	HPS FSH	24/03/2024	SA Level 2 Regional Age Group Champs
101	31.82 L S	P	Megan Adams	19	SOUL ECU	07/12/2023	EGA Summer Championships
102	32.03 L	F	Jayne - Sue Vermaas	26	KOVS MAN	26/08/2023	kovsie Sprint Gala
103	32.17 L	F	Sybil de Beer	44	POTC KKD	06/12/2023	NWS Championships 2023/24
104	32.34 L	F	Esmari Theart	29	KALA	03/02/2024	NCASA SPRINTS 2024
105	32.39 L	F	Joanica Kriegler	20	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
106	32.50 L	P	Katelyn Marais	21	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
107	32.56 L	P	Zoli de Kock	39	POTC KKD	06/12/2023	NWS Championships 2023/24
108	32.68 L	F	Calista Mackenzie	19	HE CCD	14/10/2023	Limpopo Top 8 - High Schools
109	32.82 L	F	Lemeez Browne	21	NMU NMA	16/09/2023	USSA Swimming
110	33.20 L S	F	Santana Van Der Zandt	19	SOUL ECU	07/12/2023	EGA Summer Championships
111	33.55 L	F	Cheney Le Roux	19	KTS	24/11/2023	AGE GROUP 2 KATHU 2023
112	33.62 L	F	Linzi Scholtz	21	NMU NMA	16/09/2023	USSA Swimming
113	33.65 L	F	Janine Steyn	53	BETH FDD	06/12/2023	Free State Champs 2023
114	33.92 L	F	Kirsten Henry	22	MATI CED	16/09/2023	USSA Swimming
115	34.06 L	F	Minke Janse Van Rensburg	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
116	34.18 L	F	Lauren Roberts	48	UNI EZD	01/12/2023	Mpumalanga Championships 2023
117	34.54 L	F	Sabine Verryn	62	COEL FSH	01/12/2023	2023 The Tshwane Mayor's Gala

### Individual Top Times

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 Number of Top Times: All      Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
118	34.59 L	F	Cameron Butler	19	SUPE JHB	10/11/2023	CGA Level 2+ Gala 10 - 11 Nov 2023
119	34.93 L S	P	Mukona Ligege	22	ONYX EKU	07/12/2023	EGA Summer Championships
120	34.94 L	F	Sashi Theron	39	COEL TSH	01/12/2023	2023 The Tshwane Mayor's Gala
121	35.05 L	F	Kyla Lessing	22	MATI CED	16/09/2023	USSA Swimming
122	35.30 L	P	Zarlia Engelbrecht	20	KSC EZD	01/12/2023	Mpumalanga Championships 2023
123	35.42 L	F	Morgan Vermeulen	20	SWIFT EKU	28/10/2023	EGA Summer 2 2023
124	35.59 L	F	Ina Prinsloo	48	BETH FDD	06/12/2023	Free State Champs 2023
125	35.95 L	F	Theani Erasmus	19	HFDT MP	14/10/2023	Limpopo Top 8 - High Schools
126	36.08 L S	F	Courtney Badenhorst	20	MANT CPT	24/11/2023	CTA A & B CHAMPS 2023
127	36.49 L	F	Nicole De Montille	48	CA EKU	26/01/2024	EGA Last Chance 2024
128	36.80 L	F	Celeste Ruck	59	COEL TSH	01/12/2023	2023 The Tshwane Mayor's Gala
129	37.43 L	F	Gwynedd Peters	44	COEL TSH	01/12/2023	2023 The Tshwane Mayor's Gala
130	37.55 L	P	Ra-eesa Jephtha	19	MANT CPT	24/06/2023	PEA Winter Gala 2023
131	37.59 L S	F	Mia Vd Merwe	25	CASC CPT	14/12/2023	Western Cape LC-A Championship 2023
132	37.60 L S	F	Oratile Ndawo	19	ESP EKU	07/12/2023	EGA Summer Championships
133	39.01 L	F	Sonja Coetzee	36	VALS FDD	06/12/2023	Free State Champs 2023
134	39.25 L	F	Zani Smith	40	FISH EDD	04/11/2023	EDEN 3rd A-League School Trials Gala
135	40.55 L	F	Carol Bruining	63	BHK NGD	20/01/2024	MP AGE GROUP 4 GALA 20 JANUARY
136	42.07 L	F	Jeanne Louw	41	KALA	03/02/2024	NCASA SPRINTS 2024
137	42.97 L	F	Katherine Swanepoel	36	DRGN EKU	20/01/2024	CGA Level 2+ Gala 20 Jan 2024
138	43.29 L	F	Keslynn Anthony	19	CAMB BUF	03/02/2024	Buffalo City School Trials 2024
139	44.05 L	F	Nikita Douglass	25	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
140	46.22 L	F	Helena Farrelly	61	FEMS EDD	17/02/2024	EDEN 5th A-League Gala 2024
141	46.46 L	F	Lesego Ramothibe	19	ONYX EKU	15/09/2023	EGA Summer 1
142	47.34 L	F	Taryn Beaton	42	PEAS NMA	12/08/2023	Madibaz Swim Meet 2023
143	48.11 L	F	Huibrecht Engelbrecht	35	SS MPD	21/10/2023	Limpopo Age Group 4
144	48.81 L	F	Caren Kauffmann	51	NAE EZD	13/10/2023	MP AGE GROUP 2
145	49.33 L	F	Catherine Johns	42	COEL TSH	01/12/2023	2023 The Tshwane Mayor's Gala
146	51.41 L	F	Mpho Kobyané	20	ATTE TSH	02/02/2024	NTS Level 1+2 February Age Group
147	52.68 L	P	Rentia Oosthuizen	32	DESA NMA	09/02/2024	Infinity Gala 2024
148	53.15 L	F	Ilse Booysen	66	UPSK ZMD	25/11/2023	UPT AGE GROUP 2 2023
149	53.58 L	F	Helen Van Vuuren	44	NWUC KKD	21/10/2023	NWS Age Group 1 & 2 2023
150	58.79 L	F	Marne Kock	26	RBUR BPD	11/11/2023	NWS Age Group 3 + 4
151	1:06.35 L	F	Judith Dixon	82	FEMS EDD	17/02/2024	EDEN 5th A-League Gala 2024
152	1:08.56 L	F	Margaret Nell	69	COEL TSH	01/12/2023	2023 The Tshwane Mayor's Gala
<b>Women 100 Free</b>							
1	54.39 L	F	Erin Gallagher	25	TUKS TSH	05/08/2023	World Univesity Games 2023
2	54.60 L	P	Aimee Canny	20	RSA	23/07/2023	World Aquatics Champ- Fukuoka 2023
3	55.92 L	F	Caitlin De Lange	20	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
4	56.08 L	F	Emma Chelius	27	TUKS TSH	14/12/2023	KZNA 2023 Championships Incorp SSA
5	56.50 L	F	Michaela De Villiers	21	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
6	56.73 L	P	Carissa Van Rooyen	22	CA EKU	23/02/2024	2024 Grand Prix 2 Invitational Meet -
7	57.05 L	P	Inge Weidemann	23	TUKS TSH	23/02/2024	2024 Grand Prix 2 Invitational Meet -
8	57.06 L	F	Lana Janson	21	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
9	57.38 L	P	Trinity Hearne	20	RSA	18/10/2023	BRICS Games Swimming 2023-KZN
10	57.68 L	F	Marizel Van Jaarsveld	24	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
11*	57.73 L	P	Kate Meyer	21	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
11*	57.73 L	F	Johanna Buys	23	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
13	57.89 L	F	Lise Coetzee	19	RSA	06/12/2023	15th African Junior Championships 2023
14	58.03 L	P	Hannah Robertson	19	MDOL JHB	11/08/2023	LEN European U23 Champs
15	58.16 L	F	Samantha Straw	22	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
16	58.17 L	F	Georgia Nel	21	SAAW CPT	01/07/2023	NC NCAC Summer Meet
17	58.44 L	F	Tumaini Macdonell	19	USC BUF	24/06/2023	PEA Winter Gala 2023
18	58.86 L	P	Taneal Baptiste	25	RSA	20/10/2023	World Aqua -Swimming World Cup Oct
19	59.11 L	F	Lize-Marie Davidson	20	KOVS MAN	06/12/2023	Free State Champs 2023
20	59.24 L	F	Amica De Jager	24	TUKS TSH	16/09/2023	USSA Swimming
21	59.51 L	P	Dakota Tucker	19	WATR JHB	24/06/2023	PEA Winter Gala 2023
22	59.72 L	F	Natasha Cornelius	22	TUKS TSH	16/09/2023	USSA Swimming
23	59.85 L	F	Stephanie Houtman	21	TUKS TSH	26/01/2024	NTS Level 3+ Januarey Age Group 2024

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 Number of Top Times: All

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 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
24	59.87 L	F	Carla Meikle	22	SEALE ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
25	59.92 L	F	Kiara Noades	23	LALE CED	03/02/2024	Winelands SL final
26	1:00.27 L	P	Anieke Helmand	19	KOV5 MAN	14/12/2023	Western Cape LC-A Championship 2023
27	1:00.54 L	P	Simej Van Staden	19	KZNA ETH	08/04/2024	SA National Aquatic Champ 2024-PE
28	1:00.55 L	P	Leah Christie	19	CASC CPT	15/03/2024	SA National Junior Age Group
29	1:00.64 L	P	Hannah Cromhout	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
30	1:00.77 L	F	Caitlin Rademakers	19	INFA NMA	11/11/2023	5th A League Gala 2023
31	1:01.13 L	F	Kaylene Corbett	24	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group
32	1:01.26 L	F	Hannah Pearse	21	TUKS FSH	14/12/2023	KZNA 2023 Championships Incorp SSA
33	1:01.29 L	P	Simone Moll	19	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
34	1:01.35 L	F	Nuria Ribeiro	21	MATI CED	14/12/2023	Western Cape LC-A Championship 2023
35	1:01.36 L	F	Janie Coetzer	22	TUKS FSH	20/10/2023	NTS Level 3+ October Age Group 2023
36	1:01.46 L	F	Kelly Zwart	20	SEAL UMD	14/12/2023	KZNA 2023 Championships Incorp SSA
37	1:01.51 L	P	Heike Thormahlen	24	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
38	1:01.59 L	P	Jolene Cornelius	20	TUKS FSH	12/12/2023	NTS Championships 2023
39	1:01.60 L	F	Tanya Abrie	28	WATR JHB	10/11/2023	CGA Level 2+ Gala 10 - 11 Nov 2023
40	1:01.84 L	F	Carla Antonopoulos	23	TUKS FSH	23/02/2024	NTS Prestige AG February 2024
41	1:01.89 L	F	Jenna-Laine Fuller	23	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group
42	1:01.99 L	P	Lara Van Niekerk	21	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
43	1:02.01 L	P	Chloe LE Roux	20	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
44	1:02.13 L	F	Tayla Jonker	19	PSC FSH	17/11/2023	NTS Level 3+ November Age Group
45	1:02.18 L	P	Sandree Carolus	20	RSA	18/10/2023	BRICS Games Swimming 2023-KZN
46	1:02.22 L	P	Megan Shepherd	21	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
47	1:02.23 L	P	Corinna Meyer	19	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
48	1:02.24 L	F	Chazél Orton	19	POTC KKD	06/12/2023	NWS Championships 2023/24
49	1:02.25 L	P	Emma Michell	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
50	1:02.34 L	F	Kristin Bellingan	26	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group
51	1:02.68 L	F	Jessica Meter	19	SEAL UMD	14/12/2023	KZNA 2023 Championships Incorp SSA
52	1:02.72 L	P	Jordan-Jenna Rolfe	23	WATR JHB	24/06/2023	PEA Winter Gala 2023
53	1:03.16 L	P	Hannah Neilson	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
54	1:03.24 L	F	Tayla Parker	20	SWIFT EKU	07/12/2023	EGA Summer Championships
55	1:03.25 L	F	Q-Rize Ferreira	20	TUKS FSH	12/12/2023	NTS Championships 2023
56	1:03.37 L	F	Erin Daffarn	19	VINE CPT	14/12/2023	Western Cape LC-A Championship 2023
57	1:03.49 L	F	Yvette Victor	44	CSC FSH	05/10/2023	42nd Freda Barnard Invitational Gala
58	1:03.51 L	F	Chante' Cornelius	22	TUKS FSH	16/09/2023	USSA Swimming
59	1:03.55 L	P	Mia vd Walt	20	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
60	1:03.59 L	F	Jordainne Kazimierczak	21	FLOD JHB	10/11/2023	CGA Level 2+ Gala 10 - 11 Nov 2023
61	1:03.71 L	F	Chanel Fourie	19	AA JHB	20/03/2024	SA Level 3 Regional Age Group
62	1:03.76 L	P	Jade Nesor	24	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
63	1:03.98 L	P	Lezanne De Villiers	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
64	1:04.06 L	F	Rachael Humphries	22	NWUC KKD	16/09/2023	USSA Swimming
65	1:04.11 L	P	Sune Van Jaarsveld	22	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
66	1:04.41 L	F	Casey Smith	20	TUKS FSH	12/12/2023	NTS Championships 2023
67	1:04.42 L	P	Ashlea Smith	21	RAV EKU	07/12/2023	EGA Summer Championships
68	1:04.54 L	F	Luchelle Oosthuizen	19	KOV5 MAN	21/10/2023	Otters Prestige Gala 2023
69	1:04.57 L	P	Jordan Buffel	19	TRAZ FSH	12/12/2023	NTS Championships 2023
70	1:04.59 L	F	Natalie Landmann	22	PAC FSH	20/10/2023	NTS Level 3+ October Age Group 2023
71	1:04.74 L	F	Tayla-Paige Lacey	19	INFA NMA	12/08/2023	Madibaz Swim Meet 2023
72	1:04.82 L	F	Tara Uys	19	TYGE CPT	18/11/2023	CTA QUALIFYING MEET 2
73	1:04.84 L	F	Michelle Weber	27	MATI CED	11/11/2023	Winelands SL4
74	1:04.91 L	F	Nastasiya Vrey	25	TUKS FSH	16/09/2023	USSA Swimming
75	1:05.01 L	F	Tilka Paljk	27	MATI CED	16/09/2023	USSA Swimming
76	1:05.04 L	F	Catherine Morrison	19	TUKS FSH	26/01/2024	NTS Level 3+ January Age Group 2024
77	1:05.16 L	F	Gabriella de Beer	19	NWUC KKD	16/09/2023	USSA Swimming
78	1:05.38 L	P	Paige Nicholson	20	ASHL ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
79	1:05.92 L	F	Michelle Nieuwstad	30	LALE CED	11/11/2023	Winelands SL4
80	1:06.48 L	P	Jessica Booth	21	MATI CED	24/06/2023	PEA Winter Gala 2023
81	1:06.56 L	P	Anica Dennis	22	INFA NMA	24/06/2023	PEA Winter Gala 2023
82	1:06.80 L	P	Kiara Barnes	23	TYGE CPT	24/06/2023	PEA Winter Gala 2023

## Individual Top Times

**Times since: 01-May-23**      **Times until: 30-Apr-24**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
83	1:06.84 L	F	Winé Koekemoer	20	BLUO UGD	14/12/2023	KZNA 2023 Championships Incorp SSA
84	1:07.05 L	F	Sinelithemba Mbatha	21	TUKS FSH	20/10/2023	NTS Level 3+ October Age Group 2023
85	1:07.08 L	F	Jayne - Sue Vermaas	26	KOVS MAN	21/10/2023	Otters Prestige Gala 2023
86	1:07.60 L	F	Yvonne Botha	19	SS MPD	01/12/2023	Limpopo Champs
87	1:07.84 L	P	Megan Bulose	19	UWCA CPT	21/03/2024	SA Level 3 Regional Age Group
88	1:07.94 L	F	Alex Truter	19	BEAV ETH	24/11/2023	Westville-Seals LC Championships
89	1:07.98 L	P	Luané Engelbrecht	19	TUKS FSH	12/12/2023	NTS Championships 2023
90	1:08.02 L	P	Erin Haslehurst	20	PGAC EKU	07/12/2023	EGA Summer Championships
91	1:08.14 L	F	Amori Potgieter	19	NWUC KKD	06/12/2023	NWS Championships 2023/24
92	1:08.22 L S	F	Alani Ferreira	25	KZNA ETH	08/04/2024	SA National Aquatic Champ 2024-PE
93	1:08.32 L	F	Zoli de Kock	39	POTC KKD	06/12/2023	NWS Championships 2023/24
94	1:09.20 L	F	Megan Adams	19	SOUL EKU	07/12/2023	EGA Summer Championships
95	1:09.40 L	F	Michele Esterhuizen	52	CSA EZD	01/12/2023	Mpumalanga Championships 2023
96	1:09.51 L	F	Zaria Fourie	19	HSBV SKD	14/10/2023	Limpopo Top 8 - High Schools
97	1:09.77 L	F	Amani Ismail	19	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group
98	1:10.11 L	P	Anneke van Eeden	20	NWUC KKD	06/12/2023	NWS Championships 2023/24
99	1:10.29 L S	F	Joanica Kriegler	20	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
100	1:10.35 L	F	Tumelo Thelejane	19	OLDE JHB	17/02/2024	CGA Level 2+ Gala 17 Feb 2024
101	1:11.47 L	F	Tanika Lubbe	23	KALA	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023
102	1:11.61 L	F	Santana Van Der Zandt	19	SOUL EKU	07/12/2023	EGA Summer Championships
103	1:12.60 L	F	Esmari Theart	29	KALA	03/02/2024	NCASA SPRINTS 2024
104	1:12.74 L S	P	Katelyn Marais	21	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
105	1:13.36 L	P	Donia Smit	19	SS MPD	20/03/2024	SA Level 3 Regional Age Group
106	1:14.88 L	F	Jessica Lazarou	19	AWSC JHB	17/02/2024	CGA Level 2+ Gala 17 Feb 2024
107	1:16.03 L	F	Janine Steyn	53	BETH FDD	06/12/2023	Free State Champs 2023
108	1:16.43 L	F	Lauren Roberts	48	UNI EZD	01/12/2023	Mpumalanga Championships 2023
109	1:16.48 L	P	Mukona Ligege	22	ONYX EKU	07/12/2023	EGA Summer Championships
110	1:16.65 L S	F	Minke Janse Van Rensburg	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
111	1:17.93 L	F	Kyla Lessing	22	MATI CED	16/09/2023	USSA Swimming
112	1:18.59 L	F	Ra-eesa Jephtha	19	MANT CPT	03/02/2024	CTA BRIAN BUTTON Qualifying Meet
113	1:19.31 L	F	Kirsten Schworer	21	PGAC EKU	26/01/2024	EGA Last Chance 2024
114	1:20.31 L	F	Kirsten Henry	22	MATI CED	16/09/2023	USSA Swimming
115	1:21.32 L	F	Nicole De Montille	48	CA EKU	26/01/2024	EGA Last Chance 2024
116	1:23.25 L	F	Ina Prinsloo	48	BETH FDD	18/11/2023	Valsrivier Gala
117	1:28.52 L	F	Oratile Ndawo	19	ESP EKU	24/11/2023	EGA Summer 4
118	1:28.67 L	F	Sonja Coetzee	36	VALS FDD	06/12/2023	Free State Champs 2023
119	1:30.54 L	F	Carol Bruining	63	BHK NGD	20/01/2024	MP AGE GROUP 4 GALA 20 JANUARY
120	1:31.57 L S	F	Mia Vd Merwe	25	CASC CPT	14/12/2023	Western Cape LC-A Championship 2023
121*	1:32.31 L	F	Zani Smith	40	FISH EDD	04/11/2023	EDEN 3rd A-League School Trials Gala
121*	1:32.31 L	F	Cornelia Fowler	43	KLOO ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
123	1:35.33 L S	F	Nikita Douglass	25	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
124	1:42.76 L	F	Jeanne Louw	41	KALA	03/02/2024	NCASA SPRINTS 2024
125	1:44.26 L	F	Nicolette Louw	69	FEMS EDD	17/02/2024	EDEN 5th A-League Gala 2024
126	1:45.24 L	F	Taryn Beaton	42	PEAS NMA	12/08/2023	Madibaz Swim Meet 2023
127	1:50.45 L	F	Lesego Ramothibe	19	ONYX EKU	26/01/2024	EGA Last Chance 2024
128	1:54.62 L	F	Caren Kauffmann	51	NAE EZD	13/10/2023	MP AGE GROUP 2
129	1:56.52 L	F	Rentia Oosthuizen	32	DESA NMA	09/02/2024	Infinity Gala 2024
130	1:58.70 L	F	Marietta Hamersma	63	BHK NGD	20/01/2024	MP AGE GROUP 4 GALA 20 JANUARY
131	2:02.86 L	F	Ilse Booysen	66	UPSK ZMD	02/12/2023	UPT GROUP 3 2023
132	2:03.50 L	P	Helen Van Vuuren	44	NWUC KKD	06/12/2023	NWS Championships 2023/24
133	2:11.77 L	F	Marne Kock	26	RBUR BPD	11/11/2023	NWS Age Group 3 + 4
134	2:16.40 L	F	Mpho Kobyane	20	ATTE FSH	02/02/2024	NTS Level 1+2 February Age Group
<b>Women 200 Free</b>							
1	1:57.39 L	F	Aimee Canny	20	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
2	1:59.63 L	F	Duné Coetzee	22	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
3	2:02.30 L	P	Erin Gallagher	25	TUKS FSH	14/12/2023	KZNA 2023 Championships Incorp SSA
4	2:03.01 L	F	Hannah Robertson	19	MDOL JHB	14/12/2023	KZNA 2023 Championships Incorp SSA
5	2:04.01 L	F	Catherine Van Rensburg	19	RSA	18/10/2023	BRICS Games Swimming 2023-KZN
6	2:04.12 L	F	Marlies Ross	26	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE

## Individual Top Times

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

	Time	P/F/S	Name	Age/Yr					
7	2:04.47	L	F	Trinity Hearne	20	CYBE	CPT	14/12/2023	Western Cape LC-A Championship 2023
8	2:04.63	L	P	Stephanie Houtman	21	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
9	2:04.77	L	P	Tatjana Smith	26	TUKS	FSH	14/12/2023	KZNA 2023 Championships Incorp SSA
10	2:05.09	L	P	Hannah Pearse	21	TUKS	FSH	14/12/2023	KZNA 2023 Championships Incorp SSA
11	2:05.28	L	P	Lise Coetzee	19	TUKS	FSH	14/12/2023	KZNA 2023 Championships Incorp SSA
12	2:05.31	L	F	Lana Janson	21	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
13	2:05.87	L	F	Georgia Nel	21	SAAW	CPT	25/02/2024	2024 ACC Long Course TT Invitational
14	2:07.23	L	F	Dakota Tucker	19	WATR	JHB	24/06/2023	PEA Winter Gala 2023
15	2:07.24	L	F	Kiara Noades	23	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
16	2:07.30	L	F	Leigh McMorran	19	AGB	JHB	08/04/2024	SA National Aquatic Champ 2024-PE
17	2:07.47	L	F	Lize-Marie Davidson	20	FSA	FS	08/04/2024	SA National Aquatic Champ 2024-PE
18	2:08.47	L	F	Caitlin De Lange	20	TUKS	FSH	20/10/2023	NTS Level 3+ October Age Group 2023
19	2:08.62	L	P	Samantha Straw	22	TUKS	FSH	14/12/2023	KZNA 2023 Championships Incorp SSA
20	2:08.79	L	P	Janie Coetzer	22	TUKS	FSH	11/08/2023	LEN European U23 Champs
21	2:09.35	L	F	Amica De Jager	24	TUKS	FSH	16/09/2023	USSA Swimming
22	2:09.47	L	F	Kate Meyer	21	TUKS	FSH	20/10/2023	NTS Level 3+ October Age Group 2023
23	2:09.50	L	P	Carla Antonopoulos	23	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
24	2:09.89	L	F	Inge Weidemann	23	TUKS	FSH	14/12/2023	Western Cape LC-A Championship 2023
25	2:10.05	L	P	Taneal Baptiste	25	RSA		20/10/2023	World Aqua -Swimming World Cup Oct
26	2:11.33	L	P	Tumaini Macdonell	19	USC	BUF	15/03/2024	SA National Junior Age Group
27	2:11.48	L	P	Chazél Orton	19	NWS		08/04/2024	SA National Aquatic Champ 2024-PE
28	2:11.55	L	F	Natasha Cornelius	22	TUKS	FSH	16/09/2023	USSA Swimming
29	2:11.75	L	P	Hannah Neilson	19	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
30	2:11.93	L	F	Caitlin Rademakers	19	INFA	NMA	15/03/2024	SA National Junior Age Group
31	2:12.42	L	P	Megan Shepherd	21	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
32	2:12.74	L	F	Jordan-Jenna Rolfe	23	WATR	JHB	24/06/2023	PEA Winter Gala 2023
33	2:13.54	L	P	Anieke Helmand	19	KOV5	MAN	14/12/2023	Western Cape LC-A Championship 2023
34	2:13.63	L	F	Hannah Murray	20	ROA	EDD	24/06/2023	PEA Winter Gala 2023
35	2:13.77	L	F	Chloe LE Roux	20	MATI	GED	16/09/2023	USSA Swimming
36	2:14.05	L	P	Kelly Zwart	20	KZNA	ETH	08/04/2024	SA National Aquatic Champ 2024-PE
37	2:14.15	L	P	Jessica Meter	19	SEAL	UMD	14/12/2023	KZNA 2023 Championships Incorp SSA
38	2:14.62	L	P	Hannah Cromhout	19	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
39	2:15.15	L	P	Mia vd Walt	20	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
40	2:15.69	L	F	Michelle Weber	27	MATI	GED	11/11/2023	Winelands SL4
41	2:15.81	L	P	Simej Van Staden	19	KLOO	ETH	15/03/2024	SA National Junior Age Group
42	2:16.51	L	F	Kaylene Corbett	24	TUKS	FSH	22/09/2023	NTS Level 3+ September Age Group
43	2:17.07	L	F	Tanya Abrie	28	WATR	JHB	10/11/2023	CGA Level 2+ Gala 10 - 11 Nov 2023
44	2:17.15	L	P	Abigail Swanepoel	20	ECA	BUF	08/04/2024	SA National Aquatic Champ 2024-PE
45	2:17.78	L	P	Ashley Ebing	19	WSTV	ETH	15/03/2024	SA National Junior Age Group
46	2:17.82	L	F	Guilma Lausberg	20	MATI	GED	16/09/2023	USSA Swimming
47	2:17.98	L	P	Emma Michell	19	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
48	2:18.12	L	P	Jordainne Kazimierczak	21	FLOD	JHB	30/11/2023	CGA Championships 2023
49	2:18.21	L	F	Carmel Billson	31	PEAS	NMA	24/06/2023	PEA Winter Gala 2023
50	2:18.36	L	P	Leah Christie	19	CASC	CPT	15/03/2024	SA National Junior Age Group
51	2:19.16	L	F	Jessica Booth	21	MATI	GED	24/06/2023	PEA Winter Gala 2023
52	2:19.27	L	F	Q-Rize Ferreira	20	TUKS	FSH	17/11/2023	NTS Level 3+ November Age Group
53	2:19.54	L	F	Nuria Ribeiro	21	MATI	GED	16/09/2023	USSA Swimming
54	2:19.98	L	F	Erin Daffarn	19	VINE	CPT	14/12/2023	Western Cape LC-A Championship 2023
55	2:20.94	L	F	Jordan Buffel	19	TRAZ	FSH	12/12/2023	NTS Championships 2023
56	2:21.08	L	F	Rachael Humphries	22	NWUC	KKD	16/09/2023	USSA Swimming
57	2:21.18	L	F	Nastasiya Vrey	25	TUKS	FSH	16/09/2023	USSA Swimming
58	2:22.29	L	P	Erin Haslehurst	20	PGAC	EKU	15/03/2024	SA National Junior Age Group
59	2:22.63	L S	F	Tayla Parker	20	SWIFT	EKU	07/12/2023	EGA Summer Championships
60	2:22.91	L	F	Jolene Cornelius	20	TUKS	FSH	23/02/2024	NTS Prestige AG February 2024
61	2:23.06	L	F	Chanel Fourie	19	AA	JHB	17/02/2024	CGA Level 2+ Gala 17 Feb 2024
62	2:23.55	L	F	Kiara Barnes	23	TYGE	CPT	24/06/2023	PEA Winter Gala 2023
63	2:23.96	L	F	Kara Cilliers	19	TUKS	FSH	16/02/2024	NTS February Open Age Group 2024
64	2:24.80	L	F	Catherine Morrison	19	TUKS	FSH	12/12/2023	NTS Championships 2023
65	2:25.04	L	F	Gabriella de Beer	19	NWUC	KKD	16/09/2023	USSA Swimming

### Individual Top Times

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 Number of Top Times: All

Times until: 30-Apr-24  
 Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
66	2:25.73	L	F	Luané Engelbrecht	19	TUKS	FSH	20/03/2024 SA Level 3 Regional Age Group
67	2:25.94	L	F	Jayne - Sue Vermaas	26	KOVS	MAN	21/10/2023 Otters Prestige Gala 2023
68	2:26.43	L	F	Tilka Paljk	27	MATI	GED	16/09/2023 USSA Swimming
69	2:26.63	L	P	Alex Truter	19	BEAV	ETH	15/03/2024 SA National Junior Age Group
70	2:28.53	L	F	Winé Koekemoer	20	BLUO	UGD	03/11/2023 EDA Age Group Gala 4 2023
71	2:29.46	L	F	Tayla-Paige Lacey	19	INFA	NMA	12/08/2023 Madibaz Swim Meet 2023
72	2:30.79	L	F	Amori Potgieter	19	NWUC	KKD	21/10/2023 NWS Age Group 1 & 2 2023
73	2:31.77	L	F	Yvonne Botha	19	SS	MPD	01/12/2023 Limpopo Champs
74	2:32.83	L	F	Amani Ismail	19	TUKS	FSH	20/10/2023 NTS Level 3+ October Age Group 2023
75	2:33.45	L	F	Tumelo Thelejane	19	OLDE	JHB	17/02/2024 CGA Level 2+ Gala 17 Feb 2024
76	2:33.55	L	F	Anneke van Eeden	20	NWUC	KKD	21/10/2023 NWS Age Group 1 & 2 2023
77	2:35.30	L S	F	Natalie Landmann	22	PAC	FSH	05/10/2023 42nd Freda Barnard Invitational Gala
78	2:37.54	L	F	Donia Smit	19	SS	MPD	21/10/2023 Limpopo Age Group 4
79	2:38.39	L S	F	Megan Adams	19	SOUL	EKU	07/12/2023 EGA Summer Championships
80	2:38.83	L S	F	Santana Van Der Zandt	19	SOUL	EKU	07/12/2023 EGA Summer Championships
81	2:39.48	L S	F	Joanica Kriegler	20	LALE	GED	14/12/2023 Western Cape LC-A Championship 2023
82	2:46.50	L	F	Megan Bulose	19	UWCA	CPT	20/01/2024 CTA A MEET 4
83	2:52.90	L	F	Lauren Roberts	48	UNI	EZD	01/12/2023 Mpumalanga Championships 2023
84	2:55.23	L	F	Janine Steyn	53	BETH	FDD	06/10/2023 Super Seals & Sentraal Aquatics Gala
85	2:55.44	L	F	Ra-eesa Jephtha	19	MANT	CPT	20/01/2024 CTA A MEET 4
86	2:56.98	L S	F	Mukona Ligege	22	ONYX	EKU	07/12/2023 EGA Summer Championships
87	2:57.09	L	F	Kara Fourie	19	KZNA	ETH	09/12/2023 Uthukela District Age group Gala
88	3:01.64	L	F	Minke Janse Van Rensburg	19	FISH	EDD	18/11/2023 Eden LC Champs 2023
89	3:05.72	L	F	Cameron Butler	19	SUPE	JHB	10/11/2023 CGA Level 2+ Gala 10 - 11 Nov 2023
90	3:07.64	L	F	Courtney Badenhorst	20	MANT	CPT	20/01/2024 CTA A MEET 4
91	3:09.49	L	F	Kiersten Paulse	19	XSAQ	CPT	17/09/2023 CTA BMEET 3
92	3:13.20	L	F	Carol Bruining	63	BHK	NGD	20/01/2024 MP AGE GROUP 4 GALA 20 JANUARY
93	3:16.09	L	F	Mia Vd Merwe	25	CASC	CPT	24/06/2023 PEA Winter Gala 2023
94	3:25.76	L	F	Ina Prinsloo	48	BETH	FDD	18/11/2023 Valsrivier Gala
95	3:27.76	L	F	Cornelia Fowler	43	KLOO	ETH	24/11/2023 Westville-Seals LC Championships
96	3:31.61	L	P	Nikita Douglass	25	MDOL	JHB	30/11/2023 CGA Championships 2023
97	3:35.84	L	F	Nicolette Louw	69	FEMS	EDD	17/02/2024 EDEN 5th A-League Gala 2024
98	3:36.48	L	F	Christina Van Rooyen	48	PGAC	EKU	11/11/2023 EGA Summer 3
99	3:55.42	L	F	Jeanne Louw	41	KALA		03/02/2024 NCASA SPRINTS 2024
100	4:01.19	L	F	Taryn Beaton	42	PEAS	NMA	24/06/2023 PEA Winter Gala 2023
101	4:05.86	L	F	Rentia Oosthuizen	32	DESA	NMA	11/11/2023 5th A League Gala 2023
102	4:33.44	L	F	Ilse Booysen	66	UPSK	ZMD	25/11/2023 UPT AGE GROUP 2 2023
103	4:34.87	L	F	Helen Van Vuuren	44	NWUC	KKD	21/10/2023 NWS Age Group 1 & 2 2023
<b>Women 400 Free</b>								
1	4:09.43	L	F	Duné Coetzee	22	AGC	FSH	08/04/2024 SA National Aquatic Champ 2024-PE
2	4:15.22	L	F	Aimee Canny	20	KNYA	EDD	15/11/2023 2023 Tennessee Invitational
3	4:17.54	L	F	Stephanie Houtman	21	TUKS	FSH	14/12/2023 KZNA 2023 Championships Incorp SSA
4	4:18.10	L	F	Catherine Van Rensburg	19	AGC	FSH	08/04/2024 SA National Aquatic Champ 2024-PE
5	4:21.68	L	F	Lise Coetzee	19	TUKS	FSH	14/12/2023 KZNA 2023 Championships Incorp SSA
6	4:22.86	L	P	Tatjana Smith	26	TUKS	FSH	14/12/2023 KZNA 2023 Championships Incorp SSA
7	4:23.95	L	F	Leigh McMorran	19	AGB	JHB	08/04/2024 SA National Aquatic Champ 2024-PE
8	4:24.40	L	P	Hannah Robertson	19	MDOL	JHB	14/12/2023 KZNA 2023 Championships Incorp SSA
9	4:25.15	L	F	Carla Antonopoulos	23	AGC	FSH	08/04/2024 SA National Aquatic Champ 2024-PE
10	4:25.78	L	F	Dakota Tucker	19	WATR	JHB	24/06/2023 PEA Winter Gala 2023
11	4:26.68	L	F	Janie Coetzer	22	TUKS	FSH	14/12/2023 KZNA 2023 Championships Incorp SSA
12	4:27.07	L	F	Trinity Hearne	20	CYBE	CPT	14/12/2023 Western Cape LC-A Championship 2023
13	4:28.03	L	P	Hannah Neilson	19	WCA	CPT	08/04/2024 SA National Aquatic Champ 2024-PE
14	4:30.39	L	F	Amica De Jager	24	TUKS	FSH	16/09/2023 USSA Swimming
15	4:32.22	L	F	Kiara Noades	23	LALE	GED	14/12/2023 Western Cape LC-A Championship 2023
16	4:34.79	L	F	Jordan-Jenna Rolfe	23	WATR	JHB	24/06/2023 PEA Winter Gala 2023
17	4:35.29	L	F	Lize-Marie Davidson	20	KOVS	MAN	14/12/2023 KZNA 2023 Championships Incorp SSA
18	4:39.37	L	F	Caitlin Rademakers	19	INFA	NMA	15/03/2024 SA National Junior Age Group
19	4:40.80	L	F	Chazél Orton	19	POTC	KKD	15/03/2024 SA National Junior Age Group
20	4:41.29	L	F	Marlies Ross	26	TUKS	FSH	26/01/2024 NTS Level 3+ January Age Group 2024

### Individual Top Times

Times since: 01-May-23      Times until: 30-Apr-24  
 Number of Top Times: All      Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
21	4:42.61 L	F	Hannah Murray	20	ROA EDD	24/06/2023	PEA Winter Gala 2023
22	4:43.13 L	F	Tumaini Macdonell	19	USC BUF	24/06/2023	PEA Winter Gala 2023
23	4:43.44 L	F	Abigail Swanepoel	20	NMU NMA	24/06/2023	PEA Winter Gala 2023
24	4:45.87 L	F	Jessica Meter	19	SEAL UMD	14/12/2023	KZNA 2023 Championships Incorp SSA
25	4:47.27 L	F	Megan Shepherd	21	TUKS FSH	20/10/2023	NTS Level 3+ October Age Group 2023
26	4:49.82 L	F	Mia vd Walt	20	TUKS FSH	23/02/2024	2024 Grand Prix 2 Invitational Meet -
27	4:49.95 L	F	Guilma Lausberg	20	MATI CED	16/09/2023	USSA Swimming
28	4:52.51 L	F	Rachael Humphries	22	NWS	27/01/2024	4 + 1 Inter Provincial Gala 2023
29	4:53.28 L	P	Chloe LE Roux	20	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
30	4:55.84 L	F	Lara Van Niekerk	21	PAC FSH	22/09/2023	NTS Level 3+ September Age Group
31	4:58.76 L	F	Carmel Billson	31	PEAS NMA	24/06/2023	PEA Winter Gala 2023
32	4:59.05 L	P	Alani Ferreira	25	KZNA ETH	08/04/2024	SA National Aquatic Champ 2024-PE
33	5:01.03 L	F	Jordainne Kazimierczak	21	FLOD JHB	27/01/2024	CGA Level 2+ Gala 27 Jan 2024
34	5:01.28 L	F	Erin Haslehurst	20	PGAC EKU	24/11/2023	EGA Summer 4
35	5:01.35 L	P	Zara Kleinhans	19	RSA	18/10/2023	BRICS Games Swimming 2023-KZN
36	5:05.04 L	F	Kiara Barnes	23	TYGE CPT	24/06/2023	PEA Winter Gala 2023
37	5:05.32 L	F	Luané Engelbrecht	19	TUKS FSH	12/12/2023	NTS Championships 2023
38	5:09.61 L	F	Chanel Fourie	19	AA JHB	20/03/2024	SA Level 3 Regional Age Group
39	5:11.78 L	F	Jayme - Sue Vermaas	26	KOVS MAN	13/10/2023	Pelicans Gala
40	5:14.49 L	F	Gabriella de Beer	19	NWUC KKD	16/09/2023	USSA Swimming
41	5:16.38 L	F	Alex Truter	19	BEAV ETH	24/11/2023	Westville-Seals LC Championships
42	5:17.61 L	F	Tayla Parker	20	SWIFT EKU	28/10/2023	EGA Summer 2 2023
43	5:21.76 L	F	Jordan Buffel	19	TRAZ FSH	22/09/2023	NTS Level 3+ September Age Group
44	5:22.70 L	F	Donia Smit	19	SS MPD	01/12/2023	Limpopo Champs
45	5:24.64 L	F	Joanica Kriegler	20	LALE CED	03/02/2024	Winelands SL final
46	5:24.80 L	F	Anneke van Eeden	20	NWUC KKD	06/12/2023	NWS Championships 2023/24
47	5:33.20 L	F	Wendy Cook	54	COEL FSH	03/02/2024	KCDA February Age Group 2024
48	6:10.31 L	F	Ra-eesa Jephta	19	MANT CPT	24/06/2023	PEA Winter Gala 2023
49	6:11.76 L	F	Lauren Roberts	48	UNI EZD	29/09/2023	MP AGE GROUP 1 29.09.2023 -
50	6:35.45 L	F	Minke Janse Van Rensburg	19	FISH EDD	18/11/2023	Eden LC Champs 2023
51	6:54.66 L	F	Cornelia Fowler	43	KLOO ETH	24/11/2023	Westville-Seals LC Championships
52	7:13.93 L	F	Nikita Douglass	25	MDOL JHB	30/11/2023	CGA Championships 2023
53	9:38.33 L	F	Helen Van Vuuren	44	NWUC KKD	11/11/2023	NWS Age Group 3 + 4
<b>Women 800 Free</b>							
1	8:32.88 L	F	Duné Coetzee	22	TUKS FSH	05/08/2023	World Univesity Games 2023
2	8:45.54 L	F	Catherine Van Rensburg	19	TUKS FSH	05/08/2023	World Univesity Games 2023
3	8:46.30 L	F	Stephanie Houtman	21	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
4	8:59.73 L	F	Lise Coetzee	19	RSA	06/12/2023	15th African Junior Championships 2023
5	9:01.79 L	F	Janie Coetzer	22	TUKS FSH	11/08/2023	LEN European U23 Champs
6	9:03.79 L	F	Leigh McMorrان	19	AA JHB	14/12/2023	KZNA 2023 Championships Incorp SSA
7	9:07.57 L	F	Carla Antonopoulos	23	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
8	9:08.71 L	F	Hannah Neilson	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
9	9:11.75 L	F	Hannah Robertson	19	MDOL JHB	14/12/2023	KZNA 2023 Championships Incorp SSA
10	9:16.11 L	F	Amica De Jager	24	TUKS FSH	16/09/2023	USSA Swimming
11	9:23.90 L	F	Trinity Hearne	20	CYBE CPT	14/12/2023	Western Cape LC-A Championship 2023
12	9:31.14 L	F	Chazél Orton	19	NWS	08/04/2024	SA National Aquatic Champ 2024-PE
13	9:31.61 L	F	Jordan-Jenna Rolfe	23	WATR JHB	20/10/2023	NTS Level 3+ October Age Group 2023
14	9:33.83 L	F	Kiara Noades	23	LALE CED	14/12/2023	Western Cape LC-A Championship 2023
15	9:46.03 L	F	Abigail Swanepoel	20	NMU NMA	22/07/2023	1st A League Gala 2023
16	9:49.58 L	F	Caitlin Rademakers	19	INFA NMA	15/03/2024	SA National Junior Age Group
17	9:55.35 L	F	Jessica Booth	21	MATI CED	16/09/2023	USSA Swimming
18	9:59.66 L	F	Guilma Lausberg	20	MATI CED	16/09/2023	USSA Swimming
19	10:01.44 L	F	Jessica Meter	19	SEAL UMD	14/12/2023	KZNA 2023 Championships Incorp SSA
20	10:04.42 L	F	Tumaini Macdonell	19	USC BUF	24/06/2023	PEA Winter Gala 2023
21	10:08.25 L	F	Rachael Humphries	22	NWUC KKD	11/11/2023	NWS Age Group 3 + 4
22	10:09.44 L	F	Taylor Pharoah	21	TUKS FSH	16/02/2024	NTS February Open Age Group 2024
23	10:16.30 L	F	Erin Haslehurst	20	PGAC EKU	17/02/2024	CGA Level 2+ Gala 17 Feb 2024
24	10:43.87 L	F	Luané Engelbrecht	19	TUKS FSH	12/12/2023	NTS Championships 2023
25	10:44.86 L	F	Amori Potgieter	19	NWUC KKD	16/09/2023	USSA Swimming



### Individual Top Times

Times since: 01-May-23      Times until: 30-Apr-24  
 Number of Top Times: All      Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
26	10:48.05 L	F	Tumelo Thelejane	19	OLDE JHB	17/02/2024	CGA Level 2+ Gala 17 Feb 2024	
27	11:01.43 L	F	Donia Smit	19	SS MPD	01/12/2023	Limpopo Champs	
28	11:49.70 L	F	Wendy Cook	54	COEL TSH	27/01/2024	Ushaka Champs 2024	
29	12:42.67 L	F	Ra-eesa Jephta	19	MANT CPT	24/06/2023	PEA Winter Gala 2023	
30	12:45.80 L	F	Lauren Roberts	48	UNI EZD	01/12/2023	Mpumalanga Championships 2023	
31	14:04.63 L	F	Cornelia Fowler	43	KLOO ETH	24/11/2023	Westville-Seals LC Championships	
32	14:41.37 L	F	Nikita Douglass	25	MDOL JHB	17/02/2024	CGA Level 2+ Gala 17 Feb 2024	
33	20:18.00 L	F	Ilse Booysen	66	UPSK ZMD	03/11/2023	UPINGTON 2023	
<b>Women 1500 Free</b>								
1	16:35.39 L	P	Stephanie Houtman	21	RSA	11/02/2024	World Aquatics Champ- Doha 2024	
2	16:44.91 L	F	Catherine Van Rensburg	19	TUKS TSH	05/08/2023	World Univesity Games 2023	
3	17:10.01 L	F	Janie Coetzer	22	TUKS TSH	11/08/2023	LEN European U23 Champs	
4	17:25.30 L S	F	Carla Antonopoulos	23	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE	
5	17:28.23 L S	F	Hannah Neilson	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE	
6	17:29.05 L	O	Victoria Earle	22	TUKS TSH	21/10/2023	AG Open Water Series #1	
7	17:35.00 L	O	Amica De Jager	24	TUKS TSH	08/12/2023	2023 SA OWS Champ Trials -PE	
8	17:39.00 L	O	Michelle Weber	27	KZNA ETH	08/12/2023	2023 SA OWS Champ Trials -PE	
9	17:52.15 L	F	Jordan-Jenna Rolfe	23	WATR JHB	24/06/2023	PEA Winter Gala 2023	
10	17:57.33 L S	F	Duné Coetzee	22	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE	
11	18:15.93 L S	F	Chazél Orton	19	NWS	08/04/2024	SA National Aquatic Champ 2024-PE	
12	18:47.02 L	F	Kiara Noades	23	RSA	13/10/2023	World Aqua -Swimming World Cup Oct	
13	18:58.78 L	F	Abigail Swanepoel	20	NMU NMA	21/10/2023	4th A League Gala 2023	
14	19:18.07 L	F	Rachael Humphries	22	NWS	27/01/2024	4 + 1 Inter Provincial Gala 2023	
15	19:18.15 L	F	Taylor Pharoah	21	TUKS TSH	16/02/2024	NTS February Open Age Group 2024	
16	19:19.92 L	O	Caitlin Rademakers	19	ECA BUF	08/03/2024	SA National OWS Championship	
17	19:22.48 L	O	Megan Shepherd	21	HREF BP	08/03/2024	SA National OWS Championship	
18	19:27.56 L	F	Jessica Booth	21	MATI CED	11/11/2023	Winelands SL4	
19	19:48.73 L	F	Erin Haslehurst	20	PGAC EKU	28/10/2023	EGA Summer 2 2023	
20	22:16.45 L	F	Wendy Cook	54	COEL TSH	03/02/2024	KCDA February Age Group 2024	
21	22:42.00 L	O	Ingrd Trusler	65	COEL TSH	20/01/2024	Prime View Swim Festival #3	
22	26:23.00 L	O	Janet De Angelis	43	RAV EKU	20/01/2024	Prime View Swim Festival #3	
23	27:39.00 L	O	Morgan Solomon	22	WATR JHB	20/01/2024	Prime View Swim Festival #3	
24	28:24.00 L	O	Marieke Bouwer	61	COEL TSH	20/01/2024	Prime View Swim Festival #3	
25	28:54.00 L	O	Jessica Lazarou	19	AWSC JHB	20/01/2024	Prime View Swim Festival #3	
26	29:52.00 L	O	Heather Hodnett	39	AFIN JHB	20/01/2024	Prime View Swim Festival #3	
27	33:12.00 L	O	Shirley Leech	63	EGAO EKU	20/01/2024	Prime View Swim Festival #3	
28	33:47.00 L	O	Marissa Swart	26	TUKS TSH	20/01/2024	Prime View Swim Festival #3	
29	34:13.00 L	O	Stella Young	61	WATR JHB	20/01/2024	Prime View Swim Festival #3	
30	34:24.00 L	O	Julayga Cassim	51	ATLA JHB	20/01/2024	Prime View Swim Festival #3	
31	35:26.00 L	O	Elke Brown	54	SWIM1 JHB	20/01/2024	Prime View Swim Festival #3	
32	35:35.00 L	O	Heather Grafe	58	EGATC EKU	20/01/2024	Prime View Swim Festival #3	
33	38:20.00 L	O	Lyndi Baker	50	CA EKU	20/01/2024	Prime View Swim Festival #3	
34	45:02.00 L	O	Jeanri Smith	40	VRC TSH	20/01/2024	Prime View Swim Festival #3	
<b>Women 3000 Free</b>								
1	34:04.00 L	O	Victoria Earle	22	TUKS TSH	21/10/2023	AG Open Water Series #1	
2	39:17.98 L	O	Taylor Pharoah	21	HREF BP	08/03/2024	SA National OWS Championship	
3	39:41.00 L	O	Megan Shepherd	21	TUKS TSH	20/01/2024	Prime View Swim Festival #3	
4	39:43.00 L	O	Hannah Andraos	20	TUKS TSH	20/01/2024	Prime View Swim Festival #3	
5	41:20.17 L	O	Rachael Humphries	22	NWS	08/03/2024	SA National OWS Championship	
6	41:32.00 L	O	Jordainne Kazimierczak	21	FLOD JHB	21/10/2023	AG Open Water Series #1	
7	43:19.00 L	O	Kirsty Hyslop	28	AA JHB	21/10/2023	AG Open Water Series #1	
8	44:01.72 L	O	Yasmin De Goede	19	HREF BP	08/03/2024	SA National OWS Championship	
9	44:35.00 L	O	Denise Bosman	65	PEMA NMA	15/10/2023	EC Swim Series OWS 1 2023	
10	45:29.18 L	O	Ingrd Trusler	65	HREF BP	08/03/2024	SA National OWS Championship	
11	45:41.18 L	O	Tumelo Thelejane	19	HREF BP	08/03/2024	SA National OWS Championship	
12	46:20.85 L	O	Michele Esterhuizen	52	CSA EZD	04/02/2024	MPUMALANGA OPEN WATER 4 - 4	
13	46:29.89 L	O	Anneke Boshoff	51	NWS	08/03/2024	SA National OWS Championship	
14	48:27.00 L	O	Karen Graaff	40	ASAC CPT	09/12/2023	EC Swim Series OWS 3 2023	

### Individual Top Times

Times since: 01-May-23      Times until: 30-Apr-24  
 Number of Top Times: All      Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
15	49:29.52 L	O	Megan Albertyn	50	HREF BP	08/03/2024	SA National OWS Championship
16	52:21.00 L	F	Simone Webb	44	SMSC ETH	18/11/2023	KZN Open Water Champs
17	53:39.00 L	F	Alex Truter	19	BEAV ETH	18/11/2023	KZN Open Water Champs
18	54:23.00 L	O	Neressa Houtman	50	TUKS TSH	20/01/2024	Prime View Swim Festival #3
19	55:19.00 L	O	Maureen Mons	73	WAHO JHB	20/01/2024	Prime View Swim Festival #3
20	55:45.00 L	O	Marcella Cave	44	MDOL JHB	20/01/2024	Prime View Swim Festival #3
21*	56:09.00 L	F	Wendy Cook	54	FRA KCD	18/11/2023	KZN Open Water Champs
21*	56:09.00 L	F	Carina Hambloch	44	SMSC ETH	18/11/2023	KZN Open Water Champs
23	56:10.00 L	F	Sally Ralfe	50	SMSC ETH	18/11/2023	KZN Open Water Champs
24	57:05.00 L	F	Carryl Van Bassen	59	SMSC ETH	18/11/2023	KZN Open Water Champs
25	57:53.00 L	O	Debra Kotze	62	COEL TSH	20/01/2024	Prime View Swim Festival #3
26	58:20.00 L	O	Carol Bruining	63	COEL TSH	20/01/2024	Prime View Swim Festival #3
27	58:31.00 L	O	Monnette Fourie	56	COEL TSH	20/01/2024	Prime View Swim Festival #3
28	58:47.00 L	O	Janine Daly	51	ELEC TSH	20/01/2024	Prime View Swim Festival #3
29	58:49.00 L	O	Mandy Macaskill	49	COEL TSH	20/01/2024	Prime View Swim Festival #3
30	1:04:22.00 L	O	Linda Griffiths	51	LTS JHB	20/01/2024	Prime View Swim Festival #3
31	1:06:41.00 L	O	Elizabeth Craig	79	PEMA NMA	09/12/2023	EC Swim Series OWS 3 2023
32	1:09:43.00 L	F	Carol Fourie	61	CASW UMD	18/11/2023	KZN Open Water Champs
33	1:09:47.00 L	F	Susan Rich	61	LAD UTD	18/11/2023	KZN Open Water Champs
34	1:12:27.00 L	O	Taryn Beaton	42	PEAS NMA	09/12/2023	EC Swim Series OWS 3 2023
35	1:31:16.00 L	O	Jane Rees	79	COEL TSH	20/01/2024	Prime View Swim Festival #3
<b>Women 5000 Free</b>							
1	59:58.98 L	O	Caitlin Rademakers	19	RSA	10/12/2023	15th African Junior Cham
2	1:00:23.00 L	O	Amica De Jager	24	TUKS TSH	21/10/2023	AG Open Water Series #1
3	1:01:06.00 L	O	Victoria Earle	22	TUKS TSH	21/10/2023	AG Open Water Series #1
4	1:02:13.00 L	O	Hannah Neilson	19	KZNA ETH	08/12/2023	2023 SA OWS Champ Trials -PE
5	1:02:22.00 L	O	Carla Antonopoulos	23	TUKS TSH	08/12/2023	2023 SA OWS Champ Trials -PE
6	1:02:46.50 L	F	Kate Beavon	24	RSA	15/07/2023	World Aquatics Champs - Fukuoka 2023
7	1:03:06.00 L	O	Michelle Weber	27	MATI CED	15/10/2023	EC Swim Series OWS 1 2023
8	1:07:22.00 L	O	Megan Shepherd	21	TUKS TSH	20/01/2024	Prime View Swim Festival #3
9	1:08:47.01 L	O	Tumelo Thelejane	19	RSA	10/12/2023	15th African Junior Cham
10	1:10:47.52 L	O	Abigail Swanepoel	20	ECA BUF	08/03/2024	SA National OWS Championship
11	1:14:58.00 L	F	Mykae Forrest	19	ACSA ETH	18/11/2023	KZN Open Water Champs
12	1:16:42.00 L	F	Lize-Marie Davidson	20	FSA FS	13/02/2024	Kovsie Open Water
13	1:21:34.94 L	O	Kirsty Hyslop	28	HREF BP	08/03/2024	SA National OWS Championship
14	1:21:43.00 L	F	Carina Hambloch	44	SMSC ETH	18/11/2023	KZN Open Water Champs
15	1:32:30.00 L	F	Alex Truter	19	BEAV ETH	18/11/2023	KZN Open Water Champs
16	1:56:41.00 L	F	Marelize Le Grange	41	SMSC ETH	18/11/2023	KZN Open Water Champs
<b>Women 10000 Free</b>							
1	2:07:58.87 L	O	Amica De Jager	24	HREF BP	08/03/2024	SA National OWS Championship
2	2:08:00.23 L	O	Hannah Neilson	19	NWS	08/03/2024	SA National OWS Championship
3	2:08:41.00 L	O	Michelle Weber	27	MATI CED	15/10/2023	EC Swim Series OWS 1 2023
4	2:09:47.90 L	O	Victoria Earle	22	HREF BP	08/03/2024	SA National OWS Championship
5	2:11:37.00 L	O	Stephanie Houtman	21	TUKS TSH	08/12/2023	2023 SA OWS Champ Trials -PE
6	2:13:00.00 L	O	Carla Antonopoulos	23	TUKS TSH	08/12/2023	2023 SA OWS Champ Trials -PE
7	2:17:57.73 L	O	Caitlin Rademakers	19	ECA BUF	08/03/2024	SA National OWS Championship
8	2:17:59.00 L	O	Taylor Pharoah	21	TUKS TSH	20/01/2024	Prime View Swim Festival #3
9	2:20:46.00 L	O	Kiara Noades	23	KZNA ETH	08/12/2023	2023 SA OWS Champ Trials -PE
10	2:27:15.96 L	O	Rachael Humphries	22	NWS	08/03/2024	SA National OWS Championship
11	2:29:28.34 L	O	Abigail Swanepoel	20	ECA BUF	08/03/2024	SA National OWS Championship
<b>Women 50 Back</b>							
1	28.37 L	P	Tayla Jonker	19	RSA	11/02/2024	World Aquatics Champ- Doha 2024
2	28.57 L	F	Michaela De Villiers	21	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
3	29.10 L	P	Kerryn Herbst	21	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
4	29.41 L	F	Caitlin De Lange	20	TUKS TSH	14/12/2023	KZNA 2023 Championships Incorp SSA
5	29.45 L	P	Carissa Van Rooyen	22	RSA	06/10/2023	World Aqua -Swimming World Cup Oct
6	29.49 L	F	Erin Gallagher	25	TUKS TSH	22/09/2023	NTS Level 3+ September Age Group
7	29.75 L	P	Hannah Pearse	21	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE

### Individual Top Times

Times since: 01-May-23      Times until: 30-Apr-24  
 Number of Top Times: All      Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
8	30.00	L	P	Mariella Venter	24	RSA	06/10/2023 World Aqua -Swimming World Cup Oct
9	30.12	L	F	Lezanne De Villiers	19	LALE CED	14/12/2023 Western Cape LC-A Championship 2023
10	30.18	L	F	Georgia Nel	21	SAAW CPT	01/07/2023 NC NCAC Summer Meet
11	30.47	L	P	Natalie Landmann	22	PAC TSH	12/12/2023 NTS Championships 2023
12*	30.77	L	F	Rebecca Meder	21	SGUL ETH	13/10/2023 Golden Homes Swimfest
12*	30.77	L	F	Emma Chelius	27	TUKS TSH	22/09/2023 NTS Level 3+ September Age Group
14	30.96	L	F	Tara Uys	19	TYGE CPT	14/12/2023 Western Cape LC-A Championship 2023
15*	31.11	L	P	Lize-Marie Davidson	20	FSA FS	08/04/2024 SA National Aquatic Champ 2024-PE
15*	31.11	L	P	Kiara Noades	23	RSA	13/10/2023 World Aqua -Swimming World Cup Oct
17	31.27	L	F	Sinelithemba Mbatha	21	TUKS TSH	16/09/2023 USSA Swimming
18*	31.52	L	F	Samantha Straw	22	TUKS TSH	14/12/2023 KZNA 2023 Championships Incorpor SSA
18*	31.52	L	P	Kayla Schmelzer	19	INFA NMA	24/06/2023 PEA Winter Gala 2023
20	31.62	L	F	Constantina Pietersen	22	INFA NMA	12/08/2023 Madibaz Swim Meet 2023
21	31.89	L	P	Carla Meikle	22	KZNA ETH	08/04/2024 SA National Aquatic Champ 2024-PE
22	31.91	L	P	Heike Thormahlen	24	AGC TSH	08/04/2024 SA National Aquatic Champ 2024-PE
23	31.99	L	P	Lara Van Niekerk	21	PAC TSH	12/12/2023 NTS Championships 2023
24	32.16	L	F	Emma Michell	19	LALE CED	03/02/2024 Winelands SL final
25	32.19	L	F	Nuria Ribeiro	21	MATI CED	14/12/2023 Western Cape LC-A Championship 2023
26	32.34	L	F	Hannah Andraos	20	TUKS TSH	14/12/2023 KZNA 2023 Championships Incorpor SSA
27	32.42	L	P	Jolene Cornelius	20	TUKS TSH	12/12/2023 NTS Championships 2023
28	32.71	L	F	Kaylene Corbett	24	TUKS TSH	22/09/2023 NTS Level 3+ September Age Group
29	32.80	L S	F	Chazél Orton	19	POTC KKD	06/12/2023 NWS Championships 2023/24
30	33.09	L	P	Anieke Helmand	19	FSA FS	08/04/2024 SA National Aquatic Champ 2024-PE
31	33.30	L	F	Tayla Parker	20	SWIFT EKU	07/12/2023 EGA Summer Championships
32	33.45	L	F	Megan Bulose	19	UWC CPT	16/09/2023 USSA Swimming
33	33.49	L	P	Hannah Cromhout	19	WCA CPT	08/04/2024 SA National Aquatic Champ 2024-PE
34	33.52	L	F	Erin Daffarn	19	VINE CPT	14/12/2023 Western Cape LC-A Championship 2023
35	33.78	L	P	Marne' Meier	25	CASC CPT	14/12/2023 Western Cape LC-A Championship 2023
36	33.96	L	F	Corinna Meyer	19	PSC TSH	12/12/2023 NTS Championships 2023
37	34.00	L	P	Mia vd Walt	20	TUKS TSH	12/12/2023 NTS Championships 2023
38	34.11	L	F	Johanna Buys	23	PAC TSH	20/10/2023 NTS Level 3+ October Age Group 2023
39	34.12	L	F	Kiara Barnes	23	TYGE CPT	24/06/2023 PEA Winter Gala 2023
40	34.26	L	F	Yvonne Botha	19	SS MPD	16/02/2024 MP SA SCHOOLS TRIALS AG6 16-17
41	34.27	L	F	Carmel Billson	31	PEAS NMA	24/06/2023 PEA Winter Gala 2023
42	34.43	L	F	Jordainne Kazimierczak	21	FLOD JHB	30/11/2023 CGA Championships 2023
43	34.58	L	F	Amori Potgieter	19	NWUC KKD	21/10/2023 NWS Age Group 1 & 2 2023
44	34.62	L	F	Leah Christie	19	RSA	03/05/2023 CANA Zone IV SwimmingChampions
45	34.96	L	F	Anica Dennis	22	INFA NMA	24/06/2023 PEA Winter Gala 2023
46	35.14	L	F	Lara Peirce	24	BLSS MAN	06/12/2023 Free State Champs 2023
47	35.36	L	F	Chanel Fourie	19	AA JHB	20/01/2024 CGA Level 2+ Gala 20 Jan 2024
48	35.46	L	F	Lara Potgieter	19	HSBV SKD	14/10/2023 Limpopo Top 8 - High Schools
49	35.55	L	P	Erin Haslehurst	20	PGAC EKU	15/03/2024 SA National Junior Age Group
50	35.85	L	F	Amani Ismail	19	TUKS TSH	12/12/2023 NTS Championships 2023
51*	36.14	L	P	Catherine Morrison	19	TUKS TSH	12/12/2023 NTS Championships 2023
51*	36.14	L	F	Santana Van Der Zandt	19	SOUL EKU	07/12/2023 EGA Summer Championships
53	36.31	L S	F	Rachael Humphries	22	NWUC KKD	06/12/2023 NWS Championships 2023/24
54	36.73	L	F	Winé Koekemoer	20	BLUO UGD	24/11/2023 Westville-Seals LC Championships
55	36.90	L	F	Kara Fourie	19	LAD UTD	21/10/2023 Uthukela District Age Group Gala
56	37.13	L	F	Esmari Theart	29	KALA	03/02/2024 NCASA SPRINTS 2024
57	37.56	L	P	Donia Smit	19	SS MPD	20/03/2024 SA Level 3 Regional Age Group
58	38.34	L S	F	Anneke van Eeden	20	NWUC KKD	06/12/2023 NWS Championships 2023/24
59	38.51	L	F	Suzanne Harrop-Allin	45	COEL TSH	12/12/2023 NTS Championships 2023
60	38.70	L	F	Michele Esterhuizen	52	CSA EZD	01/12/2023 Mpumalanga Championships 2023
61	39.03	L S	F	Sybil de Beer	44	POTC KKD	06/12/2023 NWS Championships 2023/24
62	39.43	L	F	Tanika Lubbe	23	KALA	07/12/2023 NCASA CHAMPS 7 - 10 DEC 2023
63	39.46	L S	F	Joanica Kriegler	20	WCA CPT	08/04/2024 SA National Aquatic Champ 2024-PE
64	39.63	L	P	Megan Adams	19	SOUL EKU	07/12/2023 EGA Summer Championships
65	40.19	L	F	Ayanda Tshabalala	20	HPS TSH	03/11/2023 NTS Level 1+2 November Age Group
66	40.54	L	F	Linzi Scholtz	21	NMU NMA	16/09/2023 USSA Swimming

### Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24  
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
67	41.12 L	F	Kirsten Henry	22	MATI CED	11/11/2023	Winelands SL4
68	41.80 L	F	Janine Steyn	53	BETH FDD	06/12/2023	Free State Champs 2023
69	42.29 L	P	Ra-eesa Jephtha	19	MANT CPT	24/06/2023	PEA Winter Gala 2023
70	43.21 L	P	Zarlia Engelbrecht	20	KSC EZD	01/12/2023	Mpumalanga Championships 2023
71	43.53 L	F	Gwynedd Peters	44	COEL TSH	12/12/2023	NTS Championships 2023
72	44.76 L	F	Mukona Ligege	22	ONYX EKU	24/11/2023	EGA Summer 4
73	44.85 L	F	Kirsten Schworer	21	PGAC EKU	24/11/2023	EGA Summer 4
74	46.04 L	F	Oratile Ndawo	19	ESP EKU	24/11/2023	EGA Summer 4
75	46.47 L	F	Mia Vd Merwe	25	CASC CPT	24/06/2023	PEA Winter Gala 2023
76	47.16 L S	F	Katherine Swanepoel	36	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
77	48.44 L S	F	Nikita Douglass	25	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
78	48.60 L	F	Minke Janse Van Rensburg	19	FISH EDD	18/11/2023	Eden LC Champs 2023
79	49.29 L	F	Ina Prinsloo	48	BETH FDD	18/11/2023	Valsrivier Gala
80	49.34 L	F	Celeste Ruck	59	COEL TSH	12/12/2023	NTS Championships 2023
81	53.17 L	F	Christina Van Rooyen	48	PGAC EKU	24/11/2023	EGA Summer 4
82	53.91 L	F	Lesego Ramothibe	19	ONYX EKU	26/01/2024	EGA Last Chance 2024
83	54.00 L	F	Huibrecht Engelbrecht	35	SS MPD	21/10/2023	Limpopo Age Group 4
84	54.27 L	F	Keslynn Anthony	19	CAMB BUF	03/02/2024	Buffalo City School Trials 2024
85	56.71 L	F	Helena Farrelly	61	FEMS EDD	17/02/2024	EDEN 5th A-League Gala 2024
86	59.95 L	F	Taryn Beaton	42	PEAS NMA	12/08/2023	Madibaz Swim Meet 2023
87	1:00.08 L	F	Rentia Oosthuizen	32	DESA NMA	09/02/2024	Infinity Gala 2024
88	1:13.36 L S	F	Marne Kock	26	RBUR BPD	06/12/2023	NWS Championships 2023/24
89	1:13.94 L	F	Ilse Booysen	66	UPSK ZMD	20/01/2024	AGE GROUP 5 UPT 2024
90	1:27.47 L	F	Judith Dixon	82	FEMS EDD	17/02/2024	EDEN 5th A-League Gala 2024
<b>Women 100 Back</b>							
1	1:02.27 L	P	Tayla Jonker	19	PSC TSH	14/12/2023	KZNA 2023 Championships Incorp SSA
2	1:02.40 L	F	Michaela De Villiers	21	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
3	1:02.52 L	F	Hannah Pearse	21	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
4	1:02.56 L	P	Carissa Van Rooyen	22	CA EKU	23/02/2024	2024 Grand Prix 2 Invitational Meet -
5	1:03.11 L	P	Kerryn Herbst	21	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
6	1:03.39 L	F	Mariella Venter	24	WATR JHB	15/12/2023	NMBA Championships 2023
7	1:06.21 L	P	Natalie Landmann	22	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
8	1:07.03 L	F	Lezanne De Villiers	19	LALE CED	23/02/2024	2024 Grand Prix 2 Invitational Meet -
9	1:07.32 L	F	Tara Uys	19	TYGE CPT	14/12/2023	Western Cape LC-A Championship 2023
10	1:07.64 L	F	Lize-Marie Davidson	20	KOVs MAN	06/12/2023	Free State Champs 2023
11	1:07.75 L	F	Trinity Hearne	20	CYBE CPT	18/11/2023	CTA QUALIFYING MEET 2
12	1:08.14 L	F	Sinelithemba Mbatha	21	TUKS TSH	16/09/2023	USSA Swimming
13	1:08.16 L	P	Samantha Straw	22	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
14	1:08.54 L	F	Constantina Pietersen	22	INFA NMA	12/08/2023	Madibaz Swim Meet 2023
15	1:08.67 L	F	Kayla Schmelzer	19	INFA NMA	24/06/2023	PEA Winter Gala 2023
16	1:09.30 L	F	Ashley Ebing	19	WSTV ETH	15/03/2024	SA National Junior Age Group
17	1:09.37 L	P	Heike Thormahlen	24	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
18	1:09.41 L	F	Tumaini Macdonell	19	USC BUF	24/06/2023	PEA Winter Gala 2023
19	1:09.43 L	P	Hannah Andraos	20	TUKS TSH	14/12/2023	KZNA 2023 Championships Incorp SSA
20	1:09.46 L	F	Chazél Orton	19	POTC KKD	06/12/2023	NWS Championships 2023/24
21	1:09.62 L	F	Kristin Bellingan	26	TUKS TSH	20/10/2023	NTS Level 3+ October Age Group 2023
22	1:09.81 L	P	Emma Michell	19	LALE CED	14/12/2023	Western Cape LC-A Championship 2023
23	1:10.10 L	F	Anieke Helmand	19	KOVs MAN	14/12/2023	Western Cape LC-A Championship 2023
24	1:10.61 L	F	Hannah Robertson	19	MDOL JHB	27/01/2024	CGA Level 2+ Gala 27 Jan 2024
25	1:10.67 L	F	Nuria Ribeiro	21	MATI CED	14/12/2023	Western Cape LC-A Championship 2023
26	1:10.74 L	P	Megan Shepherd	21	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
27	1:10.99 L	F	Jolene Cornelius	20	TUKS TSH	12/12/2023	NTS Championships 2023
28	1:11.51 L	P	Hannah Cromhout	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
29	1:11.65 L	F	Michelle Weber	27	MATI CED	11/11/2023	Winelands SL4
30	1:11.79 L	P	Abigail Swanepoel	20	NMU NMA	24/06/2023	PEA Winter Gala 2023
31	1:12.18 L	P	Yvonne Botha	19	SS MPD	20/03/2024	SA Level 3 Regional Age Group
32	1:12.32 L	F	Lara Van Niekerk	21	PAC TSH	22/09/2023	NTS Level 3+ September Age Group
33	1:12.61 L	F	Amori Potgieter	19	NWUC KKD	16/09/2023	USSA Swimming
34	1:13.23 L	F	Kiara Barnes	23	TYGE CPT	24/06/2023	PEA Winter Gala 2023

### Individual Top Times

Times since: 01-May-23      Times until: 30-Apr-24  
 Number of Top Times: All      Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
35	1:13.40	L	F	Mia vd Walt	20	TUKS	FSH 12/12/2023 NTS Championships 2023
36	1:13.53	L	F	Leah Christie	19	RSA	03/05/2023 CANA Zone IV Swimming Champions
37	1:13.73	L	F	Erin Daffarn	19	VINE	CPT 11/11/2023 Winelands SL4
38	1:13.80	L S	F	Tayla Parker	20	SWIFT	EKU 07/12/2023 EGA Summer Championships
39	1:14.85	L	P	Cailey Sauvage	19	PAC	FSH 12/12/2023 NTS Championships 2023
40	1:15.42	L	F	Jordainne Kazimierczak	21	FLOD	JHB 30/11/2023 CGA Championships 2023
41	1:15.43	L	F	Guilma Lausberg	20	MATI	GED 16/09/2023 USSA Swimming
42	1:15.52	L	F	Erin Haslehurst	20	PGAC	EKU 15/09/2023 EGA Summer 1
43	1:15.75	L	F	Anica Dennis	22	INFA	NMA 24/06/2023 PEA Winter Gala 2023
44	1:16.28	L	F	Megan Bulose	19	UWC	CPT 16/09/2023 USSA Swimming
45	1:16.53	L	F	Rachael Humphries	22	NWUC	KKD 06/12/2023 NWS Championships 2023/24
46	1:19.05	L	F	Donia Smit	19	HMER	MP 14/10/2023 Limpopo Top 8 - High Schools
47	1:19.69	L	F	Chanel Fourie	19	AA	JHB 27/01/2024 CGA Level 2+ Gala 27 Jan 2024
48	1:20.25	L	P	Amani Ismail	19	TUKS	FSH 12/12/2023 NTS Championships 2023
49	1:20.65	L	F	Corinna Meyer	19	PSC	FSH 23/02/2024 NTS Prestige AG February 2024
50	1:22.02	L S	P	Santana Van Der Zandt	19	SOUL	EKU 07/12/2023 EGA Summer Championships
51	1:22.60	L	F	Anneke van Eeden	20	NWUC	KKD 06/12/2023 NWS Championships 2023/24
52	1:23.03	L	F	Lara Potgieter	19	HSBV	SKD 14/10/2023 Limpopo Top 8 - High Schools
53	1:23.38	L	F	Esmari Theart	29	KALA	03/02/2024 NCASA SPRINTS 2024
54	1:24.80	L	F	Joanica Kriegler	20	WCA	CPT 08/04/2024 SA National Aquatic Champ 2024-PE
55	1:25.15	L	F	Tumelo Thelejane	19	OLDE	JHB 27/01/2024 CGA Level 2+ Gala 27 Jan 2024
56	1:27.35	L	F	Suzanne Harrop-Allin	45	CSC	FSH 05/10/2023 42nd Freda Barnard Invitational Gala
57	1:30.47	L	P	Ra-eesa Jephta	19	MANT	CPT 24/06/2023 PEA Winter Gala 2023
58	1:33.46	L	F	Ayanda Tshabalala	20	HPS	FSH 24/03/2024 SA Level 2 Regional Age Group Champs
59	1:41.60	L S	P	Mukona Ligege	22	ONYX	EKU 07/12/2023 EGA Summer Championships
60	1:42.05	L	F	Mia Vd Merwe	25	CASC	CPT 18/11/2023 CTA QUALIFYING MEET 2
61	1:42.91	L	P	Nikita Douglass	25	AGB	JHB 08/04/2024 SA National Aquatic Champ 2024-PE
62	1:46.70	L	F	Kiersten Paulse	19	XSAQ	CPT 17/09/2023 CTA BMEET 3
63	1:50.43	L	F	Minke Janse Van Rensburg	19	FISH	EDD 05/10/2023 42nd Freda Barnard Invitational Gala
64	1:52.13	L	F	Janine Steyn	53	BETH	FDD 26/08/2023 kovsie Sprint Gala
65	1:55.91	L	F	Ina Prinsloo	48	BETH	FDD 18/11/2023 Valsrivier Gala
66	1:56.29	L	F	Cornelia Fowler	43	KLOO	ETH 21/01/2024 EDA Age Group Gala 5 2024
67	2:08.67	L	F	Rentia Oosthuizen	32	DESA	NMA 15/12/2023 NMBA Championships 2023
68	2:36.08	L	P	Marne Kock	26	RBUR	BPD 06/12/2023 NWS Championships 2023/24
69	2:47.47	L	F	Ilse Booysen	66	UPSK	ZMD 11/11/2023 AGE GROUP 1 UPT
<b>Women 200 Back</b>							
1	2:12.04	L	S	Hannah Pearse	21	TUKS	FSH 05/08/2023 World Univesity Games 2023
2	2:16.06	L	P	Mariella Venter	24	RSA	13/10/2023 World Aqua -Swimming World Cup Oct
3	2:18.04	L	P	Tayla Jonker	19	PSC	FSH 05/08/2023 World Univesity Games 2023
4	2:21.60	L	F	Kristin Bellingan	26	TUKS	FSH 14/12/2023 KZNA 2023 Championships Incorpor SSA
5	2:22.72	L	F	Dakota Tucker	19	WATR	JHB 24/06/2023 PEA Winter Gala 2023
6	2:23.40	L	P	Lize-Marie Davidson	20	FSA	FS 08/04/2024 SA National Aquatic Champ 2024-PE
7	2:24.58	L	F	Tara Uys	19	TYGE	CPT 14/12/2023 Western Cape LC-A Championship 2023
8	2:25.05	L	F	Carissa Van Rooyen	22	CA	EKU 28/10/2023 EGA Summer 2 2023
9	2:25.32	L	F	Trinity Hearne	20	CYBE	CPT 18/11/2023 CTA QUALIFYING MEET 2
10	2:27.30	L S	F	Chazél Orton	19	POTC	KKD 15/03/2024 SA National Junior Age Group
11	2:27.70	L	F	Hannah Andraos	20	TUKS	FSH 16/09/2023 USSA Swimming
12	2:29.27	L	F	Marlies Ross	26	TUKS	FSH 23/02/2024 NTS Prestige AG February 2024
13	2:32.24	L	P	Heike Thormahlen	24	TUKS	FSH 23/02/2024 2024 Grand Prix 2 Invitational Meet -
14	2:32.69	L	P	Anieke Helmand	19	KOVS	MAN 14/12/2023 Western Cape LC-A Championship 2023
15	2:34.03	L	F	Megan Shepherd	21	TUKS	FSH 20/10/2023 NTS Level 3+ October Age Group 2023
16	2:36.04	L	F	Lezanne De Villiers	19	LALE	GED 11/11/2023 Winelands SL4
17	2:37.08	L	F	Abigail Swanepoel	20	NMU	NMA 24/06/2023 PEA Winter Gala 2023
18	2:38.86	L	F	Tayla Parker	20	SWIFT	EKU 07/12/2023 EGA Summer Championships
19	2:39.08	L	F	Tumaini Macdonell	19	USC	BUF 24/11/2023 BCA Long Course Championships 2023
20	2:39.47	L	F	Jordainne Kazimierczak	21	FLOD	JHB 30/11/2023 CGA Championships 2023
21	2:39.89	L	F	Chloe LE Roux	20	MATI	GED 16/09/2023 USSA Swimming
22	2:40.32	L	F	Leah Christie	19	RSA	03/05/2023 CANA Zone IV Swimming Champions
23	2:41.02	L	F	Kiara Barnes	23	TYGE	CPT 24/06/2023 PEA Winter Gala 2023

## Individual Top Times

**Times since: 01-May-23**      **Times until: 30-Apr-24**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
24	2:42.60 L	F	Guilma Lausberg	20	MATI CED	16/09/2023	USSA Swimming
25	2:43.41 L	F	Amori Potgieter	19	NWUC KKD	06/12/2023	NWS Championships 2023/24
26	2:43.75 L	F	Rachael Humphries	22	NWUC KKD	16/09/2023	USSA Swimming
27	2:45.53 L	F	Sinelithemba Mbatha	21	TUKS FSH	16/09/2023	USSA Swimming
28	2:46.12 L	F	Donia Smit	19	SS MPD	01/12/2023	Limpopo Champs
29	2:55.27 L	F	Megan Bulose	19	UWC CPT	16/09/2023	USSA Swimming
30	2:55.37 L	P	Amani Ismail	19	TUKS FSH	12/12/2023	NTS Championships 2023
31	3:11.48 L	F	Jessica Lazarou	19	AWSC JHB	17/02/2024	CGA Level 2+ Gala 17 Feb 2024
32	3:25.74 L	F	Morgan Vermeulen	20	SWIFT ECU	28/10/2023	EGA Summer 2 2023
33	4:01.70 L	F	Oratile Ndawo	19	ESP ECU	07/12/2023	EGA Summer Championships
34	5:34.70 L	F	Ilse Booysen	66	UPSK ZMD	20/01/2024	AGE GROUP 5 UPT 2024
<b>Women 50 Breast</b>							
1	29.91 L	S	Lara Van Niekerk	21	RSA	23/07/2023	World Aquatics Champ- Fukuoka 2023
2	30.09 L	P	Tatjana Smith	26	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
3	31.06 L	F	Simone Moll	19	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
4	31.70 L	S	Kaylene Corbett	24	TUKS FSH	05/08/2023	World Univesity Games 2023
5*	32.38 L	P	Jade Nesor	24	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
5*	32.38 L	P	Chelaine Van der Westhuizen	22	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
7	32.54 L	F	Kate Meyer	21	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
8	32.58 L	P	Aimee Canny	20	KNYA EDD	24/06/2023	PEA Winter Gala 2023
9	32.60 L	P	Caitlin De Lange	20	TUKS FSH	11/08/2023	LEN European U23 Champs
10	33.25 L	F	Catherine Van Rensburg	19	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
11	33.61 L	F	Jenna-Laine Fuller	23	TUKS FSH	20/10/2023	NTS Level 3+ October Age Group 2023
12	34.24 L	P	Helen Taylor	26	KZNA ETH	08/04/2024	SA National Aquatic Champ 2024-PE
13	34.47 L	F	Johanna Buys	23	PAC FSH	12/12/2023	NTS Championships 2023
14	34.51 L	F	Sune Van Jaarsveld	22	TUKS FSH	12/12/2023	NTS Championships 2023
15	34.52 L	F	Marne' Meier	25	CASC CPT	14/12/2023	Western Cape LC-A Championship 2023
16	34.73 L	P	Simej Van Staden	19	KZNA ETH	08/04/2024	SA National Aquatic Champ 2024-PE
17*	34.78 L	P	Michelle Nieuwstad	30	LALE CED	14/12/2023	Western Cape LC-A Championship 2023
17*	34.78 L	F	Mariella Venter	24	WATR JHB	24/06/2023	PEA Winter Gala 2023
19	35.01 L	P	Q-Rize Ferreira	20	TUKS FSH	15/03/2024	SA National Junior Age Group
20	35.13 L	F	Samantha Straw	22	TUKS FSH	20/10/2023	NTS Level 3+ October Age Group 2023
21	35.16 L	F	Jenna Whiting	23	TUKS FSH	16/09/2023	USSA Swimming
22	35.32 L	P	Anieke Helmand	19	FSA FS	08/04/2024	SA National Aquatic Champ 2024-PE
23	35.44 L	P	Tumaini Macdonell	19	ECA BUF	08/04/2024	SA National Aquatic Champ 2024-PE
24	35.45 L	F	Megan Shepherd	21	TUKS FSH	16/09/2023	USSA Swimming
25	35.69 L	F	Caitlin Rademakers	19	INFA NMA	23/09/2023	3rd A League Gala 2023
26	35.74 L	P	Jolene Cornelius	20	TUKS FSH	15/03/2024	SA National Junior Age Group
27	35.77 L	F	Cailey Sauvage	19	PAC FSH	12/12/2023	NTS Championships 2023
28	35.89 L	F	Kara Cilliers	19	TUKS FSH	16/02/2024	NTS February Open Age Group 2024
29	35.90 L	P	Taneal Baptiste	25	TUKS FSH	14/12/2023	KZNA 2023 Championships Incorp SSA
30	36.08 L	F	Kristen Straszacker	24	CASC CPT	24/11/2023	CTA A & B CHAMPS 2023
31	36.13 L	F	Leah Christie	19	RSA	03/05/2023	CANA Zone IV SwimmingChampions
32	36.16 L	F	Reedah Shaw	24	TUKS FSH	16/09/2023	USSA Swimming
33	36.31 L	P	Tilka Paljk	27	MATI CED	14/12/2023	Western Cape LC-A Championship 2023
34	36.58 L	F	Carissa Van Rooyen	22	CA ECU	11/11/2023	EGA Summer 3
35	37.03 L	F	Constantina Pietersen	22	INFA NMA	12/08/2023	Madibaz Swim Meet 2023
36	37.05 L	F	Yvette Victor	44	COEL FSH	01/12/2023	2023 The Tshwane Mayor's Gala
37	37.13 L	P	Alex Truter	19	BEAV ETH	15/03/2024	SA National Junior Age Group
38	37.24 L	F	Catherine Morrison	19	TUKS FSH	16/02/2024	NTS February Open Age Group 2024
39	37.39 L	F	Netanya Roberts	22	MATI CED	16/09/2023	USSA Swimming
40	37.87 L	P	Jessica Booth	21	MATI CED	24/06/2023	PEA Winter Gala 2023
41	37.95 L	F	Heike Thormahlen	24	TUKS FSH	17/11/2023	NTS Level 3+ November Age Group
42	38.23 L S	F	Tayla Parker	20	SWIFT ECU	07/12/2023	EGA Summer Championships
43	38.39 L	F	Megan Bulose	19	UWCA CPT	18/11/2023	CTA QUALIFYING MEET 2
44	38.54 L	F	Jordan Buffel	19	TRAZ FSH	17/11/2023	NTS Level 3+ November Age Group
45	38.86 L	F	Carla Antonopoulos	23	TUKS FSH	17/11/2023	NTS Level 3+ November Age Group
46	38.94 L	F	Gabriella de Beer	19	NWUC KKD	06/12/2023	NWS Championships 2023/24
47	38.99 L	F	Anneke van Eeden	20	NWUC KKD	21/10/2023	NWS Age Group 1 & 2 2023

## Individual Top Times

**Times since: 01-May-23**      **Times until: 30-Apr-24**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr				
48	39.05 L	P	Alani Ferreira	25	KZNA ETH	08/04/2024	SA National Aquatic Champ 2024-PE	
49	39.32 L	P	Amori Potgieter	19	NWUC KKD	06/12/2023	NWS Championships 2023/24	
50	39.33 L	F	Luchelle Oosthuizen	19	KOVS MAN	26/08/2023	kovsie Sprint Gala	
51	39.57 L	P	Sybil de Beer	44	POTC KKD	06/12/2023	NWS Championships 2023/24	
52	39.80 L	P	Erin Haslehurst	20	PGAC EKV	15/03/2024	SA National Junior Age Group	
53	40.08 L	F	Suzanne Harrop-Allin	45	COEL TSH	01/12/2023	2023 The Tshwane Mayor's Gala	
54	40.09 L	F	Yvonne Botha	19	HBV MP	14/10/2023	Limpopo Top 8 - High Schools	
55	40.45 L	F	Wendy Cook	54	COEL TSH	27/01/2024	Ushaka Champs 2024	
56	40.63 L	P	Luané Engelbrecht	19	TUKS TSH	12/12/2023	NTS Championships 2023	
57	40.81 L S	F	Megan Adams	19	SOUL EKV	07/12/2023	EGA Summer Championships	
58	40.86 L	F	Courtney Badenhorst	20	MANT CPT	20/01/2024	CTA A MEET 4	
59	41.13 L	F	Donia Smit	19	SS MPD	01/12/2023	Limpopo Champs	
60	41.30 L	F	Lemeez Browne	21	NMU NMA	16/09/2023	USSA Swimming	
61	42.08 L	F	Joanica Kriegler	20	LALÉ CED	03/02/2024	Winelands SL final	
62	42.54 L	P	Kiara Barnes	23	TYGE CPT	24/06/2023	PEA Winter Gala 2023	
63	42.64 L	F	Corinna Meyer	19	PSC TSH	20/10/2023	NTS Level 3+ October Age Group 2023	
64	42.81 L	F	Charlene De Souza	42	EXP TSH	01/12/2023	2023 The Tshwane Mayor's Gala	
65	42.99 L	F	Michele Esterhuizen	52	CSA EZD	01/12/2023	Mpumalanga Championships 2023	
66	43.03 L	P	Kara Fourie	19	LAD UTD	05/04/2024	SA Level 2 Regional Age Group Champs	
67	43.43 L	F	Annorina Groenewald	43	KTS	24/11/2023	AGE GROUP 2 KATHU 2023	
68	43.66 L	F	Tanika Lubbe	23	KALA	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023	
69	44.05 L	F	Esmari Theart	29	KALA	03/02/2024	NCASA SPRINTS 2024	
70	44.58 L	P	Ayanda Tshabalala	20	HPS TSH	12/12/2023	NTS Championships 2023	
71	44.88 L	P	Chanel Fourie	19	AA JHB	20/03/2024	SA Level 3 Regional Age Group	
72	45.12 L	F	Jessica Lazarou	19	AWSC JHB	24/03/2024	SA Level 2 Regional Age Group Champs	
73	45.15 L	F	Kyla Lessing	22	MATI CED	16/09/2023	USSA Swimming	
74	45.55 L	F	Zarlia Engelbrecht	20	KSC EZD	23/09/2023	MP SPRINT GALA 23 SEPTEMBER	
75	45.59 L	F	Nicole De Montille	48	CA EKV	26/01/2024	EGA Last Chance 2024	
76	45.67 L	F	Kirsten Henry	22	MATI CED	16/09/2023	USSA Swimming	
77	46.52 L	F	Cheney Le Roux	19	KTS	24/11/2023	AGE GROUP 2 KATHU 2023	
78	46.70 L	F	Theani Erasmus	19	HFDT MP	14/10/2023	Limpopo Top 8 - High Schools	
79	47.45 L	F	Janine Steyn	53	BETH FDD	26/08/2023	kovsie Sprint Gala	
80	47.66 L	P	Ra-eesa Jephta	19	MANT CPT	24/06/2023	PEA Winter Gala 2023	
81	48.13 L	F	Louise Cockeran	38	KALA	02/12/2023	AGE GROUP 3 KATHU - 2023	
82	48.21 L	F	Lauren Roberts	48	UNI EZD	01/12/2023	Mpumalanga Championships 2023	
83	49.50 L	F	Christina Van Rooyen	48	PGAC EKV	26/01/2024	EGA Last Chance 2024	
84	50.93 L	F	Keslynn Anthony	19	CAMB BUF	03/02/2024	Buffalo City School Trials 2024	
85	52.46 L S	F	Mukona Ligeze	22	ONYX EKV	07/12/2023	EGA Summer Championships	
86	53.78 L	F	Sorja Coetzee	36	VALS FDD	06/12/2023	Free State Champs 2023	
87	53.99 L	F	Ina Prinsloo	48	BETH FDD	18/11/2023	Valsrivier Gala	
88	54.24 L	F	Jeanne Louw	41	KALA	20/01/2024	AGE GROUP 5 KATHU 2024	
89	54.76 L	F	Minke Janse Van Rensburg	19	FISH EDD	20/01/2024	EDEN 4th A-League Gala 2024	
90	56.47 L	F	Cornelia Fowler	43	KLOO ETH	14/12/2023	KZNA 2023 Championships Incorporate SSA	
91	57.35 L	P	Rentia Oosthuizen	32	DESA NMA	09/02/2024	Infinity Gala 2024	
92	58.04 L	F	Katherine Swanepoel	36	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE	
93	58.43 L	F	Mpho Kobyané	20	ATTE TSH	02/02/2024	NTS Level 1+2 February Age Group	
94	1:00.04 L	F	Mia Vd Merwe	25	CASC CPT	24/06/2023	PEA Winter Gala 2023	
95	1:04.93 L	P	Nikita Douglass	25	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE	
96	1:08.01 L	F	Huibrecht Engelbrecht	35	SS MPD	21/10/2023	Limpopo Age Group 4	
97	1:12.23 L	F	Helen Van Vuuren	44	NWUC KKD	06/12/2023	NWS Championships 2023/24	
98	1:14.58 L	F	Taryn Beaton	42	PEAS NMA	22/07/2023	1st A League Gala 2023	
99	1:15.45 L	F	Marne Kock	26	RBUR BPD	21/10/2023	NWS Age Group 1 & 2 2023	
<b>Women 100 Breast</b>								
1	1:05.41 L S	P	Tatjana Smith	26	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE	
2	1:06.98 L	F	Kaylene Corbett	24	TUKS TSH	05/08/2023	World Univesity Games 2023	
3	1:07.03 L	P	Lara Van Niekerk	21	RSA	23/07/2023	World Aquatics Champ- Fukuoka 2023	
4	1:08.16 L S	F	Simone Moll	19	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE	
5	1:08.19 L S	P	Aimee Canny	20	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE	
6	1:11.88 L	F	Marizel Van Jaarsveld	24	MDOL JHB	29/11/2023	2023 Toyota US Open Championships	

## Individual Top Times

**Times since: 01-May-23**      **Times until: 30-Apr-24**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr					
7	1:12.10	L S	P	Chelaine Van der Westhuizen	22	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
8	1:12.27	L	P	Kate Meyer	21	TUKS	FSH	05/08/2023	World Univesity Games 2023
9	1:14.10	L S	P	Lana Janson	21	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
10	1:14.12	L	F	Catherine Van Rensburg	19	TUKS	FSH	22/09/2023	NTS Level 3+ September Age Group
11	1:14.58	L	F	Marne' Meier	25	CASC	CPT	14/12/2023	Western Cape LC-A Championship 2023
12	1:14.77	L	P	Dakota Tucker	19	WATR	JHB	24/06/2023	PEA Winter Gala 2023
13	1:15.49	L	F	Jenna-Laine Fuller	23	TUKS	FSH	20/10/2023	NTS Level 3+ October Age Group 2023
14	1:15.55	L	F	Marlies Ross	26	TUKS	FSH	23/02/2024	NTS Prestige AG February 2024
15	1:15.95	L	P	Helen Taylor	26	AZON	ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
16	1:16.56	L	F	Megan Shepherd	21	TUKS	FSH	16/09/2023	USSA Swimming
17	1:16.57	L S	F	Cailey Sauvage	19	PAC	FSH	12/12/2023	NTS Championships 2023
18	1:16.76	L	F	Jenna Whiting	23	TUKS	FSH	16/09/2023	USSA Swimming
19	1:17.88	L S	F	Q-Rize Ferreira	20	TUKS	FSH	12/12/2023	NTS Championships 2023
20	1:17.94	L	F	Sune Van Jaarsveld	22	TUKS	FSH	16/09/2023	USSA Swimming
21	1:18.07	L	F	Mariella Venter	24	WATR	JHB	24/06/2023	PEA Winter Gala 2023
22	1:18.54	L	F	Michelle Nieuwstad	30	LALE	GED	14/12/2023	Western Cape LC-A Championship 2023
23	1:19.37	L S	F	Jolene Cornelius	20	TUKS	FSH	12/12/2023	NTS Championships 2023
24	1:19.46	L	F	Trinity Hearne	20	CYBE	CPT	18/11/2023	CTA QUALIFYING MEET 2
25	1:19.73	L	P	Simej Van Staden	19	KLOO	ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
26	1:19.84	L	F	Kristin Bellingan	26	TUKS	FSH	22/09/2023	NTS Level 3+ September Age Group
27	1:19.87	L	P	Kara Cilliers	19	TUKS	FSH	15/03/2024	SA National Junior Age Group
28	1:19.95	L	F	Alex Truter	19	BEAV	ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
29	1:20.09	L	F	Caitlin Rademakers	19	INFA	NMA	24/06/2023	PEA Winter Gala 2023
30	1:20.72	L S	F	Yvette Victor	44	CSC	FSH	05/10/2023	42nd Freda Barnard Invitational Gala
31	1:21.17	L	P	Leah Christie	19	RSA		18/10/2023	BRICS Games Swimming 2023-KZN
32	1:21.38	L	F	Constantina Pietersen	22	INFA	NMA	12/08/2023	Madibaz Swim Meet 2023
33	1:21.71	L	F	Jessica Booth	21	MATI	GED	16/09/2023	USSA Swimming
34	1:21.96	L	F	Reedah Shaw	24	TUKS	FSH	16/09/2023	USSA Swimming
35	1:22.02	L	F	Anieke Helmand	19	KOVS	MAN	06/12/2023	Free State Champs 2023
36	1:22.24	L	P	Paige Nicholson	20	ASHL	ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
37	1:22.92	L	F	Alani Ferreira	25	KZNA	ETH	08/04/2024	SA National Aquatic Champ 2024-PE
38	1:23.37	L	F	Luchelle Oosthuizen	19	KOVS	MAN	21/10/2023	Otters Prestige Gala 2023
39	1:23.69	L	F	Catherine Morrison	19	TUKS	FSH	17/11/2023	NTS Level 3+ November Age Group
40	1:24.22	L S	P	Jordan Buffel	19	TRAZ	FSH	12/12/2023	NTS Championships 2023
41	1:25.17	L	F	Tayla Parker	20	SWIFT	EKU	07/12/2023	EGA Summer Championships
42	1:25.35	L	P	Anneke van Eeden	20	NWUC	KKD	06/12/2023	NWS Championships 2023/24
43	1:25.59	L	F	Amori Potgieter	19	NWUC	KKD	16/09/2023	USSA Swimming
44	1:25.81	L	F	Calista Mackenzie	19	HE	CCD	14/10/2023	Limpopo Top 8 - High Schools
45	1:25.91	L	F	Luané Engelbrecht	19	TUKS	FSH	20/10/2023	NTS Level 3+ October Age Group 2023
46	1:25.96	L	P	Yvonne Botha	19	SS	MPD	20/03/2024	SA Level 3 Regional Age Group
47	1:25.99	L	F	Netanya Roberts	22	MATI	GED	16/09/2023	USSA Swimming
48	1:27.10	L	F	Erin Haslehurst	20	PGAC	EKU	07/12/2023	EGA Summer Championships
49	1:27.21	L	F	Gabriella de Beer	19	NWUC	KKD	11/11/2023	NWS Age Group 3 + 4
50	1:27.22	L	F	Megan Bulose	19	UWCA	CPT	21/03/2024	SA Level 3 Regional Age Group
51	1:27.72	L	F	Sybil de Beer	44	POTC	KKD	06/12/2023	NWS Championships 2023/24
52	1:28.06	L	F	Jordainne Kazimierczak	21	FLOD	JHB	14/10/2023	CGA Level 2 + Gala Oct 2023
53	1:28.78	L	F	Nastasiya Vrey	25	TUKS	FSH	16/09/2023	USSA Swimming
54	1:30.28	L	F	Megan Adams	19	SOUL	EKU	07/12/2023	EGA Summer Championships
55	1:30.36	L S	F	Suzanne Harrop-Allin	45	CSC	FSH	05/10/2023	42nd Freda Barnard Invitational Gala
56	1:30.57	L	F	Donia Smit	19	SS	MPD	01/12/2023	Limpopo Champs
57	1:30.89	L	F	Lemeez Browne	21	NMU	NMA	16/09/2023	USSA Swimming
58	1:31.65	L S	F	Courtney Badenhorst	20	MANT	CPT	24/11/2023	CTA A & B CHAMPS 2023
59	1:35.84	L	F	Michele Esterhuizen	52	CSA	EZD	01/12/2023	Mpumalanga Championships 2023
60	1:38.83	L	F	Ra-eesa Jephtha	19	MANT	CPT	03/02/2024	CTA BRIAN BUTTON Qualifying Meet
61	1:39.52	L	F	Tanika Lubbe	23	NC	FB	27/01/2024	4 + 1 Inter Provincial Gala 2023
62	1:40.12	L	F	Cameron Butler	19	SUPE	JHB	10/11/2023	CGA Level 2+ Gala 10 - 11 Nov 2023
63	1:42.52	L	F	Nicole De Montille	48	CA	EKU	26/01/2024	EGA Last Chance 2024
64	1:43.19	L	F	Janine Steyn	53	BETH	FDD	06/12/2023	Free State Champs 2023
65	1:46.05	L	F	Theani Erasmus	19	HFDT	MP	14/10/2023	Limpopo Top 8 - High Schools



### Individual Top Times

Times since: 01-May-23  
 Number of Top Times: All

Times until: 30-Apr-24  
 Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
66	1:46.15 L	F	Zarlia Engelbrecht	20	KSC EZD	01/12/2023	Mpumalanga Championships 2023
67	1:48.25 L	F	Christina Van Rooyen	48	PGAC EKU	24/11/2023	EGA Summer 4
68	1:48.31 L	P	Oratile Ndawo	19	ESP EKU	07/12/2023	EGA Summer Championships
69	1:48.48 L	F	Morgan Vermeulen	20	SWIFT EKU	28/10/2023	EGA Summer 2 2023
70	1:53.75 L	F	Louise Cockeran	38	KALA	17/02/2024	KATHU T&S CLUB GALA 2024
71	1:57.85 L	F	Kirsten Schworer	21	PGAC EKU	26/01/2024	EGA Last Chance 2024
72	2:03.04 L	F	Keslynn Anthony	19	CAMB BUF	03/02/2024	Buffalo City School Trials 2024
73	2:04.01 L	F	Cornelia Fowler	43	KLOO ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
74	2:04.37 L	F	Rentia Oosthuizen	32	DESA NMA	15/12/2023	NMBA Championships 2023
75	2:06.50 L	F	Nicolette Louw	69	FEMS EDD	17/02/2024	EDEN 5th A-League Gala 2024
76	2:07.30 L	F	Sonja Coetzee	36	VALS FDD	18/11/2023	Valsrivier Gala
77	2:08.10 L	F	Mia Vd Merwe	25	CASC CPT	24/06/2023	PEA Winter Gala 2023
78	2:10.47 L S	F	Minke Janse Van Rensburg	19	FISH EDD	05/10/2023	42nd Freda Barnard Invitational Gala
79	2:13.77 L	F	Mpho Kobyane	20	ATTE TSH	02/02/2024	NTS Level 1+2 February Age Group
80	2:16.19 L	F	Marietta Hamersma	63	BHK NGD	20/01/2024	MP AGE GROUP 4 GALA 20 JANUARY
81	2:39.29 L	F	Marne Kock	26	RBUR BPD	21/10/2023	NWS Age Group 1 & 2 2023
82	2:48.52 L	F	Helen Van Vuuren	44	NWUC KKD	11/11/2023	NWS Age Group 3 + 4
<b>Women 200 Breast</b>							
1	2:19.01 L	F	Tatjana Smith	26	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
2	2:22.99 L	F	Kaylene Corbett	24	TUKS TSH	05/08/2023	World Univesity Games 2023
3	2:31.62 L	F	Simone Moll	19	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
4	2:32.09 L	F	Kate Meyer	21	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
5	2:32.99 L	F	Catherine Van Rensburg	19	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
6	2:33.65 L	F	Dakota Tucker	19	WATR JHB	24/06/2023	PEA Winter Gala 2023
7	2:34.60 L	F	Chelaine Van der Westhuizen	22	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
8	2:38.71 L	P	Marizel Van Jaarsveld	24	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
9	2:41.94 L	P	Helen Taylor	26	AZON ETH	23/02/2024	2024 Grand Prix 2 Invitational Meet -
10	2:43.55 L	F	Cailey Sauvage	19	PAC TSH	12/12/2023	NTS Championships 2023
11	2:44.69 L	F	Megan Shepherd	21	TUKS TSH	16/09/2023	USSA Swimming
12	2:45.40 L	F	Amica De Jager	24	TUKS TSH	16/09/2023	USSA Swimming
13	2:45.99 L	F	Marne' Meier	25	CASC CPT	14/12/2023	Western Cape LC-A Championship 2023
14	2:48.16 L	F	Hannah Murray	20	ROA EDD	24/06/2023	PEA Winter Gala 2023
15	2:50.80 L	P	Alex Truter	19	BEAV ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
16	2:52.16 L	F	Jessica Booth	21	MATI CED	16/09/2023	USSA Swimming
17	2:52.21 L	F	Leah Christie	19	RSA	03/05/2023	CANA Zone IV Swimming Champions
18	2:53.60 L	P	Simeí Van Staden	19	KLOO ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
19	2:55.61 L S	P	Kara Cilliers	19	TUKS TSH	15/03/2024	SA National Junior Age Group
20	2:58.11 L	F	Luchelle Oosthuizen	19	KOVS MAN	01/09/2023	Seals Gala
21	3:03.72 L S	F	Anneke van Eeden	20	NWUC KKD	06/12/2023	NWS Championships 2023/24
22	3:04.07 L S	F	Chazél Orton	19	POTC KKD	06/12/2023	NWS Championships 2023/24
23	3:04.91 L	F	Yvonne Botha	19	SS MPD	01/12/2023	Limpopo Champs
24	3:06.09 L	F	Netanya Roberts	22	MATI CED	16/09/2023	USSA Swimming
25	3:06.69 L	F	Erin Haslehurst	20	PGAC EKU	15/09/2023	EGA Summer 1
26	3:07.32 L	F	Luané Engelbrecht	19	TUKS TSH	20/10/2023	NTS Level 3+ October Age Group 2023
27	3:07.81 L S	F	Gabriella de Beer	19	NWUC KKD	06/12/2023	NWS Championships 2023/24
28	3:12.20 L	F	Megan Adams	19	SOUL EKU	07/12/2023	EGA Summer Championships
29	3:14.17 L S	F	Amori Potgieter	19	NWUC KKD	06/12/2023	NWS Championships 2023/24
30	3:19.14 L	F	Suzanne Harrop-Allin	45	CSC TSH	05/10/2023	42nd Freda Barnard Invitational Gala
31	3:45.69 L	F	Ra-eesa Jephta	19	MANT CPT	24/06/2023	PEA Winter Gala 2023
32	3:47.01 L	F	Janine Steyn	53	BETH FDD	06/10/2023	Super Seals & Sentraal Aquatics Gala
33	3:53.04 L	F	Nicole De Montille	48	CA EKU	15/09/2023	EGA Summer 1
34	4:03.88 L	F	Oratile Ndawo	19	ESP EKU	07/12/2023	EGA Summer Championships
35	4:16.24 L	F	Rentia Oosthuizen	32	DESA NMA	15/12/2023	NMBA Championships 2023
36	4:23.81 L	F	Nicolette Louw	69	FEMS EDD	17/02/2024	EDEN 5th A-League Gala 2024
37	4:24.50 L S	F	Sonja Coetzee	36	VALS FDD	06/12/2023	Free State Champs 2023
38	5:55.97 L	F	Helen Van Vuuren	44	NWUC KKD	11/11/2023	NWS Age Group 3 + 4
<b>Women 50 Fly</b>							
1	25.59 L	F	Erin Gallagher	25	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE

### Individual Top Times

Times since: 01-May-23      Times until: 30-Apr-24  
 Number of Top Times: All      Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
2	26.92	L	P	Caitlin De Lange	20	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
3	27.28	L	F	Inge Weidemann	23	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
4	27.37	L	P	Emma Chelius	27	RSA		20/10/2023	World Aqua -Swimming World Cup Oct
5	27.68	L	F	Rebecca Meder	21	SGUL	ETH	13/10/2023	Golden Homes Swimfest
6	27.74	L	P	Johanna Buys	23	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
7	27.84	L	P	Trinity Hearne	20	RSA		18/10/2023	BRICS Games Swimming 2023-KZN
8	28.30	L	F	Kate Meyer	21	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
9	28.31	L	P	Kerryn Herbst	21	TUKS	FSH	23/02/2024	2024 Grand Prix 2 Invitational Meet -
10	28.34	L	F	Samantha Straw	22	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
11	28.67	L	P	Taneal Baptiste	25	RSA		20/10/2023	World Aqua -Swimming World Cup Oct
12	28.86	L	P	Kiara Noades	23	RSA		13/10/2023	World Aqua -Swimming World Cup Oct
13	29.00	L	F	Kristen Straszacker	24	CASC	CPT	24/11/2023	CTA A & B CHAMPS 2023
14	29.07	L	F	Tayla Jonker	19	PSC	FSH	17/11/2023	NTS Level 3+ November Age Group
15*	29.09	L	P	Natalie Landmann	22	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
15*	29.09	L	P	Marlies Ross	26	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
17	29.19	L	F	Leah Christie	19	CASC	CPT	15/03/2024	SA National Junior Age Group
18	29.20	L	P	Hannah Robertson	19	AGB	JHB	08/04/2024	SA National Aquatic Champ 2024-PE
19*	29.23	L	P	Carla Meikle	22	KZNA	ETH	08/04/2024	SA National Aquatic Champ 2024-PE
19*	29.23	L	F	Carissa Van Rooyen	22	CA	EKU	28/10/2023	EGA Summer 2 2023
21	29.56	L	F	Constantina Pietersen	22	INFA	NMA	12/08/2023	Madibaz Swim Meet 2023
22*	29.59	L	P	Kelly Zwart	20	RSA		18/10/2023	BRICS Games Swimming 2023-KZN
22*	29.59	L S	F	Corinna Meyer	19	PSC	FSH	12/12/2023	NTS Championships 2023
24	29.72	L	F	Lara Van Niekerk	21	PAC	FSH	24/06/2023	PEA Winter Gala 2023
25	29.73	L	F	Natasha Cornelius	22	TUKS	FSH	16/09/2023	USSA Swimming
26	29.81	L	P	Mariella Venter	24	WATR	JHB	24/06/2023	PEA Winter Gala 2023
27	29.93	L	F	Leigh McMorrان	19	AA	JHB	22/09/2023	NTS Level 3+ September Age Group
28*	30.04	L	P	Kayla Schmelzer	19	INFA	NMA	24/06/2023	PEA Winter Gala 2023
28*	30.04	L	P	Marne' Meier	25	CASC	CPT	14/12/2023	Western Cape LC-A Championship 2023
30	30.10	L	P	Hannah Cromhout	19	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
31	30.14	L	F	Tumaini Macdonell	19	USC	BUF	24/06/2023	PEA Winter Gala 2023
32	30.20	L	F	Ashlea Smith	21	RAV	EKU	07/12/2023	EGA Summer Championships
33	30.37	L	F	Chante' Cornelius	22	TUKS	FSH	16/09/2023	USSA Swimming
34	30.38	L S	F	Sune Van Jaarsveld	22	TUKS	FSH	12/12/2023	NTS Championships 2023
35	30.59	L S	F	Casey Smith	20	TUKS	FSH	12/12/2023	NTS Championships 2023
36	30.69	L	F	Jenna-Laine Fuller	23	TUKS	FSH	20/10/2023	NTS Level 3+ October Age Group 2023
37	30.76	L	P	Lezanne De Villiers	19	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
38	30.78	L	P	Q-Rize Ferreira	20	TUKS	FSH	15/03/2024	SA National Junior Age Group
39	30.98	L	F	Courtney Pretorius	23	TUKS	FSH	16/09/2023	USSA Swimming
40	31.00	L	F	Abigail Swanepoel	20	NMU	NMA	09/02/2024	Infinity Gala 2024
41	31.13	L S	F	Jolene Cornelius	20	TUKS	FSH	12/12/2023	NTS Championships 2023
42	31.14	L	P	Kara Cilliers	19	TUKS	FSH	15/03/2024	SA National Junior Age Group
43	31.22	L	P	Sandree Carolus	20	RSA		18/10/2023	BRICS Games Swimming 2023-KZN
44	31.37	L	F	Lise Coetzee	19	TUKS	FSH	20/10/2023	NTS Level 3+ October Age Group 2023
45	31.44	L	F	Tayla Parker	20	SWIFT	EKU	07/12/2023	EGA Summer Championships
46	31.46	L	F	Anieke Helmand	19	KOVS	MAN	06/12/2023	Free State Champs 2023
47	31.51	L	P	Carmel Billson	31	PEAS	NMA	24/06/2023	PEA Winter Gala 2023
48	31.84	L	P	Nuria Ribeiro	21	MATI	GED	14/12/2023	Western Cape LC-A Championship 2023
49	31.85	L	F	Chanel Fourie	19	AA	JHB	20/03/2024	SA Level 3 Regional Age Group
50	32.02	L	P	Caitlin Rademakers	19	INFA	NMA	24/06/2023	PEA Winter Gala 2023
51	32.21	L	P	Tara Uys	19	TYGE	CPT	14/12/2023	Western Cape LC-A Championship 2023
52	32.32	L S	F	Catherine Morrison	19	TUKS	FSH	12/12/2023	NTS Championships 2023
53	32.39	L S	F	Yvette Victor	44	CSC	FSH	05/10/2023	42nd Freda Barnard Invitational Gala
54	32.43	L S	P	Mia vd Walt	20	TUKS	FSH	12/12/2023	NTS Championships 2023
55	32.55	L	F	Jenna Whiting	23	TUKS	FSH	16/09/2023	USSA Swimming
56	32.70	L	F	Reedah Shaw	24	TUKS	FSH	16/09/2023	USSA Swimming
57	32.78	L	P	Erin Daffarn	19	VINE	CPT	14/12/2023	Western Cape LC-A Championship 2023
58	33.01	L	P	Zoli de Kock	39	POTC	KKD	06/12/2023	NWS Championships 2023/24
59	33.12	L	P	Erin Haslehurst	20	PGAC	EKU	15/03/2024	SA National Junior Age Group
60	33.31	L	F	Tilka Paljk	27	MATI	GED	16/09/2023	USSA Swimming

### Individual Top Times

Times since: 01-May-23 Times until: 30-Apr-24  
 Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
61	33.39 L	F	Sinelithemba Mbatha	21	TUKS FSH	16/09/2023	USSA Swimming
62	33.53 L	P	Kiara Barnes	23	TYGE CPT	24/06/2023	PEA Winter Gala 2023
63	33.54 L	F	Megan Bulose	19	UWCA CPT	24/11/2023	CTA A & B CHAMPS 2023
64	33.59 L	F	Michele Esterhuizen	52	CSA EZD	01/12/2023	Mpumalanga Championships 2023
65	33.70 L	F	Anneke van Eeden	20	NWUC KKD	06/12/2023	NWS Championships 2023/24
66	33.72 L	F	Zaria Fourie	19	HSBV SKD	14/10/2023	Limpopo Top 8 - High Schools
67	33.76 L	F	Jordan Buffel	19	TRAZ FSH	17/11/2023	NTS Level 3+ November Age Group
68	34.05 L	F	Yvonne Botha	19	SS MPD	01/12/2023	Limpopo Champs
69	34.52 L	F	Calista Mackenzie	19	HE CCD	14/10/2023	Limpopo Top 8 - High Schools
70	34.69 L	F	Tanika Lubbe	23	KALA	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023
71	34.79 L	F	Jayme - Sue Vermaas	26	KOVS MAN	13/10/2023	Pelicans Gala
72	35.01 L	F	Alex Truter	19	BEAV ETH	21/10/2023	Froggies Championships 2023
73	35.18 L	F	Amori Potgieter	19	NWUC KKD	06/12/2023	NWS Championships 2023/24
74	36.21 L	P	Megan Adams	19	SOUL EKU	07/12/2023	EGA Summer Championships
75	36.32 L	F	Luané Engelbrecht	19	TUKS FSH	20/10/2023	NTS Level 3+ October Age Group 2023
76	36.45 L	F	Joanica Kriegler	20	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
77	36.65 L	F	Ra-eesa Jephtha	19	MANT CPT	17/02/2024	Swartland Invitational Gala 2024
78	37.18 L	F	Courtney Badenhorst	20	MANT CPT	24/11/2023	CTA A & B CHAMPS 2023
79	37.22 L	F	Donia Smit	19	SS MPD	01/12/2023	Limpopo Champs
80	37.29 L	F	Esmari Theart	29	KALA	03/02/2024	NCASA SPRINTS 2024
81	37.85 L	F	Katelyn Marais	21	TUKS FSH	16/09/2023	USSA Swimming
82	38.09 L	P	Sybil de Beer	44	POTC KKD	06/12/2023	NWS Championships 2023/24
83	38.46 L	F	Minke Janse Van Rensburg	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
84	38.56 L	F	Nastasiya Vrey	25	TUKS FSH	16/09/2023	USSA Swimming
85	38.67 L	F	Lauren Roberts	48	UNI EZD	01/12/2023	Mpumalanga Championships 2023
86	38.80 L	F	Mukona Ligege	22	ONYX EKU	07/12/2023	EGA Summer Championships
87	40.38 L	F	Kara Fourie	19	LAD UTD	21/10/2023	Uthukela District Age Group Gala
88	40.67 L	F	Janine Steyn	53	BETH FDD	06/12/2023	Free State Champs 2023
89	41.89 L	F	Kirsten Schworer	21	PGAC EKU	24/11/2023	EGA Summer 4
90	43.03 L	F	Kirsten Henry	22	MATI CED	16/09/2023	USSA Swimming
91	43.55 L	F	Oratile Ndawo	19	ESP EKU	24/11/2023	EGA Summer 4
92	47.06 L S	F	Mia Vd Merwe	25	CASC CPT	14/12/2023	Western Cape LC-A Championship 2023
93	48.06 L	F	Nikita Douglass	25	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
94	1:02.22 L	F	Lesego Ramothibe	19	ONYX EKU	26/01/2024	EGA Last Chance 2024
95	1:05.39 L	F	Helena Farrelly	61	FEMS EDD	17/02/2024	EDEN 5th A-League Gala 2024
<b>Women 100 Fly</b>							
1	57.32 L S	F	Erin Gallagher	25	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
2	1:00.05 L S	F	Trinity Hearne	20	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
3	1:03.23 L S	F	Leigh McMorran	19	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
4	1:03.27 L	P	Taneal Baptiste	25	RSA	20/10/2023	World Aqua -Swimming World Cup Oct
5	1:03.39 L	F	Dakota Tucker	19	WATR JHB	24/06/2023	PEA Winter Gala 2023
6	1:03.69 L	P	Hannah Robertson	19	MDOL JHB	11/08/2023	LEN European U23 Champs
7	1:04.22 L	F	Johanna Buys	23	PAC FSH	12/12/2023	NTS Championships 2023
8	1:04.39 L	F	Lara Van Niekerk	21	PAC FSH	12/12/2023	NTS Championships 2023
9	1:04.40 L	F	Caitlin De Lange	20	TUKS FSH	20/10/2023	NTS Level 3+ October Age Group 2023
10	1:04.64 L S	F	Tayla Jonker	19	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
11	1:04.68 L S	P	Inge Weidemann	23	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
12	1:04.93 L	P	Kerryn Herbst	21	RSA	13/10/2023	World Aqua -Swimming World Cup Oct
13	1:05.33 L	F	Kristin Bellingan	26	TUKS FSH	14/12/2023	KZNA 2023 Championships Incorp SSA
14	1:05.53 L	F	Kelly Zwart	20	SEAL UMD	14/12/2023	KZNA 2023 Championships Incorp SSA
15	1:05.55 L	F	Natasha Cornelius	22	TUKS FSH	16/09/2023	USSA Swimming
16	1:05.97 L	F	Chante' Cornelius	22	TUKS FSH	16/09/2023	USSA Swimming
17	1:06.63 L S	P	Abigail Swanepoel	20	ECA BUF	08/04/2024	SA National Aquatic Champ 2024-PE
18	1:07.00 L	F	Mariella Venter	24	WATR JHB	24/06/2023	PEA Winter Gala 2023
19	1:07.48 L S	F	Q-Rize Ferreira	20	TUKS FSH	15/03/2024	SA National Junior Age Group
20	1:07.73 L	F	Marlies Ross	26	TUKS FSH	23/02/2024	NTS Prestige AG February 2024
21	1:08.42 L S	F	Kara Cilliers	19	TUKS FSH	15/03/2024	SA National Junior Age Group
22	1:08.59 L	F	Kaylene Corbett	24	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group
23	1:08.69 L	F	Sune Van Jaarsveld	22	TUKS FSH	12/12/2023	NTS Championships 2023

## Individual Top Times

**Times since: 01-May-23**      **Times until: 30-Apr-24**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr			
24	1:08.85 L	F	Carla Antonopoulos	23	TUKS FSH	16/09/2023	USSA Swimming
25	1:08.91 L S	P	Jolene Cornelius	20	TUKS FSH	15/03/2024	SA National Junior Age Group
26	1:09.35 L	F	Courtney Pretorius	23	TUKS FSH	16/09/2023	USSA Swimming
27	1:10.25 L	F	Lezanne De Villiers	19	LALE CED	23/02/2024	2024 Grand Prix 2 Invitational Meet -
28	1:10.57 L	F	Ashlea Smith	21	RAV EKU	07/12/2023	EGA Summer Championships
29	1:11.10 L	F	Megan Shepherd	21	TUKS FSH	23/02/2024	NTS Prestige AG February 2024
30	1:11.40 L	F	Mia vd Walt	20	TUKS FSH	12/12/2023	NTS Championships 2023
31	1:11.49 L	F	Erin Haslehurst	20	PGAC EKU	07/12/2023	EGA Summer Championships
32	1:11.71 L	P	Sandree Carolus	20	RSA	18/10/2023	BRICS Games Swimming 2023-KZN
33	1:11.74 L S	F	Chazél Orton	19	POTC KKD	06/12/2023	NWS Championships 2023/24
34	1:11.81 L	P	Casey Smith	20	TUKS FSH	12/12/2023	NTS Championships 2023
35	1:12.72 L	F	Corinna Meyer	19	PSC FSH	23/02/2024	NTS Prestige AG February 2024
36	1:13.39 L	F	Chanel Fourie	19	AA JHB	20/03/2024	SA Level 3 Regional Age Group
37	1:13.47 L	F	Chloe LE Roux	20	MATI CED	16/09/2023	USSA Swimming
38	1:16.40 L S	F	Anneke van Eeden	20	NWUC KKD	06/12/2023	NWS Championships 2023/24
39	1:16.49 L	F	Leah Christie	19	RSA	03/05/2023	CANA Zone IV Swimming Champions
40	1:16.56 L	F	Jayne - Sue Vermaas	26	KOVS MAN	13/10/2023	Pelicans Gala
41	1:18.80 L	F	Calista Mackenzie	19	HE CCD	14/10/2023	Limpopo Top 8 - High Schools
42	1:19.18 L	F	Gabriella de Beer	19	NWUC KKD	16/09/2023	USSA Swimming
43	1:19.83 L	F	Simeï Van Staden	19	KLOO ETH	16/02/2024	EDA Age Group Gala 6 2024
44	1:22.57 L	P	Luané Engelbrecht	19	TUKS FSH	20/03/2024	SA Level 3 Regional Age Group
45	1:22.85 L	F	Ra-eesa Jephta	19	MANT CPT	03/02/2024	CTA BRIAN BUTTON Qualifying Meet
46	1:23.92 L	F	Netanya Roberts	22	MATI CED	16/09/2023	USSA Swimming
47	1:24.15 L	P	Megan Bulose	19	UWCA CPT	21/03/2024	SA Level 3 Regional Age Group
48	1:25.04 L	F	Zaria Fourie	19	HSBV SKD	14/10/2023	Limpopo Top 8 - High Schools
49	1:25.57 L	F	Alex Truter	19	BEAV ETH	24/11/2023	Westville-Seals LC Championships
50	1:25.95 L	P	Joanica Kriegler	20	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
51	1:26.34 L	F	Yvonne Botha	19	HBV MP	14/10/2023	Limpopo Top 8 - High Schools
52	1:26.58 L	F	Donia Smit	19	HMER MP	14/10/2023	Limpopo Top 8 - High Schools
53	1:27.36 L	F	Alani Ferreira	25	SEAL UMD	24/11/2023	Westville-Seals LC Championships
54	1:35.39 L	F	Katelyn Marais	21	TUKS FSH	16/09/2023	USSA Swimming
55	1:36.38 L S	F	Janine Steyn	53	BETH FDD	06/12/2023	Free State Champs 2023
56	1:40.35 L	F	Minke Janse Van Rensburg	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
<b>Women 200 Fly</b>							
1	2:13.97 L	F	Duné Coetzee	22	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
2	2:14.23 L	F	Trinity Hearne	20	CYBE CPT	14/12/2023	Western Cape LC-A Championship 2023
3	2:16.53 L	F	Erin Gallagher	25	TUKS FSH	14/12/2023	KZNA 2023 Championships Incorp SSA
4	2:17.50 L	F	Leigh McMorran	19	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
5	2:18.56 L	F	Dakota Tucker	19	WATR JHB	24/06/2023	PEA Winter Gala 2023
6	2:22.78 L	P	Carla Antonopoulos	23	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
7	2:26.49 L	F	Kristin Bellingan	26	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group
8	2:30.21 L	F	Kelly Zwart	20	SEAL UMD	24/11/2023	Westville-Seals LC Championships
9	2:32.03 L	P	Abigail Swanepoel	20	ECA BUF	08/04/2024	SA National Aquatic Champ 2024-PE
10	2:39.36 L	F	Courtney Pretorius	23	TUKS FSH	16/09/2023	USSA Swimming
11	2:47.38 L	F	Erin Haslehurst	20	PGAC EKU	07/12/2023	EGA Summer Championships
12	2:48.50 L	F	Jessica Booth	21	MATI CED	16/09/2023	USSA Swimming
13	3:43.70 L	F	Megan Bulose	19	UWC CPT	16/09/2023	USSA Swimming
14	3:48.69 L	F	Janine Steyn	53	BETH FDD	06/10/2023	Super Seals & Sentraal Aquatics Gala
<b>Women 150 IM</b>							
1	3:02.53 L	F	Katherine Swanepoel	36	DRGN EKU	27/01/2024	CGA Level 2+ Gala 27 Jan 2024
<b>Women 200 IM</b>							
1	2:10.95 L	P	Rebecca Meder	21	RSA	23/07/2023	World Aquatics Champ- Fukuoka 2023
2	2:12.23 L S	F	Aimee Canny	20	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
3	2:13.88 L S	F	Tatjana Smith	26	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
4	2:15.66 L	F	Dakota Tucker	19	WATR JHB	11/08/2023	LEN European U23 Champs
5	2:16.55 L S	P	Marizel Van Jaarsveld	24	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
6	2:17.96 L	F	Trinity Hearne	20	RSA	18/10/2023	BRICS Games Swimming 2023-KZN
7	2:19.10 L S	F	Kate Meyer	21	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE

## Individual Top Times

**Times since: 01-May-23**      **Times until: 30-Apr-24**  
**Number of Top Times: All**      **Show Long Course Only**

	Time	P/F/S	Name	Age/Yr					
8	2:19.53	L S	F	Marlies Ross	26	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
9	2:20.01	L	S	Georgia Nel	21	RSA		05/08/2023	World Univesity Games 2023
10	2:21.27	L	F	Kaylene Corbett	24	TUKS	FSH	14/12/2023	KZNA 2023 Championships Incorp SSA
11	2:23.07	L	P	Caitlin De Lange	20	TUKS	FSH	11/08/2023	LEN European U23 Champs
12	2:23.96	L	F	Catherine Van Rensburg	19	TUKS	FSH	22/09/2023	NTS Level 3+ September Age Group
13	2:24.44	L S	F	Lana Janson	21	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
14	2:25.46	L	F	Kristin Bellingan	26	TUKS	FSH	14/12/2023	KZNA 2023 Championships Incorp SSA
15	2:26.76	L	F	Hannah Robertson	19	MDOL	JHB	27/01/2024	CGA Level 2+ Gala 27 Jan 2024
16	2:26.87	L	F	Megan Shepherd	21	TUKS	FSH	16/09/2023	USSA Swimming
17	2:28.61	L	F	Samantha Straw	22	TUKS	FSH	20/10/2023	NTS Level 3+ October Age Group 2023
18	2:28.74	L	F	Taneal Baptiste	25	TUKS	FSH	14/12/2023	KZNA 2023 Championships Incorp SSA
19	2:29.73	L	F	Chante' Cornelius	22	TUKS	FSH	16/09/2023	USSA Swimming
20	2:29.98	L	F	Leigh McMorran	19	AA	JHB	22/09/2023	NTS Level 3+ September Age Group
21	2:30.24	L	F	Lara Van Niekerk	21	PAC	FSH	24/06/2023	PEA Winter Gala 2023
22	2:30.38	L	F	Ashley Ebing	19	WSTV	ETH	15/03/2024	SA National Junior Age Group
23	2:30.47	L	F	Hannah Murray	20	ROA	EDD	24/06/2023	PEA Winter Gala 2023
24	2:30.66	L	F	Sune Van Jaarsveld	22	TUKS	FSH	16/09/2023	USSA Swimming
25	2:31.14	L	F	Chazél Orton	19	POTC	KKD	15/03/2024	SA National Junior Age Group
26	2:32.38	L	F	Chloe LE Roux	20	MATI	GED	16/09/2023	USSA Swimming
27	2:32.41	L	P	Simone Moll	19	RSA		04/08/2023	2023 Commonwealth Youth Games
28	2:32.45	L	F	Mariella Venter	24	WATR	JHB	10/11/2023	CGA Level 2+ Gala 10 - 11 Nov 2023
29	2:32.66	L S	P	Q-Rize Ferreira	20	TUKS	FSH	12/12/2023	NTS Championships 2023
30	2:32.75	L	F	Maxine Boyce	19	TUKS	FSH	22/09/2023	NTS Level 3+ September Age Group
31	2:35.87	L S	P	Hannah Neilson	19	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
32	2:36.44	L	F	Tumaini Macdonell	19	USC	BUF	24/11/2023	BCA Long Course Championships 2023
33	2:36.63	L	F	Tara Uys	19	TYGE	CPT	14/12/2023	Western Cape LC-A Championship 2023
34	2:36.91	L	P	Kara Cilliers	19	TUKS	FSH	15/03/2024	SA National Junior Age Group
35	2:37.19	L	F	Jessica Booth	21	MATI	GED	16/09/2023	USSA Swimming
36	2:37.28	L	F	Heike Thormahlen	24	TUKS	FSH	01/12/2023	Mpumalanga Championships 2023
37	2:37.40	L	F	Jolene Cornelius	20	TUKS	FSH	16/09/2023	USSA Swimming
38	2:38.05	L	F	Kelly Zwart	20	SEAL	UMD	24/11/2023	Westville-Seals LC Championships
39	2:38.07	L S	P	Mia vd Walt	20	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
40	2:39.17	L	P	Simeï Van Staden	19	KLOO	ETH	15/03/2024	SA National Junior Age Group
41	2:39.37	L	F	Caitlin Rademakers	19	INFA	NMA	11/11/2023	5th A League Gala 2023
42	2:39.56	L	F	Erin Haslehurst	20	PGAC	EKU	17/02/2024	CGA Level 2+ Gala 17 Feb 2024
43	2:39.62	L	P	Leah Christie	19	RSA		18/10/2023	BRICS Games Swimming 2023-KZN
44	2:39.68	L	P	Zara Kleinhans	19	RSA		18/10/2023	BRICS Games Swimming 2023-KZN
45	2:39.87	L	F	Tayla Parker	20	SWIFT	EKU	07/12/2023	EGA Summer Championships
46	2:44.41	L	F	Erin Daffarn	19	VINE	CPT	11/11/2023	Winelands SL4
47	2:44.86	L	F	Amori Potgieter	19	NWUC	KKD	16/09/2023	USSA Swimming
48	2:45.88	L	F	Kiara Barnes	23	TYGE	CPT	24/06/2023	PEA Winter Gala 2023
49	2:46.09	L	F	Chanel Fourie	19	AA	JHB	17/02/2024	CGA Level 2+ Gala 17 Feb 2024
50	2:46.44	L	P	Alex Truter	19	BEAV	ETH	15/03/2024	SA National Junior Age Group
51	2:46.82	L	F	Yvonne Botha	19	HBV	MP	14/10/2023	Limpopo Top 8 - High Schools
52	2:46.91	L S	F	Luané Engelbrecht	19	TUKS	FSH	12/12/2023	NTS Championships 2023
53	2:48.18	L	F	Anneke van Eeden	20	NWUC	KKD	16/09/2023	USSA Swimming
54	2:49.22	L	F	Jordan Buffel	19	TRAZ	FSH	22/09/2023	NTS Level 3+ September Age Group
55	2:49.64	L	F	Nastasiya Vrey	25	TUKS	FSH	16/09/2023	USSA Swimming
56	2:50.08	L	F	Calista Mackenzie	19	HE	CGD	14/10/2023	Limpopo Top 8 - High Schools
57	2:50.87	L	F	Winé Koekemoer	20	BLUO	UGD	14/12/2023	KZNA 2023 Championships Incorp SSA
58	2:51.19	L	P	Gabriella de Beer	19	NWUC	KKD	06/12/2023	NWS Championships 2023/24
59	2:52.29	L	F	Tumelo Thelejane	19	OLDE	JHB	27/01/2024	CGA Level 2+ Gala 27 Jan 2024
60	2:52.98	L	F	Donia Smit	19	SS	MPD	01/12/2023	Limpopo Champs
61	2:54.10	L	P	Zoli de Kock	39	POTC	KKD	06/12/2023	NWS Championships 2023/24
62	2:56.53	L S	F	Joanica Kriegler	20	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
63	2:56.74	L	P	Megan Adams	19	SOUL	EKU	07/12/2023	EGA Summer Championships
64	3:01.69	L	F	Megan Bulose	19	UWC	CPT	16/09/2023	USSA Swimming
65	3:01.83	L	F	Nuria Ribeiro	21	MATI	GED	11/11/2023	Winelands SL4
66	3:07.02	L	F	Ra-eesa Jephtha	19	MANT	CPT	20/01/2024	CTA A MEET 4

## Individual Top Times

Times since: 01-May-23

Times until: 30-Apr-24

Number of Top Times: All

Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
67	3:07.63 L	F	Tanika Lubbe	23	NC FB	27/01/2024	4 + 1 Inter Provincial Gala 2023	
68	3:08.14 L	F	Natalie Landmann	22	PAC FSH	05/10/2023	42nd Freda Barnard Invitational Gala	
69	3:17.31 L	F	Courtney Badenhorst	20	MANT CPT	20/01/2024	CTA A MEET 4	
70	3:18.06 L	F	Lauren Roberts	48	UNI EZD	01/12/2023	Mpumalanga Championships 2023	
71	3:27.77 L	F	Morgan Vermeulen	20	SWIFT ECU	28/10/2023	EGA Summer 2 2023	
72	3:36.51 L	F	Kara Fourie	19	KZNA ETH	09/12/2023	Uthukela District Age group Gala	
73	3:37.03 L	F	Kiersten Paulse	19	XSAQ CPT	17/09/2023	CTA BMEET 3	
74	3:39.35 L	F	Minke Janse Van Rensburg	19	FISH EDD	20/01/2024	EDEN 4th A-League Gala 2024	
75	3:43.66 L	F	Oratile Ndawo	19	ESP ECU	07/12/2023	EGA Summer Championships	
76	3:46.55 L S	F	Nikita Douglass	25	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE	
77	3:49.91 L	F	Mia Vd Merwe	25	CASC CPT	24/06/2023	PEA Winter Gala 2023	
78	3:54.34 L	F	Sonja Coetzee	36	FSA FS	27/01/2024	4 + 1 Inter Provincial Gala 2023	
79	4:15.23 L	F	Rentia Oosthuizen	32	DESA NMA	15/12/2023	NMBA Championships 2023	
80	4:38.87 L	F	Lesego Ramothibe	19	ONYX ECU	26/01/2024	EGA Last Chance 2024	
<b>Women 400 IM</b>								
1	4:45.68 L	P	Rebecca Meder	21	RSA	23/07/2023	World Aquatics Champ- Fukuoka 2023	
2	4:47.09 L	F	Dakota Tucker	19	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE	
3	4:53.47 L	F	Marlies Ross	26	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE	
4	4:57.22 L	F	Marizel Van Jaarsveld	24	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE	
5	4:57.76 L	F	Kristin Bellingan	26	TUKS FSH	14/12/2023	KZNA 2023 Championships Incorp SSA	
6	4:59.38 L	F	Trinity Hearne	20	CYBE CPT	14/12/2023	Western Cape LC-A Championship 2023	
7	5:00.19 L	F	Kate Meyer	21	TUKS FSH	14/12/2023	KZNA 2023 Championships Incorp SSA	
8	5:06.98 L	P	Catherine Van Rensburg	19	TUKS FSH	05/08/2023	World Univesity Games 2023	
9	5:16.60 L	F	Megan Shepherd	21	TUKS FSH	16/09/2023	USSA Swimming	
10	5:17.32 L	F	Carla Antonopoulos	23	TUKS FSH	17/11/2023	NTS Level 3+ November Age Group	
11	5:19.84 L	F	Chazél Orton	19	NWS	08/04/2024	SA National Aquatic Champ 2024-PE	
12	5:22.06 L	F	Lara Van Niekerk	21	PAC FSH	22/09/2023	NTS Level 3+ September Age Group	
13	5:25.26 L	F	Hannah Murray	20	ROA EDD	24/06/2023	PEA Winter Gala 2023	
14	5:26.29 L	F	Sune Van Jaarsveld	22	TUKS FSH	16/09/2023	USSA Swimming	
15	5:30.00 L	F	Tumaini Macdonell	19	USC BUF	24/11/2023	BCA Long Course Championships 2023	
16	5:36.94 L	F	Jessica Booth	21	MATI CED	16/09/2023	USSA Swimming	
17	5:38.95 L	F	Erin Haslehurst	20	PGAC ECU	24/11/2023	EGA Summer 4	
18	5:50.49 L	F	Rachael Humphries	22	NWUC KKD	14/10/2023	CGA Level 2 + Gala Oct 2023	
19	5:59.66 L	F	Anneke van Eeden	20	NWUC KKD	16/09/2023	USSA Swimming	
20	6:03.66 L	F	Luané Engelbrecht	19	TUKS FSH	12/12/2023	NTS Championships 2023	
21	6:03.84 L	F	Gabriella de Beer	19	NWUC KKD	16/09/2023	USSA Swimming	
22	6:45.30 L	F	Megan Bulose	19	UWC CPT	16/09/2023	USSA Swimming	