

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			
Women	50 Free						
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	21	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	20	PAC FSH	12/12/2023	NTS Championships 2023
19	27.29 L	F	Carla Meikle	21	SEALE ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
20	27.32 L	P	Taneal Baptiste	24	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	27.88 L S	P	Corinna Meyer	19	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
33	27.94 L	F	Natasha Cornelius	22	TUKS FSH	16/09/2023	USSA Swimming
34	28.09 L	P	Kelly Zwart	20	RSA	18/10/2023	BRICS Games Swimming 2023-KZN
35	28.15 L S	F	Michelle Nieuwstad	30	LALE CED	14/12/2023	Western Cape LC-A Championship 2023
36	28.21 L	F	Catherine Van Rensburg	19	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group
37	28.27 L	F	Kaylene Corbett	24	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group
38	28.30 L S	P	Ashlea Smith	21	RAV EKU	07/12/2023	EGA Summer Championships
39	28.36 L	F	Courtney Van Biljon	25	VRC FSH	01/12/2023	2023 The Tshwane Mayor's Gala
40	28.42 L S	P	Emma Michell	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
41	28.44 L S	P	Hannah Pearse	21	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
42	28.45 L	F	Tilka Paljk	27	MATI CED	11/11/2023	Winelands SL4
43	28.52 L S	P	Simej Van Staden	19	KZNA ETH	08/04/2024	SA National Aquatic Champ 2024-PE
44	28.53 L	F	Jenna-Laine Fuller	23	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group
45	28.55 L S	P	Kristen Straszacker	24	CASC CPT	14/12/2023	Western Cape LC-A Championship 2023
46	28.56 L	P	Jolene Cornelius	19	TUKS FSH	15/03/2024	SA National Junior Age Group
47	28.63 L	F	Edith Ottermann	57	CPTM CPT	01/12/2023	2023 The Tshwane Mayor's Gala
48	28.67 L	F	Sinelithemba Mbatha	21	TUKS FSH	16/09/2023	USSA Swimming
49	28.68 L	F	Chante' Cornelius	22	TUKS FSH	16/09/2023	USSA Swimming
50	28.71 L	F	Natalie Landmann	22	PAC FSH	12/12/2023	NTS Championships 2023
51	28.73 L	F	Carmel Billson	31	PEAS NMA	24/06/2023	PEA Winter Gala 2023
52	28.86 L	F	Leigh McMorran	19	AA JHB	22/09/2023	NTS Level 3+ September Age Group
53	28.89 L S	P	Lezanne De Villiers	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
54	28.90 L	F	Hannah Murray	20	ROA EDD	24/06/2023	PEA Winter Gala 2023
55*	28.97 L S	F	Erin Daffarn	19	VINE CPT	14/12/2023	Western Cape LC-A Championship 2023
55*	28.97 L	F	Janie Coetzer	22	TUKS FSH	20/10/2023	NTS Level 3+ October Age Group 2023
57	29.06 L	F	Casey Smith	20	TUKS FSH	12/12/2023	NTS Championships 2023
58*	29.11 L	F	Sune Van Jaarsveld	22	TUKS FSH	20/10/2023	NTS Level 3+ October Age Group 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			
58*	29.11 L	F	Jordainne Kazimierczak	21	FLOD JHB	30/11/2023	CGA Championships 2023
60	29.12 L	F	Paige Nicholson	20	ASHL ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
61	29.17 L	P	Jessica Meter	19	SEAL UMD	14/12/2023	KZNA 2023 Championships Incorp SSA
62*	29.24 L	F	Stephanie Houtman	21	TUKS TSH	22/09/2023	NTS Level 3+ September Age Group
62*	29.24 L	P	Q-Rize Ferreira	20	TUKS TSH	12/12/2023	NTS Championships 2023
64	29.53 L	F	Jenna Whiting	23	TUKS TSH	16/09/2023	USSA Swimming
65*	29.55 L	F	Megan Shepherd	20	TUKS TSH	23/02/2024	NTS Prestige AG February 2024
65*	29.55 L	F	Yvette Victor	44	COEL TSH	01/12/2023	2023 The Tshwane Mayor's Gala
67	29.56 L	P	Rachael Humphries	22	NWUC KKD	12/12/2023	NTS Championships 2023
68	29.62 L	P	Catherine Morrison	19	TUKS TSH	12/12/2023	NTS Championships 2023
69	29.63 L	P	Mia vd Walt	20	TUKS TSH	12/12/2023	NTS Championships 2023
70	29.64 L	F	Guilma Lausberg	20	MATI CED	16/09/2023	USSA Swimming
71	29.67 L	F	Tayla-Paige Lacey	19	INFA NMA	12/08/2023	Madibaz Swim Meet 2023
72	29.69 L	F	Courtney Pretorius	22	TUKS TSH	16/09/2023	USSA Swimming
73	29.76 L	F	Chanel Fourie	19	AA JHB	20/03/2024	SA Level 3 Regional Age Group
74	29.95 L	F	Tayla Parker	20	SWIFT EKU	28/10/2023	EGA Summer 2 2023
75	29.96 L S	F	Tara Uys	19	TYGE CPT	24/11/2023	CTA A & B CHAMPS 2023
76	29.98 L	P	Cailey Sauvage	19	PAC TSH	12/12/2023	NTS Championships 2023
77	30.12 L	P	Heike Thormahlen	24	TUKS TSH	01/12/2023	Mpumalanga Championships 2023
78	30.21 L	F	Yvonne Botha	19	SS MPD	01/12/2023	Limpopo Champs
79	30.22 L	F	Erin Harty	22	NMU NMA	16/09/2023	USSA Swimming
80*	30.40 L	F	Kara Fourie	19	LAD JTD	05/04/2024	SA Level 2 Regional Age Group Champs
80*	30.40 L	F	Hannah Neilson	19	UWCA CPT	11/11/2023	Winelands SL4
82	30.43 L	P	Megan Bulose	19	UWCA CPT	21/03/2024	SA Level 3 Regional Age Group
83	30.58 L	F	Tanika Lubbe	23	NC FB	27/01/2024	4 + 1 Inter Provincial Gala 2023
84	30.59 L	F	Netanya Roberts	22	MATI CED	16/09/2023	USSA Swimming
85	30.75 L	P	Kiara Barnes	23	TYGE CPT	24/06/2023	PEA Winter Gala 2023
86	30.79 L	P	Jessica Booth	21	MATI CED	24/06/2023	PEA Winter Gala 2023
87	30.84 L	F	Amori Potgieter	19	NWUC KKD	06/12/2023	NWS Championships 2023/24
88	30.92 L	F	Alex Truter	19	BEAV ETH	27/01/2024	Ushaka Champs 2024
89	30.94 L	F	Gabriella de Beer	19	NWUC KKD	11/11/2023	NWS Age Group 3 + 4
90	31.01 L	F	Michele Esterhuizen	51	CSA EZD	01/12/2023	Mpumalanga Championships 2023
91	31.22 L	F	Zaria Fourie	19	HSBV SKD	14/10/2023	Limpopo Top 8 - High Schools
92	31.26 L	F	Anneke van Eeden	19	NWUC KKD	21/10/2023	NWS Age Group 1 & 2 2023
93	31.40 L	P	Erin Haslehurst	19	PGAC EKU	15/03/2024	SA National Junior Age Group
94	31.50 L	P	Anica Dennis	21	INFA NMA	24/06/2023	PEA Winter Gala 2023
95	31.67 L	F	Annorina Groenewald	43	KTS	24/11/2023	AGE GROUP 2 KATHU 2023
96	31.73 L	F	Suzanne Harrop-Allin	45	COEL TSH	01/12/2023	2023 The Tshwane Mayor's Gala
97	31.75 L	F	Amani Ismail	19	TUKS TSH	20/10/2023	NTS Level 3+ October Age Group 2023
98	31.80 L	P	Ayanda Tshabalala	19	HPS TSH	24/03/2024	SA Level 2 Regional Age Group Champs
99	31.82 L S	F	Megan Adams	19	SOUL EKU	07/12/2023	EGA Summer Championships
100	32.03 L	F	Jayme - Sue Vermaas	26	KOVS MAN	26/08/2023	kovsie Sprint Gala
101	32.17 L	F	Sybil de Beer	44	POTC KKD	06/12/2023	NWS Championships 2023/24
102	32.34 L	F	Esmari Theart	28	KALA	03/02/2024	NCASA SPRINTS 2024
103	32.39 L	F	Joanica Kriegler	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
104	32.50 L	P	Katelyn Marais	21	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
105	32.56 L	P	Zoli de Kock	39	POTC KKD	06/12/2023	NWS Championships 2023/24
106	32.82 L	F	Lemeez Browne	21	NMU NMA	16/09/2023	USSA Swimming
107	33.20 L S	F	Santana Van Der Zandt	19	SOUL EKU	07/12/2023	EGA Summer Championships
108	33.55 L	F	Cheney Le Roux	19	KTS	24/11/2023	AGE GROUP 2 KATHU 2023
109	33.62 L	F	Linzi Scholtz	21	NMU NMA	16/09/2023	USSA Swimming
110	33.65 L	F	Janine Steyn	53	BETH FDD	06/12/2023	Free State Champs 2023
111	33.92 L	F	Kirsten Henry	22	MATI CED	16/09/2023	USSA Swimming
112	34.06 L	F	Minke Janse Van Rensburg	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
113	34.18 L	F	Lauren Roberts	48	UNI EZD	01/12/2023	Mpumalanga Championships 2023
114	34.54 L	F	Sabine Verryn	62	COEL TSH	01/12/2023	2023 The Tshwane Mayor's Gala
115	34.59 L	F	Cameron Butler	19	SUPE JHB	10/11/2023	CGA Level 2+ Gala 10 - 11 Nov 2023
116	34.93 L S	P	Mukona Ligege	22	ONYX EKU	07/12/2023	EGA Summer Championships
117	34.94 L	F	Sashi Theron	39	COEL TSH	01/12/2023	2023 The Tshwane Mayor's Gala

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

	Time	P/F/S	Name	Age/Yr			
118	35.05 L	F	Kyla Lessing	22	MATI CED	16/09/2023	USSA Swimming
119	35.30 L	P	Zarlia Engelbrecht	20	KSC EZD	01/12/2023	Mpumalanga Championships 2023
120	35.42 L	F	Morgan Vermeulen	20	SWIFT EKU	28/10/2023	EGA Summer 2 2023
121	35.59 L	F	Ina Prinsloo	48	BETH FDD	06/12/2023	Free State Champs 2023
122	35.95 L	F	Theani Erasmus	19	HFDT MP	14/10/2023	Limpopo Top 8 - High Schools
123	36.08 L S	F	Courtney Badenhorst	19	MANT CPT	24/11/2023	CTA A & B CHAMPS 2023
124	36.49 L	F	Nicole De Montille	47	CA EKU	26/01/2024	EGA Last Chance 2024
125	36.80 L	F	Celeste Ruck	59	COEL TSH	01/12/2023	2023 The Tshwane Mayor's Gala
126	37.43 L	F	Gwynedd Peters	44	COEL TSH	01/12/2023	2023 The Tshwane Mayor's Gala
127	37.55 L	P	Ra-eesa Jephta	19	MANT CPT	24/06/2023	PEA Winter Gala 2023
128	37.59 L S	F	Mia Vd Merwe	25	CASC CPT	14/12/2023	Western Cape LC-A Championship 2023
129	37.60 L S	F	Oratile Ndawo	19	ESP EKU	07/12/2023	EGA Summer Championships
130	39.01 L	F	Sonja Coetzee	36	VALS FDD	06/12/2023	Free State Champs 2023
131	39.25 L	F	Zani Smith	40	FISH EDD	04/11/2023	EDEN 3rd A-League School Trials Gala
132	40.55 L	F	Carol Bruining	63	BHK NGD	20/01/2024	MP AGE GROUP 4 GALA 20 JANUARY
133	42.07 L	F	Jeanne Louw	41	KALA	03/02/2024	NCASA SPRINTS 2024
134	42.97 L	F	Katherine Swanepoel	36	DRGN EKU	20/01/2024	CGA Level 2+ Gala 20 Jan 2024
135	43.29 L	F	Keslynn Anthony	19	CAMB BUF	03/02/2024	Buffalo City School Trials 2024
136	44.05 L	F	Nikita Douglass	25	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
137	46.22 L	F	Helena Farrelly	61	FEMS EDD	17/02/2024	EDEN 5th A-League Gala 2024
138	46.46 L	F	Lesego Ramothibe	19	ONYX EKU	15/09/2023	EGA Summer 1
139	47.34 L	F	Taryn Beaton	42	PEAS NMA	12/08/2023	Madibaz Swim Meet 2023
140	48.11 L	F	Huibrecht Engelbrecht	35	SS MPD	21/10/2023	Limpopo Age Group 4
141	48.81 L	F	Caren Kauffmann	51	NAE EZD	13/10/2023	MP AGE GROUP 2
142	49.33 L	F	Catherine Johns	42	COEL TSH	01/12/2023	2023 The Tshwane Mayor's Gala
143	51.41 L	F	Mpho Koboyane	20	ATTE TSH	02/02/2024	NTS Level 1+2 February Age Group
144	52.68 L	P	Rentia Oosthuizen	32	DESA NMA	09/02/2024	Infinity Gala 2024
145	53.15 L	F	Ilse Booysen	66	UPSK ZMD	25/11/2023	UPT AGE GROUP 2 2023
146	53.58 L	F	Helen Van Vuuren	44	NWUC KKD	21/10/2023	NWS Age Group 1 & 2 2023
147	58.79 L	F	Marne Kock	26	RBUR BPD	11/11/2023	NWS Age Group 3 + 4
148	1:06.35 L	F	Judith Dixon	82	FEMS EDD	17/02/2024	EDEN 5th A-League Gala 2024
149	1:08.56 L	F	Margaret Nell	69	COEL TSH	01/12/2023	2023 The Tshwane Mayor's Gala
Women 100 Free							
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	21	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	24	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
24	59.87 L	F	Carla Meikle	21	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	KOVS MAN	14/12/2023	Western Cape LC-A Championship 2023

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

	Time	P/F/S	Name	Age/Yr					
27	1:00.54	L	P	Simeï 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	1:01.13	L	F	Kaylene Corbett	24	TUKS	FSH	22/09/2023	NTS Level 3+ September Age Group
31	1:01.26	L	F	Hannah Pearse	21	TUKS	FSH	14/12/2023	KZNA 2023 Championships Incorp SSA
32	1:01.29	L	P	Simone Moll	19	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
33	1:01.35	L	F	Nuria Ribeiro	21	MATI	GED	14/12/2023	Western Cape LC-A Championship 2023
34	1:01.36	L	F	Janie Coetzer	22	TUKS	FSH	20/10/2023	NTS Level 3+ October Age Group 2023
35	1:01.46	L	F	Kelly Zwart	20	SEAL	UMD	14/12/2023	KZNA 2023 Championships Incorp SSA
36	1:01.51	L	P	Heike Thormahlen	24	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
37	1:01.59	L	P	Jolene Cornelius	19	TUKS	FSH	12/12/2023	NTS Championships 2023
38	1:01.60	L	F	Tanya Abrie	28	WATR	JHB	10/11/2023	CGA Level 2+ Gala 10 - 11 Nov 2023
39	1:01.84	L	F	Carla Antonopoulos	23	TUKS	FSH	23/02/2024	NTS Prestige AG February 2024
40	1:01.89	L	F	Jenna-Laine Fuller	23	TUKS	FSH	22/09/2023	NTS Level 3+ September Age Group
41	1:01.99	L	P	Lara Van Niekerk	20	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
42	1:02.01	L	P	Chloe LE Roux	20	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
43	1:02.13	L	F	Tayla Jonker	19	PSC	FSH	17/11/2023	NTS Level 3+ November Age Group
44	1:02.18	L	P	Sandree Carolus	20	RSA		18/10/2023	BRICS Games Swimming 2023-KZN
45	1:02.22	L	P	Megan Shepherd	20	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
46	1:02.23	L	P	Corinna Meyer	19	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
47	1:02.24	L	F	Chazél Orton	19	POTC	KKD	06/12/2023	NWS Championships 2023/24
48	1:02.25	L	P	Emma Michell	19	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
49	1:02.34	L	F	Kristin Bellingan	26	TUKS	FSH	22/09/2023	NTS Level 3+ September Age Group
50	1:02.68	L	F	Jessica Meter	19	SEAL	UMD	14/12/2023	KZNA 2023 Championships Incorp SSA
51	1:02.72	L	P	Jordan-Jenna Rolfe	22	WATR	JHB	24/06/2023	PEA Winter Gala 2023
52	1:03.16	L	P	Hannah Neilson	19	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
53	1:03.24	L	F	Tayla Parker	20	SWIFT	EKU	07/12/2023	EGA Summer Championships
54	1:03.25	L	F	Q-Rize Ferreira	20	TUKS	FSH	12/12/2023	NTS Championships 2023
55	1:03.37	L	F	Erin Daffarn	19	VINE	CPT	14/12/2023	Western Cape LC-A Championship 2023
56	1:03.49	L	F	Yvette Victor	44	CSC	FSH	05/10/2023	42nd Freda Barnard Invitational Gala
57	1:03.51	L	F	Chante' Cornelius	22	TUKS	FSH	16/09/2023	USSA Swimming
58	1:03.55	L	P	Mia vd Walt	20	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
59	1:03.59	L	F	Jordainne Kazimierczak	21	FLOD	JHB	10/11/2023	CGA Level 2+ Gala 10 - 11 Nov 2023
60	1:03.71	L	F	Chanel Fourie	19	AA	JHB	20/03/2024	SA Level 3 Regional Age Group
61	1:03.76	L	P	Jade Nesor	23	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
62	1:03.98	L	P	Lezanne De Villiers	19	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
63	1:04.06	L	F	Rachael Humphries	22	NWUC	KKD	16/09/2023	USSA Swimming
64	1:04.11	L	P	Sune Van Jaarsveld	22	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
65	1:04.41	L	F	Casey Smith	20	TUKS	FSH	12/12/2023	NTS Championships 2023
66	1:04.42	L	P	Ashlea Smith	21	RAV	EKU	07/12/2023	EGA Summer Championships
67	1:04.54	L	F	Luchelle Oosthuizen	19	KOVS	MAN	21/10/2023	Otters Prestige Gala 2023
68	1:04.57	L	P	Jordan Buffel	19	TRAZ	FSH	12/12/2023	NTS Championships 2023
69	1:04.59	L	F	Natalie Landmann	22	PAC	FSH	20/10/2023	NTS Level 3+ October Age Group 2023
70	1:04.74	L	F	Tayla-Paige Lacey	19	INFA	NMA	12/08/2023	Madibaz Swim Meet 2023
71	1:04.82	L	F	Tara Uys	19	TYGE	CPT	18/11/2023	CTA QUALIFYING MEET 2
72	1:04.84	L	F	Michelle Weber	27	MATI	GED	11/11/2023	Winelands SL4
73	1:04.91	L	F	Nastasiya Vrey	25	TUKS	FSH	16/09/2023	USSA Swimming
74	1:05.01	L	F	Tilka Paljk	27	MATI	GED	16/09/2023	USSA Swimming
75	1:05.04	L	F	Catherine Morrison	19	TUKS	FSH	26/01/2024	NTS Level 3+ January Age Group 2024
76	1:05.16	L	F	Gabriella de Beer	19	NWUC	KKD	16/09/2023	USSA Swimming
77	1:05.38	L	P	Paige Nicholson	20	ASHL	ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
78	1:05.92	L	F	Michelle Nieuwstad	30	LALE	GED	11/11/2023	Winelands SL4
79	1:06.48	L	P	Jessica Booth	21	MATI	GED	24/06/2023	PEA Winter Gala 2023
80	1:06.56	L	P	Anica Dennis	21	INFA	NMA	24/06/2023	PEA Winter Gala 2023
81	1:06.80	L	P	Kiara Barnes	23	TYGE	CPT	24/06/2023	PEA Winter Gala 2023
82	1:06.84	L	F	Winé Koekemoer	20	BLUO	UGD	14/12/2023	KZNA 2023 Championships Incorp SSA
83	1:07.05	L	F	Sinelithemba Mbatha	21	TUKS	FSH	20/10/2023	NTS Level 3+ October Age Group 2023
84	1:07.08	L	F	Jayne - Sue Vermaas	26	KOVS	MAN	21/10/2023	Otters Prestige Gala 2023
85	1:07.60	L	F	Yvonne Botha	19	SS	MPD	01/12/2023	Limpopo Champs

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				
86	1:07.84 L	P	Megan Bulose	19	UWCA CPT	21/03/2024	SA Level 3 Regional	Age Group
87	1:07.94 L	F	Alex Truter	19	BEAV ETH	24/11/2023	Westville-Seals LC Championships	
88	1:08.02 L	P	Erin Haslehurst	19	PGAC EKU	07/12/2023	EGA Summer Championships	
89	1:08.14 L	F	Amori Potgieter	19	NWUC KKD	06/12/2023	NWS Championships 2023/24	
90	1:08.22 L S	F	Alani Ferreira	25	KZNA ETH	08/04/2024	SA National Aquatic Champ 2024-PE	
91	1:08.32 L	F	Zoli de Kock	39	POTC KKD	06/12/2023	NWS Championships 2023/24	
92	1:09.20 L	F	Megan Adams	19	SOUL EKU	07/12/2023	EGA Summer Championships	
93	1:09.40 L	F	Michele Esterhuizen	51	CSA EZD	01/12/2023	Mpumalanga Championships 2023	
94	1:09.51 L	F	Zaria Fourie	19	HSBV SKD	14/10/2023	Limpopo Top 8 - High Schools	
95	1:09.77 L	F	Amani Ismail	19	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group	
96	1:10.11 L	P	Anneke van Eeden	19	NWUC KKD	06/12/2023	NWS Championships 2023/24	
97	1:10.29 L S	F	Joanica Kriegler	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE	
98	1:10.35 L	F	Tumelo Thelejane	19	OLDE JHB	17/02/2024	CGA Level 2+ Gala 17 Feb 2024	
99	1:11.47 L	F	Tanika Lubbe	23	KALA	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023	
100	1:11.61 L	F	Santana Van Der Zandt	19	SOUL EKU	07/12/2023	EGA Summer Championships	
101	1:12.60 L	F	Esmari Theart	28	KALA	03/02/2024	NCASA SPRINTS 2024	
102	1:12.74 L S	P	Katelyn Marais	21	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE	
103	1:13.36 L	P	Donia Smit	19	SS MPD	20/03/2024	SA Level 3 Regional	Age Group
104	1:14.88 L	F	Jessica Lazarou	19	AWSC JHB	17/02/2024	CGA Level 2+ Gala 17 Feb 2024	
105	1:16.03 L	F	Janine Steyn	53	BETH FDD	06/12/2023	Free State Champs 2023	
106	1:16.43 L	F	Lauren Roberts	48	UNI EZD	01/12/2023	Mpumalanga Championships 2023	
107	1:16.48 L	P	Mukona Ligege	22	ONYX EKU	07/12/2023	EGA Summer Championships	
108	1:16.65 L S	F	Minke Janse Van Rensburg	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE	
109	1:17.93 L	F	Kyla Lessing	22	MATI CED	16/09/2023	USSA Swimming	
110	1:18.59 L	F	Ra-eesa Jephtha	19	MANT CPT	03/02/2024	CTA BRIAN BUTTON Qualifying Meet	
111	1:19.31 L	F	Kirsten Schworer	21	PGAC EKU	26/01/2024	EGA Last Chance 2024	
112	1:20.31 L	F	Kirsten Henry	22	MATI CED	16/09/2023	USSA Swimming	
113	1:21.32 L	F	Nicole De Montille	47	CA EKU	26/01/2024	EGA Last Chance 2024	
114	1:23.25 L	F	Ina Prinsloo	48	BETH FDD	18/11/2023	Valsrivier Gala	
115	1:28.52 L	F	Oratile Ndawo	19	ESP EKU	24/11/2023	EGA Summer 4	
116	1:28.67 L	F	Sonja Coetzee	36	VALS FDD	06/12/2023	Free State Champs 2023	
117	1:30.54 L	F	Carol Bruining	63	BHK NGD	20/01/2024	MP AGE GROUP 4 GALA 20 JANUARY	
118	1:31.57 L S	F	Mia Vd Merwe	25	CASC CPT	14/12/2023	Western Cape LC-A Championship 2023	
119*	1:32.31 L	F	Cornelia Fowler	43	KLOO ETH	14/12/2023	KZNA 2023 Championships Incorp SSA	
119*	1:32.31 L	F	Zani Smith	40	FISH EDD	04/11/2023	EDEN 3rd A-League School Trials Gala	
121	1:35.33 L S	F	Nikita Douglass	25	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE	
122	1:42.76 L	F	Jeanne Louw	41	KALA	03/02/2024	NCASA SPRINTS 2024	
123	1:44.26 L	F	Nicolette Louw	69	FEMS EDD	17/02/2024	EDEN 5th A-League Gala 2024	
124	1:45.24 L	F	Taryn Beaton	42	PEAS NMA	12/08/2023	Madibaz Swim Meet 2023	
125	1:50.45 L	F	Lesego Ramothibe	19	ONYX EKU	26/01/2024	EGA Last Chance 2024	
126	1:54.62 L	F	Caren Kauffmann	51	NAE EZD	13/10/2023	MP AGE GROUP 2	
127	1:56.52 L	F	Rentia Oosthuizen	32	DESA NMA	09/02/2024	Infinity Gala 2024	
128	1:58.70 L	F	Marietta Hamersma	62	BHK NGD	20/01/2024	MP AGE GROUP 4 GALA 20 JANUARY	
129	2:02.86 L	F	Ilse Booysen	66	UPSK ZMD	02/12/2023	UPT GROUP 3 2023	
130	2:03.50 L	P	Helen Van Vuuren	44	NWUC KKD	06/12/2023	NWS Championships 2023/24	
131	2:11.77 L	F	Marne Kock	26	RBUR BPD	11/11/2023	NWS Age Group 3 + 4	
132	2:16.40 L	F	Mpho Kobyane	20	ATTE FSH	02/02/2024	NTS Level 1+2 February Age Group	
Women 200 Free								
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	21	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	
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	

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				
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	24	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	2:12.42 L	P	Megan Shepherd	20	AGC FSH	08/04/2024	SA National	Aquatic Champ 2024-PE
31	2:12.74 L	F	Jordan-Jenna Rolfe	22	WATR JHB	24/06/2023	PEA Winter Gala 2023	
32	2:13.54 L	P	Anieke Helmand	19	KOVs MAN	14/12/2023	Western Cape LC-A Championship 2023	
33	2:13.63 L	F	Hannah Murray	20	ROA EDD	24/06/2023	PEA Winter Gala 2023	
34	2:13.77 L	F	Chloe LE Roux	20	MATI CED	16/09/2023	USSA Swimming	
35	2:14.05 L	P	Kelly Zwart	20	KZNA ETH	08/04/2024	SA National	Aquatic Champ 2024-PE
36	2:14.15 L	P	Jessica Meter	19	SEAL UMD	14/12/2023	KZNA 2023 Championships Incorp SSA	
37	2:14.62 L	P	Hannah Cromhout	19	WCA CPT	08/04/2024	SA National	Aquatic Champ 2024-PE
38	2:15.15 L	P	Mia vd Walt	20	AGC FSH	08/04/2024	SA National	Aquatic Champ 2024-PE
39	2:15.69 L	F	Michelle Weber	27	MATI CED	11/11/2023	Winelands SL4	
40	2:15.81 L	P	Simej Van Staden	19	KLOO ETH	15/03/2024	SA National Junior Age Group	
41	2:16.51 L	F	Kaylene Corbett	24	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group	
42	2:17.07 L	F	Tanya Abrie	28	WATR JHB	10/11/2023	CGA Level 2+ Gala 10 - 11 Nov 2023	
43	2:17.15 L	P	Abigail Swanepoel	20	ECA BUF	08/04/2024	SA National	Aquatic Champ 2024-PE
44	2:17.82 L	F	Guilma Lausberg	20	MATI CED	16/09/2023	USSA Swimming	
45	2:17.98 L	P	Emma Michell	19	WCA CPT	08/04/2024	SA National	Aquatic Champ 2024-PE
46	2:18.12 L	P	Jordainne Kazimierczak	21	FLOD JHB	30/11/2023	CGA Championships 2023	
47	2:18.21 L	F	Carmel Billson	31	PEAS NMA	24/06/2023	PEA Winter Gala 2023	
48	2:18.36 L	P	Leah Christie	19	CASC CPT	15/03/2024	SA National Junior Age Group	
49	2:19.16 L	F	Jessica Booth	21	MATI CED	24/06/2023	PEA Winter Gala 2023	
50	2:19.27 L	F	Q-Rize Ferreira	20	TUKS FSH	17/11/2023	NTS Level 3+ November Age Group	
51	2:19.54 L	F	Nuria Ribeiro	21	MATI CED	16/09/2023	USSA Swimming	
52	2:19.98 L	F	Erin Daffarn	19	VINE CPT	14/12/2023	Western Cape LC-A Championship 2023	
53	2:20.94 L	F	Jordan Buffel	19	TRAZ FSH	12/12/2023	NTS Championships 2023	
54	2:21.08 L	F	Rachael Humphries	22	NWUC KKD	16/09/2023	USSA Swimming	
55	2:21.18 L	F	Nastasiya Vrey	25	TUKS FSH	16/09/2023	USSA Swimming	
56	2:22.29 L	P	Erin Haslehurst	19	PGAC ECU	15/03/2024	SA National Junior Age Group	
57	2:22.63 L S	F	Tayla Parker	20	SWIFT ECU	07/12/2023	EGA Summer Championships	
58	2:22.91 L	F	Jolene Cornelius	19	TUKS FSH	23/02/2024	NTS Prestige AG February 2024	
59	2:23.06 L	F	Chanel Fourie	19	AA JHB	17/02/2024	CGA Level 2+ Gala 17 Feb 2024	
60	2:23.55 L	F	Kiara Barnes	23	TYGE CPT	24/06/2023	PEA Winter Gala 2023	
61	2:23.96 L	F	Kara Cilliers	19	TUKS FSH	16/02/2024	NTS February Open Age Group 2024	
62	2:24.80 L	F	Catherine Morrison	19	TUKS FSH	12/12/2023	NTS Championships 2023	
63	2:25.04 L	F	Gabriella de Beer	19	NWUC KKD	16/09/2023	USSA Swimming	
64	2:25.94 L	F	Jayme - Sue Vermaas	26	KOVs MAN	21/10/2023	Otters Prestige Gala 2023	
65	2:26.43 L	F	Tilka Paljk	27	MATI CED	16/09/2023	USSA Swimming	
66	2:26.63 L	P	Alex Truter	19	BEAV ETH	15/03/2024	SA National Junior Age Group	
67	2:28.53 L	F	Winé Koekemoer	20	BLUO UGD	03/11/2023	EDA Age Group Gala 4 2023	
68	2:29.46 L	F	Tayla-Paige Lacey	19	INFA NMA	12/08/2023	Madibaz Swim Meet 2023	
69	2:30.79 L	F	Amori Potgieter	19	NWUC KKD	21/10/2023	NWS Age Group 1 & 2 2023	
70	2:31.77 L	F	Yvonne Botha	19	SS MPD	01/12/2023	Limpopo Champs	

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			
71	2:32.83 L	F	Amani Ismail	19	TUKS FSH	20/10/2023	NTS Level 3+ October Age Group 2023
72	2:33.45 L	F	Tumelo Thelejane	19	OLDE JHB	17/02/2024	CGA Level 2+ Gala 17 Feb 2024
73	2:33.55 L	F	Anneke van Eeden	19	NWUC KKD	21/10/2023	NWS Age Group 1 & 2 2023
74	2:35.30 L S	F	Natalie Landmann	22	PAC FSH	05/10/2023	42nd Freda Barnard Invitational Gala
75	2:37.54 L	F	Donia Smit	19	SS MPD	21/10/2023	Limpopo Age Group 4
76	2:38.39 L S	F	Megan Adams	19	SOUL EKU	07/12/2023	EGA Summer Championships
77	2:38.83 L S	F	Santana Van Der Zandt	19	SOUL EKU	07/12/2023	EGA Summer Championships
78	2:39.48 L S	F	Joanica Kriegler	19	LALE CED	14/12/2023	Western Cape LC-A Championship 2023
79	2:46.50 L	F	Megan Bulose	19	UWCA CPT	20/01/2024	CTA A MEET 4
80	2:52.90 L	F	Lauren Roberts	48	UNI EZD	01/12/2023	Mpumalanga Championships 2023
81	2:55.23 L	F	Janine Steyn	53	BETH FDD	06/10/2023	Super Seals & Sentraal Aquatics Gala
82	2:55.44 L	F	Ra-eesa Jephtha	19	MANT CPT	20/01/2024	CTA A MEET 4
83	2:56.98 L S	F	Mukona Ligege	22	ONYX EKU	07/12/2023	EGA Summer Championships
84	2:57.09 L	F	Kara Fourie	19	KZNA ETH	09/12/2023	Uthukela District Age group Gala
85	3:01.64 L	F	Minke Janse Van Rensburg	19	FISH EDD	18/11/2023	Eden LC Champs 2023
86	3:05.72 L	F	Cameron Butler	19	SUPE JHB	10/11/2023	CGA Level 2+ Gala 10 - 11 Nov 2023
87	3:07.64 L	F	Courtney Badenhorst	19	MANT CPT	20/01/2024	CTA A MEET 4
88	3:09.49 L	F	Kiersten Paulse	19	XSAQ CPT	17/09/2023	CTA BMEET 3
89	3:13.20 L	F	Carol Bruining	63	BHK NGD	20/01/2024	MP AGE GROUP 4 GALA 20 JANUARY
90	3:16.09 L	F	Mia Vd Merwe	25	CASC CPT	24/06/2023	PEA Winter Gala 2023
91	3:25.76 L	F	Ina Prinsloo	48	BETH FDD	18/11/2023	Valsrivier Gala
92	3:27.76 L	F	Cornelia Fowler	43	KLOO ETH	24/11/2023	Westville-Seals LC Championships
93	3:31.61 L	P	Nikita Douglass	25	MDOL JHB	30/11/2023	CGA Championships 2023
94	3:35.84 L	F	Nicolette Louw	69	FEMS EDD	17/02/2024	EDEN 5th A-League Gala 2024
95	3:36.48 L	F	Christina Van Rooyen	48	PGAC EKU	11/11/2023	EGA Summer 3
96	3:55.42 L	F	Jeanne Louw	41	KALA	03/02/2024	NCASA SPRINTS 2024
97	4:01.19 L	F	Taryn Beaton	42	PEAS NMA	24/06/2023	PEA Winter Gala 2023
98	4:05.86 L	F	Rentia Oosthuizen	32	DESA NMA	11/11/2023	5th A League Gala 2023
99	4:33.44 L	F	Ilse Booysen	66	UPSK ZMD	25/11/2023	UPT AGE GROUP 2 2023
100	4:34.87 L	F	Helen Van Vuuren	44	NWUC KKD	21/10/2023	NWS Age Group 1 & 2 2023
Women 400 Free							
1	4:09.43 L	F	Duné Coetzee	21	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 CED	14/12/2023	Western Cape LC-A Championship 2023
16	4:34.79 L	F	Jordan-Jenna Rolfe	22	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	4:40.80 L	F	Chazél Orton	19	POTC KKD	15/03/2024	SA National Junior Age Group
19	4:41.29 L	F	Marlies Ross	26	TUKS FSH	26/01/2024	NTS Level 3+ January Age Group 2024
20	4:42.61 L	F	Hannah Murray	20	ROA EDD	24/06/2023	PEA Winter Gala 2023
21	4:43.13 L	F	Tumaini Macdonell	19	USC BUF	24/06/2023	PEA Winter Gala 2023
22	4:43.44 L	F	Abigail Swanepoel	20	NMU NMA	24/06/2023	PEA Winter Gala 2023
23	4:45.87 L	F	Jessica Meter	19	SEAL UMD	14/12/2023	KZNA 2023 Championships Incorp SSA
24	4:47.27 L	F	Megan Shepherd	20	TUKS FSH	20/10/2023	NTS Level 3+ October Age Group 2023
25	4:49.82 L	F	Mia vd Walt	20	TUKS FSH	23/02/2024	2024 Grand Prix 2 Invitational Meet -
26	4:49.95 L	F	Guilma Lausberg	20	MATI CED	16/09/2023	USSA Swimming
27	4:52.51 L	F	Rachael Humphries	22	NWS	27/01/2024	4 + 1 Inter Provincial Gala 2023
28	4:53.28 L	P	Chloe LE Roux	20	WCA CPT	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			
29	4:55.84 L	F	Lara Van Niekerk	20	PAC FSH	22/09/2023	NTS Level 3+ September Age Group
30	4:58.76 L	F	Carmel Billson	31	PEAS NMA	24/06/2023	PEA Winter Gala 2023
31	4:59.05 L	P	Alani Ferreira	25	KZNA ETH	08/04/2024	SA National Aquatic Champ 2024-PE
32	5:01.03 L	F	Jordainne Kazimierczak	21	FLOD JHB	27/01/2024	CGA Level 2+ Gala 27 Jan 2024
33	5:01.28 L	F	Erin Haslehurst	19	PGAC EKU	24/11/2023	EGA Summer 4
34	5:01.35 L	P	Zara Kleinhans	19	RSA	18/10/2023	BRICS Games Swimming 2023-KZN
35	5:05.04 L	F	Kiara Barnes	23	TYGE CPT	24/06/2023	PEA Winter Gala 2023
36	5:09.61 L	F	Chanel Fourie	19	AA JHB	20/03/2024	SA Level 3 Regional Age Group
37	5:11.78 L	F	Jayme - Sue Vermaas	26	KOVS MAN	13/10/2023	Pelicans Gala
38	5:14.49 L	F	Gabriella de Beer	19	NWUC KKD	16/09/2023	USSA Swimming
39	5:16.38 L	F	Alex Truter	19	BEAV ETH	24/11/2023	Westville-Seals LC Championships
40	5:17.61 L	F	Tayla Parker	20	SWIFT EKU	28/10/2023	EGA Summer 2 2023
41	5:21.76 L	F	Jordan Buffel	19	TRAZ FSH	22/09/2023	NTS Level 3+ September Age Group
42	5:22.70 L	F	Donia Smit	19	SS MPD	01/12/2023	Limpopo Champs
43	5:24.64 L	F	Joanica Kriegler	19	LALE CED	03/02/2024	Winelands SL final
44	5:24.80 L	F	Anneke van Eeden	19	NWUC KKD	06/12/2023	NWS Championships 2023/24
45	5:33.20 L	F	Wendy Cook	53	COEL FSH	03/02/2024	KCDA February Age Group 2024
46	6:10.31 L	F	Ra-eesa Jephta	19	MANT CPT	24/06/2023	PEA Winter Gala 2023
47	6:11.76 L	F	Lauren Roberts	48	UNI EZD	29/09/2023	MP AGE GROUP 1 29.09.2023 -
48	6:35.45 L	F	Minke Janse Van Rensburg	19	FISH EDD	18/11/2023	Eden LC Champs 2023
49	6:54.66 L	F	Cornelia Fowler	43	KLOO ETH	24/11/2023	Westville-Seals LC Championships
50	7:13.93 L	F	Nikita Douglass	25	MDOL JHB	30/11/2023	CGA Championships 2023
51	9:38.33 L	F	Helen Van Vuuren	44	NWUC KKD	11/11/2023	NWS Age Group 3 + 4
Women 800 Free							
1	8:32.88 L	F	Duné Coetzee	21	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 McMorran	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	22	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	9:55.35 L	F	Jessica Booth	21	MATI CED	16/09/2023	USSA Swimming
17	9:59.66 L	F	Guilma Lausberg	20	MATI CED	16/09/2023	USSA Swimming
18	10:01.44 L	F	Jessica Meter	19	SEAL UMD	14/12/2023	KZNA 2023 Championships Incorp SSA
19	10:04.42 L	F	Tumaini Macdonell	19	USC BUF	24/06/2023	PEA Winter Gala 2023
20	10:08.25 L	F	Rachael Humphries	22	NWUC KKD	11/11/2023	NWS Age Group 3 + 4
21	10:09.44 L	F	Taylor Pharoah	21	TUKS FSH	16/02/2024	NTS February Open Age Group 2024
22	10:16.30 L	F	Erin Haslehurst	19	PGAC EKU	17/02/2024	CGA Level 2+ Gala 17 Feb 2024
23	10:44.86 L	F	Amori Potgieter	19	NWUC KKD	16/09/2023	USSA Swimming
24	10:48.05 L	F	Tumelo Thelejane	19	OLDE JHB	17/02/2024	CGA Level 2+ Gala 17 Feb 2024
25	11:01.43 L	F	Donia Smit	19	SS MPD	01/12/2023	Limpopo Champs
26	11:49.70 L	F	Wendy Cook	53	COEL FSH	27/01/2024	Ushaka Champs 2024
27	12:42.67 L	F	Ra-eesa Jephta	19	MANT CPT	24/06/2023	PEA Winter Gala 2023
28	12:45.80 L	F	Lauren Roberts	48	UNI EZD	01/12/2023	Mpumalanga Championships 2023
29	14:04.63 L	F	Cornelia Fowler	43	KLOO ETH	24/11/2023	Westville-Seals LC Championships
30	14:41.37 L	F	Nikita Douglass	25	MDOL JHB	17/02/2024	CGA Level 2+ Gala 17 Feb 2024
31	20:18.00 L	F	Ilse Booysen	66	UPSK ZMD	03/11/2023	UPINGTON 2023
Women 1500 Free							
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 FSH	05/08/2023	World Univesity Games 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			
3	17:10.01 L	F	Janie Coetzer	22	TUKS FSH	11/08/2023	LEN European U23 Champs
4	17:25.30 L S	F	Carla Antonopoulos	23	AGC FSH	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 FSH	21/10/2023	AG Open Water Series #1
7	17:35.00 L	O	Amica De Jager	24	TUKS FSH	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	22	WATR JHB	24/06/2023	PEA Winter Gala 2023
10	17:57.33 L S	F	Duné Coetzee	21	AGC FSH	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 FSH	16/02/2024	NTS February Open Age Group 2024
16	19:22.48 L	O	Megan Shepherd	20	HREF BP	08/03/2024	SA National OWS Championship
17	19:27.56 L	F	Jessica Booth	21	MATI CED	11/11/2023	Winelands SL4
18	19:48.73 L	F	Erin Haslehurst	19	PGAC ECU	28/10/2023	EGA Summer 2 2023
19	22:16.45 L	F	Wendy Cook	53	COEL FSH	03/02/2024	KCDA February Age Group 2024
20	22:42.00 L	O	Ingrd Trusler	65	COEL FSH	20/01/2024	Prime View Swim Festival #3
21	26:23.00 L	O	Janet De Angelis	43	RAV ECU	20/01/2024	Prime View Swim Festival #3
22	27:39.00 L	O	Morgan Solomon	22	WATR JHB	20/01/2024	Prime View Swim Festival #3
23	28:24.00 L	O	Marieke Bouwer	60	COEL FSH	20/01/2024	Prime View Swim Festival #3
24	28:54.00 L	O	Jessica Lazarou	19	AWSC JHB	20/01/2024	Prime View Swim Festival #3
25	29:52.00 L	O	Heather Hodnett	39	AFIN JHB	20/01/2024	Prime View Swim Festival #3
26	33:12.00 L	O	Shirley Leech	62	EGAO ECU	20/01/2024	Prime View Swim Festival #3
27	33:47.00 L	O	Marissa Swart	26	TUKS FSH	20/01/2024	Prime View Swim Festival #3
28	34:13.00 L	O	Stella Young	61	WATR JHB	20/01/2024	Prime View Swim Festival #3
29	34:24.00 L	O	Julayga Cassim	51	ATLA JHB	20/01/2024	Prime View Swim Festival #3
30	35:26.00 L	O	Elke Brown	54	SWIM1 JHB	20/01/2024	Prime View Swim Festival #3
31	35:35.00 L	O	Heather Grafe	58	EGATC ECU	20/01/2024	Prime View Swim Festival #3
32	38:20.00 L	O	Lyndi Baker	50	CA ECU	20/01/2024	Prime View Swim Festival #3
33	45:02.00 L	O	Jeanri Smith	40	VRC FSH	20/01/2024	Prime View Swim Festival #3
Women 3000 Free							
1	34:04.00 L	O	Victoria Earle	22	TUKS FSH	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	20	TUKS FSH	20/01/2024	Prime View Swim Festival #3
4	39:43.00 L	O	Hannah Andraos	20	TUKS FSH	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 Kazimierzczak	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	51	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
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 FSH	20/01/2024	Prime View Swim Festival #3
19	55:19.00 L	O	Maureen Mons	72	WAHO JHB	20/01/2024	Prime View Swim Festival #3
20	55:45.00 L	O	Marcella Cave	43	MDOL JHB	20/01/2024	Prime View Swim Festival #3
21*	56:09.00 L	F	Wendy Cook	53	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 FSH	20/01/2024	Prime View Swim Festival #3
26	58:20.00 L	O	Carol Bruining	63	COEL FSH	20/01/2024	Prime View Swim Festival #3
27	58:31.00 L	O	Monnette Fourie	56	COEL FSH	20/01/2024	Prime View Swim Festival #3

Individual Top Times

Times since: 01-May-23 **Times until: 30-Apr-24**
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	Time	P/F/S	Name	Age/Yr			
28	58:47.00 L	O	Janine Daly	50	ELEC FSH	20/01/2024	Prime View Swim Festival #3
29	58:49.00 L	O	Mandy Macaskill	49	COEL FSH	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 FSH	20/01/2024	Prime View Swim Festival #3
Women 5000 Free							
1	1:00:23.00 L	O	Amica De Jager	24	TUKS FSH	21/10/2023	AG Open Water Series #1
2	1:01:06.00 L	O	Victoria Earle	22	TUKS FSH	21/10/2023	AG Open Water Series #1
3	1:02:13.00 L	O	Hannah Neilson	19	KZNA ETH	08/12/2023	2023 SA OWS Champ Trials -PE
4	1:02:22.00 L	O	Carla Antonopoulos	23	TUKS FSH	08/12/2023	2023 SA OWS Champ Trials -PE
5	1:02:46.50 L	F	Kate Beavon	24	RSA	15/07/2023	World Aquatics Champs - Fukuoka 2023
6	1:03:06.00 L	O	Michelle Weber	27	MATI CED	15/10/2023	EC Swim Series OWS 1 2023
7	1:07:22.00 L	O	Megan Shepherd	20	TUKS FSH	20/01/2024	Prime View Swim Festival #3
8	1:08:47.01 L	O	Tumelo Thelejane	19	RSA	10/12/2023	15th African Junior Cham
9	1:10:47.52 L	O	Abigail Swanepoel	20	ECA BUF	08/03/2024	SA National OWS Championship
10	1:14:58.00 L	F	Mykae Forrest	19	ACSA ETH	18/11/2023	KZN Open Water Champs
11	1:16:42.00 L	F	Lize-Marie Davidson	20	FSA FS	13/02/2024	Kovsie Open Water
12	1:21:34.94 L	O	Kirsty Hyslop	28	HREF BP	08/03/2024	SA National OWS Championship
13	1:21:43.00 L	F	Carina Hambloch	44	SMSC ETH	18/11/2023	KZN Open Water Champs
14	1:32:30.00 L	F	Alex Truter	19	BEAV ETH	18/11/2023	KZN Open Water Champs
15	1:56:41.00 L	F	Marelize Le Grange	41	SMSC ETH	18/11/2023	KZN Open Water Champs
Women 10000 Free							
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 FSH	08/12/2023	2023 SA OWS Champ Trials -PE
6	2:13:00.00 L	O	Carla Antonopoulos	23	TUKS FSH	08/12/2023	2023 SA OWS Champ Trials -PE
7	2:17:59.00 L	O	Taylor Pharoah	21	TUKS FSH	20/01/2024	Prime View Swim Festival #3
8	2:20:46.00 L	O	Kiara Noades	23	KZNA ETH	08/12/2023	2023 SA OWS Champ Trials -PE
9	2:27:15.96 L	O	Rachael Humphries	22	NWS	08/03/2024	SA National OWS Championship
10	2:29:28.34 L	O	Abigail Swanepoel	20	ECA BUF	08/03/2024	SA National OWS Championship
Women 50 Back							
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 FSH	08/04/2024	SA National Aquatic Champ 2024-PE
4	29.41 L	F	Caitlin De Lange	20	TUKS FSH	14/12/2023	KZNA 2023 Championships Incorpor SSA
5	29.45 L	P	Carissa Van Rooyen	21	RSA	06/10/2023	World Aqua -Swimming World Cup Oct
6	29.49 L	F	Erin Gallagher	25	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group
7	29.75 L	P	Hannah Pearse	21	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
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	F	Natalie Landmann	22	PAC FSH	12/12/2023	NTS Championships 2023
12*	30.77 L	F	Emma Chelius	27	TUKS FSH	22/09/2023	NTS Level 3+ September Age Group
12*	30.77 L	F	Rebecca Meder	21	SGUL ETH	13/10/2023	Golden Homes Swimfest
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 FSH	16/09/2023	USSA Swimming
18*	31.52 L	F	Samantha Straw	22	TUKS FSH	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	21	KZNA ETH	08/04/2024	SA National Aquatic Champ 2024-PE
22	31.91 L	P	Heike Thormahlen	24	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE

Individual Top Times

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	Time	P/F/S	Name	Age/Yr			
23	31.99 L	P	Lara Van Niekerk	20	PAC FSH	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 FSH	14/12/2023	KZNA 2023 Championships Incorp SSA
27	32.42 L	P	Jolene Cornelius	19	TUKS FSH	12/12/2023	NTS Championships 2023
28	32.71 L	F	Kaylene Corbett	24	TUKS FSH	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 FSH	12/12/2023	NTS Championships 2023
37	34.00 L	P	Mia vd Walt	20	TUKS FSH	12/12/2023	NTS Championships 2023
38	34.11 L	F	Johanna Buys	23	PAC FSH	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 Swimming Champions
45	34.96 L	F	Anica Dennis	21	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	19	PGAC EKU	15/03/2024	SA National Junior Age Group
50	35.85 L	F	Amani Ismail	19	TUKS FSH	12/12/2023	NTS Championships 2023
51*	36.14 L	P	Catherine Morrison	19	TUKS FSH	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	28	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	19	NWUC KKD	06/12/2023	NWS Championships 2023/24
59	38.51 L	F	Suzanne Harrop-Allin	45	COEL FSH	12/12/2023	NTS Championships 2023
60	38.70 L	F	Michele Esterhuizen	51	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	03/02/2024	NCASA SPRINTS 2024
63	39.46 L S	F	Joanica Kriegler	19	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	19	HPS FSH	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
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 Jephta	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 FSH	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 FSH	12/12/2023	NTS Championships 2023
81	53.17 L	F	Christina Van Rooyen	48	PGAC EKU	24/11/2023	EGA Summer 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			
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
Women 100 Back							
1	1:02.27 L	P	Tayla Jonker	19	PSC FSH	14/12/2023	KZNA 2023 Championships Incorporate 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 Pearce	21	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
4	1:02.56 L	P	Carissa Van Rooyen	21	CA ECU	23/02/2024	2024 Grand Prix 2 Invitational Meet -
5	1:03.11 L	P	Kerryn Herbst	21	AGC FSH	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 FSH	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 FSH	16/09/2023	USSA Swimming
13	1:08.16 L	P	Samantha Straw	22	AGC FSH	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	1:09.37 L	P	Heike Thormahlen	24	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
17	1:09.41 L	F	Tumaini Macdonell	19	USC BUF	24/06/2023	PEA Winter Gala 2023
18	1:09.43 L	P	Hannah Andraos	20	TUKS FSH	14/12/2023	KZNA 2023 Championships Incorporate SSA
19	1:09.46 L	F	Chazél Orton	19	POTC KKD	06/12/2023	NWS Championships 2023/24
20	1:09.62 L	F	Kristin Bellingan	26	TUKS FSH	20/10/2023	NTS Level 3+ October Age Group 2023
21	1:09.81 L	P	Emma Michell	19	LALE CED	14/12/2023	Western Cape LC-A Championship 2023
22	1:10.10 L	F	Anieke Helmand	19	KOVS MAN	14/12/2023	Western Cape LC-A Championship 2023
23	1:10.61 L	F	Hannah Robertson	19	MDOL JHB	27/01/2024	CGA Level 2+ Gala 27 Jan 2024
24	1:10.67 L	F	Nuria Ribeiro	21	MATI CED	14/12/2023	Western Cape LC-A Championship 2023
25	1:10.74 L	P	Megan Shepherd	20	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
26	1:10.99 L	F	Jolene Cornelius	19	TUKS FSH	12/12/2023	NTS Championships 2023
27	1:11.51 L	P	Hannah Cromhout	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
28	1:11.65 L	F	Michelle Weber	27	MATI CED	11/11/2023	Winelands SL4
29	1:11.79 L	P	Abigail Swanepoel	20	NMU NMA	24/06/2023	PEA Winter Gala 2023
30	1:12.18 L	P	Yvonne Botha	19	SS MPD	20/03/2024	SA Level 3 Regional Age Group
31	1:12.32 L	F	Lara Van Niekerk	20	PAC FSH	22/09/2023	NTS Level 3+ September Age Group
32	1:12.61 L	F	Amori Potgieter	19	NWUC KKD	16/09/2023	USSA Swimming
33	1:13.23 L	F	Kiara Barnes	23	TYGE CPT	24/06/2023	PEA Winter Gala 2023
34	1:13.40 L	F	Mia vd Walt	20	TUKS FSH	12/12/2023	NTS Championships 2023
35	1:13.53 L	F	Leah Christie	19	RSA	03/05/2023	CANA Zone IV Swimming Champions
36	1:13.73 L	F	Erin Daffarn	19	VINE CPT	11/11/2023	Winelands SL4
37	1:13.80 L S	F	Tayla Parker	20	SWIFT ECU	07/12/2023	EGA Summer Championships
38	1:14.85 L	P	Cailey Sauvage	19	PAC FSH	12/12/2023	NTS Championships 2023
39	1:15.42 L	F	Jordainne Kazimierzczak	21	FLOD JHB	30/11/2023	CGA Championships 2023
40	1:15.43 L	F	Guilma Lausberg	20	MATI CED	16/09/2023	USSA Swimming
41	1:15.52 L	F	Erin Haslehurst	19	PGAC ECU	15/09/2023	EGA Summer 1
42	1:15.75 L	F	Anica Dennis	21	INFA NMA	24/06/2023	PEA Winter Gala 2023
43	1:16.28 L	F	Megan Bulose	19	UWC CPT	16/09/2023	USSA Swimming
44	1:16.53 L	F	Rachael Humphries	22	NWUC KKD	06/12/2023	NWS Championships 2023/24
45	1:19.05 L	F	Donia Smit	19	HMER MP	14/10/2023	Limpopo Top 8 - High Schools
46	1:19.69 L	F	Chanel Fourie	19	AA JHB	27/01/2024	CGA Level 2+ Gala 27 Jan 2024
47	1:20.25 L	P	Amani Ismail	19	TUKS FSH	12/12/2023	NTS Championships 2023
48	1:20.65 L	F	Corinna Meyer	19	PSC FSH	23/02/2024	NTS Prestige AG February 2024
49	1:22.02 L S	P	Santana Van Der Zandt	19	SOUL ECU	07/12/2023	EGA Summer 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			
50	1:22.60 L	F	Anneke van Eeden	19	NWUC KKD	06/12/2023	NWS Championships 2023/24
51	1:23.03 L	F	Lara Potgieter	19	HSBV SKD	14/10/2023	Limpopo Top 8 - High Schools
52	1:23.38 L	F	Esmari Theart	28	KALA	03/02/2024	NCASA SPRINTS 2024
53	1:24.80 L	F	Joanica Kriegler	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
54	1:25.15 L	F	Tumelo Thelejane	19	OLDE JHB	27/01/2024	CGA Level 2+ Gala 27 Jan 2024
55	1:27.35 L	F	Suzanne Harrop-Allin	45	CSC TSH	05/10/2023	42nd Freda Barnard Invitational Gala
56	1:30.47 L	P	Ra-eesa Jephtha	19	MANT CPT	24/06/2023	PEA Winter Gala 2023
57	1:33.46 L	F	Ayanda Tshabalala	19	HPS TSH	24/03/2024	SA Level 2 Regional Age Group Champs
58	1:41.60 L S	P	Mukona Ligege	22	ONYX EKU	07/12/2023	EGA Summer Championships
59	1:42.05 L	F	Mia Vd Merwe	25	CASC CPT	18/11/2023	CTA QUALIFYING MEET 2
60	1:42.91 L	P	Nikita Douglass	25	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
61	1:46.70 L	F	Kiersten Pause	19	XSAQ CPT	17/09/2023	CTA BMEET 3
62	1:50.43 L	F	Minke Janse Van Rensburg	19	FISH EDD	05/10/2023	42nd Freda Barnard Invitational Gala
63	1:52.13 L	F	Janine Steyn	53	BETH FDD	26/08/2023	kovsie Sprint Gala
64	1:55.91 L	F	Ina Prinsloo	48	BETH FDD	18/11/2023	Valsrivier Gala
65	1:56.29 L	F	Cornelia Fowler	43	KLOO ETH	21/01/2024	EDA Age Group Gala 5 2024
66	2:08.67 L	F	Rentia Oosthuizen	32	DESA NMA	15/12/2023	NMBA Championships 2023
67	2:36.08 L	P	Marne Kock	26	RBUR BPD	06/12/2023	NWS Championships 2023/24
68	2:47.47 L	F	Ilse Booysen	66	UPSK ZMD	11/11/2023	AGE GROUP 1 UPT
Women 200 Back							
1	2:12.04 L	S	Hannah Pearse	21	TUKS TSH	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 TSH	05/08/2023	World Univesity Games 2023
4	2:21.60 L	F	Kristin Bellingan	26	TUKS TSH	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	21	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 TSH	16/09/2023	USSA Swimming
12	2:29.27 L	F	Marlies Ross	26	TUKS TSH	23/02/2024	NTS Prestige AG February 2024
13	2:32.24 L	P	Heike Thormahlen	24	TUKS TSH	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	20	TUKS TSH	20/10/2023	NTS Level 3+ October Age Group 2023
16	2:36.04 L	F	Lezanne De Villiers	19	LALE CED	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 CED	16/09/2023	USSA Swimming
22	2:40.32 L	F	Leah Christie	19	RSA	03/05/2023	CANA Zone IV SwimmingChampions
23	2:41.02 L	F	Kiara Barnes	23	TYGE CPT	24/06/2023	PEA Winter Gala 2023
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 TSH	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 TSH	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 EKU	28/10/2023	EGA Summer 2 2023
33	4:01.70 L	F	Oratile Ndawo	19	ESP EKU	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
Women 50 Breast							
1	29.91 L	S	Lara Van Niekerk	20	RSA	23/07/2023	World Aquatics Champ- Fukuoka 2023
2	30.09 L	F	Tatjana Smith	26	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
3	31.06 L	F	Simone Moll	19	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				
4	31.70 L	S	Kaylene Corbett	24	TUKS FSH	05/08/2023	World Univesity Games 2023	
5*	32.38 L	P	Jade Nesor	23	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	Simei Van Staden	19	KZNA ETH	08/04/2024	SA National Aquatic Champ 2024-PE	
17*	34.78 L	F	Mariella Venter	24	WATR JHB	24/06/2023	PEA Winter Gala 2023	
17*	34.78 L	P	Michelle Nieuwstad	30	LALE CED	14/12/2023	Western Cape LC-A Championship 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	20	TUKS FSH	16/09/2023	USSA Swimming	
25	35.74 L	P	Jolene Cornelius	19	TUKS FSH	15/03/2024	SA National Junior Age Group	
26	35.77 L	F	Cailey Sauvage	19	PAC FSH	12/12/2023	NTS Championships 2023	
27	35.89 L	F	Kara Cilliers	19	TUKS FSH	16/02/2024	NTS February Open Age Group 2024	
28	35.90 L	P	Taneal Baptiste	24	TUKS FSH	14/12/2023	KZNA 2023 Championships Incorp SSA	
29	36.08 L	F	Kristen Straszacker	24	CASC CPT	24/11/2023	CTA A & B CHAMPS 2023	
30	36.13 L	F	Leah Christie	19	RSA	03/05/2023	CANA Zone IV SwimmingChampions	
31	36.16 L	F	Reedah Shaw	23	TUKS FSH	16/09/2023	USSA Swimming	
32	36.31 L	P	Tilka Paljk	27	MATI CED	14/12/2023	Western Cape LC-A Championship 2023	
33	36.58 L	F	Carissa Van Rooyen	21	CA EKU	11/11/2023	EGA Summer 3	
34	37.03 L	F	Constantina Pietersen	22	INFA NMA	12/08/2023	Madibaz Swim Meet 2023	
35	37.05 L	F	Yvette Victor	44	COEL FSH	01/12/2023	2023 The Tshwane Mayor's Gala	
36	37.13 L	P	Alex Truter	19	BEAV ETH	15/03/2024	SA National Junior Age Group	
37	37.24 L	F	Catherine Morrison	19	TUKS FSH	16/02/2024	NTS February Open Age Group 2024	
38	37.39 L	F	Netanya Roberts	22	MATI CED	16/09/2023	USSA Swimming	
39	37.87 L	P	Jessica Booth	21	MATI CED	24/06/2023	PEA Winter Gala 2023	
40	37.95 L	F	Heike Thormahlen	24	TUKS FSH	17/11/2023	NTS Level 3+ November Age Group	
41	38.23 L S	F	Tayla Parker	20	SWIFT EKU	07/12/2023	EGA Summer Championships	
42	38.39 L	F	Megan Bulose	19	UWCA CPT	18/11/2023	CTA QUALIFYING MEET 2	
43	38.54 L	F	Jordan Buffel	19	TRAZ FSH	17/11/2023	NTS Level 3+ November Age Group	
44	38.86 L	F	Carla Antonopoulos	23	TUKS FSH	17/11/2023	NTS Level 3+ November Age Group	
45	38.94 L	F	Gabriella de Beer	19	NWUC KKD	06/12/2023	NWS Championships 2023/24	
46	38.99 L	F	Anneke van Eeden	19	NWUC KKD	21/10/2023	NWS Age Group 1 & 2 2023	
47	39.05 L	P	Alani Ferreira	25	KZNA ETH	08/04/2024	SA National Aquatic Champ 2024-PE	
48	39.32 L	P	Amori Potgieter	19	NWUC KKD	06/12/2023	NWS Championships 2023/24	
49	39.33 L	F	Luchelle Oosthuizen	19	KOVS MAN	26/08/2023	kovsie Sprint Gala	
50	39.57 L	P	Sybil de Beer	44	POTC KKD	06/12/2023	NWS Championships 2023/24	
51	39.80 L	P	Erin Haslehurst	19	PGAC EKU	15/03/2024	SA National Junior Age Group	
52	40.08 L	F	Suzanne Harrop-Allin	45	COEL FSH	01/12/2023	2023 The Tshwane Mayor's Gala	
53	40.09 L	F	Yvonne Botha	19	HBV MP	14/10/2023	Limpopo Top 8 - High Schools	
54	40.45 L	F	Wendy Cook	53	COEL FSH	27/01/2024	Ushaka Champs 2024	
55	40.81 L S	F	Megan Adams	19	SOUL EKU	07/12/2023	EGA Summer Championships	
56	40.86 L	F	Courtney Badenhorst	19	MANT CPT	20/01/2024	CTA A MEET 4	
57	41.13 L	F	Donia Smit	19	SS MPD	01/12/2023	Limpopo Champs	
58	41.30 L	F	Lemeez Browne	21	NMU NMA	16/09/2023	USSA Swimming	
59	42.08 L	F	Joanica Kriegler	19	LALE CED	03/02/2024	Winelands SL final	
60	42.54 L	P	Kiara Barnes	23	TYGE CPT	24/06/2023	PEA Winter Gala 2023	
61	42.64 L	F	Corinna Meyer	19	PSC FSH	20/10/2023	NTS Level 3+ October Age Group 2023	
62	42.81 L	F	Charlene De Souza	42	EXP FSH	01/12/2023	2023 The Tshwane Mayor's Gala	

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			
63	42.99 L	F	Michele Esterhuizen	51	CSA EZD	01/12/2023	Mpumalanga Championships 2023
64	43.03 L	P	Kara Fourie	19	LAD UTD	05/04/2024	SA Level 2 Regional Age Group Champs
65	43.43 L	F	Annorina Groenewald	43	KTS	24/11/2023	AGE GROUP 2 KATHU 2023
66	43.66 L	F	Tanika Lubbe	23	KALA	07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023
67	44.05 L	F	Esmari Theart	28	KALA	03/02/2024	NCASA SPRINTS 2024
68	44.58 L	P	Ayanda Tshabalala	19	HPS TSH	12/12/2023	NTS Championships 2023
69	44.88 L	P	Chanel Fourie	19	AA JHB	20/03/2024	SA Level 3 Regional Age Group
70	45.12 L	F	Jessica Lazarou	19	AWSC JHB	24/03/2024	SA Level 2 Regional Age Group Champs
71	45.15 L	F	Kyla Lessing	22	MATI CED	16/09/2023	USSA Swimming
72	45.55 L	F	Zarlia Engelbrecht	20	KSC EZD	23/09/2023	MP SPRINT GALA 23 SEPTEMBER
73	45.59 L	F	Nicole De Montille	47	CA EKU	26/01/2024	EGA Last Chance 2024
74	45.67 L	F	Kirsten Henry	22	MATI CED	16/09/2023	USSA Swimming
75	46.52 L	F	Cheney Le Roux	19	KTS	24/11/2023	AGE GROUP 2 KATHU 2023
76	46.70 L	F	Theani Erasmus	19	HFDT MP	14/10/2023	Limpopo Top 8 - High Schools
77	47.45 L	F	Janine Steyn	53	BETH FDD	26/08/2023	kovsie Sprint Gala
78	47.66 L	P	Ra-eesa Jephtha	19	MANT CPT	24/06/2023	PEA Winter Gala 2023
79	48.13 L	F	Louise Cockeran	38	KALA	02/12/2023	AGE GROUP 3 KATHU - 2023
80	48.21 L	F	Lauren Roberts	48	UNI EZD	01/12/2023	Mpumalanga Championships 2023
81	49.50 L	F	Christina Van Rooyen	48	PGAC EKU	26/01/2024	EGA Last Chance 2024
82	50.93 L	F	Keslynnne Anthony	19	CAMB BUF	03/02/2024	Buffalo City School Trials 2024
83	52.46 L S	F	Mukona Ligege	22	ONYX EKU	07/12/2023	EGA Summer Championships
84	53.78 L	F	Sonja Coetzee	36	VALS FDD	06/12/2023	Free State Champs 2023
85	53.99 L	F	Ina Prinsloo	48	BETH FDD	18/11/2023	Valsrivier Gala
86	54.24 L	F	Jeanne Louw	41	KALA	20/01/2024	AGE GROUP 5 KATHU 2024
87	54.76 L	F	Minke Janse Van Rensburg	19	FISH EDD	20/01/2024	EDEN 4th A-League Gala 2024
88	56.47 L	F	Cornelia Fowler	43	KLOO ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
89	57.35 L	P	Rentia Oosthuizen	32	DESA NMA	09/02/2024	Infinity Gala 2024
90	58.04 L	F	Katherine Swanepoel	36	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
91	58.43 L	F	Mpho Kobyanne	20	ATTE TSH	02/02/2024	NTS Level 1+2 February Age Group
92	1:00.04 L	F	Mia Vd Merwe	25	CASC CPT	24/06/2023	PEA Winter Gala 2023
93	1:04.93 L	P	Nikita Douglass	25	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
94	1:08.01 L	F	Huibrecht Engelbrecht	35	SS MPD	21/10/2023	Limpopo Age Group 4
95	1:12.23 L	F	Helen Van Vuuren	44	NWUC KKD	06/12/2023	NWS Championships 2023/24
96	1:14.58 L	F	Taryn Beaton	42	PEAS NMA	22/07/2023	1st A League Gala 2023
97	1:15.45 L	F	Marne Kock	26	RBUR BPD	21/10/2023	NWS Age Group 1 & 2 2023
Women 100 Breast							
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	20	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
7	1:12.10 L S	P	Chelaine Van der Westhuizen	22	AGC TSH	08/04/2024	SA National Aquatic Champ 2024-PE
8	1:12.27 L	P	Kate Meyer	21	TUKS TSH	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 TSH	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 TSH	20/10/2023	NTS Level 3+ October Age Group 2023
14	1:15.55 L	F	Marlies Ross	26	TUKS TSH	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	20	TUKS TSH	16/09/2023	USSA Swimming
17	1:16.57 L S	F	Cailey Sauvage	19	PAC TSH	12/12/2023	NTS Championships 2023
18	1:16.76 L	F	Jenna Whiting	23	TUKS TSH	16/09/2023	USSA Swimming
19	1:17.88 L S	F	Q-Rize Ferreira	20	TUKS TSH	12/12/2023	NTS Championships 2023
20	1:17.94 L	F	Sune Van Jaarsveld	22	TUKS TSH	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 CED	14/12/2023	Western Cape LC-A Championship 2023
23	1:19.37 L S	F	Jolene Cornelius	19	TUKS TSH	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	1:19.46 L	F	Trinity Hearne	20	CYBE CPT	18/11/2023	CTA QUALIFYING MEET 2
25	1:19.73 L	P	Simeï Van Staden	19	KLOO ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
26	1:19.84 L	F	Kristin Bellingan	26	TUKS TSH	22/09/2023	NTS Level 3+ September Age Group
27	1:19.87 L	P	Kara Cilliers	19	TUKS TSH	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	1:20.72 L S	F	Yvette Victor	44	CSC TSH	05/10/2023	42nd Freda Barnard Invitational Gala
30	1:21.17 L	P	Leah Christie	19	RSA	18/10/2023	BRICS Games Swimming 2023-KZN
31	1:21.38 L	F	Constantina Pietersen	22	INFA NMA	12/08/2023	Madibaz Swim Meet 2023
32	1:21.71 L	F	Jessica Booth	21	MATI CED	16/09/2023	USSA Swimming
33	1:21.96 L	F	Reedah Shaw	23	TUKS TSH	16/09/2023	USSA Swimming
34	1:22.02 L	F	Anieke Helmand	19	KOVS MAN	06/12/2023	Free State Champs 2023
35	1:22.24 L	P	Paige Nicholson	20	ASHL ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
36	1:22.92 L	F	Alani Ferreira	25	KZNA ETH	08/04/2024	SA National Aquatic Champ 2024-PE
37	1:23.37 L	F	Luchelle Oosthuizen	19	KOVS MAN	21/10/2023	Otters Prestige Gala 2023
38	1:23.69 L	F	Catherine Morrison	19	TUKS TSH	17/11/2023	NTS Level 3+ November Age Group
39	1:24.22 L S	P	Jordan Buffel	19	TRAZ TSH	12/12/2023	NTS Championships 2023
40	1:25.17 L	F	Tayla Parker	20	SWIFT ECU	07/12/2023	EGA Summer Championships
41	1:25.35 L	P	Anneke van Eeden	19	NWUC KKD	06/12/2023	NWS Championships 2023/24
42	1:25.59 L	F	Amori Potgieter	19	NWUC KKD	16/09/2023	USSA Swimming
43	1:25.96 L	P	Yvonne Botha	19	SS MPD	20/03/2024	SA Level 3 Regional Age Group
44	1:25.99 L	F	Netanya Roberts	22	MATI CED	16/09/2023	USSA Swimming
45	1:27.10 L	F	Erin Haslehurst	19	PGAC ECU	07/12/2023	EGA Summer Championships
46	1:27.21 L	F	Gabriella de Beer	19	NWUC KKD	11/11/2023	NWS Age Group 3 + 4
47	1:27.22 L	F	Megan Bulose	19	UWCA CPT	21/03/2024	SA Level 3 Regional Age Group
48	1:27.72 L	F	Sybil de Beer	44	POTC KKD	06/12/2023	NWS Championships 2023/24
49	1:28.06 L	F	Jordainne Kazimierczak	21	FLOD JHB	14/10/2023	CGA Level 2 + Gala Oct 2023
50	1:28.78 L	F	Nastasiya Vrey	25	TUKS TSH	16/09/2023	USSA Swimming
51	1:30.28 L	F	Megan Adams	19	SOUL ECU	07/12/2023	EGA Summer Championships
52	1:30.36 L S	F	Suzanne Harrop-Allin	45	CSC TSH	05/10/2023	42nd Freda Barnard Invitational Gala
53	1:30.57 L	F	Donia Smit	19	SS MPD	01/12/2023	Limpopo Champs
54	1:30.89 L	F	Lemeez Browne	21	NMU NMA	16/09/2023	USSA Swimming
55	1:31.65 L S	F	Courtney Badenhorst	19	MANT CPT	24/11/2023	CTA A & B CHAMPS 2023
56	1:35.84 L	F	Michele Esterhuizen	51	CSA EZD	01/12/2023	Mpumalanga Championships 2023
57	1:38.83 L	F	Ra-eesa Jephta	19	MANT CPT	03/02/2024	CTA BRIAN BUTTON Qualifying Meet
58	1:39.52 L	F	Tanika Lubbe	23	NC FB	27/01/2024	4 + 1 Inter Provincial Gala 2023
59	1:40.12 L	F	Cameron Butler	19	SUPE JHB	10/11/2023	CGA Level 2+ Gala 10 - 11 Nov 2023
60	1:42.52 L	F	Nicole De Montille	47	CA ECU	26/01/2024	EGA Last Chance 2024
61	1:43.19 L	F	Janine Steyn	53	BETH FDD	06/12/2023	Free State Champs 2023
62	1:46.05 L	F	Theani Erasmus	19	HFDT MP	14/10/2023	Limpopo Top 8 - High Schools
63	1:46.15 L	F	Zarlia Engelbrecht	20	KSC EZD	01/12/2023	Mpumalanga Championships 2023
64	1:48.25 L	F	Christina Van Rooyen	48	PGAC ECU	24/11/2023	EGA Summer 4
65	1:48.31 L	P	Oratile Ndawo	19	ESP ECU	07/12/2023	EGA Summer Championships
66	1:48.48 L	F	Morgan Vermeulen	20	SWIFT ECU	28/10/2023	EGA Summer 2 2023
67	1:53.75 L	F	Louise Cockeran	38	KALA	17/02/2024	KATHU T&S CLUB GALA 2024
68	1:57.85 L	F	Kirsten Schworer	21	PGAC ECU	26/01/2024	EGA Last Chance 2024
69	2:03.04 L	F	Keslynn Anthony	19	CAMB BUF	03/02/2024	Buffalo City School Trials 2024
70	2:04.01 L	F	Cornelia Fowler	43	KLOO ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
71	2:04.37 L	F	Rentia Oosthuizen	32	DESA NMA	15/12/2023	NMBA Championships 2023
72	2:06.50 L	F	Nicolette Louw	69	FEMS EDD	17/02/2024	EDEN 5th A-League Gala 2024
73	2:07.30 L	F	Sonja Coetzee	36	VALS FDD	18/11/2023	Valsrivier Gala
74	2:08.10 L	F	Mia Vd Merwe	25	CASC CPT	24/06/2023	PEA Winter Gala 2023
75	2:10.47 L S	F	Minke Janse Van Rensburg	19	FISH EDD	05/10/2023	42nd Freda Barnard Invitational Gala
76	2:13.77 L	F	Mpho Kobyané	20	ATTE TSH	02/02/2024	NTS Level 1+2 February Age Group
77	2:16.19 L	F	Marietta Hamersma	62	BHK NGD	20/01/2024	MP AGE GROUP 4 GALA 20 JANUARY
78	2:39.29 L	F	Marne Kock	26	RBUR BPD	21/10/2023	NWS Age Group 1 & 2 2023
79	2:48.52 L	F	Helen Van Vuuren	44	NWUC KKD	11/11/2023	NWS Age Group 3 + 4
Women 200 Breast							
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

Individual Top Times

Times since: 01-May-23
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Times until: 30-Apr-24
 Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
3	2:31.62 L	F	Simone Moll	19	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
4	2:32.09 L	F	Kate Meyer	21	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
5	2:32.99 L	F	Catherine Van Rensburg	19	AGC	FSH	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	FSH	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	FSH	12/12/2023	NTS Championships 2023
11	2:44.69 L	F	Megan Shepherd	20	TUKS	FSH	16/09/2023	USSA Swimming
12	2:45.40 L	F	Amica De Jager	24	TUKS	FSH	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	KZSA 2023 Championships Incorp SSA
16	2:52.16 L	F	Jessica Booth	21	MATI	GED	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	Simei Van Staden	19	KLOO	ETH	14/12/2023	KZNA 2023 Championships Incorp SSA
19	2:55.61 L S	P	Kara Cilliers	19	TUKS	FSH	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	19	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	GED	16/09/2023	USSA Swimming
25	3:06.69 L	F	Erin Haslehurst	19	PGAC	EKU	15/09/2023	EGA Summer 1
26	3:07.81 L S	F	Gabriella de Beer	19	NWUC	KKD	06/12/2023	NWS Championships 2023/24
27	3:12.20 L	F	Megan Adams	19	SOUL	EKU	07/12/2023	EGA Summer Championships
28	3:14.17 L S	F	Amori Potgieter	19	NWUC	KKD	06/12/2023	NWS Championships 2023/24
29	3:19.14 L	F	Suzanne Harrop-Allin	45	CSC	FSH	05/10/2023	42nd Freda Barnard Invitational Gala
30	3:45.69 L	F	Ra-eesa Jephtha	19	MANT	CPT	24/06/2023	PEA Winter Gala 2023
31	3:47.01 L	F	Janine Steyn	53	BETH	FDD	06/10/2023	Super Seals & Sentraal Aquatics Gala
32	3:53.04 L	F	Nicole De Montille	47	CA	EKU	15/09/2023	EGA Summer 1
33	4:03.88 L	F	Oratile Ndawo	19	ESP	EKU	07/12/2023	EGA Summer Championships
34	4:16.24 L	F	Rentia Oosthuizen	32	DESA	NMA	15/12/2023	NMBA Championships 2023
35	4:23.81 L	F	Nicolette Louw	69	FEMS	EDD	17/02/2024	EDEN 5th A-League Gala 2024
36	4:24.50 L S	F	Sonja Coetzee	36	VALS	FDD	06/12/2023	Free State Champs 2023
37	5:55.97 L	F	Helen Van Vuuren	44	NWUC	KKD	11/11/2023	NWS Age Group 3 + 4
Women 50 Fly								
1	25.59 L	F	Erin Gallagher	25	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
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	24	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	Marlies Ross	26	AGC	FSH	08/04/2024	SA National Aquatic Champ 2024-PE
15*	29.09 L	P	Natalie Landmann	22	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	21	KZNA	ETH	08/04/2024	SA National Aquatic Champ 2024-PE
19*	29.23 L	F	Carissa Van Rooyen	21	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

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	29.72	L	F	Lara Van Niekerk	20	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 McMorran	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	22	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	19	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	32.21	L	P	Tara Uys	19	TYGE	CPT	14/12/2023	Western Cape LC-A Championship 2023
51	32.32	L S	F	Catherine Morrison	19	TUKS	FSH	12/12/2023	NTS Championships 2023
52	32.39	L S	F	Yvette Victor	44	CSC	FSH	05/10/2023	42nd Freda Barnard Invitational Gala
53	32.43	L S	P	Mia vd Walt	20	TUKS	FSH	12/12/2023	NTS Championships 2023
54	32.55	L	F	Jenna Whiting	23	TUKS	FSH	16/09/2023	USSA Swimming
55	32.70	L	F	Reedah Shaw	23	TUKS	FSH	16/09/2023	USSA Swimming
56	32.78	L	P	Erin Daffarn	19	VINE	CPT	14/12/2023	Western Cape LC-A Championship 2023
57	33.01	L	P	Zoli de Kock	39	POTC	KKD	06/12/2023	NWS Championships 2023/24
58	33.12	L	P	Erin Haslehurst	19	PGAC	EKU	15/03/2024	SA National Junior Age Group
59	33.31	L	F	Tilka Paljk	27	MATI	GED	16/09/2023	USSA Swimming
60	33.39	L	F	Sinelithemba Mbatha	21	TUKS	FSH	16/09/2023	USSA Swimming
61	33.53	L	P	Kiara Barnes	23	TYGE	CPT	24/06/2023	PEA Winter Gala 2023
62	33.54	L	F	Megan Bulose	19	UWCA	CPT	24/11/2023	CTA A & B CHAMPS 2023
63	33.59	L	F	Michele Esterhuizen	51	CSA	EZD	01/12/2023	Mpumalanga Championships 2023
64	33.70	L	F	Anneke van Eeden	19	NWUC	KKD	06/12/2023	NWS Championships 2023/24
65	33.72	L	F	Zaria Fourie	19	HSBV	SKD	14/10/2023	Limpopo Top 8 - High Schools
66	33.76	L	F	Jordan Buffel	19	TRAZ	FSH	17/11/2023	NTS Level 3+ November Age Group
67	34.05	L	F	Yvonne Botha	19	SS	MPD	01/12/2023	Limpopo Champs
68	34.69	L	F	Tanika Lubbe	23	KALA		07/12/2023	NCASA CHAMPS 7 - 10 DEC 2023
69	34.79	L	F	Jayne - Sue Vermaas	26	KOVS	MAN	13/10/2023	Pelicans Gala
70	35.01	L	F	Alex Truter	19	BEAV	ETH	21/10/2023	Froggies Championships 2023
71	35.18	L	F	Amori Potgieter	19	NWUC	KKD	06/12/2023	NWS Championships 2023/24
72	36.21	L	P	Megan Adams	19	SOUL	EKU	07/12/2023	EGA Summer Championships
73	36.45	L	F	Joanica Kriegler	19	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
74	36.65	L	F	Ra-eesa Jephtha	19	MANT	CPT	17/02/2024	Swartland Invitational Gala 2024
75	37.18	L	F	Courtney Badenhorst	19	MANT	CPT	24/11/2023	CTA A & B CHAMPS 2023
76	37.22	L	F	Donia Smit	19	SS	MPD	01/12/2023	Limpopo Champs
77	37.29	L	F	Esmari Theart	28	KALA		03/02/2024	NCASA SPRINTS 2024
78	37.85	L	F	Katelyn Marais	21	TUKS	FSH	16/09/2023	USSA Swimming
79	38.09	L	P	Sybil de Beer	44	POTC	KKD	06/12/2023	NWS Championships 2023/24
80	38.46	L	F	Minke Janse Van Rensburg	19	WCA	CPT	08/04/2024	SA National Aquatic Champ 2024-PE
81	38.56	L	F	Nastasiya Vrey	25	TUKS	FSH	16/09/2023	USSA Swimming
82	38.67	L	F	Lauren Roberts	48	UNI	EZD	01/12/2023	Mpumalanga 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				
83	38.80 L	F	Mukona Ligege	22	ONYX EKU	07/12/2023	EGA Summer Championships	
84	40.38 L	F	Kara Fourie	19	LAD UTD	21/10/2023	Uthukela District Age Group Gala	
85	40.67 L	F	Janine Steyn	53	BETH FDD	06/12/2023	Free State Champs 2023	
86	41.89 L	F	Kirsten Schworer	21	PGAC EKU	24/11/2023	EGA Summer 4	
87	43.03 L	F	Kirsten Henry	22	MATI CED	16/09/2023	USSA Swimming	
88	43.55 L	F	Oratile Ndawo	19	ESP EKU	24/11/2023	EGA Summer 4	
89	47.06 L S	F	Mia Vd Merwe	25	CASC CPT	14/12/2023	Western Cape LC-A Championship 2023	
90	48.06 L	F	Nikita Douglass	25	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE	
91	1:02.22 L	F	Lesego Ramothibe	19	ONYX EKU	26/01/2024	EGA Last Chance 2024	
92	1:05.39 L	F	Helena Farrelly	61	FEMS EDD	17/02/2024	EDEN 5th A-League Gala 2024	
Women 100 Fly								
1	57.32 L S	F	Erin Gallagher	25	AGC TSH	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 McMorrان	19	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE	
4	1:03.27 L	P	Taneal Baptiste	24	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 TSH	12/12/2023	NTS Championships 2023	
8	1:04.39 L	F	Lara Van Niekerk	20	PAC TSH	12/12/2023	NTS Championships 2023	
9	1:04.40 L	F	Caitlin De Lange	20	TUKS TSH	20/10/2023	NTS Level 3+ October Age Group 2023	
10	1:04.64 L S	F	Tayla Jonker	19	AGC TSH	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 TSH	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 TSH	16/09/2023	USSA Swimming	
16	1:05.97 L	F	Chante' Cornelius	22	TUKS TSH	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 TSH	15/03/2024	SA National Junior Age Group	
20	1:07.73 L	F	Marlies Ross	26	TUKS TSH	23/02/2024	NTS Prestige AG February 2024	
21	1:08.42 L S	F	Kara Cilliers	19	TUKS TSH	15/03/2024	SA National Junior Age Group	
22	1:08.59 L	F	Kaylene Corbett	24	TUKS TSH	22/09/2023	NTS Level 3+ September Age Group	
23	1:08.69 L	F	Sune Van Jaarsveld	22	TUKS TSH	12/12/2023	NTS Championships 2023	
24	1:08.85 L	F	Carla Antonopoulos	23	TUKS TSH	16/09/2023	USSA Swimming	
25	1:08.91 L S	P	Jolene Cornelius	19	TUKS TSH	15/03/2024	SA National Junior Age Group	
26	1:09.35 L	F	Courtney Pretorius	22	TUKS TSH	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	20	TUKS TSH	23/02/2024	NTS Prestige AG February 2024	
30	1:11.40 L	F	Mia vd Walt	20	TUKS TSH	12/12/2023	NTS Championships 2023	
31	1:11.49 L	F	Erin Haslehurst	19	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 TSH	12/12/2023	NTS Championships 2023	
35	1:12.72 L	F	Corinna Meyer	19	PSC TSH	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	19	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 SwimmingChampions	
40	1:16.56 L	F	Jayme - Sue Vermaas	26	KOVS MAN	13/10/2023	Pelicans Gala	
41	1:19.18 L	F	Gabriella de Beer	19	NWUC KKD	16/09/2023	USSA Swimming	
42	1:19.83 L	F	Simeí Van Staden	19	KLOO ETH	16/02/2024	EDA Age Group Gala 6 2024	
43	1:22.85 L	F	Ra-eesa Jephtha	19	MANT CPT	03/02/2024	CTA BRIAN BUTTON Qualifying Meet	
44	1:23.92 L	F	Netanya Roberts	22	MATI CED	16/09/2023	USSA Swimming	
45	1:24.15 L	P	Megan Bulose	19	UWCA CPT	21/03/2024	SA Level 3 Regional Age Group	
46	1:25.04 L	F	Zaria Fourie	19	HSBV SKD	14/10/2023	Limpopo Top 8 - High Schools	
47	1:25.57 L	F	Alex Truter	19	BEAV ETH	24/11/2023	Westville-Seals LC Championships	
48	1:25.95 L	P	Joanica Kriegler	19	WCA CPT	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				
49	1:26.34 L	F	Yvonne Botha	19	HBV MP	14/10/2023	Limpopo Top 8 - High Schools	
50	1:26.58 L	F	Donia Smit	19	HMER MP	14/10/2023	Limpopo Top 8 - High Schools	
51	1:27.36 L	F	Alani Ferreira	25	SEAL UMD	24/11/2023	Westville-Seals LC Championships	
52	1:35.39 L	F	Katelyn Marais	21	TUKS TSH	16/09/2023	USSA Swimming	
53	1:36.38 L S	F	Janine Steyn	53	BETH FDD	06/12/2023	Free State Champs 2023	
54	1:40.35 L	F	Minke Janse Van Rensburg	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE	
Women 200 Fly								
1	2:13.97 L	F	Duné Coetzee	21	AGC TSH	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 TSH	14/12/2023	KZNA 2023 Championships Incorp SSA	
4	2:17.50 L	F	Leigh McMorrان	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 TSH	08/04/2024	SA National Aquatic Champ 2024-PE	
7	2:26.49 L	F	Kristin Bellingan	26	TUKS TSH	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	22	TUKS TSH	16/09/2023	USSA Swimming	
11	2:47.38 L	F	Erin Haslehurst	19	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	
Women 150 IM								
1	3:02.53 L	F	Katherine Swanepoel	36	DRGN EKU	27/01/2024	CGA Level 2+ Gala 27 Jan 2024	
Women 200 IM								
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 TSH	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 TSH	08/04/2024	SA National Aquatic Champ 2024-PE	
8	2:19.53 L S	F	Marlies Ross	26	AGC TSH	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 TSH	14/12/2023	KZNA 2023 Championships Incorp SSA	
11	2:23.07 L	P	Caitlin De Lange	20	TUKS TSH	11/08/2023	LEN European U23 Champs	
12	2:23.96 L	F	Catherine Van Rensburg	19	TUKS TSH	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 TSH	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	20	TUKS TSH	16/09/2023	USSA Swimming	
17	2:28.61 L	F	Samantha Straw	22	TUKS TSH	20/10/2023	NTS Level 3+ October Age Group 2023	
18	2:28.74 L	F	Taneal Baptiste	24	TUKS TSH	14/12/2023	KZNA 2023 Championships Incorp SSA	
19	2:29.73 L	F	Chante' Cornelius	22	TUKS TSH	16/09/2023	USSA Swimming	
20	2:29.98 L	F	Leigh McMorrان	19	AA JHB	22/09/2023	NTS Level 3+ September Age Group	
21	2:30.24 L	F	Lara Van Niekerk	20	PAC TSH	24/06/2023	PEA Winter Gala 2023	
22	2:30.47 L	F	Hannah Murray	20	ROA EDD	24/06/2023	PEA Winter Gala 2023	
23	2:30.66 L	F	Sune Van Jaarsveld	22	TUKS TSH	16/09/2023	USSA Swimming	
24	2:31.14 L	F	Chazél Orton	19	POTC KKD	15/03/2024	SA National Junior Age Group	
25	2:32.38 L	F	Chloe LE Roux	20	MATI CED	16/09/2023	USSA Swimming	
26	2:32.41 L	P	Simone Moll	19	RSA	04/08/2023	2023 Commonwealth Youth Games	
27	2:32.45 L	F	Mariella Venter	24	WATR JHB	10/11/2023	CGA Level 2+ Gala 10 - 11 Nov 2023	
28	2:32.66 L S	P	Q-Rize Ferreira	20	TUKS TSH	12/12/2023	NTS Championships 2023	
29	2:32.75 L	F	Maxine Boyce	19	TUKS TSH	22/09/2023	NTS Level 3+ September Age Group	
30	2:35.87 L S	P	Hannah Neilson	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE	
31	2:36.44 L	F	Tumaini Macdonell	19	USC BUF	24/11/2023	BCA Long Course Championships 2023	
32	2:36.63 L	F	Tara Uys	19	TYGE CPT	14/12/2023	Western Cape LC-A Championship 2023	
33	2:36.91 L	P	Kara Cilliers	19	TUKS TSH	15/03/2024	SA National Junior Age Group	
34	2:37.19 L	F	Jessica Booth	21	MATI CED	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			
35	2:37.28 L	F	Heike Thormahlen	24	TUKS FSH	01/12/2023	Mpumalanga Championships 2023
36	2:37.40 L	F	Jolene Cornelius	19	TUKS FSH	16/09/2023	USSA Swimming
37	2:38.05 L	F	Kelly Zwart	20	SEAL UMD	24/11/2023	Westville-Seals LC Championships
38	2:38.07 L S	P	Mia vd Walt	20	AGC FSH	08/04/2024	SA National Aquatic Champ 2024-PE
39	2:39.17 L	P	Sime Van Staden	19	KLOO ETH	15/03/2024	SA National Junior Age Group
40	2:39.56 L	F	Erin Haslehurst	19	PGAC EKU	17/02/2024	CGA Level 2+ Gala 17 Feb 2024
41	2:39.62 L	P	Leah Christie	19	RSA	18/10/2023	BRICS Games Swimming 2023-KZN
42	2:39.68 L	P	Zara Kleinhans	19	RSA	18/10/2023	BRICS Games Swimming 2023-KZN
43	2:39.87 L	F	Tayla Parker	20	SWIFT EKU	07/12/2023	EGA Summer Championships
44	2:44.41 L	F	Erin Daffarn	19	VINE CPT	11/11/2023	Winelands SL4
45	2:44.86 L	F	Amori Potgieter	19	NWUC KKD	16/09/2023	USSA Swimming
46	2:45.88 L	F	Kiara Barnes	23	TYGE CPT	24/06/2023	PEA Winter Gala 2023
47	2:46.09 L	F	Chanel Fourie	19	AA JHB	17/02/2024	CGA Level 2+ Gala 17 Feb 2024
48	2:46.44 L	P	Alex Truter	19	BEAV ETH	15/03/2024	SA National Junior Age Group
49	2:46.82 L	F	Yvonne Botha	19	HBV MP	14/10/2023	Limpopo Top 8 - High Schools
50	2:48.18 L	F	Anneke van Eeden	19	NWUC KKD	16/09/2023	USSA Swimming
51	2:49.22 L	F	Jordan Buffel	19	TRAZ FSH	22/09/2023	NTS Level 3+ September Age Group
52	2:49.64 L	F	Nastasiya Vrey	25	TUKS FSH	16/09/2023	USSA Swimming
53	2:50.87 L	F	Winé Koekemoer	20	BLUO UGD	14/12/2023	KZNA 2023 Championships Incorp SSA
54	2:51.19 L	P	Gabriella de Beer	19	NWUC KKD	06/12/2023	NWS Championships 2023/24
55	2:52.29 L	F	Tumelo Thelejane	19	OLDE JHB	27/01/2024	CGA Level 2+ Gala 27 Jan 2024
56	2:52.98 L	F	Donia Smit	19	SS MPD	01/12/2023	Limpopo Champs
57	2:54.10 L	P	Zoli de Kock	39	POTC KKD	06/12/2023	NWS Championships 2023/24
58	2:56.53 L S	F	Joanica Kriegler	19	WCA CPT	08/04/2024	SA National Aquatic Champ 2024-PE
59	2:56.74 L	P	Megan Adams	19	SOUL EKU	07/12/2023	EGA Summer Championships
60	3:01.69 L	F	Megan Bulose	19	UWC CPT	16/09/2023	USSA Swimming
61	3:01.83 L	F	Nuria Ribeiro	21	MATI CED	11/11/2023	Winelands SL4
62	3:07.02 L	F	Ra-eesa Jephtha	19	MANT CPT	20/01/2024	CTA A MEET 4
63	3:07.63 L	F	Tanika Lubbe	23	NC FB	27/01/2024	4 + 1 Inter Provincial Gala 2023
64	3:08.14 L	F	Natalie Landmann	22	PAC FSH	05/10/2023	42nd Freda Barnard Invitational Gala
65	3:17.31 L	F	Courtney Badenhorst	19	MANT CPT	20/01/2024	CTA A MEET 4
66	3:18.06 L	F	Lauren Roberts	48	UNI EZD	01/12/2023	Mpumalanga Championships 2023
67	3:27.77 L	F	Morgan Vermeulen	20	SWIFT EKU	28/10/2023	EGA Summer 2 2023
68	3:36.51 L	F	Kara Fourie	19	KZNA ETH	09/12/2023	Uthukela District Age group Gala
69	3:37.03 L	F	Kiersten Paulse	19	XSAQ CPT	17/09/2023	CTA BMEET 3
70	3:39.35 L	F	Minke Janse Van Rensburg	19	FISH EDD	20/01/2024	EDEN 4th A-League Gala 2024
71	3:43.66 L	F	Oratile Ndawo	19	ESP EKU	07/12/2023	EGA Summer Championships
72	3:46.55 L S	F	Nikita Douglass	25	AGB JHB	08/04/2024	SA National Aquatic Champ 2024-PE
73	3:49.91 L	F	Mia Vd Merwe	25	CASC CPT	24/06/2023	PEA Winter Gala 2023
74	3:54.34 L	F	Sonja Coetzee	36	FSA FS	27/01/2024	4 + 1 Inter Provincial Gala 2023
75	4:15.23 L	F	Rentia Oosthuizen	32	DESA NMA	15/12/2023	NMBA Championships 2023
76	4:38.87 L	F	Lesego Ramothibe	19	ONYX EKU	26/01/2024	EGA Last Chance 2024
Women 400 IM							
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	20	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	20	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

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			
17	5:38.95 L	F	Erin Haslehurst	19	PGAC EKU	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	19	NWUC KKD	16/09/2023	USSA Swimming
20	6:03.84 L	F	Gabriella de Beer	19	NWUC KKD	16/09/2023	USSA Swimming
21	6:45.30 L	F	Megan Bulose	19	UWC CPT	16/09/2023	USSA Swimming