

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Women 11-11 50 Free</b>							
1	30.60	L S	F Leah Dabrowski	11	BLMA CPT	05/12/2024	Western Cape LC-A Championship 2024
2	30.73	L S	F Caro Bishop	11	VINE CPT	05/12/2024	Western Cape LC-A Championship 2024
3	30.80	L	F Alize Engelbrecht	11	CSA EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
4	30.93	L	F Olivia Geldart	11	INFA NMA	13/12/2024	NMBA Championships 2024
5	31.07	L S	F Mackenzie Raffle	11	CA EKU	05/12/2024	EGA Summer Championships
6	31.19	L	F Samantha Wilson	11	INFA NMA	31/01/2025	Infinity Gala 2025
7	31.55	L	F Milani Butau	11	BEST NMA	05/10/2024	4th A League Gala 2024
8	31.90	L	F Sage Lindsay	11	CA EKU	01/02/2025	EGA Last Chance Gala
9	32.02	L	F Hayley Greyvenstein	11	USC BUF	22/11/2024	BCA Long Course Championships 2024
10	32.23	L S	F Olivia Kruger	11	PLAY CED	05/12/2024	Western Cape LC-A Championship 2024
11	32.34	L S	F Keyla Douglas	11	ROA EDD	05/12/2024	Western Cape LC-A Championship 2024
12	32.46	L	F Inge Du Plessis	11	SS MPD	29/11/2024	Limpopo Champs 2024
13	32.47	L	F Sisanda Palframan	11	SEAL UMD	25/01/2025	uShaka Champs 2025
14	32.49	L	F Jua Jonker	11	POTC KKD	07/12/2024	NWS Championships 2024
15	33.05	L	F Hannah Raphaela Morgado	11	CSA EZD	29/11/2024	Mpumalanga Championships 2024
16	33.41	L S	P Layla Palframan	11	SEAL UMD	02/07/2024	Prestige Tournament 2024
17	33.55	L	F Gabrielle Brooks	11	INFA NMA	13/12/2024	NMBA Championships 2024
18	33.57	L	F Mikayla Wilensky	11	ASAC CPT	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)
19	33.60	L	F Ineke Van Maarleveld	11	LPTBO CCD	01/02/2025	Limpopo School Champs & Limpopo AG
20	33.72	L	F Mila Geldenhuys	11	LPTBO CCD	01/02/2025	Limpopo School Champs & Limpopo AG
21	33.77	L S	P Bukata Mwanza	11	ESP EKU	05/12/2024	EGA Summer Championships
22	33.83	L	P Isabella Knight	11	WATR JHB	29/11/2024	CGA Championships 2024
23	33.92	L	P Isabel Helberg	11	MDOL JHB	29/11/2024	CGA Championships 2024
24*	34.02	L	P Sophie Chiang	11	WATR JHB	29/11/2024	CGA Championships 2024
24*	34.02	L	F Hannah Stearn	11	INFA NMA	31/01/2025	Infinity Gala 2025
26	34.09	L S	F Hayden Perrins	11	GREY CPT	02/11/2024	CTA A & B CHAMPS 2024
27	34.17	L S	P Lize Beyers	11	AGAQ OBD	05/12/2024	Western Cape LC-A Championship 2024
28	34.19	L S	P Saskia Gilligan	11	BLMA CPT	05/12/2024	Western Cape LC-A Championship 2024
29	34.21	L	F Riley Sanders	11	HPS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
30	34.27	L S	P Jaime Sprong	11	ASAC CPT	05/12/2024	Western Cape LC-A Championship 2024
31	34.30	L	F Charlotte Hofinger	11	ASAC CPT	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)
32	34.38	L	P Ella Niven	11	UNI EZD	29/11/2024	Mpumalanga Championships 2024
33	34.39	L	F Maria Geysler	11	LSBOS WB	02/11/2024	Limpopo LS - Top 8 skole 2024
34	34.41	L	F Kathryn Nolan	11	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming
35	34.44	L S	F Jada Hendricks	11	TYGE CPT	21/09/2024	CTA INVITATIONAL LC MEET
36	34.45	L	F Mila Hinteregger	11	CA EKU	01/02/2025	EGA Last Chance Gala
37	34.50	L	P Zara Komani	11	WATR JHB	29/11/2024	CGA Championships 2024
38	34.60	L	F Grace Johns	11	OHAN ILD	25/01/2025	uShaka Champs 2025
39	34.62	L	F Lara Van Veelen	11	LSDWK MPD	01/02/2025	Limpopo School Champs & Limpopo AG
40*	34.65	L	F Lika Baird	11	HREF BPD	07/12/2024	NWS Championships 2024
40*	34.65	L	F Annabella Venter	11	VRC FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
42	34.66	L S	P Senzelwe Mwandla	11	PSCP UMD	02/07/2024	Prestige Tournament 2024
43	34.69	L	F Tenley Fowler	11	AZON ETH	25/01/2025	uShaka Champs 2025
44*	34.77	L	F Amy-Lee Wood	11	TCA EKU	01/02/2025	EGA Last Chance Gala
44*	34.77	L S	P Gianna Olivier	11	PAQU CED	05/12/2024	Western Cape LC-A Championship 2024
46*	34.79	L	F Danika Steyn	11	KSC EZD	29/11/2024	Mpumalanga Championships 2024
46*	34.79	L	P Jessica Caldeira	11	CRSC JHB	29/11/2024	CGA Championships 2024
48	34.88	L	F Harley Knudsen	11	CA EKU	12/10/2024	EGA Summer 2
49	34.94	L	F Yamakhuze Loni	11	INFA NMA	05/10/2024	4th A League Gala 2024
50	35.12	L	F Mika Pelser	11	OLDE JHB	29/11/2024	CGA Championships 2024
51	35.14	L	F Sydney Kuhn	11	ELEC FSH	13/09/2024	NTS September Age Group 2024
52	35.17	L	F Mawande Makumbe	11	TUKS FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
53	35.22	L S	P Cayden Parfitt	11	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
54	35.26	L S	P Alessia Barthus	11	MANT CPT	05/12/2024	Western Cape LC-A Championship 2024
55	35.33	L S	P Alexi Dandoulakis	11	CA EKU	05/12/2024	EGA Summer Championships
56	35.34	L	F Suhanna White	11	AQUA UTD	07/12/2024	Uthukela District Age Group Gala
57	35.36	L	F Amahle Mdlalose	11	CSC FSH	13/09/2024	NTS September Age Group 2024
58	35.49	L S	P Xia Jacobs	11	WSTV ETH	02/07/2024	Prestige Tournament 2024

## Individual Top Times

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	Time	P/F/S	Name	Age/Yr			
59	35.59	L	F	Emma Du Toit	11	BLOT MAN	04/12/2024 Free State Champs 2024
60*	35.61	L	F	Colleen McQueen	11	BLSS MAN	04/12/2024 Free State Champs 2024
60*	35.61	L	P	Scarlett Garassino	11	SASE JHB	29/11/2024 CGA Championships 2024
60*	35.61	L	P	Zia Habib	11	MDOL JHB	29/11/2024 CGA Championships 2024
63	35.71	L S	F	Alexis Kalapac	11	SLAQ CPT	02/11/2024 CTA A & B CHAMPS 2024
64*	35.77	L S	P	Olivia Normington	11	XCEL CPT	05/12/2024 Western Cape LC-A Championship 2024
64*	35.77	L	P	Lefei Li	11	WATR JHB	29/11/2024 CGA Championships 2024
66	35.81	L	F	Jaime-Lynn Vermeulen	11	HARL BUF	22/11/2024 BCA Long Course Championships 2024
67	35.84	L	F	Cara Hill	11	OHAN ILD	25/01/2025 uShaka Champs 2025
68	35.87	L	F	Mariane Labuschagne	11	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
69	35.92	L	F	Lebogang Maredi	11	SS MPD	09/11/2024 Limpopo Age Group 5
70	35.96	L	F	Grizelda Janse van Rensburg	11	NWUC KKD	09/11/2024 NWS Age Group 1 & 2 2024
71	35.98	L	F	Hester Janse van Rensburg	11	NWUC KKD	23/11/2024 NWS Age Group 3 + 4 2024
72	36.01	L	F	Anzel Smit	11	EXP TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
73	36.05	L	F	Kayden Jack	11	PER JHB	29/11/2024 CGA Championships 2024
74	36.09	L	F	Chantel Van der Linde	11	VHD ZLD	25/01/2025 uShaka Champs 2025
75	36.10	L	F	Aiva Van der Zandt	11	STAR BPD	07/12/2024 NWS Championships 2024
76	36.13	L	F	Alexi Claassen	11	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
77	36.14	L	F	Sophia Duggan	11	PEAS NMA	16/11/2024 5th A League Gala 2024
78	36.16	L	F	Shalom Mtileni	11	UNI U EZD	29/11/2024 Mpumalanga Championships 2024
79	36.17	L	F	Janel Van der Merwe	11	UNI EZD	29/11/2024 Mpumalanga Championships 2024
80*	36.20	L	F	Rorisang Monareng	11	BLNE MAN	04/12/2024 Free State Champs 2024
80*	36.20	L	F	Jana Serdyn	11	INFA NMA	31/01/2025 Infinity Gala 2025
80*	36.20	L	F	Kenzie Du Preez	11	PEAS NMA	15/06/2024 PEA Winter Gala 2024
83	36.30	L S	P	Aphelele Shange	11	PSCP UMD	02/07/2024 Prestige Tournament 2024
84	36.33	L	P	Mambay Banza	11	UNI EZD	29/11/2024 Mpumalanga Championships 2024
85	36.35	L S	F	Bonaventure Makore	11	ASAC CPT	02/11/2024 CTA A & B CHAMPS 2024
86	36.38	L	F	Emma Ranger	11	USC BUF	22/11/2024 BCA Long Course Championships 2024
87*	36.39	L	F	Marni Snyman	11	ELRAS WBD	29/11/2024 Limpopo Champs 2024
87*	36.39	L	F	Chelsey Crossman	11	BLSS MAN	04/12/2024 Free State Champs 2024
89	36.41	L	F	Summer Moonsamy	11	BEAV ETH	25/01/2025 uShaka Champs 2025
90	36.46	L	F	Thalia Breedt	11	KSC EZD	29/11/2024 Mpumalanga Championships 2024
91	36.50	L	F	Mieke Steinbach	11	NWUC KKD	07/12/2024 NWS Championships 2024
92	36.51	L	P	Kyla Short	11	MDOL JHB	29/11/2024 CGA Championships 2024
93	36.52	L	F	Sophia Hutchison	11	GHSK	05/10/2024 FLAMINGO GALA OCT 2024
94	36.53	L	F	Racquelle Saporta	11	INFA NMA	03/08/2024 2nd A League Gala 2024
95	36.55	L	F	Rachel De Fleuriot	11	SEALE ETH	25/01/2025 uShaka Champs 2025
96	36.58	L	F	Elizabeth Vd Berg	11	TUKS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
97	36.61	L S	P	Murunwa Thidiela	11	MAKO EKU	05/12/2024 EGA Summer Championships
98	36.63	L	F	Tshegofatso Moabelo	11	BAS EKU	12/10/2024 EGA Summer 2
99	36.65	L	F	Sophie Kretzmann	11	USC BUF	22/11/2024 BCA Long Course Championships 2024
100	36.68	L	F	Heili Van Heerden	11	BETH FDD	04/12/2024 Free State Champs 2024
101	36.69	L	F	Lisasa Faltein	11	PEAS NMA	13/12/2024 NMBA Championships 2024
102	36.75	L	F	Taylynn Boshoff	11	USC BUF	22/11/2024 BCA Long Course Championships 2024
103	36.77	L	F	Daniella Louw	11	BLOT MAN	04/12/2024 Free State Champs 2024
104*	36.78	L	F	Kyra Du Preez	11	USC BUF	31/01/2025 Infinity Gala 2025
104*	36.78	L	F	Mari Haasbroek	11	EXP TSH	01/02/2025 EGA Last Chance Gala
106	36.80	L	F	Gia Collen	11	CPSC TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
107	36.84	L	P	Darshana Pillay	11	MDOL JHB	29/11/2024 CGA Championships 2024
108	36.86	L S	F	Gianna Onkruid	11	UWCA CPT	02/11/2024 CTA A & B CHAMPS 2024
109	36.87	L	F	Naomi Mahlangu	11	BLMA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
110	36.91	L S	F	Emily Hengst	11	CASC CPT	21/09/2024 CTA INVITATIONAL LC MEET
111	37.03	L	P	Roxanne Coetzee	11	HREF BPD	07/12/2024 NWS Championships 2024
112*	37.05	L S	F	Keira Lin	11	CYBE CPT	02/11/2024 CTA A & B CHAMPS 2024
112*	37.05	L S	F	Catherine Sebastian	11	MANT CPT	02/11/2024 CTA A & B CHAMPS 2024
114	37.08	L	F	Lily Marais	11	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
115	37.11	L	P	Reatile Ntidi	11	NWUC KKD	07/12/2024 NWS Championships 2024
116	37.13	L	P	Tamika Abbey	11	PER JHB	29/11/2024 CGA Championships 2024
117*	37.19	L	F	Mamoso Ramokgopa	11	TKS WBD	29/11/2024 Limpopo Champs 2024

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	Time	P/F/S	Name	Age/Yr			
117*	37.19	L	F	Marli Strydom	11	QUIC CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
119*	37.24	L	F	Elsa Massawe	11	CA EKU	12/10/2024 EGA Summer 2
119*	37.24	L S	F	Mila Barkhuysen	11	GREY CPT	02/11/2024 CTA A & B CHAMPS 2024
121	37.33	L S	F	Dine Vd Wal	11	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
122	37.36	L S	F	Kaylee Vd Wal	11	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
123	37.38	L	F	Jane Tredoux	11	BLNE MAN	11/10/2024 Otters Prestige Gala 2024
124*	37.41	L S	P	Alexia Tranter	11	SSISA CPT	05/12/2024 Western Cape LC-A Championship 2024
124*	37.41	L	F	Olivia Berry	11	BEST NMA	31/01/2025 Infinity Gala 2025
126	37.42	L	F	Nduvho Rabambi	11	BULS MAN	04/12/2024 Free State Champs 2024
127	37.55	L S	F	Kayla-Anne Walker	11	CYBE CPT	02/11/2024 CTA A & B CHAMPS 2024
128	37.60	L	F	Nicola Nysschen	11	KTS	15/11/2024 AGE GROUP 2 KATHU 2024
129	37.61	L	F	Zane Kroon	11	AGAQ OBD	09/11/2024 Swartland Prestige Gala 2024
130	37.62	L	F	Mila Nel	11	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
131	37.74	L S	F	Razaanah Essex	11	RETR CPT	21/09/2024 CTA INVITATIONAL LC MEET
132*	37.76	L S	F	Tatum Adams	11	PAQU CED	21/09/2024 CTA INVITATIONAL LC MEET
132*	37.76	L	P	Makayla Stoltz	11	PER JHB	29/11/2024 CGA Championships 2024
134*	37.77	L	F	Leah Schemel	11	HARL BUF	22/11/2024 BCA Long Course Championships 2024
134*	37.77	L S	F	Machayda Titus	11	MARL CPT	02/11/2024 CTA A & B CHAMPS 2024
136	37.83	L	F	Milla Da Silva	11	CA EKU	01/02/2025 EGA Last Chance Gala
137	37.84	L	F	Olivia Odendaal	11	HPS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
138	37.86	L	F	Lheané Du Plessis	11	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
139	37.90	L	F	Amy Freeman	11	NAE EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
140	37.91	L S	P	Hope Churchman	11	SEALE ETH	02/07/2024 Prestige Tournament 2024
141	37.93	L	F	Zoe Andrews	11	CA EKU	01/02/2025 EGA Last Chance Gala
142*	38.00	L S	P	Tiisetso Makhatho	11	ESP EKU	05/12/2024 EGA Summer Championships
142*	38.00	L S	P	Rachel Saltzman	11	ESTR EKU	05/12/2024 EGA Summer Championships
144	38.03	L	F	Märta Fogelström	11	TUKS TSH	13/09/2024 NTS September Age Group 2024
145	38.04	L	F	Mienke Kemp	11	TNDER FDD	04/12/2024 Free State Champs 2024
146*	38.13	L	F	Hiranya Moodley	11	USH KCD	25/01/2025 uShaka Champs 2025
146*	38.13	L	F	Miane Bendeman	11	LSPHA MP	01/02/2025 Limpopo School Champs & Limpopo AG
148	38.14	L	F	Yolayne Aucamp	11	TNDER FDD	04/12/2024 Free State Champs 2024
149	38.15	L	F	Leandi Liebenberg	11	LSTZN CCD	01/02/2025 Limpopo School Champs & Limpopo AG
150	38.17	L	F	Zanli Le Roux	11	AGAQ OBD	09/11/2024 Swartland Prestige Gala 2024
151*	38.19	L	F	Melissa Kleynhans	11	PGAC EKU	26/10/2024 Summer 3 Delville
151*	38.19	L	F	Nienke Eksteen	11	VALS FDD	01/02/2025 Heidedal & Sentraal Galal
153	38.20	L	F	Saarah De Maine	11	PEAS NMA	17/08/2024 Madibaz Swim Meet 2024
154	38.23	L	F	Mieke Moolman	11	UNI EZD	29/11/2024 Mpumalanga Championships 2024
155	38.24	L	F	Mariandi Bredenkamp	11	BS LLD	04/12/2024 Free State Champs 2024
156	38.27	L S	F	Jessieka Faul	11	ASAC CPT	21/09/2024 CTA INVITATIONAL LC MEET
157	38.30	L	F	Ava van der Mescht	11	DESA NMA	31/01/2025 Infinity Gala 2025
158	38.35	L	F	Zaan Van Goeverden	11	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
159	38.43	L S	F	Alexa Kuhn	11	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
160	38.47	L	F	Ditebogo Pheeha	11	ACAQ CCD	29/11/2024 Limpopo Champs 2024
161	38.51	L	F	Emma Gutsche	11	POLSC CCD	29/11/2024 Limpopo Champs 2024
162	38.58	L S	F	Rebecca Osler	11	VINE CPT	02/11/2024 CTA A & B CHAMPS 2024
163	38.59	L	F	Vida Olivier	11	BLNE MAN	25/10/2024 Neptunes Gala
164*	38.61	L	F	Isabella Van Breda	11	NWUC KKD	07/12/2024 NWS Championships 2024
164*	38.61	L S	F	Ashley Du Randt	11	TYGE CPT	02/11/2024 CTA A & B CHAMPS 2024
166	38.63	L	F	Morgan Baard	11	FISH EDD	15/06/2024 PEA Winter Gala 2024
167	38.70	L	F	Kethelo Mkhize	11	USH KCD	26/10/2024 Froggies Aquatics Championships 2024
168	38.75	L	F	Leanke Loots	11	KNYA EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
169	38.90	L	F	Izeldi Van Niekerk	11	DOLFI MPD	09/11/2024 Limpopo Age Group 5
170	38.96	L	F	Lienke Bester	11	HREF BP	09/11/2024 NWS Age Group 1 & 2 2024
171	38.97	L	F	Skylin Koupis	11	BLOT MAN	04/12/2024 Free State Champs 2024
172	39.01	L	P	Zeney De Beer	11	CSA EZD	29/11/2024 Mpumalanga Championships 2024
173	39.10	L S	P	Emilie Botha	11	JAQ EKU	05/12/2024 EGA Summer Championships
174	39.11	L	F	Jeanine Goosen	11	BLNE MAN	01/02/2025 Heidedal & Sentraal Galal
175	39.13	L	P	Marlien Nell	11	HREF BPD	07/12/2024 NWS Championships 2024
176	39.17	L	F	Mieke Jordaan	11	KTS	15/11/2024 AGE GROUP 2 KATHU 2024

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Times since: 01-May-24

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	Time	P/F/S	Name	Age/Yr			
177	39.33 L	F	Myra Bailey	11	RACE JHB	29/11/2024	CGA Championships 2024
178	39.36 L	F	Elmine Opperman	11	KTS	15/11/2024	AGE GROUP 2 KATHU 2024
179	39.38 L	P	Sienna Syrett	11	QUES JHB	29/11/2024	CGA Championships 2024
180	39.39 L	F	Lienke Rossouw	11	LALE CED	09/11/2024	Winelands SL4
181	39.44 L	F	Puleng Masemene	11	ELEC TSH	13/09/2024	NTS September Age Group 2024
182	39.52 L	F	Mieke Smit	11	UNI EZD	29/11/2024	Mpumalanga Championships 2024
183*	39.53 L	F	Sophia Ebrahim	11	ESP EKU	12/10/2024	EGA Summer 2
183*	39.53 L	F	Tanya Loots	11	TYGE CPT	09/11/2024	Winelands SL4
185	39.59 L	P	Lianka Spies	11	HARB BPD	07/12/2024	NWS Championships 2024
186	39.61 L S	F	Cayleigh Knott	11	ASAC CPT	02/11/2024	CTA A & B CHAMPS 2024
187	39.62 L	P	Catherine Couch	11	QUES JHB	29/11/2024	CGA Championships 2024
188	39.72 L	F	Kate Pieterse	11	PEAS NMA	17/10/2024	43rd Freda Barnard Invitational Gala
189	39.73 L	F	Lynette Rust	11	RFA TSH	18/10/2024	NTS Level 3+ October Age Group 2024
190*	39.76 L	F	Leila Burden	11	BARR CPT	09/11/2024	Swartland Prestige Gala 2024
190*	39.76 L	P	Tlotlotsame Makatiers	11	RBOT BPD	07/12/2024	NWS Championships 2024
192*	39.85 L	P	Bailey Maralik	11	PER JHB	29/11/2024	CGA Championships 2024
192*	39.85 L	F	Liné Schoeman	11	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
194	39.94 L	F	Wyllow Halse	11	USC BUF	13/12/2024	NMBA Championships 2024
195	40.06 L S	F	Alexei Slabbert	11	ASAC CPT	02/11/2024	CTA A & B CHAMPS 2024
196*	40.08 L	F	Janel Van der Merwe	11	PRA GSD	25/01/2025	uShaka Champs 2025
196*	40.08 L	F	Emme Wessels	11	BETH FDD	27/09/2024	Seals Gala 2
198	40.12 L	F	Kari Moolman	11	UNI EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
199	40.18 L	F	Maya Sissing	11	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
200	40.19 L	F	Cari Kriel	11	LALE CED	09/11/2024	Winelands SL4
201	40.30 L	P	Nina le Cordeur	11	WATR JHB	29/11/2024	CGA Championships 2024
202	40.33 L	F	Lindiwe Mthobi	11	SASE JHB	22/01/2025	Crusaders Night Gala 2
203	40.39 L S	P	Mieke Pretorius	11	CA EKU	05/12/2024	EGA Summer Championships
204	40.42 L	F	Leah Kuisis	11	SS MPD	09/11/2024	Limpopo Age Group 5
205	40.64 L	F	Emma McCallum	11	USC BUF	13/12/2024	NMBA Championships 2024
206	40.69 L S	P	Rachel Johnson	11	BARA EKU	05/12/2024	EGA Summer Championships
207	40.71 L	F	Vibha Fakir	11	USC BUF	13/12/2024	NMBA Championships 2024
208	40.79 L S	F	Zia-Bella Engelbrecht	11	HTSA CPT	21/09/2024	CTA INVITATIONAL LC MEET
209	40.80 L	F	Larike Pretorius	11	KTS	15/11/2024	AGE GROUP 2 KATHU 2024
210	40.95 L S	P	Kamila Mohapi	11	ESTR EKU	05/12/2024	EGA Summer Championships
211	40.98 L	F	Mercedes Jaftha	11	MANT CPT	09/11/2024	Swartland Prestige Gala 2024
212	41.06 L S	P	Sinakhokonke Bhengu	11	PSCP UMD	02/07/2024	Prestige Tournament 2024
213	41.08 L S	P	Kyleigh Shelton	11	ESTR EKU	05/12/2024	EGA Summer Championships
214	41.09 L	P	Mika Vd Merwe	11	AWSC JHB	29/11/2024	CGA Championships 2024
215	41.12 L	F	Charlotte Gosling	11	LSJM SKD	02/11/2024	Limpopo LS - Top 8 skole 2024
216*	41.25 L S	F	Emma Arendse	11	MANT CPT	02/11/2024	CTA A & B CHAMPS 2024
216*	41.25 L	F	Mia Ciampi	11	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
218	41.26 L	F	Nika Loots	11	PELIC MAN	04/12/2024	Free State Champs 2024
219	41.36 L S	F	Abigail Wilson	11	TYGE CPT	21/09/2024	CTA INVITATIONAL LC MEET
220	41.39 L	P	Leah Vos	11	CSA EZD	29/11/2024	Mpumalanga Championships 2024
221	41.60 L	F	Elizabeth Willemse	11	VHD ZLD	02/11/2024	Uthukela District Age Group Gala
222	41.63 L	F	Ilé Fourie	11	SS MPD	29/11/2024	Limpopo Champs 2024
223	41.85 L	F	Janelle Coertze	11	VRC TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
224	41.91 L S	F	Beatrisa Kotklier	11	CYBE CPT	02/11/2024	CTA A & B CHAMPS 2024
225	41.92 L	F	Maria De Klerk	11	BS LLD	04/12/2024	Free State Champs 2024
226	41.93 L	F	Mihanka vd Bank	11	CUHE OBD	17/10/2024	43rd Freda Barnard Invitational Gala
227*	41.95 L	F	Reneilwe Tsunke	11	BLOT MAN	19/10/2024	Pelicans Gala 2
227*	41.95 L	F	Emily Fryer	11	TUKS TSH	13/09/2024	NTS September Age Group 2024
229	42.04 L	F	Riandi Muller	11	INFA NMA	13/12/2024	NMBA Championships 2024
230	42.12 L	F	Ava Du Preez	11	BEAV ETH	14/06/2024	AQZ Winter Warmer 2024
231	42.13 L S	F	Cara van Wyk	11	BARR CPT	02/11/2024	CTA A & B CHAMPS 2024
232	42.14 L	P	Retshepile Phalafala	11	MDOL JHB	29/11/2024	CGA Championships 2024
233	42.19 L	F	Tshegofatso Kwadjo	11	TUKS TSH	13/09/2024	NTS September Age Group 2024
234	42.29 L	F	Rita Rouillard	11	PSA ZLD	26/10/2024	Froggies Aquatics Championships 2024
235	42.32 L	F	Izelda Meyer	11	VHD ZLD	07/12/2024	Stingrays Champs 2024

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
236	42.33	L	P	Ella Arnold	11	SASE JHB	29/11/2024 CGA Championships 2024
237*	42.37	L	F	Esihle Damoyi	11	PEAS NMA	14/09/2024 3rd A League Gala 2024
237*	42.37	L	F	Basse Molai	11	BULS MAN	25/10/2024 Neptunes Gala
239	42.38	L	F	Jenna Leppan	11	AZON ETH	14/06/2024 AQZ Winter Warmer 2024
240	42.41	L	F	Alexa Steenkamp	11	CPSC TSH	13/09/2024 NTS September Age Group 2024
241	42.45	L	F	Hanaan Hendricks	11	TYGE CPT	09/11/2024 Winelands SL4
242	42.55	L S	P	Khera Murray	11	H2O EKU	05/12/2024 EGA Summer Championships
243	42.72	L	F	Lacey Hodgkinson	11	SWIFT EKU	01/02/2025 EGA Last Chance Gala
244	42.73	L	F	Roxanne Hautmann	11	RBUR BPD	23/11/2024 NWS Age Group 3 + 4 2024
245*	42.83	L	F	Miele' Loftus	11	BULS MAN	04/12/2024 Free State Champs 2024
245*	42.83	L	F	Zoe Joanides	11	BLNE MAN	11/10/2024 Otters Prestige Gala 2024
247	42.91	L	F	Carla Fourie	11	CSA EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
248	42.95	L	F	Ava Stevens	11	USC BUF	22/11/2024 BCA Long Course Championships 2024
249	43.02	L	F	Katherine Van Zyl	11	CPSC TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
250	43.05	L	F	Danika Brynard	11	STSC KCD	25/01/2025 uShaka Champs 2025
251	43.14	L	F	Alexia Botha	11	KALA	15/11/2024 AGE GROUP 2 KATHU 2024
252	43.22	L	F	Eliana Woldemariam	11	TUKS TSH	22/01/2025 Crusaders Night Gala 2
253	43.23	L	F	Emily Marais	11	KNYA EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
254	43.25	L	F	Amani Sausi	11	AZON ETH	14/06/2024 AQZ Winter Warmer 2024
255	43.30	L	F	Lisa Meyer	11	PRA GSD	25/01/2025 uShaka Champs 2025
256	43.31	L S	F	Lana Coetzee	11	QUIC CPT	02/11/2024 CTA A & B CHAMPS 2024
257	43.36	L	F	Isabella Van Rooyen	11	RFA TSH	13/09/2024 NTS September Age Group 2024
258	43.48	L	F	Taeya Roper	11	HPS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
259	43.60	L	F	Lize-Mari Cloete	11	BS LLD	15/11/2024 Valsrivier Gala 2024
260	43.62	L S	P	Beersheba Negash	11	BARA EKU	05/12/2024 EGA Summer Championships
261	43.65	L	F	Arya Fenwick	11	SASE JHB	22/01/2025 Crusaders Night Gala 2
262	43.66	L	F	Cayla van Zyl	11	AWIN TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
263	43.93	L	F	Taylor Crous	11	PEAS NMA	17/08/2024 Madibaz Swim Meet 2024
264	43.98	L	F	Botshelo Rampana	11	PELIC MAN	04/12/2024 Free State Champs 2024
265	43.99	L	F	Tabea Greyling	11	RFA TSH	13/09/2024 NTS September Age Group 2024
266	44.04	L	F	Michaela Kröger	11	BARR CPT	17/10/2024 43rd Freda Barnard Invitational Gala
267	44.13	L	F	Adrienne Meiring	11	PEAS NMA	17/10/2024 43rd Freda Barnard Invitational Gala
268	44.22	L S	F	Zaida Hendricks	11	WALM CPT	02/11/2024 CTA A & B CHAMPS 2024
269	44.30	L S	F	Lea Van den Berg	11	SFSC CPT	21/09/2024 CTA INVITATIONAL LC MEET
270	44.32	L	F	Marné Truter	11	TKS WBD	29/11/2024 Limpopo Champs 2024
271	44.36	L	F	Leah Brand	11	KNYA EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
272	44.58	L	F	Lilly-Anne Benade	11	LSBOS WB	01/02/2025 Limpopo School Champs & Limpopo AG
273	44.71	L	F	Nina Murray	11	DDA TSH	13/09/2024 NTS September Age Group 2024
274	44.74	L	F	Mianke Lubbe	11	GHSK	05/10/2024 FLAMINGO GALA OCT 2024
275	44.75	L	F	Jorja Petschel	11	HARL BUF	22/11/2024 BCA Long Course Championships 2024
276	44.78	L	F	Katrien Prinsloo	11	DDA TSH	13/09/2024 NTS September Age Group 2024
277	44.85	L S	F	Catharina Coetzer	11	QUIC CPT	02/11/2024 CTA A & B CHAMPS 2024
278	44.86	L	F	Khanyisa Mqeke	11	WELA LLD	13/09/2024 Pelicans Age Group Gala
279	44.96	L	F	Cayla Senekal	11	TKS WBD	29/11/2024 Limpopo Champs 2024
280	44.98	L	P	Ava Candiotas	11	HREF BPD	07/12/2024 NWS Championships 2024
281	45.03	L	F	Tshilidzi Rakhumba	11	TUKS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
282	45.24	L	F	Emily van der Linde	11	SOUL EKU	26/10/2024 Summer 3 Delville
283	45.51	L	F	Motheo Leshilo	11	TUKS TSH	13/09/2024 NTS September Age Group 2024
284	45.72	L	F	Mari-Hane Visser	11	KALA	15/11/2024 AGE GROUP 2 KATHU 2024
285	45.77	L S	P	Mia Schraader	11	SOUL EKU	05/12/2024 EGA Summer Championships
286	45.83	L	F	Courtney Ferguson	11	PEAS NMA	14/09/2024 3rd A League Gala 2024
287	45.87	L	F	Busisiwe Matsebele	11	AWIN TSH	13/09/2024 NTS September Age Group 2024
288	45.94	L S	P	Abigail Van der Westhuizen	11	CA EKU	05/12/2024 EGA Summer Championships
289	46.10	L	P	Faythe Evans	11	RACE JHB	29/11/2024 CGA Championships 2024
290	46.14	L	F	Jaydine Fortein	11	CSA EZD	01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
291	46.55	L	P	Katrien Radley	11	NSAD EZD	29/11/2024 Mpumalanga Championships 2024
292	46.66	L	F	Leandi Van der Westhuizen	11	QSAW CED	09/11/2024 Swartland Prestige Gala 2024
293	46.75	L S	P	Kagiso Motuku	11	PGAC EKU	05/12/2024 EGA Summer Championships
294	46.85	L	F	Juliana Goncalves	11	ELRAS WBD	29/11/2024 Limpopo Champs 2024

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
295	47.02	L S	P	Suraya Badat	11	PSCP UMD	02/07/2024 Prestige Tournament 2024
296	47.24	L S	F	Mila Schutte	11	BARR CPT	21/09/2024 CTA INVITATIONAL LC MEET
297	47.93	L	F	Leane Van Zyl	11	PSA ZLD	26/10/2024 Froggies Aquatics Championships 2024
298	48.07	L	F	Emma Canham	11	PELIC MAN	09/11/2024 Bull Sharks Gala
299	48.31	L	F	Relebohile Maduna	11	PELIC MAN	04/12/2024 Free State Champs 2024
300	49.20	L	F	Khumo Goeieman	11	KALA	15/11/2024 AGE GROUP 2 KATHU 2024
301	49.41	L	F	Katia Cerone	11	HAAG UTD	12/10/2024 Uthukela District Age Group Gala
302	49.47	L	F	Noorjhan Samie	11	MANT CPT	09/11/2024 Swartland Prestige Gala 2024
303	49.51	L	F	Kayla Herbst	11	LSPHA MP	02/11/2024 Limpopo LS - Top 8 skole 2024
304	50.22	L	F	Lwandisiwe Siqwede	11	SRAY BUF	22/11/2024 BCA Long Course Championships 2024
305	50.51	L	F	Tshegofa Tau	11	CPSC TSH	13/09/2024 NTS September Age Group 2024
306	51.33	L	F	Hyla-Louise Pennells	11	TUKS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
307	51.88	L	F	Thembaletu Zulu	11	FRA KCD	26/10/2024 Froggies Aquatics Championships 2024
308	52.01	L	F	Morgan-Jane Moolman	11	MANT CPT	09/11/2024 Swartland Prestige Gala 2024
309	52.55	L	F	Anke Pretorius	11	STELL RMD	23/11/2024 NWS Age Group 3 + 4 2024
310	52.75	L	F	Atipa-Ishe Mubuyayi	11	AQUA BUF	22/11/2024 BCA Long Course Championships 2024
311	53.29	L	F	Ava Koortzen	11	FAAC	19/10/2024 NCASA AGE GROUP 1 KBY 2024
312	53.91	L	F	Cleo Julius	11	KALA	05/10/2024 FLAMINGO GALA OCT 2024
313	54.00	L	F	Emily Henry	11	CA EKU	12/10/2024 EGA Summer 2
314	55.18	L	F	Okuhle Zungu	11	USH KCD	23/11/2024 KCDA Age Group Gala 3
315	56.22	L	F	Neo Chomba	11	BARA EKU	26/10/2024 Summer 3 Delville
316	58.99	L	F	Oreneile Modimola	11	NGU TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
317	1:00.22	L	F	Abenathi Mzimela	11	USH KCD	25/01/2025 uShaka Champs 2025
318	1:02.23	L	F	Elizabeth Calitz	11	CUHE OBD	17/10/2024 43rd Freda Barnard Invitational Gala
319	1:06.70	L	F	Relebohile Khaoletsa	11	PELIC MAN	04/12/2024 Free State Champs 2024
320	1:09.34	L	F	Karli Van der Merwe	11	KALA	19/10/2024 NCASA AGE GROUP 1 KATHU 2024
321	1:21.29	L	F	Venice Beukes	11	KTS	15/11/2024 AGE GROUP 2 KATHU 2024
322	1:47.14	L	F	Gontse Mmusi	11	KSSS JTD	15/11/2024 AGE GROUP 2 KATHU 2024
323	2:44.29	L	F	Onolo Jonathan	11	KSSS JTD	15/11/2024 AGE GROUP 2 KATHU 2024
<b>Women 11-11 100 Free</b>							
1	1:06.46	L	P	Mackenzie Raffle	11	CA EKU	05/12/2024 EGA Summer Championships
2	1:07.51	L S	F	Olivia Geldart	11	INFA NMA	17/01/2025 6th A League Gala 2025
3	1:08.38	L	F	Caro Bishop	11	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024
4	1:08.47	L	F	Leah Dabrowski	11	BLMA CPT	05/12/2024 Western Cape LC-A Championship 2024
5	1:09.44	L	F	Samantha Wilson	11	INFA NMA	31/01/2025 Infinity Gala 2025
6	1:10.08	L	F	Ella Johnson	11	SAAW CPT	05/12/2024 Western Cape LC-A Championship 2024
7	1:10.12	L	F	Alize Engelbrecht	11	CSA EZD	01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
8	1:10.79	L	F	Sage Lindsay	11	CA EKU	05/12/2024 EGA Summer Championships
9	1:11.29	L	F	Mikayla Wilensky	11	ASAC CPT	05/12/2024 Western Cape LC-A Championship 2024
10	1:11.55	L	F	Jua Jonker	11	POTC KKD	07/12/2024 NWS Championships 2024
11	1:11.87	L	P	Olivia Kruger	11	PLAY CED	05/12/2024 Western Cape LC-A Championship 2024
12	1:12.11	L	F	Hayley Greyvenstein	11	USC BUF	22/11/2024 BCA Long Course Championships 2024
13	1:12.12	L	F	Milani Butau	11	BEST NMA	13/12/2024 NMBA Championships 2024
14	1:12.19	L	F	Keyla Douglas	11	ROA EDD	05/12/2024 Western Cape LC-A Championship 2024
15	1:12.25	L	F	Inge Du Plessis	11	LSTZN CCD	01/02/2025 Limpopo School Champs & Limpopo AG
16	1:12.31	L	P	Annebelle Botha	11	PER JHB	29/11/2024 CGA Championships 2024
17	1:12.87	L	F	Sisanda Palframan	11	SEAL UMD	25/01/2025 uShaka Champs 2025
18	1:13.79	L	F	Grace Johns	11	OHAN ILD	25/01/2025 uShaka Champs 2025
19	1:14.31	L	F	Hannah Raphaela Morgado	11	CSA EZD	01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
20	1:14.42	L	F	Gabrielle Brooks	11	INFA NMA	13/12/2024 NMBA Championships 2024
21	1:14.55	L	P	Charlotte Hofinger	11	ASAC CPT	05/12/2024 Western Cape LC-A Championship 2024
22	1:14.75	L	P	Kathryn Nolan	11	MDOL JHB	29/11/2024 CGA Championships 2024
23	1:14.91	L	F	Mawande Makumbe	11	TUKS TSH	13/09/2024 NTS September Age Group 2024
24	1:14.99	L	F	Ineke Van Maarleveld	11	ACAQ CCD	29/11/2024 Limpopo Champs 2024
25	1:15.24	L	P	Jessica Caldeira	11	CRSC JHB	29/11/2024 CGA Championships 2024
26	1:15.30	L	P	Gianna Olivier	11	PAQU CED	05/12/2024 Western Cape LC-A Championship 2024
27	1:15.41	L	P	Isabella Knight	11	WATR JHB	29/11/2024 CGA Championships 2024
28	1:15.46	L	P	Alivia Nel	11	CRSC JHB	29/11/2024 CGA Championships 2024
29	1:15.49	L	P	Saskia Gilligan	11	BLMA CPT	05/12/2024 Western Cape LC-A Championship 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
30	1:15.54	L	F	Abigail Paice	11	SOUL EKU	01/02/2025	EGA Last Chance Gala
31	1:15.65	L	F	Maria Geysler	11	ELRAS WBD	29/11/2024	Limpopo Champs 2024
32	1:15.81	L	F	Layla Palframan	11	SEAL UMD	25/01/2025	uShaka Champs 2025
33	1:15.92	L	F	Laila van Antwerpen	11	PAC TSH	13/09/2024	NTS September Age Group 2024
34	1:15.95	L	P	Lize Beyers	11	AGAQ OBD	05/12/2024	Western Cape LC-A Championship 2024
35	1:16.11	L	P	Annabella Venter	11	VRC TSH	29/11/2024	CGA Championships 2024
36	1:16.19	L	P	Sophie Chiang	11	WATR JHB	29/11/2024	CGA Championships 2024
37	1:16.20	L	P	Simone Zoutendyk	11	RBOT BPD	07/12/2024	NWS Championships 2024
38	1:16.35	L	P	Arabella Symington	11	ACES ETH	02/07/2024	Prestige Tournament 2024
39	1:16.57	L	F	Hannah Stearn	11	INFA NMA	31/01/2025	Infinity Gala 2025
40	1:16.58	L	P	Alexi Dandoulakis	11	CA EKU	05/12/2024	EGA Summer Championships
41*	1:16.82	L	F	Riley Sanders	11	HPS TSH	13/09/2024	NTS September Age Group 2024
41*	1:16.82	L	P	Xia Jacobs	11	WSTV ETH	02/07/2024	Prestige Tournament 2024
43	1:16.98	L	P	Zia Habib	11	MDOL JHB	29/11/2024	CGA Championships 2024
44	1:17.05	L	F	Mila Geldenhuys	11	ACAQ CCD	09/11/2024	Limpopo Age Group 5
45	1:17.06	L	F	Yamakhuze Loni	11	INFA NMA	17/10/2024	43rd Freda Barnard Invitational Gala
46	1:17.32	L S	F	Hayden Perrins	11	GREY CPT	21/09/2024	CTA INVITATIONAL LC MEET
47	1:17.39	L	F	Mila Hinteregger	11	CA EKU	01/02/2025	EGA Last Chance Gala
48	1:17.52	L	F	Lienke Bester	11	HREF BPD	07/12/2024	NWS Championships 2024
49	1:17.66	L	P	Ashley Cilliers	11	WATR JHB	29/11/2024	CGA Championships 2024
50	1:17.73	L	F	Lika Baird	11	HREF BPD	07/12/2024	NWS Championships 2024
51	1:17.97	L	F	Danika Steyn	11	KSC EZD	29/11/2024	Mpumalanga Championships 2024
52	1:18.12	L	P	Lefei Li	11	WATR JHB	29/11/2024	CGA Championships 2024
53	1:18.13	L	P	Zara Komani	11	WATR JHB	29/11/2024	CGA Championships 2024
54	1:18.14	L	F	Alexi Claassen	11	TUKS TSH	13/09/2024	NTS September Age Group 2024
55	1:18.17	L	F	Amy-Lee Wood	11	TCA EKU	05/12/2024	EGA Summer Championships
56	1:18.37	L	P	Isabel Helberg	11	MDOL JHB	29/11/2024	CGA Championships 2024
57	1:18.46	L	F	Chantel Van der Linde	11	VHD ZLD	25/01/2025	uShaka Champs 2025
58	1:18.50	L	F	Tayla Scheepers	11	RFA TSH	13/09/2024	NTS September Age Group 2024
59	1:18.61	L	P	Melissa Kleynhans	11	PGAC EKU	05/12/2024	EGA Summer Championships
60	1:18.62	L	F	Jada Hendricks	11	TYGE CPT	09/11/2024	Winelands SL4
61	1:18.77	L	F	Racquelle Saporta	11	INFA NMA	31/01/2025	Infinity Gala 2025
62	1:18.87	L	F	Amber Spence	11	ELEC TSH	18/10/2024	NTS Level 3+ October Age Group 2024
63	1:18.94	L	F	Chelsey Crossman	11	BLSS MAN	04/12/2024	Free State Champs 2024
64	1:18.95	L	P	Ella Niven	11	UNI EZD	29/11/2024	Mpumalanga Championships 2024
65	1:19.08	L	F	Colleen McQueen	11	BLSS MAN	04/12/2024	Free State Champs 2024
66	1:19.23	L	F	Mieke Steinbach	11	NWUC KKD	07/12/2024	NWS Championships 2024
67	1:19.24	L	P	Senzelwe Mwandla	11	PSCP UMD	02/07/2024	Prestige Tournament 2024
68	1:19.33	L	P	Kyla Short	11	MDOL JHB	29/11/2024	CGA Championships 2024
69	1:19.52	L	F	Sophia Hutchison	11	GHSK	05/10/2024	FLAMINGO GALA OCT 2024
70	1:19.67	L	F	Kayden Jack	11	PER JHB	29/11/2024	CGA Championships 2024
71	1:20.13	L	P	Scarlett Garassino	11	SASE JHB	29/11/2024	CGA Championships 2024
72	1:20.15	L	F	Courtney Grant	11	ACES ETH	02/07/2024	Prestige Tournament 2024
73	1:20.30	L	F	Bonaventure Makore	11	ASAC CPT	02/11/2024	CTA A & B CHAMPS 2024
74	1:20.49	L	F	Lara Van Veelen	11	LSDWK MPD	01/02/2025	Limpopo School Champs & Limpopo AG
75	1:20.52	L	F	Elizabeth Vd Berg	11	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
76	1:20.53	L	F	Taylor-Rose Botes	11	CA EKU	12/10/2024	EGA Summer 2
77	1:20.58	L	F	Alexis Kalapac	11	SLAQ CPT	17/10/2024	43rd Freda Barnard Invitational Gala
78	1:20.65	L	F	Olivia Normington	11	XCEL CPT	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)
79	1:20.71	L	F	Alexa Kuhn	11	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
80	1:20.74	L	F	Janel Van der Merwe	11	UNI EZD	29/11/2024	Mpumalanga Championships 2024
81	1:20.79	L	F	Cara Hill	11	OHAN ILD	25/01/2025	uShaka Champs 2025
82	1:20.81	L	F	Rachel De Fleuriot	11	SEALE ETH	25/01/2025	uShaka Champs 2025
83	1:20.83	L	F	Kyra Du Preez	11	USC BUF	31/01/2025	Infinity Gala 2025
84	1:20.84	L	F	Sophie Kretzmann	11	USC BUF	22/11/2024	BCA Long Course Championships 2024
85	1:20.96	L	F	Grizelda Janse van Rensburg	11	NWUC KKD	07/12/2024	NWS Championships 2024
86*	1:21.01	L	F	Cayden Parfitt	11	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
86*	1:21.01	L	F	Shalom Mtileni	11	UNIU EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
88	1:21.25	L	F	Mila Nel	11	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 2024

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
89	1:21.29	L	P	Darshana Pillay	11	MDOL	JHB 29/11/2024 CGA Championships 2024
90	1:21.30	L	F	Harley Knudsen	11	CA	EKU 12/10/2024 EGA Summer 2
91	1:21.35	L	F	Jaime-Lynn Vermeulen	11	HARL	BUF 25/01/2025 BCA January Age Group Gala 2025
92	1:21.45	L	F	Tenley Fowler	11	AZON	ETH 25/01/2025 uShaka Champs 2025
93	1:21.56	L	F	Jaime Sprong	11	ASAC	CPT 02/11/2024 CTA A & B CHAMPS 2024
94	1:21.57	L	F	Jana Serdyn	11	INFA	NMA 31/01/2025 Infinity Gala 2025
95	1:21.63	L	F	Tshegofatso Moabelo	11	BAS	EKU 12/10/2024 EGA Summer 2
96	1:22.10	L	F	Sophia Duggan	11	PEAS	NMA 31/01/2025 Infinity Gala 2025
97	1:22.19	L	F	Marni Snyman	11	ELRAS	WBD 29/11/2024 Limpopo Champs 2024
98	1:22.20	L	F	Ava van der Mescht	11	DESA	NMA 31/01/2025 Infinity Gala 2025
99	1:22.27	L	P	Reatile Ntidi	11	NWUC	KKD 07/12/2024 NWS Championships 2024
100*	1:22.30	L	F	Kayla-Anne Walker	11	CYBE	CPT 02/11/2024 CTA A & B CHAMPS 2024
100*	1:22.30	L	P	Mika Pelser	11	OLDE	JHB 29/11/2024 CGA Championships 2024
102	1:22.32	L	F	Emma Du Toit	11	BLOT	MAN 04/12/2024 Free State Champs 2024
103	1:22.44	L	P	Alexia Tranter	11	SSISA	CPT 05/12/2024 Western Cape LC-A Championship 2024
104	1:22.45	L	F	Emily Van Der Byl	11	USC	BUF 13/12/2024 NMBA Championships 2024
105	1:22.48	L	F	Ella Voysey	11	VINE	CPT 02/11/2024 CTA A & B CHAMPS 2024
106	1:22.50	L	F	Rorisang Monareng	11	BLNE	MAN 04/12/2024 Free State Champs 2024
107	1:22.52	L	P	Makayla Stoltz	11	PER	JHB 29/11/2024 CGA Championships 2024
108*	1:22.75	L	F	Miane Steyn	11	LEGC	ETH 01/02/2025 KCDA Age Group 4 2024
108*	1:22.75	L	F	Naomi Mahlangu	11	BLMA	CPT 17/10/2024 43rd Freda Barnard Invitational Gala
110	1:22.92	L	F	Anzel Smit	11	EXP	TSH 11/10/2024 NTS Level 1+2 October Age Group 2024
111	1:22.96	L	F	Emily Hengst	11	CASC	CPT 02/11/2024 CTA A & B CHAMPS 2024
112	1:22.97	L	P	Tamika Abbey	11	PER	JHB 29/11/2024 CGA Championships 2024
113	1:23.05	L	F	Zanli Le Roux	11	AGAQ	OBD 09/11/2024 Swartland Prestige Gala 2024
114	1:23.21	L	P	Sienna Syrett	11	QUES	JHB 29/11/2024 CGA Championships 2024
115	1:23.31	L	F	Siphwosethu Sikhakhane	11	AZON	ETH 25/01/2025 uShaka Champs 2025
116	1:23.37	L	F	Alessia Barthus	11	MANT	CPT 02/11/2024 CTA A & B CHAMPS 2024
117	1:23.52	L	F	Mia (B) Venter	11	AWIN	TSH 13/09/2024 NTS September Age Group 2024
118	1:23.58	L	F	Lily Sykes	11	TUKS	TSH 11/10/2024 NTS Level 1+2 October Age Group 2024
119	1:23.61	L	F	Pia Swanepoel	11	ASAC	CPT 05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
120	1:23.68	L	F	Thalia Breedt	11	KSC	EZD 29/11/2024 Mpumalanga Championships 2024
121	1:23.95	L	P	Aiva Van der Zandt	11	STAR	BPD 07/12/2024 NWS Championships 2024
122	1:23.98	L	F	Yolayne Aucamp	11	TNDER	FDD 04/12/2024 Free State Champs 2024
123	1:24.07	L	F	Jeanine Goosen	11	BLNE	MAN 04/12/2024 Free State Champs 2024
124	1:24.13	L	F	Taylynn Boshoff	11	USC	BUF 13/12/2024 NMBA Championships 2024
125	1:24.15	L	P	Roxanne Coetzee	11	HREF	BPD 07/12/2024 NWS Championships 2024
126	1:24.19	L	F	Bukata Mwanza	11	ESP	EKU 01/02/2025 EGA Last Chance Gala
127	1:24.30	L	F	Mari Haasbroek	11	EXP	TSH 01/02/2025 EGA Last Chance Gala
128	1:24.54	L	F	Jane Tredoux	11	BLNE	MAN 19/10/2024 Pelicans Gala 2
129	1:24.55	L	F	Gabriella Scott	11	TUKS	TSH 11/10/2024 NTS Level 1+2 October Age Group 2024
130	1:24.58	L	F	Miane Bendeman	11	SS	MPD 29/11/2024 Limpopo Champs 2024
131	1:24.62	L	F	Mariane Labuschagne	11	FISH	EDD 17/10/2024 43rd Freda Barnard Invitational Gala
132	1:24.70	L	F	Isabella Van Breda	11	NWUC	KKD 09/11/2024 NWS Age Group 1 & 2 2024
133	1:24.79	L	F	Emma Gutsche	11	POLSC	CCD 29/11/2024 Limpopo Champs 2024
134	1:24.83	L	F	Machayda Titus	11	MARL	CPT 09/11/2024 Swartland Prestige Gala 2024
135*	1:24.86	L	F	Mila Barkhuysen	11	GREY	CPT 02/11/2024 CTA A & B CHAMPS 2024
135*	1:24.86	L	F	Mamoso Ramokgopa	11	TKS	WBD 29/11/2024 Limpopo Champs 2024
137	1:25.05	L	F	Charné De Bruin	11	TUKS	TSH 13/09/2024 NTS September Age Group 2024
138*	1:25.22	L	F	Tatum Adams	11	PAQU	CED 09/11/2024 Winelands SL4
138*	1:25.22	L	F	Kenzie Du Preez	11	PEAS	NMA 15/06/2024 PEA Winter Gala 2024
140	1:25.25	L	F	Ané Venter	11	FISH	EDD 17/10/2024 43rd Freda Barnard Invitational Gala
141	1:25.26	L	F	Kethelo Mkhize	11	USH	KCD 07/12/2024 Stingrays Champs 2024
142	1:25.29	L	F	Liné Schoeman	11	FISH	EDD 31/01/2025 Infinity Gala 2025
143	1:25.30	L	P	Hope Churchman	11	SEALE	ETH 02/07/2024 Prestige Tournament 2024
144	1:25.34	L	F	Kaylee Vd Wal	11	CASC	CPT 02/11/2024 CTA A & B CHAMPS 2024
145	1:25.47	L	F	Tshegofatso Le Roux	11	CASC	CPT 02/11/2024 CTA A & B CHAMPS 2024
146*	1:25.48	L	F	Lynette Rust	11	RFA	TSH 01/02/2025 EGA Last Chance Gala
146*	1:25.48	L	F	Mambay Banza	11	UNI	EZD 10/01/2025 2024 Grand Prix Invitation Swimming



## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
148	1:25.54	L	F	Summer Moonsamy	11	BEAV ETH	25/01/2025 uShaka Champs 2025
149	1:25.55	L	F	Zane Kroon	11	AGAQ OBD	09/11/2024 Swartland Prestige Gala 2024
150	1:25.71	L	F	Mia Mostert	11	AWIN TSH	13/09/2024 NTS September Age Group 2024
151	1:25.76	L	F	Chloe Timperley	11	TRAZ TSH	13/09/2024 NTS September Age Group 2024
152	1:25.90	L	F	Paige Oliphant	11	PAC TSH	13/09/2024 NTS September Age Group 2024
153	1:25.94	L	F	Janel Van der Merwe	11	PRA GSD	25/01/2025 uShaka Champs 2025
154	1:26.02	L	P	Murunwa Thidiela	11	MAKO EKU	05/12/2024 EGA Summer Championships
155	1:26.10	L	F	Isabel Smith	11	HARL BUF	25/01/2025 BCA January Age Group Gala 2025
156	1:26.17	L	F	Lisasa Faltein	11	PEAS NMA	13/12/2024 NMBA Championships 2024
157	1:26.24	L	F	Hiranya Moodley	11	USH KCD	25/01/2025 uShaka Champs 2025
158	1:26.42	L	P	Tiisetso Makhatho	11	ESP EKU	05/12/2024 EGA Summer Championships
159	1:26.49	L	F	Leah Schemel	11	HARL BUF	22/11/2024 BCA Long Course Championships 2024
160	1:26.51	L	F	Märta Fogelström	11	TUKS TSH	13/09/2024 NTS September Age Group 2024
161	1:26.54	L	F	Dine Vd Wal	11	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
162	1:26.58	L	F	Amani Sausi	11	AZON ETH	25/01/2025 uShaka Champs 2025
163	1:26.64	L S	F	Olivia Berry	11	BEST NMA	17/01/2025 6th A League Gala 2025
164	1:26.67	L	F	Elsa Massawe	11	CA EKU	01/02/2025 EGA Last Chance Gala
165	1:26.73	L	P	Aphelele Shange	11	PSCP UMD	02/07/2024 Prestige Tournament 2024
166	1:26.81	L S	F	Ashley Du Randt	11	TYGE CPT	21/09/2024 CTA INVITATIONAL LC MEET
167	1:27.05	L	P	Catherine Couch	11	QUES JHB	29/11/2024 CGA Championships 2024
168	1:27.08	L	F	Lily Marais	11	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
169	1:27.29	L	F	Ditebogo Pheeha	11	PEPPS CCD	01/02/2025 Limpopo School Champs & Limpopo AG
170	1:27.32	L	F	Vida Olivier	11	BLNE MAN	11/10/2024 Otters Prestige Gala 2024
171	1:27.33	L	P	Lianka Spies	11	HARB BPD	07/12/2024 NWS Championships 2024
172	1:27.36	L	F	Hayley Liedeman	11	SWAR WCD	09/11/2024 Swartland Prestige Gala 2024
173	1:27.43	L	P	Holly Couzens	11	SGUL ETH	02/07/2024 Prestige Tournament 2024
174	1:27.55	L	F	Suhanna White	11	AQUA UTD	07/12/2024 Uthukela District Age Group Gala
175	1:27.58	L	F	Tanya Loots	11	TYGE CPT	02/11/2024 CTA A & B CHAMPS 2024
176	1:27.79	L	F	Sophia Ebrahim	11	ESP EKU	01/02/2025 EGA Last Chance Gala
177	1:27.81	L	F	Morgan Baard	11	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
178*	1:27.85	L	F	Zoe Andrews	11	CA EKU	01/02/2025 EGA Last Chance Gala
178*	1:27.85	L	F	Zeney De Beer	11	CSA EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
180	1:27.93	L	F	Zaan Van Goeverden	11	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
181	1:27.97	L	F	Kgalalelo Makoloi	11	AZON ETH	25/01/2025 uShaka Champs 2025
182	1:27.98	L	F	Elizabeth Willemse	11	VHD ZLD	07/12/2024 Stingrays Champs 2024
183	1:28.04	L	F	Cayleigh Knott	11	ASAC CPT	02/11/2024 CTA A & B CHAMPS 2024
184	1:28.12	L	F	Mariandi Bredenkamp	11	BS LLD	01/02/2025 Heidedal & Sentraal Galal
185	1:28.17	L	P	Mieke Moolman	11	UNI EZD	29/11/2024 Mpumalanga Championships 2024
186	1:28.18	L	F	Kate Pieterse	11	PEAS NMA	17/10/2024 43rd Freda Barnard Invitational Gala
187	1:28.24	L	F	Lerina Thomas	11	SWAR WCD	09/11/2024 Swartland Prestige Gala 2024
188	1:28.30	L	F	Mieke Jordaan	11	KTS	05/10/2024 FLAMINGO GALA OCT 2024
189	1:28.33	L	F	Emily Van t Slot	11	BLMA CPT	02/11/2024 CTA A & B CHAMPS 2024
190	1:28.35	L	F	Meziana Hammouche	11	MAKO EKU	12/10/2024 EGA Summer 2
191	1:28.39	L	F	Daniella Louw	11	BLOT MAN	25/10/2024 Neptunes Gala
192	1:28.42	L	F	Elmine Opperman	11	KTS	19/10/2024 NCASA AGE GROUP 1 KATHU 2024
193	1:28.51	L	F	Nduvho Rabambi	11	BULS MAN	04/12/2024 Free State Champs 2024
194	1:28.56	L	F	Catherine Sebastian	11	MANT CPT	02/11/2024 CTA A & B CHAMPS 2024
195	1:28.61	L	F	Lheané Du Plessis	11	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
196	1:28.78	L	F	Leandi Liebenberg	11	SS MPD	29/11/2024 Limpopo Champs 2024
197	1:28.85	L	P	Myra Bailey	11	RACE JHB	29/11/2024 CGA Championships 2024
198	1:29.19	L S	F	Gianna Onkruid	11	UWCA CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
199	1:29.40	L	P	Marlien Nell	11	HREF BPD	07/12/2024 NWS Championships 2024
200	1:29.57	L	F	Nicola Nysschen	11	KTS	19/10/2024 NCASA AGE GROUP 1 KATHU 2024
201*	1:29.72	L	F	Heili Van Heerden	11	BETH FDD	04/12/2024 Free State Champs 2024
201*	1:29.72	L	F	Leanke Loots	11	KNYA EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
203	1:29.79	L	P	Sinakhokonke Bhengu	11	PSCP UMD	02/07/2024 Prestige Tournament 2024
204	1:29.82	L	F	Amahle Mdlalose	11	CSC TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
205	1:30.39	L	P	Khera Murray	11	H2O EKU	05/12/2024 EGA Summer Championships
206	1:30.52	L	P	Rachel Saltzman	11	ESTR EKU	05/12/2024 EGA Summer Championships

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
207	1:30.53	L	F	Nienke Eksteen	11	VALS FDD	01/02/2025 Heidedal & Sentraal Galal
208	1:30.57	L	F	Emme Wessels	11	BETH FDD	25/10/2024 Neptunes Gala
209	1:30.81	L	F	Maria De Klerk	11	BS LLD	01/02/2025 Heidedal & Sentraal Galal
210	1:31.08	L	F	Annabelle Ras	11	QUIC CPT	17/10/2024 43rd Freda Barnard Invitational Gala
211	1:31.10	L	P	Nina le Cordeur	11	WATR JHB	29/11/2024 CGA Championships 2024
212*	1:31.31	L	P	Tlotlotsame Makatiers	11	RBOT BPD	07/12/2024 NWS Championships 2024
212*	1:31.31	L	P	Zahraa Essack	11	ATLA JHB	29/11/2024 CGA Championships 2024
214	1:31.33	L	F	Cara van Wyk	11	BARR CPT	02/11/2024 CTA A & B CHAMPS 2024
215	1:31.57	L	F	Nika Loots	11	PELIC MAN	01/02/2025 Heidedal & Sentraal Galal
216	1:31.74	L	P	Bailey Maralik	11	PER JHB	29/11/2024 CGA Championships 2024
217	1:31.78	L	F	Skylin Koupis	11	BLOT MAN	04/12/2024 Free State Champs 2024
218	1:31.95	L	F	Larike Pretorius	11	KALA	19/10/2024 NCASA AGE GROUP 1 KATHU 2024
219	1:32.01	L	F	Kari Moolman	11	UNI EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
220	1:32.20	L	P	Emilie Botha	11	JAQ EKU	05/12/2024 EGA Summer Championships
221	1:32.23	L	F	Wyllow Halse	11	USC BUF	22/11/2024 BCA Long Course Championships 2024
222	1:32.37	L	F	Milla Da Silva	11	CA EKU	12/10/2024 EGA Summer 2
223	1:32.38	L	F	Mienke Kemp	11	TNDER FDD	04/12/2024 Free State Champs 2024
224	1:32.48	L	P	Rachel Johnson	11	BARA EKU	05/12/2024 EGA Summer Championships
225	1:32.70	L	F	Lienke Rossouw	11	LALE CED	09/11/2024 Winelands SL4
226*	1:33.00	L	F	Atsile Mogaleemang	11	MAHD NMD	23/11/2024 NWS Age Group 3 + 4 2024
226*	1:33.00	L	P	Ella Arnold	11	SASE JHB	29/11/2024 CGA Championships 2024
228	1:33.03	L	P	Mieke Smit	11	UNI EZD	29/11/2024 Mpumalanga Championships 2024
229	1:33.05	L	F	Vibha Fakir	11	USC BUF	13/12/2024 NMBA Championships 2024
230	1:33.19	L	F	Mercedes Jaftha	11	MANT CPT	09/11/2024 Swartland Prestige Gala 2024
231	1:33.24	L	F	Ava Du Preez	11	BEAV ETH	25/01/2025 uShaka Champs 2025
232	1:33.59	L	F	Keira Lin	11	CYBE CPT	02/11/2024 CTA A & B CHAMPS 2024
233	1:33.63	L	F	Cari Kriel	11	LALE CED	09/11/2024 Winelands SL4
234	1:34.22	L	F	Caitlin Byliefeldt	11	MAKO EKU	12/10/2024 EGA Summer 2
235	1:34.24	L	P	Leah Vos	11	CSA EZD	29/11/2024 Mpumalanga Championships 2024
236	1:34.53	L	F	Izelda Meyer	11	VHD ZLD	11/01/2025 Uthukela District Age Group Gala
237	1:34.57	L	F	Jana Booysen	11	CUHE OBD	09/11/2024 Swartland Prestige Gala 2024
238	1:34.61	L	F	Mihanka vd Bank	11	CUHE OBD	17/10/2024 43rd Freda Barnard Invitational Gala
239	1:34.72	L	F	Pradhia Singh	11	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
240	1:35.00	L	P	Retshepile Phalafala	11	MDOL JHB	29/11/2024 CGA Championships 2024
241	1:35.25	L	F	Emma McCallum	11	USC BUF	13/12/2024 NMBA Championships 2024
242	1:35.60	L	F	Rebecca Symon	11	TUKS FSH	13/09/2024 NTS September Age Group 2024
243	1:35.70	L	F	Emma Arendse	11	MANT CPT	09/11/2024 Swartland Prestige Gala 2024
244	1:35.98	L	F	Jenna Leppan	11	AZON ETH	14/06/2024 AQZ Winter Warmer 2024
245	1:36.09	L	F	Maya Sissing	11	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
246	1:36.17	L	F	Danika Brynard	11	STSC KCD	01/02/2025 KCDA Age Group 4 2024
247	1:36.40	L	F	Miele' Loftus	11	BULS MAN	04/12/2024 Free State Champs 2024
248	1:36.82	L	F	Taylor Crous	11	PEAS NMA	13/12/2024 NMBA Championships 2024
249	1:37.17	L	F	Emily Marais	11	EDA ED	11/01/2025 EDEN INTER DISTRICT PRESTIGE
250	1:37.26	L	F	Beatrisa Kotkljar	11	CYBE CPT	02/11/2024 CTA A & B CHAMPS 2024
251	1:37.38	L	F	Lilly-Anne Benade	11	ELRAS WBD	29/11/2024 Limpopo Champs 2024
252	1:37.54	L	F	Abigail Van der Westhuizen	11	CA EKU	01/02/2025 EGA Last Chance Gala
253	1:37.78	L	P	Beersheba Negash	11	BARA EKU	05/12/2024 EGA Summer Championships
254	1:37.92	L	F	Mckenzie Adams	11	WEST CPT	09/11/2024 Swartland Prestige Gala 2024
255	1:38.06	L	F	Emily Fryer	11	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
256	1:38.15	L	F	Emily van der Linde	11	SOUL EKU	12/10/2024 EGA Summer 2
257	1:38.18	L	F	Riandi Muller	11	INFA NMA	31/01/2025 Infinity Gala 2025
258	1:38.23	L	P	Mika Vd Merwe	11	AWSC JHB	29/11/2024 CGA Championships 2024
259	1:38.30	L	F	Mpho Kutumane	11	UWCA CPT	02/11/2024 CTA A & B CHAMPS 2024
260	1:38.51	L	F	Marné Truter	11	TKS WBD	29/11/2024 Limpopo Champs 2024
261	1:38.69	L	F	Kamila Mohapi	11	ESTR EKU	12/10/2024 EGA Summer 2
262	1:38.97	L	F	Carla Fourie	11	CSA EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
263	1:38.99	L	F	Dané Combrinck	11	TUKS FSH	13/09/2024 NTS September Age Group 2024
264	1:39.16	L	F	Alexa Steenkamp	11	CPSC FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
265	1:39.21	L	F	Roxanne Hautmann	11	RBUR BPD	23/11/2024 NWS Age Group 3 + 4 2024

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
266	1:39.30	L	F	Abigail Wilson	11	TYGE CPT	17/10/2024 43rd Freda Barnard Invitational Gala
267	1:39.43	L	F	Leah Brand	11	KNYA EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
268	1:39.45	L	F	Nina Murray	11	DDA TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
269	1:39.49	L	F	Aishah Bingudza	11	NGU TSH	13/09/2024 NTS September Age Group 2024
270	1:39.62	L	F	Ava Stevens	11	USC BUF	22/11/2024 BCA Long Course Championships 2024
271	1:40.14	L	F	Zoe Joanides	11	BLNE MAN	25/10/2024 Neptunes Gala
272	1:40.68	L	F	Alexei Slabbert	11	ASAC CPT	02/11/2024 CTA A & B CHAMPS 2024
273	1:40.76	L	F	Mia Schraader	11	SOUL EKU	12/10/2024 EGA Summer 2
274	1:40.84	L	F	Lisa Meyer	11	PRA GSD	25/01/2025 uShaka Champs 2025
275	1:40.98	L	F	Zaida Hendricks	11	WALM CPT	02/11/2024 CTA A & B CHAMPS 2024
276	1:41.02	L	F	Courtney Ferguson	11	PEAS NMA	14/09/2024 3rd A League Gala 2024
277	1:41.48	L	F	Hanaan Hendricks	11	TYGE CPT	09/11/2024 Winelands SL4
278	1:41.53	L	F	Mianke Lubbe	11	GHSK	05/10/2024 FLAMINGO GALA OCT 2024
279	1:41.75	L	F	Basse Molai	11	BULS MAN	19/10/2024 Pelicans Gala 2
280	1:41.78	L	F	Leandi Van der Westhuizen	11	QSAW CED	09/11/2024 Swartland Prestige Gala 2024
281	1:41.96	L	F	Anika Brand	11	EVO CPT	09/11/2024 Swartland Prestige Gala 2024
282	1:42.19	L	F	Jaydine Fortein	11	CSA EZD	01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
283	1:42.23	L	F	Jorja Petschel	11	HARL BUF	15/06/2024 PEA Winter Gala 2024
284	1:42.58	L	F	Lilly Rautenbach	11	ANAX CPT	09/11/2024 Swartland Prestige Gala 2024
285	1:42.61	L	P	Lacey Hodgkinson	11	SWIFT EKU	05/12/2024 EGA Summer Championships
286	1:42.71	L	F	Rita Rouillard	11	PSA ZLD	26/10/2024 Froggies Aquatics Championships 2024
287	1:42.86	L	F	Eliana Woldemariam	11	TUKS TSH	20/11/2024 Crusaders Night Gala 1
288	1:43.12	L	F	Kyleigh Shelton	11	ESTR EKU	12/10/2024 EGA Summer 2
289	1:43.56	L	P	Kagiso Motuku	11	PGAC EKU	05/12/2024 EGA Summer Championships
290	1:43.74	L	F	Michaela Kröger	11	BARR CPT	17/10/2024 43rd Freda Barnard Invitational Gala
291	1:43.76	L	P	Ava Candiotes	11	HREF BPD	07/12/2024 NWS Championships 2024
292	1:43.78	L	F	Cayla van Zyl	11	AWIN TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
293	1:44.16	L	F	Cayla Senekal	11	TKS WBD	29/11/2024 Limpopo Champs 2024
294	1:44.32	L	P	Suraya Badat	11	PSCP UMD	02/07/2024 Prestige Tournament 2024
295	1:44.34	L	F	Catharina Coetzer	11	QUIC CPT	02/11/2024 CTA A & B CHAMPS 2024
296	1:44.52	L	F	Khanyisa Mqeke	11	WELA LLD	11/10/2024 Otters Prestige Gala 2024
297	1:45.35	L	F	Thalia Mbock Madjang	11	SAAW CPT	02/11/2024 CTA A & B CHAMPS 2024
298	1:46.52	L	P	Faythe Evans	11	RACE JHB	29/11/2024 CGA Championships 2024
299	1:47.07	L	F	Botshelo Rampana	11	PELIC MAN	04/12/2024 Free State Champs 2024
300	1:48.66	L	F	Mila Schutte	11	BARR CPT	09/11/2024 Swartland Prestige Gala 2024
301	1:49.23	L S	F	Amy Cloete	11	UWAG CPT	21/09/2024 CTA INVITATIONAL LC MEET
302	1:49.59	L	F	Katia Cerone	11	HAAG UTD	12/10/2024 Uthukela District Age Group Gala
303	1:49.60	L	F	Relebohile Maduna	11	PELIC MAN	04/12/2024 Free State Champs 2024
304	1:49.65	L	F	Mari-Hane Visser	11	KALA	19/10/2024 NCASA AGE GROUP 1 KATHU 2024
305	1:51.11	L	F	Reneilwe Tsunke	11	BLOT MAN	01/02/2025 Heidedal & Sentraal Galal
306	1:52.18	L	F	Busisiwe Matsebele	11	AWIN TSH	13/09/2024 NTS September Age Group 2024
307	1:52.22	L	F	Emma Canham	11	PELIC MAN	04/12/2024 Free State Champs 2024
308	1:52.24	L	F	Isabella Van Rooyen	11	RFA TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
309	1:53.10	L	F	Esihle Damoyi	11	PEAS NMA	05/10/2024 4th A League Gala 2024
310	1:55.34	L	F	Leane Van Zyl	11	PSA ZLD	26/10/2024 Froggies Aquatics Championships 2024
311	1:57.92	L	F	Loago Mmoloke	11	HREF BP	23/11/2024 NWS Age Group 3 + 4 2024
312	2:02.49	L	F	Emily Henry	11	CA EKU	12/10/2024 EGA Summer 2
313	2:04.20	L	F	Hyla-Louise Pennells	11	TUKS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
314	2:04.47	L	F	Thembaletu Zulu	11	FRA KCD	26/10/2024 Froggies Aquatics Championships 2024
315	2:06.31	L	F	Atipa-Ishé Mubuyayi	11	AQUA BUF	22/11/2024 BCA Long Course Championships 2024
316	2:07.60	L	F	Okuhle Zungu	11	USH KCD	23/11/2024 KCDA Age Group Gala 3
317	2:10.22	L	F	Khumo Goeieman	11	KALA	19/10/2024 NCASA AGE GROUP 1 KATHU 2024
318	2:12.06	L	F	Cleo Julius	11	KALA	05/10/2024 FLAMINGO GALA OCT 2024
319	2:12.42	L	F	Lwandisiwe Siqwede	11	SRAY BUF	22/11/2024 BCA Long Course Championships 2024
320	2:18.49	L	F	Abenathi Mzimela	11	USH KCD	25/01/2025 uShaka Champs 2025
321	2:23.80	L	F	Relebohile Khaoletsa	11	PELIC MAN	04/12/2024 Free State Champs 2024
<b>Women 11-11 200 Free</b>							
1	2:25.02	L	F	Mackenzie Raffle	11	CA EKU	01/02/2025 EGA Last Chance Gala
2	2:28.20	L	F	Caro Bishop	11	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
3	2:28.57	L	F	Ella Johnson	11	SAAW CPT	05/12/2024 Western Cape LC-A Championship 2024
4	2:30.97	L	F	Olivia Geldart	11	INFA NMA	13/12/2024 NMBA Championships 2024
5	2:33.87	L	F	Sage Lindsay	11	CA EKU	01/02/2025 EGA Last Chance Gala
6	2:33.98	L	F	Leah Dabrowski	11	BLMA CPT	05/12/2024 Western Cape LC-A Championship 2024
7	2:37.04	L	P	Annebelle Botha	11	PER JHB	29/11/2024 CGA Championships 2024
8	2:39.07	L	F	Olivia Kruger	11	PLAY CED	05/12/2024 Western Cape LC-A Championship 2024
9	2:39.37	L	F	Charlotte Hofinger	11	ASAC CPT	05/12/2024 Western Cape LC-A Championship 2024
10	2:39.76	L	F	Keyla Douglas	11	ROA EDD	05/12/2024 Western Cape LC-A Championship 2024
11*	2:39.89	L	F	Samantha Wilson	11	INFA NMA	31/01/2025 Infinity Gala 2025
11*	2:39.89	L	F	Grace Johns	11	OHAN ILD	25/01/2025 uShaka Champs 2025
13	2:39.95	L	F	Inge Du Plessis	11	LSTZN CCD	01/02/2025 Limpopo School Champs & Limpopo AG
14	2:40.06	L	F	Hayley Greyvenstein	11	USC BUF	22/11/2024 BCA Long Course Championships 2024
15	2:40.40	L	P	Jua Jonker	11	POTC KKD	07/12/2024 NWS Championships 2024
16	2:40.70	L	F	Alize Engelbrecht	11	CSA EZD	01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
17	2:41.25	L S	F	Milani Butau	11	BEST NMA	17/01/2025 6th A League Gala 2025
18	2:42.23	L	F	Hannah Raphaela Morgado	11	CSA EZD	29/11/2024 Mpumalanga Championships 2024
19	2:43.46	L	P	Arabella Symington	11	ACES ETH	02/07/2024 Prestige Tournament 2024
20	2:43.53	L	F	Maria Geysler	11	ELRAS WBD	29/11/2024 Limpopo Champs 2024
21	2:44.80	L	F	Gianna Olivier	11	PAQU CED	17/10/2024 43rd Freda Barnard Invitational Gala
22	2:45.37	L	P	Sophie Chiang	11	WATR JHB	29/11/2024 CGA Championships 2024
23	2:46.33	L	P	Jessica Caldeira	11	CRSC JHB	29/11/2024 CGA Championships 2024
24	2:46.70	L	F	Ineke Van Maarleveld	11	ACAQ CCD	29/11/2024 Limpopo Champs 2024
25	2:47.01	L	F	Kathryn Nolan	11	MDOL JHB	15/11/2024 Summer 4 Delville
26	2:47.06	L	F	Mila Geldenhuys	11	ACAQ CCD	09/11/2024 Limpopo Age Group 5
27	2:47.11	L	F	Gabrielle Brooks	11	INFA NMA	17/10/2024 43rd Freda Barnard Invitational Gala
28	2:47.53	L	F	Courtney Grant	11	ACES ETH	02/07/2024 Prestige Tournament 2024
29	2:47.78	L	F	Amy-Lee Wood	11	TCA EKU	01/02/2025 EGA Last Chance Gala
30	2:48.25	L	F	Saskia Gilligan	11	BLMA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
31	2:48.27	L S	F	Alexi Dandoulakis	11	CA EKU	05/12/2024 EGA Summer Championships
32	2:48.30	L	P	Annabella Venter	11	VRC TSH	29/11/2024 CGA Championships 2024
33	2:48.55	L	P	Sisanda Palframan	11	SEAL UMD	02/07/2024 Prestige Tournament 2024
34	2:48.65	L	F	Chelsey Crossman	11	BLSS MAN	04/12/2024 Free State Champs 2024
35	2:48.84	L	F	Taylor-Rose Botes	11	CA EKU	18/01/2025 EGA Summer 5
36	2:49.40	L	P	Simone Zoutendyk	11	RBOT BPD	07/12/2024 NWS Championships 2024
37	2:50.20	L	F	Jada Hendricks	11	TYGE CPT	15/06/2024 PEA Winter Gala 2024
38	2:50.41	L	P	Zia Habib	11	MDOL JHB	29/11/2024 CGA Championships 2024
39	2:50.59	L	P	Cayden Parfitt	11	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
40	2:50.65	L	F	Mila Nel	11	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
41	2:51.10	L	F	Colleen McQueen	11	BLSS MAN	25/10/2024 Neptunes Gala
42	2:51.12	L	F	Charné De Bruin	11	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
43	2:51.35	L	P	Isabella Knight	11	WATR JHB	29/11/2024 CGA Championships 2024
44	2:51.86	L S	F	Kayla-Anne Walker	11	CYBE CPT	02/11/2024 CTA A & B CHAMPS 2024
45	2:51.88	L	P	Bria Ahmed	11	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024
46	2:52.39	L S	F	Bonaventure Makore	11	ASAC CPT	02/11/2024 CTA A & B CHAMPS 2024
47	2:52.65	L	F	Chantel Van der Linde	11	VHD ZLD	25/01/2025 uShaka Champs 2025
48	2:52.92	L	P	Xia Jacobs	11	WSTV ETH	02/07/2024 Prestige Tournament 2024
49	2:53.15	L	F	Ava van der Mescht	11	DESA NMA	31/01/2025 Infinity Gala 2025
50	2:53.37	L	F	Hannah Stearn	11	INFA NMA	13/12/2024 NMBA Championships 2024
51	2:53.56	L	P	Ashley Cilliers	11	WATR JHB	29/11/2024 CGA Championships 2024
52	2:53.59	L	F	Rachel De Fleuriot	11	SEALE ETH	25/01/2025 uShaka Champs 2025
53	2:54.25	L	F	Lize Beyers	11	AGAQ OBD	17/10/2024 43rd Freda Barnard Invitational Gala
54	2:54.37	L S	F	Hayden Perrins	11	GREY CPT	02/11/2024 CTA A & B CHAMPS 2024
55	2:54.50	L	F	Sophia Hutchison	11	GHSK	05/10/2024 FLAMINGO GALA OCT 2024
56	2:55.22	L	F	Lienke Bester	11	HREF BPD	07/12/2024 NWS Championships 2024
57	2:55.25	L	F	Danika Steyn	11	KSC EZD	29/11/2024 Mpumalanga Championships 2024
58	2:55.37	L	F	Sophie Kretzmann	11	USC BUF	13/12/2024 NMBA Championships 2024
59	2:55.49	L	F	Grizelda Janse van Rensburg	11	NWUC KKD	07/12/2024 NWS Championships 2024
60	2:55.97	L	P	Kyla Short	11	MDOL JHB	29/11/2024 CGA Championships 2024
61	2:56.09	L	F	Yamakhuze Loni	11	INFA NMA	13/12/2024 NMBA Championships 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
62	2:56.31	L	F	Abigail Paice	11	SOUL EKU	15/11/2024 Summer 4 Delville
63	2:56.40	L	F	Layla Palframan	11	SEAL UMD	02/07/2024 Prestige Tournament 2024
64	2:56.61	L	F	Isabel Helberg	11	MDOL JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
65	2:57.21	L S	F	Alexa Kuhn	11	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
66	2:57.24	L	F	Emma Du Toit	11	BLOT MAN	04/12/2024 Free State Champs 2024
67	2:57.32	L	F	Harley Knudsen	11	CA EKU	15/11/2024 Summer 4 Delville
68	2:57.56	L	F	Mieke Steinbach	11	NWUC KKD	09/11/2024 NWS Age Group 1 & 2 2024
69	2:57.62	L	F	Marni Snyman	11	ELRAS WBD	29/11/2024 Limpopo Champs 2024
70	2:57.89	L	F	Jenna Leppan	11	AZON ETH	25/01/2025 uShaka Champs 2025
71	2:58.15	L	P	Scarlett Garassino	11	SASE JHB	29/11/2024 CGA Championships 2024
72	2:58.64	L	P	Zara Komani	11	WATR JHB	29/11/2024 CGA Championships 2024
73	2:59.16	L	F	Mila Hinteregger	11	CA EKU	18/01/2025 EGA Summer 5
74	2:59.22	L	F	Tshegofatso Moabelo	11	BAS EKU	15/11/2024 Summer 4 Delville
75	2:59.35	L	F	Kyra Du Preez	11	USC BUF	13/12/2024 NMBA Championships 2024
76	2:59.37	L	F	Tatum Adams	11	PAQU CED	09/11/2024 Winelands SL4
77	3:00.41	L	F	Lika Baird	11	HREF BPD	07/12/2024 NWS Championships 2024
78	3:00.45	L	F	Isabel Smith	11	HARL BUF	25/01/2025 BCA January Age Group Gala 2025
79	3:00.75	L	F	Alexis Kalapac	11	SLAQ CPT	21/09/2024 CTA INVITATIONAL LC MEET
80*	3:01.24	L	F	Janel Van der Merwe	11	PRA GSD	25/01/2025 uShaka Champs 2025
80*	3:01.24	L	F	Janel Van der Merwe	11	PRA GSD	25/01/2025 uShaka Champs 2025
82	3:01.34	L	F	Ella Niven	11	UNI EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
83	3:01.54	L	F	Lily Sykes	11	TUKS TSH	13/09/2024 NTS September Age Group 2024
84	3:01.58	L	F	Elizabeth Willemse	11	VHD ZLD	25/01/2025 uShaka Champs 2025
85	3:01.89	L	F	Miané Prinsloo	11	ACAQ CCD	12/10/2024 Limpopo Age Group 4
86	3:02.57	L	F	Jaime-Lynn Vermeulen	11	HARL BUF	22/11/2024 BCA Long Course Championships 2024
87	3:02.90	L	F	Yolayne Aucamp	11	TNDER FDD	04/12/2024 Free State Champs 2024
88	3:02.93	L S	F	Ashley Du Randt	11	TYGE CPT	02/11/2024 CTA A & B CHAMPS 2024
89	3:03.38	L	F	Olivia Berry	11	BEST NMA	31/01/2025 Infinity Gala 2025
90	3:03.41	L	P	Sienna Syrett	11	QUES JHB	29/11/2024 CGA Championships 2024
91	3:03.51	L	F	Summer Moonsamy	11	BEAV ETH	25/01/2025 uShaka Champs 2025
92	3:03.61	L	P	Makayla Stoltz	11	PER JHB	29/11/2024 CGA Championships 2024
93	3:03.85	L S	F	Ella Voysey	11	VINE CPT	02/11/2024 CTA A & B CHAMPS 2024
94	3:03.88	L	F	Reatile Ntidi	11	NWUC KKD	07/12/2024 NWS Championships 2024
95	3:03.92	L	F	Liné Schoeman	11	FISH EDD	31/01/2025 Infinity Gala 2025
96	3:04.53	L	F	Isabella Van Breda	11	NWUC KKD	07/12/2024 NWS Championships 2024
97	3:04.69	L	F	Mia Mostert	11	AWIN TSH	13/09/2024 NTS September Age Group 2024
98	3:04.80	L	F	Kenzie Du Preez	11	PEAS NMA	15/06/2024 PEA Winter Gala 2024
99	3:05.14	L	F	Miane Bendeman	11	LSPHA MP	01/02/2025 Limpopo School Champs & Limpopo AG
100	3:05.38	L	F	Sophia Duggan	11	PEAS NMA	15/06/2024 PEA Winter Gala 2024
101	3:05.45	L	P	Tamika Abbey	11	PER JHB	29/11/2024 CGA Championships 2024
102	3:05.65	L	F	Morgan Baard	11	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
103	3:06.31	L S	P	Melissa Kleynhans	11	PGAC EKU	05/12/2024 EGA Summer Championships
104	3:06.32	L	P	Catherine Couch	11	QUES JHB	29/11/2024 CGA Championships 2024
105	3:06.56	L	P	Senzelwe Mwandla	11	PSCP UMD	02/07/2024 Prestige Tournament 2024
106	3:06.58	L S	F	Machayda Titus	11	MARL CPT	02/11/2024 CTA A & B CHAMPS 2024
107	3:06.75	L	F	Paige Oliphant	11	PAC TSH	13/09/2024 NTS September Age Group 2024
108	3:06.99	L	F	Amahle Mdlalose	11	CSC TSH	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
109	3:07.15	L S	F	Alessia Barthus	11	MANT CPT	02/11/2024 CTA A & B CHAMPS 2024
110	3:07.25	L	F	Willow Makwakwa	11	WWOL TSH	13/09/2024 NTS September Age Group 2024
111	3:07.44	L	F	Zeney De Beer	11	CSA EZD	29/11/2024 Mpumalanga Championships 2024
112	3:07.99	L	F	Jane Tredoux	11	BLNE MAN	25/10/2024 Neptunes Gala
113	3:08.07	L S	F	Tshegofatso Le Roux	11	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
114	3:08.16	L	F	Chloe Timperley	11	TRAZ TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
115	3:08.21	L	F	Bukata Mwanza	11	ESP EKU	01/02/2025 EGA Last Chance Gala
116	3:08.46	L	F	Gabriella Scott	11	TUKS TSH	13/09/2024 NTS September Age Group 2024
117	3:08.64	L	F	Skyler Muller	11	HARL BUF	22/11/2024 BCA Long Course Championships 2024
118	3:08.68	L	F	Catherine Sebastian	11	MANT CPT	09/11/2024 Swartland Prestige Gala 2024
119	3:08.96	L S	F	Jana Serdyn	11	INFA NMA	17/01/2025 6th A League Gala 2025
120	3:09.05	L	F	Taylynn Boshoff	11	USC BUF	13/12/2024 NMBA Championships 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
121	3:09.07	L	F	Mari Haasbroek	11	EXP	FSH	01/02/2025 EGA Last Chance Gala
122	3:09.21	L	F	Mamoso Ramokgopa	11	TKS	WBD	29/11/2024 Limpopo Champs 2024
123	3:09.23	L	F	Mariane Labuschagne	11	FISH	EDD	17/10/2024 43rd Freda Barnard Invitational Gala
124	3:09.26	L	F	Ashlynn Shaw	11	PAC	FSH	13/09/2024 NTS September Age Group 2024
125	3:09.29	L	F	Emily Hengst	11	CASC	CPT	21/09/2024 CTA INVITATIONAL LC MEET
126	3:09.56	L S	F	Zia-Bella Engelbrecht	11	HTSA	CPT	02/11/2024 CTA A & B CHAMPS 2024
127	3:09.61	L	F	Naomi Mahlangu	11	BLMA	CPT	17/10/2024 43rd Freda Barnard Invitational Gala
128	3:09.66	L S	F	Kaylee Vd Wal	11	CASC	CPT	02/11/2024 CTA A & B CHAMPS 2024
129	3:09.71	L	F	Thalia Breedt	11	KSC	EZD	29/11/2024 Mpumalanga Championships 2024
130	3:10.54	L	F	Zane Kroon	11	AGAQ	QBD	09/11/2024 Swartland Prestige Gala 2024
131	3:10.81	L	F	Rachel Thompson	11	PSC	FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
132	3:10.86	L	P	Darshana Pillay	11	MDOL	JHB	29/11/2024 CGA Championships 2024
133	3:11.16	L	F	Emma Gutsche	11	POLSC	CCD	29/11/2024 Limpopo Champs 2024
134	3:11.30	L	F	Shalom Mtileni	11	UNIU	EZD	29/11/2024 Mpumalanga Championships 2024
135	3:11.83	L	P	Hester Janse van Rensburg	11	NWUC	KKD	07/12/2024 NWS Championships 2024
136	3:12.11	L	F	Murunwa Thidiela	11	MAKO	EKU	15/11/2024 Summer 4 Delville
137	3:12.47	L	P	Holly Couzens	11	SGUL	ETH	02/07/2024 Prestige Tournament 2024
138	3:12.60	L	F	Elmine Opperman	11	KTS		15/11/2024 AGE GROUP 2 KATHU 2024
139	3:12.97	L	P	Marlien Nell	11	HREF	BPD	07/12/2024 NWS Championships 2024
140	3:13.03	L	F	Zanli Le Roux	11	AGAQ	QBD	17/10/2024 43rd Freda Barnard Invitational Gala
141	3:13.15	L	P	Roxanne Coetzee	11	HREF	BPD	07/12/2024 NWS Championships 2024
142	3:13.87	L	F	Leandi Liebenberg	11	SS	MPD	09/11/2024 Limpopo Age Group 5
143	3:14.03	L	F	Jeanine Goosen	11	BLNE	MAN	25/10/2024 Neptunes Gala
144	3:14.05	L	F	Mika Pelsler	11	OLDE	JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
145	3:14.12	L	F	Mieke Pretorius	11	CA	EKU	15/11/2024 Summer 4 Delville
146	3:14.37	L	F	Ditebogo Pheeha	11	ACAA	CCD	09/11/2024 Limpopo Age Group 5
147	3:14.84	L	F	Elsa Massawe	11	CA	EKU	01/02/2025 EGA Last Chance Gala
148	3:15.03	L	P	Aiva Van der Zandt	11	STAR	BPD	07/12/2024 NWS Championships 2024
149	3:15.55	L	F	Nika Loots	11	PELIC	MAN	01/02/2025 Heidedal & Sentraal Galal
150	3:15.73	L	F	Skylin Koupis	11	BLOT	MAN	01/02/2025 Heidedal & Sentraal Galal
151	3:15.97	L	F	Mieke Jordaan	11	KTS		05/10/2024 FLAMINGO GALA OCT 2024
152	3:16.13	L	F	Lheané Du Plessis	11	FISH	EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
153	3:16.30	L S	P	Tisetso Makhatho	11	ESP	EKU	05/12/2024 EGA Summer Championships
154	3:16.49	L	F	Anzel Smit	11	EXP	FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
155	3:16.58	L	F	Rebecca Symon	11	TUKS	FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
156	3:16.61	L	F	Zoe Andrews	11	CA	EKU	18/01/2025 EGA Summer 5
157	3:16.64	L	F	Myra Bailey	11	RACE	JHB	29/11/2024 CGA Championships 2024
158	3:16.69	L	F	Heili Van Heerden	11	BETH	FDD	04/12/2024 Free State Champs 2024
159	3:17.23	L S	P	Milla Da Silva	11	CA	EKU	05/12/2024 EGA Summer Championships
160	3:17.39	L	F	Kethelo Mkhize	11	USH	KCD	23/11/2024 KCDA Age Group Gala 3
161	3:17.58	L	F	Rorisang Monareng	11	BLNE	MAN	04/12/2024 Free State Champs 2024
162	3:17.64	L S	P	Khera Murray	11	H2O	EKU	05/12/2024 EGA Summer Championships
163	3:17.86	L	F	Lara Van Veelen	11	TASC	MPD	12/10/2024 Limpopo Age Group 4
164	3:17.96	L	F	Izeldi Van Niekerk	11	DOLFI	MPD	29/11/2024 Limpopo Champs 2024
165	3:18.21	L	F	Lianka Spies	11	HARB	BPD	09/11/2024 NWS Age Group 1 & 2 2024
166	3:18.51	L	F	Nduvho Rabambi	11	BULS	MAN	25/10/2024 Neptunes Gala
167	3:18.78	L	F	Emma McCallum	11	USC	BUF	13/12/2024 NMBA Championships 2024
168	3:18.79	L	F	Vida Olivier	11	BLNE	MAN	25/10/2024 Neptunes Gala
169	3:19.37	L	F	Miane Steyn	11	LEGC	ETH	01/02/2025 KCDA Age Group 4 2024
170	3:19.57	L	F	Cari Kriel	11	LALE	CED	09/11/2024 Winelands SL4
171	3:19.74	L	F	Kgalalelo Makoloi	11	AZON	ETH	25/01/2025 uShaka Champs 2025
172	3:19.83	L	F	Hiranya Moodley	11	USH	KCD	23/11/2024 KCDA Age Group Gala 3
173	3:19.94	L	F	Nicola Nysschen	11	KTS		19/10/2024 NCASA AGE GROUP 1 KATHU 2024
174	3:19.99	L	F	Kari Moolman	11	UNI	EZD	29/11/2024 Mpumalanga Championships 2024
175	3:20.27	L S	F	Pradhia Singh	11	CASC	CPT	02/11/2024 CTA A & B CHAMPS 2024
176	3:20.86	L	F	Ava Du Preez	11	BEAV	ETH	25/01/2025 uShaka Champs 2025
177	3:21.28	L	P	Bailey Maralik	11	PER	JHB	29/11/2024 CGA Championships 2024
178	3:21.74	L	F	Vibha Fakir	11	USC	BUF	13/12/2024 NMBA Championships 2024
179	3:21.75	L	F	Kate Pieterse	11	PEAS	NMA	17/10/2024 43rd Freda Barnard Invitational Gala

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
180	3:21.89	L	F	Mienie Kemp	11	TNDER FDD	15/11/2024 Valsrivier Gala 2024
181	3:21.92	L	F	Emma Arendse	11	MANT CPT	09/11/2024 Swartland Prestige Gala 2024
182	3:22.66	L	F	Taeya Roper	11	HPS TSH	13/09/2024 NTS September Age Group 2024
183	3:22.93	L	F	Khloe Mesquita	11	ANAX CPT	09/11/2024 Swartland Prestige Gala 2024
184	3:23.52	L	F	Lexi Digovich	11	AWSC JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
185	3:23.82	L	F	Mckenzie Adams	11	WEST CPT	09/11/2024 Swartland Prestige Gala 2024
186	3:24.53	L	F	Jana Booysen	11	CUHE OBD	09/11/2024 Swartland Prestige Gala 2024
187	3:25.27	L	F	Daniella Louw	11	BLOT MAN	01/02/2025 Heidedal & Sentraal Galal
188	3:25.31	L	F	Alexia Botha	11	KALA	15/11/2024 AGE GROUP 2 KATHU 2024
189	3:26.83	L	F	Sophia Ebrahim	11	ESP EKU	01/02/2025 EGA Last Chance Gala
190	3:27.02	L	F	Mariandi Bredenkamp	11	BS LLD	04/12/2024 Free State Champs 2024
191	3:27.43	L	F	Alexa Steenkamp	11	CPSC TSH	13/09/2024 NTS September Age Group 2024
192	3:27.99	L	F	Maya Sissing	11	TUKS TSH	13/09/2024 NTS September Age Group 2024
193	3:28.00	L	F	Leah Struwig	11	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
194	3:28.55	L	F	Caitlin Byliefeldt	11	MAKO EKU	18/01/2025 EGA Summer 5
195	3:28.92	L	F	Taylor Crous	11	PEAS NMA	13/12/2024 NMBA Championships 2024
196	3:28.99	L	F	Leah Vos	11	CSA EZD	29/11/2024 Mpumalanga Championships 2024
197	3:29.35	L S	F	Beatrisa Kotklier	11	CYBE CPT	02/11/2024 CTA A & B CHAMPS 2024
198	3:29.50	L	F	Nienke Eksteen	11	VALS FDD	01/02/2025 Heidedal & Sentraal Galal
199	3:29.80	L	F	Cara van Wyk	11	BARR CPT	17/10/2024 43rd Freda Barnard Invitational Gala
200	3:30.39	L	F	Emme Wessels	11	BETH FDD	04/12/2024 Free State Champs 2024
201	3:30.47	L	F	Zoe Joanides	11	BLNE MAN	25/10/2024 Neptunes Gala
202	3:30.49	L	F	Oarerata Modiole	11	TRAZ TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
203	3:31.47	L	F	Lisasa Faltein	11	PEAS NMA	13/12/2024 NMBA Championships 2024
204	3:31.64	L	F	Suhanna White	11	AQUA UTD	12/10/2024 Uthukela District Age Group Gala
205	3:33.07	L	F	Helana Pretorius	11	SWAR WCD	09/11/2024 Swartland Prestige Gala 2024
206	3:33.92	L	F	Amani Sausi	11	AZON ETH	14/06/2024 AQZ Winter Warmer 2024
207	3:34.27	L	F	Mari-Hane Visser	11	KALA	15/11/2024 AGE GROUP 2 KATHU 2024
208	3:34.37	L	F	Larike Pretorius	11	KALA	19/10/2024 NCASA AGE GROUP 1 KATHU 2024
209	3:34.39	L	F	Emily Johnson	11	BLMA CPT	21/09/2024 CTA INVITATIONAL LC MEET
210	3:34.41	L S	F	Keira Lin	11	CYBE CPT	02/11/2024 CTA A & B CHAMPS 2024
211	3:34.78	L S	P	Beersheba Negash	11	BARA EKU	05/12/2024 EGA Summer Championships
212	3:35.76	L	P	Retshepile Phalafala	11	MDOL JHB	29/11/2024 CGA Championships 2024
213	3:35.79	L	F	Lily Marais	11	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
214	3:35.82	L	F	Mpho Kutumane	11	UWCA CPT	21/09/2024 CTA INVITATIONAL LC MEET
215	3:36.45	L S	P	Emilie Botha	11	JAQ EKU	05/12/2024 EGA Summer Championships
216	3:36.51	L	F	Mika Vd Merwe	11	AWSC JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
217	3:36.53	L	F	Mianke Lubbe	11	GHSK	19/10/2024 NCASA AGE GROUP 1 KBY 2024
218	3:36.81	L	F	Lilly Rautenbach	11	ANAX CPT	09/11/2024 Swartland Prestige Gala 2024
219	3:37.07	L	F	Tanya Loots	11	TYGE CPT	09/11/2024 Winelands SL4
220	3:37.54	L	F	Hanaan Hendricks	11	TYGE CPT	09/11/2024 Winelands SL4
221	3:38.43	L	F	Leah Brand	11	KNYA EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
222	3:38.50	L	F	Abigail Van der Westhuizen	11	CA EKU	18/01/2025 EGA Summer 5
223	3:39.25	L	F	Nina Murray	11	DDA TSH	01/02/2025 EGA Last Chance Gala
224	3:40.66	L	F	Danille De Jager	11	OLDE JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
225	3:41.33	L	F	Anika Brand	11	EVO CPT	09/11/2024 Swartland Prestige Gala 2024
226	3:41.91	L	F	Jorja Petschel	11	HARL BUF	22/11/2024 BCA Long Course Championships 2024
227	3:42.71	L S	P	Kagiso Motuku	11	PGAC EKU	05/12/2024 EGA Summer Championships
228	3:44.61	L	F	Janelle Coertze	11	VRC TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
229	3:44.72	L	P	Ava Candiotes	11	HREF BPD	07/12/2024 NWS Championships 2024
230	3:44.73	L	F	Mihanka vd Bank	11	CUHE OBD	09/11/2024 Swartland Prestige Gala 2024
231	3:44.88	L	F	Rita Rouillard	11	PSA ZLD	07/12/2024 Stingrays Champs 2024
232	3:45.13	L	F	Rachel Saltzman	11	ESTR EKU	01/02/2025 EGA Last Chance Gala
233	3:48.15	L S	F	Thalia Mbock Madjang	11	SAAW CPT	02/11/2024 CTA A & B CHAMPS 2024
234	3:48.34	L	F	Abigail Wilson	11	TYGE CPT	17/10/2024 43rd Freda Barnard Invitational Gala
235	3:50.29	L	F	Adrienne Meiring	11	PEAS NMA	17/08/2024 Madibaz Swim Meet 2024
236	3:50.38	L	F	Ava Stevens	11	USC BUF	22/11/2024 BCA Long Course Championships 2024
237	3:50.49	L	F	Kyleigh Shelton	11	ESTR EKU	01/02/2025 EGA Last Chance Gala
238	3:53.33	L	F	Basse Molai	11	BULS MAN	19/10/2024 Pelicans Gala 2

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
239	3:54.44	L	F	Lacey Hodgkinson	11	SWIFT EKU	15/11/2024 Summer 4 Delville
240	3:54.81	L	P	Faythe Evans	11	RACE JHB	29/11/2024 CGA Championships 2024
241	3:56.94	L	F	Rachel Johnson	11	BARA EKU	18/01/2025 EGA Summer 5
242	3:57.13	L	F	Riandi Muller	11	INFA NMA	14/09/2024 3rd A League Gala 2024
243	3:58.20	L	F	Lana Coetzee	11	QUIC CPT	09/11/2024 Swartland Prestige Gala 2024
244	3:59.03	L	F	Emma Canham	11	PELIC MAN	01/02/2025 Heidedal & Sentraal Galal
245	4:05.37	L	F	Leah Mbhokota	11	CUHE OBD	09/11/2024 Swartland Prestige Gala 2024
246	4:06.62	L	F	Miele' Loftus	11	BULS MAN	13/09/2024 Pelicans Age Group Gala
247	4:06.65	L	F	Katia Cerone	11	HAAG UTD	07/12/2024 Uthukela District Age Group Gala
248	4:09.66	L	F	Amy Cloete	11	UWCA CPT	21/09/2024 CTA INVITATIONAL LC MEET
249	4:20.48	L	F	Lwandisiwe Siqwede	11	SRAY BUF	22/11/2024 BCA Long Course Championships 2024
250	4:26.59	L	F	Thembaletu Zulu	11	FRA KCD	09/11/2024 KCDA Age Goup 2 2024
251	4:32.21	L	F	Khumo Goeieman	11	KALA	15/11/2024 AGE GROUP 2 KATHU 2024
252	5:01.85	L	F	Neo Chomba	11	BARA EKU	18/01/2025 EGA Summer 5
<b>Women 11-11 400 Free</b>							
1	5:06.17	L	F	Mackenzie Raffle	11	CA EKU	05/12/2024 EGA Summer Championships
2	5:17.34	L	F	Ella Johnson	11	SAAW CPT	05/12/2024 Western Cape LC-A Championship 2024
3	5:21.28	L	F	Caro Bishop	11	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024
4	5:23.28	L	F	Leah Dabrowski	11	BLMA CPT	05/12/2024 Western Cape LC-A Championship 2024
5	5:33.45	L	F	Sage Lindsay	11	CA EKU	05/12/2024 EGA Summer Championships
6	5:35.80	L	F	Milani Butau	11	BEST NMA	16/11/2024 5th A League Gala 2024
7	5:37.85	L	F	Charlotte Hofinger	11	ASAC CPT	05/12/2024 Western Cape LC-A Championship 2024
8	5:38.03	L	F	Gianna Olivier	11	PAQU CED	05/12/2024 Western Cape LC-A Championship 2024
9	5:38.24	L	F	Hayley Greyvenstein	11	USC BUF	13/12/2024 NMBA Championships 2024
10	5:43.81	L	F	Ineke Van Maarleveld	11	LPTBO CCD	01/02/2025 Limpopo School Champs & Limpopo AG
11	5:45.79	L	F	Saskia Gilligan	11	BLMA CPT	05/12/2024 Western Cape LC-A Championship 2024
12	5:45.85	L	F	Hannah Raphaela Morgado	11	CSA EZD	01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
13	5:46.68	L	F	Jua Jonker	11	POTC KKD	07/12/2024 NWS Championships 2024
14	5:47.10	L	F	Annebelle Botha	11	PER JHB	29/11/2024 CGA Championships 2024
15	5:50.75	L	F	Alexi Claassen	11	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
16	5:52.69	L	F	Ava van der Mescht	11	DESA NMA	31/01/2025 Infinity Gala 2025
17	5:53.86	L	F	Colleen McQueen	11	BLSS MAN	04/12/2024 Free State Champs 2024
18	5:55.64	L	F	Cayden Parfitt	11	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
19	5:57.57	L	F	Keyla Douglas	11	ROA EDD	17/08/2024 Madibaz Swim Meet 2024
20	5:59.16	L	F	Alexi Dandoulakis	11	CA EKU	05/12/2024 EGA Summer Championships
21	6:01.28	L	F	Amy-Lee Wood	11	TCA EKU	01/02/2025 EGA Last Chance Gala
22*	6:01.85	L	F	Mila Geldenhuys	11	LPTBO CCD	01/02/2025 Limpopo School Champs & Limpopo AG
22*	6:01.85	L	F	Sophie Kretzmann	11	USC BUF	13/12/2024 NMBA Championships 2024
24	6:04.47	L	F	Mieke Steinbach	11	NWUC KKD	07/12/2024 NWS Championships 2024
25	6:06.06	L	F	Jada Hendricks	11	TYGE CPT	09/11/2024 Winelands SL4
26	6:07.01	L	F	Yamakhuze Loni	11	INFA NMA	13/12/2024 NMBA Championships 2024
27	6:08.82	L	F	Kyra Du Preez	11	USC BUF	13/12/2024 NMBA Championships 2024
28	6:10.06	L	F	Simone Zoutendyk	11	RBOT BPD	07/12/2024 NWS Championships 2024
29	6:11.57	L	F	Lienke Bester	11	HREF BPD	07/12/2024 NWS Championships 2024
30	6:12.64	L	F	Olivia Odendaal	11	HPS FSH	13/09/2024 NTS September Age Group 2024
31	6:12.70	L	F	Kyla Short	11	MDOL JHB	29/11/2024 CGA Championships 2024
32	6:12.86	L	F	Riley Sanders	11	HPS FSH	13/09/2024 NTS September Age Group 2024
33	6:13.19	L	F	Emma Du Toit	11	BLOT MAN	04/12/2024 Free State Champs 2024
34	6:14.97	L	F	Emily Van Der Byl	11	USC BUF	13/12/2024 NMBA Championships 2024
35	6:19.67	L	F	Charné De Bruin	11	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
36	6:19.85	L	F	Yolayne Aucamp	11	TNDER FDD	04/12/2024 Free State Champs 2024
37	6:20.10	L	F	Kenzie Du Preez	11	PEAS NMA	15/06/2024 PEA Winter Gala 2024
38	6:25.40	L S	F	Pia Swanepoel	11	ASAC CPT	02/11/2024 CTA A & B CHAMPS 2024
39	6:27.06	L	F	Isabella Van Breda	11	NWUC KKD	07/12/2024 NWS Championships 2024
40	6:27.56	L	F	Zara Komani	11	WATR JHB	29/11/2024 CGA Championships 2024
41	6:27.82	L	F	Summer Moonsamy	11	BEAV ETH	25/01/2025 uShaka Champs 2025
42	6:28.13	L	F	Morgan Baard	11	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
43*	6:29.61	L	F	Janel Van der Merwe	11	PRA GSD	25/01/2025 uShaka Champs 2025
43*	6:29.61	L	F	Janel Van der Merwe	11	PRA GSD	25/01/2025 uShaka Champs 2025



### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
45	6:29.67 L	F	Isabel Smith	11	HARL BUF	22/11/2024	BCA Long Course Championships 2024
46	6:29.72 L	F	Lika Baird	11	HREF BPD	07/12/2024	NWS Championships 2024
47	6:33.70 L	F	Zeney De Beer	11	CSA EZD	01/11/2024	MP AGE GROUP 3 1-2 NOV 2024
48	6:34.16 L	F	Liné Schoeman	11	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
49	6:43.95 L	F	Marlien Nell	11	HREF BPD	07/12/2024	NWS Championships 2024
50	6:44.52 L	F	Skyler Muller	11	HARL BUF	22/11/2024	BCA Long Course Championships 2024
51	6:47.02 L	F	Naomi Mahlangu	11	BLMA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
52	6:48.90 L	F	Mariane Labuschagne	11	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
53	6:51.33 L	F	Alessia Barthus	11	MANT CPT	09/11/2024	Swartland Prestige Gala 2024
54	6:53.44 L	F	Wyllow Halse	11	USC BUF	13/12/2024	NMBA Championships 2024
55	6:54.02 L	F	Reatile Ntidi	11	NWUC KKD	23/11/2024	NWS Age Group 3 + 4 2024
56	6:54.79 L	F	Bukata Mwanza	11	ESP EKU	01/02/2025	EGA Last Chance Gala
57	6:55.45 L	F	Jeanine Goosen	11	BLNE MAN	04/12/2024	Free State Champs 2024
58	6:59.28 L	F	Lianka Spies	11	HARB BPD	07/12/2024	NWS Championships 2024
59	7:01.64 L	F	Meziana Hammouche	11	MAKO EKU	26/10/2024	Summer 3 Delville
60	7:02.35 L	F	Emma McCallum	11	USC BUF	13/12/2024	NMBA Championships 2024
61	7:02.88 L	F	Roxanne Coetzee	11	HREF BPD	07/12/2024	NWS Championships 2024
62	7:04.45 L	F	Rebecca Sam	11	HPS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
63	7:11.41 L	F	Vida Olivier	11	BLNE MAN	25/10/2024	Neptunes Gala
64	7:11.64 L	F	Rorisang Monareng	11	BLNE MAN	25/10/2024	Neptunes Gala
65	7:14.75 L	F	Vibha Fakir	11	USC BUF	13/12/2024	NMBA Championships 2024
66	7:14.96 L	F	Tiisetso Makhatho	11	ESP EKU	26/10/2024	Summer 3 Delville
67	7:16.80 L	F	Lheanè Du Plessis	11	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
68	7:17.51 L	F	Khloe Mesquita	11	ANAX CPT	09/11/2024	Swartland Prestige Gala 2024
69	7:17.74 L	F	Mieke Pretorius	11	CA EKU	01/02/2025	EGA Last Chance Gala
70	7:18.08 L	F	Izeldi Van Niekerk	11	DOLFI MPD	29/11/2024	Limpopo Champs 2024
71	7:18.09 L	F	Cara van Wyk	11	BARR CPT	17/10/2024	43rd Freda Barnard Invitational Gala
72	7:24.61 L	F	Jorja Petschel	11	HARL BUF	15/06/2024	PEA Winter Gala 2024
73	7:32.37 L	F	Sophia Ebrahim	11	ESP EKU	26/10/2024	Summer 3 Delville
74	7:36.95 L	F	Abigail Van der Westhuizen	11	CA EKU	01/02/2025	EGA Last Chance Gala
75	7:37.39 L	F	Zoe Joanides	11	BLNE MAN	25/10/2024	Neptunes Gala
76	7:44.46 L	F	Mihanka vd Bank	11	CUHE OBD	17/10/2024	43rd Freda Barnard Invitational Gala
77	7:45.67 L	F	Lilly Rautenbach	11	ANAX CPT	09/11/2024	Swartland Prestige Gala 2024
78	7:56.88 L	F	Abigail Wilson	11	TYGE CPT	09/11/2024	Winelands SL4
79	7:58.65 L	F	Ava Candiotes	11	HREF BPD	07/12/2024	NWS Championships 2024
<b>Women 11-11 500 Free</b>							
1	10:18.11 L	O	Catherine Sebastian	11	MANT CPT	18/01/2025	WC OWS Champs / Aqua Azzurra
2	11:13.72 L	O	Lilly Rautenbach	11	ANAX CPT	18/01/2025	WC OWS Champs / Aqua Azzurra
3	11:59.25 L	O	Cara van Wyk	11	BARR CPT	18/01/2025	WC OWS Champs / Aqua Azzurra
<b>Women 11-11 800 Free</b>							
1	11:44.56 L	F	Grace Johns	11	OHAN ILD	25/01/2025	uShaka Champs 2025
2	12:13.45 L	F	Gianna Olivier	11	PAQU CED	09/11/2024	Winelands SL4
3	12:15.73 L	F	Keyla Douglas	11	ROA EDD	17/10/2024	43rd Freda Barnard Invitational Gala
4	12:34.43 L	F	Mila Geldenhuys	11	ACAQ CCD	12/10/2024	Limpopo Age Group 4
5	13:07.70 L	F	Mieke Steinbach	11	NWUC KKD	23/11/2024	NWS Age Group 3 + 4 2024
6	13:13.23 L	F	Liné Schoeman	11	FISH EDD	31/01/2025	Infinity Gala 2025
7	13:21.57 L	F	Lienke Bester	11	HREF BPD	07/12/2024	NWS Championships 2024
8	14:14.36 L	F	Mariane Labuschagne	11	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
9	14:37.37 L	F	Cara van Wyk	11	BARR CPT	17/10/2024	43rd Freda Barnard Invitational Gala
10	14:38.75 L	F	Reatile Ntidi	11	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
11	18:20.56 L	F	Katia Cerone	11	HAAG UTD	02/11/2024	Uthukela District Age Group Gala
<b>Women 11-11 1500 Free</b>							
1	23:37.07 L	O	Ella Johnson	11	SAAW CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
2	26:44.45 L	F	Lienke Bester	11	HREF BP	09/11/2024	NWS Age Group 1 & 2 2024
3	27:51.43 L	F	Mariane Labuschagne	11	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
4	29:00.35 L	O	Charlotte Hofinger	11	ASAC CPT	18/01/2025	WC OWS Champs / Aqua Azzurra
5	29:47.46 L	O	Pia Swanepoel	11	ASAC CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
6	31:12.19 L	O	Alexa Kuhn	11	CASC CPT	18/01/2025	WC OWS Champs / Aqua Azzurra

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
7	31:48.88 L	O	Alessia Barthus	11	MANT CPT	18/01/2025	WC OWS Champs / Aqua Azzurra
8	32:04.00 L	O	Zia Habib	11	MDOL JHB	20/10/2024	Manyaka OW Sprint 2024
9	32:56.39 L	O	Pradhia Singh	11	CASC CPT	18/01/2025	WC OWS Champs / Aqua Azzurra
<b>Women 11-11 50 Back</b>							
1	35.33 L	F	Leah Dabrowski	11	BLMA CPT	05/12/2024	Western Cape LC-A Championship 2024
2	36.03 L	F	Alize Engelbrecht	11	CSA EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
3	36.17 L	F	Olivia Geldart	11	INFA NMA	13/12/2024	NMBA Championships 2024
4	36.54 L	F	Ineke Van Maarleveld	11	LPTBO CCD	01/02/2025	Limpopo School Champs & Limpopo AG
5	36.75 L	F	Sage Lindsay	11	CA EKU	01/02/2025	EGA Last Chance Gala
6	37.07 L	F	Olivia Kruger	11	PLAY CED	05/12/2024	Western Cape LC-A Championship 2024
7	37.22 L	F	Milani Butau	11	BEST NMA	17/08/2024	Madibaz Swim Meet 2024
8	37.94 L	F	Inge Du Plessis	11	LSTZN CCD	02/11/2024	Limpopo LS - Top 8 skole 2024
9	38.00 L	F	Alessia Barthus	11	MANT CPT	05/12/2024	Western Cape LC-A Championship 2024
10	38.11 L	F	Samantha Wilson	11	INFA NMA	31/01/2025	Infinity Gala 2025
11	38.23 L	P	Saskia Gilligan	11	BLMA CPT	05/12/2024	Western Cape LC-A Championship 2024
12	38.48 L	F	Danika Steyn	11	KSC EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
13	38.64 L	F	Chantel Van der Linde	11	VHD ZLD	25/01/2025	uShaka Champs 2025
14	38.68 L	P	Cayden Parfitt	11	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
15	38.89 L	P	Jessica Caldeira	11	CRSC JHB	29/11/2024	CGA Championships 2024
16	39.11 L	F	Layla Palframan	11	SEAL UMD	25/01/2025	uShaka Champs 2025
17	39.23 L	F	Isabella Haldane	11	EDA ED	11/01/2025	EDEN INTER DISTRICT PRESTIGE
18	39.32 L	P	Caro Bishop	11	VINE CPT	05/12/2024	Western Cape LC-A Championship 2024
19	39.41 L	F	Keyla Douglas	11	ROA EDD	17/08/2024	Madibaz Swim Meet 2024
20	39.56 L	F	Sisanda Palframan	11	SEAL UMD	25/01/2025	uShaka Champs 2025
21	39.61 L	P	Sophie Chiang	11	WATR JHB	29/11/2024	CGA Championships 2024
22	39.66 L	P	Jaime Sprong	11	ASAC CPT	05/12/2024	Western Cape LC-A Championship 2024
23	39.84 L	F	Lize Beyers	11	AGAQ OBD	09/11/2024	Swartland Prestige Gala 2024
24	40.03 L S	F	Lienke Bester	11	HREF BPD	07/12/2024	NWS Championships 2024
25	40.26 L	F	Ané Venter	11	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
26	40.35 L	F	Gabrielle Brooks	11	INFA NMA	15/06/2024	PEA Winter Gala 2024
27	40.51 L	P	Jada Hendricks	11	TYGE CPT	05/12/2024	Western Cape LC-A Championship 2024
28	40.59 L S	F	Cayleigh Knott	11	ASAC CPT	02/11/2024	CTA A & B CHAMPS 2024
29	40.67 L	F	Harley Knudsen	11	CA EKU	26/10/2024	Summer 3 Delville
30	40.68 L S	F	Jua Jonker	11	POTC KKD	07/12/2024	NWS Championships 2024
31	40.84 L	F	Marni Snyman	11	ELRAS WBD	29/11/2024	Limpopo Champs 2024
32	40.86 L	F	Kyla Coetzee	11	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
33	40.91 L	F	Grace Johns	11	OHAN ILD	25/01/2025	uShaka Champs 2025
34	40.92 L	P	Alexia Tranter	11	SSISA CPT	05/12/2024	Western Cape LC-A Championship 2024
35	41.08 L	F	Sophie Kretzmann	11	USC BUF	22/11/2024	BCA Long Course Championships 2024
36	41.28 L	P	Thalia Breedt	11	KSC EZD	29/11/2024	Mpumalanga Championships 2024
37	41.37 L	F	Alexis Kalapac	11	SLAQ CPT	17/10/2024	43rd Freda Barnard Invitational Gala
38	41.40 L	F	Courtney Grant	11	ACES ETH	02/07/2024	Prestige Tournament 2024
39	41.45 L	F	Hannah Stearn	11	INFA NMA	15/06/2024	PEA Winter Gala 2024
40	41.57 L	P	Lefei Li	11	WATR JHB	29/11/2024	CGA Championships 2024
41	41.58 L	F	Kyla Short	11	ESP EKU	26/10/2024	Summer 3 Delville
42	41.60 L	P	Kathryn Nolan	11	MDOL JHB	29/11/2024	CGA Championships 2024
43	41.75 L	F	Mila Geldenhuys	11	ACAQ CCD	29/11/2024	Limpopo Champs 2024
44	41.79 L	F	Hannah Raphaela Morgado	11	CSA EZD	01/11/2024	MP AGE GROUP 3 1-2 NOV 2024
45	41.83 L	F	Tenley Fowler	11	AZON ETH	25/01/2025	uShaka Champs 2025
46	41.87 L	F	Cara Hill	11	OHAN ILD	25/01/2025	uShaka Champs 2025
47	42.01 L	F	Ella Niven	11	UNI EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
48	42.17 L	P	Hope Churchman	11	SEALE ETH	02/07/2024	Prestige Tournament 2024
49	42.19 L	P	Zia Habib	11	MDOL JHB	29/11/2024	CGA Championships 2024
50	42.22 L	F	Sophia Hutchison	11	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
51	42.26 L	F	Olivia Normington	11	XCEL CPT	21/09/2024	CTA INVITATIONAL LC MEET
52	42.28 L	F	Tatum Adams	11	PAQU CED	09/11/2024	Winelands SL4
53	42.31 L	P	Tamika Abbey	11	PER JHB	29/11/2024	CGA Championships 2024
54	42.33 L S	F	Hayden Perrins	11	GREY CPT	02/11/2024	CTA A & B CHAMPS 2024
55	42.36 L	P	Zara Komani	11	WATR JHB	29/11/2024	CGA Championships 2024

### Individual Top Times

Times since: 01-May-24

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	Time	P/F/S	Name	Age/Yr				
56	42.40	L	F	Tiisetso Makhatho	11	ESP EKU	05/12/2024	EGA Summer Championships
57	42.43	L	P	Retshepile Phalafala	11	MDOL JHB	29/11/2024	CGA Championships 2024
58*	42.55	L	P	Darshana Pillay	11	MDOL JHB	29/11/2024	CGA Championships 2024
58*	42.55	L	F	Elizabeth Vd Berg	11	TUKS FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
60	42.61	L	P	Bukata Mwanza	11	ESP EKU	05/12/2024	EGA Summer Championships
61	42.65	L	F	Mika Pelsler	11	OLDE JHB	29/11/2024	CGA Championships 2024
62	42.71	L	F	Charné De Bruin	11	TUKS FSH	13/09/2024	NTS September Age Group 2024
63	42.79	L S	F	Marli Strydom	11	QUIC CPT	02/11/2024	CTA A & B CHAMPS 2024
64	42.86	L	F	Amy Freeman	11	NAE EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
65	42.97	L	F	Yamakhuze Loni	11	INFA NMA	13/12/2024	NMBA Championships 2024
66	42.99	L	F	Mieke Steinbach	11	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
67	43.02	L	F	Chelsey Crossman	11	BLSS MAN	04/12/2024	Free State Champs 2024
68	43.09	L	F	Mieke Jordaan	11	KTS	19/10/2024	NCASA AGE GROUP 1 KATHU 2024
69	43.11	L	F	Chloe Timperley	11	TRAZ FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
70	43.13	L	F	Mila Nel	11	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
71	43.15	L	F	Jaime-Lynn Vermeulen	11	HARL BUF	25/01/2025	BCA January Age Group Gala 2025
72	43.18	L	P	Colleen McQueen	11	BLSS MAN	02/07/2024	Prestige Tournament 2024
73	43.20	L	F	Maria Geysler	11	LSBOS WB	01/02/2025	Limpopo School Champs & Limpopo AG
74	43.22	L	F	Lienke Rossouw	11	LALE CED	09/11/2024	Winelands SL4
75	43.23	L S	F	Emily Hengst	11	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
76	43.24	L	F	Zeney De Beer	11	CSA EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
77	43.31	L	P	Ashley Cilliers	11	WATR JHB	29/11/2024	CGA Championships 2024
78	43.37	L	F	Taylynn Boshoff	11	USC BUF	13/12/2024	NMBA Championships 2024
79	43.47	L S	F	Zia-Bella Engelbrecht	11	HTSA CPT	02/11/2024	CTA A & B CHAMPS 2024
80	43.53	L	F	Amber Spence	11	ELEC FSH	18/10/2024	NTS Level 3+ October Age Group 2024
81*	43.54	L	P	Gianna Olivier	11	PAQU CED	05/12/2024	Western Cape LC-A Championship 2024
81*	43.54	L	F	Daniella Louw	11	BLOT MAN	04/12/2024	Free State Champs 2024
83	43.56	L	F	Lara Van Veelen	11	LSDWK MPD	01/02/2025	Limpopo School Champs & Limpopo AG
84	43.57	L	F	Racquelle Saporta	11	INFA NMA	15/06/2024	PEA Winter Gala 2024
85*	43.58	L	P	Makayla Stoltz	11	PER JHB	29/11/2024	CGA Championships 2024
85*	43.58	L	F	Kayden Jack	11	PER JHB	29/11/2024	CGA Championships 2024
87	43.60	L	F	Alexa Kuhn	11	CASC CPT	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
88	43.68	L S	F	Mila Barkhuysen	11	GREY CPT	02/11/2024	CTA A & B CHAMPS 2024
89	43.69	L	F	Siphwosethu Sikhakhane	11	AZON ETH	25/01/2025	uShaka Champs 2025
90*	43.71	L S	F	Simone Zoutendyk	11	RBOT BPD	07/12/2024	NWS Championships 2024
90*	43.71	L	F	Emma Du Toit	11	BLOT MAN	24/08/2024	Kovsie Gala 2
92	43.73	L	P	Xia Jacobs	11	WSTV ETH	02/07/2024	Prestige Tournament 2024
93*	43.77	L	F	Jana Serdyn	11	INFA NMA	31/01/2025	Infinity Gala 2025
93*	43.77	L	P	Leah Vos	11	CSA EZD	29/11/2024	Mpumalanga Championships 2024
95	43.78	L	F	Miane Steyn	11	LEGC ETH	01/02/2025	KCDA Age Group 4 2024
96	43.83	L	F	Taylor-Rose Botes	11	CA EKU	12/10/2024	EGA Summer 2
97	43.87	L	F	Sydney Kuhn	11	ELEC FSH	13/09/2024	NTS September Age Group 2024
98*	43.94	L	F	Amahle Mdlalose	11	CSC FSH	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
98*	43.94	L	F	Rachel De Fleuriot	11	SEALE ETH	25/01/2025	uShaka Champs 2025
100	43.96	L	P	Holly Couzens	11	SGUL ETH	02/07/2024	Prestige Tournament 2024
101	43.98	L	P	Melissa Kleynhans	11	PGAC EKU	05/12/2024	EGA Summer Championships
102	44.14	L	F	Sophia Ebrahim	11	ESP EKU	12/10/2024	EGA Summer 2
103	44.23	L	F	Bonaventure Makore	11	ASAC CPT	21/09/2024	CTA INVITATIONAL LC MEET
104	44.27	L	F	Miane Bendeman	11	LSPHA MP	01/02/2025	Limpopo School Champs & Limpopo AG
105*	44.28	L	F	Charlotte Hofinger	11	ASAC CPT	21/09/2024	CTA INVITATIONAL LC MEET
105*	44.28	L	F	Milla Da Silva	11	CA EKU	01/02/2025	EGA Last Chance Gala
107	44.31	L	F	Jana Booysen	11	CUHE OBD	09/11/2024	Swartland Prestige Gala 2024
108	44.33	L	F	Leandi Liebenberg	11	SS MPD	12/10/2024	Limpopo Age Group 4
109	44.39	L	F	Shalom Mtileni	11	UNIU EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
110	44.42	L	F	Maria De Klerk	11	BS LLD	01/02/2025	Heidedal & Sentraal Galal
111	44.43	L	F	Naomi Mahlangu	11	BLMA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
112	44.44	L	F	Jenna Leppan	11	AZON ETH	25/01/2025	uShaka Champs 2025
113	44.47	L S	F	Keira Lin	11	CYBE CPT	02/11/2024	CTA A & B CHAMPS 2024
114	44.48	L	P	Scarlett Garassino	11	SASE JHB	29/11/2024	CGA Championships 2024

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
115	44.57 L	F	Kyra Du Preez	11	USC BUF	13/07/2024	1st A League Gala 2024
116	44.59 L	F	Jane Tredoux	11	BLNE MAN	11/10/2024	Otters Prestige Gala 2024
117	44.63 L	F	Jeanine Goosen	11	BLNE MAN	01/02/2025	Heidedal & Sentraal Galal
118	44.72 L	F	Olivia Berry	11	BEST NMA	31/01/2025	Infinity Gala 2025
119	44.94 L	F	Amani Sausi	11	AZON ETH	25/01/2025	uShaka Champs 2025
120	45.02 L	P	Mieke Smit	11	UNI EZD	29/11/2024	Mpumalanga Championships 2024
121	45.06 L S	F	Lianka Spies	11	HARB BPD	07/12/2024	NWS Championships 2024
122	45.08 L	F	Morgan Baard	11	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
123	45.11 L	F	Leila Burden	11	BARR CPT	09/11/2024	Swartland Prestige Gala 2024
124	45.12 L	F	Janel Van der Merwe	11	UNI EZD	29/11/2024	Mpumalanga Championships 2024
125	45.21 L	F	Mamoso Ramokgopa	11	TPS BPD	01/02/2025	Limpopo School Champs & Limpopo AG
126	45.22 L	F	Grizelda Janse van Rensburg	11	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
127	45.23 L S	F	Dine Vd Wal	11	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
128	45.26 L	P	Murunwa Thidiela	11	MAKO EKU	05/12/2024	EGA Summer Championships
129	45.28 L	F	Mari Haasbroek	11	EXP TSH	01/02/2025	EGA Last Chance Gala
130	45.38 L	F	Emily Van Der Byl	11	USC BUF	13/07/2024	1st A League Gala 2024
131	45.41 L	F	Kenzie Du Preez	11	PEAS NMA	15/06/2024	PEA Winter Gala 2024
132	45.49 L S	F	Ashley Du Randt	11	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
133	45.53 L	F	Nicola Nysschen	11	KTS	15/11/2024	AGE GROUP 2 KATHU 2024
134	45.56 L S	F	Lana Coetzee	11	QUIC CPT	02/11/2024	CTA A & B CHAMPS 2024
135	45.59 L	P	Isabella Knight	11	WATR JHB	29/11/2024	CGA Championships 2024
136	45.60 L	P	Khera Murray	11	H2O EKU	05/12/2024	EGA Summer Championships
137	45.62 L	P	Amy-Lee Wood	11	TCA EKU	05/12/2024	EGA Summer Championships
138	45.71 L	P	Rachel Johnson	11	BARA EKU	05/12/2024	EGA Summer Championships
139	45.72 L	F	Izeldi Van Niekerk	11	LSPN MP	01/02/2025	Limpopo School Champs & Limpopo AG
140	45.77 L	F	Reatile Ntidi	11	NWUC KKD	23/11/2024	NWS Age Group 3 + 4 2024
141	45.94 L	F	Lexi Digovich	11	AWSC JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
142	46.09 L	F	Vibha Fakir	11	USC BUF	13/12/2024	NMBA Championships 2024
143	46.15 L	F	Mambay Banza	11	UNI EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
144	46.16 L	F	Alexia Botha	11	KALA	15/11/2024	AGE GROUP 2 KATHU 2024
145	46.19 L	F	Roxanne Coetzee	11	HREF BP	09/11/2024	NWS Age Group 1 & 2 2024
146	46.26 L	F	Ava van der Mescht	11	DESA NMA	13/12/2024	NMBA Championships 2024
147	46.39 L	F	Marlien Nell	11	HREF BP	09/11/2024	NWS Age Group 1 & 2 2024
148	46.41 L S	F	Tanya Loots	11	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
149	46.45 L S	F	Lika Baird	11	HREF BPD	07/12/2024	NWS Championships 2024
150	46.47 L	F	Elmine Opperman	11	KTS	19/10/2024	NCASA AGE GROUP 1 KATHU 2024
151	46.59 L	F	Mariandi Bredenkamp	11	BS LLD	04/12/2024	Free State Champs 2024
152	46.61 L	F	Anzel Smit	11	EXP TSH	01/02/2025	EGA Last Chance Gala
153	46.65 L	F	Liné Schoeman	11	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
154	46.79 L	F	Abigail Wilson	11	TYGE CPT	17/10/2024	43rd Freda Barnard Invitational Gala
155	46.93 L	F	Mienke Kemp	11	TNDER FDD	27/09/2024	Seals Gala 2
156	46.94 L	P	Ella Arnold	11	SASE JHB	29/11/2024	CGA Championships 2024
157	46.95 L S	F	Hester Janse van Rensburg	11	NWUC KKD	07/12/2024	NWS Championships 2024
158	47.04 L	P	Catherine Couch	11	QUES JHB	29/11/2024	CGA Championships 2024
159	47.08 L	F	Ditebogo Pheeha	11	PEPPS CCD	01/02/2025	Limpopo School Champs & Limpopo AG
160	47.21 L	F	Leanke Loots	11	KNYA EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
161	47.26 L S	F	Cara van Wyk	11	BARR CPT	02/11/2024	CTA A & B CHAMPS 2024
162	47.29 L	F	Saarah De Maine	11	PEAS NMA	17/08/2024	Madibaz Swim Meet 2024
163	47.32 L	F	Janel Van der Merwe	11	PRA GSD	25/01/2025	uShaka Champs 2025
164	47.33 L	P	Myra Bailey	11	RACE JHB	29/11/2024	CGA Championships 2024
165	47.45 L	P	Carla Fourie	11	CSA EZD	29/11/2024	Mpumalanga Championships 2024
166	47.55 L	F	Emma McCallum	11	USC BUF	13/12/2024	NMBA Championships 2024
167	47.56 L	F	Emma Ranger	11	USC BUF	22/11/2024	BCA Long Course Championships 2024
168	47.57 L	F	Yolayne Aucamp	11	TNDER FDD	25/10/2024	Neptunes Gala
169	47.61 L S	F	Alexei Slabbert	11	ASAC CPT	02/11/2024	CTA A & B CHAMPS 2024
170	47.71 L	F	Skylin Koupis	11	BLOT MAN	11/10/2024	Otters Prestige Gala 2024
171	47.85 L	F	Emma Gutsche	11	POLSC CCD	29/11/2024	Limpopo Champs 2024
172	47.93 L	P	Nina le Cordeur	11	WATR JHB	29/11/2024	CGA Championships 2024
173	47.95 L	P	Mieke Pretorius	11	CA EKU	05/12/2024	EGA Summer Championships

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
174*	47.96	L	F	Kgalalelo Makoloi	11	AZON ETH	25/01/2025	uShaka Champs 2025
174*	47.96	L	F	Izelda Meyer	11	VHD ZLD	25/01/2025	uShaka Champs 2025
176*	48.07	L	F	Elsa Massawe	11	CA EKU	01/02/2025	EGA Last Chance Gala
176*	48.07	L	F	Emily Fryer	11	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
178*	48.10	L	F	Rorisang Monareng	11	BLNE MAN	13/09/2024	Pelicans Age Group Gala
178*	48.10	L	F	Puleng Masemene	11	ELEC TSH	13/09/2024	NTS September Age Group 2024
180	48.13	L	F	Suhanna White	11	AQUA UTD	11/01/2025	Uthukela District Age Group Gala
181	48.17	L	P	Kyleigh Shelton	11	ESTR EKU	05/12/2024	EGA Summer Championships
182	48.22	L	F	Taeya Roper	11	HPS TSH	13/09/2024	NTS September Age Group 2024
183	48.29	L	F	Gianna Onkruid	11	UWCA CPT	21/09/2024	CTA INVITATIONAL LC MEET
184	48.42	L	F	Heili Van Heerden	11	BETH FDD	25/10/2024	Neptunes Gala
185	48.44	L	F	Emme Wessels	11	BETH FDD	04/12/2024	Free State Champs 2024
186	48.45	L	F	Atsile Mogaleemang	11	MAHD NMD	23/11/2024	NWS Age Group 3 + 4 2024
187	48.46	L	F	Larike Pretorius	11	KALA	19/10/2024	NCASA AGE GROUP 1 KATHU 2024
188	48.55	L	P	Rachel Saltzman	11	ESTR EKU	05/12/2024	EGA Summer Championships
189	48.63	L	F	Zane Kroon	11	AGAQ OBD	17/10/2024	43rd Freda Barnard Invitational Gala
190*	48.64	L	F	Nduvho Rabambi	11	BULS MAN	24/08/2024	Kovsie Gala 2
190*	48.64	L	F	Isabella Van Rooyen	11	RFA TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
192	48.71	L	F	Mieke Moolman	11	UNI EZD	29/11/2024	Mpumalanga Championships 2024
193	48.76	L	F	Adrienne Meiring	11	PEAS NMA	15/06/2024	PEA Winter Gala 2024
194	48.82	L	F	Nika Loots	11	PELIC MAN	01/02/2025	Heidedal & Sentraal Galal
195	48.84	L	P	Kamila Mohapi	11	ESTR EKU	05/12/2024	EGA Summer Championships
196	48.99	L	F	Alexa Steenkamp	11	CPSC TSH	13/09/2024	NTS September Age Group 2024
197	49.05	L	F	Katherine Van Zyl	11	CPSC TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
198	49.07	L	F	Hayley Liedeman	11	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
199	49.09	L	F	Kethelo Mkhize	11	USH KCD	25/01/2025	uShaka Champs 2025
200	49.10	L	P	Mika Vd Merwe	11	AWSC JHB	29/11/2024	CGA Championships 2024
201	49.17	L	F	Lilly Rautenbach	11	ANAX CPT	09/11/2024	Swartland Prestige Gala 2024
202	49.21	L	F	Lisasa Faltein	11	PEAS NMA	17/08/2024	Madibaz Swim Meet 2024
203	49.24	L	F	Mckenzie Adams	11	WEST CPT	21/09/2024	CTA INVITATIONAL LC MEET
204	49.36	L	F	Vida Olivier	11	BLNE MAN	13/09/2024	Pelicans Age Group Gala
205	49.44	L S	F	Catharina Coetzer	11	QUIC CPT	02/11/2024	CTA A & B CHAMPS 2024
206	49.54	L	F	Mia De Lange	11	UNIC CCD	02/11/2024	Limpopo LS - Top 8 skole 2024
207*	49.70	L	F	Basse Molai	11	BULS MAN	04/12/2024	Free State Champs 2024
207*	49.70	L	F	Beersheba Negash	11	BARA EKU	12/10/2024	EGA Summer 2
209	49.73	L	F	Lynette Rust	11	RFA TSH	01/02/2025	EGA Last Chance Gala
210	49.76	L	F	Danika Brynard	11	STSC KCD	26/10/2024	Froggies Aquatics Championships 2024
211	49.82	L	F	Catherine Sebastian	11	MANT CPT	09/11/2024	Swartland Prestige Gala 2024
212	49.86	L	F	Mihanka vd Bank	11	CUHE OBD	17/10/2024	43rd Freda Barnard Invitational Gala
213	49.96	L	F	Lerina Thomas	11	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
214	50.03	L	F	Helana Pretorius	11	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
215	50.07	L	F	Tabea Greyling	11	RFA TSH	13/09/2024	NTS September Age Group 2024
216	50.12	L S	F	Ava Candiotes	11	HREF BPD	07/12/2024	NWS Championships 2024
217	50.30	L	F	Taylor Crous	11	PEAS NMA	14/09/2024	3rd A League Gala 2024
218	50.34	L	F	Lheané Du Plessis	11	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
219	50.43	L	F	Isabella Van Breda	11	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
220	50.45	L	F	Emily Marais	11	EDA ED	11/01/2025	EDEN INTER DISTRICT PRESTIGE
221	50.47	L S	F	Tlotlotsame Makatiers	11	RBOT BPD	07/12/2024	NWS Championships 2024
222	50.55	L	F	Kari Moolman	11	UNI EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
223	50.84	L	F	Michaela Kröger	11	BARR CPT	17/10/2024	43rd Freda Barnard Invitational Gala
224	51.05	L	F	Leah Brand	11	KNYA EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
225	51.16	L	F	Zoe Joanides	11	BLNE MAN	19/10/2024	Pelicans Gala 2
226	51.18	L	F	Lily Marais	11	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
227	51.20	L	F	Leandi Van der Westhuizen	11	QSAW CED	09/11/2024	Swartland Prestige Gala 2024
228	51.22	L	F	Emily Johnson	11	BLMA CPT	21/09/2024	CTA INVITATIONAL LC MEET
229	51.24	L	F	Eshle Damoyi	11	PEAS NMA	05/10/2024	4th A League Gala 2024
230	51.35	L	F	Emma Canham	11	PELIC MAN	01/02/2025	Heidedal & Sentraal Galal
231	51.54	L	F	Courtney Ferguson	11	PEAS NMA	14/09/2024	3rd A League Gala 2024
232	51.92	L	F	Nienke Eksteen	11	VALS FDD	25/10/2024	Neptunes Gala

### Individual Top Times

Times since: 01-May-24  
 Number of Top Times: All Show Long Course Only

Time	P/F/S	Name	Age/Yr
233	52.05 L S	F Thalia Mbock Madjang	11 SAAW CPT 02/11/2024 CTA A & B CHAMPS 2024
234	52.12 L	F Motheo Leshilo	11 TUKS FSH 11/10/2024 NTS Level 1+2 October Age Group 2024
235	52.14 L	F Mercedes Jaftha	11 MANT CPT 09/11/2024 Swartland Prestige Gala 2024
236	52.20 L	F Caitlin Byliefeldt	11 MAKO EKU 12/10/2024 EGA Summer 2
237	52.48 L	F Emma Arendse	11 MANT CPT 09/11/2024 Swartland Prestige Gala 2024
238	52.49 L	F Rita Rouillard	11 PSA ZLD 26/10/2024 Froggies Aquatics Championships 2024
239	52.55 L	F Emily van der Linde	11 SOUL EKU 26/10/2024 Summer 3 Delville
240	52.70 L	P Kagiso Motuku	11 PGAC EKU 05/12/2024 EGA Summer Championships
241	52.71 L	F Marné Truter	11 TKS WBD 29/11/2024 Limpopo Champs 2024
242	52.77 L	F Hayley Downs	11 CRSC JHB 25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
243	52.79 L	F Riandi Muller	11 INFA NMA 15/06/2024 PEA Winter Gala 2024
244	52.90 L	F Ilé Fourie	11 SS MPD 29/11/2024 Limpopo Champs 2024
245	53.15 L	F Tshilidzi Rakhumba	11 TUKS FSH 11/10/2024 NTS Level 1+2 October Age Group 2024
246	53.26 L	F Jorja Petschel	11 HARL BUF 15/06/2024 PEA Winter Gala 2024
247	53.54 L	F Leah Kuisis	11 SS MPD 29/11/2024 Limpopo Champs 2024
248	53.62 L	F Lize-Mari Cloete	11 BS LLD 25/10/2024 Neptunes Gala
249	53.85 L	F Charlotte Gosling	11 LSJM SKD 02/11/2024 Limpopo LS - Top 8 skole 2024
250	53.99 L	F Nina Murray	11 DDA FSH 11/10/2024 NTS Level 1+2 October Age Group 2024
251	54.01 L	F Kate Pieterse	11 PEAS NMA 17/10/2024 43rd Freda Barnard Invitational Gala
252	54.07 L	F Danille De Jager	11 OLDE JHB 25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
253	54.13 L S	F Zaida Hendricks	11 WALM CPT 02/11/2024 CTA A & B CHAMPS 2024
254	54.21 L	F Kayla Herbst	11 LSPHA MP 02/11/2024 Limpopo LS - Top 8 skole 2024
255	54.29 L	F Noorjhan Samie	11 MANT CPT 09/11/2024 Swartland Prestige Gala 2024
256*	54.45 L	F Lisa Meyer	11 PRA GSD 25/01/2025 uShaka Champs 2025
256*	54.45 L	F Busisiwe Matsebele	11 AWIN FSH 13/09/2024 NTS September Age Group 2024
258	54.58 L	F Tshogofatso Kwadjo	11 TUKS FSH 11/10/2024 NTS Level 1+2 October Age Group 2024
259	54.64 L	F Anika Brand	11 EVO CPT 09/11/2024 Swartland Prestige Gala 2024
260	54.88 L	F Botshelo Rampana	11 PELIC MAN 04/12/2024 Free State Champs 2024
261	54.89 L	F Emma Marais	11 WATR JHB 25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
262	55.54 L	P Abigail Van der Westhuizen	11 CA EKU 05/12/2024 EGA Summer Championships
263	55.64 L	F Miele' Loftus	11 BULS MAN 04/12/2024 Free State Champs 2024
264	55.73 L	F Leah Mbhokota	11 CUHE OBD 09/11/2024 Swartland Prestige Gala 2024
265	55.74 L	P Faythe Evans	11 RACE JHB 29/11/2024 CGA Championships 2024
266	55.87 L	F Morgan-Jane Moolman	11 MANT CPT 09/11/2024 Swartland Prestige Gala 2024
267	56.12 L	F Lea Van den Berg	11 SFSC CPT 21/09/2024 CTA INVITATIONAL LC MEET
268	56.59 L	F Anje Louw	11 QUIC CPT 09/11/2024 Swartland Prestige Gala 2024
269	56.65 L	F Mia Schraader	11 SOUL EKU 12/10/2024 EGA Summer 2
270	56.75 L	F Katia Cerone	11 HAAG UTD 12/10/2024 Uthukela District Age Group Gala
271	56.83 L	F Eliana Woldemariam	11 TUKS FSH 11/10/2024 NTS Level 1+2 October Age Group 2024
272	56.92 L	F Atipa-Ishe Mubuyayi	11 AQUA BUF 25/01/2025 BCA January Age Group Gala 2025
273	57.11 L	F Ava Koortzen	11 FAAC 05/10/2024 FLAMINGO GALA OCT 2024
274	57.15 L S	F Mila Schutte	11 BARR CPT 02/11/2024 CTA A & B CHAMPS 2024
275	57.46 L	F Cayla Senekal	11 TKS WBD 29/11/2024 Limpopo Champs 2024
276	57.55 L	F Emily Henry	11 CA EKU 12/10/2024 EGA Summer 2
277	57.58 L	F Lacey Hodgkinson	11 SWIFT EKU 12/10/2024 EGA Summer 2
278	57.68 L	F Jaydine Fortein	11 CSA EZD 01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
279	57.90 L	F Mari-Hane Visser	11 KALA 15/11/2024 AGE GROUP 2 KATHU 2024
280	58.19 L	F Mianke Lubbe	11 GHSK 05/10/2024 FLAMINGO GALA OCT 2024
281	58.53 L	F Lwandisiwe Siquwede	11 SRAY BUF 22/11/2024 BCA Long Course Championships 2024
282	58.77 L	F Lilly-Anne Benade	11 LSBOS WB 01/02/2025 Limpopo School Champs & Limpopo AG
283	59.01 L	F Reneilwe Tsunke	11 BLOT MAN 04/12/2024 Free State Champs 2024
284	59.23 L	F Anke Pretorius	11 STELL RMD 23/11/2024 NWS Age Group 3 + 4 2024
285	59.73 L	F Leane Van Zyl	11 PSA ZLD 26/10/2024 Froggies Aquatics Championships 2024
286	1:00.24 L	F Cleo Julius	11 KALA 05/10/2024 FLAMINGO GALA OCT 2024
287	1:01.59 L	F Juliana Goncalves	11 ELRAS WBD 29/11/2024 Limpopo Champs 2024
288	1:01.79 L	F Loago Mmoloke	11 HREF BP 23/11/2024 NWS Age Group 3 + 4 2024
289	1:04.00 L	F Roxanne Hautmann	11 RBUR BPD 23/11/2024 NWS Age Group 3 + 4 2024
290	1:04.39 L	F Khumo Goeieman	11 KALA 19/10/2024 NCASA AGE GROUP 1 KATHU 2024
291	1:04.63 L	F Relebohile Maduna	11 PELIC MAN 04/12/2024 Free State Champs 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
292	1:05.05	L	F	Hyla-Louise Pennells	11	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
293	1:05.56	L	F	Elizabeth Calitz	11	CUHE OBD	17/10/2024 43rd Freda Barnard Invitational Gala
294	1:05.87	L	F	Thembaletu Zulu	11	FRA KCD	26/10/2024 Froggies Aquatics Championships 2024
295	1:09.13	L	F	Relebohile Khaoletsa	11	PELIC MAN	13/09/2024 Pelicans Age Group Gala
296	1:09.55	L	F	Emilie Botha	11	JAQ EKU	12/10/2024 EGA Summer 2
297	1:10.31	L	F	Okuhle Zungu	11	USH KCD	25/01/2025 uShaka Champs 2025
298	1:11.87	L	F	Karli Van der Merwe	11	KALA	19/10/2024 NCASA AGE GROUP 1 KATHU 2024
299	1:12.80	L	F	Neo Chomba	11	BARA EKU	26/10/2024 Summer 3 Delville
300	1:14.83	L	F	Abenathi Mzimela	11	USH KCD	25/01/2025 uShaka Champs 2025
301	1:30.87	L	F	Venice Beukes	11	KTS	15/11/2024 AGE GROUP 2 KATHU 2024
302	1:32.41	L	F	Gontse Mmusi	11	KSSS JTD	15/11/2024 AGE GROUP 2 KATHU 2024
303	1:48.66	L	F	Onolo Jonathan	11	KSSS JTD	15/11/2024 AGE GROUP 2 KATHU 2024
<b>Women 11-11 100 Back</b>							
1	1:17.14	L	F	Leah Dabrowski	11	BLMA CPT	05/12/2024 Western Cape LC-A Championship 2024
2	1:17.24	L	F	Sage Lindsay	11	CA EKU	01/02/2025 EGA Last Chance Gala
3	1:18.94	L	F	Ineke Van Maarleveld	11	LPTBO CCD	01/02/2025 Limpopo School Champs & Limpopo AG
4	1:20.02	L	F	Olivia Geldart	11	INFA NMA	13/12/2024 NMBA Championships 2024
5	1:21.08	L	F	Olivia Kruger	11	PLAY CED	05/12/2024 Western Cape LC-A Championship 2024
6	1:21.95	L	F	Milani Butau	11	BEST NMA	17/08/2024 Madibaz Swim Meet 2024
7	1:22.31	L	F	Samantha Wilson	11	INFA NMA	31/01/2025 Infinity Gala 2025
8	1:23.44	L	F	Cayden Parfitt	11	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
9	1:24.23	L	F	Jua Jonker	11	POTC KKD	07/12/2024 NWS Championships 2024
10	1:25.07	L	F	Alexi Claassen	11	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
11	1:25.13	L	F	Ella Johnson	11	SAAW CPT	05/12/2024 Western Cape LC-A Championship 2024
12	1:25.37	L	F	Inge Du Plessis	11	LSTZN CCD	01/02/2025 Limpopo School Champs & Limpopo AG
13	1:25.41	L	F	Danika Steyn	11	KSC EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
14	1:25.44	L	F	Sophie Chiang	11	WATR JHB	29/11/2024 CGA Championships 2024
15	1:26.32	L	P	Annebella Botha	11	PER JHB	29/11/2024 CGA Championships 2024
16	1:26.37	L	F	Saskia Gilligan	11	BLMA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
17	1:26.60	L	F	Harley Knudsen	11	CA EKU	12/10/2024 EGA Summer 2
18	1:26.73	L	F	Tayla Scheepers	11	RFA FSH	01/02/2025 EGA Last Chance Gala
19	1:27.40	L	P	Jessica Caldeira	11	CRSC JHB	29/11/2024 CGA Championships 2024
20	1:27.47	L	F	Kyla Short	11	ESP EKU	12/10/2024 EGA Summer 2
21	1:27.54	L	F	Cayleigh Knott	11	ASAC CPT	02/11/2024 CTA A & B CHAMPS 2024
22	1:27.59	L	P	Lize Beyers	11	AGAQ OBD	05/12/2024 Western Cape LC-A Championship 2024
23	1:27.68	L	F	Gabrielle Brooks	11	INFA NMA	13/12/2024 NMBA Championships 2024
24	1:27.97	L	F	Grace Johns	11	OHAN ILD	25/01/2025 uShaka Champs 2025
25	1:28.00	L	F	Courtney Grant	11	ACES ETH	02/07/2024 Prestige Tournament 2024
26	1:28.30	L	F	Ané Venter	11	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
27	1:28.42	L	F	Sophie Kretzmann	11	USC BUF	13/12/2024 NMBA Championships 2024
28	1:28.43	L	P	Alessia Barthus	11	MANT CPT	05/12/2024 Western Cape LC-A Championship 2024
29	1:28.46	L	P	Olivia Normington	11	XCEL CPT	05/12/2024 Western Cape LC-A Championship 2024
30	1:28.55	L	F	Laila van Antwerpen	11	PAC FSH	13/09/2024 NTS September Age Group 2024
31	1:28.58	L	F	Hannah Raphaela Morgado	11	CSA EZD	29/11/2024 Mpumalanga Championships 2024
32	1:28.72	L	F	Riley Sanders	11	HPS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
33	1:28.80	L	F	Layla Palframan	11	SEAL UMD	25/01/2025 uShaka Champs 2025
34	1:28.98	L	P	Lienke Bester	11	HREF BPD	07/12/2024 NWS Championships 2024
35	1:29.14	L	F	Hayley Greyvenstein	11	USC BUF	13/12/2024 NMBA Championships 2024
36	1:29.16	L	F	Keyla Douglas	11	ROA EDD	17/08/2024 Madibaz Swim Meet 2024
37	1:29.49	L	F	Alexis Kalapac	11	SLAQ CPT	02/11/2024 CTA A & B CHAMPS 2024
38	1:29.79	L	P	Kathryn Nolan	11	MDOL JHB	29/11/2024 CGA Championships 2024
39	1:29.85	L	F	Charné De Bruin	11	TUKS FSH	13/09/2024 NTS September Age Group 2024
40	1:29.88	L	F	Amber Spence	11	ELEC FSH	18/10/2024 NTS Level 3+ October Age Group 2024
41	1:29.92	L	F	Chantel Van der Linde	11	VHD ZLD	25/01/2025 uShaka Champs 2025
42	1:30.03	L	F	Mila Geldenhuys	11	ACAQ CCD	29/11/2024 Limpopo Champs 2024
43	1:30.49	L	P	Jada Hendricks	11	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
44	1:30.58	L	F	Chelsey Crossman	11	BLSS MAN	04/12/2024 Free State Champs 2024
45	1:30.68	L	F	Gianna Olivier	11	PAQU CED	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
46	1:31.02	L	F	Sisanda Palframan	11	SEAL UMD	25/01/2025 uShaka Champs 2025

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
47	1:31.19	L	F	Mila Nel	11	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
48	1:31.31	L	F	Marli Strydom	11	QUIC CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
49	1:31.81	L	F	Bria Ahmed	11	VINE CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
50	1:31.86	L	F	Mieke Steinbach	11	NWUC KKD	07/12/2024 NWS Championships 2024
51	1:31.88	L	F	Emma Du Toit	11	BLOT MAN	04/12/2024 Free State Champs 2024
52	1:32.08	L S	P	Bukata Mwanza	11	ESP EKU	05/12/2024 EGA Summer Championships
53	1:32.10	L	P	Zara Komani	11	WATR JHB	29/11/2024 CGA Championships 2024
54	1:32.21	L	F	Kyra Du Preez	11	USC BUF	13/12/2024 NMBA Championships 2024
55	1:32.22	L	P	Alivia Nel	11	CRSC JHB	29/11/2024 CGA Championships 2024
56	1:32.32	L	P	Lefei Li	11	WATR JHB	29/11/2024 CGA Championships 2024
57	1:32.41	L	F	Sophia Hutchison	11	GHSK	05/10/2024 FLAMINGO GALA OCT 2024
58	1:32.43	L	F	Simone Zoutendyk	11	RBOT BPD	10/01/2025 2024 Grand Prix Invitation Swimming
59	1:32.63	L	P	Retshepile Phalafala	11	MDOL JHB	29/11/2024 CGA Championships 2024
60	1:32.87	L	F	Hope Churchman	11	SEALE ETH	02/07/2024 Prestige Tournament 2024
61	1:33.06	L	F	Isabel Helberg	11	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
62	1:33.10	L	F	Emily Hengst	11	CASC CPT	21/09/2024 CTA INVITATIONAL LC MEET
63	1:33.14	L	F	Jaime Sprong	11	ASAC CPT	02/11/2024 CTA A & B CHAMPS 2024
64	1:33.15	L	F	Abigail Paice	11	SOUL EKU	01/02/2025 EGA Last Chance Gala
65	1:33.26	L	F	Hayden Perrins	11	GREY CPT	21/09/2024 CTA INVITATIONAL LC MEET
66	1:33.66	L	P	Tamika Abbey	11	PER JHB	29/11/2024 CGA Championships 2024
67	1:33.71	L	F	Olivia Berry	11	BEST NMA	13/12/2024 NMBA Championships 2024
68	1:33.73	L	F	Pia Swanepoel	11	ASAC CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
69	1:33.84	L	P	Ashley Cilliers	11	WATR JHB	29/11/2024 CGA Championships 2024
70	1:33.88	L	F	Miane Steyn	11	LEGC ETH	01/02/2025 KCDA Age Group 4 2024
71	1:33.93	L	F	Tshegofatso Moabelo	11	BAS EKU	01/02/2025 EGA Last Chance Gala
72	1:33.95	L	P	Thalia Breedt	11	KSC EZD	29/11/2024 Mpumalanga Championships 2024
73	1:33.98	L	F	Colleen McQueen	11	BLSS MAN	02/07/2024 Prestige Tournament 2024
74	1:34.18	L	F	Zia Habib	11	MDOL JHB	15/11/2024 Summer 4 Delville
75	1:34.20	L	F	Lianka Spies	11	HARB BPD	07/12/2024 NWS Championships 2024
76	1:34.37	L	P	Xia Jacobs	11	WSTV ETH	02/07/2024 Prestige Tournament 2024
77	1:34.40	L	F	Rebecca Symon	11	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
78	1:34.41	L	F	Jaime-Lynn Vermeulen	11	HARL BUF	25/01/2025 BCA January Age Group Gala 2025
79	1:34.72	L	F	Meziana Hammouche	11	MAKO EKU	12/10/2024 EGA Summer 2
80	1:34.76	L	P	Scarlett Garassino	11	SASE JHB	29/11/2024 CGA Championships 2024
81	1:34.81	L	F	Alexa Kuhn	11	CASC CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
82	1:34.86	L	F	Marni Snyman	11	ELRAS WBD	29/11/2024 Limpopo Champs 2024
83	1:34.96	L	F	Mila Barkhuysen	11	GREY CPT	02/11/2024 CTA A & B CHAMPS 2024
84	1:35.00	L	F	Taylor-Rose Botes	11	CA EKU	12/10/2024 EGA Summer 2
85	1:35.27	L	F	Kayla-Anne Walker	11	CYBE CPT	02/11/2024 CTA A & B CHAMPS 2024
86	1:35.55	L	F	Rachel De Fleuriot	11	SEALE ETH	25/01/2025 uShaka Champs 2025
87	1:35.57	L	F	Tatum Adams	11	PAQU CED	09/11/2024 Winelands SL4
88	1:35.65	L	F	Emily Van t Slot	11	BLMA CPT	02/11/2024 CTA A & B CHAMPS 2024
89	1:35.74	L	F	Olivia Odendaal	11	HPS FSH	13/09/2024 NTS September Age Group 2024
90	1:35.88	L	F	Ava van der Mescht	11	DESA NMA	31/01/2025 Infinity Gala 2025
91	1:35.91	L	F	Zia-Bella Engelbrecht	11	HTSA CPT	02/11/2024 CTA A & B CHAMPS 2024
92	1:36.10	L	P	Makayla Stoltz	11	PER JHB	29/11/2024 CGA Championships 2024
93	1:36.22	L	F	Carli Stoop	11	COMS FSH	13/09/2024 NTS September Age Group 2024
94	1:36.72	L	F	Annabelle Ras	11	QUIC CPT	09/11/2024 Swartland Prestige Gala 2024
95	1:36.73	L	F	Miane Bendeman	11	LSPHA MP	01/02/2025 Limpopo School Champs & Limpopo AG
96*	1:36.88	L	F	Zeney De Beer	11	CSA EZD	29/11/2024 Mpumalanga Championships 2024
96*	1:36.88	L	F	Ashley Du Randt	11	TYGE CPT	02/11/2024 CTA A & B CHAMPS 2024
98	1:36.96	L	F	Zanli Le Roux	11	AGAQ OBD	17/10/2024 43rd Freda Barnard Invitational Gala
99	1:37.00	L	F	Naomi Mahlangu	11	BLMA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
100	1:37.10	L	F	Milla Da Silva	11	CA EKU	01/02/2025 EGA Last Chance Gala
101	1:37.16	L	F	Tenley Fowler	11	AZON ETH	25/01/2025 uShaka Champs 2025
102	1:37.29	L	F	Morgan Baard	11	FISH EDD	15/06/2024 PEA Winter Gala 2024
103	1:37.36	L	F	Roxanne Coetzee	11	HREF BPD	07/12/2024 NWS Championships 2024
104	1:37.57	L	F	Leah Struwig	11	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
105*	1:37.60	L	F	Mika Pelser	11	OLDE JHB	29/11/2024 CGA Championships 2024



## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
105*	1:37.60	L	F	Jane Tredoux	11	BLNE	MAN	01/02/2025	Heidedal & Sentraal Galal
107	1:37.63	L	F	Mamoso Ramokgopa	11	TPS	BPD	01/02/2025	Limpopo School Champs & Limpopo AG
108	1:37.77	L	F	Amani Sausi	11	AZON	ETH	25/01/2025	uShaka Champs 2025
109	1:37.84	L	F	Shalom Mtileni	11	UNI	EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
110	1:38.12	L	F	Isabel Smith	11	HARL	BUF	25/01/2025	BCA January Age Group Gala 2025
111	1:38.18	L	P	Ella Niven	11	UNI	EZD	29/11/2024	Mpumalanga Championships 2024
112	1:38.25	L	P	Isabella Knight	11	WATR	JHB	29/11/2024	CGA Championships 2024
113	1:38.31	L	F	Rebecca Sam	11	HPS	FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
114	1:38.49	L	F	Hannah Stearn	11	INFA	NMA	31/01/2025	Infinity Gala 2025
115	1:38.51	L	P	Senzelwe Mwandla	11	PSCP	UMD	02/07/2024	Prestige Tournament 2024
116	1:38.55	L	F	Miané Prinsloo	11	ACAQ	CCD	18/10/2024	NTS Level 3+ October Age Group 2024
117	1:38.59	L	F	Leanke Loots	11	KNYA	EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
118	1:38.62	L	P	Holly Couzens	11	SGUL	ETH	02/07/2024	Prestige Tournament 2024
119	1:38.68	L	F	Jeanine Goosen	11	BLNE	MAN	11/10/2024	Otters Prestige Gala 2024
120	1:39.02	L S	P	Tisetso Makhatho	11	ESP	EKU	05/12/2024	EGA Summer Championships
121	1:39.40	L	F	Puleng Masemene	11	ELEC	FSH	13/09/2024	NTS September Age Group 2024
122	1:39.57	L	F	Maria De Klerk	11	BS	LLD	01/02/2025	Heidedal & Sentraal Galal
123*	1:39.78	L S	P	Khera Murray	11	H2O	EKU	05/12/2024	EGA Summer Championships
123*	1:39.78	L	F	Jana Serdyn	11	INFA	NMA	31/01/2025	Infinity Gala 2025
125	1:39.87	L S	P	Amy-Lee Wood	11	TCA	EKU	05/12/2024	EGA Summer Championships
126	1:39.91	L	F	Lienke Rossouw	11	LALE	CED	09/11/2024	Winelands SL4
127	1:40.08	L	P	Leah Vos	11	CSA	EZD	29/11/2024	Mpumalanga Championships 2024
128	1:40.13	L	F	Anzel Smit	11	EXP	FSH	01/02/2025	EGA Last Chance Gala
129	1:40.22	L	F	Marlien Nell	11	HREF	BPD	07/12/2024	NWS Championships 2024
130	1:40.29	L	F	Leah Schemel	11	HARL	BUF	22/11/2024	BCA Long Course Championships 2024
131	1:40.35	L S	P	Melissa Kleynhans	11	PGAC	EKU	05/12/2024	EGA Summer Championships
132	1:40.38	L	F	Emma Ranger	11	USC	BUF	22/11/2024	BCA Long Course Championships 2024
133	1:40.53	L	F	Daniella Louw	11	BLOT	MAN	09/11/2024	Bull Sharks Gala
134	1:40.61	L	F	Leandi Liebenberg	11	LSTZN	CCD	01/02/2025	Limpopo School Champs & Limpopo AG
135	1:40.65	L	F	Ditebogo Pheeha	11	PEPPS	CCD	01/02/2025	Limpopo School Champs & Limpopo AG
136	1:40.68	L	F	Sophia Ebrahim	11	ESP	EKU	01/02/2025	EGA Last Chance Gala
137	1:40.70	L	F	Jenna Leppan	11	AZON	ETH	25/01/2025	uShaka Champs 2025
138	1:40.81	L	F	Lily Sykes	11	TUKS	FSH	13/09/2024	NTS September Age Group 2024
139	1:40.92	L S	F	Yamakhuzo Loni	11	INFA	NMA	17/01/2025	6th A League Gala 2025
140	1:41.07	L	F	Myra Bailey	11	RACE	JHB	29/11/2024	CGA Championships 2024
141	1:41.15	L	F	Elmine Opperman	11	KTS		15/11/2024	AGE GROUP 2 KATHU 2024
142	1:41.27	L	F	Maya Sissing	11	TUKS	FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
143	1:41.34	L	F	Mienke Kemp	11	TNDER	FDD	04/12/2024	Free State Champs 2024
144	1:41.42	L	F	Janel Van der Merwe	11	UNI	EZD	29/11/2024	Mpumalanga Championships 2024
145	1:41.57	L	F	Summer Moonsamy	11	BEAV	ETH	25/01/2025	uShaka Champs 2025
146	1:41.68	L	F	Grizelda Janse van Rensburg	11	NWUC	KKD	07/12/2024	NWS Championships 2024
147	1:41.83	L S	P	Murunwa Thidiela	11	MAKO	EKU	05/12/2024	EGA Summer Championships
148	1:41.97	L	F	Mieke Jordaan	11	KTS		19/10/2024	NCASA AGE GROUP 1 KATHU 2024
149	1:42.00	L	F	Jana Booysen	11	CUHE	QBD	09/11/2024	Swartland Prestige Gala 2024
150	1:42.12	L	P	Lika Baird	11	HREF	BPD	07/12/2024	NWS Championships 2024
151	1:42.27	L	F	Liné Schoeman	11	FISH	EDD	17/10/2024	43rd Freda Barnard Invitational Gala
152	1:42.32	L	P	Catherine Couch	11	QUES	JHB	29/11/2024	CGA Championships 2024
153	1:42.94	L	P	Kayden Jack	11	PER	JHB	29/11/2024	CGA Championships 2024
154	1:43.28	L	F	Emily Fryer	11	TUKS	FSH	13/09/2024	NTS September Age Group 2024
155	1:43.50	L	F	Mariandi Bredenkamp	11	BS	LLD	04/12/2024	Free State Champs 2024
156	1:43.54	L	F	Izeldi Van Niekerk	11	DOLFI	MPD	09/11/2024	Limpopo Age Group 5
157	1:43.58	L	F	Razaanah Essex	11	RETR	CPT	21/09/2024	CTA INVITATIONAL LC MEET
158	1:43.73	L	F	Vibha Fakir	11	USC	BUF	13/12/2024	NMBA Championships 2024
159	1:43.81	L	F	Elizabeth Willemse	11	VHD	ZLD	25/01/2025	uShaka Champs 2025
160	1:44.01	L	F	Cara van Wyk	11	BARR	CPT	02/11/2024	CTA A & B CHAMPS 2024
161	1:44.11	L	F	Emily Van Der Byl	11	USC	BUF	13/07/2024	1st A League Gala 2024
162	1:44.17	L	F	Nicola Nysschen	11	KTS		05/10/2024	FLAMINGO GALA OCT 2024
163	1:44.24	L	F	Reatile Ntidi	11	NWUC	KKD	23/11/2024	NWS Age Group 3 + 4 2024
164	1:44.43	L	F	Ava Candiotas	11	HREF	BP	09/11/2024	NWS Age Group 1 & 2 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
165	1:44.49	L S	P	Rachel Johnson	11	BARA	EKU	05/12/2024	EGA Summer Championships
166*	1:44.55	L	F	Nduvho Rabambi	11	BULS	MAN	11/10/2024	Otters Prestige Gala 2024
166*	1:44.55	L	F	Adrienne Meiring	11	PEAS	NMA	15/06/2024	PEA Winter Gala 2024
168	1:44.74	L	F	Dané Combrinck	11	TUKS	TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
169	1:44.76	L	F	Hiranya Moodley	11	USH	KCD	25/01/2025	uShaka Champs 2025
170	1:45.32	L	F	Mambay Banza	11	UNI	EZD	10/01/2025	2024 Grand Prix Invitation Swimming
171	1:45.34	L	F	Emma Arendse	11	MANT	CPT	02/11/2024	CTA A & B CHAMPS 2024
172	1:45.54	L	F	Tabea Greyling	11	RFA	TSH	13/09/2024	NTS September Age Group 2024
173	1:46.27	L	F	Mieke Pretorius	11	CA	EKU	15/11/2024	Summer 4 Delville
174	1:46.44	L	F	Alexa Steenkamp	11	CPSC	TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
175*	1:46.98	L	F	Emma McCallum	11	USC	BUF	13/12/2024	NMBA Championships 2024
175*	1:46.98	L	F	Pradhia Singh	11	CASC	CPT	02/11/2024	CTA A & B CHAMPS 2024
177	1:47.06	L	F	Vida Olivier	11	BLNE	MAN	13/09/2024	Pelicans Age Group Gala
178	1:47.18	L	F	Yolayne Aucamp	11	TNDER	FDD	25/10/2024	Neptunes Gala
179	1:47.26	L	F	Abigail Wilson	11	TYGE	CPT	17/10/2024	43rd Freda Barnard Invitational Gala
180	1:47.61	L S	P	Kamila Mohapi	11	ESTR	EKU	05/12/2024	EGA Summer Championships
181	1:47.65	L	F	Elsa Massawe	11	CA	EKU	01/02/2025	EGA Last Chance Gala
182	1:47.80	L	F	Lana Coetzee	11	QUIC	CPT	02/11/2024	CTA A & B CHAMPS 2024
183	1:47.87	L	F	Izelda Meyer	11	VHD	ZLD	07/12/2024	Stingrays Champs 2024
184	1:48.19	L	F	Wyllow Halse	11	USC	BUF	22/11/2024	BCA Long Course Championships 2024
185	1:48.36	L	F	Catherine Sebastian	11	MANT	CPT	09/11/2024	Swartland Prestige Gala 2024
186	1:48.46	L	F	Hayley Liedeman	11	SWAR	WCD	09/11/2024	Swartland Prestige Gala 2024
187	1:48.92	L	F	Zane Kroon	11	AGAQ	QBD	09/11/2024	Swartland Prestige Gala 2024
188	1:49.11	L	F	Katrien Prinsloo	11	DDA	TSH	13/09/2024	NTS September Age Group 2024
189	1:49.15	L	F	Marné Truter	11	LSKP	WB	01/02/2025	Limpopo School Champs & Limpopo AG
190	1:49.38	L	F	Leah Brand	11	KNYA	EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
191	1:49.49	L	F	Lynette Rust	11	RFA	TSH	18/10/2024	NTS Level 3+ October Age Group 2024
192	1:49.53	L	F	Ava Du Preez	11	BEAV	ETH	25/01/2025	uShaka Champs 2025
193	1:49.88	L	F	Machayda Titus	11	MARL	CPT	17/10/2024	43rd Freda Barnard Invitational Gala
194	1:50.15	L	P	Tlotlotsame Makatiers	11	RBOT	BPD	07/12/2024	NWS Championships 2024
195	1:50.33	L	F	Mihanka vd Bank	11	CUHE	QBD	17/10/2024	43rd Freda Barnard Invitational Gala
196	1:50.60	L	F	Kethelo Mkhize	11	USH	KCD	07/12/2024	Stingrays Champs 2024
197*	1:50.88	L	P	Mieke Smit	11	UNI	EZD	29/11/2024	Mpumalanga Championships 2024
197*	1:50.88	L	P	Mika Vd Merwe	11	AWSC	JHB	29/11/2024	CGA Championships 2024
199	1:51.18	L	F	Mieke Moolman	11	UNI	EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
200	1:51.24	L	F	Atsile Mogaleemang	11	MAHD	NMD	23/11/2024	NWS Age Group 3 + 4 2024
201	1:51.48	L	F	Beersheba Negash	11	BARA	EKU	12/10/2024	EGA Summer 2
202	1:51.54	L	F	Emme Wessels	11	BETH	FDD	04/12/2024	Free State Champs 2024
203	1:51.61	L	F	Isabella Van Breda	11	NWUC	KKD	09/11/2024	NWS Age Group 1 & 2 2024
204	1:51.65	L S	P	Rachel Saltzman	11	ESTR	EKU	05/12/2024	EGA Summer Championships
205	1:51.69	L	F	Emily Marais	11	EDA	ED	11/01/2025	EDEN INTER DISTRICT PRESTIGE
206	1:51.72	L	F	Taylor Crous	11	PEAS	NMA	17/08/2024	Madibaz Swim Meet 2024
207	1:51.92	L	F	Zoe Joanides	11	BLNE	MAN	11/10/2024	Otters Prestige Gala 2024
208	1:52.02	L	F	Michaela Kröger	11	BARR	CPT	17/10/2024	43rd Freda Barnard Invitational Gala
209	1:52.20	L	F	Heili Van Heerden	11	BETH	FDD	27/09/2024	Seals Gala 2
210	1:52.42	L	F	Courtney Ferguson	11	PEAS	NMA	15/06/2024	PEA Winter Gala 2024
211	1:52.57	L	F	Rorisang Monareng	11	BLNE	MAN	04/12/2024	Free State Champs 2024
212	1:53.44	L	F	Jorja Petschel	11	HARL	BUF	22/11/2024	BCA Long Course Championships 2024
213	1:53.63	L	F	Lilly Rautenbach	11	ANAX	CPT	09/11/2024	Swartland Prestige Gala 2024
214	1:53.70	L	P	Kari Moolman	11	UNI	EZD	29/11/2024	Mpumalanga Championships 2024
215	1:53.87	L	F	Kyleigh Shelton	11	ESTR	EKU	01/02/2025	EGA Last Chance Gala
216	1:53.97	L	F	Lacey Hodgkinson	11	SWIFT	EKU	01/02/2025	EGA Last Chance Gala
217	1:54.13	L	F	Tshilidzi Rakhumba	11	TUKS	TSH	13/09/2024	NTS September Age Group 2024
218	1:54.31	L	F	Lheané Du Plessis	11	FISH	EDD	17/10/2024	43rd Freda Barnard Invitational Gala
219	1:54.47	L	F	Thalia Mbock Madjang	11	SAAW	CPT	02/11/2024	CTA A & B CHAMPS 2024
220	1:54.68	L	F	Nika Loots	11	PELIC	MAN	04/12/2024	Free State Champs 2024
221	1:54.75	L	F	Mckenzie Adams	11	WEST	CPT	21/09/2024	CTA INVITATIONAL LC MEET
222	1:55.73	L	F	Larique Pretorius	11	KALA		19/10/2024	NCASA AGE GROUP 1 KATHU 2024
223	1:55.81	L	F	Catharina Coetzer	11	QUIC	CPT	02/11/2024	CTA A & B CHAMPS 2024

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
224	1:55.97	L	F	Lea Van den Berg	11	SFSC CPT	21/09/2024 CTA INVITATIONAL LC MEET
225	1:56.64	L	F	Mianke Lubbe	11	GHSK	19/10/2024 NCASA AGE GROUP 1 KBY 2024
226	1:57.12	L	F	Ava Stevens	11	USC BUF	22/11/2024 BCA Long Course Championships 2024
227	1:57.14	L	F	Danika Brynard	11	STSC KCD	25/01/2025 uShaka Champs 2025
228	1:57.43	L	F	Nina Murray	11	DDA TSH	01/02/2025 EGA Last Chance Gala
229	1:57.70	L S	P	Abigail Van der Westhuizen	11	CA EKU	05/12/2024 EGA Summer Championships
230	1:58.10	L	F	Motheo Leshilo	11	TUKS TSH	13/09/2024 NTS September Age Group 2024
231	1:59.65	L	F	Lisa Meyer	11	PRA GSD	25/01/2025 uShaka Champs 2025
232	1:59.67	L	F	Emma Canham	11	PELIC MAN	01/02/2025 Heidedal & Sentraal Galal
233	1:59.72	L S	F	Mpho Kutumane	11	UWCA CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
234	1:59.93	L	F	Tshegofatso Kwadjo	11	TUKS TSH	13/09/2024 NTS September Age Group 2024
235	2:00.07	L S	P	Kagiso Motuku	11	PGAC EKU	05/12/2024 EGA Summer Championships
236	2:00.39	L S	P	Emily van der Linde	11	SOUL EKU	05/12/2024 EGA Summer Championships
237	2:00.60	L	F	Leandi Van der Westhuizen	11	QSAW CED	09/11/2024 Swartland Prestige Gala 2024
238	2:01.82	L S	P	Mia Schraader	11	SOUL EKU	05/12/2024 EGA Summer Championships
239	2:03.85	L	F	Cayla Senekal	11	TKS WBD	29/11/2024 Limpopo Champs 2024
240	2:04.06	L	F	Jaydine Fortein	11	CSA EZD	01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
241	2:05.16	L	F	Miele' Loftus	11	BULS MAN	04/12/2024 Free State Champs 2024
242	2:08.62	L	F	Botshelo Rampana	11	PELIC MAN	04/12/2024 Free State Champs 2024
243	2:08.76	L	F	Basse Molai	11	BULS MAN	04/12/2024 Free State Champs 2024
244	2:09.08	L	F	Emily Henry	11	CA EKU	12/10/2024 EGA Summer 2
245	2:09.61	L S	P	Emilie Botha	11	JAQ EKU	05/12/2024 EGA Summer Championships
246	2:10.97	L	F	Atipa-Ishe Mubuyayi	11	AQUA BUF	22/11/2024 BCA Long Course Championships 2024
247	2:11.18	L	F	Katia Cerone	11	HAAG UTD	07/12/2024 Uthukela District Age Group Gala
248	2:12.71	L	F	Khanyisa Mqeke	11	WELA LLD	25/10/2024 Neptunes Gala
249	2:18.17	L	F	Loago Mmoloke	11	HREF BP	23/11/2024 NWS Age Group 3 + 4 2024
250	2:26.26	L	F	Roxanne Hautmann	11	RBUR BPD	23/11/2024 NWS Age Group 3 + 4 2024
251	2:29.17	L	F	Relebohile Maduna	11	PELIC MAN	04/12/2024 Free State Champs 2024
252	2:30.45	L	F	Relebohile Khaoletsa	11	PELIC MAN	04/12/2024 Free State Champs 2024
253	2:37.66	L	F	Khumo Goeieman	11	KALA	15/11/2024 AGE GROUP 2 KATHU 2024
<b>Women 11-11 200 Back</b>							
1	2:44.75	L	F	Leah Dabrowski	11	BLMA CPT	05/12/2024 Western Cape LC-A Championship 2024
2	2:45.73	L	F	Sage Lindsay	11	CA EKU	01/02/2025 EGA Last Chance Gala
3	2:53.48	L	F	Ineke Van Maarleveld	11	LPTBO CCD	01/02/2025 Limpopo School Champs & Limpopo AG
4	2:54.93	L	F	Alexi Claassen	11	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
5	2:57.57	L	F	Olivia Kruger	11	PLAY CED	05/12/2024 Western Cape LC-A Championship 2024
6	2:57.62	L	F	Ella Johnson	11	SAAW CPT	05/12/2024 Western Cape LC-A Championship 2024
7	2:58.23	L	P	Jessica Caldeira	11	CRSC JHB	29/11/2024 CGA Championships 2024
8	2:59.13	L	F	Cayden Parfitt	11	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
9	3:02.18	L	F	Alexia Tranter	11	SSISA CPT	05/12/2024 Western Cape LC-A Championship 2024
10	3:02.30	L	F	Kyla Short	11	MDOL JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
11	3:02.82	L	F	Sophie Chiang	11	WATR JHB	29/11/2024 CGA Championships 2024
12	3:03.49	L S	F	Milani Butau	11	BEST NMA	17/01/2025 6th A League Gala 2025
13	3:03.62	L S	F	Olivia Normington	11	XCEL CPT	02/11/2024 CTA A & B CHAMPS 2024
14	3:03.80	L	F	Sophie Kretzmann	11	USC BUF	13/12/2024 NMBA Championships 2024
15	3:04.93	L S	F	Saskia Gilligan	11	BLMA CPT	21/09/2024 CTA INVITATIONAL LC MEET
16	3:05.10	L	F	Gabrielle Brooks	11	INFA NMA	13/12/2024 NMBA Championships 2024
17	3:05.65	L	F	Lienke Bester	11	HREF BPD	07/12/2024 NWS Championships 2024
18	3:06.60	L	F	Harley Knudsen	11	PGAC EKU	05/12/2024 EGA Summer Championships
19	3:07.58	L	F	Hayley Greyvenstein	11	USC BUF	13/12/2024 NMBA Championships 2024
20	3:07.91	L	F	Alivia Nel	11	CRSC JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
21	3:09.09	L	F	Keyla Douglas	11	ROA EDD	17/08/2024 Madibaz Swim Meet 2024
22	3:09.68	L	F	Ané Venter	11	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
23	3:09.81	L	P	Gianna Olivier	11	PAQU CED	05/12/2024 Western Cape LC-A Championship 2024
24	3:10.09	L	P	Jada Hendricks	11	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
25	3:11.06	L	P	Lize Beyers	11	AGAQ OBD	05/12/2024 Western Cape LC-A Championship 2024
26	3:11.55	L	F	Danika Steyn	11	KSC EZD	29/11/2024 Mpumalanga Championships 2024
27	3:12.05	L	F	Laila van Antwerpen	11	PAC TSH	13/09/2024 NTS September Age Group 2024
28	3:12.35	L	F	Hannah Raphaela Morgado	11	CSA EZD	01/11/2024 MP AGE GROUP 3 1-2 NOV 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
29	3:12.78	L	F	Colleen McQueen	11	BLSS MAN	25/10/2024 Neptunes Gala
30	3:13.41	L	F	Charné De Bruin	11	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
31	3:13.92	L	F	Riley Sanders	11	HPS FSH	13/09/2024 NTS September Age Group 2024
32	3:13.95	L	P	Jaime Sprong	11	ASAC CPT	05/12/2024 Western Cape LC-A Championship 2024
33	3:13.96	L	F	Mila Geldenhuys	11	ACAQ CCD	12/10/2024 Limpopo Age Group 4
34	3:14.66	L	F	Mila Nel	11	TUKS FSH	13/09/2024 NTS September Age Group 2024
35	3:14.98	L	F	Jaime-Lynn Vermeulen	11	HARL BUF	22/11/2024 BCA Long Course Championships 2024
36	3:14.99	L	P	Cayleigh Knott	11	ASAC CPT	05/12/2024 Western Cape LC-A Championship 2024
37	3:15.73	L	P	Lefei Li	11	WATR JHB	29/11/2024 CGA Championships 2024
38	3:15.91	L	F	Tayla Scheepers	11	RFA FSH	13/09/2024 NTS September Age Group 2024
39	3:16.48	L	F	Olivia Odendaal	11	HPS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
40	3:16.57	L	P	Kathryn Nolan	11	MDOL JHB	29/11/2024 CGA Championships 2024
41	3:17.23	L	F	Kyla Coetzee	11	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
42	3:17.52	L	P	Courtney Grant	11	ACES ETH	02/07/2024 Prestige Tournament 2024
43	3:17.83	L S	F	Marli Strydom	11	QUIC CPT	02/11/2024 CTA A & B CHAMPS 2024
44	3:18.84	L S	F	Emily Hengst	11	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
45	3:19.18	L	P	Zara Komani	11	WATR JHB	29/11/2024 CGA Championships 2024
46	3:19.35	L	F	Ava van der Mescht	11	DESA NMA	13/12/2024 NMBA Championships 2024
47	3:19.51	L S	F	Alexa Kuhn	11	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
48	3:20.56	L S	F	Kaylee Vd Wal	11	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
49	3:20.97	L	F	Amber Spence	11	ELEC FSH	13/09/2024 NTS September Age Group 2024
50	3:20.99	L	F	Marni Snyman	11	ELRAS WBD	29/11/2024 Limpopo Champs 2024
51	3:21.03	L	F	Chelsey Crossman	11	BLSS MAN	25/10/2024 Neptunes Gala
52	3:21.18	L	F	Mieke Steinbach	11	NWUC KKD	23/11/2024 NWS Age Group 3 + 4 2024
53	3:21.33	L	F	Tshegofatso Moabelo	11	BAS EKU	18/01/2025 EGA Summer 5
54	3:21.73	L	F	Zeney De Beer	11	CSA EZD	01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
55	3:22.24	L	F	Kyra Du Preez	11	USC BUF	13/12/2024 NMBA Championships 2024
56	3:22.36	L	F	Morgan Baard	11	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
57	3:22.66	L S	F	Zia-Bella Engelbrecht	11	HTSA CPT	02/11/2024 CTA A & B CHAMPS 2024
58	3:22.94	L S	F	Ashley Du Randt	11	TYGE CPT	02/11/2024 CTA A & B CHAMPS 2024
59	3:23.17	L S	F	Mila Barkhuysen	11	GREY CPT	02/11/2024 CTA A & B CHAMPS 2024
60	3:23.27	L	P	Tamika Abbey	11	PER JHB	29/11/2024 CGA Championships 2024
61	3:23.28	L	F	Pia Swanepoel	11	ASAC CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
62	3:23.61	L	F	Rebecca Symon	11	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
63	3:23.84	L	P	Isabella Knight	11	WATR JHB	29/11/2024 CGA Championships 2024
64	3:24.30	L	F	Emma Du Toit	11	BLOT MAN	25/10/2024 Neptunes Gala
65	3:25.37	L	F	Bukata Mwanza	11	ESP EKU	05/12/2024 EGA Summer Championships
66	3:25.49	L	P	Makayla Stoltz	11	PER JHB	29/11/2024 CGA Championships 2024
67	3:26.84	L	P	Sienna Syrett	11	QUES JHB	29/11/2024 CGA Championships 2024
68	3:26.89	L	F	Annabelle Ras	11	QUIC CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
69	3:27.04	L	P	Scarlett Garassino	11	SASE JHB	29/11/2024 CGA Championships 2024
70	3:27.19	L	F	Tiisetso Makhatho	11	ESP EKU	05/12/2024 EGA Summer Championships
71	3:28.15	L S	F	Dine Vd Wal	11	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
72	3:28.77	L	F	Puleng Masemene	11	ELEC FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
73	3:28.91	L	F	Mienke Kemp	11	TNDER FDD	25/10/2024 Neptunes Gala
74	3:28.99	L	F	Naomi Mahlangu	11	BLMA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
75	3:29.03	L	F	Gabriella Scott	11	TUKS FSH	13/09/2024 NTS September Age Group 2024
76	3:29.55	L	P	Roxanne Coetzee	11	HREF BPD	07/12/2024 NWS Championships 2024
77	3:30.08	L	F	Lianka Spies	11	HARB BPD	07/12/2024 NWS Championships 2024
78	3:30.14	L	F	Emily Van Der Byl	11	USC BUF	22/11/2024 BCA Long Course Championships 2024
79	3:30.72	L	F	Jane Tredoux	11	BLNE MAN	25/10/2024 Neptunes Gala
80	3:30.77	L	F	Murunwa Thidiela	11	MAKO EKU	05/12/2024 EGA Summer Championships
81	3:31.00	L	P	Ella Arnold	11	SASE JHB	29/11/2024 CGA Championships 2024
82	3:31.19	L	F	Leah Struwig	11	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
83	3:31.35	L	P	Catherine Couch	11	QUES JHB	29/11/2024 CGA Championships 2024
84	3:31.39	L	F	Mamoso Ramokgopa	11	TKS WBD	29/11/2024 Limpopo Champs 2024
85	3:33.50	L	P	Retshepile Phalafala	11	MDOL JHB	29/11/2024 CGA Championships 2024
86	3:34.30	L S	F	Jeanine Goosen	11	BLNE MAN	04/12/2024 Free State Champs 2024
87	3:34.38	L	F	Ella Niven	11	UNI EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
88	3:35.30	L	P	Isabel Helberg	11	MDOL JHB	29/11/2024 CGA Championships 2024
89	3:36.77	L	F	Lily Sykes	11	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
90	3:37.08	L	F	Jenna Leppan	11	AZON ETH	25/01/2025 uShaka Champs 2025
91	3:37.17	L	P	Milla Da Silva	11	CA EKU	05/12/2024 EGA Summer Championships
92	3:37.56	L S	F	Cara van Wyk	11	BARR CPT	02/11/2024 CTA A & B CHAMPS 2024
93	3:38.28	L	F	Liné Schoeman	11	FISH EDD	31/01/2025 Infinity Gala 2025
94	3:38.78	L	F	Mia Mostert	11	AWIN FSH	13/09/2024 NTS September Age Group 2024
95	3:39.22	L	F	Sophia Ebrahim	11	ESP EKU	01/02/2025 EGA Last Chance Gala
96	3:39.62	L	F	Emma McCallum	11	USC BUF	22/11/2024 BCA Long Course Championships 2024
97	3:39.95	L	F	Izeldi Van Niekerk	11	LSPN MP	01/02/2025 Limpopo School Champs & Limpopo AG
98	3:40.71	L	F	Maya Sissing	11	TUKS FSH	13/09/2024 NTS September Age Group 2024
99	3:41.07	L S	F	Jessieka Faul	11	ASAC CPT	21/09/2024 CTA INVITATIONAL LC MEET
100	3:42.53	L	F	Marlien Nell	11	HREF BP	09/11/2024 NWS Age Group 1 & 2 2024
101	3:42.87	L	F	Yolayne Aucamp	11	TNDER FDD	25/10/2024 Neptunes Gala
102	3:43.38	L	F	Melissa Kleynhans	11	PGAC EKU	01/02/2025 EGA Last Chance Gala
103*	3:46.29	L	F	Jana Booysen	11	CUHE OBD	09/11/2024 Swartland Prestige Gala 2024
103*	3:46.29	L S	F	Nduvho Rabambi	11	BULS MAN	04/12/2024 Free State Champs 2024
105	3:47.59	L	F	Khera Murray	11	H2O EKU	18/01/2025 EGA Summer 5
106	3:48.55	L	P	Kamila Mohapi	11	ESTR EKU	05/12/2024 EGA Summer Championships
107	3:49.75	L	F	Ava Candiotes	11	HREF BP	09/11/2024 NWS Age Group 1 & 2 2024
108	3:49.82	L	P	Mika Vd Merwe	11	AWSC JHB	29/11/2024 CGA Championships 2024
109	3:49.85	L	F	Michaela Kröger	11	BARR CPT	09/11/2024 Swartland Prestige Gala 2024
110	3:53.55	L	P	Lika Baird	11	HREF BPD	07/12/2024 NWS Championships 2024
111	3:55.71	L	F	Atsile Mogaleemang	11	MAHD NMD	23/11/2024 NWS Age Group 3 + 4 2024
112	3:56.19	L	F	Catherine Sebastian	11	MANT CPT	09/11/2024 Swartland Prestige Gala 2024
113	3:57.21	L	F	Zoe Joanides	11	BLNE MAN	25/10/2024 Neptunes Gala
114	3:58.40	L	F	Leah Vos	11	CSA EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
115	4:00.36	L	F	Khloe Mesquita	11	ANAX CPT	09/11/2024 Swartland Prestige Gala 2024
116	4:00.63	L	P	Rachel Johnson	11	BARA EKU	05/12/2024 EGA Summer Championships
117	4:03.09	L S	F	Rorisang Monareng	11	BLNE MAN	04/12/2024 Free State Champs 2024
118	4:05.01	L	F	Mihanka vd Bank	11	CUHE OBD	17/10/2024 43rd Freda Barnard Invitational Gala
119	4:06.74	L	P	Beersheba Negash	11	BARA EKU	05/12/2024 EGA Summer Championships
120	4:08.21	L	F	Adrienne Meiring	11	PEAS NMA	17/10/2024 43rd Freda Barnard Invitational Gala
121	4:10.50	L	F	Kyleigh Shelton	11	ESTR EKU	01/02/2025 EGA Last Chance Gala
122	4:14.77	L	F	Lana Coetzee	11	QUIC CPT	09/11/2024 Swartland Prestige Gala 2024
123	4:38.19	L	F	Anje Louw	11	QUIC CPT	09/11/2024 Swartland Prestige Gala 2024
124	4:47.50	L	F	Katia Cerone	11	HAAG UTD	07/12/2024 Uthukela District Age Group Gala
125	4:54.84	L	F	Hanaan Hendricks	11	TYGE CPT	09/11/2024 Winelands SL4
126	5:12.66	L	F	Neo Chomba	11	BARA EKU	18/01/2025 EGA Summer 5
<b>Women 11-11 50 Breast</b>							
1	38.80	L	F	Olivia Geldart	11	INFA NMA	31/01/2025 Infinity Gala 2025
2	39.20	L	F	Mackenzie Raffle	11	CA EKU	01/02/2025 EGA Last Chance Gala
3	39.80	L	F	Sophia Hutchison	11	NC FB	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
4	40.55	L	F	Alexis Kalapac	11	SLAQ CPT	05/12/2024 Western Cape LC-A Championship 2024
5	40.90	L	F	Ineke Van Maarleveld	11	ACAA CCD	29/11/2024 Limpopo Champs 2024
6	41.03	L	F	Caro Bishop	11	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024
7	41.85	L	F	Mila Hinteregger	11	CA EKU	12/10/2024 EGA Summer 2
8	41.98	L	F	Lara Van Veelen	11	LSDWK MPD	01/02/2025 Limpopo School Champs & Limpopo AG
9	42.49	L	F	Jua Jonker	11	POTC KKD	07/12/2024 NWS Championships 2024
10	42.53	L	F	Bria Ahmed	11	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024
11	42.78	L	F	Kathryn Nolan	11	MDOL JHB	29/11/2024 CGA Championships 2024
12	42.96	L	F	Hayley Greyvenstein	11	USC BUF	22/11/2024 BCA Long Course Championships 2024
13	43.00	L	P	Sophie Chiang	11	WATR JHB	29/11/2024 CGA Championships 2024
14	43.43	L	F	Hannah Stearn	11	INFA NMA	05/10/2024 4th A League Gala 2024
15	43.46	L	P	Isabella Knight	11	WATR JHB	29/11/2024 CGA Championships 2024
16	43.47	L	F	Leah Dabrowski	11	BLMA CPT	05/12/2024 Western Cape LC-A Championship 2024
17	43.63	L	P	Makayla Stoltz	11	PER JHB	29/11/2024 CGA Championships 2024
18	43.69	L	F	Mawande Makumbe	11	TUKS FSH	13/09/2024 NTS September Age Group 2024
19	43.79	L	F	Saskia Gilligan	11	BLMA CPT	17/10/2024 43rd Freda Barnard Invitational Gala

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
20	43.99	L	F	Mambay Banza	11	UNI EZD	29/11/2024 Mpumalanga Championships 2024
21	44.05	L	F	Leandi Liebenberg	11	SS MPD	29/11/2024 Limpopo Champs 2024
22	44.11	L	F	Milani Butau	11	BEST NMA	31/01/2025 Infinity Gala 2025
23	44.14	L	F	Tenley Fowler	11	AZON ETH	25/01/2025 uShaka Champs 2025
24	44.33	L	F	Sisanda Palframan	11	SEAL UMD	25/01/2025 uShaka Champs 2025
25	44.44	L	F	Olivia Normington	11	XCEL CPT	05/12/2024 Western Cape LC-A Championship 2024
26	44.76	L	F	Taylor-Rose Botes	11	CA EKU	12/10/2024 EGA Summer 2
27	44.94	L	P	Annebelle Botha	11	PER JHB	29/11/2024 CGA Championships 2024
28	44.99	L	P	Lefei Li	11	WATR JHB	29/11/2024 CGA Championships 2024
29	45.14	L	F	Gianna Olivier	11	PAQU CED	17/10/2024 43rd Freda Barnard Invitational Gala
30	45.18	L	F	Hester Janse van Rensburg	11	NWUC KKD	07/12/2024 NWS Championships 2024
31	45.34	L	P	Alize Engelbrecht	11	CSA EZD	29/11/2024 Mpumalanga Championships 2024
32	45.44	L	F	Racquelle Saporta	11	INFA NMA	31/01/2025 Infinity Gala 2025
33	45.57	L	F	Kyra Du Preez	11	BCA BUF	11/01/2025 EDEN INTER DISTRICT PRESTIGE
34	45.71	L	F	Suhanna White	11	AQUA UTD	11/01/2025 Uthukela District Age Group Gala
35	45.78	L	F	Jessica Steyn	11	VHD ZLD	07/12/2024 Stingrays Champs 2024
36	45.80	L	F	Inge Du Plessis	11	SS MPD	29/11/2024 Limpopo Champs 2024
37*	45.83	L	F	Ané Venter	11	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
37*	45.83	L	F	Gianna Onkruid	11	UWCA CPT	02/11/2024 CTA A & B CHAMPS 2024
39	45.84	L	F	Myra Bailey	11	RACE JHB	29/11/2024 CGA Championships 2024
40	45.89	L	F	Colleen McQueen	11	BLSS MAN	10/08/2024 Kovsies Gala 1
41	45.96	L	P	Olivia Kruger	11	PLAY CED	05/12/2024 Western Cape LC-A Championship 2024
42	46.02	L	F	Grace Johns	11	OHAN ILD	25/01/2025 uShaka Champs 2025
43	46.09	L	F	Ella Voysey	11	VINE CPT	02/11/2024 CTA A & B CHAMPS 2024
44	46.15	L	F	Marli Strydom	11	QUIC CPT	02/11/2024 CTA A & B CHAMPS 2024
45	46.23	L	F	Bukata Mwanza	11	ESP EKU	01/02/2025 EGA Last Chance Gala
46	46.29	L	F	Ashlynn Shaw	11	PAC TSH	13/09/2024 NTS September Age Group 2024
47	46.32	L	F	Milla Da Silva	11	CA EKU	01/02/2025 EGA Last Chance Gala
48	46.39	L	F	Lienke Bester	11	HREF BPD	07/12/2024 NWS Championships 2024
49	46.42	L	F	Cara Hill	11	OHAN ILD	25/01/2025 uShaka Champs 2025
50	46.45	L	F	Samantha Wilson	11	INFA NMA	17/10/2024 43rd Freda Barnard Invitational Gala
51	46.46	L	F	Gabrielle Brooks	11	INFA NMA	17/10/2024 43rd Freda Barnard Invitational Gala
52	46.60	L	F	Janel Van der Merwe	11	UNI EZD	29/11/2024 Mpumalanga Championships 2024
53	46.66	L	F	Mika Pelser	11	OLDE JHB	29/11/2024 CGA Championships 2024
54	46.72	L	P	Tamika Abbey	11	PER JHB	29/11/2024 CGA Championships 2024
55	46.85	L	P	Jessica Caldeira	11	CRSC JHB	29/11/2024 CGA Championships 2024
56	46.93	L	F	Simone Zoutendyk	11	RBOT BPD	07/12/2024 NWS Championships 2024
57	47.02	L	P	Sienna Syrett	11	QUES JHB	29/11/2024 CGA Championships 2024
58	47.07	L	P	Xia Jacobs	11	WSTV ETH	02/07/2024 Prestige Tournament 2024
59	47.12	L	P	Scarlett Garassino	11	SASE JHB	29/11/2024 CGA Championships 2024
60	47.18	L	F	Sophia Duggan	11	PEAS NMA	15/06/2024 PEA Winter Gala 2024
61	47.23	L	F	Zanli Le Roux	11	AGAQ OBD	17/10/2024 43rd Freda Barnard Invitational Gala
62	47.26	L	F	Mieke Steinbach	11	NWUC KKD	07/12/2024 NWS Championships 2024
63	47.27	L	P	Jada Hendricks	11	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
64*	47.28	L	F	Maria Geysler	11	LSBOS WB	01/02/2025 Limpopo School Champs & Limpopo AG
64*	47.28	L	F	Naomi Mahlangu	11	BLMA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
66	47.47	L	F	Reatile Ntidi	11	NWUC KKD	07/12/2024 NWS Championships 2024
67	47.60	L	F	Rachel Thompson	11	PSC TSH	13/09/2024 NTS September Age Group 2024
68	47.61	L	F	Annabelle Ras	11	QUIC CPT	17/10/2024 43rd Freda Barnard Invitational Gala
69	47.67	L	F	Ella Johnson	11	SAAW CPT	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
70	47.70	L	F	Miané Prinsloo	11	LPTBO CCD	02/11/2024 Limpopo LS - Top 8 skole 2024
71	47.96	L	F	Emma Gutsche	11	POLSC CCD	29/11/2024 Limpopo Champs 2024
72*	47.99	L	F	Rachel De Fleuriot	11	SEALE ETH	25/01/2025 uShaka Champs 2025
72*	47.99	L	P	Catherine Couch	11	QUES JHB	29/11/2024 CGA Championships 2024
74	48.03	L	F	Hannah Raphaela Morgado	11	CSA EZD	29/11/2024 Mpumalanga Championships 2024
75	48.10	L	F	Rorisang Monareng	11	BLNE MAN	04/12/2024 Free State Champs 2024
76	48.11	L	F	Shalom Mtileni	11	UNIU EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
77*	48.24	L	F	Leah Schemel	11	HARL BUF	22/11/2024 BCA Long Course Championships 2024
77*	48.24	L	P	Hope Churchman	11	SEALE ETH	02/07/2024 Prestige Tournament 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
79	48.28 L	F	Chantel Van der Linde	11	VHD ZLD	25/01/2025	uShaka Champs 2025
80	48.30 L	F	Riley Sanders	11	HPS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
81	48.32 L	F	Lheané Du Plessis	11	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
82*	48.35 L	F	Miane Bendeman	11	LSPHA MP	02/11/2024	Limpopo LS - Top 8 skole 2024
82*	48.35 L	F	Daniella Louw	11	BLOT MAN	11/10/2024	Otters Prestige Gala 2024
84	48.37 L	F	Lize Beyers	11	AGAQ OBD	17/10/2024	43rd Freda Barnard Invitational Gala
85	48.56 L	F	Mienke Kemp	11	TNDER FDD	04/12/2024	Free State Champs 2024
86	48.58 L	F	Mamoso Ramokgopa	11	TKS WBD	29/11/2024	Limpopo Champs 2024
87*	48.62 L	F	Keyla Douglas	11	ROA EDD	17/08/2024	Madibaz Swim Meet 2024
87*	48.62 L	F	Mariane Labuschagne	11	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
87*	48.62 L	F	Anzel Smit	11	EXP FSH	13/09/2024	NTS September Age Group 2024
90	48.63 L	F	Alexi Dandoulakis	11	CA EKU	01/02/2025	EGA Last Chance Gala
91	48.67 L	F	Jana Serdyn	11	INFA NMA	31/01/2025	Infinity Gala 2025
92	48.79 L S	F	Lisasa Faltein	11	PEAS NMA	17/01/2025	6th A League Gala 2025
93	48.81 L	F	Yamakhuze Loni	11	INFA NMA	17/10/2024	43rd Freda Barnard Invitational Gala
94	48.83 L	F	Tayla Scheepers	11	RFA FSH	01/02/2025	EGA Last Chance Gala
95*	48.86 L	F	Siphwosethu Sikhakhane	11	AZON ETH	25/01/2025	uShaka Champs 2025
95*	48.86 L	F	Sophia Ebrahim	11	ESP EKU	01/02/2025	EGA Last Chance Gala
97	48.93 L	F	Taylynn Boshoff	11	USC BUF	13/12/2024	NMBA Championships 2024
98	48.95 L	F	Hayden Perrins	11	GREY CPT	02/11/2024	CTA A & B CHAMPS 2024
99	48.98 L	F	Nduvho Rabambi	11	BULS MAN	04/12/2024	Free State Champs 2024
100	49.04 L	F	Miele' Loftus	11	BULS MAN	01/02/2025	Heidedal & Sentraal Galal
101	49.07 L	F	Katherine Van Zyl	11	CPSC FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
102	49.12 L	F	Liné Schoeman	11	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
103	49.14 L	F	Pia Swanepoel	11	ASAC CPT	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
104	49.26 L	F	Amber Spence	11	ELEC FSH	13/09/2024	NTS September Age Group 2024
105	49.32 L	P	Annabella Venter	11	VRC FSH	29/11/2024	CGA Championships 2024
106*	49.38 L	F	Olivia Berry	11	BEST NMA	31/01/2025	Infinity Gala 2025
106*	49.38 L	F	Kyla Coetzee	11	TUKS FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
108*	49.46 L	F	Jaime-Lynn Vermeulen	11	HARL BUF	22/11/2024	BCA Long Course Championships 2024
108*	49.46 L	F	Sophie Kretzmann	11	USC BUF	13/12/2024	NMBA Championships 2024
110	49.55 L S	P	Kamila Mohapi	11	ESTR EKU	05/12/2024	EGA Summer Championships
111	49.76 L	P	Kyla Short	11	MDOL JHB	29/11/2024	CGA Championships 2024
112	49.77 L	F	Layla Palframan	11	SEAL UMD	25/01/2025	uShaka Champs 2025
113	49.82 L	F	Zia-Bella Engelbrecht	11	HTSA CPT	02/11/2024	CTA A & B CHAMPS 2024
114	49.83 L	F	Märta Fogelström	11	TUKS FSH	13/09/2024	NTS September Age Group 2024
115	49.84 L	P	Darshana Pillay	11	MDOL JHB	29/11/2024	CGA Championships 2024
116	49.85 L	P	Ella Arnold	11	SASE JHB	29/11/2024	CGA Championships 2024
117	49.94 L	F	Zane Kroon	11	AGAQ OBD	09/11/2024	Swartland Prestige Gala 2024
118	49.99 L	P	Zahraa Essack	11	ATLA JHB	29/11/2024	CGA Championships 2024
119	50.07 L S	P	Khera Murray	11	H2O EKU	05/12/2024	EGA Summer Championships
120	50.09 L	F	Hiranya Moodley	11	USH KCD	25/01/2025	uShaka Champs 2025
121	50.15 L	F	Izelda Meyer	11	VHD ZLD	07/12/2024	Stingrays Champs 2024
122	50.18 L S	P	Kyleigh Shelton	11	ESTR EKU	05/12/2024	EGA Summer Championships
123	50.21 L	F	Mila Geldenhuys	11	LPTBO CCD	01/02/2025	Limpopo School Champs & Limpopo AG
124	50.24 L	P	Aiva Van der Zandt	11	STAR BPD	07/12/2024	NWS Championships 2024
125	50.38 L	F	Anneke Van Niekerk	11	LSJM SKD	02/11/2024	Limpopo LS - Top 8 skole 2024
126	50.39 L	F	Isabella Van Breda	11	NWUC KKD	07/12/2024	NWS Championships 2024
127	50.54 L	F	Marni Snyman	11	ELRAS WBD	29/11/2024	Limpopo Champs 2024
128	50.59 L	F	Saarah De Maine	11	PEAS NMA	17/08/2024	Madibaz Swim Meet 2024
129	50.69 L	F	Alexia Botha	11	KALA	15/11/2024	AGE GROUP 2 KATHU 2024
130	50.73 L	P	Bailey Maralik	11	PER JHB	29/11/2024	CGA Championships 2024
131	50.78 L	F	Mia (B) Venter	11	AWIN FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
132	50.80 L	F	Olivia Odendaal	11	HPS FSH	13/09/2024	NTS September Age Group 2024
133	50.86 L	P	Mika Vd Merwe	11	AWSC JHB	29/11/2024	CGA Championships 2024
134	50.94 L	F	Lebogang Maredi	11	SS MPD	29/11/2024	Limpopo Champs 2024
135	51.18 L	F	Alexi Claassen	11	TUKS FSH	13/09/2024	NTS September Age Group 2024
136	51.34 L	F	Emma Ranger	11	USC BUF	22/11/2024	BCA Long Course Championships 2024
137	51.35 L	F	Amahle Mdlalose	11	CSC FSH	13/09/2024	NTS September Age Group 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
138	51.36	L	F	Danika Steyn	11	KSC EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
139	51.45	L	F	Amani Sausi	11	AZON ETH	25/01/2025 uShaka Champs 2025
140	51.46	L S	F	Abigail Wilson	11	TYGE CPT	21/09/2024 CTA INVITATIONAL LC MEET
141	51.60	L	F	Courtney Grant	11	ACES ETH	02/07/2024 Prestige Tournament 2024
142	51.67	L	F	Alessia Barthus	11	MANT CPT	02/11/2024 CTA A & B CHAMPS 2024
143	51.69	L	F	Ava Stevens	11	USC BUF	22/11/2024 BCA Long Course Championships 2024
144*	51.71	L	F	Jane Tredoux	11	BLNE MAN	04/12/2024 Free State Champs 2024
144*	51.71	L S	P	Rachel Saltzman	11	ESTR EKU	05/12/2024 EGA Summer Championships
146*	51.78	L	F	Janel Van der Merwe	11	PRA GSD	25/01/2025 uShaka Champs 2025
146*	51.78	L	F	Chelsey Crossman	11	BLSS MAN	31/08/2024 Seals Gala
146*	51.78	L	F	Hanaan Hendricks	11	TYGE CPT	09/11/2024 Winelands SL4
149	51.93	L	F	Emily Fryer	11	TUKS TSH	13/09/2024 NTS September Age Group 2024
150	51.98	L	P	Carla Fourie	11	CSA EZD	29/11/2024 Mpumalanga Championships 2024
151	52.15	L	F	Skylin Koupis	11	BLOT MAN	04/12/2024 Free State Champs 2024
152	52.17	L	F	Mia Ciampi	11	TUKS TSH	13/09/2024 NTS September Age Group 2024
153	52.23	L	F	Ella Niven	11	UNI EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
154	52.29	L	F	Mari Haasbroek	11	EXP TSH	01/02/2025 EGA Last Chance Gala
155	52.34	L	F	Zaan Van Goeverden	11	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
156	52.71	L	F	Morgan Baard	11	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
157	52.73	L	F	Vida Olivier	11	BLNE MAN	01/02/2025 Heidedal & Sentraal Galal
158	52.83	L S	F	Alexia Tranter	11	SSISA CPT	21/09/2024 CTA INVITATIONAL LC MEET
159	52.86	L	F	Gia Collen	11	CPSC TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
160	52.90	L	F	Mari-Hane Visser	11	KALA	19/10/2024 NCASA AGE GROUP 1 KATHU 2024
161	52.96	L	F	Kate Pieterse	11	PEAS NMA	17/10/2024 43rd Freda Barnard Invitational Gala
162	53.03	L	F	Amy Freeman	11	NAE EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
163	53.22	L	F	Lily Marais	11	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
164	53.27	L	F	Paige Oliphant	11	PAC TSH	13/09/2024 NTS September Age Group 2024
165	53.28	L	F	Lana Coetzee	11	QUIC CPT	09/11/2024 Swartland Prestige Gala 2024
166	53.32	L	F	Emma Arendse	11	MANT CPT	02/11/2024 CTA A & B CHAMPS 2024
167	53.40	L S	F	Ashley Du Randt	11	TYGE CPT	21/09/2024 CTA INVITATIONAL LC MEET
168	53.42	L	P	Zeney De Beer	11	CSA EZD	29/11/2024 Mpumalanga Championships 2024
169	53.47	L	F	Jeanine Goosen	11	BLNE MAN	01/02/2025 Heidedal & Sentraal Galal
170	53.59	L	F	Kgalalelo Makoloi	11	AZON ETH	25/01/2025 uShaka Champs 2025
171	53.63	L	F	Chloe Timperley	11	TRAZ TSH	13/09/2024 NTS September Age Group 2024
172	53.68	L	F	Danika Brynard	11	STSC KCD	01/02/2025 KCDA Age Group 4 2024
173	53.72	L	P	Thalia Breedt	11	KSC EZD	29/11/2024 Mpumalanga Championships 2024
174	53.74	L	P	Lika Baird	11	HREF BPD	07/12/2024 NWS Championships 2024
175	53.89	L	F	Keira Lin	11	CYBE CPT	02/11/2024 CTA A & B CHAMPS 2024
176	53.98	L	F	Cayla van Zyl	11	AWIN TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
177	54.08	L	F	Nissi Mtetwa	11	WWOL TSH	13/09/2024 NTS September Age Group 2024
178	54.14	L	F	Kayla-Anne Walker	11	CYBE CPT	02/11/2024 CTA A & B CHAMPS 2024
179	54.17	L	P	Lianka Spies	11	HARB BPD	07/12/2024 NWS Championships 2024
180	54.20	L	F	Mieke Jordaan	11	KTS	19/10/2024 NCASA AGE GROUP 1 KATHU 2024
181	54.25	L S	F	Jessieka Faul	11	ASAC CPT	21/09/2024 CTA INVITATIONAL LC MEET
182*	54.34	L	F	Tanya Loots	11	TYGE CPT	02/11/2024 CTA A & B CHAMPS 2024
182*	54.34	L	F	Roxanne Hautmann	11	RBUR BPD	23/11/2024 NWS Age Group 3 + 4 2024
184	54.37	L	F	Heili Van Heerden	11	BETH FDD	04/12/2024 Free State Champs 2024
185	54.39	L	F	Mihanka vd Bank	11	CUHE OBD	17/10/2024 43rd Freda Barnard Invitational Gala
186	54.41	L	F	Tatum Adams	11	PAQU CED	09/11/2024 Winelands SL4
187	54.43	L	F	Ava van der Mescht	11	DESA NMA	31/01/2025 Infinity Gala 2025
188	54.44	L	F	Mercedes Jaftha	11	MANT CPT	09/11/2024 Swartland Prestige Gala 2024
189	54.46	L	P	Marlien Nell	11	HREF BPD	07/12/2024 NWS Championships 2024
190	54.66	L	P	Kayden Jack	11	PER JHB	29/11/2024 CGA Championships 2024
191	54.76	L	F	Yolayne Aucamp	11	TNDER FDD	04/12/2024 Free State Champs 2024
192	54.77	L	F	Emily Van t Slot	11	BLMA CPT	02/11/2024 CTA A & B CHAMPS 2024
193	54.84	L	F	Lerina Thomas	11	SWAR WCD	09/11/2024 Swartland Prestige Gala 2024
194	54.88	L S	P	Melissa Kleynhans	11	PGAC EKU	05/12/2024 EGA Summer Championships
195	54.91	L S	P	Murunwa Thidiela	11	MAKO EKU	05/12/2024 EGA Summer Championships
196	54.93	L	F	Nienke Eksteen	11	VALS FDD	02/11/2024 Heidedal



### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
197	55.02 L	F	Aishah Bingudza	11	NGU TSH	13/09/2024	NTS September Age Group 2024
198	55.04 L	F	Taeya Roper	11	HPS TSH	13/09/2024	NTS September Age Group 2024
199	55.05 L	F	Mariandi Bredenkamp	11	BS LLD	04/12/2024	Free State Champs 2024
200	55.12 L	F	Tlotlotsame Makatiers	11	RBOT BPD	23/11/2024	NWS Age Group 3 + 4 2024
201	55.20 L	F	Kenzie Du Preez	11	PEAS NMA	15/06/2024	PEA Winter Gala 2024
202	55.25 L	F	Marné Truter	11	TKS WBD	29/11/2024	Limpopo Champs 2024
203*	55.31 L	F	Riandi Muller	11	INFA NMA	13/12/2024	NMBA Championships 2024
203*	55.31 L	F	Reneilwe Tsunke	11	BLOT MAN	13/09/2024	Pelicans Age Group Gala
205	55.33 L	F	Mieke Smit	11	UNI EZD	29/11/2024	Mpumalanga Championships 2024
206	55.36 L	F	Lienke Rossouw	11	LALE CED	09/11/2024	Winelands SL4
207	55.45 L S	P	Beersheba Negash	11	BARA EKU	05/12/2024	EGA Summer Championships
208	55.56 L	F	Kethelo Mkhize	11	USH KCD	09/11/2024	KCDA Age Goup 2 2024
209	55.57 L	F	Hayley Liedeman	11	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
210	55.59 L S	P	Tiisetso Makhatho	11	ESP EKU	05/12/2024	EGA Summer Championships
211	55.68 L	F	Lacey Hodgkinson	11	SWIFT EKU	01/02/2025	EGA Last Chance Gala
212	55.95 L	P	Mieke Moolman	11	UNI EZD	29/11/2024	Mpumalanga Championships 2024
213	56.10 L	F	Elmine Opperman	11	KTS	05/10/2024	FLAMINGO GALA OCT 2024
214	56.20 L S	P	Rachel Johnson	11	BARA EKU	05/12/2024	EGA Summer Championships
215	56.38 L	F	Leah Vos	11	CSA EZD	29/11/2024	Mpumalanga Championships 2024
216	56.44 L	F	Zaida Hendricks	11	WALM CPT	02/11/2024	CTA A & B CHAMPS 2024
217	56.58 L	F	Adrienne Meiring	11	PEAS NMA	17/10/2024	43rd Freda Barnard Invitational Gala
218	56.65 L	F	Ditebogo Pheeha	11	PEPPS CCD	01/02/2025	Limpopo School Champs & Limpopo AG
219	56.77 L	F	Grizelda Janse van Rensburg	11	NWUC KKD	23/11/2024	NWS Age Group 3 + 4 2024
220	56.88 L	F	Elsa Massawe	11	CA EKU	01/02/2025	EGA Last Chance Gala
221	57.00 L	F	Wyllow Halse	11	USC BUF	22/11/2024	BCA Long Course Championships 2024
222	57.01 L	F	Kagiso Motuku	11	PGAC EKU	01/02/2025	EGA Last Chance Gala
223	57.08 L	F	Eliana Woldemariam	11	TUKS TSH	20/11/2024	Crusaders Night Gala 1
224	57.12 L	F	Lisa Meyer	11	PRA GSD	25/01/2025	uShaka Champs 2025
225	57.24 L	F	Leah Brand	11	KNYA EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
226*	57.35 L	F	Machayda Titus	11	MARL CPT	09/11/2024	Swartland Prestige Gala 2024
226*	57.35 L	F	Janelle Coertze	11	VRC TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
228	57.43 L	F	Nicola Nysschen	11	KTS	15/11/2024	AGE GROUP 2 KATHU 2024
229	57.62 L	F	Rita Rouillard	11	PSA ZLD	26/10/2024	Froggies Aquatics Championships 2024
230	57.83 L	F	Lynette Rust	11	RFA TSH	13/09/2024	NTS September Age Group 2024
231	57.86 L	P	Kari Moolman	11	UNI EZD	29/11/2024	Mpumalanga Championships 2024
232	57.89 L	F	Rebecca Osler	11	VINE CPT	02/11/2024	CTA A & B CHAMPS 2024
233	58.00 L	P	Retshepile Phalafala	11	MDOL JHB	29/11/2024	CGA Championships 2024
234	58.25 L	F	Basse Molai	11	BULS MAN	06/09/2024	Bull Sharks Annual Gala
235	58.40 L	F	Dané Combrinck	11	TUKS TSH	13/09/2024	NTS September Age Group 2024
236	58.41 L S	P	Emilie Botha	11	JAQ EKU	05/12/2024	EGA Summer Championships
237	58.42 L	F	Courtney Ferguson	11	PEAS NMA	14/09/2024	3rd A League Gala 2024
238*	58.45 L	F	Leila Burden	11	BARR CPT	09/11/2024	Swartland Prestige Gala 2024
238*	58.45 L	F	Jenna Leppan	11	AZON ETH	25/01/2025	uShaka Champs 2025
240	58.76 L	F	Lize-Mari Cloete	11	BS LLD	25/10/2024	Neptunes Gala
241	58.84 L	F	Noorjhan Samie	11	MANT CPT	09/11/2024	Swartland Prestige Gala 2024
242	58.97 L	P	Ava Candiotes	11	HREF BPD	07/12/2024	NWS Championships 2024
243	59.09 L	F	Leah Kuisis	11	SS MPD	29/11/2024	Limpopo Champs 2024
244	59.48 L	F	Izeldi Van Niekerk	11	DOLFI MPD	29/11/2024	Limpopo Champs 2024
245	59.92 L	F	Maria De Klerk	11	BS LLD	01/02/2025	Heidedal & Sentraal Galal
246	1:00.08 L	F	Khloe Mesquita	11	ANAX CPT	09/11/2024	Swartland Prestige Gala 2024
247	1:00.16 L S	F	Mila Schutte	11	BARR CPT	21/09/2024	CTA INVITATIONAL LC MEET
248	1:00.21 L	F	Alexei Slabbert	11	ASAC CPT	02/11/2024	CTA A & B CHAMPS 2024
249	1:00.35 L	F	Jaydine Fortein	11	CSA EZD	01/11/2024	MP AGE GROUP 3 1-2 NOV 2024
250	1:00.41 L	F	Roxanne Coetzee	11	HREF BP	09/11/2024	NWS Age Group 1 & 2 2024
251	1:00.66 L	F	Jorja Petschel	11	HARL BUF	25/01/2025	BCA January Age Group Gala 2025
252	1:01.00 L	F	Dhakiya Peters	11	WALM CPT	02/11/2024	CTA A & B CHAMPS 2024
253	1:01.06 L	F	Cayla Senekal	11	TKS WBD	29/11/2024	Limpopo Champs 2024
254	1:01.10 L	F	Michaela Kröger	11	BARR CPT	02/11/2024	CTA A & B CHAMPS 2024
255	1:01.11 L	F	Tshegofatso Kwadjo	11	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
256	1:01.18	L	F	Harley Knudsen	11	PGAC	EKU	01/02/2025	EGA Last Chance Gala
257	1:01.80	L	F	Emma McCallum	11	USC	BUF	22/11/2024	BCA Long Course Championships 2024
258	1:01.90	L	F	Emily Henry	11	CA	EKU	12/10/2024	EGA Summer 2
259	1:02.09	L	F	Mckenzie Adams	11	WEST	CPT	09/11/2024	Swartland Prestige Gala 2024
260	1:02.15	L	F	Larique Pretorius	11	KTS		15/11/2024	AGE GROUP 2 KATHU 2024
261	1:02.21	L	F	Nika Loots	11	PELIC	MAN	04/12/2024	Free State Champs 2024
262	1:02.61	L	F	Anje Louw	11	QUIC	CPT	09/11/2024	Swartland Prestige Gala 2024
263	1:02.80	L S	P	Abigail Van der Westhuizen	11	CA	EKU	05/12/2024	EGA Summer Championships
264	1:02.97	L	F	Zoe Joanides	11	BLNE	MAN	13/09/2024	Pelicans Age Group Gala
265	1:02.99	L	F	Emme Wessels	11	BETH	FDD	04/12/2024	Free State Champs 2024
266	1:03.00	L	F	Leane Van Zyl	11	PSA	ZLD	26/10/2024	Froggies Aquatics Championships 2024
267	1:03.07	L	F	Lilly-Anne Benade	11	LSBOS	WB	01/02/2025	Limpopo School Champs & Limpopo AG
268	1:03.99	L	F	Mianke Lubbe	11	GHSK		05/10/2024	FLAMINGO GALA OCT 2024
269	1:04.02	L	F	Atipa-Ishe Mubuyayi	11	AQUA	BUF	22/11/2024	BCA Long Course Championships 2024
270	1:04.04	L	F	Katia Cerone	11	HAAG	UTD	12/10/2024	Uthukela District Age Group Gala
271	1:04.09	L	F	Morgan-Jane Moolman	11	MANT	CPT	09/11/2024	Swartland Prestige Gala 2024
272	1:04.55	L	F	Cleo Julius	11	KALA		05/10/2024	FLAMINGO GALA OCT 2024
273	1:04.89	L	F	Juliana Goncalves	11	ELRAS	WBD	29/11/2024	Limpopo Champs 2024
274	1:05.58	L	F	Cara van Wyk	11	BARR	CPT	17/10/2024	43rd Freda Barnard Invitational Gala
275	1:06.93	L	F	Isabella Van Rooyen	11	RFA	FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
276	1:07.60	L	F	Emma Canham	11	PELIC	MAN	01/02/2025	Heidedal & Sentraal Galal
277	1:07.83	L	F	Relebohile Maduna	11	PELIC	MAN	25/10/2024	Neptunes Gala
278	1:07.90	L S	F	Mpho Kutumane	11	UWCA	CPT	21/09/2024	CTA INVITATIONAL LC MEET
279	1:08.31	L S	P	Mia Schraader	11	SOUL	EKU	05/12/2024	EGA Summer Championships
280	1:08.52	L	F	Tshilidzi Rakhumba	11	TUKS	FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
281	1:08.80	L	F	Emily Marais	11	KNYA	EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
282	1:08.89	L	F	Khanyisa Mqoke	11	WELA	LLD	25/10/2024	Neptunes Gala
283	1:09.39	L	F	Khumo Goeieman	11	KALA		15/11/2024	AGE GROUP 2 KATHU 2024
284	1:09.79	L	F	Relebohile Khaoletsa	11	PELIC	MAN	04/12/2024	Free State Champs 2024
285	1:11.02	L S	F	Amy Cloete	11	UWCA	CPT	21/09/2024	CTA INVITATIONAL LC MEET
286	1:11.53	L	F	Ava Koortzen	11	FAAC		19/10/2024	NCASA AGE GROUP 1 KBY 2024
287	1:14.73	L	F	Leandi Van der Westhuizen	11	QSAW	CED	09/11/2024	Swartland Prestige Gala 2024
288	1:14.78	L	F	Tshegofa Tau	11	CPSC	FSH	13/09/2024	NTS September Age Group 2024
289	1:15.46	L	F	Okuhle Zungu	11	USH	KCD	25/01/2025	uShaka Champs 2025
290	1:15.90	L	F	Anke Pretorius	11	STELL	RMD	23/11/2024	NWS Age Group 3 + 4 2024
291	1:16.12	L	F	Hyla-Louise Pennells	11	TUKS	FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
292	1:18.29	L	F	Lwandisiwe Siqwede	11	SRAY	BUF	22/11/2024	BCA Long Course Championships 2024
293	1:22.20	L	F	Elizabeth Calitz	11	CUHE	OBD	09/11/2024	Swartland Prestige Gala 2024
294	1:23.27	L	F	Thembaletu Zulu	11	FRA	KCD	26/10/2024	Froggies Aquatics Championships 2024
295	1:36.62	L	F	Botshelo Rampana	11	PELIC	MAN	13/09/2024	Pelicans Age Group Gala
<b>Women 11-11 100 Breast</b>									
1	1:26.66	L	F	Mackenzie Raffle	11	CA	EKU	05/12/2024	EGA Summer Championships
2	1:29.82	L	F	Sophia Hutchison	11	NC	FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
3	1:30.06	L	F	Ineke Van Maarleveld	11	LPTBO	CCD	01/02/2025	Limpopo School Champs & Limpopo AG
4	1:30.82	L	F	Ella Johnson	11	SAAW	CPT	05/12/2024	Western Cape LC-A Championship 2024
5	1:30.97	L	F	Olivia Geldart	11	INFA	NMA	13/12/2024	NMBA Championships 2024
6	1:30.99	L	F	Mila Hinteregger	11	CA	EKU	05/12/2024	EGA Summer Championships
7	1:31.22	L	F	Hayley Greyvenstein	11	USC	BUF	22/11/2024	BCA Long Course Championships 2024
8	1:32.35	L	F	Alexis Kalapac	11	SLAQ	CPT	05/12/2024	Western Cape LC-A Championship 2024
9	1:32.62	L	F	Kathryn Nolan	11	MDOL	JHB	10/01/2025	2024 Grand Prix Invitation Swimming
10	1:32.69	L	F	Lara Van Veelen	11	LSDWK	MPD	01/02/2025	Limpopo School Champs & Limpopo AG
11	1:32.91	L	F	Isabella Knight	11	WATR	JHB	29/11/2024	CGA Championships 2024
12	1:33.78	L	F	Mambay Banza	11	UNI	EZD	10/01/2025	2024 Grand Prix Invitation Swimming
13	1:34.24	L	F	Sophie Chiang	11	WATR	JHB	29/11/2024	CGA Championships 2024
14	1:34.96	L	P	Olivia Normington	11	XCEL	CPT	05/12/2024	Western Cape LC-A Championship 2024
15	1:35.21	L	P	Leah Dabrowski	11	BLMA	CPT	05/12/2024	Western Cape LC-A Championship 2024
16	1:35.43	L	F	Laila van Antwerpen	11	PAC	FSH	13/09/2024	NTS September Age Group 2024
17	1:36.16	L	F	Xia Jacobs	11	WSTV	ETH	02/07/2024	Prestige Tournament 2024
18	1:36.23	L	F	Taylor-Rose Botes	11	CA	EKU	18/01/2025	EGA Summer 5

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
19	1:36.25	L	P	Annebelle Botha	11	PER JHB	29/11/2024 CGA Championships 2024
20	1:36.27	L	F	Jua Jonker	11	POTC KKD	07/12/2024 NWS Championships 2024
21	1:36.77	L	F	Lheané Du Plessis	11	EDA ED	11/01/2025 EDEN INTER DISTRICT PRESTIGE
22	1:36.85	L	P	Alivia Nel	11	CRSC JHB	29/11/2024 CGA Championships 2024
23	1:36.98	L	F	Jada Hendricks	11	TYGE CPT	09/11/2024 Winelands SL4
24	1:37.51	L	F	Isabel Smith	11	HARL BUF	31/01/2025 Infinity Gala 2025
25	1:37.59	L	F	Hannah Stearn	11	NMBA NM	11/01/2025 EDEN INTER DISTRICT PRESTIGE
26	1:38.22	L S	F	Milani Butau	11	BEST NMA	17/01/2025 6th A League Gala 2025
27	1:38.23	L	F	Sophia Duggan	11	PEAS NMA	16/11/2024 5th A League Gala 2024
28	1:38.31	L S	F	Marli Strydom	11	QUIC CPT	02/11/2024 CTA A & B CHAMPS 2024
29	1:38.68	L	F	Zia Habib	11	MDOL JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
30	1:38.84	L S	F	Gianna Onkruid	11	UWCA CPT	02/11/2024 CTA A & B CHAMPS 2024
31	1:38.92	L	P	Saskia Gilligan	11	BLMA CPT	05/12/2024 Western Cape LC-A Championship 2024
32	1:38.98	L	F	Jessica Steyn	11	VHD ZLD	25/01/2025 uShaka Champs 2025
33	1:39.21	L	F	Leandi Liebenberg	11	SS MPD	29/11/2024 Limpopo Champs 2024
34	1:39.41	L	F	Bria Ahmed	11	VINE CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
35	1:39.58	L	F	Miane Bendeman	11	LSPHA MP	01/02/2025 Limpopo School Champs & Limpopo AG
36	1:39.64	L	F	Leah Schemel	11	HARL BUF	22/11/2024 BCA Long Course Championships 2024
37	1:39.79	L	F	Gianna Olivier	11	PAQU CED	17/10/2024 43rd Freda Barnard Invitational Gala
38	1:39.81	L S	F	Ella Voysey	11	VINE CPT	02/11/2024 CTA A & B CHAMPS 2024
39	1:40.01	L	F	Sisanda Palframan	11	SEAL UMD	26/10/2024 Froggies Aquatics Championships 2024
40	1:40.23	L	F	Mawande Makumbe	11	TUKS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
41	1:40.30	L	P	Ashley Cilliers	11	WATR JHB	29/11/2024 CGA Championships 2024
42	1:40.69	L	F	Lienke Bester	11	HREF BPD	07/12/2024 NWS Championships 2024
43	1:40.81	L	F	Grace Johns	11	OHAN ILD	25/01/2025 uShaka Champs 2025
44	1:41.03	L	P	Lefei Li	11	WATR JHB	29/11/2024 CGA Championships 2024
45*	1:41.17	L	P	Cayleigh Knott	11	ASAC CPT	05/12/2024 Western Cape LC-A Championship 2024
45*	1:41.17	L	F	Tshegofatso Moabelo	11	BAS EKU	18/01/2025 EGA Summer 5
47	1:41.22	L	F	Ané Venter	11	EDA ED	11/01/2025 EDEN INTER DISTRICT PRESTIGE
48	1:41.28	L	F	Kyra Du Preez	11	USC BUF	31/01/2025 Infinity Gala 2025
49	1:41.35	L S	F	Annabelle Ras	11	QUIC CPT	02/11/2024 CTA A & B CHAMPS 2024
50	1:41.57	L	P	Makayla Stoltz	11	PER JHB	29/11/2024 CGA Championships 2024
51	1:41.84	L	F	Suhanna White	11	AQUA UTD	11/01/2025 Uthukela District Age Group Gala
52	1:42.35	L	F	Colleen McQueen	11	BLSS MAN	25/10/2024 Neptunes Gala
53	1:42.73	L	F	Hannah Raphaela Morgado	11	CSA EZD	29/11/2024 Mpumalanga Championships 2024
54	1:42.78	L	P	Sienna Syrett	11	QUES JHB	29/11/2024 CGA Championships 2024
55	1:42.89	L	F	Samantha Wilson	11	INFA NMA	17/10/2024 43rd Freda Barnard Invitational Gala
56	1:42.95	L	F	Mika Pelsler	11	OLDE JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
57	1:43.00	L	F	Zanli Le Roux	11	AGAQ OBD	09/11/2024 Swartland Prestige Gala 2024
58	1:43.03	L	P	Hope Churchman	11	SEALE ETH	02/07/2024 Prestige Tournament 2024
59	1:43.24	L	F	Miané Prinsloo	11	ACAQ CCD	12/10/2024 Limpopo Age Group 4
60	1:43.46	L	F	Simone Zoutendyk	11	RBOT BPD	07/12/2024 NWS Championships 2024
61	1:43.47	L S	F	Zia-Bella Engelbrecht	11	HTSA CPT	02/11/2024 CTA A & B CHAMPS 2024
62	1:43.63	L	F	Ava Du Preez	11	BEAV ETH	25/01/2025 uShaka Champs 2025
63	1:43.87	L	F	Katherine Van Zyl	11	CPSC TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
64	1:43.96	L	F	Gabrielle Brooks	11	INFA NMA	13/12/2024 NMBA Championships 2024
65	1:43.98	L	F	Janel Van der Merwe	11	UNI EZD	29/11/2024 Mpumalanga Championships 2024
66	1:44.12	L	P	Scarlett Garassino	11	SASE JHB	29/11/2024 CGA Championships 2024
67	1:44.22	L	F	Emma Gutsche	11	POLSC CCD	29/11/2024 Limpopo Champs 2024
68	1:44.24	L	F	Cara Hill	11	OHAN ILD	25/01/2025 uShaka Champs 2025
69	1:44.27	L	F	Chelsey Crossman	11	BLSS MAN	04/12/2024 Free State Champs 2024
70*	1:44.29	L	F	Milla Da Silva	11	CA EKU	01/02/2025 EGA Last Chance Gala
70*	1:44.29	L	F	Hester Janse van Rensburg	11	NWUC KKD	07/12/2024 NWS Championships 2024
72	1:44.35	L	F	Myra Bailey	11	RACE JHB	29/11/2024 CGA Championships 2024
73	1:44.37	L S	F	Hayden Perrins	11	GREY CPT	02/11/2024 CTA A & B CHAMPS 2024
74	1:44.51	L	F	Tayla Scheepers	11	RFA TSH	13/09/2024 NTS September Age Group 2024
75	1:44.59	L S	F	Pia Swanepoel	11	ASAC CPT	02/11/2024 CTA A & B CHAMPS 2024
76	1:44.63	L	F	Ashlynn Shaw	11	PAC TSH	13/09/2024 NTS September Age Group 2024
77	1:44.64	L	F	Racquelle Saporta	11	INFA NMA	14/09/2024 3rd A League Gala 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
78	1:45.29	L	F	Naomi Mahlangu	11	BLMA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
79	1:45.46	L	F	Luze Potgieter	11	PAC TSH	13/09/2024 NTS September Age Group 2024
80	1:46.00	L	F	Tenley Fowler	11	AZON ETH	25/01/2025 uShaka Champs 2025
81	1:46.01	L	P	Arabella Symington	11	ACES ETH	02/07/2024 Prestige Tournament 2024
82	1:46.04	L	F	Anzel Smit	11	EXP TSH	01/02/2025 EGA Last Chance Gala
83	1:46.12	L	F	Bukata Mwanza	11	ESP EKU	01/02/2025 EGA Last Chance Gala
84	1:46.30	L	F	Mamoso Ramokgopa	11	TKS WBD	09/11/2024 Limpopo Age Group 5
85	1:46.42	L	F	Alexi Dandoulakis	11	CA EKU	26/10/2024 Summer 3 Delville
86	1:46.52	L	F	Liné Schoeman	11	FISH EDD	31/01/2025 Infinity Gala 2025
87	1:46.68	L	F	Lize Beyers	11	AGAQ OBD	09/11/2024 Swartland Prestige Gala 2024
88	1:46.78	L	F	Sophia Ebrahim	11	ESP EKU	01/02/2025 EGA Last Chance Gala
89	1:47.05	L	F	Rorisang Monareng	11	BLNE MAN	04/12/2024 Free State Champs 2024
90	1:47.14	L	F	Sydney Kuhn	11	ELEC TSH	13/09/2024 NTS September Age Group 2024
91	1:47.51	L	F	Zane Kroon	11	AGAQ OBD	17/10/2024 43rd Freda Barnard Invitational Gala
92	1:47.61	L	F	Keyla Douglas	11	ROA EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
93	1:47.79	L	F	Lily Sykes	11	TUKS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
94	1:47.80	L	F	Reatile Ntidi	11	NWUC KKD	23/11/2024 NWS Age Group 3 + 4 2024
95	1:47.93	L	F	Maria Geysler	11	LSBOS WB	01/02/2025 Limpopo School Champs & Limpopo AG
96	1:48.18	L	F	Mariane Labuschagne	11	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
97	1:48.26	L	F	Miane Steyn	11	LEGC ETH	01/02/2025 KCDA Age Group 4 2024
98	1:48.29	L	F	Charné De Bruin	11	TUKS TSH	13/09/2024 NTS September Age Group 2024
99	1:48.30	L	F	Shalom Mtileni	11	UNI U EZD	29/11/2024 Mpumalanga Championships 2024
100	1:48.38	L	F	Janel Van der Merwe	11	PRA GSD	25/01/2025 uShaka Champs 2025
101	1:48.41	L	F	Kyla Short	11	MDOL JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
102	1:48.46	L	F	Holly Couzens	11	SGUL ETH	02/07/2024 Prestige Tournament 2024
103*	1:49.07	L	F	Isabella Van Breda	11	NWUC KKD	07/12/2024 NWS Championships 2024
103*	1:49.07	L	P	Alexia Tranter	11	SSISA CPT	05/12/2024 Western Cape LC-A Championship 2024
105	1:49.13	L	F	Mienke Kemp	11	TNDER FDD	25/10/2024 Neptunes Gala
106	1:49.14	L	F	Skyler Muller	11	HARL BUF	22/11/2024 BCA Long Course Championships 2024
107	1:49.28	L	F	Isabel Helberg	11	MDOL JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
108	1:49.32	L	P	Catherine Couch	11	QUES JHB	29/11/2024 CGA Championships 2024
109	1:49.40	L S	F	Beatrisa Kotklier	11	CYBE CPT	02/11/2024 CTA A & B CHAMPS 2024
110*	1:49.46	L	F	Danika Steyn	11	KSC EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
110*	1:49.46	L	F	Sophie Kretzmann	11	USC BUF	13/12/2024 NMBA Championships 2024
112	1:49.76	L	F	Taylynn Boshoff	11	USC BUF	22/11/2024 BCA Long Course Championships 2024
113	1:49.97	L	P	Annabella Venter	11	VRC TSH	29/11/2024 CGA Championships 2024
114	1:50.19	L	F	Ella Niven	11	UNI EZD	29/11/2024 Mpumalanga Championships 2024
115*	1:50.38	L	F	Marni Snyman	11	ELRAS WBD	29/11/2024 Limpopo Champs 2024
115*	1:50.38	L	F	Hiranya Moodley	11	USH KCD	07/12/2024 Stingrays Champs 2024
117	1:50.40	L	F	Chantel Van der Linde	11	VHD ZLD	25/01/2025 uShaka Champs 2025
118	1:50.42	L	F	Alexi Claassen	11	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
119	1:50.62	L S	F	Lisasa Faltein	11	PEAS NMA	17/01/2025 6th A League Gala 2025
120	1:50.84	L	F	Mika Vd Merwe	11	AWSC JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
121	1:50.91	L S	F	Alessia Barthus	11	MANT CPT	02/11/2024 CTA A & B CHAMPS 2024
122	1:51.19	L	F	Ava Stevens	11	USC BUF	22/11/2024 BCA Long Course Championships 2024
123	1:51.23	L	F	Thalia Breedt	11	KSC EZD	29/11/2024 Mpumalanga Championships 2024
124	1:51.70	L	F	Caitlin Byliefeldt	11	MAKO EKU	12/10/2024 EGA Summer 2
125	1:52.17	L	F	Amani Sausi	11	AZON ETH	25/01/2025 uShaka Champs 2025
126	1:52.38	L S	F	Bonaventure Makore	11	ASAC CPT	21/09/2024 CTA INVITATIONAL LC MEET
127	1:52.47	L	F	Mieke Steinbach	11	NWUC KKD	09/11/2024 NWS Age Group 1 & 2 2024
128	1:52.75	L	F	Puleng Masemene	11	ELEC TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
129	1:52.87	L	F	Izelda Meyer	11	VHD ZLD	25/01/2025 uShaka Champs 2025
130	1:52.92	L	F	Amy Freeman	11	NAE EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
131	1:52.97	L	F	Rita Rouillard	11	PSA ZLD	07/12/2024 Stingrays Champs 2024
132	1:52.99	L S	F	Emily Hengst	11	CASC CPT	21/09/2024 CTA INVITATIONAL LC MEET
133	1:53.14	L	F	Emily Van Der Byl	11	USC BUF	13/12/2024 NMBA Championships 2024
134	1:53.26	L	F	Nduvho Rabambi	11	BULS MAN	11/10/2024 Otters Prestige Gala 2024
135	1:53.35	L S	F	Olivia Berry	11	BEST NMA	17/01/2025 6th A League Gala 2025
136	1:53.44	L	F	Rebecca Symon	11	TUKS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
137	1:53.65 L	F	Emma Ranger	11	USC BUF	22/11/2024	BCA Long Course Championships 2024
138	1:53.80 L	F	Arya Fenwick	11	SASE JHB	22/01/2025	Crusaders Night Gala 2
139	1:54.03 L	F	Kethelo Mkhize	11	USH KCD	07/12/2024	Stingrays Champs 2024
140	1:54.04 L S	F	Tanya Loots	11	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
141	1:54.06 L	F	Daniella Louw	11	BLOT MAN	25/10/2024	Neptunes Gala
142	1:54.56 L S	F	Emma Arendse	11	MANT CPT	02/11/2024	CTA A & B CHAMPS 2024
143	1:54.60 L	F	Maya Sissing	11	TUKS FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
144	1:54.72 L	F	Mari-Hane Visser	11	KALA	19/10/2024	NCASA AGE GROUP 1 KATHU 2024
145	1:54.80 L	F	Jeanine Goosen	11	BLNE MAN	01/02/2025	Heidedal & Sentraal Galal
146	1:54.91 L	P	Bailey Maralik	11	PER JHB	29/11/2024	CGA Championships 2024
147	1:55.14 L S	F	Abigail Wilson	11	TYGE CPT	21/09/2024	CTA INVITATIONAL LC MEET
148	1:55.45 L	P	Darshana Pillay	11	MDOL JHB	29/11/2024	CGA Championships 2024
149	1:55.50 L	P	Khera Murray	11	H2O EKU	05/12/2024	EGA Summer Championships
150	1:55.65 L S	F	Jessieka Faul	11	ASAC CPT	21/09/2024	CTA INVITATIONAL LC MEET
151	1:55.72 L	P	Kamila Mohapi	11	ESTR EKU	05/12/2024	EGA Summer Championships
152	1:56.02 L	F	Courtney Grant	11	ACES ETH	02/07/2024	Prestige Tournament 2024
153	1:56.03 L	F	Rebecca Sam	11	HPS FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
154	1:56.07 L	F	Mieke Jordaan	11	KTS	05/10/2024	FLAMINGO GALA OCT 2024
155	1:56.12 L	P	Kyleigh Shelton	11	ESTR EKU	05/12/2024	EGA Summer Championships
156	1:56.28 L	F	Lerina Thomas	11	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
157	1:56.59 L	F	Marné Truter	11	LSKP WB	01/02/2025	Limpopo School Champs & Limpopo AG
158	1:56.73 L	F	Oarerata Modiole	11	TRAZ FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
159	1:56.91 L	P	Marlien Nell	11	HREF BPD	07/12/2024	NWS Championships 2024
160	1:57.07 L	F	Wyllow Halse	11	USC BUF	22/11/2024	BCA Long Course Championships 2024
161	1:57.08 L	F	Mercedes Jaftha	11	MANT CPT	09/11/2024	Swartland Prestige Gala 2024
162	1:57.12 L	F	Willow Makwakwa	11	WWOL FSH	13/09/2024	NTS September Age Group 2024
163	1:57.13 L S	F	Tshegofatso Le Roux	11	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
164	1:57.26 L	F	Kgalalelo Makoloi	11	AZON ETH	25/01/2025	uShaka Champs 2025
165	1:57.27 L	F	Layla Palframan	11	SEAL UMD	26/10/2024	Froggies Aquatics Championships 2024
166	1:57.36 L	F	Jane Tredoux	11	BLNE MAN	01/02/2025	Heidedal & Sentraal Galal
167	1:57.45 L	P	Zeney De Beer	11	CSA EZD	29/11/2024	Mpumalanga Championships 2024
168	1:57.56 L	F	Nina le Cordeur	11	WATR JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
169	1:57.95 L	F	Danika Brynard	11	STSC KCD	07/12/2024	Stingrays Champs 2024
170	1:57.97 L	F	Roxanne Hautmann	11	RBUR BPD	18/01/2025	EGA Summer 5
171	1:58.06 L	F	Elmine Opperman	11	KTS	19/10/2024	NCASA AGE GROUP 1 KATHU 2024
172	1:58.28 L S	F	Lana Coetzee	11	QUIC CPT	02/11/2024	CTA A & B CHAMPS 2024
173	1:58.40 L	P	Carla Fourie	11	CSA EZD	29/11/2024	Mpumalanga Championships 2024
174	1:58.50 L	F	Miele' Loftus	11	BULS MAN	11/10/2024	Others Prestige Gala 2024
175	1:58.54 L	F	Mieke Smit	11	UNI EZD	29/11/2024	Mpumalanga Championships 2024
176	1:58.62 L	F	Ditebogo Pheeha	11	PEPPS CCD	01/02/2025	Limpopo School Champs & Limpopo AG
177	1:58.66 L	F	Lily Marais	11	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
178	1:59.00 L	F	Ava van der Mescht	11	DESA NMA	31/01/2025	Infinity Gala 2025
179	1:59.15 L	F	Beersheba Negash	11	BARA EKU	12/10/2024	EGA Summer 2
180	1:59.47 L	F	Skylin Koupis	11	BLOT MAN	04/12/2024	Free State Champs 2024
181	1:59.61 L	F	Zoe Andrews	11	CA EKU	18/01/2025	EGA Summer 5
182	1:59.85 L	F	Tatum Adams	11	PAQU CED	17/10/2024	43rd Freda Barnard Invitational Gala
183*	1:59.93 L	F	Heili Van Heerden	11	BETH FDD	04/12/2024	Free State Champs 2024
183*	1:59.93 L	F	Hayley Liedeman	11	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
185	2:00.31 L	P	Lika Baird	11	HREF BPD	07/12/2024	NWS Championships 2024
186	2:00.57 L	F	Lianka Spies	11	HARB BPD	09/11/2024	NWS Age Group 1 & 2 2024
187	2:01.05 L	F	Leah Mbhokota	11	CUHE OBD	09/11/2024	Swartland Prestige Gala 2024
188	2:01.30 L	F	Adrienne Meiring	11	PEAS NMA	15/06/2024	PEA Winter Gala 2024
189	2:01.83 L S	F	Lea Van den Berg	11	SFSC CPT	02/11/2024	CTA A & B CHAMPS 2024
190	2:01.91 L	F	Meziana Hammouche	11	MAKO EKU	12/10/2024	EGA Summer 2
191	2:02.06 L	F	Nienke Eksteen	11	VALS FDD	04/12/2024	Free State Champs 2024
192	2:02.12 L	F	Murunwa Thidiela	11	MAKO EKU	12/10/2024	EGA Summer 2
193	2:02.42 L	F	Mihanka vd Bank	11	CUHE OBD	09/11/2024	Swartland Prestige Gala 2024
194	2:02.45 L	F	Morgan Baard	11	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
195	2:02.59 L	F	Abigail Paice	11	SOUL EKU	12/10/2024	EGA Summer 2

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
196	2:02.62	L	F	Kari Moolman	11	UNI EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
197	2:02.75	L	F	Vida Olivier	11	BLNE MAN	25/10/2024 Neptunes Gala
198	2:02.77	L	F	Taeya Roper	11	HPS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
199	2:03.56	L	P	Rachel Saltzman	11	ESTR ECU	05/12/2024 EGA Summer Championships
200	2:03.88	L S	F	Pradhia Singh	11	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
201	2:04.03	L	F	Mariandi Bredenkamp	11	BS LLD	04/12/2024 Free State Champs 2024
202	2:04.44	L	F	Tiisetso Makhatho	11	ESP ECU	18/01/2025 EGA Summer 5
203	2:04.55	L	F	Leah Vos	11	CSA EZD	29/11/2024 Mpumalanga Championships 2024
204	2:04.62	L	F	Lize-Mari Cloete	11	BS LLD	15/11/2024 Valsrivier Gala 2024
205	2:05.11	L	P	Emilie Botha	11	JAQ ECU	05/12/2024 EGA Summer Championships
206	2:05.37	L	F	Leah Brand	11	KNYA EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
207	2:05.70	L	F	Jorja Petschel	11	HARL BUF	22/11/2024 BCA Long Course Championships 2024
208	2:05.78	L	F	Khloe Mesquita	11	ANAX CPT	09/11/2024 Swartland Prestige Gala 2024
209	2:05.94	L S	F	Keira Lin	11	CYBE CPT	02/11/2024 CTA A & B CHAMPS 2024
210	2:06.17	L	F	Lindiwe Mthobi	11	SASE JHB	22/01/2025 Crusaders Night Gala 2
211	2:06.21	L	F	Anika Brand	11	EVO CPT	09/11/2024 Swartland Prestige Gala 2024
212	2:06.61	L	F	Reneilwe Tsunke	11	BLOT MAN	01/02/2025 Heidedal & Sentraal Galal
213	2:06.71	L	F	Kagiso Motuku	11	PGAC ECU	18/01/2025 EGA Summer 5
214	2:06.82	L	F	Lacey Hodgkinson	11	SWIFT ECU	01/02/2025 EGA Last Chance Gala
215	2:06.88	L	F	Riandi Muller	11	INFA NMA	31/01/2025 Infinity Gala 2025
216	2:07.17	L	F	Ava Candiotas	11	HREF BP	09/11/2024 NWS Age Group 1 & 2 2024
217	2:07.24	L	F	Motheo Leshilo	11	TUKS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
218	2:07.77	L	F	Lynette Rust	11	RFA TSH	18/10/2024 NTS Level 3+ October Age Group 2024
219	2:07.79	L	F	Dané Combrinck	11	TUKS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
220	2:08.23	L	F	Basse Molai	11	BULS MAN	06/09/2024 Bull Sharks Annual Gala
221	2:08.38	L S	F	Thalia Mbock Madjang	11	SAAW CPT	02/11/2024 CTA A & B CHAMPS 2024
222	2:09.19	L	P	Faythe Evans	11	RACE JHB	29/11/2024 CGA Championships 2024
223	2:09.23	L	F	Tabea Greyling	11	RFA TSH	13/09/2024 NTS September Age Group 2024
224	2:09.34	L	F	Rachel Johnson	11	BARA ECU	26/10/2024 Summer 3 Delville
225	2:09.69	L	F	Helana Pretorius	11	SWAR WCD	09/11/2024 Swartland Prestige Gala 2024
226	2:10.06	L	F	Maria De Klerk	11	BS LLD	01/02/2025 Heidedal & Sentraal Galal
227	2:10.68	L	F	Eliana Woldemariam	11	TUKS TSH	22/01/2025 Crusaders Night Gala 2
228	2:10.91	L	F	Anje Louw	11	QUIC CPT	09/11/2024 Swartland Prestige Gala 2024
229	2:12.35	L	F	Mianke Lubbe	11	GHSK	19/10/2024 NCASA AGE GROUP 1 KBY 2024
230	2:12.38	L	F	Roxanne Coetzee	11	HREF BP	09/11/2024 NWS Age Group 1 & 2 2024
231	2:13.12	L	F	Tshegofatso Kwadjo	11	TUKS TSH	13/09/2024 NTS September Age Group 2024
232	2:13.33	L	F	Emily Henry	11	CA ECU	12/10/2024 EGA Summer 2
233	2:13.36	L	F	Machayda Titus	11	MARL CPT	17/10/2024 43rd Freda Barnard Invitational Gala
234	2:14.40	L	F	Zoe Joanides	11	BLNE MAN	25/10/2024 Neptunes Gala
235*	2:15.40	L	F	Mckenzie Adams	11	WEST CPT	09/11/2024 Swartland Prestige Gala 2024
235*	2:15.40	L	F	Abigail Van der Westhuizen	11	CA ECU	26/10/2024 Summer 3 Delville
237	2:16.00	L	F	Cayla Senekal	11	TKS WBD	29/11/2024 Limpopo Champs 2024
238	2:16.02	L	F	Leila Burden	11	BARR CPT	09/11/2024 Swartland Prestige Gala 2024
239	2:16.92	L	F	Michaela Kröger	11	BARR CPT	17/10/2024 43rd Freda Barnard Invitational Gala
240	2:18.80	L	F	Nina Murray	11	DDA TSH	13/09/2024 NTS September Age Group 2024
241	2:18.94	L	F	Katia Cerone	11	HAAG UTD	07/12/2024 Uthukela District Age Group Gala
242	2:19.62	L S	F	Mila Schutte	11	BARR CPT	02/11/2024 CTA A & B CHAMPS 2024
243	2:19.66	L	F	Lisa Meyer	11	PRA GSD	25/01/2025 uShaka Champs 2025
244	2:20.29	L	F	Neo Chomba	11	BARA ECU	26/10/2024 Summer 3 Delville
245	2:21.80	L S	F	Mpho Kutumane	11	UWCA CPT	02/11/2024 CTA A & B CHAMPS 2024
246	2:22.70	L	F	Nika Loots	11	PELIC MAN	09/11/2024 Bull Sharks Gala
247	2:24.32	L	F	Cara van Wyk	11	BARR CPT	17/10/2024 43rd Freda Barnard Invitational Gala
248	2:27.33	L	F	Emma Canham	11	PELIC MAN	01/02/2025 Heidedal & Sentraal Galal
249	2:27.89	L	F	Tshilidzi Rakhumba	11	TUKS TSH	13/09/2024 NTS September Age Group 2024
250	2:28.05	L	F	Relebohile Maduna	11	PELIC MAN	04/12/2024 Free State Champs 2024
251	2:31.30	L	F	Cleo Julius	11	KALA	19/10/2024 NCASA AGE GROUP 1 KATHU 2024
252	2:35.90	L	F	Khumo Goeieman	11	KALA	19/10/2024 NCASA AGE GROUP 1 KATHU 2024
253	2:44.00	L	F	Relebohile Khaoletsa	11	PELIC MAN	09/11/2024 Bull Sharks Gala
254	2:45.89	L	F	Khanyisa Mqeke	11	WELA LLD	11/10/2024 Otters Prestige Gala 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Women 11-11 200 Breast</b>							
1	3:06.65 L	F	Mackenzie Raffle	11	CA EKU	05/12/2024	EGA Summer Championships
2	3:08.31 L	F	Hayley Greyvenstein	11	USC BUF	22/11/2024	BCA Long Course Championships 2024
3	3:08.62 L	F	Sophia Hutchison	11	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
4	3:09.34 L	F	Ella Johnson	11	SAAW CPT	05/12/2024	Western Cape LC-A Championship 2024
5	3:16.66 L	F	Olivia Normington	11	XCEL CPT	05/12/2024	Western Cape LC-A Championship 2024
6	3:16.91 L	F	Gianna Olivier	11	PAQU CED	05/12/2024	Western Cape LC-A Championship 2024
7	3:17.05 L	F	Lara Van Veelen	11	LSDWK MPD	01/02/2025	Limpopo School Champs & Limpopo AG
8	3:17.67 L	F	Ineke Van Maarleveld	11	LPTBO CCD	01/02/2025	Limpopo School Champs & Limpopo AG
9	3:19.40 L	F	Mila Hinteregger	11	CA EKU	05/12/2024	EGA Summer Championships
10	3:20.45 L	F	Isabella Knight	11	WATR JHB	29/11/2024	CGA Championships 2024
11	3:21.26 L	F	Alivia Nel	11	CRSC JHB	29/11/2024	CGA Championships 2024
12	3:21.76 L	F	Alexis Kalapac	11	SLAQ CPT	05/12/2024	Western Cape LC-A Championship 2024
13	3:22.05 L	F	Sophie Chiang	11	WATR JHB	29/11/2024	CGA Championships 2024
14	3:24.03 L	F	Leah Dabrowski	11	BLMA CPT	05/12/2024	Western Cape LC-A Championship 2024
15	3:25.12 L	F	Annebelle Botha	11	PER JHB	29/11/2024	CGA Championships 2024
16	3:25.91 L	F	Kathryn Nolan	11	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming
17	3:28.40 L S	F	Colleen McQueen	11	BLSS MAN	04/12/2024	Free State Champs 2024
18	3:30.09 L	F	Jada Hendricks	11	TYGE CPT	05/12/2024	Western Cape LC-A Championship 2024
19	3:31.90 L	F	Jessica Steyn	11	VHD ZLD	25/01/2025	uShaka Champs 2025
20	3:31.97 L	F	Jua Jonker	11	POTC KKD	09/11/2024	NWS Age Group 1 & 2 2024
21	3:32.23 L	P	Lefei Li	11	WATR JHB	29/11/2024	CGA Championships 2024
22	3:32.44 L	F	Marli Strydom	11	QUIC CPT	02/11/2024	CTA A & B CHAMPS 2024
23	3:32.56 L	F	Sophia Duggan	11	PEAS NMA	31/01/2025	Infinity Gala 2025
24	3:32.69 L	F	Miane Bendeman	11	LSPHA MP	01/02/2025	Limpopo School Champs & Limpopo AG
25	3:33.31 L	F	Isabel Smith	11	HARL BUF	31/01/2025	Infinity Gala 2025
26	3:33.69 L	F	Gianna Onkruid	11	UWCA CPT	02/11/2024	CTA A & B CHAMPS 2024
27	3:34.53 L	P	Sienna Syrett	11	QUES JHB	29/11/2024	CGA Championships 2024
28	3:35.22 L	F	Simone Zoutendyk	11	RBOT BPD	10/01/2025	2024 Grand Prix Invitation Swimming
29	3:35.45 L	F	Leandi Liebenberg	11	SS MPD	29/11/2024	Limpopo Champs 2024
30*	3:35.66 L	F	Mambay Banza	11	UNI EZD	29/11/2024	Mpumalanga Championships 2024
30*	3:35.66 L	P	Ashley Cilliers	11	WATR JHB	29/11/2024	CGA Championships 2024
32	3:36.32 L	F	Grace Johns	11	OHAN ILD	25/01/2025	uShaka Champs 2025
33	3:36.86 L	F	Saskia Gilligan	11	BLMA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
34	3:36.91 L	F	Tshegofatso Moabelo	11	BAS EKU	15/11/2024	Summer 4 Delville
35	3:36.97 L	F	Emma Gutsche	11	POLSC CCD	29/11/2024	Limpopo Champs 2024
36	3:37.03 L S	F	Milani Butau	11	BEST NMA	17/01/2025	6th A League Gala 2025
37	3:37.58 L	F	Annabelle Ras	11	QUIC CPT	02/11/2024	CTA A & B CHAMPS 2024
38	3:37.71 L	F	Zia-Bella Engelbrecht	11	HTSA CPT	02/11/2024	CTA A & B CHAMPS 2024
39	3:38.04 L	F	Zia Habib	11	MDOL JHB	15/11/2024	Summer 4 Delville
40	3:38.34 L	F	Miané Prinsloo	11	ACAQ CCD	12/10/2024	Limpopo Age Group 4
41	3:38.62 L	P	Makayla Stoltz	11	PER JHB	29/11/2024	CGA Championships 2024
42	3:38.79 L	F	Leah Schemel	11	HARL BUF	22/11/2024	BCA Long Course Championships 2024
43	3:38.92 L	F	Lize Beyers	11	AGAQ OBD	09/11/2024	Swartland Prestige Gala 2024
44	3:39.75 L	F	Kyra Du Preez	11	USC BUF	31/01/2025	Infinity Gala 2025
45	3:39.93 L S	F	Lienke Bester	11	HREF BPD	07/12/2024	NWS Championships 2024
46	3:40.13 L	F	Ashlynn Shaw	11	PAC FSH	13/09/2024	NTS September Age Group 2024
47	3:40.47 L	F	Pia Swanepoel	11	ASAC CPT	02/11/2024	CTA A & B CHAMPS 2024
48	3:40.56 L	F	Hannah Stearn	11	INFA NMA	16/11/2024	5th A League Gala 2024
49	3:40.92 L	F	Amber Spence	11	ELEC FSH	18/10/2024	NTS Level 3+ October Age Group 2024
50	3:41.57 L	F	Zanli Le Roux	11	AGAQ OBD	09/11/2024	Swartland Prestige Gala 2024
51	3:41.62 L	F	Leah Struwig	11	TUKS FSH	13/09/2024	NTS September Age Group 2024
52	3:41.63 L S	P	Hope Churchman	11	SEALE ETH	02/07/2024	Prestige Tournament 2024
53	3:42.12 L	F	Suhanna White	11	AQUA UTD	11/01/2025	Uthukela District Age Group Gala
54	3:42.29 L S	F	Hester Janse van Rensburg	11	NWUC KKD	07/12/2024	NWS Championships 2024
55	3:43.10 L	F	Tenley Fowler	11	AZON ETH	25/01/2025	uShaka Champs 2025
56	3:43.23 L	F	Naomi Mahlangu	11	BLMA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
57	3:43.38 L	F	Milla Da Silva	11	CA EKU	05/12/2024	EGA Summer Championships
58	3:43.91 L	P	Scarlett Garassino	11	SASE JHB	29/11/2024	CGA Championships 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
59	3:44.04	L	F	Sophie Kretzmann	11	USC BUF	13/12/2024	NMBA Championships 2024
60	3:45.04	L	F	Chelsey Crossman	11	BLSS MAN	27/09/2024	Seals Gala 2
61	3:46.45	L	F	Janel Van der Merwe	11	UNI EZD	29/11/2024	Mpumalanga Championships 2024
62	3:46.66	L	F	Hayden Perrins	11	GREY CPT	02/11/2024	CTA A & B CHAMPS 2024
63	3:47.27	L	F	Janel Van der Merwe	11	PRA GSD	01/11/2024	MP AGE GROUP 3 1-2 NOV 2024
64	3:47.42	L	F	Miane Steyn	11	LEGC ETH	01/02/2025	KCDA Age Group 4 2024
65	3:47.65	L	F	Charné De Bruin	11	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
66	3:48.14	L	F	Liné Schoeman	11	FISH EDD	31/01/2025	Infinity Gala 2025
67	3:48.15	L	F	Ava Du Preez	11	BEAV ETH	25/01/2025	uShaka Champs 2025
68	3:48.48	L	F	Racquelle Saporta	11	INFA NMA	14/09/2024	3rd A League Gala 2024
69	3:48.92	L	F	Alexi Dandoulakis	11	CA EKU	05/12/2024	EGA Summer Championships
70	3:48.97	L	F	Rachel Thompson	11	PSC FSH	13/09/2024	NTS September Age Group 2024
71	3:49.21	L	F	Mamoso Ramokgopa	11	TPS BPD	01/02/2025	Limpopo School Champs & Limpopo AG
72	3:49.51	L	F	Myra Bailey	11	RACE JHB	29/11/2024	CGA Championships 2024
73	3:49.91	L	F	Beatrisa Kotkljar	11	CYBE CPT	02/11/2024	CTA A & B CHAMPS 2024
74	3:50.13	L	P	Catherine Couch	11	QUES JHB	29/11/2024	CGA Championships 2024
75	3:50.31	L	F	Ané Venter	11	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
76	3:51.22	L	F	Mieke Steinbach	11	NWUC KKD	23/11/2024	NWS Age Group 3 + 4 2024
77	3:51.42	L	F	Alexi Claassen	11	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
78	3:51.47	L	F	Kayla-Anne Walker	11	CYBE CPT	02/11/2024	CTA A & B CHAMPS 2024
79	3:51.94	L	F	Lheané Du Plessis	11	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
80	3:52.26	L S	F	Reatile Ntidi	11	NWUC KKD	07/12/2024	NWS Championships 2024
81	3:52.40	L	F	Zane Kroon	11	AGAQ OBD	17/10/2024	43rd Freda Barnard Invitational Gala
82	3:52.54	L S	F	Isabella Van Breda	11	NWUC KKD	07/12/2024	NWS Championships 2024
83	3:53.21	L	P	Bukata Mwanza	11	ESP EKU	05/12/2024	EGA Summer Championships
84	3:54.91	L	P	Tamika Abbey	11	PER JHB	29/11/2024	CGA Championships 2024
85	3:55.13	L	P	Mika Vd Merwe	11	AWSC JHB	29/11/2024	CGA Championships 2024
86	3:55.58	L	P	Mika Pelser	11	OLDE JHB	29/11/2024	CGA Championships 2024
87	3:55.76	L	F	Lily Sykes	11	TUKS FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
88	3:56.39	L	P	Kyla Short	11	MDOL JHB	29/11/2024	CGA Championships 2024
89	3:56.45	L	F	Sophia Ebrahim	11	ESP EKU	01/02/2025	EGA Last Chance Gala
90	3:56.48	L	F	Alexia Botha	11	KALA	15/11/2024	AGE GROUP 2 KATHU 2024
91	3:56.85	L	F	Shalom Mtileni	11	UNI U EZD	10/01/2025	2024 Grand Prix Invitation Swimming
92	3:57.11	L	F	Amani Sausi	11	AZON ETH	25/01/2025	uShaka Champs 2025
93	3:57.47	L S	F	Rorisang Monareng	11	BLNE MAN	04/12/2024	Free State Champs 2024
94	3:58.08	L	F	Morgan Beard	11	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
95	3:58.44	L	F	Olivia Berry	11	BEST NMA	31/01/2025	Infinity Gala 2025
96	3:58.58	L	F	Mienke Kemp	11	TNDER FDD	27/09/2024	Seals Gala 2
97	3:59.21	L	F	Alessia Barthus	11	MANT CPT	02/11/2024	CTA A & B CHAMPS 2024
98	4:00.78	L	P	Darshana Pillay	11	MDOL JHB	29/11/2024	CGA Championships 2024
99	4:02.75	L	F	Mari-Hane Visser	11	KALA	15/11/2024	AGE GROUP 2 KATHU 2024
100	4:03.36	L	P	Khera Murray	11	H2O EKU	05/12/2024	EGA Summer Championships
101	4:03.97	L	F	Tshegofatso Le Roux	11	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
102	4:04.72	L S	F	Marlien Nell	11	HREF BPD	07/12/2024	NWS Championships 2024
103	4:05.17	L	F	Abigail Wilson	11	TYGE CPT	17/10/2024	43rd Freda Barnard Invitational Gala
104	4:05.54	L	F	Rebecca Sam	11	HPS FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
105	4:05.61	L	F	Gabriella Scott	11	TUKS FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
106	4:06.34	L	F	Bonaventure Makore	11	ASAC CPT	21/09/2024	CTA INVITATIONAL LC MEET
107	4:06.75	L	F	Nduvho Rabambi	11	BULS MAN	02/11/2024	Heidedal
108	4:06.83	L	P	Bailey Maralik	11	PER JHB	29/11/2024	CGA Championships 2024
109	4:07.17	L	F	Kyleigh Shelton	11	ESTR EKU	01/02/2025	EGA Last Chance Gala
110	4:07.68	L	F	Emma Arendse	11	MANT CPT	09/11/2024	Swartland Prestige Gala 2024
111	4:07.92	L	F	Wyllow Halse	11	USC BUF	13/12/2024	NMBA Championships 2024
112	4:08.40	L	F	Willow Makwakwa	11	WWOL FSH	13/09/2024	NTS September Age Group 2024
113	4:09.00	L	F	Rebecca Symon	11	TUKS FSH	13/09/2024	NTS September Age Group 2024
114	4:09.50	L	F	Lerina Thomas	11	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
115	4:09.65	L	F	Maya Sissing	11	TUKS FSH	13/09/2024	NTS September Age Group 2024
116	4:10.42	L	F	Mieke Jordaan	11	KTS	15/11/2024	AGE GROUP 2 KATHU 2024
117	4:10.65	L	F	Lynette Rust	11	RFA FSH	01/02/2025	EGA Last Chance Gala



### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
118	4:10.72	L	F	Taeya Roper	11	HPS FSH	13/09/2024 NTS September Age Group 2024
119	4:11.61	L	F	Hayley Liedeman	11	SWAR WCD	09/11/2024 Swartland Prestige Gala 2024
120	4:11.91	L	F	Carla Fourie	11	CSA EZD	29/11/2024 Mpumalanga Championships 2024
121	4:12.17	L	P	Kamila Mohapi	11	ESTR EKU	05/12/2024 EGA Summer Championships
122	4:12.24	L	F	Vida Olivier	11	BLNE MAN	13/09/2024 Pelicans Age Group Gala
123	4:12.66	L	P	Beersheba Negash	11	BARA EKU	05/12/2024 EGA Summer Championships
124	4:13.02	L	F	Pradhia Singh	11	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
125	4:13.55	L S	F	Jeanine Goosen	11	BLNE MAN	04/12/2024 Free State Champs 2024
126	4:16.50	L	F	Daniella Louw	11	BLOT MAN	01/02/2025 Heidedal & Sentraal Galal
127	4:16.84	L	F	Lea Van den Berg	11	SFSC CPT	02/11/2024 CTA A & B CHAMPS 2024
128	4:16.96	L	F	Mihanka vd Bank	11	CUHE OBD	09/11/2024 Swartland Prestige Gala 2024
129	4:18.29	L S	F	Lianka Spies	11	HARB BPD	07/12/2024 NWS Championships 2024
130	4:18.50	L	F	Lana Coetzee	11	QUIC CPT	09/11/2024 Swartland Prestige Gala 2024
131	4:19.11	L	F	Adrienne Meiring	11	PEAS NMA	15/06/2024 PEWA Winter Gala 2024
132	4:19.16	L	F	Jane Tredoux	11	BLNE MAN	25/10/2024 Neptunes Gala
133	4:19.25	L	F	Leah Brand	11	KNYA EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
134	4:19.58	L	F	Emma McCallum	11	USC BUF	13/12/2024 NMBA Championships 2024
135	4:21.45	L	F	Izeldi Van Niekerk	11	DOLFI MPD	12/10/2024 Limpopo Age Group 4
136	4:21.54	L	F	Vibha Fakir	11	USC BUF	13/12/2024 NMBA Championships 2024
137	4:22.46	L	P	Murunwa Thidiela	11	MAKO EKU	05/12/2024 EGA Summer Championships
138	4:24.19	L	F	Kagiso Motuku	11	PGAC EKU	01/02/2025 EGA Last Chance Gala
139	4:26.29	L	F	Jorja Petschel	11	HARL BUF	22/11/2024 BCA Long Course Championships 2024
140	4:27.73	L	F	Leah Vos	11	CSA EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
141	4:28.60	L	F	Keira Lin	11	CYBE CPT	02/11/2024 CTA A & B CHAMPS 2024
142	4:28.78	L	F	Nissi Mtetwa	11	WWOL FSH	13/09/2024 NTS September Age Group 2024
143	4:30.74	L	F	Lize-Mari Cloete	11	BS LLD	15/11/2024 Valsrivier Gala 2024
144	4:31.05	L	P	Tisetso Makhatho	11	ESP EKU	05/12/2024 EGA Summer Championships
145	4:31.74	L	P	Faythe Evans	11	RACE JHB	29/11/2024 CGA Championships 2024
146	4:32.16	L	F	Dané Combrinck	11	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
147	4:32.98	L S	F	Lika Baird	11	HREF BPD	07/12/2024 NWS Championships 2024
148	4:41.43	L	P	Rachel Johnson	11	BARA EKU	05/12/2024 EGA Summer Championships
149	4:42.79	L S	F	Ava Candiotes	11	HREF BPD	07/12/2024 NWS Championships 2024
150	4:45.39	L	F	Atsile Mogaleemang	11	MAHD NMD	23/11/2024 NWS Age Group 3 + 4 2024
151	4:45.70	L	F	Mila Schutte	11	BARR CPT	09/11/2024 Swartland Prestige Gala 2024
152	4:52.94	L S	F	Machayda Titus	11	MARL CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
153	4:58.44	L	F	Cara van Wyk	11	BARR CPT	17/10/2024 43rd Freda Barnard Invitational Gala
154	5:13.12	L	F	Katia Cerone	11	HAAG UTD	11/01/2025 Uthukela District Age Group Gala
155	6:31.00	L	F	Khumo Goeieman	11	KALA	15/11/2024 AGE GROUP 2 KATHU 2024

#### Women 11-11 50 Fly

1	34.29	L	F	Caro Bishop	11	VINE CPT	02/11/2024 CTA A & B CHAMPS 2024
2	34.30	L	F	Samantha Wilson	11	INFA NMA	31/01/2025 Infinity Gala 2025
3	34.83	L	F	Olivia Geldart	11	INFA NMA	31/01/2025 Infinity Gala 2025
4	35.03	L	F	Alize Engelbrecht	11	CSA EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
5	35.25	L	F	Sisanda Palframan	11	SEAL UMD	02/07/2024 Prestige Tournament 2024
6	35.27	L	F	Jada Hendricks	11	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
7	35.39	L	F	Keyla Douglas	11	ROA EDD	05/12/2024 Western Cape LC-A Championship 2024
8	35.64	L	F	Milani Butau	11	BEST NMA	31/01/2025 Infinity Gala 2025
9	35.79	L	F	Mackenzie Raffle	11	CA EKU	05/12/2024 EGA Summer Championships
10	35.80	L	F	Sage Lindsay	11	CA EKU	05/12/2024 EGA Summer Championships
11	36.15	L	P	Leah Dabrowski	11	BLMA CPT	05/12/2024 Western Cape LC-A Championship 2024
12	36.29	L	F	Olivia Kruger	11	PLAY CCD	05/12/2024 Western Cape LC-A Championship 2024
13	36.41	L	F	Mila Geldenhuys	11	ACAQ CCD	29/11/2024 Limpopo Champs 2024
14	36.51	L	F	Cayden Parfitt	11	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
15	36.87	L	P	Hannah Raphaela Morgado	11	CSA EZD	29/11/2024 Mpumalanga Championships 2024
16	37.24	L	F	Gabrielle Brooks	11	INFA NMA	13/12/2024 NMBA Championships 2024
17	37.31	L	F	Inge Du Plessis	11	LSTZN CCD	02/11/2024 Limpopo LS - Top 8 skole 2024
18	37.51	L	F	Mawande Makumbe	11	TUKS FSH	13/09/2024 NTS September Age Group 2024
19	37.85	L	F	Sophia Duggan	11	PEAS NMA	16/11/2024 5th A League Gala 2024
20	37.99	L	F	Chelsey Crossman	11	BLSS MAN	04/12/2024 Free State Champs 2024

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
21	38.01	L	F	Chantel Van der Linde	11	VHD ZLD	11/01/2025 Uthukela District Age Group Gala
22	38.05	L	P	Mikayla Wilensky	11	ASAC CPT	05/12/2024 Western Cape LC-A Championship 2024
23	38.22	L	F	Layla Palframan	11	SEAL UMD	25/01/2025 uShaka Champs 2025
24	38.26	L	F	Danika Steyn	11	KSC EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
25	38.77	L	P	Arabella Symington	11	ACES ETH	02/07/2024 Prestige Tournament 2024
26	38.82	L	F	Ané Venter	11	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
27	38.83	L	P	Kathryn Nolan	11	MDOL JHB	29/11/2024 CGA Championships 2024
28	38.94	L	P	Saskia Gilligan	11	BLMA CPT	05/12/2024 Western Cape LC-A Championship 2024
29	38.96	L	F	Emily Van Der Byl	11	USC BUF	22/11/2024 BCA Long Course Championships 2024
30	39.04	L	P	Jaime Sprong	11	ASAC CPT	05/12/2024 Western Cape LC-A Championship 2024
31	39.08	L	P	Jessica Caldeira	11	CRSC JHB	29/11/2024 CGA Championships 2024
32	39.18	L	P	Alexis Kalapac	11	SLAQ CPT	05/12/2024 Western Cape LC-A Championship 2024
33*	39.28	L	F	Simone Zoutendyk	11	RBOT BPD	07/12/2024 NWS Championships 2024
33*	39.28	L	P	Lize Beyers	11	AGAQ OBD	05/12/2024 Western Cape LC-A Championship 2024
35	39.35	L	F	Aiva Van der Zandt	11	STAR BPD	07/12/2024 NWS Championships 2024
36	39.37	L	P	Olivia Normington	11	XCEL CPT	05/12/2024 Western Cape LC-A Championship 2024
37	39.50	L	P	Lefei Li	11	WATR JHB	29/11/2024 CGA Championships 2024
38	39.61	L	F	Lika Baird	11	HREF BPD	07/12/2024 NWS Championships 2024
39	39.73	L	F	Taylor-Rose Botes	11	CA EKU	12/10/2024 EGA Summer 2
40	39.75	L	F	Mieke Steinbach	11	NWUC KKD	09/11/2024 NWS Age Group 1 & 2 2024
41	39.89	L	F	Maria Geysler	11	LSBOS WB	02/11/2024 Limpopo LS - Top 8 skole 2024
42	39.98	L	P	Scarlett Garassino	11	SASE JHB	29/11/2024 CGA Championships 2024
43	40.09	L	P	Zara Komani	11	WATR JHB	29/11/2024 CGA Championships 2024
44	40.36	L	F	Kyra Du Preez	11	USC BUF	31/01/2025 Infinity Gala 2025
45	40.42	L	F	Alessia Barthus	11	MANT CPT	09/11/2024 Swartland Prestige Gala 2024
46	40.43	L	F	Charlotte Hofinger	11	ASAC CPT	02/11/2024 CTA A & B CHAMPS 2024
47	40.47	L	P	Zahraa Essack	11	ATLA JHB	29/11/2024 CGA Championships 2024
48	40.49	L	F	Alexi Claassen	11	TUKS TSH	13/09/2024 NTS September Age Group 2024
49	40.55	L	F	Mia (B) Venter	11	AWIN TSH	13/09/2024 NTS September Age Group 2024
50	40.59	L	F	Siphwosethu Sikhakhane	11	AZON ETH	25/01/2025 uShaka Champs 2025
51	40.70	L	F	Shalom Mtileni	11	UNIU EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
52	40.73	L	F	Hayden Perrins	11	GREY CPT	02/11/2024 CTA A & B CHAMPS 2024
53	41.00	L	F	Bonaventure Makore	11	ASAC CPT	02/11/2024 CTA A & B CHAMPS 2024
54	41.02	L	F	Alexa Kuhn	11	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
55	41.04	L	F	Carli Stoop	11	COMS TSH	13/09/2024 NTS September Age Group 2024
56	41.15	L	P	Hope Churchman	11	SEALE ETH	02/07/2024 Prestige Tournament 2024
57	41.47	L	P	Isabel Helberg	11	MDOL JHB	29/11/2024 CGA Championships 2024
58	41.63	L	P	Gianna Olivier	11	PAQU CED	05/12/2024 Western Cape LC-A Championship 2024
59	41.67	L	F	Emily Hengst	11	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
60*	41.74	L	P	Annebelle Botha	11	PER JHB	29/11/2024 CGA Championships 2024
60*	41.74	L	F	Colleen McQueen	11	BLSS MAN	31/08/2024 Seals Gala
62	41.84	L	P	Mika Pelsler	11	OLDE JHB	29/11/2024 CGA Championships 2024
63	41.87	L	F	Zeney De Beer	11	CSA EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
64	41.91	L	F	Leanke Loots	11	EDA ED	11/01/2025 EDEN INTER DISTRICT PRESTIGE
65	41.95	L S	F	Pia Swanepoel	11	ASAC CPT	21/09/2024 CTA INVITATIONAL LC MEET
66	41.98	L	F	Jua Jonker	11	POTC KKD	07/12/2024 NWS Championships 2024
67*	42.13	L	F	Janel Van der Merwe	11	PRA GSD	25/01/2025 uShaka Champs 2025
67*	42.13	L	F	Janel Van der Merwe	11	PRA GSD	25/01/2025 uShaka Champs 2025
69	42.29	L	F	Yamakhuze Loni	11	INFA NMA	17/08/2024 Madibaz Swim Meet 2024
70	42.35	L	F	Miane Bendeman	11	SS MPD	29/11/2024 Limpopo Champs 2024
71	42.38	L	F	Amber Spence	11	ELEC TSH	13/09/2024 NTS September Age Group 2024
72	42.49	L	F	Hannah Stearn	11	INFA NMA	17/10/2024 43rd Freda Barnard Invitational Gala
73	42.65	L	F	Amy-Lee Wood	11	TCA EKU	18/01/2025 EGA Summer 5
74	42.74	L	F	Rorisang Monareng	11	BLNE MAN	13/09/2024 Pelicans Age Group Gala
75	42.75	L	F	Riley Sanders	11	HPS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
76	42.81	L	P	Melissa Kleynhans	11	PGAC EKU	05/12/2024 EGA Summer Championships
77	42.85	L	F	Leandi Liebenberg	11	SS MPD	29/11/2024 Limpopo Champs 2024
78	42.86	L	F	Mariane Labuschagne	11	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
79	42.87	L	F	Amahle Mdlalose	11	CSC TSH	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
80	42.89 L	F	Olivia Berry	11	BEST NMA	31/01/2025	Infinity Gala 2025
81	42.90 L	F	Cara Hill	11	OHAN ILD	25/01/2025	uShaka Champs 2025
82	42.92 L	F	Ineke Van Maarleveld	11	LPTBO CCD	01/02/2025	Limpopo School Champs & Limpopo AG
83	42.94 L	F	Sophia Hutchison	11	GHSK	05/10/2024	FLAMINGO GALA OCT 2024
84	43.03 L	F	Zia-Bella Engelbrecht	11	HTSA CPT	02/11/2024	CTA A & B CHAMPS 2024
85	43.23 L	F	Kayla-Anne Walker	11	CYBE CPT	02/11/2024	CTA A & B CHAMPS 2024
86	43.39 L	F	Tatum Adams	11	PAQU CED	17/10/2024	43rd Freda Barnard Invitational Gala
87	43.42 L	F	Jane Tredoux	11	BLNE MAN	04/12/2024	Free State Champs 2024
88	43.43 L	F	Taylynn Boshoff	11	USC BUF	13/12/2024	NMBA Championships 2024
89	43.52 L	P	Tamika Abbey	11	PER JHB	29/11/2024	CGA Championships 2024
90	43.58 L	F	Nduvo Rabambi	11	BULS MAN	04/12/2024	Free State Champs 2024
91	43.59 L	F	Emma Du Toit	11	BLOT MAN	04/12/2024	Free State Champs 2024
92	43.67 L	F	Leah Schemel	11	HARL BUF	22/11/2024	BCA Long Course Championships 2024
93*	43.72 L	F	Suhanna White	11	AQUA UTD	07/12/2024	Uthukela District Age Group Gala
93*	43.72 L	F	Mila Nel	11	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 2024
95	43.97 L	P	Sienna Syrett	11	QUES JHB	29/11/2024	CGA Championships 2024
96	43.99 L	F	Summer Moonsamy	11	BEAV ETH	25/01/2025	uShaka Champs 2025
97	44.00 L	F	Lexi Digovich	11	AWSC JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
98	44.02 L	F	Mamoso Ramokgopa	11	TKS WBD	09/11/2024	Limpopo Age Group 5
99	44.13 L	F	Gianna Onkruid	11	UWCA CPT	02/11/2024	CTA A & B CHAMPS 2024
100	44.18 L	P	Bukata Mwanza	11	ESP EKU	05/12/2024	EGA Summer Championships
101	44.19 L	F	Kayden Jack	11	PER JHB	29/11/2024	CGA Championships 2024
102	44.20 L	P	Harley Knudsen	11	PGAC EKU	05/12/2024	EGA Summer Championships
103	44.34 L	F	Amani Sausi	11	AZON ETH	25/01/2025	uShaka Champs 2025
104	44.47 L	F	Murunwa Thidiela	11	MAKO EKU	12/10/2024	EGA Summer 2
105	44.70 L	F	Jana Booysen	11	CUHE OBD	09/11/2024	Swartland Prestige Gala 2024
106	44.84 L	P	Zia Habib	11	MDOL JHB	29/11/2024	CGA Championships 2024
107	44.86 L	F	Hester Janse van Rensburg	11	NWUC KKD	07/12/2024	NWS Championships 2024
108	45.04 L	F	Sophia Ebrahim	11	ESP EKU	01/02/2025	EGA Last Chance Gala
109	45.09 L	F	Catherine Sebastian	11	MANT CPT	02/11/2024	CTA A & B CHAMPS 2024
110	45.10 L	P	Tiisetso Makhatho	11	ESP EKU	05/12/2024	EGA Summer Championships
111	45.17 L	F	Tshegofatso Moabelo	11	BAS EKU	12/10/2024	EGA Summer 2
112	45.32 L	F	Elizabeth Willemse	11	VHD ZLD	07/12/2024	Stingrays Champs 2024
113	45.46 L	P	Catherine Couch	11	QUES JHB	29/11/2024	CGA Championships 2024
114	45.48 L	F	Rachel De Fleuriot	11	SEALE ETH	25/01/2025	uShaka Champs 2025
115	45.60 L	F	Lara Van Veelen	11	LSDWK MPD	01/02/2025	Limpopo School Champs & Limpopo AG
116	45.64 L	F	Heili Van Heerden	11	BETH FDD	15/11/2024	Valsrivier Gala 2024
117	45.73 L	F	Lynette Rust	11	RFA TSH	01/02/2025	EGA Last Chance Gala
118	45.83 L	F	Lily Sykes	11	TUKS TSH	13/09/2024	NTS September Age Group 2024
119*	45.84 L	F	Lienke Bester	11	HREF BPD	07/12/2024	NWS Championships 2024
119*	45.84 L	F	Isabella Van Breda	11	NWUC KKD	07/12/2024	NWS Championships 2024
121	46.05 L	F	Holly Couzens	11	SGUL ETH	02/07/2024	Prestige Tournament 2024
122	46.14 L	F	Leila Burden	11	BARR CPT	09/11/2024	Swartland Prestige Gala 2024
123	46.18 L	F	Grizelda Janse van Rensburg	11	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
124	46.19 L	F	Marni Snyman	11	ELRAS WBD	29/11/2024	Limpopo Champs 2024
125	46.22 L	F	Ella Niven	11	UNI EZD	29/11/2024	Mpumalanga Championships 2024
126	46.63 L	F	Zane Kroon	11	AGAQ OBD	09/11/2024	Swartland Prestige Gala 2024
127	46.65 L	F	Jenna Leppan	11	AZON ETH	25/01/2025	uShaka Champs 2025
128*	46.66 L	P	Mambay Banza	11	UNI EZD	29/11/2024	Mpumalanga Championships 2024
128*	46.66 L	P	Xia Jacobs	11	WSTV ETH	02/07/2024	Prestige Tournament 2024
130	46.94 L	F	Lerina Thomas	11	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
131	46.95 L	F	Vida Olivier	11	BLNE MAN	04/12/2024	Free State Champs 2024
132	47.09 L	F	Mieke Moolman	11	UNI EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
133	47.10 L	F	Tlotlotsame Makatiers	11	RBOT BPD	07/12/2024	NWS Championships 2024
134*	47.18 L	F	Cara van Wyk	11	BARR CPT	02/11/2024	CTA A & B CHAMPS 2024
134*	47.18 L	F	Zaan Van Goeverden	11	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
136	47.21 L	F	Yolayne Aucamp	11	TNDER FDD	04/12/2024	Free State Champs 2024
137	47.30 L	F	Kyla Short	11	MDOL JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
138	47.43 L	F	Milla Da Silva	11	CA EKU	12/10/2024	EGA Summer 2

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
139	47.49 L	F	Anzel Smit	11	EXP TSH	01/02/2025	EGA	Last Chance Gala
140	47.57 L	F	Emma Gutsche	11	POLSC CCD	29/11/2024	Limpopo	Champs 2024
141	47.59 L	F	Lebogang Maredi	11	SS MPD	09/11/2024	Limpopo	Age Group 5
142	47.62 L	P	Ella Arnold	11	SASE JHB	29/11/2024	CGA	Championships 2024
143	47.72 L	F	Zanli Le Roux	11	AGAQ OBD	17/10/2024	43rd Freda Barnard	Invitational Gala
144	47.78 L	F	Hiranya Moodley	11	USH KCD	07/12/2024	Stingrays	Champs 2024
145	47.98 L	F	Puleng Masemene	11	ELEC TSH	11/10/2024	NTS Level 1+2	October Age Group 2024
146	48.03 L	F	Kethelo Mkhize	11	USH KCD	26/10/2024	Froggies Aquatics	Championships 2024
147	48.07 L	F	Chloe Timperley	11	TRAZ TSH	11/10/2024	NTS Level 1+2	October Age Group 2024
148	48.11 L	P	Myra Bailey	11	RACE JHB	29/11/2024	CGA	Championships 2024
149	48.16 L	F	Basse Molai	11	BULS MAN	02/11/2024	Heidedal	
150	48.24 L S	F	Jessieka Faul	11	ASAC CPT	21/09/2024	CTA INVITATIONAL	LC MEET
151	48.49 L	F	Miané Prinsloo	11	LPTBO CCD	02/11/2024	Limpopo LS - Top 8	skole 2024
152	48.68 L	F	Elsa Massawe	11	CA EKU	01/02/2025	EGA	Last Chance Gala
153	48.84 L	F	Gabriella Scott	11	TUKS TSH	13/09/2024	NTS	September Age Group 2024
154	48.94 L	P	Mieke Smit	11	UNI EZD	29/11/2024	Mpumalanga	Championships 2024
155	49.10 L	F	Kamila Mohapi	11	ESTR EKU	12/10/2024	EGA	Summer 2
156	49.13 L	F	Machayda Titus	11	MARL CPT	02/11/2024	CTA A & B	CHAMPS 2024
157	49.38 L	F	Hayley Downs	11	CRSC JHB	25/01/2025	CGA	Summer Gala #4 Level 2+ 25 Jan
158	49.42 L S	F	Abigail Wilson	11	TYGE CPT	21/09/2024	CTA INVITATIONAL	LC MEET
159	49.55 L	F	Emma Ranger	11	USC BUF	22/11/2024	BCA	Long Course Championships 2024
160	49.57 L	F	Kari Moolman	11	UNI EZD	29/11/2024	Mpumalanga	Championships 2024
161	49.66 L	P	Khera Murray	11	H2O EKU	05/12/2024	EGA	Summer Championships
162	49.68 L	F	Alexa Steenkamp	11	CPSC TSH	11/10/2024	NTS Level 1+2	October Age Group 2024
163	49.90 L	F	Vibha Fakir	11	USC BUF	13/12/2024	NMBA	Championships 2024
164	50.07 L	F	Jeanine Goosen	11	BLNE MAN	04/12/2024	Free State	Champs 2024
165	50.14 L	F	Emma McCallum	11	USC BUF	13/12/2024	NMBA	Championships 2024
166	50.21 L	F	Wyllow Halse	11	USC BUF	13/12/2024	NMBA	Championships 2024
167	50.25 L	F	Daniella Louw	11	BLOT MAN	09/11/2024	Bull Sharks	Gala
168	50.38 L	F	Mari Haasbroek	11	EXP TSH	01/02/2025	EGA	Last Chance Gala
169	50.68 L	F	Marlien Nell	11	HREF BPD	07/12/2024	NWS	Championships 2024
170	51.20 L	F	Caitlin Byliefeldt	11	MAKO EKU	12/10/2024	EGA	Summer 2
171	51.26 L	F	Lana Coetzee	11	QUIC CPT	02/11/2024	CTA A & B	CHAMPS 2024
172	51.35 L	F	Izeldi Van Niekerk	11	LSPN MP	01/02/2025	Limpopo School	Champs & Limpopo AG
173	51.55 L	P	Lacey Hodgkinson	11	SWIFT EKU	05/12/2024	EGA	Summer Championships
174	51.56 L	F	Meziana Hammouche	11	MAKO EKU	26/10/2024	Summer 3	Delville
175	51.60 L	F	Zoe Andrews	11	CA EKU	01/02/2025	EGA	Last Chance Gala
176	51.97 L	F	Khloe Mesquita	11	ANAX CPT	09/11/2024	Swartland	Prestige Gala 2024
177	52.14 L	F	Relebohile Maduna	11	PELIC MAN	25/10/2024	Neptunes	Gala
178	52.21 L	F	Ava van der Mescht	11	DESA NMA	31/01/2025	Infinity	Gala 2025
179	52.24 L	F	Lienke Rossouw	11	LALE CED	09/11/2024	Winelands	SL4
180	52.28 L	F	Larique Pretorius	11	KTS	15/11/2024	AGE GROUP 2	KATHU 2024
181	52.33 L	F	Liné Schoeman	11	FISH EDD	17/10/2024	43rd Freda Barnard	Invitational Gala
182	52.36 L	F	Nika Loots	11	PELIC MAN	01/02/2025	Heidedal & Sentraal	Galal
183	52.45 L	F	Ditebogo Pheeha	11	PEPPS CCD	01/02/2025	Limpopo School	Champs & Limpopo AG
184	52.56 L	F	Zoe Joanides	11	BLNE MAN	19/10/2024	Pelicans	Gala 2
185	52.59 L	F	Lheané Du Plessis	11	FISH EDD	17/10/2024	43rd Freda Barnard	Invitational Gala
186	52.78 L	P	Nina le Cordeur	11	WATR JHB	29/11/2024	CGA	Championships 2024
187	53.12 L	F	Mika Vd Merwe	11	AWSC JHB	25/01/2025	CGA	Summer Gala #4 Level 2+ 25 Jan
188	53.14 L	F	Mieke Pretorius	11	CA EKU	01/02/2025	EGA	Last Chance Gala
189	53.17 L	F	Morgan Baard	11	FISH EDD	02/11/2024	EDEN 2nd A-League	Gala 2024 Schools
190	53.26 L	F	Lianka Spies	11	HARB BPD	07/12/2024	NWS	Championships 2024
191	53.48 L	P	Rachel Johnson	11	BARA EKU	05/12/2024	EGA	Summer Championships
192	53.55 L	F	Emme Wessels	11	BETH FDD	25/10/2024	Neptunes	Gala
193	53.62 L	F	Mieke Jordaan	11	KTS	15/11/2024	AGE GROUP 2	KATHU 2024
194	53.81 L	F	Motheo Leshilo	11	TUKS TSH	11/10/2024	NTS Level 1+2	October Age Group 2024
195*	54.28 L	F	Catharina Coetzer	11	QUIC CPT	02/11/2024	CTA A & B	CHAMPS 2024
195*	54.28 L	F	Nienke Eksteen	11	VALS FDD	01/02/2025	Heidedal & Sentraal	Galal
197	54.30 L	F	Aishah Bingudza	11	NGU TSH	13/09/2024	NTS	September Age Group 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
198	54.33 L	P	Rachel Saltzman	11	ESTR EKU	05/12/2024	EGA Summer Championships
199	54.52 L	F	Tshegofatso Le Roux	11	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
200	54.82 L	F	Pradhia Singh	11	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
201	54.95 L	F	Taylor Crous	11	PEAS NMA	13/12/2024	NMBA Championships 2024
202	55.17 L	F	Jorja Petschel	11	HARL BUF	15/06/2024	PEA Winter Gala 2024
203	55.41 L	F	Mariandi Bredenkamp	11	BS LLD	04/12/2024	Free State Champs 2024
204	55.72 L	F	Tenley Fowler	11	AZON ETH	14/06/2024	AQZ Winter Warmer 2024
205	55.78 L	F	Atipa-Ishe Mubuyayi	11	AQUA BUF	22/11/2024	BCA Long Course Championships 2024
206	55.80 L	P	Leah Vos	11	CSA EZD	29/11/2024	Mpumalanga Championships 2024
207	56.00 L	F	Nicola Nysschen	11	KTS	15/11/2024	AGE GROUP 2 KATHU 2024
208	56.26 L	F	Emma Canham	11	PELIC MAN	01/02/2025	Heidedal & Sentraal Galal
209	56.41 L	F	Mia De Lange	11	UNIC CCD	02/11/2024	Limpopo LS - Top 8 skole 2024
210	56.45 L	F	Tabea Greyling	11	RFA TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
211	56.62 L	P	Retshepile Phalafala	11	MDOL JHB	29/11/2024	CGA Championships 2024
212	56.68 L	F	Roxanne Coetzee	11	HREF BPD	07/12/2024	NWS Championships 2024
213	56.76 L	F	Tshegofatso Kwadjo	11	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
214	56.95 L	F	Lily Marais	11	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
215	56.96 L	F	Beersheba Negash	11	BARA EKU	12/10/2024	EGA Summer 2
216	57.11 L	F	Mila Schutte	11	BARR CPT	02/11/2024	CTA A & B CHAMPS 2024
217	57.21 L	F	Atsile Mogaleemang	11	MAHD NMD	23/11/2024	NWS Age Group 3 + 4 2024
218*	58.07 L	F	Miele' Loftus	11	BULS MAN	04/12/2024	Free State Champs 2024
218*	58.07 L	F	Hayley Liedeman	11	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
220	58.36 L	F	Mihanka vd Bank	11	CUHE OBD	09/11/2024	Swartland Prestige Gala 2024
221	58.71 L	P	Mia Schraader	11	SOUL EKU	05/12/2024	EGA Summer Championships
222	59.14 L	F	Kyleigh Shelton	11	ESTR EKU	12/10/2024	EGA Summer 2
223	1:00.57 L	F	Janelle Coertze	11	VRC TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
224	1:01.08 L	F	Emily Fryer	11	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
225	1:02.09 L	F	Adrienne Meiring	11	PEAS NMA	15/06/2024	PEA Winter Gala 2024
226	1:02.17 L	F	Lisa Meyer	11	PRA GSD	25/01/2025	uShaka Champs 2025
227	1:02.49 L	F	Roxanne Hautmann	11	RBUR BPD	18/01/2025	EGA Summer 5
228	1:02.56 L	F	Mckenzie Adams	11	WEST CPT	09/11/2024	Swartland Prestige Gala 2024
229	1:02.93 L	F	Abigail Van der Westhuizen	11	CA EKU	01/02/2025	EGA Last Chance Gala
230	1:02.96 L	F	Botshelo Rampana	11	PELIC MAN	04/12/2024	Free State Champs 2024
231	1:03.12 L	F	Kagiso Motuku	11	PGAC EKU	18/01/2025	EGA Summer 5
232	1:04.55 L	F	Danille De Jager	11	OLDE JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
233	1:04.65 L	F	Tshilidzi Rakhumba	11	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
234	1:04.70 L	F	Marné Truter	11	LSKP WB	01/02/2025	Limpopo School Champs & Limpopo AG
235	1:05.06 L	F	Leah Brand	11	KNYA EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
236	1:05.30 L	F	Okuhle Zungu	11	USH KCD	25/01/2025	uShaka Champs 2025
237	1:05.51 L	F	Ava Candiotas	11	HREF BPD	07/12/2024	NWS Championships 2024
238	1:05.78 L	F	Reneilwe Tsunke	11	BLOT MAN	04/12/2024	Free State Champs 2024
239	1:06.68 L S	F	Lea Van den Berg	11	SFSC CPT	21/09/2024	CTA INVITATIONAL LC MEET
240	1:07.65 L	F	Cayla Senekal	11	LSJM SKD	02/11/2024	Limpopo LS - Top 8 skole 2024
241	1:09.04 L	F	Thembaletu Zulu	11	FRA KCD	23/11/2024	KCDA Age Group Gala 3
242	1:09.09 L	F	Khanyisa Mqeke	11	WELA LLD	25/10/2024	Neptunes Gala
243	1:09.62 L	F	Mienke Kemp	11	TNDER FDD	15/11/2024	Valsrivier Gala 2024
244	1:11.24 L	F	Relebohile Khaoletsa	11	PELIC MAN	19/10/2024	Pelicans Gala 2
245	1:12.58 L	F	Katia Cerone	11	HAAG UTD	07/12/2024	Uthukela District Age Group Gala
246	1:12.59 L	F	Tshegofa Tau	11	CPSC TSH	13/09/2024	NTS September Age Group 2024
247	1:16.30 L	F	Anke Pretorius	11	STELL RMD	23/11/2024	NWS Age Group 3 + 4 2024
248	1:22.59 L	F	Neo Chomba	11	BARA EKU	26/10/2024	Summer 3 Delville

**Women 11-11 100 Fly**

1	1:17.28 L S	F	Caro Bishop	11	VINE CPT	05/12/2024	Western Cape LC-A Championship 2024
2	1:20.59 L S	F	Ella Johnson	11	SAAW CPT	05/12/2024	Western Cape LC-A Championship 2024
3	1:20.95 L S	F	Cayden Parfitt	11	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
4	1:21.32 L	F	Samantha Wilson	11	INFA NMA	31/01/2025	Infinity Gala 2025
5	1:22.13 L S	F	Mikayla Wilensky	11	ASAC CPT	05/12/2024	Western Cape LC-A Championship 2024
6	1:22.62 L S	F	Keyla Douglas	11	ROA EDD	05/12/2024	Western Cape LC-A Championship 2024
7	1:23.23 L	F	Alivia Nel	11	CRSC JHB	29/11/2024	CGA Championships 2024

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
8	1:25.29	L	F	Hayley Greyvenstein	11	USC BUF	22/11/2024	BCA Long Course Championships 2024
9	1:25.46	L	F	Arabella Symington	11	RSA	04/10/2024	Curro AquaElite Gala
10	1:27.86	L	F	Hannah Raphaela Morgado	11	CSA EZD	01/11/2024	MP AGE GROUP 3 1-2 NOV 2024
11	1:28.77	L	P	Sisanda Palframan	11	SEAL UMD	02/07/2024	Prestige Tournament 2024
12	1:29.04	L	F	Gabrielle Brooks	11	INFA NMA	17/08/2024	Madibaz Swim Meet 2024
13	1:29.31	L S	F	Olivia Normington	11	XCEL CPT	05/12/2024	Western Cape LC-A Championship 2024
14	1:29.63	L	F	Milani Butau	11	BEST NMA	05/10/2024	4th A League Gala 2024
15	1:30.09	L S	F	Alexa Kuhn	11	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
16	1:30.25	L	P	Kathryn Nolan	11	MDOL JHB	29/11/2024	CGA Championships 2024
17	1:30.27	L	F	Simone Zoutendyk	11	RBOT BPD	10/01/2025	2024 Grand Prix Invitation Swimming
18	1:31.79	L S	P	Jaime Sprong	11	ASAC CPT	05/12/2024	Western Cape LC-A Championship 2024
19	1:32.07	L	F	Danika Steyn	11	KSC EZD	29/11/2024	Mpumalanga Championships 2024
20	1:33.28	L	F	Kyra Du Preez	11	USC BUF	13/12/2024	NMBA Championships 2024
21	1:33.85	L	F	Inge Du Plessis	11	LSTZN CCD	01/02/2025	Limpopo School Champs & Limpopo AG
22	1:34.33	L	F	Hope Churchman	11	SEALE ETH	02/07/2024	Prestige Tournament 2024
23	1:34.72	L	P	Zahraa Essack	11	ATLA JHB	29/11/2024	CGA Championships 2024
24	1:35.33	L S	F	Chelsey Crossman	11	BLSS MAN	04/12/2024	Free State Champs 2024
25	1:35.83	L	F	Isabel Helberg	11	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming
26	1:36.17	L	F	Marni Snyman	11	ELRAS WBD	29/11/2024	Limpopo Champs 2024
27	1:36.21	L	F	Chantel Van der Linde	11	VHD ZLD	25/01/2025	uShaka Champs 2025
28	1:36.22	L	F	Leandi Liebenberg	11	SS MPD	29/11/2024	Limpopo Champs 2024
29	1:36.89	L S	F	Mieke Steinbach	11	NWUC KKD	07/12/2024	NWS Championships 2024
30	1:36.99	L	F	Mila Geldenhuys	11	ACAQ CCD	29/11/2024	Limpopo Champs 2024
31	1:37.12	L S	F	Pia Swanepoel	11	ASAC CPT	21/09/2024	CTA INVITATIONAL LC MEET
32	1:37.47	L	F	Tatum Adams	11	PAQU CED	09/11/2024	Winelands SL4
33	1:37.61	L S	F	Rorisang Monareng	11	BLNE MAN	04/12/2024	Free State Champs 2024
34	1:37.93	L	F	Layla Palframan	11	SEAL UMD	25/01/2025	uShaka Champs 2025
35	1:38.77	L	P	Amy-Lee Wood	11	TCA EKU	05/12/2024	EGA Summer Championships
36	1:39.73	L	F	Summer Moonsamy	11	BEAV ETH	25/01/2025	uShaka Champs 2025
37	1:40.83	L	F	Shalom Mtileni	11	UNIU EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
38	1:40.86	L	F	Siphwosethu Sikhakhane	11	AZON ETH	25/01/2025	uShaka Champs 2025
39	1:41.71	L S	F	Jane Tredoux	11	BLNE MAN	04/12/2024	Free State Champs 2024
40	1:41.77	L	F	Jada Hendricks	11	TYGE CPT	15/06/2024	PEA Winter Gala 2024
41	1:42.50	L S	F	Lika Baird	11	HREF BPD	07/12/2024	NWS Championships 2024
42	1:44.00	L S	F	Kayla-Anne Walker	11	CYBE CPT	02/11/2024	CTA A & B CHAMPS 2024
43	1:44.40	L S	F	Yamakhuze Loni	11	INFA NMA	17/01/2025	6th A League Gala 2025
44	1:44.66	L	F	Leanke Loots	11	EDA ED	11/01/2025	EDEN INTER DISTRICT PRESTIGE
45	1:45.46	L	F	Holly Couzens	11	SGUL ETH	02/07/2024	Prestige Tournament 2024
46	1:47.90	L S	F	Hester Janse van Rensburg	11	NWUC KKD	07/12/2024	NWS Championships 2024
47	1:49.38	L	F	Bukata Mwanza	11	ESP EKU	05/12/2024	EGA Summer Championships
48	1:50.16	L	F	Kethelo Mkhize	11	USH KCD	23/11/2024	KCDA Age Group Gala 3
49	1:50.45	L	F	Reatile Ntidi	11	NWUC KKD	23/11/2024	NWS Age Group 3 + 4 2024
50	1:50.50	L	F	Janel Van der Merwe	11	PRA GSD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
51	1:52.11	L S	F	Cara van Wyk	11	BARR CPT	02/11/2024	CTA A & B CHAMPS 2024
52	1:52.91	L	F	Grizelda Janse van Rensburg	11	NWUC KKD	23/11/2024	NWS Age Group 3 + 4 2024
53	1:52.97	L	F	Mamoso Ramokgopa	11	TKS WBD	29/11/2024	Limpopo Champs 2024
54	1:54.67	L	F	Emma McCallum	11	USC BUF	22/11/2024	BCA Long Course Championships 2024
55	1:55.09	L	F	Sophia Ebrahim	11	ESP EKU	01/02/2025	EGA Last Chance Gala
56	1:57.12	L	F	Meziana Hammouche	11	MAKO EKU	12/10/2024	EGA Summer 2
57	1:57.75	L	F	Hiranya Moodley	11	USH KCD	07/12/2024	Stingrays Champs 2024
58	1:57.95	L	F	Miane Bendeman	11	SS MPD	29/11/2024	Limpopo Champs 2024
59	1:58.33	L	F	Kyla Short	11	ESP EKU	12/10/2024	EGA Summer 2
60	1:58.43	L S	F	Hayden Perrins	11	GREY CPT	21/09/2024	CTA INVITATIONAL LC MEET
61	2:00.70	L	F	Ditebogo Pheeha	11	ACAQ CCD	29/11/2024	Limpopo Champs 2024
62	2:02.12	L S	F	Nduvho Rabambi	11	BULS MAN	04/12/2024	Free State Champs 2024
63	2:06.31	L	F	Wyllow Halse	11	USC BUF	22/11/2024	BCA Long Course Championships 2024
64	2:08.63	L	F	Mieke Jordaan	11	KTS	19/10/2024	NCASA AGE GROUP 1 KATHU 2024
65	2:10.25	L	F	Ava Du Preez	11	BEAV ETH	14/06/2024	AQZ Winter Warmer 2024
66	2:10.61	L	F	Izeldi Van Niekerk	11	LSPN MP	01/02/2025	Limpopo School Champs & Limpopo AG

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr					
67	2:24.77 L	F	Rachel Johnson	11	BARA EKU	01/02/2025	EGA	Last Chance Gala	
<b>Women 11-11 200 Fly</b>									
1	4:20.42 L	F	Cara van Wyk	11	BARR CPT	09/11/2024		Swartland Prestige Gala 2024	
<b>Women 11-11 200 IM</b>									
1	2:49.65 L	F	Ella Johnson	11	SAAW CPT	05/12/2024		Western Cape LC-A Championship 2024	
2	2:50.87 L	F	Mackenzie Raffle	11	CA EKU	05/12/2024		EGA Summer Championships	
3	2:51.74 L	F	Olivia Geldart	11	INFA NMA	13/12/2024		NMBA Championships 2024	
4	2:54.51 L	P	Leah Dabrowski	11	BLMA CPT	05/12/2024		Western Cape LC-A Championship 2024	
5	2:54.84 L	F	Caro Bishop	11	VINE CPT	02/11/2024		CTA A & B CHAMPS 2024	
6	2:57.94 L	F	Hayley Greyvenstein	11	BCA BUF	11/01/2025		EDEN INTER DISTRICT PRESTIGE	
7	2:58.40 L	F	Alivia Nel	11	CRSC JHB	29/11/2024		CGA Championships 2024	
8	2:59.48 L	F	Samantha Wilson	11	INFA NMA	31/01/2025		Infinity Gala 2025	
9	3:00.93 L	F	Arabella Symington	11	ACES ETH	02/07/2024		Prestige Tournament 2024	
10	3:01.23 L	F	Milani Butau	11	BEST NMA	14/09/2024		3rd A League Gala 2024	
11	3:01.63 L S	F	Olivia Normington	11	XCEL CPT	21/09/2024		CTA INVITATIONAL LC MEET	
12	3:02.16 L	F	Jua Jonker	11	POTC KKD	07/12/2024		NWS Championships 2024	
13	3:03.16 L	F	Gianna Olivier	11	PAQU CED	05/12/2024		Western Cape LC-A Championship 2024	
14	3:03.56 L	F	Grace Johns	11	OHAN ILD	25/01/2025		uShaka Champs 2025	
15	3:03.71 L	P	Saskia Gilligan	11	BLMA CPT	05/12/2024		Western Cape LC-A Championship 2024	
16	3:04.23 L	P	Olivia Kruger	11	PLAY CED	05/12/2024		Western Cape LC-A Championship 2024	
17	3:04.44 L	F	Hannah Raphaela Morgado	11	CSA EZD	29/11/2024		Mpumalanga Championships 2024	
18	3:04.75 L	F	Keyla Douglas	11	ROA EDD	17/08/2024		Madibaz Swim Meet 2024	
19	3:05.10 L	F	Alize Engelbrecht	11	CSA EZD	29/11/2024		Mpumalanga Championships 2024	
20	3:05.79 L	P	Mikayla Wilensky	11	ASAC CPT	05/12/2024		Western Cape LC-A Championship 2024	
21	3:06.11 L	P	Sage Lindsay	11	CA EKU	05/12/2024		EGA Summer Championships	
22	3:06.79 L	F	Inge Du Plessis	11	SS MPD	12/10/2024		Limpopo Age Group 4	
23	3:08.34 L	F	Chelsey Crossman	11	BLSS MAN	04/12/2024		Free State Champs 2024	
24	3:08.35 L	P	Kathryn Nolan	11	MDOL JHB	29/11/2024		CGA Championships 2024	
25	3:08.64 L	F	Sophia Hutchison	11	GHSK	05/10/2024		FLAMINGO GALA OCT 2024	
26	3:09.13 L	F	Gabrielle Brooks	11	INFA NMA	13/12/2024		NMBA Championships 2024	
27	3:09.30 L	F	Colleen McQueen	11	BLSS MAN	25/10/2024		Neptunes Gala	
28	3:09.51 L	P	Sophie Chiang	11	WATR JHB	29/11/2024		CGA Championships 2024	
29	3:10.39 L	P	Alexis Kalapac	11	SLAQ CPT	05/12/2024		Western Cape LC-A Championship 2024	
30	3:10.82 L	P	Simone Zoutendyk	11	RBOT BPD	07/12/2024		NWS Championships 2024	
31	3:10.88 L	F	Ineke Van Maarleveld	11	ACAQ CCD	29/11/2024		Limpopo Champs 2024	
32	3:11.30 L	P	Annebelle Botha	11	PER JHB	29/11/2024		CGA Championships 2024	
33	3:11.60 L	P	Sisanda Palframan	11	SEAL UMD	02/07/2024		Prestige Tournament 2024	
34	3:11.62 L	F	Kyra Du Preez	11	USC BUF	13/07/2024		1st A League Gala 2024	
35	3:12.38 L	F	Lienke Bester	11	HREF BPD	07/12/2024		NWS Championships 2024	
36	3:12.52 L	F	Chantel Van der Linde	11	VHD ZLD	25/01/2025		uShaka Champs 2025	
37	3:13.57 L	P	Lefei Li	11	WATR JHB	29/11/2024		CGA Championships 2024	
38	3:13.73 L S	F	Jada Hendricks	11	TYGE CPT	21/09/2024		CTA INVITATIONAL LC MEET	
39	3:13.86 L	P	Zia Habib	11	MDOL JHB	29/11/2024		CGA Championships 2024	
40	3:14.08 L	P	Cayden Parfitt	11	CASC CPT	05/12/2024		Western Cape LC-A Championship 2024	
41	3:14.23 L	P	Jaime Sprong	11	ASAC CPT	05/12/2024		Western Cape LC-A Championship 2024	
42	3:14.35 L	F	Courtney Grant	11	ACES ETH	02/07/2024		Prestige Tournament 2024	
43	3:14.65 L	F	Kyla Short	11	ESP EKU	26/10/2024		Summer 3 Delville	
44	3:14.87 L	F	Ané Venter	11	FISH EDD	02/11/2024		EDEN 2nd A-League Gala 2024 Schools	
45	3:15.31 L	F	Mieke Steinbach	11	NWUC KKD	07/12/2024		NWS Championships 2024	
46	3:15.69 L	P	Ashley Cilliers	11	WATR JHB	29/11/2024		CGA Championships 2024	
47	3:15.78 L	P	Jessica Caldeira	11	CRSC JHB	29/11/2024		CGA Championships 2024	
48	3:16.38 L	F	Mila Geldenhuys	11	LPTBO CCD	01/02/2025		Limpopo School Champs & Limpopo AG	
49	3:16.87 L	F	Maria Geysler	11	ELRAS WBD	29/11/2024		Limpopo Champs 2024	
50	3:17.09 L	F	Sophie Kretzmann	11	USC BUF	13/12/2024		NMBA Championships 2024	
51	3:17.13 L	P	Senzelwe Mwandla	11	PSCP UMD	02/07/2024		Prestige Tournament 2024	
52	3:18.40 L	F	Mila Nel	11	TUKS FSH	13/09/2024		NTS September Age Group 2024	
53	3:18.53 L	F	Lize Beyers	11	AGAQ OBD	17/10/2024		43rd Freda Barnard Invitational Gala	
54	3:19.62 L	F	Mawande Makumbe	11	TUKS FSH	11/10/2024		NTS Level 1+2 October Age Group 2024	

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
55	3:19.67	L	F	Jaime-Lynn Vermeulen	11	HARL BUF	22/11/2024	BCA Long Course Championships 2024
56	3:19.86	L	F	Charlotte Hofinger	11	ASAC CPT	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)
57	3:20.20	L	F	Pia Swanepoel	11	ASAC CPT	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
58	3:20.72	L	P	Isabella Knight	11	WATR JHB	29/11/2024	CGA Championships 2024
59	3:21.04	L	F	Alessia Barthus	11	MANT CPT	02/11/2024	CTA A & B CHAMPS 2024
60	3:21.68	L	F	Mila Hinteregger	11	CA EKU	18/01/2025	EGA Summer 5
61	3:21.78	L	F	Tshegofatso Moabelo	11	BAS EKU	18/01/2025	EGA Summer 5
62	3:21.84	L	F	Marni Snyman	11	ELRAS WBD	29/11/2024	Limpopo Champs 2024
63	3:22.40	L	F	Layla Palframan	11	SEAL UMD	25/01/2025	uShaka Champs 2025
64	3:22.41	L	F	Racquelle Saporta	11	INFA NMA	14/09/2024	3rd A League Gala 2024
65	3:22.69	L	P	Alexia Tranter	11	SSISA CPT	05/12/2024	Western Cape LC-A Championship 2024
66	3:22.70	L	F	Kaylee Vd Wal	11	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
67	3:22.77	L	P	Hope Churchman	11	SEALE ETH	02/07/2024	Prestige Tournament 2024
68	3:22.99	L	F	Cara Hill	11	OHAN ILD	25/01/2025	uShaka Champs 2025
69	3:23.44	L	F	Miané Prinsloo	11	ACAQ CCD	12/10/2024	Limpopo Age Group 4
70	3:23.72	L	F	Leandi Liebenberg	11	SS MPD	29/11/2024	Limpopo Champs 2024
71	3:24.23	L	F	Zia-Bella Engelbrecht	11	HTSA CPT	02/11/2024	CTA A & B CHAMPS 2024
72	3:24.75	L	F	Yamakhuze Loni	11	INFA NMA	14/09/2024	3rd A League Gala 2024
73	3:24.85	L	F	Rachel De Fleuriot	11	SEALE ETH	25/01/2025	uShaka Champs 2025
74	3:24.94	L	F	Olivia Berry	11	BEST NMA	31/01/2025	Infinity Gala 2025
75	3:24.99	L	F	Milla Da Silva	11	CA EKU	05/12/2024	EGA Summer Championships
76	3:25.28	L	F	Naomi Mahlangu	11	BLMA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
77	3:25.40	L	F	Janel Van der Merwe	11	UNI EZD	29/11/2024	Mpumalanga Championships 2024
78	3:25.55	L	F	Isabel Smith	11	HARL BUF	25/01/2025	BCA January Age Group Gala 2025
79	3:25.59	L	P	Scarlett Garassino	11	SASE JHB	29/11/2024	CGA Championships 2024
80	3:25.60	L	F	Dine Vd Wal	11	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
81	3:25.82	L	F	Leah Schemel	11	HARL BUF	22/11/2024	BCA Long Course Championships 2024
82	3:26.38	L	F	Hannah Stearn	11	INFA NMA	31/01/2025	Infinity Gala 2025
83	3:26.53	L	P	Catherine Couch	11	QUES JHB	29/11/2024	CGA Championships 2024
84	3:26.66	L	F	Tatum Adams	11	PAQU CED	09/11/2024	Winelands SL4
85	3:27.19	L	P	Alexi Dandoulakis	11	CA EKU	05/12/2024	EGA Summer Championships
86	3:27.41	L	P	Sienna Syrett	11	QUES JHB	29/11/2024	CGA Championships 2024
87	3:27.42	L	F	Summer Moonsamy	11	BEAV ETH	25/01/2025	uShaka Champs 2025
88	3:28.46	L	F	Janel Van der Merwe	11	PRA GSD	01/11/2024	MP AGE GROUP 3 1-2 NOV 2024
89	3:28.62	L S	F	Hayden Perrins	11	GREY CPT	21/09/2024	CTA INVITATIONAL LC MEET
90	3:28.76	L	F	Sophia Duggan	11	PEAS NMA	15/06/2024	PEA Winter Gala 2024
91	3:28.78	L	F	Miane Bendeman	11	SS MPD	09/11/2024	Limpopo Age Group 5
92	3:29.00	L	F	Ella Niven	11	UNI EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
93	3:29.16	L	F	Jane Tredoux	11	BLNE MAN	04/12/2024	Free State Champs 2024
94	3:29.17	L	F	Zeney De Beer	11	CSA EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
95	3:29.51	L	P	Hester Janse van Rensburg	11	NWUC KKD	07/12/2024	NWS Championships 2024
96	3:29.56	L	P	Makayla Stoltz	11	PER JHB	29/11/2024	CGA Championships 2024
97	3:29.93	L	F	Siphwosethu Sikhakhane	11	AZON ETH	25/01/2025	uShaka Champs 2025
98	3:30.13	L	F	Isabel Helberg	11	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming
99	3:30.16	L	F	Emma Gutsche	11	POLSC CCD	29/11/2024	Limpopo Champs 2024
100	3:30.32	L	F	Holly Couzens	11	SGUL ETH	02/07/2024	Prestige Tournament 2024
101	3:30.35	L	F	Mamoso Ramokgopa	11	TKS WBD	29/11/2024	Limpopo Champs 2024
102*	3:30.52	L	F	Ashley Du Randt	11	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
102*	3:30.52	L	F	Tenley Fowler	11	AZON ETH	25/01/2025	uShaka Champs 2025
104	3:30.66	L	F	Elizabeth Vd Berg	11	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
105	3:31.17	L	F	Zanli Le Roux	11	AGAQ OBD	17/10/2024	43rd Freda Barnard Invitational Gala
106	3:31.42	L	P	Harley Knudsen	11	PGAC EKU	05/12/2024	EGA Summer Championships
107	3:31.60	L	F	Kayden Jack	11	PER JHB	29/11/2024	CGA Championships 2024
108	3:31.73	L	F	Jana Serdyn	11	INFA NMA	31/01/2025	Infinity Gala 2025
109	3:32.47	L	F	Mambay Banza	11	UNI EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
110	3:32.61	L	F	Ava van der Mescht	11	DESA NMA	31/01/2025	Infinity Gala 2025
111	3:33.39	L	F	Willow Makwakwa	11	WWOL TSH	13/09/2024	NTS September Age Group 2024
112	3:33.59	L	F	Isabella Van Breda	11	NWUC KKD	07/12/2024	NWS Championships 2024
113	3:33.70	L	F	Annabella Venter	11	VRC TSH	11/10/2024	NTS Level 1+2 October Age Group 2024



### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
114	3:34.30	L	F	Bukata Mwanza	11	ESP EKU	26/10/2024 Summer 3 Delville
115	3:34.34	L	P	Tamika Abbey	11	PER JHB	29/11/2024 CGA Championships 2024
116	3:34.66	L	P	Amy-Lee Wood	11	TCA EKU	05/12/2024 EGA Summer Championships
117	3:34.80	L	P	Reatile Ntidi	11	NWUC KKD	07/12/2024 NWS Championships 2024
118	3:34.85	L	F	Taylynn Boshoff	11	USC BUF	22/11/2024 BCA Long Course Championships 2024
119	3:35.28	L	F	Gabriella Scott	11	TUKS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
120	3:35.54	L	P	Melissa Kleynhans	11	PGAC EKU	05/12/2024 EGA Summer Championships
121	3:35.69	L	F	Leanke Loots	11	KNYA EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
122	3:35.95	L	F	Mia Mostert	11	AWIN TSH	13/09/2024 NTS September Age Group 2024
123	3:36.44	L	F	Miane Steyn	11	LEGC ETH	01/02/2025 KCDA Age Group 4 2024
124	3:36.66	L	P	Khera Murray	11	H2O EKU	05/12/2024 EGA Summer Championships
125	3:36.81	L	F	Elizabeth Willemse	11	VHD ZLD	25/01/2025 uShaka Champs 2025
126	3:36.82	L	F	Chloe Timperley	11	TRAZ TSH	13/09/2024 NTS September Age Group 2024
127	3:37.74	L S	F	Jessieka Faul	11	ASAC CPT	21/09/2024 CTA INVITATIONAL LC MEET
128	3:37.84	L	F	Marli Strydom	11	QUIC CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
129	3:37.86	L	F	Heili Van Heerden	11	BETH FDD	04/12/2024 Free State Champs 2024
130	3:38.00	L	F	Wyllow Halse	11	USC BUF	13/12/2024 NMBA Championships 2024
131	3:38.04	L	F	Carli Stoop	11	COMS TSH	13/09/2024 NTS September Age Group 2024
132	3:38.50	L	F	Sophia Ebrahim	11	ESP EKU	01/02/2025 EGA Last Chance Gala
133	3:38.62	L	F	Vibha Fakir	11	USC BUF	13/12/2024 NMBA Championships 2024
134	3:38.74	L	F	Puleng Masemene	11	ELEC TSH	13/09/2024 NTS September Age Group 2024
135	3:38.81	L	F	Emily Van Der Byl	11	USC BUF	13/07/2024 1st A League Gala 2024
136	3:38.90	L	F	Morgan Baard	11	FISH EDD	15/06/2024 PEA Winter Gala 2024
137	3:39.56	L	F	Liné Schoeman	11	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
138	3:39.57	L	F	Shalom Mtileni	11	UNIU EZD	10/01/2025 2024 Grand Prix Invitation Swimming
139	3:39.81	L	F	Paige Oliphant	11	PAC TSH	13/09/2024 NTS September Age Group 2024
140	3:40.08	L	F	Vida Olivier	11	BLNE MAN	11/10/2024 Otters Prestige Gala 2024
141	3:40.70	L	F	Rorisang Monareng	11	BLNE MAN	04/12/2024 Free State Champs 2024
142	3:40.78	L	F	Emma Du Toit	11	BLOT MAN	24/08/2024 Kovsie Gala 2
143	3:40.85	L	F	Jenna Leppan	11	AZON ETH	25/01/2025 uShaka Champs 2025
144	3:40.98	L	F	Nduvho Rabambi	11	BULS MAN	11/10/2024 Otters Prestige Gala 2024
145	3:41.47	L	P	Ella Arnold	11	SASE JHB	29/11/2024 CGA Championships 2024
146	3:41.48	L	P	Myra Bailey	11	RACE JHB	29/11/2024 CGA Championships 2024
147	3:41.70	L	F	Murunwa Thidiela	11	MAKO EKU	18/01/2025 EGA Summer 5
148	3:41.72	L	F	Beatrisa Kotklier	11	CYBE CPT	02/11/2024 CTA A & B CHAMPS 2024
149	3:41.82	L	F	Lheané Du Plessis	11	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
150	3:42.22	L	F	Mieke Moolman	11	UNI EZD	29/11/2024 Mpumalanga Championships 2024
151	3:42.42	L S	F	Gianna Onkruid	11	UWCA CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
152	3:42.64	L	F	Skyler Muller	11	HARL BUF	22/11/2024 BCA Long Course Championships 2024
153	3:43.50	L	F	Marlien Nell	11	HREF BPD	07/12/2024 NWS Championships 2024
154	3:43.54	L	F	Meziana Hammouche	11	MAKO EKU	26/10/2024 Summer 3 Delville
155	3:44.02	L	F	Lianka Spies	11	HARB BPD	09/11/2024 NWS Age Group 1 & 2 2024
156	3:44.49	L	F	Izeldi Van Niekerk	11	LSPN MP	01/02/2025 Limpopo School Champs & Limpopo AG
157	3:44.62	L	F	Leah Struwig	11	TUKS TSH	13/09/2024 NTS September Age Group 2024
158	3:45.21	L	F	Leah Vos	11	CSA EZD	29/11/2024 Mpumalanga Championships 2024
159	3:45.56	L	F	Zoe Andrews	11	CA EKU	18/01/2025 EGA Summer 5
160	3:45.77	L	F	Kamila Mohapi	11	ESTR EKU	26/10/2024 Summer 3 Delville
161	3:45.95	L	P	Aiva Van der Zandt	11	STAR BPD	07/12/2024 NWS Championships 2024
162*	3:47.12	L	F	Yolayne Aucamp	11	TNDER FDD	04/12/2024 Free State Champs 2024
162*	3:47.12	L	F	Tisetso Makhatho	11	ESP EKU	18/01/2025 EGA Summer 5
164	3:47.31	L	F	Kethelo Mkhize	11	USH KCD	25/01/2025 uShaka Champs 2025
165	3:47.52	L	F	Grizelda Janse van Rensburg	11	NWUC KKD	09/11/2024 NWS Age Group 1 & 2 2024
166	3:47.56	L	F	Kgalalelo Makoloi	11	AZON ETH	25/01/2025 uShaka Champs 2025
167	3:48.60	L	F	Machayda Titus	11	MARL CPT	02/11/2024 CTA A & B CHAMPS 2024
168	3:49.05	L	F	Jeanine Goosen	11	BLNE MAN	25/10/2024 Neptunes Gala
169	3:49.28	L	F	Maya Sissing	11	TUKS TSH	13/09/2024 NTS September Age Group 2024
170	3:49.38	L	F	Emma McCallum	11	USC BUF	13/12/2024 NMBA Championships 2024
171	3:49.47	L	F	Elsa Massawe	11	CA EKU	26/10/2024 Summer 3 Delville
172	3:50.21	L	F	Ava Du Preez	11	BEAV ETH	25/01/2025 uShaka Champs 2025

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
173	3:51.34 L	F	Mariandi Bredenkamp	11	BS LLD	04/12/2024	Free State Champs 2024
174	3:51.90 L	F	Rachel Thompson	11	PSC FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
175	3:52.22 L	F	Zane Kroon	11	AGAQ OBD	17/10/2024	43rd Freda Barnard Invitational Gala
176	3:52.37 L	F	Kari Moolman	11	UNI EZD	29/11/2024	Mpumalanga Championships 2024
177	3:52.57 L	F	Ditebogo Pheeha	11	ACAAQ CCD	29/11/2024	Limpopo Champs 2024
178	3:53.61 L	F	Mieke Jordaan	11	KTS	19/10/2024	NCASA AGE GROUP 1 KATHU 2024
179	3:54.47 L	F	Elmine Opperman	11	KTS	19/10/2024	NCASA AGE GROUP 1 KATHU 2024
180	3:56.66 L	F	Oarerata Modiole	11	TRAZ FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
181	3:58.41 L	F	Amy Freeman	11	NAE EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
182	3:59.59 L	P	Kyleigh Shelton	11	ESTR EKU	05/12/2024	EGA Summer Championships
183	4:00.81 L	F	Khloe Mesquita	11	ANAX CPT	09/11/2024	Swartland Prestige Gala 2024
184	4:00.87 L	F	Abigail Wilson	11	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
185	4:01.47 L	F	Mihanka vd Bank	11	CUHE OBD	17/10/2024	43rd Freda Barnard Invitational Gala
186	4:01.59 L	F	Mienke Kemp	11	TNDER FDD	25/10/2024	Neptunes Gala
187	4:01.82 L	F	Hiranya Moodley	11	USH KCD	28/09/2024	KCDA Age Group 1 2024
188	4:02.44 L	P	Rachel Johnson	11	BARA EKU	05/12/2024	EGA Summer Championships
189	4:02.46 L S	F	Mpho Kutumane	11	UWCA CPT	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
190	4:02.67 L	F	Alexa Steenkamp	11	CPSC FSH	13/09/2024	NTS September Age Group 2024
191	4:04.12 L	F	Lisasa Faltein	11	PEAS NMA	17/08/2024	Madibaz Swim Meet 2024
192	4:05.08 L	P	Beersheba Negash	11	BARA EKU	05/12/2024	EGA Summer Championships
193	4:06.35 L	F	Jorja Petschel	11	HARL BUF	22/11/2024	BCA Long Course Championships 2024
194	4:06.39 L	F	Lana Coetzee	11	QUIC CPT	09/11/2024	Swartland Prestige Gala 2024
195	4:06.91 L	P	Mieke Pretorius	11	CA EKU	05/12/2024	EGA Summer Championships
196	4:07.73 L	F	Roxanne Coetzee	11	HREF BP	09/11/2024	NWS Age Group 1 & 2 2024
197	4:08.06 L	F	Cara van Wyk	11	BARR CPT	17/10/2024	43rd Freda Barnard Invitational Gala
198	4:09.83 L	P	Tlotlotsame Makatiers	11	RBOT BPD	07/12/2024	NWS Championships 2024
199	4:09.85 L	F	Zoe Joanides	11	BLNE MAN	25/10/2024	Neptunes Gala
200	4:10.97 L	F	Danika Brynard	11	STSC KCD	25/01/2025	uShaka Champs 2025
201	4:11.13 L	F	Catharina Coetzer	11	QUIC CPT	02/11/2024	CTA A & B CHAMPS 2024
202	4:12.00 L	F	Jessica Steyn	11	VHD ZLD	02/11/2024	Uthukela District Age Group Gala
203	4:12.72 L	F	Tabea Greyling	11	RFA FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
204	4:13.25 L	F	Lily Marais	11	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
205	4:15.14 L	F	Miele' Loftus	11	BULS MAN	11/10/2024	Otters Prestige Gala 2024
206	4:15.20 L	F	Adrienne Meiring	11	PEAS NMA	15/06/2024	PEA Winter Gala 2024
207	4:16.44 L	F	Rita Rouillard	11	PSA ZLD	26/10/2024	Froggies Aquatics Championships 2024
208	4:16.79 L	P	Retshepile Phalafala	11	MDOL JHB	29/11/2024	CGA Championships 2024
209	4:17.31 L	F	Izelda Meyer	11	VHD ZLD	02/11/2024	Uthukela District Age Group Gala
210	4:18.35 L	P	Kagiso Motuku	11	PGAC EKU	05/12/2024	EGA Summer Championships
211	4:19.18 L	P	Ava Candiotes	11	HREF BPD	07/12/2024	NWS Championships 2024
212	4:19.34 L	P	Rachel Saltzman	11	ESTR EKU	05/12/2024	EGA Summer Championships
213	4:20.25 L	F	Suhanna White	11	AQUA UTD	12/10/2024	Uthukela District Age Group Gala
214	4:20.73 L	F	Nienke Eksteen	11	VALS FDD	04/12/2024	Free State Champs 2024
215	4:22.11 L	F	Cayla Senekal	11	LSJM SKD	02/11/2024	Limpopo LS - Top 8 skole 2024
216	4:26.14 L	F	Basse Molai	11	BULS MAN	11/10/2024	Otters Prestige Gala 2024
217	4:26.79 L	F	Michaela Kröger	11	BARR CPT	17/10/2024	43rd Freda Barnard Invitational Gala
218	4:31.33 L	F	Abigail Van der Westhuizen	11	CA EKU	26/10/2024	Summer 3 Delville
219	4:31.86 L	F	Riandi Muller	11	INFA NMA	31/01/2025	Infinity Gala 2025
220	4:33.52 L	F	Katrien Radley	11	NSAD EZD	29/11/2024	Mpumalanga Championships 2024
221	4:45.40 L	F	Anje Louw	11	QUIC CPT	09/11/2024	Swartland Prestige Gala 2024
222	5:06.70 L	F	Katia Cerone	11	HAAG UTD	07/12/2024	Uthukela District Age Group Gala
223	5:22.88 L	F	Neo Chomba	11	BARA EKU	18/01/2025	EGA Summer 5

**Women 11-11 400 IM**

1	6:31.01 L	F	Milani Butau	11	BEST NMA	05/10/2024	4th A League Gala 2024
2	7:59.50 L	F	Lianka Spies	11	HARB BPD	07/12/2024	NWS Championships 2024
3	8:26.04 L	F	Cara van Wyk	11	BARR CPT	09/11/2024	Swartland Prestige Gala 2024