

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
Women 16-16 50 Free							
1	26.95	L	F	Jaime Mote	16	INFA NMA	15/06/2024 PEA Winter Gala 2024
2	27.49	L	F	Jesse-Leah Laderach	16	PEAS NMA	17/08/2024 Madibaz Swim Meet 2024
3*	27.54	L	F	Scarlett Le Roux	16	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
3*	27.54	L	F	Ashley Scholtz	16	CA EKU	12/10/2024 EGA Summer 2
5	27.69	L	F	Tanatswa Chandiwana	16	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
6	27.90	L	F	Ruth Dredge	16	PAC TSH	15/06/2024 PEA Winter Gala 2024
7	28.09	L	F	Gizelle Maritz	16	WATR JHB	15/06/2024 PEA Winter Gala 2024
8	28.17	L	P	Cassidy Burgess	16	RSA	19/06/2024 BRICS Games Swimming 2024 Russia
9	28.29	L	F	Kendra Begley	16	INFA NMA	15/06/2024 PEA Winter Gala 2024
10	28.39	L	F	Karmen Van Rensburg	16	UNI EZD	29/11/2024 Mpumalanga Championships 2024
11	28.45	L S	P	Danielle Cronjè	16	LALE CED	05/12/2024 Western Cape LC-A Championship 2024
12	28.49	L	F	Xanthe Nagel	16	HREF BPD	07/12/2024 NWS Championships 2024
13	28.50	L S	F	Mikayla Lombard	16	TUKS TSH	05/12/2024 EGA Summer Championships
14	28.57	L	F	Mila Vd Linde	16	TUKS TSH	13/12/2024 NMBA Championships 2024
15	28.58	L	P	Tafadzwa Chandiwana	16	MDOL JHB	29/11/2024 CGA Championships 2024
16	28.66	L S	F	Isabella Havemann	16	ASAC CPT	02/11/2024 CTA A & B CHAMPS 2024
17	28.69	L	F	Grace Powell	16	CSC TSH	01/02/2025 EGA Last Chance Gala
18	28.75	L	F	Dane De Klerk	16	BLSS MAN	04/12/2024 Free State Champs 2024
19	28.83	L S	P	Rebecca Kuhn	16	CA EKU	05/12/2024 EGA Summer Championships
20	28.87	L	F	Hannah Ferreira	16	ASA ILD	07/12/2024 Stingrays Champs 2024
21	28.89	L S	F	Rachel Hinckley	16	CA EKU	05/12/2024 EGA Summer Championships
22	28.95	L S	P	Nicole Beling	16	CA EKU	05/12/2024 EGA Summer Championships
23	29.09	L	F	Leah Scott	16	BLUO UGD	07/12/2024 Stingrays Champs 2024
24	29.10	L	F	Mareze Frylinck	16	BLSS MAN	25/10/2024 Neptunes Gala
25	29.13	L	F	Corli Liversage	16	BLSS MAN	04/12/2024 Free State Champs 2024
26	29.15	L	F	Katelyn Fourie	16	CA EKU	26/10/2024 Summer 3 Delville
27	29.16	L S	F	Mari Wium	16	QSAW CED	05/12/2024 Western Cape LC-A Championship 2024
28	29.18	L	F	Chloe Olivier	16	CA EKU	26/10/2024 Summer 3 Delville
29	29.26	L	F	Kelci Leech	16	BLSS MAN	25/10/2024 Neptunes Gala
30	29.29	L	P	Ella Eldar	16	TUKS TSH	29/11/2024 CGA Championships 2024
31	29.33	L	F	Jana Vorster	16	TUKS TSH	29/11/2024 Limpopo Champs 2024
32	29.54	L	F	Ella Mills	16	UNI EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
33	29.65	L S	P	Mieke Vd Wal	16	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
34	29.74	L	F	Kathleen Welsh	16	UNI EZD	29/11/2024 Mpumalanga Championships 2024
35	29.80	L	F	Jordana Azran	16	KLOO ETH	25/01/2025 uShaka Champs 2025
36	29.82	L S	F	Grace George	16	SEAL UMD	02/07/2024 Prestige Tournament 2024
37	29.83	L	F	Savannah Mostert	16	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
38	29.88	L	F	Araya de Waal	16	PGAC EKU	10/01/2025 2024 Grand Prix Invitation Swimming
39	29.95	L	P	Colby Cochrane	16	CRSC JHB	29/11/2024 CGA Championships 2024
40	29.97	L	P	Caitlyn Dube	16	RSA	19/06/2024 BRICS Games Swimming 2024 Russia
41	29.98	L	P	Keira Holland	16	CRSC JHB	29/11/2024 CGA Championships 2024
42	29.99	L	F	Lara Smith	16	TYGE CPT	09/11/2024 Winelands SL4
43	30.07	L	F	Elizabet Victor	16	UNI EZD	29/11/2024 Mpumalanga Championships 2024
44	30.09	L	P	Lily Durant	16	WATR JHB	29/11/2024 CGA Championships 2024
45	30.19	L	F	Milri-Ann Summerton	16	NWUC KKD	07/12/2024 NWS Championships 2024
46*	30.23	L	F	Carmi Schoeman	16	TKS WBD	29/11/2024 Limpopo Champs 2024
46*	30.23	L S	F	Stephanie Jurado	16	SSISA CPT	21/09/2024 CTA INVITATIONAL LC MEET
48	30.24	L S	P	Emily Liebenberg	16	ASAW CED	05/12/2024 Western Cape LC-A Championship 2024
49	30.25	L	F	Kaylin Bezuidenhoud	16	BLOT MAN	09/11/2024 Bull Sharks Gala
50	30.34	L	F	Holley Jacoby	16	VIKI BUF	22/11/2024 BCA Long Course Championships 2024
51	30.36	L	F	Maria Steyn	16	BLSS MAN	13/09/2024 Pelicans Age Group Gala
52	30.38	L	P	Mia Wellsted	16	CRSC JHB	29/11/2024 CGA Championships 2024
53	30.39	L	F	Cara Fourie	16	NC FB	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
54	30.46	L	F	Kayleigh Hahn	16	FISH EDD	17/08/2024 Madibaz Swim Meet 2024
55	30.47	L	P	Keira Taylor	16	TUKS TSH	29/11/2024 CGA Championships 2024
56	30.52	L	F	Emma Neethling	16	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
57	30.54	L	F	Madison du Plessis	16	BLOT MAN	04/12/2024 Free State Champs 2024
58*	30.57	L	F	Antonella Del Fabbro	16	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			
58*	30.57	L	P	Robyn Barbour	16	MDOL	JHB 29/11/2024 CGA Championships 2024
60	30.66	L	F	Kaylie Groenewald	16	ACAO	CCD 29/11/2024 Limpopo Champs 2024
61	30.72	L	P	Madisynn Elliott	16	AA	JHB 29/11/2024 CGA Championships 2024
62*	30.77	L	P	Simone Van Aswegen	16	WATR	JHB 29/11/2024 CGA Championships 2024
62*	30.77	L	F	Carme Louw	16	TASC	MPD 29/11/2024 Limpopo Champs 2024
64	30.83	L	P	Paris Shiwundlana	16	AFIN	JHB 29/11/2024 CGA Championships 2024
65	30.87	L	F	Amelia Vincent	16	BLSS	MAN 13/09/2024 Pelicans Age Group Gala
66*	30.91	L	P	Shyenne Laubscher	16	WELA	LLD 04/12/2024 Free State Champs 2024
66*	30.91	L	F	Veneske Steenkamp	16	FISH	EDD 17/10/2024 43rd Freda Barnard Invitational Gala
66*	30.91	L	F	Zoe Kruger	16	AQUA	UTD 07/12/2024 Uthukela District Age Group Gala
69*	30.98	L	F	Keera De Esclana	16	VRC	TSH 18/10/2024 NTS Level 3+ October Age Group 2024
69*	30.98	L	P	Chrisley Barnard	16	BS	LLD 04/12/2024 Free State Champs 2024
71	30.99	L S	F	Jorja Parsons	16	PSCP	UMD 02/07/2024 Prestige Tournament 2024
72	31.03	L S	P	Mea Harding	BR	VASA	EKU 05/12/2024 EGA Summer Championships
73	31.04	L S	P	Genevieve Egger	16	CA	EKU 05/12/2024 EGA Summer Championships
74	31.06	L	F	Mia Pienaar	16	VHD	ZLD 07/12/2024 Stingrays Champs 2024
75	31.07	L	F	Georgia Gouws	16	PEAS	NMA 16/11/2024 5th A League Gala 2024
76	31.08	L S	P	Megan Neizel	16	PSCP	UMD 02/07/2024 Prestige Tournament 2024
77	31.16	L	F	Mia De Klerk	16	CSA	EZD 29/11/2024 Mpumalanga Championships 2024
78	31.17	L	F	Emma Roberts	16	UNIU	EZD 14/09/2024 MP SPRINT GALA 14 SEPTEMBER
79	31.20	L	F	Jade O'Connor	16	TUKS	TSH 18/10/2024 NTS Level 3+ October Age Group 2024
80	31.22	L	F	Andria Le Roux	16	JAQ	EKU 12/10/2024 EGA Summer 2
81	31.30	L S	P	Kelly Stork	16	BAS	EKU 05/12/2024 EGA Summer Championships
82	31.31	L	P	Abigail Phillips	16	SASE	JHB 29/11/2024 CGA Championships 2024
83	31.36	L S	P	Kirstin Brady	CR	VASA	EKU 05/12/2024 EGA Summer Championships
84	31.38	L S	F	Hannah Schreuder	16	SAAW	CPT 02/11/2024 CTA A & B CHAMPS 2024
85	31.41	L S	P	Emma Lategan	16	CASC	CPT 05/12/2024 Western Cape LC-A Championship 2024
86	31.43	L	F	Anastasia Sequeira	16	CA	EKU 26/10/2024 Summer 3 Delville
87	31.48	L	F	Gabriella Otto	16	ELEC	TSH 18/10/2024 NTS Level 3+ October Age Group 2024
88	31.58	L	F	Jaimee Marais	16	WBAC	CC 01/02/2025 Limpopo School Champs & Limpopo AG
89	31.62	L S	P	Erin Glover	16	TYGE	CPT 05/12/2024 Western Cape LC-A Championship 2024
90	31.63	L	F	Ciska Ferreira	16	UNI	EZD 14/09/2024 MP SPRINT GALA 14 SEPTEMBER
91	31.71	L	F	René Kotzé	16	POTC	KKD 07/12/2024 NWS Championships 2024
92	31.80	L	F	Sunny Huang	16	CA	EKU 12/10/2024 EGA Summer 2
93	31.89	L	F	Chloe Petersen	16	TUKS	TSH 11/10/2024 NTS Level 1+2 October Age Group 2024
94	31.92	L	P	Miana Fourie	16	BLSS	MAN 04/12/2024 Free State Champs 2024
95	31.98	L	P	Georgia Alston	16	SASE	JHB 29/11/2024 CGA Championships 2024
96	32.08	L	F	Carine Röntgen	16	ASAW	GED 09/11/2024 Swartland Prestige Gala 2024
97	32.14	L S	P	Vera Chen	16	BLSS	MAN 02/07/2024 Prestige Tournament 2024
98	32.18	L	F	Sinoah Pretorius	16	HPS	TSH 13/09/2024 NTS September Age Group 2024
99	32.25	L	F	Elmarie De Witt	16	RSA	04/10/2024 Curro AquaElite Gala
100	32.30	L S	F	Gail Polman	16	CASC	CPT 02/11/2024 CTA A & B CHAMPS 2024
101	32.31	L	F	Micke de Jager	16	VHD	ZLD 23/11/2024 KCDA Age Group Gala 3
102	32.32	L	F	Lily Ogden	16	PEAS	NMA 17/10/2024 43rd Freda Barnard Invitational Gala
103	32.33	L	F	Kayla Vosloo	16	BLOT	MAN 11/10/2024 Otters Prestige Gala 2024
104	32.35	L	F	Lois Fourie	16	BLSS	MAN 04/12/2024 Free State Champs 2024
105	32.36	L	F	Maya Ndegwa	16	ELEC	TSH 13/09/2024 NTS September Age Group 2024
106	32.37	L S	P	Judy Stevens	16	QUIC	CPT 05/12/2024 Western Cape LC-A Championship 2024
107	32.42	L S	P	Kendra Beukes	16	PGAC	EKU 05/12/2024 EGA Summer Championships
108	32.44	L	F	Milla Delpont	16	PEAS	NMA 13/07/2024 1st A League Gala 2024
109	32.57	L	P	Mia Barnard	16	BLOT	MAN 04/12/2024 Free State Champs 2024
110	32.60	L	F	Lerize Du Toit	16	ACAO	CCD 29/11/2024 Limpopo Champs 2024
111	32.74	L	F	Chloe Jewell	16	PEAS	NMA 17/08/2024 Madibaz Swim Meet 2024
112	32.77	L	F	Ashley Seymour	16	WELA	LLD 09/11/2024 Bull Sharks Gala
113	32.87	L	P	Katia Jacob	16	RACE	JHB 29/11/2024 CGA Championships 2024
114	32.94	L	F	Mila Petrak	16	ELEC	TSH 11/10/2024 NTS Level 1+2 October Age Group 2024
115	32.98	L	P	Lerato Molobybe	16	HREF	BPD 07/12/2024 NWS Championships 2024
116	32.99	L S	P	Mariel van der Net	16	JAQ	EKU 05/12/2024 EGA Summer Championships
117	33.02	L	F	Janca Hattingh	16	UNI	EZD 14/09/2024 MP SPRINT GALA 14 SEPTEMBER

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	33.07	L	F	Elizabeth Opperman	16	KTS	15/11/2024 AGE GROUP 2 KATHU 2024
119	33.11	L	F	Emma Thompson	16	PSC TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
120	33.12	L	P	Camryn Shaw	16	PEAS NMA	15/06/2024 PEA Winter Gala 2024
121	33.23	L	F	Lumka Ntaka	16	UMSH ETH	10/01/2025 2024 Grand Prix Invitation Swimming
122	33.24	L	F	Jessica Carver	16	ELEC TSH	13/09/2024 NTS September Age Group 2024
123	33.28	L	P	Ivana Vyncke	16	TUKS TSH	29/11/2024 Mpumalanga Championships 2024
124	33.29	L	P	Eunice Fourie	16	BLSS MAN	04/12/2024 Free State Champs 2024
125	33.34	L S	P	Cassandra Sophocleous	16	CA EKU	05/12/2024 EGA Summer Championships
126	33.43	L S	P	Esther Sauls	16	PGAC EKU	05/12/2024 EGA Summer Championships
127	33.49	L	F	Christi Serfontein	16	RSA	04/10/2024 Curro AquaElite Gala
128	33.57	L	F	Chelsea Snyman	16	SS MPD	29/11/2024 Limpopo Champs 2024
129	33.61	L	F	Sadie Jelley	16	RFA TSH	07/12/2024 NWS Championships 2024
130	33.65	L	P	Rienke Blignaut	16	BLSS MAN	04/12/2024 Free State Champs 2024
131	33.93	L	F	Kimberley Strong	16	KTS	19/10/2024 NCASA AGE GROUP 1 KATHU 2024
132*	33.94	L	P	Taryn Barnes	16	QUES JHB	29/11/2024 CGA Championships 2024
132*	33.94	L	F	WanRu Zhou	16	BLMA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
134*	33.96	L	P	Minette Els	16	BETH FDD	04/12/2024 Free State Champs 2024
134*	33.96	L	F	Shay-Leigh Pieters	16	HURA CPT	09/11/2024 Swartland Prestige Gala 2024
136	34.14	L	P	Chrystil Raymond	16	CSA EZD	29/11/2024 Mpumalanga Championships 2024
137	34.24	L	F	Nthanki Kumalo	16	ELEC TSH	13/09/2024 NTS September Age Group 2024
138	34.38	L	F	Tia Mari Theron	16	HSBV SKD	01/02/2025 Limpopo School Champs & Limpopo AG
139	34.53	L	P	Georgia Knight	16	WATR JHB	29/11/2024 CGA Championships 2024
140*	34.54	L	F	Sandri Visser	16	PLAY CED	09/11/2024 Swartland Prestige Gala 2024
140*	34.54	L	F	Hanrike Barnard	16	HREF BP	23/11/2024 NWS Age Group 3 + 4 2024
142	34.59	L	F	Carla Pienaar	16	VHD ZLD	07/12/2024 Stingrays Champs 2024
143	34.68	L	F	Nicole Van Zyl	16	CA EKU	26/10/2024 Summer 3 Delville
144	34.70	L	F	Nicole Norman	16	BAS EKU	12/10/2024 EGA Summer 2
145	34.95	L	F	Victoria-Ann Anthony	16	MAKO EKU	26/10/2024 Summer 3 Delville
146	35.01	L	F	Kate Allwood	16	ASAC CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
147	35.12	L	P	Alaynah Bhamjee	16	ATLA JHB	29/11/2024 CGA Championships 2024
148	35.16	L	F	Runakorwashe Makumbe	16	TUKS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
149	35.17	L	F	Makayla Lombard	16	JAQ EKU	12/10/2024 EGA Summer 2
150	35.39	L	F	Ayanke Stander	16	ASAW CED	17/10/2024 43rd Freda Barnard Invitational Gala
151	35.45	L	F	Anel Verster	16	RFA TSH	13/09/2024 NTS September Age Group 2024
152	35.82	L	F	Brooklyn-Taylor Sunker	16	MAKO EKU	12/10/2024 EGA Summer 2
153	35.92	L	F	Christine Lee	16	HPP BUF	08/10/2024 Limpopo Top 8 - High Schools
154	36.00	L	P	Gabriella Carminati	16	AFIN JHB	29/11/2024 CGA Championships 2024
155	36.28	L S	P	Veera Khusal	16	MAKO EKU	05/12/2024 EGA Summer Championships
156	36.30	L	F	Thandolwenkosi Mabaso	16	FRA KCD	25/01/2025 uShaka Champs 2025
157	36.40	L	F	Jessmie Van der Sandt	16	LALE CED	09/11/2024 Winelands SL4
158	36.41	L	F	Miela Smit	16	AQUA BUF	22/11/2024 BCA Long Course Championships 2024
159	36.54	L	P	Muneerah Khan	16	SWIM1 JHB	29/11/2024 CGA Championships 2024
160	36.59	L	F	Helena Van Vuuren	16	KALA	05/10/2024 FLAMINGO GALA OCT 2024
161	36.83	L	F	Kim Ruwona	16	HSTAN MP	08/10/2024 Limpopo Top 8 - High Schools
162	37.25	L	F	Beané du Plessis	16	STELL RMD	23/11/2024 NWS Age Group 3 + 4 2024
163	37.49	L	F	Miry Ferreira	16	HFDT MP	08/10/2024 Limpopo Top 8 - High Schools
164	37.66	L	F	Sharvani Govender	16	ELEC TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
165	37.99	L S	P	Amy Klink	16	JAQ EKU	05/12/2024 EGA Summer Championships
166	38.66	L	F	Richelle Rothmann	16	VHD ZLD	02/11/2024 Uthukela District Age Group Gala
167	39.85	L	F	Letitia Wolfaardt	16	HFDT MP	08/10/2024 Limpopo Top 8 - High Schools
168	41.61	L	P	Letlotlo Kgositlou	16	MATL KKD	07/12/2024 NWS Championships 2024
169	43.25	L	F	Naseerah Du Toit	16	UWCA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
170	43.33	L S	F	Autumn Zwane	16	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
171	43.78	L S	P	Zoë Pierce	16	ESTR EKU	05/12/2024 EGA Summer Championships
172	44.73	L	P	Michelle Seerane	16	RBOT BPD	07/12/2024 NWS Championships 2024
173	44.83	L	F	Thea Vermaak	16	WELA LLD	11/10/2024 Otters Prestige Gala 2024
174	45.75	L S	F	Madison Isaacs	16	WEST CPT	21/09/2024 CTA INVITATIONAL LC MEET
175	53.62	L	F	Tshimologo Ramushu	16	SWISA TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
176	57.07	L	F	Amelie du Plessis	16	CPSC TSH	13/09/2024 NTS September Age Group 2024

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	Time	P/F/S	Name	Age/Yr			
Women 16-16	100 Free						
1	58.44	L	F	Jaime Mote	16	INFA NMA	15/06/2024 PEA Winter Gala 2024
2	59.41	L	F	Scarlett Le Roux	16	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
3	59.60	L	F	Ashley Scholtz	16	CA EKU	05/12/2024 EGA Summer Championships
4	1:00.16	L	F	Gizelle Maritz	16	RSA	04/10/2024 Curro AquaElite Gala
5	1:00.43	L	F	Jesse-Leah Laderach	16	PEAS NMA	17/08/2024 Madibaz Swim Meet 2024
6	1:00.44	L	F	Cassidy Burgess	16	VINE CPT	05/12/2024 Western Cape LC-A Championship 2024
7	1:01.35	L	F	Rachel Hinckley	16	CA EKU	05/12/2024 EGA Summer Championships
8	1:01.56	L	F	Mikayla Lombard	16	TUKS FSH	05/12/2024 EGA Summer Championships
9	1:01.61	L	F	Danielle Cronjè	16	LALE CED	05/12/2024 Western Cape LC-A Championship 2024
10	1:01.79	L	F	Mila Vd Linde	16	TUKS FSH	13/12/2024 NMBA Championships 2024
11	1:01.81	L	F	Dane De Klerk	16	BLSS MAN	04/12/2024 Free State Champs 2024
12	1:01.88	L	F	Kendra Begley	16	INFA NMA	15/06/2024 PEA Winter Gala 2024
13	1:01.96	L	F	Jana Vorster	16	TUKS FSH	29/11/2024 Limpopo Champs 2024
14	1:02.02	L	F	Ruth Dredge	16	PAC FSH	15/06/2024 PEA Winter Gala 2024
15	1:02.08	L	F	Xanthe Nagel	16	HREF BPD	07/12/2024 NWS Championships 2024
16	1:02.27	L	F	Karmen Van Rensburg	16	UNI EZD	29/11/2024 Mpumalanga Championships 2024
17	1:02.38	L	F	Hannah Ferreira	16	ASA ILD	25/01/2025 uShaka Champs 2025
18	1:02.63	L	F	Tafadzwa Chandiwana	16	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
19	1:02.83	L	F	Grace Powell	16	CSC FSH	01/02/2025 EGA Last Chance Gala
20	1:02.88	L	F	Veneske Steenkamp	16	FISH EDD	05/12/2024 Western Cape LC-A Championship 2024
21	1:03.22	L	F	Nicole Beling	16	CA EKU	01/02/2025 EGA Last Chance Gala
22	1:03.60	L	F	Mareze Frylinck	16	BLSS MAN	04/12/2024 Free State Champs 2024
23	1:03.74	L	F	Corli Liversage	16	BLSS MAN	04/12/2024 Free State Champs 2024
24	1:03.77	L	F	Tanatswa Chandiwana	16	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
25	1:03.79	L	F	Mari Wium	16	QSAW CED	05/12/2024 Western Cape LC-A Championship 2024
26	1:03.93	L	F	Leah Scott	16	BLUO UGD	07/12/2024 Stingrays Champs 2024
27	1:04.01	L	F	Chloe Olivier	16	CA EKU	01/02/2025 EGA Last Chance Gala
28	1:04.02	L	F	Kelci Leech	16	BLSS MAN	04/12/2024 Free State Champs 2024
29	1:04.19	L	F	Juliette van Vught	16	SASE JHB	29/11/2024 CGA Championships 2024
30	1:04.24	L	F	Isabella Havemann	16	ASAC CPT	02/11/2024 CTA A & B CHAMPS 2024
31	1:04.25	L	F	Jenna Coetzee	16	INFA NMA	31/01/2025 Infinity Gala 2025
32	1:04.31	L	P	Grace George	16	SEAL UMD	02/07/2024 Prestige Tournament 2024
33	1:04.32	L	F	Keira Holland	16	CRSC JHB	20/11/2024 Crusaders Night Gala 1
34	1:04.50	L	F	Jordana Azran	16	KLOO ETH	25/01/2025 uShaka Champs 2025
35*	1:04.58	L	P	Holley Jacoby	16	VIKI BUF	15/06/2024 PEA Winter Gala 2024
35*	1:04.58	L	F	Araya de Waal	16	PGAC EKU	12/10/2024 EGA Summer 2
37	1:04.92	L	P	Madisynn Elliott	16	AA JHB	29/11/2024 CGA Championships 2024
38	1:04.99	L	F	Kathleen Welsh	16	UNI EZD	29/11/2024 Mpumalanga Championships 2024
39	1:05.14	L	F	Ava Fourie	16	TRAZ FSH	18/10/2024 NTS Level 3+ October Age Group 2024
40	1:05.26	L	F	Savannah Mostert	16	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
41	1:05.42	L	P	Rebecca Kuhn	16	CA EKU	05/12/2024 EGA Summer Championships
42	1:05.60	L	F	Mieke Vd Wal	16	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
43	1:05.61	L	P	Colby Cochrane	16	CRSC JHB	29/11/2024 CGA Championships 2024
44	1:05.65	L	F	Madison du Plessis	16	BLOT MAN	02/11/2024 Heidedal
45	1:05.73	L	F	Kayleigh Hahn	16	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
46*	1:05.81	L	P	Lily Durant	16	WATR JHB	29/11/2024 CGA Championships 2024
46*	1:05.81	L	P	Emily Liebenberg	16	ASAW CED	05/12/2024 Western Cape LC-A Championship 2024
48	1:05.86	L	F	Katelyn Fourie	16	CA EKU	12/10/2024 EGA Summer 2
49	1:05.87	L	F	Antonella Del Fabbro	16	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
50	1:05.97	L	P	Erin Glover	16	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
51	1:05.98	L	F	Kate Truter	16	RSA	04/10/2024 Curro AquaElite Gala
52	1:06.08	L	F	Elizabet Victor	16	UNIUI EZD	10/01/2025 2024 Grand Prix Invitation Swimming
53	1:06.20	L	F	Ella Mills	16	UNIUI EZD	29/11/2024 Mpumalanga Championships 2024
54	1:06.21	L	F	Lily van Aswegen	16	TRAZ FSH	13/09/2024 NTS September Age Group 2024
55	1:06.24	L	P	Mia Wellsted	16	CRSC JHB	29/11/2024 CGA Championships 2024
56	1:06.32	L	F	Carmi Schoeman	16	TKS WBD	29/11/2024 Limpopo Champs 2024
57	1:06.40	L	P	Caitlyn Dube	16	MDOL JHB	29/11/2024 CGA Championships 2024
58	1:06.64	L	P	Robyn Barbour	16	MDOL 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	1:06.76	L	F	Skyla Perumal	16	TRAZ	FSH 13/09/2024 NTS September Age Group 2024
60	1:06.86	L	F	Emma Neethling	16	FISH	EDD 17/10/2024 43rd Freda Barnard Invitational Gala
61*	1:06.93	L	P	René Kotzé	16	POTC	KKD 07/12/2024 NWS Championships 2024
61*	1:06.93	L	F	Morgan Rabie	16	TUKS	FSH 18/10/2024 NTS Level 3+ October Age Group 2024
63	1:06.97	L	F	Danaleigh Swanepoel	16	RFA	FSH 29/11/2024 Limpopo Champs 2024
64	1:07.13	L	F	Jessica Sardinha	16	CA	EKU 01/02/2025 EGA Last Chance Gala
65	1:07.15	L	F	Carine Röntgen	16	ASAW	CED 09/11/2024 Swartland Prestige Gala 2024
66	1:07.33	L	P	Emily Macqueen	16	SEALE	ETH 02/07/2024 Prestige Tournament 2024
67	1:07.42	L	F	Emma Roberts	16	UNI	EZD 14/09/2024 MP SPRINT GALA 14 SEPTEMBER
68	1:07.44	L	F	Jessica Smith	16	ASA	ILD 14/06/2024 AQZ Winter Warmer 2024
69	1:07.52	L	F	Mia De Klerk	16	CSA	EZD 29/11/2024 Mpumalanga Championships 2024
70	1:07.54	L	P	Kendra Beukes	16	PGAC	EKU 05/12/2024 EGA Summer Championships
71	1:07.63	L	F	Holly Allison	16	AZON	ETH 02/07/2024 Prestige Tournament 2024
72	1:07.65	L	F	Keera De Esclana	16	VRC	FSH 18/10/2024 NTS Level 3+ October Age Group 2024
73	1:07.81	L	F	Cara Fourie	16	NC	FB 25/01/2025 4+1 INTERPROVINCIAL GALA 2025
74	1:07.85	L	F	Kaylie Groenewald	16	ACAQ	CCD 18/10/2024 NTS Level 3+ October Age Group 2024
75	1:07.97	L	F	Jaimee Marais	16	WBAC	CC 01/02/2025 Limpopo School Champs & Limpopo AG
76	1:08.00	L	F	Milla Delpont	16	PEAS	NMA 31/01/2025 Infinity Gala 2025
77	1:08.17	L	P	Chrisley Barnard	16	BS	LLD 04/12/2024 Free State Champs 2024
78	1:08.19	L	P	Simone Van Aswegen	16	WATR	JHB 29/11/2024 CGA Championships 2024
79*	1:08.20	L	F	Jade O'Connor	16	TUKS	FSH 18/10/2024 NTS Level 3+ October Age Group 2024
79*	1:08.20	L	P	Tayla Dowie	16	QUES	JHB 29/11/2024 CGA Championships 2024
81	1:08.37	L	F	Mea Harding	BR	VASA	EKU 01/02/2025 EGA Last Chance Gala
82	1:08.47	L	P	Abigail Phillips	16	SASE	JHB 29/11/2024 CGA Championships 2024
83	1:08.53	L	P	Kelly Stork	16	BAS	EKU 05/12/2024 EGA Summer Championships
84	1:08.59	L	F	Stephanie Jurado	16	SSIA	CPT 21/09/2024 CTA INVITATIONAL LC MEET
85	1:08.60	L	P	Keira Taylor	16	TUKS	FSH 29/11/2024 CGA Championships 2024
86	1:08.63	L	P	Anastasia Sequeira	16	CA	EKU 05/12/2024 EGA Summer Championships
87	1:08.88	L	F	Shyenne Laubscher	16	WELA	LLD 04/12/2024 Free State Champs 2024
88	1:09.02	L	F	Ciska Ferreira	16	UNI	EZD 01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
89	1:09.04	L	F	Lily Ogden	16	PEAS	NMA 17/08/2024 Madibaz Swim Meet 2024
90	1:09.07	L	F	Amelie Van der Merwe	16	RFA	FSH 13/09/2024 NTS September Age Group 2024
91	1:09.11	L	F	Chloe Petersen	16	TUKS	FSH 13/09/2024 NTS September Age Group 2024
92	1:09.25	L	F	Kaylin Bezuidenhoud	16	BLOT	MAN 04/12/2024 Free State Champs 2024
93	1:09.40	L	F	Erin Joubert	16	KLOO	ETH 14/06/2024 AQZ Winter Warmer 2024
94	1:09.45	L	P	Kayla Verbaan	16	KLOO	ETH 02/07/2024 Prestige Tournament 2024
95	1:09.46	L	F	Mia Pienaar	16	VHD	ZLD 07/12/2024 Stingrays Champs 2024
96	1:09.64	L	F	Elmarie De Witt	16	RSA	04/10/2024 Curro AquaElite Gala
97	1:09.71	L	F	Maria Steyn	16	BLSS	MAN 31/08/2024 Seals Gala
98	1:09.74	L	F	Georgia Gouws	16	PEAS	NMA 14/09/2024 3rd A League Gala 2024
99	1:09.75	L	P	Milri-Ann Summerton	16	NWUC	KKD 07/12/2024 NWS Championships 2024
100	1:09.85	L	F	Kayla Vosloo	16	BLOT	MAN 11/10/2024 Otters Prestige Gala 2024
101	1:09.89	L	F	Gabriella Otto	16	ELEC	FSH 13/09/2024 NTS September Age Group 2024
102	1:09.96	L	F	Sienna Lombard	16	TRAZ	FSH 13/09/2024 NTS September Age Group 2024
103*	1:10.01	L	F	Maya Ndegwa	16	ELEC	FSH 13/09/2024 NTS September Age Group 2024
103*	1:10.01	L	F	Zoe Kruger	16	AQUA	UTD 11/01/2025 Uthukela District Age Group Gala
105	1:10.33	L	F	Kayla-Jade Van Heerden	16	RSA	04/10/2024 Curro AquaElite Gala
106	1:10.54	L	F	Mariel van der Net	16	JAQ	EKU 12/10/2024 EGA Summer 2
107	1:10.60	L	F	Lerize Du Toit	16	ACAQ	CCD 29/11/2024 Limpopo Champs 2024
108	1:10.69	L	F	Lumka Ntaka	16	UMSH	ETH 10/01/2025 2024 Grand Prix Invitation Swimming
109	1:10.72	L	F	Sunny Huang	16	CA	EKU 01/02/2025 EGA Last Chance Gala
110	1:10.74	L	P	Tehl-Cadi Day Garden	16	ACSA	ETH 02/07/2024 Prestige Tournament 2024
111	1:10.79	L	P	Cassandra Sophocleous	16	CA	EKU 05/12/2024 EGA Summer Championships
112	1:10.82	L	F	Lume Louw	16	USC	BUF 13/07/2024 1st A League Gala 2024
113	1:11.02	L	F	Miana Fourie	16	BLSS	MAN 04/12/2024 Free State Champs 2024
114	1:11.17	L	F	Jenna-Mae Lally	16	BEAV	ETH 25/01/2025 uShaka Champs 2025
115	1:11.33	L	F	Amelia Vincent	16	BLSS	MAN 31/08/2024 Seals Gala
116	1:11.37	L	P	Katia Jacob	16	RACE	JHB 29/11/2024 CGA Championships 2024
117	1:11.47	L	F	Rienke Bignaut	16	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			
118	1:11.53	L	P	Paris Shiwundlana	16	AFIN JHB	29/11/2024 CGA Championships 2024
119	1:11.54	L	F	Janca Hattingh	16	UNI EZD	01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
120	1:11.59	L	F	Maria Tselentis	16	OHAN ILD	25/01/2025 uShaka Champs 2025
121	1:11.63	L	F	Hannah Schreuder	16	SAAW CPT	02/11/2024 CTA A & B CHAMPS 2024
122	1:11.67	L	P	Alexandra Santos	16	PSCP UMD	02/07/2024 Prestige Tournament 2024
123	1:11.78	L	F	Hannah Naidoo	16	BEAV ETH	25/01/2025 uShaka Champs 2025
124	1:11.89	L	P	Vera Chen	16	BLSS MAN	02/07/2024 Prestige Tournament 2024
125	1:12.00	L	F	Nina Melka	16	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
126	1:12.11	L	F	Emily Tsai	16	BLMA CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
127	1:12.35	L	F	Carme Louw	16	HMER MP	01/02/2025 Limpopo School Champs & Limpopo AG
128	1:12.67	L	F	Zadie Van Wyk	16	TRAZ FSH	13/09/2024 NTS September Age Group 2024
129	1:12.69	L	P	Andria Le Roux	16	JAQ EKU	05/12/2024 EGA Summer Championships
130	1:12.92	L	F	WanRu Zhou	16	BLMA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
131	1:13.16	L	F	Chrystil Raymond	16	CSA EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
132	1:13.20	L	F	Jessica Carver	16	ELEC FSH	13/09/2024 NTS September Age Group 2024
133	1:13.36	L	P	Esther Sauls	16	PGAC EKU	05/12/2024 EGA Summer Championships
134	1:13.37	L	F	Lerato Molobye	16	HREF BPD	07/12/2024 NWS Championships 2024
135	1:13.39	L	F	Christi Serfontein	16	RSA	04/10/2024 Curro AquaElite Gala
136	1:13.68	L	P	Ivana Vyncke	16	TUKS FSH	29/11/2024 Mpumalanga Championships 2024
137	1:13.73	L	P	Chloe Jewell	16	PEAS NMA	15/06/2024 PEA Winter Gala 2024
138	1:13.99	L S	F	Gail Polman	16	CASC CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
139	1:14.22	L	F	Gabrielle Mare'	16	PAC FSH	13/09/2024 NTS September Age Group 2024
140	1:14.35	L	F	Simonè Schonken	16	HMER MP	08/10/2024 Limpopo Top 8 - High Schools
141	1:14.37	L	F	Ashley Seymour	16	WELA LLD	09/11/2024 Bull Sharks Gala
142	1:14.43	L	F	Micke de Jager	16	VHD ZLD	23/11/2024 KCDA Age Group Gala 3
143	1:14.51	L	F	Maria Dos Santos	16	HREF BP	09/11/2024 NWS Age Group 1 & 2 2024
144*	1:14.69	L	F	Lelanie Buhr	16	SWAR WCD	09/11/2024 Swartland Prestige Gala 2024
144*	1:14.69	L	P	Nicole Van Zyl	16	CA EKU	05/12/2024 EGA Summer Championships
146	1:14.75	L	F	Ayanke Stander	16	ASAW CED	17/10/2024 43rd Freda Barnard Invitational Gala
147	1:15.41	L	F	Gabriella Oaten	16	SFSC CPT	02/11/2024 CTA A & B CHAMPS 2024
148	1:15.61	L	F	Sadie Jelley	16	RFA FSH	13/09/2024 NTS September Age Group 2024
149	1:15.84	L	F	Naseerah Vd Merwe	16	WEST CPT	09/11/2024 Swartland Prestige Gala 2024
150	1:16.05	L	F	Georgia Knight	16	WATR JHB	13/12/2024 NMBA Championships 2024
151	1:16.19	L	F	Tia Mari Theron	16	HSBV SKD	01/02/2025 Limpopo School Champs & Limpopo AG
152	1:16.23	L	F	Emma Thompson	16	PSC FSH	13/09/2024 NTS September Age Group 2024
153	1:16.42	L	P	Camryn Shaw	16	PEAS NMA	15/06/2024 PEA Winter Gala 2024
154	1:16.66	L	F	Tenè Louw	16	SFSC CPT	21/09/2024 CTA INVITATIONAL LC MEET
155	1:16.73	L	F	Danielle Van Vuuren	16	PSC FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
156	1:17.94	L	F	Kate Allwood	16	ASAC CPT	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
157*	1:17.99	L	P	Minette Els	16	BETH FDD	04/12/2024 Free State Champs 2024
157*	1:17.99	L	F	Thandolwenkosi Mabaso	16	FRA KCD	25/01/2025 uShaka Champs 2025
159	1:18.35	L	P	Gabriella Carminati	16	AFIN JHB	29/11/2024 CGA Championships 2024
160	1:18.45	L	F	Carla Pienaar	16	VHD ZLD	07/12/2024 Stingrays Champs 2024
161	1:18.47	L	P	Nicole Norman	16	BAS EKU	05/12/2024 EGA Summer Championships
162	1:18.71	L	P	Alaynah Bhamjee	16	ATLA JHB	29/11/2024 CGA Championships 2024
163	1:19.09	L	F	Ebenette Van Niekerk	16	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
164	1:19.32	L	F	Victoria-Ann Anthony	16	MAKO EKU	12/10/2024 EGA Summer 2
165	1:19.73	L	F	Richelle Rothmann	16	VHD ZLD	11/01/2025 Uthukela District Age Group Gala
166	1:20.30	L	F	Chelsea Snyman	16	SS MPD	29/11/2024 Limpopo Champs 2024
167	1:20.99	L	P	Emma Davies	16	MAKO EKU	02/07/2024 Prestige Tournament 2024
168	1:21.18	L	F	Makayla Lombard	16	JAQ EKU	12/10/2024 EGA Summer 2
169	1:22.11	L	F	Brooklyn-Taylor Sunker	16	MAKO EKU	12/10/2024 EGA Summer 2
170	1:22.42	L	F	Runakorwashe Makumbe	16	TUKS FSH	13/09/2024 NTS September Age Group 2024
171	1:22.52	L	F	Helena Van Vuuren	16	KALA	05/10/2024 FLAMINGO GALA OCT 2024
172	1:22.73	L	F	Jessimie Van der Sandt	16	LALE CED	09/11/2024 Winelands SL4
173	1:24.00	L	F	Christine Lee	16	HPP BUF	08/10/2024 Limpopo Top 8 - High Schools
174	1:24.64	L	P	Veera Khusal	16	MAKO EKU	05/12/2024 EGA Summer Championships
175	1:25.59	L	F	Emma Kruger	16	DDA FSH	13/09/2024 NTS September Age Group 2024
176	1:25.77	L	F	Sharvani Govender	16	ELEC FSH	11/10/2024 NTS Level 1+2 October Age Group 2024

Individual Top Times

Times since: 01-May-24

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	Time	P/F/S	Name	Age/Yr			
177	1:26.75	L	F	Amy Klink	16	JAQ EKU	12/10/2024 EGA Summer 2
178	1:27.65	L	F	Beané du Plessis	16	STELL RMD	09/11/2024 NWS Age Group 1 & 2 2024
179	1:28.49	L	F	Anel Verster	16	RFA TSH	01/02/2025 EGA Last Chance Gala
180	1:28.62	L	F	Clarabelle Dippenaar	16	HBV MP	08/10/2024 Limpopo Top 8 - High Schools
181	1:30.63	L	F	Kim Ruwona	16	HSTAN MP	08/10/2024 Limpopo Top 8 - High Schools
182	1:32.09	L	F	Letitia Wolfaardt	16	HFDT MP	08/10/2024 Limpopo Top 8 - High Schools
183	1:36.85	L	F	Lwazi Mqeke	16	WELA LLD	25/10/2024 Neptunes Gala
184	1:40.12	L S	F	Naseerah Du Toit	16	UWCA CPT	05/12/2024 Western Cape LC-A Championship 2024
185	1:41.59	L	F	Letlotlo Kgositlou	16	MATL KKD	23/11/2024 NWS Age Group 3 + 4 2024
186	1:41.89	L	F	Zoë Pierce	16	ESTR EKU	12/10/2024 EGA Summer 2
187	1:43.64	L	F	Autumn Zwane	16	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
188	1:44.43	L	F	Michelle Seerane	16	RBOT BPD	07/12/2024 NWS Championships 2024
189	1:46.60	L	F	Thea Vermaak	16	WELA LLD	11/10/2024 Otters Prestige Gala 2024
190	2:14.58	L	F	Tshimologo Ramushu	16	SWISA TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
Women 16-16 200 Free							
1	2:07.74	L	F	Jaime Mote	16	INFA NMA	31/01/2025 Infinity Gala 2025
2	2:09.96	L	F	Scarlett Le Roux	16	CA EKU	01/02/2025 EGA Last Chance Gala
3	2:12.32	L	F	Ashley Scholtz	16	CA EKU	15/11/2024 Summer 4 Delville
4	2:12.58	L	F	Mila Vd Linde	16	TUKS TSH	13/12/2024 NMBA Championships 2024
5	2:12.59	L	F	Gizelle Maritz	16	WATR JHB	29/11/2024 CGA Championships 2024
6	2:13.15	L	F	Rachel Hinckley	16	CA EKU	15/11/2024 Summer 4 Delville
7	2:13.44	L	F	Grace George	16	SEAL UMD	02/07/2024 Prestige Tournament 2024
8	2:14.14	L	P	Dane De Klerk	16	BLSS MAN	04/12/2024 Free State Champs 2024
9	2:14.78	L	F	Kayla Gous	16	USC BUF	13/07/2024 1st A League Gala 2024
10	2:15.30	L	F	Jana Swiegers	16	TUKS TSH	13/12/2024 NMBA Championships 2024
11	2:15.58	L	F	Veneske Steenkamp	16	FISH EDD	05/12/2024 Western Cape LC-A Championship 2024
12	2:15.67	L	F	Jana Vorster	16	TUKS TSH	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
13	2:16.42	L	P	Cassidy Burgess	16	RSA	19/06/2024 BRICS Games Swimming 2024 Russia
14	2:17.27	L	F	Hannah Ferreira	16	ASA ILD	25/01/2025 uShaka Champs 2025
15	2:17.28	L	F	Xanthe Nagel	16	HREF BPD	07/12/2024 NWS Championships 2024
16	2:18.24	L	F	Kendra Begley	16	INFA NMA	13/07/2024 1st A League Gala 2024
17	2:18.93	L	F	Mareze Frylinck	16	BLSS MAN	04/12/2024 Free State Champs 2024
18	2:19.10	L	F	Madison du Plessis	16	BLOT MAN	04/12/2024 Free State Champs 2024
19	2:19.41	L	F	Araya de Waal	16	PGAC EKU	10/01/2025 2024 Grand Prix Invitation Swimming
20	2:20.15	L	F	Corli Liversage	16	BLSS MAN	04/12/2024 Free State Champs 2024
21	2:20.42	L	F	Robyn Barbour	16	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
22	2:20.51	L	F	Karmen Van Rensburg	16	UNI EZD	01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
23	2:20.54	L	F	Kiara Banks	16	TUKS TSH	13/12/2024 NMBA Championships 2024
24	2:20.56	L	F	Mikayla Lombard	16	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
25	2:20.71	L	F	Ella Eldar	16	TUKS TSH	29/11/2024 CGA Championships 2024
26	2:20.74	L	F	Danielle Cronjé	16	LALE CED	21/09/2024 CTA INVITATIONAL LC MEET
27	2:20.95	L	F	Grace Powell	16	CSC TSH	01/02/2025 EGA Last Chance Gala
28	2:20.98	L	F	Nicole Beling	16	CA EKU	01/02/2025 EGA Last Chance Gala
29	2:21.19	L	F	Jesse-Leah Laderach	16	PEAS NMA	17/10/2024 43rd Freda Barnard Invitational Gala
30	2:21.54	L	F	Emily Liebenberg	16	ASAW CED	09/11/2024 Swartland Prestige Gala 2024
31	2:21.76	L	F	Erin Glover	16	TYGE CPT	21/09/2024 CTA INVITATIONAL LC MEET
32	2:21.88	L	F	Kelly Stork	16	BAS EKU	18/01/2025 EGA Summer 5
33	2:21.91	L	F	Mieke Vd Wal	16	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
34	2:22.74	L	P	Kayleigh Hahn	16	FISH EDD	05/12/2024 Western Cape LC-A Championship 2024
35	2:22.76	L S	P	Chloe Olivier	16	CA EKU	05/12/2024 EGA Summer Championships
36	2:22.88	L	F	Kate Truter	16	RSA	04/10/2024 Curro AquaElite Gala
37	2:23.70	L	F	Madisynn Elliott	16	AA JHB	20/11/2024 Crusaders Night Gala 1
38	2:24.54	L	P	Lily Durant	16	WATR JHB	29/11/2024 CGA Championships 2024
39	2:24.55	L	F	Maria Steyn	16	BLSS MAN	13/09/2024 Pelicans Age Group Gala
40	2:24.66	L	F	Antonella Del Fabbro	16	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
41	2:25.15	L	F	Savannah Mostert	16	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
42	2:26.07	L	F	Rii Spoelstra	16	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
43	2:26.27	L S	F	Anastasia Sequeira	16	CA EKU	05/12/2024 EGA Summer Championships
44	2:26.28	L	P	Carine Röntgen	16	ASAW CED	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			
45	2:26.41	L	F	René Kotzé	16	POTC KKD	09/11/2024 NWS Age Group 1 & 2 2024
46	2:26.64	L S	P	Kendra Beukes	16	PGAC EKU	05/12/2024 EGA Summer Championships
47	2:26.79	L	F	Ciska Ferreira	16	UNI EZD	29/11/2024 Mpumalanga Championships 2024
48	2:27.35	L	F	Kayla Verbaan	16	KLOO ETH	02/07/2024 Prestige Tournament 2024
49	2:27.62	L	F	Marlene Ward	16	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
50	2:27.64	L	F	Elizabet Victor	16	UNIU EZD	29/11/2024 Mpumalanga Championships 2024
51	2:27.65	L	F	Simone Van Aswegen	16	WATR JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
52	2:27.66	L	F	Hannah Sandilands	16	PGAC EKU	18/01/2025 EGA Summer 5
53	2:27.87	L	F	Jessica Sardinha	16	CA EKU	15/11/2024 Summer 4 Delville
54	2:27.91	L	F	Ella Mills	16	UNIU EZD	29/11/2024 Mpumalanga Championships 2024
55	2:27.98	L	F	Keira Holland	16	CRSC JHB	29/11/2024 CGA Championships 2024
56	2:28.05	L	F	Milla Delpont	16	PEAS NMA	05/10/2024 4th A League Gala 2024
57	2:28.28	L	F	Kathleen Welsh	16	UNI EZD	29/11/2024 Mpumalanga Championships 2024
58	2:28.30	L	F	Carmi Schoeman	16	TKS WBD	29/11/2024 Limpopo Champs 2024
59	2:29.12	L	F	Tafadzwa Chandiwana	16	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
60	2:29.61	L	P	Mia Wellsted	16	CRSC JHB	29/11/2024 CGA Championships 2024
61	2:29.62	L	F	Mea Harding	BR	VASA EKU	01/02/2025 EGA Last Chance Gala
62	2:29.64	L	F	Katelyn Fourie	16	CA EKU	15/11/2024 Summer 4 Delville
63	2:30.00	L	F	Emma Roberts	16	UNIU EZD	29/11/2024 Mpumalanga Championships 2024
64	2:30.11	L	F	Kaylie Groenewald	16	ACAA CCD	29/11/2024 Limpopo Champs 2024
65	2:30.38	L	F	Jenna-Mae Lally	16	BEAV ETH	25/01/2025 uShaka Champs 2025
66	2:30.47	L	P	Abigail Phillips	16	SASE JHB	29/11/2024 CGA Championships 2024
67	2:30.51	L	P	Caitlyn Dube	16	RSA	19/06/2024 BRICS Games Swimming 2024 Russia
68	2:30.62	L	F	Tayla Dowie	16	QUES JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
69	2:30.77	L	F	Emma Neethling	16	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
70	2:30.81	L	P	Kelci Leech	16	BLSS MAN	04/12/2024 Free State Champs 2024
71	2:31.28	L	P	Kayla Vosloo	16	BLOT MAN	04/12/2024 Free State Champs 2024
72	2:31.40	L	F	Keera De Esclana	16	VRC TSH	18/10/2024 NTS Level 3+ October Age Group 2024
73	2:31.83	L	P	Colby Cochrane	16	CRSC JHB	29/11/2024 CGA Championships 2024
74	2:32.41	L	F	Georgia Gouws	16	PEAS NMA	05/10/2024 4th A League Gala 2024
75	2:32.43	L	P	Hannah Schreuder	16	SAAW CPT	05/12/2024 Western Cape LC-A Championship 2024
76	2:32.86	L	F	Chrisley Barnard	16	BS LLD	04/12/2024 Free State Champs 2024
77	2:33.20	L	P	Georgia Alston	16	SASE JHB	29/11/2024 CGA Championships 2024
78	2:33.34	L	F	Milri-Ann Summerton	16	NWUC KKD	09/11/2024 NWS Age Group 1 & 2 2024
79	2:33.43	L	F	Jaimee Marais	16	WBAC CC	01/02/2025 Limpopo School Champs & Limpopo AG
80*	2:33.55	L	F	Jordana Azran	16	KLOO ETH	14/06/2024 AQZ Winter Warmer 2024
80*	2:33.55	L	F	Shyenne Laubscher	16	WELA LLD	04/12/2024 Free State Champs 2024
82	2:33.78	L	F	Erin Joubert	16	KLOO ETH	14/06/2024 AQZ Winter Warmer 2024
83	2:34.09	L	F	Jordan Wessels	16	ASA ILD	07/12/2024 Stingrays Champs 2024
84	2:34.62	L	F	Skyla Perumal	16	TRAZ TSH	18/10/2024 NTS Level 3+ October Age Group 2024
85	2:34.78	L	F	Chrystil Raymond	16	CSA EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
86	2:35.10	L	F	Cassandra Sophocleous	16	CA EKU	15/11/2024 Summer 4 Delville
87	2:35.15	L	F	Lumka Ntaka	16	UMSH ETH	10/01/2025 2024 Grand Prix Invitation Swimming
88	2:35.27	L	F	Lerize Du Toit	16	ACAA CCD	18/10/2024 NTS Level 3+ October Age Group 2024
89	2:35.31	L	F	Vera Chen	16	BLSS MAN	02/07/2024 Prestige Tournament 2024
90	2:35.35	L	F	Holly Allison	16	AZON ETH	02/07/2024 Prestige Tournament 2024
91	2:35.79	L	P	Mmathabo Marite	16	CRSC JHB	29/11/2024 CGA Championships 2024
92	2:35.82	L	F	Jessica Smith	16	ASA ILD	14/06/2024 AQZ Winter Warmer 2024
93	2:35.83	L	F	TehI-Cadi Day Garden	16	ACSA ETH	02/07/2024 Prestige Tournament 2024
94	2:35.88	L	F	Maria Tselentis	16	OHAN ILD	25/01/2025 uShaka Champs 2025
95	2:36.10	L	F	Janca Hattingh	16	UNI EZD	29/11/2024 Mpumalanga Championships 2024
96	2:36.25	L S	P	Sunny Huang	16	CA EKU	05/12/2024 EGA Summer Championships
97	2:36.99	L	F	Lize Burness	16	TUKS TSH	13/09/2024 NTS September Age Group 2024
98	2:37.13	L	F	Lume Louw	16	USC BUF	22/11/2024 BCA Long Course Championships 2024
99	2:37.18	L	F	Hannah Naidoo	16	BEAV ETH	25/01/2025 uShaka Champs 2025
100	2:37.41	L	F	Mia De Klerk	16	CSA EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
101	2:37.46	L	F	Chloe Petersen	16	TUKS TSH	13/09/2024 NTS September Age Group 2024
102*	2:38.25	L	F	Leah Crozier	16	NC FB	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
102*	2:38.25	L	F	Jessica Carver	16	ELEC 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			
104	2:38.47	L	F	Chloe Jewell	16	PEAS NMA	31/01/2025 Infinity Gala 2025
105	2:38.65	L	P	Emma Lategan	16	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
106	2:39.29	L	F	Miela Smit	16	AQUA BUF	25/01/2025 BCA January Age Group Gala 2025
107	2:40.13	L	P	Gaby Bishop	16	BETH FDD	04/12/2024 Free State Champs 2024
108	2:40.18	L	F	Elmarie De Witt	16	RSA	04/10/2024 Curro AquaElite Gala
109	2:41.23	L	F	Carme Louw	16	TASC MPD	09/11/2024 Limpopo Age Group 5
110	2:41.31	L	F	Esther Sauls	16	PGAC EKU	01/02/2025 EGA Last Chance Gala
111	2:41.36	L	F	Rienke Blignaut	16	BLSS MAN	04/12/2024 Free State Champs 2024
112	2:41.57	L	P	Lerato Molobye	16	HREF BPD	07/12/2024 NWS Championships 2024
113	2:42.14	L	F	Zadie Van Wyk	16	TRAZ TSH	13/09/2024 NTS September Age Group 2024
114	2:42.17	L S	F	Caitlin Scheepers	16	VINE CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
115	2:42.75	L	F	Emsie Brand	16	SWAR WCD	09/11/2024 Swartland Prestige Gala 2024
116	2:43.49	L S	P	Mariel van der Net	16	JAQ EKU	05/12/2024 EGA Summer Championships
117	2:43.60	L	F	Amelia Vincent	16	BLSS MAN	28/06/2024 Sentraal Winter Gala
118	2:43.94	L S	P	Andria Le Roux	16	JAQ EKU	05/12/2024 EGA Summer Championships
119	2:43.96	L	P	Kaylin Bezuidenhoud	16	BLOT MAN	04/12/2024 Free State Champs 2024
120	2:43.97	L	F	Danielle Van Vuuren	16	PSC TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
121	2:44.08	L	F	Zoe Kruger	16	AQUA UTD	07/12/2024 Uthukela District Age Group Gala
122	2:44.21	L	F	Emma Davies	16	MAKO EKU	01/02/2025 EGA Last Chance Gala
123	2:44.25	L	F	WanRu Zhou	16	BLMA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
124	2:44.30	L	F	Ayanke Stander	16	ASAW CED	09/11/2024 Winelands SL4
125	2:44.44	L	P	Alexandra Santos	16	PSCP UMD	02/07/2024 Prestige Tournament 2024
126	2:44.87	L S	F	Gabriella Oaten	16	SFSC CPT	02/11/2024 CTA A & B CHAMPS 2024
127	2:45.12	L	P	Miana Fourie	16	BLSS MAN	04/12/2024 Free State Champs 2024
128	2:45.31	L	F	Lois Fourie	16	BLSS MAN	25/10/2024 Neptunes Gala
129	2:45.49	L	P	Jorja Parsons	16	PSCP UMD	02/07/2024 Prestige Tournament 2024
130	2:46.37	L	F	Eunice Fourie	16	BLSS MAN	25/10/2024 Neptunes Gala
131	2:46.87	L	F	Ashley Seymour	16	WELA LLD	25/10/2024 Neptunes Gala
132	2:46.94	L	F	Amelie Van der Merwe	16	RFA TSH	13/09/2024 NTS September Age Group 2024
133	2:49.14	L	F	Mia Barnard	16	BLOT MAN	11/10/2024 Otters Prestige Gala 2024
134	2:49.72	L	F	Ivana Vyncke	16	TUKS TSH	29/11/2024 Mpumalanga Championships 2024
135	2:50.07	L	F	Anneke Stassen	16	EVO CPT	09/11/2024 Swartland Prestige Gala 2024
136	2:51.51	L	F	Emma Thompson	16	PSC TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
137	2:52.53	L	P	Sadie Jelley	16	RFA TSH	07/12/2024 NWS Championships 2024
138	2:52.64	L	F	Camryn Shaw	16	PEAS NMA	15/06/2024 PEA Winter Gala 2024
139	2:54.27	L	F	Naseerah Vd Merwe	16	WEST CPT	09/11/2024 Swartland Prestige Gala 2024
140	2:55.27	L	F	Cara Fourie	16	UPSK ZMD	05/10/2024 FLAMINGO GALA OCT 2024
141	2:55.37	L	P	Paris Shiwundlana	16	AFIN JHB	29/11/2024 CGA Championships 2024
142	2:55.73	L	P	Taryn Barnes	16	QUES JHB	29/11/2024 CGA Championships 2024
143	2:55.80	L	F	Minette Els	16	BETH FDD	25/10/2024 Neptunes Gala
144	2:58.67	L	F	Nicole Norman	16	BAS EKU	15/11/2024 Summer 4 Delville
145	2:58.92	L	F	Thandolwenkosi Mabaso	16	FRA KCD	26/10/2024 Froggies Aquatics Championships 2024
146	3:01.16	L	F	Makayla Lombard	16	JAQ EKU	18/01/2025 EGA Summer 5
147	3:01.81	L	F	Gabriella Carminati	16	AFIN JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
148	3:03.77	L	F	Helena Van Vuuren	16	KALA	05/10/2024 FLAMINGO GALA OCT 2024
149	3:05.82	L	P	Tatiana Ioannides	16	BLSS MAN	04/12/2024 Free State Champs 2024
150	3:07.22	L	F	Veera Khusal	16	MAKO EKU	01/02/2025 EGA Last Chance Gala
151	3:07.34	L	F	Ebenette Van Niekerk	16	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
152*	3:12.35	L	F	Angelina Valle	16	AQDO CPT	21/09/2024 CTA INVITATIONAL LC MEET
152*	3:12.35	L	F	Richelle Rothmann	16	VHD ZLD	11/01/2025 Uthukela District Age Group Gala
154	3:13.27	L	F	Carla Pienaar	16	VHD ZLD	23/11/2024 KCDA Age Group Gala 3
155	3:14.52	L	F	Micke de Jager	16	VHD ZLD	23/11/2024 KCDA Age Group Gala 3
156	3:14.99	L	F	Chelsea Snyman	16	SS MPD	29/11/2024 Limpopo Champs 2024
157	3:23.19	L S	P	Amy Klink	16	JAQ EKU	05/12/2024 EGA Summer Championships
158	3:27.93	L	F	Anel Verster	16	RFA TSH	01/02/2025 EGA Last Chance Gala
159	3:31.15	L S	F	Autumn Zwane	16	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
160	3:31.39	L	F	Beané du Plessis	16	STELL RMD	23/11/2024 NWS Age Group 3 + 4 2024
161	3:43.05	L S	F	Naseerah Du Toit	16	UWCA CPT	05/12/2024 Western Cape LC-A Championship 2024
162	3:53.85	L	F	Lwazi Mqeke	16	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			
163	3:59.43 L	F	Thea Vermaak	16	WELA LLD	31/08/2024	Seals Gala
164	4:02.19 L	F	Zoë Pierce	16	ESTR EKV	01/02/2025	EGA Last Chance Gala
165	4:04.80 L	F	Michelle Seerane	16	RBOT BPD	07/12/2024	NWS Championships 2024
166	4:07.21 L	P	Letlotlo Kgositlou	16	MATL KKD	07/12/2024	NWS Championships 2024
Women 16-16 400 Free							
1	4:38.03 L	F	Jaime Mote	16	INFA NMA	31/01/2025	Infinity Gala 2025
2	4:39.13 L	F	Scarlett Le Roux	16	CA EKV	10/01/2025	2024 Grand Prix Invitation Swimming
3	4:40.46 L	F	Dane De Klerk	16	BLSS MAN	04/12/2024	Free State Champs 2024
4	4:42.55 L	F	Ashley Scholtz	16	CA EKV	05/12/2024	EGA Summer Championships
5	4:43.78 L	F	Grace George	16	SEAL UMD	02/07/2024	Prestige Tournament 2024
6	4:45.30 L	F	Rachel Hinckley	16	CA EKV	05/12/2024	EGA Summer Championships
7	4:45.69 L	F	Kiara Banks	16	TUKS TSH	13/12/2024	NMBA Championships 2024
8	4:47.57 L	F	Veneske Steenkamp	16	FISH EDD	05/12/2024	Western Cape LC-A Championship 2024
9	4:55.06 L	F	Jana Swiegers	16	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 2024
10	4:55.16 L	F	Mieke Vd Wal	16	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
11	4:55.51 L	F	Madison du Plessis	16	BLOT MAN	04/12/2024	Free State Champs 2024
12	4:56.82 L	F	Robyn Barbour	16	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming
13	4:57.30 L	F	Erin Glover	16	TYGE CPT	05/12/2024	Western Cape LC-A Championship 2024
14	4:57.36 L	F	Hannah Ferreira	16	ASA ILD	07/12/2024	Stingrays Champs 2024
15	4:58.43 L	F	Araya de Waal	16	PGAC EKV	10/01/2025	2024 Grand Prix Invitation Swimming
16	4:59.19 L	F	Ella Eldar	16	TUKS TSH	29/11/2024	CGA Championships 2024
17	5:00.34 L	F	Corli Liversage	16	BLSS MAN	04/12/2024	Free State Champs 2024
18	5:01.06 L	F	Lara Gouws	16	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 2024
19	5:01.99 L	F	Kelly Stork	16	BAS EKV	01/02/2025	EGA Last Chance Gala
20	5:02.72 L	F	Maria Steyn	16	BLSS MAN	04/12/2024	Free State Champs 2024
21	5:02.79 L	F	Emily Liebenberg	16	ASAW CED	05/12/2024	Western Cape LC-A Championship 2024
22	5:05.37 L	F	Ciska Ferreira	16	UNI EZD	29/11/2024	Mpumalanga Championships 2024
23	5:06.07 L	F	Kayleigh Hahn	16	FISH EDD	05/12/2024	Western Cape LC-A Championship 2024
24	5:06.14 L	F	Mareze Frylinck	16	BLSS MAN	04/12/2024	Free State Champs 2024
25	5:07.26 L	F	Jenna-Mae Lally	16	BEAV ETH	02/07/2024	Prestige Tournament 2024
26	5:08.83 L	F	Madisynn Elliott	16	AA JHB	29/11/2024	CGA Championships 2024
27	5:09.42 L	F	Kendra Beukes	16	PGAC EKV	05/12/2024	EGA Summer Championships
28	5:09.56 L	F	René Kotzé	16	POTC KKD	23/11/2024	NWS Age Group 3 + 4 2024
29	5:10.19 L	F	Carine Röntgen	16	ASAW CED	05/12/2024	Western Cape LC-A Championship 2024
30	5:10.34 L	F	Anastasia Sequeira	16	CA EKV	05/12/2024	EGA Summer Championships
31	5:10.75 L	F	Mikayla Lombard	16	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 2024
32	5:13.15 L	F	Marlene Ward	16	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 2024
33	5:14.01 L	F	Caitlyn Dube	16	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming
34	5:16.24 L	F	Karmen Van Rensburg	16	UNI EZD	29/11/2024	Mpumalanga Championships 2024
35	5:16.88 L	F	Juliette van Vught	16	SASE JHB	29/11/2024	CGA Championships 2024
36	5:17.36 L	F	Milla Delpont	16	PEAS NMA	15/06/2024	PEA Winter Gala 2024
37	5:19.33 L	F	Maria Tselentis	16	OHAN ILD	25/01/2025	uShaka Champs 2025
38	5:19.36 L	F	Keira Holland	16	CRSC JHB	29/11/2024	CGA Championships 2024
39	5:21.12 L	F	Chloe Jewell	16	PEAS NMA	13/12/2024	NMBA Championships 2024
40	5:21.67 L	F	Mia Wellsted	16	CRSC JHB	29/11/2024	CGA Championships 2024
41	5:22.08 L	F	Abigail Phillips	16	SASE JHB	29/11/2024	CGA Championships 2024
42	5:23.43 L	F	Emma Neethling	16	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
43	5:23.77 L	F	Chrisley Barnard	16	BS LLD	04/12/2024	Free State Champs 2024
44	5:25.32 L	F	Tayla Dowie	16	QUES JHB	29/11/2024	CGA Championships 2024
45	5:26.15 L	F	Chrystil Raymond	16	CSA EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
46	5:27.13 L	F	Lumka Ntaka	16	UMSH ETH	10/01/2025	2024 Grand Prix Invitation Swimming
47	5:27.65 L	F	Miela Smit	16	AQUA BUF	31/01/2025	Infinity Gala 2025
48	5:28.43 L	F	Jessica Bosman	16	QUIC CPT	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
49	5:28.44 L	F	Lerize Du Toit	16	ACAQ CCD	29/11/2024	Limpopo Champs 2024
50	5:29.40 L	F	Carmi Schoeman	16	HPP BUF	01/02/2025	Limpopo School Champs & Limpopo AG
51	5:30.03 L	F	Janca Hattingh	16	UNI EZD	29/11/2024	Mpumalanga Championships 2024
52	5:31.29 L	F	Shyenne Laubscher	16	WELA LLD	04/12/2024	Free State Champs 2024
53	5:31.66 L	F	Vera Chen	16	BLSS MAN	04/12/2024	Free State Champs 2024
54	5:34.51 L	F	Jaimee Marais	16	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					
55	5:34.77	L	F	Mea Harding	BR	VASA EKU	01/02/2025	EGA	Last Chance Gala
56	5:35.38	L	F	Hannah Naidoo	16	BEAV ETH	02/07/2024	Prestige	Tournament 2024
57	5:37.03	L	F	Colby Cochrane	16	CRSC JHB	29/11/2024	CGA	Championships 2024
58	5:39.35	L	F	Johané Jv Rensburg	16	TUKS TSH	13/09/2024	NTS	September Age Group 2024
59	5:42.64	L	F	Sunny Huang	16	CA EKU	05/12/2024	EGA	Summer Championships
60	5:45.21	L	F	Lerato Molobye	16	HREF BP	09/11/2024	NWS	Age Group 1 & 2 2024
61	5:47.24	L	F	Katia Jacob	16	RACE JHB	29/11/2024	CGA	Championships 2024
62	5:49.13	L	F	WanRu Zhou	16	BLMA CPT	17/10/2024	43rd	Freda Barnard Invitational Gala
63	5:49.16	L	F	Emsie Brand	16	SWAR WCD	09/11/2024	Swartland	Prestige Gala 2024
64	5:50.36	L	F	Mariel van der Net	16	JAQ EKU	26/10/2024	Summer 3	Delville
65	5:51.59	L	F	Ivana Vyncke	16	TUKS TSH	29/11/2024	Mpumalanga	Championships 2024
66	5:51.69	L	F	Gabriella Oaten	16	SFSC CPT	21/09/2024	CTA	INVITATIONAL LC MEET
67	5:52.90	L	F	Maria Dos Santos	16	HREF BP	09/11/2024	NWS	Age Group 1 & 2 2024
68	5:54.10	L	F	Carne Louw	16	TASC MPD	09/11/2024	Limpopo	Age Group 5
69	5:55.05	L	F	Emma Davies	16	MAKO EKU	29/11/2024	CGA	Championships 2024
70	5:57.20	L	F	Amelia Vincent	16	BLSS MAN	28/06/2024	Sentraal	Winter Gala
71	5:59.80	L	F	Kate Allwood	16	ASAC CPT	05/10/2024	CTA	Qualifying Meet 5 - (L2 & above)
72	6:04.21	L	F	Sinoah Pretorius	16	HPS TSH	13/09/2024	NTS	September Age Group 2024
73	6:04.25	L	F	Paula Van Zyl	16	VARC NMA	06/09/2024	USSA	Swimming
74	6:08.36	L	F	Andria Le Roux	16	JAQ EKU	26/10/2024	Summer 3	Delville
75	6:08.89	L	F	Sadie Jelley	16	RFA TSH	07/12/2024	NWS	Championships 2024
76	6:27.98	L	F	Shay-Leigh Pieters	16	HURA CPT	09/11/2024	Swartland	Prestige Gala 2024
77	6:30.03	L	F	Cara Fourie	16	UPSK ZMD	05/10/2024	FLAMINGO	GALA OCT 2024
78	6:33.35	L	F	Victoria-Ann Anthony	16	MAKO EKU	26/10/2024	Summer 3	Delville
79	6:38.95	L	F	Helena Van Vuuren	16	KALA	15/11/2024	AGE GROUP 2	KATHU 2024
80	6:40.30	L	F	Nthanki Kumalo	16	ELEC TSH	11/10/2024	NTS	Level 1+2 October Age Group 2024
81	6:44.32	L	F	Veera Khusal	16	MAKO EKU	26/10/2024	Summer 3	Delville
Women 16-16 800 Free									
1	9:39.57	L	F	Karla Myburgh	16	TUKS TSH	18/10/2024	NTS	Level 3+ October Age Group 2024
2	9:44.02	L	F	Kiara Banks	16	TUKS TSH	13/12/2024	NMBA	Championships 2024
3	9:46.66	L	F	Grace George	16	SEAL UMD	02/07/2024	Prestige	Tournament 2024
4	9:48.15	L	F	Dane De Klerk	16	BLSS MAN	04/12/2024	Free State	Champs 2024
5	9:48.85	L	F	Jana Swiegers	16	TUKS TSH	13/12/2024	NMBA	Championships 2024
6	9:49.16	L	F	Rachel Hinckley	16	CA EKU	05/12/2024	EGA	Summer Championships
7	9:58.80	L	F	Veneske Steenkamp	16	FISH EDD	05/12/2024	Western Cape	LC-A Championship 2024
8	10:07.87	L	F	Erin Glover	16	TYGE CPT	05/12/2024	Western Cape	LC-A Championship 2024
9	10:15.21	L	F	Scarlett Le Roux	16	CA EKU	26/10/2024	Summer 3	Delville
10	10:16.81	L	F	Ciska Ferreira	16	UNI EZD	29/11/2024	Mpumalanga	Championships 2024
11	10:20.10	L	F	Maria Steyn	16	BLSS MAN	04/12/2024	Free State	Champs 2024
12	10:22.19	L	F	Kelly Stork	16	BAS EKU	26/10/2024	Summer 3	Delville
13	10:22.99	L	F	Madison du Plessis	16	BLOT MAN	31/08/2024	Seals	Gala
14	10:27.13	L	F	Robyn Barbour	16	MDOL JHB	29/11/2024	CGA	Championships 2024
15	10:29.97	L	F	Jenna-Mae Lally	16	BEAV ETH	02/07/2024	Prestige	Tournament 2024
16	10:33.42	L	F	Kayleigh Hahn	16	FISH EDD	17/08/2024	Madibaz	Swim Meet 2024
17	10:40.62	L	F	Madisynn Elliott	16	AA JHB	29/11/2024	CGA	Championships 2024
18	10:42.25	L	F	Anastasia Sequeira	16	CA EKU	05/12/2024	EGA	Summer Championships
19	10:43.18	L	F	René Kotzé	16	POTC KKD	09/11/2024	NWS	Age Group 1 & 2 2024
20	10:48.29	L	F	Kayla Gous	16	USC BUF	22/11/2024	BCA	Long Course Championships 2024
21	10:50.86	L	F	Abigail Phillips	16	SASE JHB	29/11/2024	CGA	Championships 2024
22	10:51.08	L	F	Carine Röntgen	16	ASAW CED	05/12/2024	Western Cape	LC-A Championship 2024
23	11:05.43	L	F	Emma Neethling	16	FISH EDD	17/10/2024	43rd	Freda Barnard Invitational Gala
24	11:14.53	L	F	Lerize Du Toit	16	ACAQ CCD	29/11/2024	Limpopo	Champs 2024
25	11:18.10	L	F	Miela Smit	16	AQUA BUF	31/01/2025	Infinity	Gala 2025
26	11:20.48	L	F	Maria Tselentis	16	OHAN ILD	25/01/2025	uShaka	Champs 2025
27	11:28.64	L	F	Janca Hattingh	16	UNI EZD	01/11/2024	MP	AGE GROUP 3 1-2 NOV 2024
28	11:45.88	L	F	Maria Dos Santos	16	HREF BP	09/11/2024	NWS	Age Group 1 & 2 2024
29	11:47.16	L	F	Lerato Molobye	16	HREF BP	09/11/2024	NWS	Age Group 1 & 2 2024
30	11:48.34	L	F	Amelia Vincent	16	BLSS MAN	31/08/2024	Seals	Gala
31	11:49.29	L	F	Mariel van der Net	16	JAQ EKU	26/10/2024	Summer 3	Delville

Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
32	11:53.50 L	F	Vera Chen	16	BLSS MAN	31/08/2024	Seals Gala
33	11:58.52 L	F	Chrisley Barnard	16	BS LLD	25/10/2024	Neptunes Gala
34	12:10.56 L	F	Andria Le Roux	16	JAQ EKU	26/10/2024	Summer 3 Delville
35	12:21.61 L	F	Emma Davies	16	MAKO EKU	02/07/2024	Prestige Tournament 2024
36	12:53.69 L	F	Gaby Bishop	16	BETH FDD	31/08/2024	Seals Gala
37	13:38.59 L	F	Shay-Leigh Pieters	16	HURA CPT	09/11/2024	Swartland Prestige Gala 2024
38	14:09.21 L	F	Thandolwenkosi Mabaso	16	FRA KCD	02/07/2024	Prestige Tournament 2024
39	14:24.52 L	F	Cara Fourie	16	UPSK ZMD	05/10/2024	FLAMINGO GALA OCT 2024
Women 16-16 1500 Free							
1	18:05.15 L	F	Scarlett Le Roux	16	CA EKU	15/11/2024	Summer 4 Delville
2	18:46.88 L	F	Rachel Hinckley	16	CA EKU	05/12/2024	EGA Summer Championships
3	18:51.93 L S	F	Dane De Klerk	16	BLSS MAN	04/12/2024	Free State Champs 2024
4	18:55.58 L	F	Kiara Banks	16	TUKS TSH	13/12/2024	NMBA Championships 2024
5	19:05.55 L	F	Veneske Steenkamp	16	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
6	19:12.52 L	F	Madison du Plessis	16	BLOT MAN	25/10/2024	Neptunes Gala
7	19:25.15 L	F	Ciska Ferreira	16	UNI EZD	29/11/2024	Mpumalanga Championships 2024
8	19:42.69 L S	F	Maria Steyn	16	BLSS MAN	04/12/2024	Free State Champs 2024
9	19:45.49 L S	F	Erin Glover	16	TYGE CPT	05/12/2024	Western Cape LC-A Championship 2024
10	19:46.49 L	F	Kelly Stork	16	BAS EKU	05/12/2024	EGA Summer Championships
11	20:08.89 L	F	Mareze Frylinck	16	BLSS MAN	27/09/2024	Seals Gala 2
12	20:16.19 L	F	Kayleigh Hahn	16	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
13	20:21.98 L	F	Jenna-Mae Lally	16	BEAV ETH	25/01/2025	uShaka Champs 2025
14	20:25.10 L	F	Mikayla Lombard	16	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 2024
15	21:03.58 L	F	Abigail Phillips	16	SASE JHB	29/11/2024	CGA Championships 2024
16	21:14.00 L	O	Milla Delpoit	16	PEAS NMA	08/12/2024	EC Swim Series OWS Round 2 2024
17	21:15.66 L	F	Jessica Sardinha	16	CA EKU	15/11/2024	Summer 4 Delville
18	21:19.71 L	F	Emma Roberts	16	UNI EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
19	21:23.00 L	F	Rene Sauerman	16	SEAL UMD	30/11/2024	KZN Open Water Champs 2024
20	21:28.00 L	F	Kate Truter	16	BEAV ETH	30/11/2024	KZN Open Water Champs 2024
21	22:04.00 L	F	Maria Tselentis	16	OHAN ILD	30/11/2024	KZN Open Water Champs 2024
22	22:20.00 L	O	Jade O'Connor	16	TUKS TSH	18/01/2025	WC OWS Champs / Aqua Azzurra
23	22:29.07 L	F	Katia Jacob	16	RACE JHB	29/11/2024	CGA Championships 2024
24	22:32.01 L	F	Shyenne Laubscher	16	WELA LLD	27/09/2024	Seals Gala 2
25	22:54.00 L	O	Tayla Dowie	16	QUES JHB	18/01/2025	Prime View #3 2025
26	23:03.77 L	F	Emma Davies	16	MAKO EKU	15/11/2024	Summer 4 Delville
27	23:20.76 L	F	Lerato Molobye	16	HREF BP	23/11/2024	NWS Age Group 3 + 4 2024
28	23:49.00 L	O	Gaby Bishop	16	BETH FDD	19/01/2025	NMBA OWS Championships 2025
29	25:39.00 L	O	Madisynn Elliott	16	AA JHB	18/01/2025	Prime View #3 2025
30	25:50.00 L	O	Keira Holland	16	CRSC JHB	18/01/2025	Prime View #3 2025
31	25:52.90 L	O	Izolde Lombard	16	ASAC CPT	18/01/2025	WC OWS Champs / Aqua Azzurra
32	27:08.00 L	O	Keera De Esclana	16	VRC TSH	18/01/2025	Prime View #3 2025
33	30:15.00 L	O	Lore Snyckers	16	GAU JHB	20/10/2024	Manyaka OW Sprint 2024
34	30:27.00 L	O	Muneerah Khan	16	SWIM1 JHB	18/01/2025	WC OWS Champs / Aqua Azzurra
35	30:30.00 L	O	Gabriella Carminati	16	AFIN JHB	18/01/2025	Prime View #3 2025
Women 16-16 3000 Free							
1	48.02 L	F	Rene Sauerman	16	SEAL UMD	24/11/2024	Capital K 3km Open Water Swim
2	50.53 L	F	Jenna-Mae Lally	16	BEAV ETH	24/11/2024	Capital K 3km Open Water Swim
3	55.40 L	F	Hannah Naidoo	16	BEAV ETH	24/11/2024	Capital K 3km Open Water Swim
4	40:02.00 L	O	Kiara Banks	16	TUKS TSH	18/01/2025	Prime View #3 2025
5	40:47.00 L	O	Karla Myburgh	16	TUKS TSH	20/10/2024	Manyaka OW Sprint 2024
6	42:34.30 L	O	Erin Glover	16	TYGE CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
7	43:27.00 L	F	Kate Truter	16	BEAV ETH	30/11/2024	KZN Open Water Champs 2024
8	43:30.00 L	O	Milla Delpoit	16	PEAS NMA	08/12/2024	EC Swim Series OWS Round 2 2024
9	44:10.00 L	F	Maria Tselentis	16	OHAN ILD	30/11/2024	KZN Open Water Champs 2024
10	45:17.00 L	O	Jade O'Connor	16	TUKS TSH	02/11/2024	Prime View #1
11	45:28.00 L	O	Kelly Stork	16	BAS EKU	18/01/2025	Prime View #3 2025
12	45:54.00 L	O	Gabriella Smith	16	MDOL JHB	07/12/2024	Prime View #2
13	46:25.00 L	O	Jessica Sardinha	16	BAS EKU	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			
14	46:26.00	L	O	Tayla Dowie	16	QUES JHB	18/01/2025 Prime View #3 2025
15	47:41.00	L	O	Madisynn Elliott	16	AA JHB	07/12/2024 Prime View #2
16	48:02.00	L	O	Gaby Bishop	16	BETH FDD	19/01/2025 NMBA OWS Championships 2025
17	48:14.00	L	O	Abigail Phillips	16	SASE JHB	02/11/2024 Prime View #1
18	50:26.00	L	O	Lerato Moloby	16	HREF BPD	18/01/2025 WC OWS Champs / Aqua Azzurra
19	50:26.63	L	O	Emily Tsai	16	BLMA CPT	23/11/2024 Aqua Azzurra Foundation OWS - Series
20	51:19.00	L	O	Keira Holland	16	CRSC JHB	18/01/2025 Prime View #3 2025
21	52:05.00	L	O	Miela Smit	16	AQUA BUF	27/10/2024 EC Swim Series OWS Round 1 2024
22	53:23.00	L	O	Katia Jacob	16	RACE JHB	02/11/2024 Prime View #1
23	55:04.00	L	O	Keera De Esclana	16	VRC TSH	18/01/2025 Prime View #3 2025
24	1:01:52.00	L	O	Gabriella Carminati	16	AFIN JHB	18/01/2025 WC OWS Champs / Aqua Azzurra
25	1:01:54.00	L	O	Muneerah Khan	16	SWIM1 JHB	18/01/2025 Prime View #3 2025
Women 16-16 5000 Free							
1	1:04:47.00	L	O	Jenna-Mae Lally	16	BEAV ETH	26/10/2024 EDA Open Water 2
2	1:06:47.00	L	O	Karla Myburgh	16	TUKS TSH	07/12/2024 Prime View #2
3	1:15:21.00	L	O	Kiara Banks	16	TUKS TSH	02/11/2024 Prime View #1
4	1:18:19.00	L	O	Kelly Stork	16	BAS EKU	02/11/2024 Prime View #1
5	1:24:39.00	L	O	Miela Smit	16	AQUA BUF	08/12/2024 EC Swim Series OWS Round 2 2024
Women 16-16 7500 Free							
1	1:42:44.00	L	O	Kiara Banks	16	TUKS TSH	07/12/2024 Prime View #2
2	2:11:57.00	L	F	Jenna-Mae Lally	16	BEAV ETH	30/11/2024 KZN Open Water Champs 2024
Women 16-16 50 Back							
1	29.95	L	P	Cassidy Burgess	16	RSA	19/06/2024 BRICS Games Swimming 2024 Russia
2	30.85	L	F	Mila Vd Linde	16	TUKS TSH	13/12/2024 NMBA Championships 2024
3	30.91	L	F	Gizelle Maritz	16	WATR JHB	15/06/2024 PEA Winter Gala 2024
4	30.99	L	F	Scarlett Le Roux	16	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
5	31.87	L	P	Emily Macqueen	16	SEALE ETH	02/07/2024 Prestige Tournament 2024
6	32.02	L	F	Danielle Cronjè	16	LALE CED	05/12/2024 Western Cape LC-A Championship 2024
7	32.06	L	F	Katelyn Fourie	16	CA EKU	26/10/2024 Summer 3 Delville
8	32.12	L	P	Chloe Olivier	16	CA EKU	05/12/2024 EGA Summer Championships
9	32.13	L	F	Hannah Ferreira	16	ASA ILD	07/12/2024 Stingrays Champs 2024
10	32.30	L	P	Ashley Scholtz	16	CA EKU	05/12/2024 EGA Summer Championships
11	32.40	L	P	Mikayla Lombard	16	TUKS TSH	05/12/2024 EGA Summer Championships
12	32.70	L	P	Emma Lategan	16	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
13	32.88	L	F	Jesse-Leah Laderach	16	PEAS NMA	13/07/2024 1st A League Gala 2024
14	32.90	L	F	Mari Wium	16	QSAW CED	05/12/2024 Western Cape LC-A Championship 2024
15	33.31	L	P	Kendra Begley	16	INFA NMA	15/06/2024 PEA Winter Gala 2024
16	33.40	L	F	Jana Swiegers	16	TUKS TSH	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
17	33.41	L	P	Holley Jacoby	16	VIKI BUF	15/06/2024 PEA Winter Gala 2024
18	33.47	L	F	Veneske Steenkamp	16	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
19	33.55	L	F	Tanatswa Chandiwana	16	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
20	33.76	L	F	Mareze Frylinck	16	BLSS MAN	04/12/2024 Free State Champs 2024
21*	33.84	L	F	Emma Roberts	16	UNIU EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
21*	33.84	L	P	Ruth Dredge	16	PAC TSH	15/06/2024 PEA Winter Gala 2024
23	33.86	L	F	Amelia Vincent	16	BLSS MAN	04/12/2024 Free State Champs 2024
24	33.92	L	F	Kaylie Groenewald	16	ACAQ CCD	29/11/2024 Limpopo Champs 2024
25	33.95	L	F	Kayla Gous	16	USC BUF	22/11/2024 BCA Long Course Championships 2024
26	33.99	L	F	Lara Smith	16	TYGE CPT	21/09/2024 CTA INVITATIONAL LC MEET
27	34.01	L	F	Dane De Klerk	16	BLSS MAN	25/10/2024 Neptunes Gala
28	34.28	L	F	Stephanie Jurado	16	SSISA CPT	21/09/2024 CTA INVITATIONAL LC MEET
29*	34.36	L	P	Keira Taylor	16	TUKS TSH	29/11/2024 CGA Championships 2024
29*	34.36	L	F	Ava Fourie	16	TRAZ TSH	18/10/2024 NTS Level 3+ October Age Group 2024
31	34.37	L	F	Rebecca Kuhn	16	CA EKU	05/12/2024 EGA Summer Championships
32	34.47	L	F	Corli Liversage	16	BLSS MAN	04/12/2024 Free State Champs 2024
33	34.53	L S	F	Isabella Havemann	16	ASAC CPT	02/11/2024 CTA A & B CHAMPS 2024
34	34.54	L	P	Jorja Parsons	16	PSCP UMD	02/07/2024 Prestige Tournament 2024
35	34.56	L	F	Danaleigh Swanepoel	16	RFA TSH	29/11/2024 Limpopo Champs 2024
36	34.65	L	F	Kate Truter	16	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			
37	34.74 L	F	Araya de Waal	16	PGAC EKU	05/12/2024	EGA Summer Championships
38	34.82 L	P	Caitlyn Dube	16	RSA	19/06/2024	BRICS Games Swimming 2024 Russia
39	34.86 L	P	Lily Durant	16	WATR JHB	29/11/2024	CGA Championships 2024
40	34.97 L	F	Jani Borman	16	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
41	35.00 L	F	Cassandra Sophocleous	16	CA EKU	05/12/2024	EGA Summer Championships
42*	35.19 L	F	Xanthe Nagel	16	HREF BP	09/11/2024	NWS Age Group 1 & 2 2024
42*	35.19 L	F	Paige Clarence	16	VINE CPT	09/11/2024	Swartland Prestige Gala 2024
44	35.21 L	P	Erin Glover	16	TYGE CPT	05/12/2024	Western Cape LC-A Championship 2024
45	35.22 L	F	Ella Mills	16	UNI U EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
46	35.26 L S	F	Milri-Ann Summerton	16	NWUC KKD	07/12/2024	NWS Championships 2024
47	35.32 L	F	Holly Allison	16	RSA	04/10/2024	Curro AquaElite Gala
48	35.37 L	F	Ciska Ferreira	16	UNI EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
49	35.43 L	F	Kaylin Bezuidenhoud	16	RSA	04/10/2024	Curro AquaElite Gala
50*	35.52 L	F	Skyla Perumal	16	TRAZ TSH	13/09/2024	NTS September Age Group 2024
50*	35.52 L	P	Mia Wellsted	16	CRSC JHB	29/11/2024	CGA Championships 2024
52	35.60 L	F	Madison du Plessis	16	BLOT MAN	09/11/2024	Bull Sharks Gala
53	35.63 L	P	Kelci Leech	16	BLSS MAN	04/12/2024	Free State Champs 2024
54	35.71 L	F	Carmi Schoeman	16	TKS WBD	29/11/2024	Limpopo Champs 2024
55	35.81 L	F	Lily Ogden	16	PEAS NMA	17/10/2024	43rd Freda Barnard Invitational Gala
56	36.04 L	P	Keira Holland	16	CRSC JHB	29/11/2024	CGA Championships 2024
57	36.12 L	F	Tafadzwa Chandiwana	16	RSA	04/12/2024	XX AA Zone IV LC Championships 4-7
58	36.13 L	P	Anastasia Sequeira	16	CA EKU	05/12/2024	EGA Summer Championships
59	36.14 L	F	Gabriella Otto	16	ELEC TSH	18/10/2024	NTS Level 3+ October Age Group 2024
60	36.41 L	F	Jaimee Marais	16	ELRAS WBD	12/10/2024	Limpopo Age Group 4
61	36.42 L	F	Madisynn Elliott	16	AA JHB	20/11/2024	Crusaders Night Gala 1
62	36.43 L	F	Kayla Verbaan	16	KLOO ETH	02/07/2024	Prestige Tournament 2024
63	36.46 L	F	Mia Pienaar	16	VHD ZLD	23/11/2024	KCDA Age Group Gala 3
64	36.50 L	F	Jordan Wessels	16	ASA ILD	25/01/2025	uShaka Champs 2025
65	36.56 L	P	Robyn Barbour	16	MDOL JHB	29/11/2024	CGA Championships 2024
66	36.59 L	F	Gaby Bishop	16	BETH FDD	04/12/2024	Free State Champs 2024
67	36.62 L	F	Jenna-Mae Lally	16	BEAV ETH	25/01/2025	uShaka Champs 2025
68	36.65 L	F	Andria Le Roux	16	JAQ EKU	26/10/2024	Summer 3 Delville
69	36.74 L	P	Georgia Alston	16	SASE JHB	29/11/2024	CGA Championships 2024
70	36.88 L	F	Ashley Seymour	16	WELA LLD	04/12/2024	Free State Champs 2024
71	36.90 L	F	Alexandra Santos	16	PSCP UMD	02/07/2024	Prestige Tournament 2024
72*	36.92 L	F	Emma Neethling	16	EDA ED	11/01/2025	EDEN INTER DISTRICT PRESTIGE
72*	36.92 L	F	Milla Delpoit	16	PEAS NMA	05/10/2024	4th A League Gala 2024
74	36.99 L	P	Mmathabo Marite	16	CRSC JHB	29/11/2024	CGA Championships 2024
75	37.05 L	P	Judy Stevens	16	QUIC CPT	05/12/2024	Western Cape LC-A Championship 2024
76	37.13 L	P	Kayleigh Hahn	16	FISH EDD	15/06/2024	PEA Winter Gala 2024
77	37.24 L	F	Vera Chen	16	BLSS MAN	04/12/2024	Free State Champs 2024
78	37.26 L	F	Kendra Beukes	16	PGAC EKU	12/10/2024	EGA Summer 2
79	37.29 L	F	Sandri Visser	16	PLAY CED	09/11/2024	Swartland Prestige Gala 2024
80	37.37 L	P	Tayla Dowie	16	QUES JHB	29/11/2024	CGA Championships 2024
81	37.42 L	P	Abigail Phillips	16	SASE JHB	29/11/2024	CGA Championships 2024
82	37.43 L	P	Simone Van Aswegen	16	WATR JHB	29/11/2024	CGA Championships 2024
83	37.53 L	F	René Kotzé	16	POTC KKD	23/11/2024	NWS Age Group 3 + 4 2024
84	37.82 L	P	Colby Cochrane	16	CRSC JHB	29/11/2024	CGA Championships 2024
85	37.87 L	F	Carme Louw	16	TASC MPD	29/11/2024	Limpopo Champs 2024
86	37.94 L	F	Chrisley Barnard	16	BS LLD	25/10/2024	Neptunes Gala
87	37.97 L	P	Keera De Esclana	16	VRC TSH	29/11/2024	CGA Championships 2024
88	38.09 L	P	Mea Harding	BR	VASA EKU	05/12/2024	EGA Summer Championships
89	38.10 L	P	Genevieve Egger	16	CA EKU	05/12/2024	EGA Summer Championships
90	38.22 L	F	Tia Mari Theron	16	HSBV SKD	08/10/2024	Limpopo Top 8 - High Schools
91	38.25 L	P	Hannah Prince	16	OLDE JHB	29/11/2024	CGA Championships 2024
92	38.31 L	P	Mia De Klerk	16	CSA EZD	29/11/2024	Mpumalanga Championships 2024
93	38.33 L	F	Mariel van der Net	16	JAQ EKU	12/10/2024	EGA Summer 2
94	38.41 L	F	Jade O'Connor	16	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 2024
95	38.55 L	F	Emsie Brand	16	SWAR WCD	09/11/2024	Swartland 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			
96	38.66	L	P	Katia Jacob	16	RACE JHB	29/11/2024 CGA Championships 2024
97	38.67	L S	F	Lerato Molobye	16	HREF BPD	07/12/2024 NWS Championships 2024
98	38.76	L	P	Nicole Van Zyl	16	CA EKU	05/12/2024 EGA Summer Championships
99	38.78	L S	F	Gail Polman	16	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
100	38.80	L	F	Maria Steyn	16	BLSS MAN	27/09/2024 Seals Gala 2
101	38.86	L S	F	Hanrike Barnard	16	HREF BPD	07/12/2024 NWS Championships 2024
102	39.12	L	P	Camryn Shaw	16	PEAS NMA	15/06/2024 PEA Winter Gala 2024
103	39.30	L	F	Sienna Lombard	16	TRAZ TSH	18/10/2024 NTS Level 3+ October Age Group 2024
104	39.34	L	P	Mia Barnard	16	BLOT MAN	04/12/2024 Free State Champs 2024
105	39.50	L	F	Chrystil Raymond	16	CSA EZD	29/11/2024 Mpumalanga Championships 2024
106	39.56	L	P	Chloe Jewell	16	PEAS NMA	15/06/2024 PEA Winter Gala 2024
107	39.59	L	F	Elizabet Victor	16	UNIU EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
108	39.64	L	P	Miana Fourie	16	BLSS MAN	04/12/2024 Free State Champs 2024
109	39.65	L	P	Lois Fourie	16	BLSS MAN	04/12/2024 Free State Champs 2024
110*	39.79	L	F	WanRu Zhou	16	BLMA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
110*	39.79	L	F	Sunny Huang	16	CA EKU	12/10/2024 EGA Summer 2
112	39.87	L	F	Carmen Veldsman	16	HSTAN MP	08/10/2024 Limpopo Top 8 - High Schools
113	40.04	L	F	Elizabeth Opperman	16	KTS	15/11/2024 AGE GROUP 2 KATHU 2024
114	40.19	L	P	Georgia Knight	16	WATR JHB	29/11/2024 CGA Championships 2024
115	40.28	L	P	Emma Davies	16	MAKO EKU	02/07/2024 Prestige Tournament 2024
116	41.02	L	P	Amy Klink	16	JAQ EKU	05/12/2024 EGA Summer Championships
117	41.17	L S	F	Sadie Jelley	16	RFA TSH	07/12/2024 NWS Championships 2024
118	41.21	L	F	Cara Fourie	16	UPSK ZMD	05/10/2024 FLAMINGO GALA OCT 2024
119	41.29	L	P	Rienke Bignaut	16	BLSS MAN	04/12/2024 Free State Champs 2024
120	41.39	L	F	Tatiana Ioannides	16	BLSS MAN	09/11/2024 Bull Sharks Gala
121	41.53	L	P	Shyenne Laubscher	16	WELA LLD	04/12/2024 Free State Champs 2024
122	41.54	L	F	Maria Dos Santos	16	HREF BP	09/11/2024 NWS Age Group 1 & 2 2024
123	41.84	L	F	Kimberley Strong	16	KTS	19/10/2024 NCASA AGE GROUP 1 KATHU 2024
124	41.85	L	F	Ayanke Stander	16	ASAW CED	17/10/2024 43rd Freda Barnard Invitational Gala
125	41.92	L	F	Makayla Lombard	16	JAQ EKU	26/10/2024 Summer 3 Delville
126	42.00	L	F	Richelle Rothmann	16	VHD ZLD	11/01/2025 Uthukela District Age Group Gala
127	42.19	L	F	Maya Ndegwa	16	ELEC TSH	13/09/2024 NTS September Age Group 2024
128	42.54	L	F	Runakorwashe Makumbe	16	TUKS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
129*	42.60	L	P	Gabriella Carminati	16	AFIN JHB	29/11/2024 CGA Championships 2024
129*	42.60	L	P	Eunice Fourie	16	BLSS MAN	04/12/2024 Free State Champs 2024
131	43.00	L	P	Tarryn Barnes	16	QUES JHB	29/11/2024 CGA Championships 2024
132	43.09	L	F	Shay-Leigh Pieters	16	HURA CPT	09/11/2024 Swartland Prestige Gala 2024
133	43.27	L	F	Miry Ferreira	16	HFDT MP	08/10/2024 Limpopo Top 8 - High Schools
134	43.33	L	F	Nthanki Kumalo	16	ELEC TSH	13/09/2024 NTS September Age Group 2024
135	43.66	L	F	Beané du Plessis	16	STELL RMD	09/11/2024 NWS Age Group 1 & 2 2024
136	43.96	L	F	Veera Khusal	16	MAKO EKU	26/10/2024 Summer 3 Delville
137	44.00	L	F	Anel Verster	16	RFA TSH	01/02/2025 EGA Last Chance Gala
138	44.03	L	P	Esther Sauls	16	PGAC EKU	05/12/2024 EGA Summer Championships
139	44.33	L	P	Alaynah Bhamjee	16	ATLA JHB	29/11/2024 CGA Championships 2024
140	45.30	L S	F	Naseerah Du Toit	16	UWCA CPT	05/12/2024 Western Cape LC-A Championship 2024
141	45.36	L	F	Thandolwenkosi Mabaso	16	FRA KCD	07/12/2024 Stingrays Champs 2024
142	45.37	L	F	Bathiyana Zondo	16	BARR CPT	21/09/2024 CTA INVITATIONAL LC MEET
143	45.56	L S	F	Gabriella Oaten	16	SFSC CPT	02/11/2024 CTA A & B CHAMPS 2024
144	46.53	L	F	Chelsea Snyman	16	HBV MP	01/02/2025 Limpopo School Champs & Limpopo AG
145	46.76	L	F	Letitia Wolfaardt	16	HFDT MP	08/10/2024 Limpopo Top 8 - High Schools
146	46.98	L	F	Helena Van Vuuren	16	KALA	19/10/2024 NCASA AGE GROUP 1 KATHU 2024
147	47.10	L	F	Clarabelle Dippenaar	16	HBV MP	08/10/2024 Limpopo Top 8 - High Schools
148	49.99	L	P	Muneerah Khan	16	SWIM1 JHB	29/11/2024 CGA Championships 2024
149	50.57	L S	F	Letlotlo Kgositlou	16	MATL KKD	07/12/2024 NWS Championships 2024
150	50.74	L	F	Sharvani Govender	16	ELEC TSH	13/09/2024 NTS September Age Group 2024
151	53.66	L S	F	Autumn Zwane	16	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
152	54.17	L S	F	Michelle Seerane	16	RBOT BPD	07/12/2024 NWS Championships 2024
153	59.82	L	P	Zoë Pierce	16	ESTR EKU	05/12/2024 EGA Summer Championships
154	59.92	L	F	Amelie du Plessis	16	CPSC 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			
Women 16-16 100 Back							
1	1:04.19	L	F	Cassidy Burgess	16	RSA	19/06/2024 BRICS Games Swimming 2024 Russia
2	1:05.74	L	F	Gizelle Maritz	16	WATR JHB	13/12/2024 NMBA Championships 2024
3	1:05.88	L	F	Mila Vd Linde	16	TUKS TSH	13/12/2024 NMBA Championships 2024
4	1:07.19	L S	F	Scarlett Le Roux	16	CA EKU	05/12/2024 EGA Summer Championships
5	1:07.65	L	F	Hannah Ferreira	16	ASA ILD	25/01/2025 uShaka Champs 2025
6	1:08.30	L	F	Kayla Gous	16	USC BUF	17/08/2024 Madibaz Swim Meet 2024
7	1:08.39	L	F	Chloe Olivier	16	CA EKU	01/02/2025 EGA Last Chance Gala
8	1:08.95	L	F	Jana Swiegers	16	TUKS TSH	13/12/2024 NMBA Championships 2024
9	1:09.37	L	F	Jenna Coetzee	16	INFA NMA	14/09/2024 3rd A League Gala 2024
10	1:09.47	L	P	Dane De Klerk	16	BLSS MAN	04/12/2024 Free State Champs 2024
11	1:09.59	L	P	Danielle Cronjè	16	LALE CED	05/12/2024 Western Cape LC-A Championship 2024
12*	1:11.14	L S	F	Katelyn Fourie	16	CA EKU	05/12/2024 EGA Summer Championships
12*	1:11.14	L	F	Jesse-Leah Laderach	16	PEAS NMA	13/12/2024 NMBA Championships 2024
14	1:11.40	L	F	Holley Jacoby	16	VIKI BUF	15/06/2024 PEA Winter Gala 2024
15	1:11.91	L S	F	Rachel Hinckley	16	CA EKU	05/12/2024 EGA Summer Championships
16	1:12.08	L	F	Ruth Dredge	16	PAC TSH	15/06/2024 PEA Winter Gala 2024
17	1:12.39	L	F	Emily Macqueen	16	SEALE ETH	02/07/2024 Prestige Tournament 2024
18	1:12.46	L	F	Kate Truter	16	RSA	04/10/2024 Curro AquaElite Gala
19	1:12.56	L	F	Emma Lategan	16	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
20	1:12.90	L S	P	Mikayla Lombard	16	TUKS TSH	05/12/2024 EGA Summer Championships
21	1:13.10	L	F	Danaleigh Swanepoel	16	RFA TSH	01/02/2025 EGA Last Chance Gala
22	1:13.12	L	F	Veneske Steenkamp	16	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
23	1:13.32	L	F	Corli Liversage	16	BLSS MAN	04/12/2024 Free State Champs 2024
24	1:13.90	L	F	Emma Roberts	16	UNI U EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
25	1:14.09	L	P	Mari Wium	16	QSAW CED	05/12/2024 Western Cape LC-A Championship 2024
26	1:14.36	L	F	Keira Taylor	16	TUKS TSH	29/11/2024 CGA Championships 2024
27	1:14.42	L	F	Amelia Vincent	16	BLSS MAN	04/12/2024 Free State Champs 2024
28	1:14.54	L	F	Stephanie Jurado	16	SSISA CPT	05/12/2024 Western Cape LC-A Championship 2024
29	1:14.99	L	P	Lily Durant	16	WATR JHB	29/11/2024 CGA Championships 2024
30	1:15.01	L	P	Mieke Vd Wal	16	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
31	1:15.41	L S	P	Kelly Stork	16	BAS EKU	05/12/2024 EGA Summer Championships
32	1:15.46	L	F	Kaylie Groenewald	16	PHS CCD	01/02/2025 Limpopo School Champs & Limpopo AG
33	1:15.47	L	F	Milri-Ann Summerton	16	NWUC KKD	07/12/2024 NWS Championships 2024
34	1:15.52	L	P	Lara Smith	16	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
35	1:15.71	L	F	Jorja Parsons	16	PSCP UMD	02/07/2024 Prestige Tournament 2024
36	1:15.76	L	F	Carmi Schoeman	16	TKS WBD	29/11/2024 Limpopo Champs 2024
37	1:15.84	L	F	Mareze Frylinck	16	BLSS MAN	04/12/2024 Free State Champs 2024
38	1:15.97	L S	P	Cassandra Sophocleous	16	CA EKU	05/12/2024 EGA Summer Championships
39	1:16.17	L	F	Xanthe Nagel	16	HREF BPD	07/12/2024 NWS Championships 2024
40	1:16.19	L S	P	Araya de Waal	16	PGAC EKU	05/12/2024 EGA Summer Championships
41	1:16.38	L	F	Madison du Plessis	16	BLOT MAN	11/10/2024 Otters Prestige Gala 2024
42	1:17.12	L	F	Lume Louw	16	USC BUF	13/07/2024 1st A League Gala 2024
43	1:17.14	L	F	Jordana Azran	16	KLOO ETH	14/06/2024 AQZ Winter Warmer 2024
44	1:17.25	L	F	Paige Clarence	16	VINE CPT	09/11/2024 Swartland Prestige Gala 2024
45	1:17.28	L	F	Tanatswa Chandiwana	16	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
46	1:17.30	L	F	Erin Glover	16	TYGE CPT	21/09/2024 CTA INVITATIONAL LC MEET
47	1:17.65	L	F	Lily Ogden	16	PEAS NMA	17/08/2024 Madibaz Swim Meet 2024
48	1:17.67	L	F	Ella Mills	16	UNI U EZD	29/11/2024 Mpumalanga Championships 2024
49	1:17.79	L	F	Karmen Van Rensburg	16	UNI EZD	29/11/2024 Mpumalanga Championships 2024
50	1:17.80	L	P	Mia Wellsted	16	CRSC JHB	29/11/2024 CGA Championships 2024
51	1:17.96	L	F	Hannah Naidoo	16	BEAV ETH	02/07/2024 Prestige Tournament 2024
52	1:18.01	L	F	Kaylin Bezuidenhoud	16	BLOT MAN	04/12/2024 Free State Champs 2024
53	1:18.19	L	F	Georgia Gouws	16	PEAS NMA	17/08/2024 Madibaz Swim Meet 2024
54	1:18.70	L	F	Gabriella Otto	16	ELEC TSH	13/09/2024 NTS September Age Group 2024
55*	1:18.86	L	F	Jessica Sardinha	16	CA EKU	15/11/2024 Summer 4 Delville
55*	1:18.86	L	F	Georgia Alston	16	SASE JHB	29/11/2024 CGA Championships 2024
57	1:18.97	L	F	Kendra Beukes	16	PGAC EKU	12/10/2024 EGA Summer 2
58	1:19.00	L	F	Ciska Ferreira	16	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			
59	1:19.07	L	F	René Kotzé	16	POTC KKD	07/12/2024 NWS Championships 2024
60	1:19.39	L	F	Holly Allison	16	RSA	04/10/2024 Curro AquaElite Gala
61*	1:19.44	L	F	Kayla Verbaan	16	KLOO ETH	02/07/2024 Prestige Tournament 2024
61*	1:19.44	L	F	Chrisley Barnard	16	BS LLD	04/12/2024 Free State Champs 2024
63	1:19.50	L S	P	Anastasia Sequeira	16	CA EKU	05/12/2024 EGA Summer Championships
64	1:19.56	L	F	Jaimee Marais	16	ELRAS WBD	09/11/2024 Limpopo Age Group 5
65	1:20.02	L	F	Jenna-Mae Lally	16	RSA	04/10/2024 Curro AquaElite Gala
66	1:20.09	L	F	Hannah Sandilands	16	PGAC EKU	01/02/2025 EGA Last Chance Gala
67*	1:20.66	L S	P	Mea Harding	BR	VASA EKU	05/12/2024 EGA Summer Championships
67*	1:20.66	L	P	Judy Stevens	16	QUIC CPT	05/12/2024 Western Cape LC-A Championship 2024
69	1:20.67	L	P	Abigail Phillips	16	SASE JHB	29/11/2024 CGA Championships 2024
70	1:20.74	L	F	Gaby Bishop	16	BETH FDD	04/12/2024 Free State Champs 2024
71	1:20.94	L	F	Amelie Van der Merwe	16	RFA TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
72	1:20.98	L	P	Robyn Barbour	16	MDOL JHB	29/11/2024 CGA Championships 2024
73	1:21.03	L	F	Jade O'Connor	16	TUKS TSH	13/09/2024 NTS September Age Group 2024
74	1:21.07	L	F	Jordan Wessels	16	ASA HLD	07/12/2024 Stingrays Champs 2024
75	1:21.43	L	F	Madisynn Elliott	16	AA JHB	10/01/2025 2024 Grand Prix Invitation Swimming
76	1:21.59	L	F	Zoe Kruger	16	AQUA UTD	11/01/2025 Uthukela District Age Group Gala
77	1:21.65	L S	P	Andria Le Roux	16	JAQ EKU	05/12/2024 EGA Summer Championships
78	1:22.18	L	F	Erin Joubert	16	KLOO ETH	14/06/2024 AQZ Winter Warmer 2024
79	1:22.34	L	F	Carne Louw	16	TASC MPD	29/11/2024 Limpopo Champs 2024
80	1:22.41	L S	P	Mariel van der Net	16	JAQ EKU	05/12/2024 EGA Summer Championships
81	1:22.56	L	F	Sandri Visser	16	PLAY CED	09/11/2024 Swartland Prestige Gala 2024
82	1:22.80	L	P	Colby Cochrane	16	CRSC JHB	29/11/2024 CGA Championships 2024
83	1:23.08	L S	P	Nicole Van Zyl	16	CA EKU	05/12/2024 EGA Summer Championships
84	1:23.58	L	F	Milla Delpont	16	PEAS NMA	13/07/2024 1st A League Gala 2024
85	1:23.76	L	F	Alexandra Santos	16	PSCP UMD	02/07/2024 Prestige Tournament 2024
86	1:23.84	L	F	Mia Barnard	16	BLOT MAN	04/12/2024 Free State Champs 2024
87	1:24.32	L	F	Kayla-Jade Van Heerden	16	RSA	04/10/2024 Curro AquaElite Gala
88	1:24.34	L	F	Mia Pienaar	16	VHD ZLD	23/11/2024 KCDA Age Group Gala 3
89	1:24.37	L	P	Hannah Prince	16	OLDE JHB	29/11/2024 CGA Championships 2024
90*	1:24.40	L	F	WanRu Zhou	16	BLMA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
90*	1:24.40	L	F	Ashley Seymour	16	WELA LLD	11/10/2024 Otters Prestige Gala 2024
92	1:24.55	L	F	Gabrielle Mare'	16	PAC TSH	13/09/2024 NTS September Age Group 2024
93	1:24.79	L	F	Vera Chen	16	BLSS MAN	31/08/2024 Seals Gala
94	1:24.80	L S	P	Sunny Huang	16	CA EKU	05/12/2024 EGA Summer Championships
95	1:24.91	L	F	Camryn Shaw	16	PEAS NMA	15/06/2024 PEA Winter Gala 2024
96	1:25.09	L	F	Lerato Molobye	16	HARB BPD	10/01/2025 2024 Grand Prix Invitation Swimming
97	1:25.37	L	P	Mia De Klerk	16	CSA EZD	29/11/2024 Mpumalanga Championships 2024
98	1:25.47	L	F	Maria Steyn	16	BLSS MAN	31/08/2024 Seals Gala
99	1:25.52	L	F	Miana Fourie	16	BLSS MAN	04/12/2024 Free State Champs 2024
100	1:25.68	L	F	Chrystil Raymond	16	CSA EZD	29/11/2024 Mpumalanga Championships 2024
101	1:25.71	L	P	Janca Hattingh	16	UNI EZD	29/11/2024 Mpumalanga Championships 2024
102	1:25.96	L	F	Gail Polman	16	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
103	1:25.99	L	F	Maria Dos Santos	16	NWS	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
104	1:26.11	L	F	Sienna Lombard	16	TRAZ TSH	18/10/2024 NTS Level 3+ October Age Group 2024
105	1:26.40	L	F	Danielle Van Vuuren	16	PSC TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
106	1:26.73	L	F	Sadie Jelley	16	RFA TSH	13/09/2024 NTS September Age Group 2024
107	1:26.75	L	F	Leah Crozier	16	NC FB	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
108	1:26.76	L	F	Tafadzwa Chandiwana	16	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
109	1:27.33	L	F	Emma Jansen van Rensburg	16	QSAW CED	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
110	1:28.47	L	F	Maya Ndegwa	16	ELEC TSH	13/09/2024 NTS September Age Group 2024
111	1:28.77	L	F	Tia Mari Theron	16	HSBV SKD	08/10/2024 Limpopo Top 8 - High Schools
112	1:30.82	L	F	Kimberley Strong	16	KTS	19/10/2024 NCASA AGE GROUP 1 KATHU 2024
113	1:31.00	L	F	Elizabeth Opperman	16	KTS	15/11/2024 AGE GROUP 2 KATHU 2024
114	1:32.21	L	P	Emma Davies	16	MAKO EKU	02/07/2024 Prestige Tournament 2024
115	1:32.43	L	P	Rienke Blignaut	16	BLSS MAN	04/12/2024 Free State Champs 2024
116	1:32.53	L	F	Cara Fourie	16	UPSK ZMD	05/10/2024 FLAMINGO GALA OCT 2024
117	1:32.80	L	P	Gabriella Carminati	16	AFIN 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				
118	1:33.18	L S	P	Esther Sauls	16	PGAC EKU	05/12/2024	EGA Summer Championships
119	1:34.77	L	F	Nicole Norman	16	BAS EKU	15/11/2024	Summer 4 Delville
120	1:34.95	L S	P	Amy Klink	16	JAQ EKU	05/12/2024	EGA Summer Championships
121	1:35.20	L	F	Richelle Rothmann	16	VHD ZLD	11/01/2025	Uthukela District Age Group Gala
122	1:35.41	L	F	Emma Kruger	16	DDA TSH	13/09/2024	NTS September Age Group 2024
123	1:36.28	L	P	Alaynah Bhamjee	16	ATLA JHB	29/11/2024	CGA Championships 2024
124	1:36.46	L	F	Runakorwashe Makumbe	16	TUKS TSH	13/09/2024	NTS September Age Group 2024
125	1:36.73	L	P	Tarryn Barnes	16	QUES JHB	29/11/2024	CGA Championships 2024
126	1:37.13	L S	P	Veera Khusal	16	MAKO EKU	05/12/2024	EGA Summer Championships
127	1:38.68	L	F	Kate Allwood	16	ASAC CPT	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)
128	1:40.21	L	F	Anel Verster	16	RFA TSH	13/09/2024	NTS September Age Group 2024
129	1:40.38	L	F	Thandolwenkosi Mabaso	16	FRA KCD	07/12/2024	Stingrays Champs 2024
130	1:40.64	L S	F	Naseerah Du Toit	16	UWCA CPT	05/12/2024	Western Cape LC-A Championship 2024
131	1:40.71	L	F	Bathiyana Zondo	16	BARR CPT	21/09/2024	CTA INVITATIONAL LC MEET
132	1:42.15	L	F	Helena Van Vuuren	16	KALA	05/10/2024	FLAMINGO GALA OCT 2024
133	1:44.45	L	F	Alisha Calokechi	16	HSTAN MP	08/10/2024	Limpopo Top 8 - High Schools
134	1:48.63	L	F	Naseerah Vd Merwe	16	WEST CPT	21/09/2024	CTA INVITATIONAL LC MEET
135	1:50.23	L	F	Autumn Zwane	16	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
136	1:52.18	L	F	Sharvani Govender	16	ELEC TSH	13/09/2024	NTS September Age Group 2024
137	1:55.23	L	F	Emmerentia Jv Rensburg	16	HSBV SKD	08/10/2024	Limpopo Top 8 - High Schools
138	1:58.75	L	P	Letlotlo Kgositlou	16	MATL KKD	07/12/2024	NWS Championships 2024
139	2:00.87	L	F	Lwazi Mqeke	16	WELA LLD	11/10/2024	Otters Prestige Gala 2024
140	2:10.63	L	F	Zoë Pierce	16	ESTR EKU	12/10/2024	EGA Summer 2
Women 16-16 200 Back								
1	2:23.02	L	F	Mila Vd Linde	16	TUKS TSH	13/12/2024	NMBA Championships 2024
2	2:23.50	L	F	Cassidy Burgess	16	RSA	19/06/2024	BRICS Games Swimming 2024 Russia
3	2:25.94	L	P	Chloe Olivier	16	CA EKU	05/12/2024	EGA Summer Championships
4	2:26.28	L	F	Gizelle Maritz	16	WATR JHB	13/12/2024	NMBA Championships 2024
5	2:26.47	L	F	Scarlett Le Roux	16	RSA	04/12/2024	XX AA Zone IV LC Championships 4-7
6	2:26.70	L	F	Hannah Ferreira	16	ASA ILD	25/01/2025	uShaka Champs 2025
7	2:28.33	L	F	Kayla Gous	16	USC BUF	17/08/2024	Madibaz Swim Meet 2024
8	2:28.92	L	F	Jana Swiegers	16	TUKS TSH	13/12/2024	NMBA Championships 2024
9	2:31.46	L S	F	Dane De Klerk	16	BLSS MAN	04/12/2024	Free State Champs 2024
10	2:31.69	L	F	Danielle Cronjè	16	LALE CED	05/12/2024	Western Cape LC-A Championship 2024
11	2:33.83	L	F	Jenna Coetzee	16	INFA NMA	14/09/2024	3rd A League Gala 2024
12	2:33.99	L	F	Rachel Hinckley	16	CA EKU	05/12/2024	EGA Summer Championships
13	2:34.36	L	F	Holley Jacoby	16	VIKI BUF	15/06/2024	PEA Winter Gala 2024
14	2:36.43	L	F	Kate Truter	16	BEAV ETH	25/01/2025	uShaka Champs 2025
15	2:36.89	L	F	Veneske Steenkamp	16	FISH EDD	05/12/2024	Western Cape LC-A Championship 2024
16	2:36.90	L S	F	Corli Liversage	16	BLSS MAN	04/12/2024	Free State Champs 2024
17	2:36.95	L	F	Emma Lategan	16	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
18	2:37.04	L	P	Erin Glover	16	TYGE CPT	05/12/2024	Western Cape LC-A Championship 2024
19	2:38.34	L	F	Madison du Plessis	16	BLOT MAN	02/11/2024	Heidedal
20	2:38.61	L	F	Danaleigh Swanepoel	16	RFA TSH	01/02/2025	EGA Last Chance Gala
21	2:39.39	L	F	Kelly Stork	16	BAS EKU	05/12/2024	EGA Summer Championships
22	2:40.81	L	F	Emma Roberts	16	UNI U EZD	29/11/2024	Mpumalanga Championships 2024
23	2:41.08	L	F	Mia Wellsted	16	CRSC JHB	29/11/2024	CGA Championships 2024
24	2:41.52	L S	F	Mareze Frylinck	16	BLSS MAN	04/12/2024	Free State Champs 2024
25	2:41.79	L S	P	Vera Chen	16	BLSS MAN	02/07/2024	Prestige Tournament 2024
26	2:44.17	L	P	Cassandra Sophocleous	16	CA EKU	05/12/2024	EGA Summer Championships
27	2:44.32	L S	F	Amelia Vincent	16	BLSS MAN	04/12/2024	Free State Champs 2024
28	2:44.45	L	F	Araya de Waal	16	PGAC EKU	01/02/2025	EGA Last Chance Gala
29	2:44.68	L	F	Ciska Ferreira	16	UNI EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
30	2:45.63	L	F	Morgan Rabie	16	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 2024
31	2:46.13	L	F	Lily Durant	16	WATR JHB	29/11/2024	CGA Championships 2024
32	2:46.32	L	F	Carmi Schoeman	16	TKS WBD	29/11/2024	Limpopo Champs 2024
33	2:47.33	L	F	Milri-Ann Summerton	16	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
34	2:48.37	L	F	Jessica Sardinha	16	BAS EKU	12/10/2024	EGA Summer 2
35	2:48.61	L	F	Kayleigh Hahn	16	FISH EDD	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			
36	2:48.72	L S	F	Jorja Parsons	16	PSCP UMD	02/07/2024 Prestige Tournament 2024
37*	2:49.40	L	P	Mea Harding	BR	VASA EKU	05/12/2024 EGA Summer Championships
37*	2:49.40	L	F	René Kotzé	16	POTC KKD	07/12/2024 NWS Championships 2024
39	2:49.51	L	F	Kaylie Groenewald	16	PHS CCD	01/02/2025 Limpopo School Champs & Limpopo AG
40	2:49.87	L	F	Marlene Ward	16	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
41	2:50.03	L S	P	Hannah Naidoo	16	BEAV ETH	02/07/2024 Prestige Tournament 2024
42	2:50.54	L	P	Robyn Barbour	16	MDOL JHB	29/11/2024 CGA Championships 2024
43	2:50.68	L	F	Georgia Alston	16	SASE JHB	29/11/2024 CGA Championships 2024
44	2:50.81	L	F	Gabriella Otto	16	ELEC TSH	13/09/2024 NTS September Age Group 2024
45	2:50.92	L	F	Lize Burness	16	TUKS TSH	13/09/2024 NTS September Age Group 2024
46	2:51.07	L S	F	Gaby Bishop	16	BETH FDD	04/12/2024 Free State Champs 2024
47	2:51.10	L	F	Lily Ogden	16	PEAS NMA	17/08/2024 Madibaz Swim Meet 2024
48	2:51.36	L S	F	Chrisley Barnard	16	BS LLD	04/12/2024 Free State Champs 2024
49	2:51.37	L	P	Anastasia Sequeira	16	CA EKU	05/12/2024 EGA Summer Championships
50	2:51.76	L	P	Madisynn Elliott	16	AA JHB	29/11/2024 CGA Championships 2024
51	2:52.15	L	F	Kendra Beukes	16	PGAC EKU	18/01/2025 EGA Summer 5
52	2:52.18	L	P	Judy Stevens	16	QUIC CPT	05/12/2024 Western Cape LC-A Championship 2024
53	2:52.55	L	F	Jenna-Mae Lally	16	BEAV ETH	25/01/2025 uShaka Champs 2025
54	2:53.23	L	F	Jordana Azran	16	KLOO ETH	14/06/2024 AQZ Winter Warmer 2024
55	2:53.31	L S	F	Megan Neizel	16	PSCP UMD	02/07/2024 Prestige Tournament 2024
56	2:53.71	L	F	Milla Delpont	16	PEAS NMA	31/01/2025 Infinity Gala 2025
57	2:54.20	L	F	Jessica Bosman	16	QUIC CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
58	2:54.54	L	F	Jade O'Connor	16	TUKS TSH	13/09/2024 NTS September Age Group 2024
59	2:54.63	L S	F	Kaylin Bezuidenhoud	16	BLOT MAN	04/12/2024 Free State Champs 2024
60	2:55.43	L	F	Jaimee Marais	16	ELRAS WBD	09/11/2024 Limpopo Age Group 5
61	2:56.38	L	P	Andria Le Roux	16	JAQ EKU	05/12/2024 EGA Summer Championships
62	2:56.63	L	F	Chrystil Raymond	16	CSA EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
63	2:58.05	L	P	Nicole Van Zyl	16	CA EKU	05/12/2024 EGA Summer Championships
64	2:58.32	L	F	Holly Allison	16	RSA	04/10/2024 Curro AquaElite Gala
65	2:59.18	L	F	Rii Spoelstra	16	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
66	3:01.84	L	F	Mia De Klerk	16	CSA EZD	29/11/2024 Mpumalanga Championships 2024
67	3:02.11	L	F	Emsie Brand	16	SWAR WCD	09/11/2024 Swartland Prestige Gala 2024
68	3:02.89	L	F	Leah Crozier	16	NC FB	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
69	3:03.11	L	F	Mariel van der Net	16	JAQ EKU	12/10/2024 EGA Summer 2
70	3:04.13	L S	F	Gail Polman	16	CASC CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
71	3:04.57	L	P	Lerato Molobybe	16	HREF BPD	07/12/2024 NWS Championships 2024
72	3:04.94	L	F	Sadie Jelley	16	RFA TSH	07/12/2024 NWS Championships 2024
73	3:05.08	L	F	Zadie Van Wyk	16	TRAZ TSH	13/09/2024 NTS September Age Group 2024
74	3:05.15	L	P	Katia Jacob	16	RACE JHB	29/11/2024 CGA Championships 2024
75	3:06.62	L	F	Sandri Visser	16	PLAY CED	09/11/2024 Swartland Prestige Gala 2024
76	3:07.73	L	F	Gabrielle Mare'	16	PAC TSH	13/09/2024 NTS September Age Group 2024
77	3:07.77	L	F	Maria Dos Santos	16	HREF BP	09/11/2024 NWS Age Group 1 & 2 2024
78	3:07.96	L S	F	Ashley Seymour	16	WELA LLD	04/12/2024 Free State Champs 2024
79	3:08.12	L	F	Camryn Shaw	16	PEAS NMA	15/06/2024 PEA Winter Gala 2024
80	3:10.04	L	P	Emma Davies	16	MAKO EKU	29/11/2024 CGA Championships 2024
81	3:15.43	L	F	Tenè Louw	16	SFSC CPT	21/09/2024 CTA INVITATIONAL LC MEET
82	3:16.49	L	F	Cara Fourie	16	UPSK ZMD	05/10/2024 FLAMINGO GALA OCT 2024
83	3:17.33	L	F	Esther Sauls	16	PGAC EKU	01/02/2025 EGA Last Chance Gala
84	3:20.44	L	F	Makayla Lombard	16	JAQ EKU	18/01/2025 EGA Summer 5
85	3:25.44	L	F	Emma Kruger	16	DDA TSH	01/02/2025 EGA Last Chance Gala
86	3:26.59	L	P	Amy Klink	16	JAQ EKU	05/12/2024 EGA Summer Championships
87	3:31.37	L	F	Shay-Leigh Pieters	16	HURA CPT	09/11/2024 Swartland Prestige Gala 2024
88	3:33.19	L	F	Nicole Norman	16	BAS EKU	18/01/2025 EGA Summer 5
89	3:34.76	L S	F	Naseerah Du Toit	16	UWCA CPT	05/12/2024 Western Cape LC-A Championship 2024
90	3:36.43	L	F	Nthanki Kumalo	16	ELEC TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
91	4:22.75	L	P	Letlotlo Kgositlou	16	MATL KKD	07/12/2024 NWS Championships 2024
Women 16-16 50 Breast							
1	33.61	L S	P	Rebecca Kuhn	16	CA EKU	05/12/2024 EGA Summer Championships
2	34.56	L	F	Kendra Begley	16	INFA NMA	31/01/2025 Infinity Gala 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			
3	34.84	L	F	Kayla Gous	16	USC BUF	17/08/2024 Madibaz Swim Meet 2024
4	34.90	L	P	Jaime Mote	16	INFA NMA	15/06/2024 PEA Winter Gala 2024
5	34.99	L	F	Scarlett Le Roux	16	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
6	35.63	L S	F	Nicole Beling	16	CA EKU	05/12/2024 EGA Summer Championships
7	35.69	L	F	Mikayla Lombard	16	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
8	35.86	L	P	Mieke Vd Wal	16	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
9	35.93	L	F	Ella Eldar	16	TUKS TSH	29/11/2024 CGA Championships 2024
10	36.10	L S	F	Kirstin Brady	CR	VASA EKU	05/12/2024 EGA Summer Championships
11	36.24	L	F	Juliette van Vught	16	SASE JHB	29/11/2024 CGA Championships 2024
12	36.37	L	F	Caitlyn Dube	16	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
13	36.40	L	F	Hannah Schreuder	16	SAAW CPT	05/12/2024 Western Cape LC-A Championship 2024
14	36.48	L	P	Mignon Richter	16	SAAW CPT	05/12/2024 Western Cape LC-A Championship 2024
15	36.55	L	P	Dane De Klerk	16	BLSS MAN	04/12/2024 Free State Champs 2024
16	36.56	L	F	Kayla Vosloo	16	BLOT MAN	25/10/2024 Neptunes Gala
17	36.71	L	F	Jessica Sardinha	16	BAS EKU	12/10/2024 EGA Summer 2
18	36.96	L	F	Karmen Van Rensburg	16	UNI EZD	29/11/2024 Mpumalanga Championships 2024
19	37.09	L	F	Simone Van Aswegen	16	WATR JHB	29/11/2024 CGA Championships 2024
20	37.26	L	P	Amelia Vincent	16	BLSS MAN	04/12/2024 Free State Champs 2024
21	37.29	L	F	Erin Mayoss	16	RSA	04/10/2024 Curro AquaElite Gala
22	37.55	L	P	Lois Fourie	16	BLSS MAN	04/12/2024 Free State Champs 2024
23	37.62	L	F	Vera Chen	16	BLSS MAN	27/09/2024 Seals Gala 2
24	37.65	L	F	Corli Liversage	16	BLSS MAN	04/12/2024 Free State Champs 2024
25	37.73	L	F	Kathleen Welsh	16	UNI EZD	29/11/2024 Mpumalanga Championships 2024
26	37.81	L	F	Leah Scott	16	BLUO UGD	07/12/2024 Stingrays Champs 2024
27	37.96	L	F	Elizabeth Victor	16	UNI EZD	29/11/2024 Mpumalanga Championships 2024
28	37.97	L	P	Maria Steyn	16	BLSS MAN	04/12/2024 Free State Champs 2024
29	38.07	L	F	Xanthe Nagel	16	HREF BPD	07/12/2024 NWS Championships 2024
30	38.27	L	F	Carme Louw	16	TASC MPD	29/11/2024 Limpopo Champs 2024
31	38.28	L	F	Anne Steyl	16	NC FB	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
32	38.59	L	F	Kayleigh Hahn	16	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
33	38.71	L	F	Georgia Gouws	16	PEAS NMA	17/08/2024 Madibaz Swim Meet 2024
34	38.82	L	F	Danaleigh Swanepoel	16	RFA TSH	29/11/2024 Limpopo Champs 2024
35	38.88	L	F	Stephanie Jurado	16	SSISA CPT	21/09/2024 CTA INVITATIONAL LC MEET
36	38.89	L	F	Emma Neethling	16	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
37	38.95	L	F	Tehl-Cadi Day Garden	16	ACSA ETH	02/07/2024 Prestige Tournament 2024
38	38.97	L	P	Hannah Prince	16	OLDE JHB	29/11/2024 CGA Championships 2024
39	39.12	L	F	Sandri Visser	16	PLAY CED	09/11/2024 Swartland Prestige Gala 2024
40	39.19	L	F	Chloe Jewell	16	PEAS NMA	17/08/2024 Madibaz Swim Meet 2024
41	39.22	L	P	Abigail Phillips	16	SASE JHB	29/11/2024 CGA Championships 2024
42	39.24	L	F	Carmi Schoeman	16	HPP BUF	01/02/2025 Limpopo School Champs & Limpopo AG
43	39.25	L	F	Araya de Waal	16	PGAC EKU	01/02/2025 EGA Last Chance Gala
44	39.28	L	F	Tafadzwa Chandiwana	16	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
45	39.49	L	F	Tatiana Ioannides	16	BLSS MAN	09/11/2024 Bull Sharks Gala
46	39.55	L	F	Georgia Knight	16	WATR JHB	13/12/2024 NMBA Championships 2024
47	39.67	L	F	Eunice Fourie	16	BLSS MAN	04/12/2024 Free State Champs 2024
48	39.68	L	P	Mmathabo Marite	16	CRSC JHB	29/11/2024 CGA Championships 2024
49	39.77	L	F	Emily Tsai	16	BLMA CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
50	39.80	L	F	Jana Vorster	16	TUKS TSH	29/11/2024 Limpopo Champs 2024
51	39.85	L	F	René Kotzé	16	POTC KKD	07/12/2024 NWS Championships 2024
52	39.88	L	F	Emma Roberts	16	UNI EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
53	39.95	L	F	Lerato Molobyse	16	NWS	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
54	39.96	L	F	Mareze Frylinck	16	BLSS MAN	25/10/2024 Neptunes Gala
55	40.09	L	P	Paris Shiwundlana	16	AFIN JHB	29/11/2024 CGA Championships 2024
56	40.20	L	F	Hannah Sandilands	16	PGAC EKU	01/02/2025 EGA Last Chance Gala
57	40.26	L	F	Chrisley Barnard	16	BS LLD	04/12/2024 Free State Champs 2024
58	40.27	L	F	Lerize Du Toit	16	ACAQ CCD	29/11/2024 Limpopo Champs 2024
59	40.48	L	F	Paige Clarence	16	VINE CPT	09/11/2024 Swartland Prestige Gala 2024
60	40.53	L	P	Kelci Leech	16	BLSS MAN	04/12/2024 Free State Champs 2024
61	40.57	L	F	Lily van Aswegen	16	TRAZ 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			
62	40.85	L	P	Emma Lategan	16	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
63	41.02	L	F	Nina Melka	16	TUKS FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
64	41.09	L	P	Robyn Barbour	16	MDOL JHB	29/11/2024 CGA Championships 2024
65	41.14	L	P	Camryn Shaw	16	MDOL JHB	29/11/2024 CGA Championships 2024
66	41.52	L	F	Jade O'Connor	16	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
67*	41.58	L S	F	Nicole Van Zyl	16	CA EKU	05/12/2024 EGA Summer Championships
67*	41.58	L	F	Jordan Wessels	16	ASA ILD	07/12/2024 Stingrays Champs 2024
69	41.60	L	F	Maria Tselentis	16	OHAN ILD	25/01/2025 uShaka Champs 2025
70	41.81	L	F	Simonè Schonken	16	HMER MP	08/10/2024 Limpopo Top 8 - High Schools
71	41.82	L	F	Sienna Lombard	16	RSA	04/10/2024 Curro AquaElite Gala
72	41.87	L	P	Lara Smith	16	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
73	41.88	L S	P	Kendra Beukes	16	PGAC EKU	05/12/2024 EGA Summer Championships
74	41.89	L	F	Amelie Van der Merwe	16	RFA FSH	13/09/2024 NTS September Age Group 2024
75	42.00	L	F	Janca Hattingh	16	UNI EZD	29/11/2024 Mpumalanga Championships 2024
76	42.01	L	P	Erin Glover	16	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
77	42.19	L	F	Gabriella Otto	16	ELEC FSH	18/10/2024 NTS Level 3+ October Age Group 2024
78	42.21	L	P	Ruth Dredge	16	PAC FSH	15/06/2024 PEA Winter Gala 2024
79	42.39	L	F	Kaylie Groenewald	16	PHS CCD	01/02/2025 Limpopo School Champs & Limpopo AG
80	42.55	L	F	Carine Röntgen	16	ASAW CED	09/11/2024 Swartland Prestige Gala 2024
81	42.57	L	F	Mia De Klerk	16	CSA EZD	29/11/2024 Mpumalanga Championships 2024
82	42.65	L	F	Skyla Perumal	16	TRAZ FSH	13/09/2024 NTS September Age Group 2024
83	42.69	L	F	Richelle Rothmann	16	VHD ZLD	02/11/2024 Uthukela District Age Group Gala
84	42.82	L	F	Lelanie Buhr	16	SWAR WCD	09/11/2024 Swartland Prestige Gala 2024
85	42.86	L	F	Elizabeth Opperman	16	KTS	15/11/2024 AGE GROUP 2 KATHU 2024
86	43.03	L	P	Alaynah Bhamjee	16	ATLA JHB	29/11/2024 CGA Championships 2024
87	43.04	L	F	Morgan Rabie	16	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
88	43.22	L	F	Tia Mari Theron	16	HSBV SKD	08/10/2024 Limpopo Top 8 - High Schools
89	43.32	L	F	Victoria-Ann Anthony	16	MAKO EKU	12/10/2024 EGA Summer 2
90	43.43	L S	P	Mariel van der Net	16	JAQ EKU	05/12/2024 EGA Summer Championships
91	43.58	L	P	Holley Jacoby	16	VIKI BUF	15/06/2024 PEA Winter Gala 2024
92	43.70	L	F	Hanrike Barnard	16	HREF BP	23/11/2024 NWS Age Group 3 + 4 2024
93	43.76	L S	P	Andria Le Roux	16	JAQ EKU	05/12/2024 EGA Summer Championships
94	43.83	L	F	Emma Davies	16	MAKO EKU	02/07/2024 Prestige Tournament 2024
95*	43.92	L	F	Jaimee Marais	16	WBAC CC	01/02/2025 Limpopo School Champs & Limpopo AG
95*	43.92	L	F	Emma Thompson	16	PSC FSH	13/09/2024 NTS September Age Group 2024
97*	43.95	L	F	Mila Petrak	16	ELEC FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
97*	43.95	L	P	Keera De Esclana	16	VRC FSH	29/11/2024 CGA Championships 2024
99	44.18	L	F	Carla Pienaar	16	VHD ZLD	07/12/2024 Stingrays Champs 2024
100	44.20	L	F	Carmen Veldsman	16	HSTAN MP	08/10/2024 Limpopo Top 8 - High Schools
101	44.83	L	F	Chrystil Raymond	16	CSA EZD	29/11/2024 Mpumalanga Championships 2024
102	44.88	L	F	Jessica Carver	16	ELEC FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
103	45.01	L	F	Esther Sauls	16	PGAC EKU	01/02/2025 EGA Last Chance Gala
104	45.14	L	F	Chelsea Snyman	16	SS MPD	09/11/2024 Limpopo Age Group 5
105	45.18	L	F	Brooklyn-Taylor Sunker	16	MAKO EKU	12/10/2024 EGA Summer 2
106	45.32	L	P	Muneerah Khan	16	SWIM1 JHB	29/11/2024 CGA Championships 2024
107	45.45	L	P	Katia Jacob	16	RACE JHB	29/11/2024 CGA Championships 2024
108	45.53	L	F	Kate Allwood	16	ASAC CPT	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
109	45.57	L	P	Shyenne Laubscher	16	WELA LLD	04/12/2024 Free State Champs 2024
110	46.43	L	F	Micke de Jager	16	VHD ZLD	23/11/2024 KCDA Age Group Gala 3
111	46.71	L	F	Izaan Meintjes	16	HPP BUF	08/10/2024 Limpopo Top 8 - High Schools
112	46.88	L	F	Miana Fourie	16	BLSS MAN	27/09/2024 Seals Gala 2
113	46.94	L	P	Ivana Vyncke	16	TUKS FSH	29/11/2024 Mpumalanga Championships 2024
114	46.96	L	F	Gabriella Oaten	16	SFSC CPT	02/11/2024 CTA A & B CHAMPS 2024
115	47.00	L	P	Tarryn Barnes	16	QUES JHB	29/11/2024 CGA Championships 2024
116	47.53	L	F	Paula Van Zyl	16	VARC NMA	06/09/2024 USSA Swimming
117	47.63	L	F	Cara Fourie	16	UPSK ZMD	05/10/2024 FLAMINGO GALA OCT 2024
118	47.64	L	F	Naseerah Vd Merwe	16	WEST CPT	09/11/2024 Swartland Prestige Gala 2024
119	47.69	L	P	Gabriella Carminati	16	AFIN JHB	29/11/2024 CGA Championships 2024
120	48.89	L S	P	Veera Khusal	16	MAKO 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			
121	49.71 L	F	WanRu Zhou	16	BLMA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
122	50.02 L	F	Beané du Plessis	16	STELL RMD	23/11/2024	NWS Age Group 3 + 4 2024
123	50.15 L	P	Minette Els	16	BETH FDD	04/12/2024	Free State Champs 2024
124	51.33 L	F	Anel Verster	16	RFA FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
125	51.66 L	F	Sharvani Govender	16	ELEC FSH	11/10/2024	NTS Level 1+2 October Age Group 2024
126	52.71 L	F	Lwazi Mqoke	16	WELA LLD	25/10/2024	Neptunes Gala
127	53.19 L S	P	Nicole Norman	16	BAS EKU	05/12/2024	EGA Summer Championships
128	54.94 L	F	Kimberley Strong	16	KTS	19/10/2024	NCASA AGE GROUP 1 KATHU 2024
129	56.47 L	F	Michelle Seerane	16	RBOT BPD	07/12/2024	NWS Championships 2024
130	58.86 L S	P	Amy Klink	16	JAQ EKU	05/12/2024	EGA Summer Championships
131	59.83 L	F	Madison Isaacs	16	WEST CPT	21/09/2024	CTA INVITATIONAL LC MEET
132	1:02.14 L	F	Letlotlo Kgositlou	16	MATL KKD	07/12/2024	NWS Championships 2024
133	1:02.34 L	F	Autumn Zwane	16	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
134	1:06.20 L S	P	Zoë Pierce	16	ESTR EKU	05/12/2024	EGA Summer Championships
Women 16-16 100 Breast							
1	1:16.30 L	F	Jaime Mote	16	INFA NMA	17/08/2024	Madibaz Swim Meet 2024
2	1:16.41 L	F	Kayla Gous	16	USC BUF	17/08/2024	Madibaz Swim Meet 2024
3	1:16.49 L	P	Rebecca Kuhn	16	CA EKU	05/12/2024	EGA Summer Championships
4	1:17.65 L	F	Dane De Klerk	16	BLSS MAN	04/12/2024	Free State Champs 2024
5	1:17.92 L	P	Mieke Vd Wal	16	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
6	1:17.96 L	F	Mikayla Lombard	16	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
7	1:18.24 L	F	Kendra Begley	16	INFA NMA	13/12/2024	NMBA Championships 2024
8	1:18.64 L	F	Ella Eldar	16	TUKS FSH	29/11/2024	CGA Championships 2024
9	1:18.78 L	F	Hannah Schreuder	16	SAAW CPT	05/12/2024	Western Cape LC-A Championship 2024
10	1:19.36 L	F	Caitlyn Dube	16	RSA	04/12/2024	XX AA Zone IV LC Championships 4-7
11	1:19.54 L	F	Madison du Plessis	16	BLOT MAN	11/10/2024	Otters Prestige Gala 2024
12	1:19.60 L	F	Vera Chen	16	BLSS MAN	04/12/2024	Free State Champs 2024
13	1:19.80 L	F	Kirstin Brady	CR	VASA EKU	05/12/2024	EGA Summer Championships
14	1:20.83 L	F	Juliette van Vught	16	SASE JHB	29/11/2024	CGA Championships 2024
15	1:21.08 L	F	Jessica Sardinha	16	CA EKU	01/02/2025	EGA Last Chance Gala
16	1:21.17 L	F	Karmen Van Rensburg	16	UNI EZD	29/11/2024	Mpumalanga Championships 2024
17	1:21.25 L	F	Simone Van Aswegen	16	WATR JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
18	1:21.50 L	F	Corli Liversage	16	BLSS MAN	04/12/2024	Free State Champs 2024
19	1:21.99 L	F	Nicole Beling	16	CA EKU	18/01/2025	EGA Summer 5
20	1:22.51 L	F	Tshenolo Ntsie	16	TUKS FSH	05/12/2024	EGA Summer Championships
21	1:22.88 L	F	Mignon Richter	16	SAAW CPT	05/12/2024	Western Cape LC-A Championship 2024
22	1:23.12 L	F	Amelia Vincent	16	BLSS MAN	04/12/2024	Free State Champs 2024
23	1:23.47 L	F	Carne Louw	16	TASC MPD	29/11/2024	Limpopo Champs 2024
24	1:23.55 L	F	Elizabet Victor	16	UNIU EZD	29/11/2024	Mpumalanga Championships 2024
25	1:23.62 L	F	Hannah Prince	16	OLDE JHB	29/11/2024	CGA Championships 2024
26	1:23.98 L	F	Georgia Gouws	16	PEAS NMA	31/01/2025	Infinity Gala 2025
27	1:24.19 L	F	Kayleigh Hahn	16	EDA ED	11/01/2025	EDEN INTER DISTRICT PRESTIGE
28	1:24.84 L	F	Kathleen Welsh	16	UNI EZD	29/11/2024	Mpumalanga Championships 2024
29	1:24.85 L	F	Erin Mayoss	16	RSA	04/10/2024	Curro AquaElite Gala
30	1:25.39 L	F	Araya de Waal	16	PGAC EKU	05/12/2024	EGA Summer Championships
31	1:25.50 L	F	Emma Roberts	16	UNIU EZD	29/11/2024	Mpumalanga Championships 2024
32	1:25.67 L	F	Kayla Vosloo	16	BLOT MAN	06/09/2024	Bull Sharks Annual Gala
33	1:25.87 L	F	Kendra Beukes	16	PGAC EKU	26/10/2024	Summer 3 Delville
34	1:25.88 L	F	Maria Steyn	16	BLSS MAN	04/12/2024	Free State Champs 2024
35	1:25.91 L	P	René Kotzé	16	POTC KKD	07/12/2024	NWS Championships 2024
36	1:25.93 L	F	Hannah Ferreira	16	ASA ILD	25/01/2025	uShaka Champs 2025
37	1:26.14 L	F	Mmathabo Marite	16	CRSC JHB	29/11/2024	CGA Championships 2024
38	1:26.47 L	F	Sandri Visser	16	PLAY CED	09/11/2024	Swartland Prestige Gala 2024
39	1:26.60 L	F	Tehl-Cadi Day Garden	16	ACSA ETH	02/07/2024	Prestige Tournament 2024
40	1:26.73 L	F	Chloe Jewell	16	PEAS NMA	17/08/2024	Madibaz Swim Meet 2024
41	1:26.89 L	F	Jani Borman	16	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
42	1:26.91 L	F	Paris Shiwundlana	16	AFIN JHB	29/11/2024	CGA Championships 2024
43	1:26.95 L	F	Hannah Sandilands	16	PGAC EKU	18/01/2025	EGA Summer 5
44	1:27.03 L	F	Anne Steyl	16	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 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	1:27.36 L	F	Mareze Frylinck	16	BLSS MAN	25/10/2024	Neptunes Gala
46	1:27.42 L	F	Lerato Molobye	16	HREF BPD	07/12/2024	NWS Championships 2024
47	1:27.50 L S	F	Christi Serfontein	16	QUIC CPT	02/11/2024	CTA A & B CHAMPS 2024
48	1:27.55 L	F	Lerize Du Toit	16	ACAA CCD	29/11/2024	Limpopo Champs 2024
49	1:27.95 L	F	Jordan Wessels	16	ASA ILD	07/12/2024	Stingrays Champs 2024
50	1:28.01 L	F	Keira Holland	16	CRSC JHB	22/01/2025	Crusaders Night Gala 2
51	1:28.24 L	F	Leah Scott	16	BLUO UGD	07/12/2024	Stingrays Champs 2024
52	1:28.35 L	F	Stephanie Jurado	16	SSISA CPT	05/12/2024	Western Cape LC-A Championship 2024
53	1:28.52 L	F	Erin Joubert	16	KLOO ETH	14/06/2024	AQZ Winter Warmer 2024
54	1:28.61 L	F	Carmi Schoeman	16	HPP BUF	01/02/2025	Limpopo School Champs & Limpopo AG
55	1:28.66 L	F	Lara Smith	16	TYGE CPT	05/12/2024	Western Cape LC-A Championship 2024
56	1:29.11 L	F	Erin Glover	16	TYGE CPT	21/09/2024	CTA INVITATIONAL LC MEET
57	1:29.16 L	P	Judy Stevens	16	QUIC CPT	05/12/2024	Western Cape LC-A Championship 2024
58	1:29.28 L	F	Sienna Lombard	16	TRAZ TSH	13/09/2024	NTS September Age Group 2024
59	1:29.37 L	F	Tatiana Ioannides	16	BLSS MAN	04/12/2024	Free State Champs 2024
60	1:29.85 L	F	Paige Clarence	16	VINE CPT	09/11/2024	Swartland Prestige Gala 2024
61	1:30.30 L	F	Emma Neethling	16	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
62	1:30.41 L	P	Kayla Verbaan	16	KLOO ETH	02/07/2024	Prestige Tournament 2024
63	1:30.47 L	F	Janca Hattingh	16	UNI EZD	01/11/2024	MP AGE GROUP 3 1-2 NOV 2024
64	1:30.49 L	F	Jade O'Connor	16	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 2024
65	1:30.64 L	P	Emma Lategan	16	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
66	1:30.66 L	F	Savannah Mostert	16	RSA	04/12/2024	XX AA Zone IV LC Championships 4-7
67	1:30.88 L	F	Kelly Stork	16	BAS EKU	26/10/2024	Summer 3 Delville
68	1:31.28 L	F	Emily Tsai	16	BLMA CPT	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
69	1:31.29 L	F	Georgia Knight	16	WATR JHB	13/12/2024	NMBA Championships 2024
70	1:31.30 L	P	Tayla Dowie	16	QUES JHB	29/11/2024	CGA Championships 2024
71	1:31.81 L	P	Nicole Van Zyl	16	CA EKU	05/12/2024	EGA Summer Championships
72	1:32.02 L	F	Cassandra Sophocleous	16	CA EKU	18/01/2025	EGA Summer 5
73	1:32.17 L	F	Lelanie Buhr	16	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
74	1:32.60 L	F	Jemma Park	16	CRSC JHB	22/01/2025	Crusaders Night Gala 2
75	1:33.01 L	P	Georgia Alston	16	SASE JHB	29/11/2024	CGA Championships 2024
76	1:33.48 L	F	Chrystil Raymond	16	CSA EZD	29/11/2024	Mpumalanga Championships 2024
77	1:33.59 L	F	Nina Melka	16	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
78	1:33.80 L	P	Robyn Barbour	16	MDOL JHB	29/11/2024	CGA Championships 2024
79	1:33.87 L	P	Katia Jacob	16	RACE JHB	29/11/2024	CGA Championships 2024
80	1:33.91 L	F	Hanrike Barnard	16	HREF BPD	07/12/2024	NWS Championships 2024
81	1:35.23 L	F	Mia De Klerk	16	CSA EZD	29/11/2024	Mpumalanga Championships 2024
82	1:35.24 L	P	Chrisley Barnard	16	BS LLD	04/12/2024	Free State Champs 2024
83	1:35.26 L	P	Mariel van der Net	16	JAQ EKU	05/12/2024	EGA Summer Championships
84	1:36.52 L	F	Simonè Schonken	16	HMER MP	08/10/2024	Limpopo Top 8 - High Schools
85	1:36.62 L	F	Jessica Carver	16	ELEC TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
86	1:36.63 L	F	Anneke Stassen	16	EVO CPT	09/11/2024	Swartland Prestige Gala 2024
87	1:36.71 L	F	Elizabeth Opperman	16	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
88	1:36.91 L	P	Alaynah Bhamjee	16	ATLA JHB	29/11/2024	CGA Championships 2024
89	1:37.06 L	P	Camryn Shaw	16	MDOL JHB	29/11/2024	CGA Championships 2024
90	1:37.45 L	F	Richelle Rothmann	16	VHD ZLD	02/11/2024	Uthukela District Age Group Gala
91*	1:37.93 L	F	Kate Allwood	16	ASAC CPT	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
91*	1:37.93 L	F	Emma Jansen van Rensburg	16	QSAW CED	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)
93	1:38.46 L	P	Andria Le Roux	16	JAQ EKU	05/12/2024	EGA Summer Championships
94	1:39.31 L	F	Emma Davies	16	MAKO EKU	02/07/2024	Prestige Tournament 2024
95	1:39.32 L	F	Tia Mari Theron	16	HSBV SKD	01/02/2025	Limpopo School Champs & Limpopo AG
96	1:39.82 L	F	Chelsea Snyman	16	SS MPD	09/11/2024	Limpopo Age Group 5
97	1:40.01 L	F	Madisynn Elliott	16	AA JHB	10/01/2025	2024 Grand Prix Invitation Swimming
98	1:40.13 L	F	Lumka Ntaka	16	UMSH ETH	10/01/2025	2024 Grand Prix Invitation Swimming
99	1:40.34 L	F	Esther Sauls	16	PGAC EKU	18/01/2025	EGA Summer 5
100	1:40.52 L	F	Carla Pienaar	16	VHD ZLD	07/12/2024	Stingrays Champs 2024
101	1:40.70 L	F	Kayla-Jade Van Heerden	16	RSA	04/10/2024	Curro AquaElite Gala
102	1:40.75 L	P	Shyenne Laubscher	16	WELA LLD	04/12/2024	Free State Champs 2024
103	1:41.60 L	F	Veera Khusal	16	MAKO EKU	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			
104	1:41.69	L	F	Ivana Vyncke	16	TUKS FSH	29/11/2024 Mpumalanga Championships 2024
105	1:41.88	L	F	Skyla Perumal	16	TRAZ FSH	18/10/2024 NTS Level 3+ October Age Group 2024
106	1:42.41	L	F	Gabriella Oaten	16	SFSC CPT	21/09/2024 CTA INVITATIONAL LC MEET
107	1:42.96	L	F	Brooklyn-Taylor Sunker	16	MAKO EKU	12/10/2024 EGA Summer 2
108	1:43.94	L	F	Victoria-Ann Anthony	16	MAKO EKU	26/10/2024 Summer 3 Delville
109	1:46.28	L	F	Cara Fourie	16	UPSK ZMD	05/10/2024 FLAMINGO GALA OCT 2024
110	1:46.42	L	P	Tarryn Barnes	16	QUES JHB	29/11/2024 CGA Championships 2024
111	1:46.61	L	F	Paula Van Zyl	16	VARC NMA	06/09/2024 USSA Swimming
112	1:46.83	L	F	Izaan Meintjes	16	HPP BUF	08/10/2024 Limpopo Top 8 - High Schools
113	1:46.94	L	P	Gabriella Carminati	16	AFIN JHB	29/11/2024 CGA Championships 2024
114	1:47.66	L	F	Makayla Lombard	16	JAQ EKU	26/10/2024 Summer 3 Delville
115	1:48.24	L	F	Nthanki Kumalo	16	ELEC FSH	13/09/2024 NTS September Age Group 2024
116	1:49.75	L	F	Ebenette Van Niekerk	16	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
117	1:52.72	L	F	Mika Jones	16	HSTAN MP	08/10/2024 Limpopo Top 8 - High Schools
118	1:53.19	L	F	Tenè Louw	16	SFSC CPT	21/09/2024 CTA INVITATIONAL LC MEET
119	2:03.75	L	F	Lwazi Mqeke	16	WELA LLD	11/10/2024 Otters Prestige Gala 2024
120	2:05.93	L	F	Amy Klink	16	JAQ EKU	26/10/2024 Summer 3 Delville
121	2:07.96	L	F	Anel Verster	16	RFA FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
122	2:19.58	L	P	Letlotlo Kgositlou	16	MATL KKD	07/12/2024 NWS Championships 2024
123	2:19.96	L	F	Madison Isaacs	16	WEST CPT	21/09/2024 CTA INVITATIONAL LC MEET
Women 16-16 200 Breast							
1	2:46.08	L	F	Jaime Mote	16	INFA NMA	14/09/2024 3rd A League Gala 2024
2	2:47.72	L S	F	Dane De Klerk	16	BLSS MAN	04/12/2024 Free State Champs 2024
3	2:49.10	L	P	Ella Eldar	16	TUKS FSH	29/11/2024 CGA Championships 2024
4	2:50.22	L	F	Kayla Gous	16	USC BUF	13/12/2024 NMBA Championships 2024
5	2:50.51	L S	F	Vera Chen	16	BLSS MAN	04/12/2024 Free State Champs 2024
6	2:51.03	L	F	Rebecca Kuhn	16	CA EKU	05/12/2024 EGA Summer Championships
7	2:51.15	L S	F	Madison du Plessis	16	BLOT MAN	04/12/2024 Free State Champs 2024
8	2:51.62	L	F	Mieke Vd Wal	16	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
9	2:51.74	L	F	Mikayla Lombard	16	TUKS FSH	05/12/2024 EGA Summer Championships
10	2:54.87	L	F	Juliette van Vught	16	SASE JHB	29/11/2024 CGA Championships 2024
11	2:55.50	L	F	Jessica Sardinha	16	CA EKU	01/02/2025 EGA Last Chance Gala
12	2:55.55	L	F	Hannah Schreuder	16	SAAW CPT	05/12/2024 Western Cape LC-A Championship 2024
13	2:55.96	L	F	Elizabet Victor	16	UNIU EZD	29/11/2024 Mpumalanga Championships 2024
14	2:57.06	L	F	Corli Liversage	16	RSA	04/10/2024 Curro AquaElite Gala
15	2:58.09	L	F	Araya de Waal	16	PGAC EKU	05/12/2024 EGA Summer Championships
16	2:58.35	L S	F	Maria Steyn	16	BLSS MAN	04/12/2024 Free State Champs 2024
17	2:58.64	L	F	Simone Van Aswegen	16	WATR JHB	29/11/2024 CGA Championships 2024
18	2:59.32	L	F	Mignon Richter	16	SAAW CPT	05/12/2024 Western Cape LC-A Championship 2024
19	2:59.85	L	F	René Kotzé	16	NWS	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
20	2:59.95	L	F	Kayleigh Hahn	16	FISH EDD	05/12/2024 Western Cape LC-A Championship 2024
21	3:00.68	L	F	Caitlyn Dube	16	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
22	3:01.83	L	P	Kendra Beukes	16	PGAC EKU	05/12/2024 EGA Summer Championships
23	3:02.12	L	P	Abigail Phillips	16	SASE JHB	29/11/2024 CGA Championships 2024
24	3:03.98	L S	F	Amelia Vincent	16	BLSS MAN	04/12/2024 Free State Champs 2024
25	3:04.28	L	F	Carme Louw	16	TASC MPD	29/11/2024 Limpopo Champs 2024
26	3:04.89	L	P	Hannah Prince	16	OLDE JHB	29/11/2024 CGA Championships 2024
27	3:05.98	L	F	Georgia Gouws	16	PEAS NMA	15/06/2024 PEA Winter Gala 2024
28	3:06.09	L	F	Jordan Wessels	16	ASA ILD	07/12/2024 Stingrays Champs 2024
29	3:06.33	L	F	Tshenolo Ntsie	16	TUKS FSH	05/12/2024 EGA Summer Championships
30	3:06.99	L	F	Emma Roberts	16	UNIU EZD	29/11/2024 Mpumalanga Championships 2024
31	3:08.71	L	F	Lerize Du Toit	16	ACAQ CCD	29/11/2024 Limpopo Champs 2024
32	3:08.94	L	F	Christi Serfontein	16	QUIC CPT	02/11/2024 CTA A & B CHAMPS 2024
33	3:08.96	L	F	Leah Scott	16	BLUO UGD	07/12/2024 Stingrays Champs 2024
34	3:09.37	L	P	Sandri Visser	16	PLAY CED	05/12/2024 Western Cape LC-A Championship 2024
35	3:09.49	L	F	Lily van Aswegen	16	TRAZ FSH	13/09/2024 NTS September Age Group 2024
36	3:10.02	L	F	Tehl-Cadi Day Garden	16	ACSA ETH	02/07/2024 Prestige Tournament 2024
37	3:10.12	L	P	Kayla Verbaan	16	KLOO ETH	02/07/2024 Prestige Tournament 2024
38	3:10.47	L	P	Mmathabo Marite	16	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			
39	3:11.40 L	F	Chloe Jewell	16	PEAS NMA	13/07/2024	1st A League Gala 2024
40	3:11.45 L	F	Janca Hattingh	16	UNI EZD	29/11/2024	Mpumalanga Championships 2024
41	3:11.77 L	F	Kathleen Welsh	16	UNI EZD	29/11/2024	Mpumalanga Championships 2024
42	3:12.12 L	F	Lerato Molobye	16	NWS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
43	3:12.58 L	F	Jade O'Connor	16	TUKS TSH	13/09/2024	NTS September Age Group 2024
44	3:14.82 L	F	Carmi Schoeman	16	HPP BUF	01/02/2025	Limpopo School Champs & Limpopo AG
45	3:15.40 L	F	Erin Glover	16	TYGE CPT	09/11/2024	Winelands SL4
46	3:17.07 L	F	Sienna Lombard	16	TRAZ TSH	13/09/2024	NTS September Age Group 2024
47	3:18.01 L	F	Kayla Vosloo	16	BLOT MAN	25/10/2024	Neptunes Gala
48	3:18.53 L	F	Emma Davies	16	MAKO EKU	01/02/2025	EGA Last Chance Gala
49	3:19.56 L	F	Maria Tselentis	16	OHAN ILD	25/01/2025	uShaka Champs 2025
50	3:19.90 L	F	Emma Neethling	16	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
51	3:20.51 L	F	Chrystil Raymond	16	CSA EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
52	3:20.72 L	P	Judy Stevens	16	QUIC CPT	05/12/2024	Western Cape LC-A Championship 2024
53	3:20.89 L	F	Georgia Knight	16	WATR JHB	13/12/2024	NMBA Championships 2024
54	3:20.98 L	P	Nicole Van Zyl	16	CA EKU	05/12/2024	EGA Summer Championships
55	3:22.14 L	F	Anne Steyl	16	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
56	3:22.78 L	P	Katia Jacob	16	RACE JHB	29/11/2024	CGA Championships 2024
57	3:22.99 L	F	Mila Petrak	16	ELEC TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
58	3:23.05 L	F	Carine Röntgen	16	ASAW CED	09/11/2024	Swartland Prestige Gala 2024
59	3:23.40 L	P	Paris Shiwundlana	16	AFIN JHB	29/11/2024	CGA Championships 2024
60	3:24.71 L	F	Kate Allwood	16	ASAC CPT	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
61	3:24.84 L	F	Emma Jansen van Rensburg	16	QSAW CED	09/11/2024	Winelands SL4
62	3:27.36 L S	F	Hanrike Barnard	16	HREF BPD	07/12/2024	NWS Championships 2024
63	3:28.38 L	F	Emily Tsai	16	BLMA CPT	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
64	3:29.25 L S	F	Tatiana Ioannides	16	BLSS MAN	04/12/2024	Free State Champs 2024
65	3:29.82 L	P	Mariel van der Net	16	JAQ EKU	05/12/2024	EGA Summer Championships
66	3:29.95 L	F	Jessica Carver	16	ELEC TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
67	3:31.84 L	F	Richelle Rothmann	16	VHD ZLD	02/11/2024	Uthukela District Age Group Gala
68	3:33.18 L	F	Mia De Klerk	16	CSA EZD	01/11/2024	MP AGE GROUP 3 1-2 NOV 2024
69	3:33.30 L	P	Alaynah Bhamjee	16	ATLA JHB	29/11/2024	CGA Championships 2024
70	3:34.46 L	P	Andria Le Roux	16	JAQ EKU	05/12/2024	EGA Summer Championships
71	3:35.38 L	F	Esther Sauls	16	PGAC EKU	01/02/2025	EGA Last Chance Gala
72	3:40.56 L	P	Veera Khusal	16	MAKO EKU	05/12/2024	EGA Summer Championships
73	3:41.48 L	F	Chrisley Barnard	16	BS LLD	25/10/2024	Neptunes Gala
74	3:42.38 L	F	Gabriella Oaten	16	SFSC CPT	21/09/2024	CTA INVITATIONAL LC MEET
75	3:43.78 L	F	Shyenne Laubscher	16	WELA LLD	15/11/2024	Valsrivier Gala 2024
76	3:48.07 L	F	Chelsea Snyman	16	SS MPD	29/11/2024	Limpopo Champs 2024
77	3:51.98 L	F	Paula Van Zyl	16	VARC NMA	06/09/2024	USSA Swimming
78	3:54.05 L	F	Sharvani Govender	16	ELEC TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
79	4:04.31 L	F	Bathiyana Zondo	16	BARR CPT	21/09/2024	CTA INVITATIONAL LC MEET
80	4:40.29 L	P	Amy Klink	16	JAQ EKU	05/12/2024	EGA Summer Championships
Women 16-16 50 Fly							
1	28.28 L	F	Jaime Mote	16	INFA NMA	31/01/2025	Infinity Gala 2025
2	29.25 L	F	Ashley Scholtz	16	CA EKU	18/01/2025	EGA Summer 5
3	29.35 L	F	Cassidy Burgess	16	VINE CPT	05/12/2024	Western Cape LC-A Championship 2024
4	29.40 L	F	Kendra Begley	16	INFA NMA	13/12/2024	NMBA Championships 2024
5	29.53 L	F	Grace Powell	16	CSC TSH	01/02/2025	EGA Last Chance Gala
6	29.57 L	P	Emily Macqueen	16	SEALE ETH	02/07/2024	Prestige Tournament 2024
7	29.94 L	F	Ruth Dredge	16	PAC TSH	15/06/2024	PEA Winter Gala 2024
8	30.09 L	F	Dane De Klerk	16	BLSS MAN	04/12/2024	Free State Champs 2024
9	30.18 L	F	Scarlett Le Roux	16	CA EKU	26/10/2024	Summer 3 Delville
10	30.19 L	F	Mari Wium	16	QSAW CED	05/12/2024	Western Cape LC-A Championship 2024
11	30.42 L	F	Jesse-Leah Laderach	16	PEAS NMA	31/01/2025	Infinity Gala 2025
12	30.43 L	F	Ella Mills	16	UNIU EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
13	30.56 L	F	Corli Liversage	16	BLSS MAN	04/12/2024	Free State Champs 2024
14	30.61 L	F	Ella Eldar	16	TUKS TSH	29/11/2024	CGA Championships 2024
15*	30.78 L	F	Chloe Olivier	16	CA EKU	05/12/2024	EGA Summer Championships
15*	30.78 L	F	Jana Vorster	16	TUKS TSH	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			
17	30.82	L	F	Karmen Van Rensburg	16	UNI EZD	01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
18	30.84	L	F	Gizelle Maritz	16	WATR JHB	29/11/2024 CGA Championships 2024
19	30.86	L	F	Xanthe Nagel	16	HREF BPD	07/12/2024 NWS Championships 2024
20	30.98	L	P	Veneske Steenkamp	16	FISH EDD	05/12/2024 Western Cape LC-A Championship 2024
21	31.23	L	F	Katelyn Fourie	16	CA EKU	12/10/2024 EGA Summer 2
22	31.31	L	F	Mieke Vd Wal	16	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
23	31.35	L	F	Caitlyn Dube	16	MDOL JHB	29/11/2024 CGA Championships 2024
24	31.43	L	F	Tanatswa Chandiwana	16	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
25	31.50	L	F	Erin Mayoss	16	RSA	04/10/2024 Curro AquaElite Gala
26	31.53	L S	F	Stephanie Jurado	16	SSISA CPT	21/09/2024 CTA INVITATIONAL LC MEET
27	31.54	L	P	Keira Holland	16	CRSC JHB	29/11/2024 CGA Championships 2024
28	31.55	L	F	Carmi Schoeman	16	HPP BUF	08/10/2024 Limpopo Top 8 - High Schools
29	31.67	L	F	Amelia Vincent	16	BLSS MAN	04/12/2024 Free State Champs 2024
30	31.72	L	F	Maria Steyn	16	BLSS MAN	04/12/2024 Free State Champs 2024
31	31.81	L	F	Grace George	16	SEAL UMD	02/07/2024 Prestige Tournament 2024
32	31.84	L	F	Morgan Rabie	16	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
33	31.88	L	F	Mareze Frylinck	16	BLSS MAN	04/12/2024 Free State Champs 2024
34	31.89	L	F	Leah Scott	16	BLUO UGD	07/12/2024 Stingrays Champs 2024
35	31.93	L	P	Juliette van Vught	16	SASE JHB	29/11/2024 CGA Championships 2024
36	31.95	L	F	Madison du Plessis	16	BLOT MAN	09/11/2024 Bull Sharks Gala
37	32.07	L	F	Isabella Havemann	16	ASAC CPT	02/11/2024 CTA A & B CHAMPS 2024
38	32.11	L S	F	Emily Liebenberg	16	ASAW GED	21/09/2024 CTA INVITATIONAL LC MEET
39	32.15	L	F	Rebecca Kuhn	16	CA EKU	26/10/2024 Summer 3 Delville
40	32.20	L	P	Holley Jacoby	16	VIKI BUF	15/06/2024 PEA Winter Gala 2024
41	32.47	L	P	Nicole Beling	16	CA EKU	05/12/2024 EGA Summer Championships
42	32.71	L	P	Lily Durant	16	WATR JHB	29/11/2024 CGA Championships 2024
43*	32.78	L	P	Lara Smith	16	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
43*	32.78	L	P	Madisynn Elliott	16	AA JHB	29/11/2024 CGA Championships 2024
45	32.84	L	P	Araya de Waal	16	PGAC EKU	05/12/2024 EGA Summer Championships
46	32.85	L	F	Savannah Mostert	16	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
47*	33.00	L	F	Antonella Del Fabbro	16	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
47*	33.00	L	P	Tafadzwa Chandiwana	16	MDOL JHB	29/11/2024 CGA Championships 2024
49	33.26	L	F	Kaylie Groenewald	16	PHS CCD	08/10/2024 Limpopo Top 8 - High Schools
50	33.31	L	F	Lume Louw	16	USC BUF	13/07/2024 1st A League Gala 2024
51	33.40	L	P	Emma Lategan	16	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
52	33.44	L	F	Keera De Esclana	16	VRC FSH	18/10/2024 NTS Level 3+ October Age Group 2024
53	33.49	L	F	René Kotzé	16	POTC KKD	23/11/2024 NWS Age Group 3 + 4 2024
54*	33.50	L	F	Emma Roberts	16	UNIU EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
54*	33.50	L	F	Elmarie De Witt	16	RSA	04/10/2024 Curro AquaElite Gala
56	33.52	L	F	Milri-Ann Summerton	16	NWUC KKD	07/12/2024 NWS Championships 2024
57	33.54	L	P	Tehl-Cadi Day Garden	16	ACSA ETH	02/07/2024 Prestige Tournament 2024
58	33.57	L	P	Erin Glover	16	TYGE CPT	05/12/2024 Western Cape LC-A Championship 2024
59	33.67	L	F	Kayla Vosloo	16	BLOT MAN	25/10/2024 Neptunes Gala
60	33.70	L	F	Simone Van Aswegen	16	WATR JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
61	33.74	L	P	Robyn Barbour	16	MDOL JHB	29/11/2024 CGA Championships 2024
62	33.76	L	F	Genevieve Egger	16	CA EKU	05/12/2024 EGA Summer Championships
63	33.83	L	F	Jade O'Connor	16	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
64	33.88	L	F	Skyla Perumal	16	TRAZ FSH	18/10/2024 NTS Level 3+ October Age Group 2024
65*	33.89	L	F	Emma Neethling	16	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
65*	33.89	L	F	Kelly Stork	16	BAS EKU	26/10/2024 Summer 3 Delville
67	34.04	L	F	Holly Allison	16	AZON ETH	02/07/2024 Prestige Tournament 2024
68	34.08	L	P	Miana Fourie	16	BLSS MAN	04/12/2024 Free State Champs 2024
69	34.09	L	F	Mia De Klerk	16	CSA EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
70*	34.16	L	F	Sunny Huang	16	CA EKU	01/02/2025 EGA Last Chance Gala
70*	34.16	L	F	Jessica Sardinha	16	CA EKU	01/02/2025 EGA Last Chance Gala
72	34.18	L	P	Colby Cochrane	16	CRSC JHB	29/11/2024 CGA Championships 2024
73	34.21	L	F	Kate Truter	16	BEAV ETH	25/01/2025 uShaka Champs 2025
74	34.25	L	F	Jemma Park	16	CRSC JHB	22/01/2025 Crusaders Night Gala 2
75	34.27	L	F	Lily van Aswegen	16	TRAZ 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			
76	34.35 L	F	Chloe Petersen	16	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
77*	34.40 L	P	Mmathabo Marite	16	CRSC JHB	29/11/2024	CGA Championships 2024
77*	34.40 L	F	Mia Pienaar	16	VHD ZLD	07/12/2024	Stingrays Champs 2024
79	34.53 L	P	Jorja Parsons	16	PSCP UMD	02/07/2024	Prestige Tournament 2024
80	34.60 L	P	Shyenne Laubscher	16	WELA LLD	04/12/2024	Free State Champs 2024
81	34.67 L	P	Sandri Visser	16	PLAY CED	05/12/2024	Western Cape LC-A Championship 2024
82	34.71 L	F	Jaimee Marais	16	WBAC CC	01/02/2025	Limpopo School Champs & Limpopo AG
83	34.72 L	P	Hannah Prince	16	OLDE JHB	29/11/2024	CGA Championships 2024
84	34.73 L	P	Tayla Dowie	16	QUES JHB	29/11/2024	CGA Championships 2024
85	34.83 L	F	Kelci Leech	16	BLSS MAN	13/09/2024	Pelicans Age Group Gala
86	34.86 L	F	Simonè Schonken	16	HMER MP	08/10/2024	Limpopo Top 8 - High Schools
87*	34.87 L	P	Katia Jacob	16	RACE JHB	29/11/2024	CGA Championships 2024
87*	34.87 L	F	Jordan Wessels	16	ASA ILD	25/01/2025	uShaka Champs 2025
89	35.06 L	F	Chrystil Raymond	16	CSA EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
90	35.08 L	F	Lize Burness	16	TUKS TSH	13/09/2024	NTS September Age Group 2024
91	35.13 L	F	Lily Ogden	16	PEAS NMA	17/08/2024	Madibaz Swim Meet 2024
92	35.14 L	F	Johané Jv Rensburg	16	TUKS TSH	13/09/2024	NTS September Age Group 2024
93	35.18 L	F	Hannah Naidoo	16	BEAV ETH	02/07/2024	Prestige Tournament 2024
94	35.21 L	F	Vera Chen	16	BLSS MAN	04/12/2024	Free State Champs 2024
95	35.24 L	P	Kirstin Brady	CR	VASA EKU	05/12/2024	EGA Summer Championships
96	35.30 L	F	Ashley Seymour	16	WELA LLD	09/11/2024	Bull Sharks Gala
97	35.35 L	P	Andria Le Roux	16	JAQ EKU	05/12/2024	EGA Summer Championships
98	35.58 L	F	Kaylin Bezuidenhoud	16	RSA	04/10/2024	Curro AquaElite Gala
99	35.62 L	P	Anastasia Sequeira	16	CA EKU	05/12/2024	EGA Summer Championships
100	35.68 L	F	Cara Fourie	16	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
101	35.89 L	F	Carne Louw	16	TASC MPD	29/11/2024	Limpopo Champs 2024
102	35.91 L	P	Paris Shiwundlana	16	AFIN JHB	29/11/2024	CGA Championships 2024
103	35.96 L	F	Lois Fourie	16	BLSS MAN	25/10/2024	Neptunes Gala
104	36.08 L	F	Gail Polman	16	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
105	36.11 L	P	Mea Harding	BR	VASA EKU	05/12/2024	EGA Summer Championships
106	36.13 L	F	Minette Els	16	BETH FDD	04/12/2024	Free State Champs 2024
107	36.25 L	F	Carine Röntgen	16	ASAW CED	09/11/2024	Swartland Prestige Gala 2024
108	36.45 L	P	Kendra Beukes	16	PGAC EKU	05/12/2024	EGA Summer Championships
109	36.50 L	P	Chloe Jewell	16	PEAS NMA	15/06/2024	PEA Winter Gala 2024
110	36.68 L	P	Rienke Bignaut	16	BLSS MAN	04/12/2024	Free State Champs 2024
111	37.01 L	P	Mia Barnard	16	BLOT MAN	04/12/2024	Free State Champs 2024
112	37.12 L	F	Jessica Carver	16	ELEC TSH	13/09/2024	NTS September Age Group 2024
113	37.24 L	F	Micke de Jager	16	VHD ZLD	23/11/2024	KCDA Age Group Gala 3
114	37.25 L	F	Makayla Lombard	16	JAQ EKU	18/01/2025	EGA Summer 5
115	37.26 L	P	Mariel van der Net	16	JAQ EKU	05/12/2024	EGA Summer Championships
116	37.75 L	F	Naseerah Vd Merwe	16	WEST CPT	09/11/2024	Swartland Prestige Gala 2024
117*	37.88 L	P	Eunice Fourie	16	BLSS MAN	04/12/2024	Free State Champs 2024
117*	37.88 L	F	Hanrike Barnard	16	HREF BPD	07/12/2024	NWS Championships 2024
119	37.92 L	F	Janca Hattingh	16	UNI EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
120	38.07 L	F	Lerato Molobyse	16	HREF BPD	07/12/2024	NWS Championships 2024
121	38.99 L	F	Ebenette Van Niekerk	16	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
122	39.13 L	F	Emma Thompson	16	PSC TSH	13/09/2024	NTS September Age Group 2024
123	39.14 L	F	Nicole Norman	16	BAS EKU	18/01/2025	EGA Summer 5
124	39.62 L	P	Esther Sauls	16	PGAC EKU	05/12/2024	EGA Summer Championships
125	40.16 L	F	Gabriella Oaten	16	SFSC CPT	02/11/2024	CTA A & B CHAMPS 2024
126	40.41 L	F	Victoria-Ann Anthony	16	MAKO EKU	12/10/2024	EGA Summer 2
127	40.64 L	F	Chelsea Snyman	16	SS MPD	29/11/2024	Limpopo Champs 2024
128	41.28 L	F	Nthanki Kumalo	16	ELEC TSH	11/10/2024	NTS Level 1+2 October Age Group 2024
129	41.87 L	F	Miela Smit	16	AQUA BUF	22/11/2024	BCA Long Course Championships 2024
130	41.97 L S	F	Angelina Valle	16	AQDO CPT	21/09/2024	CTA INVITATIONAL LC MEET
131	42.05 L	P	Veera Khusal	16	MAKO EKU	05/12/2024	EGA Summer Championships
132	42.54 L	F	Runakorwashe Makumbe	16	TUKS TSH	13/09/2024	NTS September Age Group 2024
133	42.85 L	F	WanRu Zhou	16	BLMA CPT	02/11/2024	CTA A & B CHAMPS 2024
134	43.02 L	P	Alaynah Bhamjee	16	ATLA 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				
135	43.03	L	F	Maria Dos Santos	16	HREF BP	09/11/2024	NWS Age Group 1 & 2 2024
136	43.15	L	F	Tia Mari Theron	16	HSBV SKD	01/02/2025	Limpopo School Champs & Limpopo AG
137	43.36	L	F	Emma Kruger	16	DDA TSH	01/02/2025	EGA Last Chance Gala
138	43.50	L	F	Sadie Jelley	16	RFA TSH	01/02/2025	EGA Last Chance Gala
139	45.82	L	F	Gabriella Carminati	16	AFIN JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
140	46.11	L	F	Thandolwenkosi Mabaso	16	FRA KCD	25/01/2025	uShaka Champs 2025
141	47.20	L	F	Naseerah Du Toit	16	UWCA CPT	02/11/2024	CTA A & B CHAMPS 2024
142	47.68	L	P	Amy Klink	16	JAQ EKU	05/12/2024	EGA Summer Championships
143	49.86	L	F	Alisha Calokechi	16	HSTAN MP	08/10/2024	Limpopo Top 8 - High Schools
144	50.64	L	F	Lwazi Mqoke	16	WELA LLD	25/10/2024	Neptunes Gala
145	51.53	L	F	Michelle Seerane	16	RBOT BPD	07/12/2024	NWS Championships 2024
146	52.62	L	F	Zoë Pierce	16	ESTR EKU	12/10/2024	EGA Summer 2
147	55.75	L	F	Letlotlo Kgositlou	16	MATL KKD	23/11/2024	NWS Age Group 3 + 4 2024
148	1:27.98	L	F	Amelie du Plessis	16	CPSC TSH	13/09/2024	NTS September Age Group 2024
Women 16-16 100 Fly								
1	1:01.74	L	F	Jaime Mote	16	INFA NMA	15/06/2024	PEA Winter Gala 2024
2	1:04.61	L	F	Kendra Begley	16	INFA NMA	13/12/2024	NMBA Championships 2024
3	1:04.75	L S	F	Dane De Klerk	16	BLSS MAN	04/12/2024	Free State Champs 2024
4	1:04.88	L S	F	Cassidy Burgess	16	VINE CPT	05/12/2024	Western Cape LC-A Championship 2024
5	1:05.78	L	F	Ruth Dredge	16	PAC TSH	15/06/2024	PEA Winter Gala 2024
6	1:05.99	L	F	Ashley Scholtz	16	CA EKU	05/12/2024	EGA Summer Championships
7	1:07.28	L S	F	Veneske Steenkamp	16	FISH EDD	05/12/2024	Western Cape LC-A Championship 2024
8	1:07.56	L	F	Scarlett Le Roux	16	CA EKU	01/02/2025	EGA Last Chance Gala
9	1:07.84	L S	P	Stephanie Jurado	16	SSISA CPT	05/12/2024	Western Cape LC-A Championship 2024
10	1:07.96	L S	F	Mari Wium	16	QSAW CED	05/12/2024	Western Cape LC-A Championship 2024
11	1:08.59	L	F	Ella Mills	16	UNIU EZD	29/11/2024	Mpumalanga Championships 2024
12	1:09.85	L	F	Jesse-Leah Laderach	16	PEAS NMA	13/12/2024	NMBA Championships 2024
13	1:09.90	L	F	Jenna Coetzee	16	INFA NMA	31/01/2025	Infinity Gala 2025
14	1:09.96	L	F	Chloe Olivier	16	CA EKU	05/12/2024	EGA Summer Championships
15	1:09.99	L	F	Madison du Plessis	16	BLOT MAN	11/10/2024	Otters Prestige Gala 2024
16	1:10.19	L	F	Jana Vorster	16	TUKS TSH	29/11/2024	Limpopo Champs 2024
17	1:10.82	L	F	Grace Powell	16	CSC TSH	01/02/2025	EGA Last Chance Gala
18	1:10.88	L	F	Carmi Schoeman	16	TKS WBD	29/11/2024	Limpopo Champs 2024
19	1:11.47	L S	P	Emily Liebenberg	16	ASAW CED	05/12/2024	Western Cape LC-A Championship 2024
20	1:12.02	L S	P	Mieke Vd Wal	16	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
21	1:12.20	L	P	Katelyn Fourie	16	CA EKU	05/12/2024	EGA Summer Championships
22	1:12.43	L	F	Corli Liversage	16	RSA	04/10/2024	Curro AquaElite Gala
23	1:12.54	L	F	Keira Holland	16	CRSC JHB	29/11/2024	CGA Championships 2024
24	1:13.02	L	F	Caitlyn Dube	16	RSA	04/12/2024	XX AA Zone IV LC Championships 4-7
25	1:13.22	L	P	Emily Macqueen	16	SEALE ETH	02/07/2024	Prestige Tournament 2024
26	1:13.30	L	F	Karmen Van Rensburg	16	UNI EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER
27	1:13.54	L S	F	Xanthe Nagel	16	HREF BPD	07/12/2024	NWS Championships 2024
28	1:13.62	L	F	Robyn Barbour	16	MDOL JHB	29/11/2024	CGA Championships 2024
29	1:13.80	L	F	Nicole Beling	16	CA EKU	01/02/2025	EGA Last Chance Gala
30	1:14.00	L	F	Antonella Del Fabbro	16	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 2024
31	1:14.70	L	F	René Kotzé	16	NWS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
32	1:14.79	L S	F	Mareze Frylinck	16	BLSS MAN	04/12/2024	Free State Champs 2024
33	1:15.15	L	F	Kayla Gous	16	USC BUF	13/07/2024	1st A League Gala 2024
34	1:15.38	L	F	Kayleigh Hahn	16	FISH EDD	17/08/2024	Madibaz Swim Meet 2024
35	1:15.79	L	F	Maria Steyn	16	BLSS MAN	27/09/2024	Seals Gala 2
36	1:17.13	L S	F	Lara Smith	16	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
37	1:17.61	L	F	Kayla Vosloo	16	BLOT MAN	06/09/2024	Bull Sharks Annual Gala
38	1:17.78	L	F	Ella Eldar	16	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 2024
39	1:17.86	L	P	Anastasia Sequeira	16	CA EKU	05/12/2024	EGA Summer Championships
40	1:18.44	L	F	Danaleigh Swanepoel	16	RFA TSH	29/11/2024	Limpopo Champs 2024
41	1:18.56	L	F	Chloe Petersen	16	TUKS TSH	13/09/2024	NTS September Age Group 2024
42	1:18.58	L	F	Mmathabo Marite	16	CRSC JHB	29/11/2024	CGA Championships 2024
43	1:18.71	L	F	Tayla Dowie	16	QUES JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
44	1:18.78	L	F	Lume Louw	16	USC BUF	13/07/2024	1st 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			
45	1:19.15	L	F	Lily Durant	16	WATR JHB	29/11/2024 CGA Championships 2024
46	1:20.05	L	P	Keera De Esclana	16	VRC FSH	29/11/2024 CGA Championships 2024
47	1:20.43	L	F	Kendra Beukes	16	PGAC EKU	05/12/2024 EGA Summer Championships
48	1:21.17	L	F	Katia Jacob	16	RACE JHB	25/01/2025 CGA Summer Gala #4 Level 2+ 25 Jan
49	1:21.50	L	F	Milri-Ann Summerton	16	NWUC KKD	09/11/2024 NWS Age Group 1 & 2 2024
50	1:21.53	L	P	Sunny Huang	16	CA EKU	05/12/2024 EGA Summer Championships
51	1:21.70	L	F	Amelia Vincent	16	BLSS MAN	28/06/2024 Sentraal Winter Gala
52	1:22.44	L	F	Jessica Sardinha	16	BAS EKU	12/10/2024 EGA Summer 2
53	1:22.92	L	F	Chrystil Raymond	16	CSA EZD	11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
54	1:23.06	L	F	Rii Spoelstra	16	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
55	1:23.21	L	P	Hannah Prince	16	OLDE JHB	29/11/2024 CGA Championships 2024
56	1:24.44	L	F	Johané Jv Rensburg	16	TUKS FSH	13/09/2024 NTS September Age Group 2024
57	1:24.75	L	P	Mea Harding	BR	VASA EKU	05/12/2024 EGA Summer Championships
58	1:24.88	L	F	Carne Louw	16	HMER MP	08/10/2024 Limpopo Top 8 - High Schools
59	1:26.25	L S	F	Gail Polman	16	CASC CPT	02/11/2024 CTA A & B CHAMPS 2024
60	1:26.79	L	F	Kayla-Jade Van Heerden	16	RSA	04/10/2024 Curro AquaElite Gala
61	1:27.28	L	F	Hannah Naidoo	16	BEAV ETH	25/01/2025 uShaka Champs 2025
62	1:28.92	L	F	Shay-Leigh Pieters	16	HURA CPT	09/11/2024 Swartland Prestige Gala 2024
63	1:31.21	L	F	Ashley Seymour	16	WELA LLD	11/10/2024 Otters Prestige Gala 2024
64	1:31.34	L	P	Tarryn Barnes	16	QUES JHB	29/11/2024 CGA Championships 2024
65	1:32.30	L	F	Cara Fourie	16	NC FB	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
66	1:33.15	L	F	Ciska Ferreira	16	UNI EZD	14/09/2024 MP SPRINT GALA 14 SEPTEMBER
67	1:33.50	L	F	Emma Thompson	16	PSC FSH	11/10/2024 NTS Level 1+2 October Age Group 2024
68	1:33.60	L	F	Anne Steyl	16	NC FB	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
69	1:35.61	L	F	Naseerah Vd Merwe	16	WEST CPT	09/11/2024 Swartland Prestige Gala 2024
70	1:36.06	L	F	Chelsea Snyman	16	HBV MP	08/10/2024 Limpopo Top 8 - High Schools
71	1:36.72	L	F	Minette Els	16	BETH FDD	25/10/2024 Neptunes Gala
72	1:37.45	L	F	Lerato Molobybe	16	HREF BP	09/11/2024 NWS Age Group 1 & 2 2024
73	1:38.06	L S	F	Angelina Valle	16	AQDO CPT	21/09/2024 CTA INVITATIONAL LC MEET
74	1:41.86	L	F	Miela Smit	16	AQUA BUF	22/11/2024 BCA Long Course Championships 2024
75	1:41.98	L	F	Nicole Norman	16	BAS EKU	15/11/2024 Summer 4 Delville
76	1:53.51	L S	F	Naseerah Du Toit	16	UWCA CPT	05/12/2024 Western Cape LC-A Championship 2024
Women 16-16 200 Fly							
1	2:24.46	L	F	Dane De Klerk	16	BLSS MAN	04/12/2024 Free State Champs 2024
2	2:30.51	L	F	Veneske Steenkamp	16	FISH EDD	05/12/2024 Western Cape LC-A Championship 2024
3	2:32.10	L	F	Jenna Coetzee	16	INFA NMA	31/01/2025 Infinity Gala 2025
4	2:41.78	L	F	Mieke Vd Wal	16	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
5	2:42.57	L	F	Emily Liebenberg	16	ASAW CED	05/12/2024 Western Cape LC-A Championship 2024
6	2:44.21	L	F	Ashley Scholtz	16	CA EKU	05/12/2024 EGA Summer Championships
7	2:45.68	L	F	Maria Steyn	16	BLSS MAN	04/12/2024 Free State Champs 2024
8	2:51.73	L	F	Robyn Barbour	16	MDOL JHB	29/11/2024 CGA Championships 2024
9	2:52.13	L	F	Carmi Schoeman	16	TKS WBD	29/11/2024 Limpopo Champs 2024
10	2:57.44	L	F	Kelly Stork	16	BAS EKU	01/02/2025 EGA Last Chance Gala
11	2:59.00	L	F	Keira Holland	16	CRSC JHB	29/11/2024 CGA Championships 2024
12	2:59.31	L	F	Kendra Beukes	16	PGAC EKU	10/01/2025 2024 Grand Prix Invitation Swimming
13	3:10.11	L	F	Amelia Vincent	16	BLSS MAN	28/06/2024 Sentraal Winter Gala
14	3:10.72	L	F	Milri-Ann Summerton	16	NWUC KKD	09/11/2024 NWS Age Group 1 & 2 2024
Women 16-16 200 IM							
1	2:26.32	L	F	Kayla Gous	16	USC BUF	13/12/2024 NMBA Championships 2024
2	2:28.26	L	F	Scarlett Le Roux	16	CA EKU	26/10/2024 Summer 3 Delville
3	2:29.58	L	F	Kendra Begley	16	INFA NMA	13/12/2024 NMBA Championships 2024
4	2:30.00	L	F	Dane De Klerk	16	BLSS MAN	04/12/2024 Free State Champs 2024
5	2:32.65	L	F	Chloe Olivier	16	CA EKU	05/12/2024 EGA Summer Championships
6	2:33.05	L	F	Madison du Plessis	16	BLOT MAN	11/10/2024 Otters Prestige Gala 2024
7	2:34.74	L	F	Hannah Ferreira	16	ASA ILD	25/01/2025 uShaka Champs 2025
8	2:35.64	L	F	Corli Liversage	16	BLSS MAN	04/12/2024 Free State Champs 2024
9	2:35.89	L	F	Ella Eldar	16	TUKS FSH	29/11/2024 CGA Championships 2024
10	2:36.32	L	P	Mieke Vd Wal	16	CASC 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					
11	2:36.67	L	F	Mikayla Lombard	16	TUKS	TSH	05/12/2024	EGA Summer Championships
12	2:36.78	L	F	Jenna Coetzee	16	INFA	NMA	31/01/2025	Infinity Gala 2025
13	2:37.10	L	F	Nicole Beling	16	CA	EKU	05/12/2024	EGA Summer Championships
14	2:37.73	L	F	Ashley Scholtz	16	CA	EKU	18/01/2025	EGA Summer 5
15	2:38.78	L	F	Ruth Dredge	16	PAC	TSH	15/06/2024	PEA Winter Gala 2024
16	2:40.04	L	F	Mareze Frylinck	16	BLSS	MAN	04/12/2024	Free State Champs 2024
17	2:40.80	L	F	Maria Steyn	16	BLSS	MAN	04/12/2024	Free State Champs 2024
18	2:41.01	L	F	Keira Holland	16	CRSC	JHB	29/11/2024	CGA Championships 2024
19	2:41.02	L	P	Mari Wium	16	QSAW	CED	05/12/2024	Western Cape LC-A Championship 2024
20	2:41.06	L	P	Emily Liebenberg	16	ASAW	CED	05/12/2024	Western Cape LC-A Championship 2024
21	2:41.10	L	F	Carmi Schoeman	16	TKS	WBD	29/11/2024	Limpopo Champs 2024
22	2:41.15	L	F	Veneske Steenkamp	16	FISH	EDD	17/08/2024	Madibaz Swim Meet 2024
23*	2:41.16	L	F	Araya de Waal	16	PGAC	EKU	10/01/2025	2024 Grand Prix Invitation Swimming
23*	2:41.16	L	F	Kayleigh Hahn	16	FISH	EDD	17/10/2024	43rd Freda Barnard Invitational Gala
25	2:41.27	L	F	Rebecca Kuhn	16	CA	EKU	05/12/2024	EGA Summer Championships
26	2:41.31	L	F	Holley Jacoby	16	VIKI	BUF	15/06/2024	PEA Winter Gala 2024
27	2:41.49	L	F	Robyn Barbour	16	MDOL	JHB	10/01/2025	2024 Grand Prix Invitation Swimming
28	2:41.89	L	F	Karmen Van Rensburg	16	UNI	EZD	29/11/2024	Mpumalanga Championships 2024
29	2:42.01	L	F	Xanthe Nagel	16	NWS		25/01/2025	4+1 INTERPROVINCIAL GALA 2025
30	2:42.55	L	F	Jana Vorster	16	TUKS	TSH	29/11/2024	Limpopo Champs 2024
31	2:42.91	L	F	René Kotzé	16	NWS		25/01/2025	4+1 INTERPROVINCIAL GALA 2025
32	2:43.15	L	F	Gizelle Maritz	16	WATR	JHB	17/08/2024	Madibaz Swim Meet 2024
33	2:43.16	L	F	Jesse-Leah Laderach	16	PEAS	NMA	03/08/2024	2nd A League Gala 2024
34	2:43.75	L	F	Amelia Vincent	16	BLSS	MAN	04/12/2024	Free State Champs 2024
35	2:43.80	L	F	Hannah Sandilands	16	PGAC	EKU	18/01/2025	EGA Summer 5
36	2:43.95	L	F	Elizabeth Victor	16	UNI	EZD	29/11/2024	Mpumalanga Championships 2024
37	2:44.02	L	F	Rachel Hinckley	16	CA	EKU	26/10/2024	Summer 3 Delville
38	2:44.54	L	F	Kelly Stork	16	BAS	EKU	26/10/2024	Summer 3 Delville
39	2:44.66	L	F	Danaleigh Swanepoel	16	RFA	TSH	29/11/2024	Limpopo Champs 2024
40	2:44.68	L	P	Katelyn Fourie	16	CA	EKU	05/12/2024	EGA Summer Championships
41	2:45.28	L	F	Danielle Cronjè	16	LALE	CED	09/11/2024	Winelands SL4
42	2:45.44	L	F	Kate Truter	16	BEAV	ETH	25/01/2025	uShaka Champs 2025
43	2:45.78	L	F	Jana Swiegers	16	TUKS	TSH	18/10/2024	NTS Level 3+ October Age Group 2024
44	2:45.86	L	F	Stephanie Jurado	16	SSISA	CPT	05/12/2024	Western Cape LC-A Championship 2024
45	2:45.94	L	P	Emily Macqueen	16	SEALE	ETH	02/07/2024	Prestige Tournament 2024
46	2:46.05	L	F	Georgia Gouws	16	PEAS	NMA	15/06/2024	PEA Winter Gala 2024
47	2:46.33	L	F	Kendra Beukes	16	PGAC	EKU	26/10/2024	Summer 3 Delville
48	2:46.62	L	P	Grace George	16	SEAL	UMD	02/07/2024	Prestige Tournament 2024
49	2:46.69	L	P	Lara Smith	16	TYGE	CPT	05/12/2024	Western Cape LC-A Championship 2024
50	2:46.83	L	F	Emma Roberts	16	UPC	EZD	25/10/2024	MP TOP SCHOOLS HIGH SCHOOLS 25
51	2:47.15	L	F	Lily Durant	16	WATR	JHB	29/11/2024	CGA Championships 2024
52	2:47.21	L	F	Mia Wellsted	16	CRSC	JHB	29/11/2024	CGA Championships 2024
53	2:47.61	L	F	Caitlyn Dube	16	MDOL	JHB	10/01/2025	2024 Grand Prix Invitation Swimming
54	2:47.66	L	F	Kayla Verbaan	16	KLOO	ETH	02/07/2024	Prestige Tournament 2024
55	2:48.26	L	F	Simone Van Aswegen	16	WATR	JHB	29/11/2024	CGA Championships 2024
56	2:49.00	L	F	Vera Chen	16	BLSS	MAN	02/07/2024	Prestige Tournament 2024
57*	2:49.52	L	F	Emma Lategan	16	CASC	CPT	05/12/2024	Western Cape LC-A Championship 2024
57*	2:49.52	L	F	Anastasia Sequeira	16	CA	EKU	05/12/2024	EGA Summer Championships
59	2:49.87	L	F	Ciska Ferreira	16	UNI	EZD	29/11/2024	Mpumalanga Championships 2024
60	2:50.84	L	F	Maria Tselentis	16	OHAN	ILD	25/01/2025	uShaka Champs 2025
61	2:51.05	L	F	Kayla Vosloo	16	RSA		04/10/2024	Curro AquaElite Gala
62	2:51.10	L	F	Cassandra Sophocleous	16	CA	EKU	18/01/2025	EGA Summer 5
63	2:51.67	L	P	Hannah Prince	16	OLDE	JHB	29/11/2024	CGA Championships 2024
64	2:51.71	L	P	Madisynn Elliott	16	AA	JHB	29/11/2024	CGA Championships 2024
65	2:51.79	L	F	Jenna-Mae Lally	16	BEAV	ETH	25/01/2025	uShaka Champs 2025
66	2:51.86	L	P	Tayla Dowie	16	QUES	JHB	29/11/2024	CGA Championships 2024
67	2:52.18	L	P	Kelci Leech	16	BLSS	MAN	04/12/2024	Free State Champs 2024
68	2:52.43	L	F	Ella Mills	16	UPC	EZD	25/10/2024	MP TOP SCHOOLS HIGH SCHOOLS 25
69	2:53.12	L	F	Jaimee Marais	16	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			
70	2:53.23	L	F	Erin Glover	16	TYGE CPT	15/06/2024 PEA Winter Gala 2024
71	2:53.32	L	F	Emma Neethling	16	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
72	2:53.35	L	F	Juliette van Vught	16	SASE JHB	20/11/2024 Crusaders Night Gala 1
73	2:53.46	L	P	Mmathabo Marite	16	CRSC JHB	29/11/2024 CGA Championships 2024
74	2:53.64	L S	F	Carine Röntgen	16	ASAW CED	21/09/2024 CTA INVITATIONAL LC MEET
75	2:53.75	L	F	Skyla Perumal	16	TRAZ TSH	13/09/2024 NTS September Age Group 2024
76	2:54.02	L	F	Kathleen Welsh	16	UNI EZD	29/11/2024 Mpumalanga Championships 2024
77	2:54.24	L	P	Keera De Esclana	16	VRC TSH	29/11/2024 CGA Championships 2024
78	2:54.41	L	F	Tanatswa Chandiwana	16	RSA	04/12/2024 XX AA Zone IV LC Championships 4-7
79	2:54.77	L	F	Hannah Naidoo	16	BEAV ETH	02/07/2024 Prestige Tournament 2024
80	2:54.95	L	F	Janca Hattingh	16	UNI EZD	29/11/2024 Mpumalanga Championships 2024
81	2:55.18	L	F	Chrystil Raymond	16	CSA EZD	29/11/2024 Mpumalanga Championships 2024
82	2:55.45	L	F	Holly Allison	16	AZON ETH	02/07/2024 Prestige Tournament 2024
83	2:56.58	L	P	Mea Harding	BR	VASA ECU	05/12/2024 EGA Summer Championships
84	2:57.03	L	F	Mia De Klerk	16	CSA EZD	29/11/2024 Mpumalanga Championships 2024
85	2:57.09	L	F	Milri-Ann Summerton	16	NWUC KKD	07/12/2024 NWS Championships 2024
86	2:57.18	L	F	Kaylie Groenewald	16	PHS CCD	08/10/2024 Limpopo Top 8 - High Schools
87	2:57.19	L	F	Chloe Jewell	16	PEAS NMA	17/08/2024 Madibaz Swim Meet 2024
88	2:57.30	L	F	Lily Ogden	16	PEAS NMA	17/08/2024 Madibaz Swim Meet 2024
89	2:57.78	L	F	Ava Fourie	16	TRAZ TSH	18/10/2024 NTS Level 3+ October Age Group 2024
90	2:58.34	L	F	Lois Fourie	16	BLSS MAN	04/12/2024 Free State Champs 2024
91	2:58.92	L	P	Colby Cochrane	16	CRSC JHB	29/11/2024 CGA Championships 2024
92	2:59.35	L	F	Morgan Rabie	16	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
93	2:59.36	L	F	Chloe Petersen	16	TUKS TSH	13/09/2024 NTS September Age Group 2024
94	2:59.55	L	P	Chrisley Barnard	16	BS LLD	04/12/2024 Free State Champs 2024
95	3:00.14	L	P	Shyenne Laubscher	16	WELA LLD	04/12/2024 Free State Champs 2024
96	3:00.59	L	F	Sienna Lombard	16	TRAZ TSH	18/10/2024 NTS Level 3+ October Age Group 2024
97	3:01.20	L	P	Lerato Molobye	16	HREF BPD	07/12/2024 NWS Championships 2024
98	3:01.76	L	P	Georgia Alston	16	SASE JHB	29/11/2024 CGA Championships 2024
99	3:02.58	L	P	Eunice Fourie	16	BLSS MAN	04/12/2024 Free State Champs 2024
100	3:03.26	L	F	Milla Delport	16	PEAS NMA	13/07/2024 1st A League Gala 2024
101	3:03.69	L	P	Sunny Huang	16	CA ECU	05/12/2024 EGA Summer Championships
102	3:04.20	L	F	Carne Louw	16	HMER MP	08/10/2024 Limpopo Top 8 - High Schools
103	3:04.38	L	F	Nicole Van Zyl	16	CA ECU	26/10/2024 Summer 3 Delville
104	3:04.63	L	F	Lelanie Buhr	16	SWAR WCD	09/11/2024 Swartland Prestige Gala 2024
105	3:04.97	L	P	Katia Jacob	16	RACE JHB	29/11/2024 CGA Championships 2024
106	3:06.46	L	F	Mariel van der Net	16	JAQ ECU	26/10/2024 Summer 3 Delville
107	3:06.64	L	F	Anne Steyl	16	NC FB	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
108	3:06.89	L	F	WanRu Zhou	16	BLMA CPT	17/10/2024 43rd Freda Barnard Invitational Gala
109	3:06.91	L	P	Miana Fourie	16	BLSS MAN	04/12/2024 Free State Champs 2024
110	3:07.59	L	F	Ashley Seymour	16	WELA LLD	11/10/2024 Otters Prestige Gala 2024
111	3:07.78	L	F	Anneke Stassen	16	EVO CPT	09/11/2024 Swartland Prestige Gala 2024
112	3:08.76	L	F	Emma Thompson	16	PSC TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
113	3:09.44	L	F	Gaby Bishop	16	BETH FDD	15/11/2024 Valsrivier Gala 2024
114	3:09.56	L	F	Ivana Vyncke	16	TUKS TSH	29/11/2024 Mpumalanga Championships 2024
115	3:09.77	L	F	Emily Tsai	16	BLMA CPT	05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
116	3:09.94	L	F	Danielle Van Vuuren	16	PSC TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
117	3:11.05	L	F	Emma Davies	16	MAKO ECU	01/02/2025 EGA Last Chance Gala
118	3:11.43	L	F	Emma Jansen van Rensburg	16	QSAW CED	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
119	3:11.62	L	F	Zoe Kruger	16	AQUA UTD	07/12/2024 Uthukela District Age Group Gala
120	3:11.90	L	P	Alexandra Santos	16	PSCP UMD	02/07/2024 Prestige Tournament 2024
121	3:11.94	L	F	Maria Dos Santos	16	HREF BP	09/11/2024 NWS Age Group 1 & 2 2024
122	3:12.21	L	F	Gabrielle Mare'	16	PAC TSH	13/09/2024 NTS September Age Group 2024
123	3:12.41	L	P	Rienke Blignaut	16	BLSS MAN	04/12/2024 Free State Champs 2024
124	3:12.55	L	F	Georgia Knight	16	WATR JHB	13/12/2024 NMBA Championships 2024
125	3:13.05	L S	F	Gabriella Oaten	16	SFSC CPT	21/09/2024 CTA INVITATIONAL LC MEET
126	3:16.74	L	P	Paris Shiwundlana	16	AFIN JHB	29/11/2024 CGA Championships 2024
127	3:17.08	L	F	Kaylin Bezuidenhoud	16	BLOT MAN	11/10/2024 Otters Prestige Gala 2024
128	3:17.16	L	F	Mia Barnard	16	BLOT MAN	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			
129	3:18.09	L	P	Esther Sauls	16	PGAC EKU	05/12/2024 EGA Summer Championships
130	3:18.76	L	F	Camryn Shaw	16	PEAS NMA	15/06/2024 PEA Winter Gala 2024
131	3:19.35	L	F	Paula Van Zyl	16	VARC NMA	06/09/2024 USSA Swimming
132	3:19.84	L	F	Chelsea Snyman	16	SS MPD	12/10/2024 Limpopo Age Group 4
133	3:20.38	L	F	Ebenette Van Niekerk	16	FISH EDD	17/10/2024 43rd Freda Barnard Invitational Gala
134	3:20.45	L	P	Alaynah Bhamjee	16	ATLA JHB	29/11/2024 CGA Championships 2024
135	3:21.85	L	P	Tatiana Ioannides	16	BLSS MAN	04/12/2024 Free State Champs 2024
136	3:22.64	L	F	Kimberley Strong	16	NC FB	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
137	3:23.62	L	F	Makayla Lombard	16	JAQ EKU	26/10/2024 Summer 3 Delville
138	3:23.74	L	F	Micke de Jager	16	VHD ZLD	25/01/2025 uShaka Champs 2025
139	3:23.84	L	P	Gabriella Carminati	16	AFIN JHB	29/11/2024 CGA Championships 2024
140	3:24.89	L	F	Nthanki Kumalo	16	ELEC TSH	13/09/2024 NTS September Age Group 2024
141	3:25.88	L	F	Minette Els	16	BETH FDD	25/10/2024 Neptunes Gala
142	3:26.69	L	F	Runakorwashe Makumbe	16	TUKS TSH	11/10/2024 NTS Level 1+2 October Age Group 2024
143	3:27.44	L	F	Richelle Rothmann	16	VHD ZLD	02/11/2024 Uthukela District Age Group Gala
144	3:28.22	L	F	Nicole Norman	16	BAS EKU	18/01/2025 EGA Summer 5
145	3:29.73	L S	F	Angelina Valle	16	AQDO CPT	21/09/2024 CTA INVITATIONAL LC MEET
146	3:29.80	L	F	Emma Kruger	16	DDA TSH	13/09/2024 NTS September Age Group 2024
147	3:33.14	L	F	Veera Khusal	16	MAKO EKU	01/02/2025 EGA Last Chance Gala
148	3:33.27	L	F	Victoria-Ann Anthony	16	MAKO EKU	26/10/2024 Summer 3 Delville
149	3:37.03	L	F	Sharvani Govender	16	ELEC TSH	13/09/2024 NTS September Age Group 2024
150	3:44.34	L	P	Amy Klink	16	JAQ EKU	05/12/2024 EGA Summer Championships
151	3:52.67	L S	F	Naseerah Du Toit	16	UWCA CPT	05/12/2024 Western Cape LC-A Championship 2024
152	3:52.88	L	F	Thandolwenkosi Mabaso	16	FRA KCD	25/01/2025 uShaka Champs 2025
153	3:54.08	L	F	Helena Van Vuuren	16	KALA	19/10/2024 NCASA AGE GROUP 1 KATHU 2024
154	4:13.35	L	F	Anel Verster	16	RFA TSH	01/02/2025 EGA Last Chance Gala
155	4:24.98	L	F	Michelle Seerane	16	RBOT BPD	07/12/2024 NWS Championships 2024
156	4:26.76	L	P	Letlotlo Kgositlou	16	MATL KKD	07/12/2024 NWS Championships 2024
157	4:30.59	L	P	Zoë Pierce	16	ESTR EKU	05/12/2024 EGA Summer Championships
Women 16-16 400 IM							
1	5:14.67	L	F	Dane De Klerk	16	BLSS MAN	04/12/2024 Free State Champs 2024
2	5:34.83	L	F	Madison du Plessis	16	BLOT MAN	28/06/2024 Sentraal Winter Gala
3	5:37.04	L	F	Kayleigh Hahn	16	FISH EDD	05/12/2024 Western Cape LC-A Championship 2024
4	5:42.12	L	F	Robyn Barbour	16	MDOL JHB	10/01/2025 2024 Grand Prix Invitation Swimming
5	5:45.21	L	F	Mareze Frylinck	16	BLSS MAN	15/11/2024 Valsrivier Gala 2024
6	5:46.33	L	F	René Kotzé	16	POTC KKD	09/11/2024 NWS Age Group 1 & 2 2024
7	5:46.51	L	F	Ella Eldar	16	TUKS TSH	18/10/2024 NTS Level 3+ October Age Group 2024
8	5:47.36	L	F	Carmi Schoeman	16	TKS WBD	29/11/2024 Limpopo Champs 2024
9	5:48.90	L	F	Maria Steyn	16	BLSS MAN	04/12/2024 Free State Champs 2024
10	5:51.22	L	F	Karmen Van Rensburg	16	UNI EZD	01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
11	5:53.94	L	F	Kendra Beukes	16	PGAC EKU	05/12/2024 EGA Summer Championships
12	5:55.37	L	F	Amelia Vincent	16	BLSS MAN	04/12/2024 Free State Champs 2024
13	5:55.73	L	F	Araya de Waal	16	PGAC EKU	05/12/2024 EGA Summer Championships
14	6:06.31	L	F	Danaleigh Swanepoel	16	RFA TSH	29/11/2024 Limpopo Champs 2024
15	6:08.89	L	F	Corli Liversage	16	BLSS MAN	15/11/2024 Valsrivier Gala 2024
16	6:20.46	L	F	Milri-Ann Summerton	16	NWUC KKD	09/11/2024 NWS Age Group 1 & 2 2024
17	6:34.83	L	F	Lerato Molobye	16	HREF BPD	07/12/2024 NWS Championships 2024
18	7:01.14	L	F	Ashley Seymour	16	WELA LLD	04/12/2024 Free State Champs 2024
19	7:07.83	L	F	Makayla Lombard	16	JAQ EKU	12/10/2024 EGA Summer 2
20	7:31.20	L	F	Paula Van Zyl	16	VARC NMA	06/09/2024 USSA Swimming