

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
Women 50 Free								
1	26.23 L	F	Jessica Carmody	17	AZON ETH	28/02/2025	2025 Grand Prix 2 Invitational Meet -N	
2	26.58 L	F	Grace Morris	17	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202	
3	26.77 L	F	Daena Robinson	17	SEAL UMD	25/04/2025	SA National Junior Age Grou-WCA 20	
4	27.10 L	F	Keira Van Heerden	17	INFA NMA	15/06/2024	PEA Winter Gala 2024	
5	27.56 L	P	Myra Viduya	17	INFA NMA	15/06/2024	PEA Winter Gala 2024	
6	27.62 L	P	Melissa Kuun	17	FISH EDD	25/04/2025	SA National Junior Age Grou-WCA 20	
7	27.67 L	P	Rebecca Fury	17	VINE CPT	25/04/2025	SA National Junior Age Grou-WCA 20	
8	27.76 L	P	Alex-Zandre' Labuschagne	17	KZNA ETH	09/04/2025	SA National Aquatic SNR-Champ 202	
9	27.79 L	F	Alex-Zandre Labuschagne	17	KZNS	05/04/2025	SA Schools Swimming Championship	
10	28.01 L	F	Mathilda Liebenberg	17	POTC KKD	07/12/2024	NWS Championships 2024	
11	28.08 L	P	Hannah Ferreira	17	ASA ILD	25/04/2025	SA National Junior Age Grou-WCA 20	
12	28.17 L	P	Cassidy Burgess	17	RSA	19/06/2024	BRICS Games Swimming 2024 Russia	
13	28.22 L	F	Kayla Petersen	17	USC BUF	22/11/2024	BCA Long Course Championships 202	
14*	28.31 L	P	Jana Lombard	17	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202	
14*	28.31 L	F	Madelé Harding	17	POTC KKD	07/12/2024	NWS Championships 2024	
16	28.34 L	P	Gabriella Douglas	17	BAS EKU	25/04/2025	SA National Junior Age Grou-WCA 20	
17	28.35 L	F	Ava Fourie	17	TRAZ TSH	20/03/2025	SA Level 3 Champs 2025-NT	
18	28.40 L	F	Xanthe Nagel	17	MCS BP	28/02/2025	NW School Championships 2025	
19	28.46 L	F	Emma De Wet	17	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks	
20	28.50 L	P	Emily Lott	17	ASA ILD	25/04/2025	SA National Junior Age Grou-WCA 20	
21	28.51 L	P	Isabella Webber	17	VINE CPT	25/04/2025	SA National Junior Age Grou-WCA 20	
22	28.56 L	F	Erin Hudson	17	AA JHB	29/11/2024	CGA Championships 2024	
23	28.63 L	P	Madison Fourie	17	INFA NMA	15/06/2024	PEA Winter Gala 2024	
24	28.75 L	F	Dane De Klerk	17	BLSS MAN	04/12/2024	Free State Champs 2024	
25	28.83 L S	P	Rebecca Kuhn	17	CA EKU	05/12/2024	EGA Summer Championships	
26*	28.89 L	F	Morgan Rabie	17	TUKS TSH	20/03/2025	SA Level 3 Champs 2025-NT	
26*	28.89 L	F	Marony Jacobs	17	INFA NMA	16/11/2024	5th A League Gala 2024	
28	28.93 L	F	Isabella Desfontaines	CR	VASA EKU	12/10/2024	EGA Summer 2	
29	28.95 L S	P	Nicole Beling	17	CA EKU	05/12/2024	EGA Summer Championships	
30	29.02 L	P	Tiffany Marshall	17	UNI EZD	25/04/2025	SA National Junior Age Grou-WCA 20	
31	29.03 L	F	Simone Theron	17	HSBV SKD	01/02/2025	Limpopo School Champs & Limpopo A	
32	29.04 L	P	Carleigh Palmer	17	AA JHB	28/02/2025	2025 Grand Prix 2 Invitational Meet -N	
33	29.12 L	P	Mianique Lombard	17	WSS LLD	25/04/2025	SA National Junior Age Grou-WCA 20	
34*	29.16 L	P	Gemma Goncalves	17	KZNS	05/04/2025	SA Schools Swimming Championship	
34*	29.16 L	F	Ella Pretorius	TR	VASA EKU	22/02/2025	EGA Lets Sprint Incorp Gauteng Schoi	
36	29.20 L	F	Tamryn Kunneke	17	RFA TSH	22/02/2025	EGA Lets Sprint Incorp Gauteng Schoi	
37	29.22 L S	P	Tamsyn Kotzé	17	BLMA CPT	05/12/2024	Western Cape LC-A Championship 20	
38	29.26 L	F	Hayley Hoy	17	TUKS TSH	29/05/2024	MSF Winter National Championships 2	
39	29.37 L	F	Jade Jarvis	17	SAAW CPT	20/03/2025	SA Level 3 Regional Age Group Chan	
40	29.41 L	F	Mari Zanne Nortje	17	LPS	05/04/2025	SA Schools Swimming Championship	
41	29.43 L	F	Jana Helmand	17	BLOT MAN	04/12/2024	Free State Champs 2024	
42	29.53 L S	F	Beane Swanepoel	17	VRC TSH	05/12/2024	EGA Summer Championships	
43	29.54 L	F	Ella Mills	17	UNIU EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER 2	
44	29.57 L	P	Une Van den Berg	17	AA JHB	29/11/2024	CGA Championships 2024	
45	29.64 L	P	Cassidey Doubell	17	CRSC JHB	25/04/2025	SA National Junior Age Grou-WCA 20	
46	29.65 L	F	Tatum Cabral	17	ELEC TSH	22/02/2025	EGA Lets Sprint Incorp Gauteng Schoi	
47	29.66 L	F	Taylor Morton	17	LALE CED	08/02/2025	Winelands SL Final	
48	29.70 L	F	Francis Whelan	17	BLOT MAN	04/12/2024	Free State Champs 2024	
49*	29.76 L	P	Christina Gennarakis	17	CASC CPT	25/04/2025	SA National Junior Age Grou-WCA 20	
49*	29.76 L	P	Veneske Steenkamp	17	FISH EDD	14/02/2025	Western Cape Elite Gala 2025	
51	29.78 L	P	Isabel Vorster	17	BLNE MAN	25/04/2025	SA National Junior Age Grou-WCA 20	
52	29.80 L	F	Jordana Azran	17	KLOO ETH	26/03/2025	SA Level 3 Regional Age Group Chan	
53*	29.82 L	P	Kaylin Stieger	17	NWUC KKD	20/03/2025	SA Level 3 Champs 2025-NT	
53*	29.82 L S	F	Grace George	17	SEAL UMD	02/07/2024	Prestige Tournament 2024	
55	29.89 L	P	Hayley Beling	17	CA EKU	25/04/2025	SA National Junior Age Grou-WCA 20	
56	29.91 L S	P	Amahle Mhlongo	17	PSCP UMD	02/07/2024	Prestige Tournament 2024	
57	29.92 L	F	Neema Banza	17	UNI EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER 2	
58	29.95 L	P	Colby Cochrane	17	CRSC JHB	29/11/2024	CGA Championships 2024	

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	Time	P/F/S	Name	Age/Yr			
59	29.98 L	P	Samantha Cameron	17	IND-M	26/03/2025	SA Level 3 Regional Age Group Chan
60	30.07 L	F	Cara Corrigan	17	FISH EDD	20/03/2025	SA Level 3 Regional Age Group Chan
61	30.23 L	F	Carmi Schoeman	17	TKS WBD	29/11/2024	Limpopo Champs 2024
62	30.29 L	F	Cassandra Sikiotis	17	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming I
63	30.30 L	F	Caitlin Watson	17	BLMA CPT	20/03/2025	SA Level 3 Regional Age Group Chan
64	30.32 L	F	Chanel Baenhoff	17	BLSS MAN	04/12/2024	Free State Champs 2024
65*	30.34 L	F	Holley Jacoby	17	VIKI BUF	22/11/2024	BCA Long Course Championships 202
65*	30.34 L	P	Simone Van Aswegen	17	WATR JHB	25/04/2025	SA National Junior Age Grou-WCA 20
67	30.35 L	F	Esmari Weitsz	17	UNI EZD	20/03/2025	SA Level 3 Champs 2025-NT
68	30.36 L	F	Clarise Coetzer	17	STSC KCD	26/03/2025	SA Level 3 Regional Age Group Chan
69	30.39 L	F	Cara Fourie	17	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
70*	30.42 L	P	Erin Glover	17	TYGE CPT	25/04/2025	SA National Junior Age Grou-WCA 20
70*	30.42 L S	P	Jorja Da Cunha	17	CA ECU	05/12/2024	EGA Summer Championships
72	30.43 L	P	Keira Lee Duncan	17	KZNS	05/04/2025	SA Schools Swimming Championship
73	30.45 L	P	Erin Mayoss	17	KLOO ETH	25/04/2025	SA National Junior Age Grou-WCA 20
74	30.58 L S	F	Yusrah Du Toit	17	UWCA CPT	02/11/2024	CTA A & B CHAMPS 2024
75	30.62 L S	P	Alexia Adreani	17	CA ECU	05/12/2024	EGA Summer Championships
76	30.68 L	P	Nazneen Mohamed	17	ATLA JHB	29/11/2024	CGA Championships 2024
77	30.81 L S	F	Madison Franks	17	SSISA CPT	02/11/2024	CTA A & B CHAMPS 2024
78*	30.82 L	F	Abigayle Otto	17	CA ECU	12/10/2024	EGA Summer 2
78*	30.82 L	F	Sinesipho Sibiya	17	SEAL UMD	26/03/2025	SA Level 3 Regional Age Group Chan
80	30.84 L	F	Nikha Lambden	17	EXP TSH	18/10/2024	NTS Level 3+ October Age Group 202
81	30.87 L	F	Amelia Vincent	17	BLSS MAN	13/09/2024	Pelicans Age Group Gala
82	30.89 L	F	Erin Beyers	17	UNI EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER 2
83	30.92 L S	P	Alexia Luz	17	SOUL ECU	05/12/2024	EGA Summer Championships
84	30.97 L	F	Sally-Louise Ingwe	CR	VASA ECU	04/12/2024	XX AA Zone IV LC Championships 4-7
85	31.01 L	F	Milla Delpont	17	PEAS NMA	20/03/2025	SA Level 3 Regional Age Group Chan
86*	31.06 L	F	Mia Pienaar	17	VHD ZLD	07/12/2024	Stingrays Champs 2024
86*	31.06 L	F	Jaiden Funnell	17	AA JHB	20/03/2025	SA Level 3 Champs 2025-NT
88*	31.13 L	F	Aruli Fick	17	USH KCD	26/10/2024	Froggies Aquatics Championships 202
88*	31.13 L	P	Grace Bothma	17	WSTV ETH	26/03/2025	SA Level 3 Regional Age Group Chan
90	31.17 L	F	Emma Roberts	17	UNIU EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER 2
91	31.21 L	F	Cara Crichton	17	TUKS TSH	13/09/2024	NTS September Age Group 2024
92	31.23 L S	P	Isabella Vicente	17	SOUL ECU	05/12/2024	EGA Summer Championships
93	31.28 L	F	Marilee Coetzee	17	DOLFI MPD	27/03/2025	SA Level 2 Champs 2025 EGA
94*	31.31 L	P	Abigail Phillips	17	SASE JHB	29/11/2024	CGA Championships 2024
94*	31.31 L	F	Lume Louw	17	SHS KK	08/02/2025	BCSA High School Trials 2025
96	31.34 L	F	Fallon Tweedie	17	PEAS NMA	17/08/2024	Madibaz Swim Meet 2024
97	31.36 L S	P	Kirstin Brady	CR	VASA ECU	05/12/2024	EGA Summer Championships
98*	31.38 L	F	Neo Cele	17	ELEC TSH	27/03/2025	SA Level 2 Champs 2025 EGA
98*	31.38 L	F	Bay-Linn Oelofse	17	TNDER FDD	15/11/2024	Valsrivier Gala 2024
100	31.39 L	F	Farhah Valli	17	CA ECU	10/01/2025	2024 Grand Prix Invitation Swimming I
101	31.43 L	P	Mignon Smit	17	SS MPD	20/03/2025	SA Level 3 Champs 2025-NT
102*	31.44 L	P	Nanette Jordaan	17	BLOT MAN	04/12/2024	Free State Champs 2024
102*	31.44 L	F	Megan Kemp	17	TINC TSH	13/09/2024	NTS September Age Group 2024
104	31.53 L	P	Rene Sauerman	17	SEAL UMD	20/03/2025	SA Level 3 Champs 2025-NT
105	31.54 L	P	Caitlin Kennedy	17	AFIN JHB	20/03/2025	SA Level 3 Champs 2025-NT
106	31.63 L	F	Ciska Ferreira	17	UNI EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER 2
107	31.66 L S	F	Hannah Witten	17	AQDO CPT	02/11/2024	CTA A & B CHAMPS 2024
108	31.67 L	P	Catherine Wentzel	17	FRA KCD	31/03/2025	SA Level 2 Champs 2025-KZN
109	31.68 L	P	Zara Jefftha	17	MARL CPT	25/04/2025	SA National Junior Age Grou-WCA 20
110	31.70 L	F	Shannon Coetzee	17	PGAC ECU	26/10/2024	Summer 3 Delville
111	31.83 L	F	Emma Wentzel	17	AA JHB	27/03/2025	SA Level 2 Champs 2025 EGA
112	31.84 L	F	Jean Marie Swartz	17	ACAA CCD	09/11/2024	Limpopo Age Group 5
113	31.86 L	F	Acacia-Cailyn Abell	17	MDOL JHB	15/02/2025	CGA Summer Gala #6 Level 2+ 15 Fe
114	31.87 L	P	Monique Oosthuizen	17	BLOT MAN	04/12/2024	Free State Champs 2024
115	31.89 L	F	Deidre Olivier	17	RBOT BPD	07/12/2024	NWS Championships 2024
116	31.92 L	P	Miana Fourie	17	BLSS MAN	04/12/2024	Free State Champs 2024
117	31.95 L	F	Jenna Loubser	17	SLAQ CPT	20/03/2025	SA Level 3 Regional Age Group Chan

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	Time		P/F/S	Name	Age/Yr				
118	31.98	L	F	Alexa Louw	17	BLMA CPT	22/02/2025	Swartland Invitational Gala 2025	
119	32.09	L	F	Gail Polman	17	CASC CPT	28/03/2025	SA Level 2 Regional Age Group Cham	
120	32.11	L	F	Cherise Coetzer	17	STSC KCD	26/03/2025	SA Level 3 Regional Age Group Chan	
121	32.18	L	F	Alienne van Rensburg	17	KTS	23/11/2024	AGE GROUP 3 KATHU 2024	
122	32.19	L	P	Kendra Beukes	17	PGAC ECU	20/03/2025	SA Level 3 Champs 2025-NT	
123	32.24	L	F	Ami-Leigh Immerman	17	VPHS NMA	22/02/2025	Eastern Cape School Provincial Trials	
124	32.25	L	F	Elmarie De Witt	17	RSA	04/10/2024	Curro AquaElite Gala	
125	32.27	L	F	Isla Thomas	17	AA JHB	15/02/2025	CGA Summer Gala #6 Level 2+ 15 Fe	
126*	32.35	L	F	Lois Fourie	17	BLSS MAN	04/12/2024	Free State Champs 2024	
126*	32.35	L	F	Tianel Van Der Merwe	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024	
128	32.38	L	F	Ammara Jagger	17	AQDO CPT	20/03/2025	SA Level 3 Regional Age Group Chan	
129	32.49	L	F	Rudine Van Wyk	17	PAC TSH	27/03/2025	SA Level 2 Champs 2025-EGA	
130	32.57	L	P	Mia Barnard	17	BLOT MAN	04/12/2024	Free State Champs 2024	
131	32.59	L	P	Shani Olivier	17	PAQU CED	25/04/2025	SA National Junior Age Grou-WCA 20	
132	32.68	L	F	Lisa Bloem	17	BLOT MAN	11/10/2024	Otters Prestige Gala 2024	
133	32.72	L S	P	Clara van Rooyen	17	PGAC ECU	05/12/2024	EGA Summer Championships	
134	32.79	L	F	Taaliah Rinquest	17	MARL CPT	01/02/2025	CTA BRIAN BUTTON Qualifying Meet	
135	32.87	L	P	Aarya Morar	17	ATLA JHB	29/11/2024	CGA Championships 2024	
136	32.90	L	F	Abigale Meineke	17	AQUA UTD	02/11/2024	Uthukela District Age Group Gala	
137	32.91	L	F	Anrieks Henning	17	TRALI MAN	28/06/2024	Sentraal Winter Gala	
138	32.93	L	P	Charissa Volschenk	17	VHD ZLD	31/03/2025	SA Level 2 Champs 2025-KZN	
139	32.98	L	P	Lerato Molobye	17	HREF BPD	07/12/2024	NWS Championships 2024	
140*	33.02	L	F	Thurayya Moodley	17	LEGC ETH	31/03/2025	SA Level 2 Champs 2025-KZN	
140*	33.02	L	F	Kimberley Strong	17	KTS	08/02/2025	NCASA SPRINTS 2025	
142	33.13	L	P	Kayla Botha	17	PER JHB	29/11/2024	CGA Championships 2024	
143*	33.28	L	F	Leané Jacobs	17	STEL RM	28/02/2025	NW School Championships 2025	
143*	33.28	L	F	Joy Vd Westhuizen	17	AQDO CPT	17/10/2024	43rd Freda Barnard Invitational Gala	
145	33.29	L	P	Eunice Fourie	17	BLSS MAN	04/12/2024	Free State Champs 2024	
146	33.53	L	F	Johane Viljoen	17	BLNE MAN	19/10/2024	Pelicans Gala 2	
147	33.64	L	F	Danelle Du Toit	17	HMER MP	08/10/2024	Limpopo Top 8 - High Schools	
148	34.04	L	F	Sarah Dickinson	17	SHS KK	22/02/2025	Eastern Cape School Provincial Trials	
149	34.09	L	F	Hanrike Barnard	17	HREF BPD	28/03/2025	SA Level 2 Regional Age Group Cham	
150	34.15	L	F	Nkenda Baghana	17	CPSC TSH	13/09/2024	NTS September Age Group 2024	
151	34.20	L	F	Christn Engelbrecht	17	KPA EZD	01/03/2025	SSA LEVEL 1 REGIONAL CHAMPS 2	
152	34.24	L	F	Nthanki Kumalo	17	ELEC TSH	13/09/2024	NTS September Age Group 2024	
153	34.25	L S	F	Ella Smith	17	SAAW CPT	21/09/2024	CTA INVITATIONAL LC MEET	
154	34.50	L	P	Amy Lazarou	17	AWSC JHB	29/11/2024	CGA Championships 2024	
155*	34.59	L	F	Carla Pienaar	17	VHD ZLD	07/12/2024	Stringays Champs 2024	
155*	34.59	L	F	Alexa Wood	17	STSC KCD	31/03/2025	SA Level 2 Champs 2025-KZN	
157	34.78	L	F	Aneska van Zyl	17	SHS KK	08/02/2025	BCSA High School Trials 2025	
158	35.17	L	F	Makayla Lombard	17	JAQ ECU	12/10/2024	EGA Summer 2	
159	35.18	L	F	Carmen Botha	17	MATL KKD	23/11/2024	NWS Age Group 3 + 4 2024	
160	35.24	L	F	Tyra Kasonkomona	17	MATL KKD	07/12/2024	NWS Championships 2024	
161	35.31	L	F	Tatenda Chamboko	17	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming I	
162	35.33	L	F	Kristin Murray	17	HPHS BUF	22/02/2025	Eastern Cape School Provincial Trials	
163	35.41	L	F	Kayla Swanepoel	17	FISH EDD	30/11/2024	Eden LC Champs 2024	
164	35.49	L	F	Megan Van der Merwe	17	MHS NGD	31/01/2025	AG 5 MP SA SCHOOLS TRIALS 31 J/	
165	35.56	L	F	Lianne Labuschagne	17	NWUC KKD	07/12/2024	NWS Championships 2024	
166	35.84	L	F	Lianka Du Toit	17	HPP BUF	08/10/2024	Limpopo Top 8 - High Schools	
167	35.92	L	F	Christine Lee	17	HPP BUF	08/10/2024	Limpopo Top 8 - High Schools	
168	36.01	L	F	Diré Schoeman	17	HFDI MP	08/10/2024	Limpopo Top 8 - High Schools	
169	36.04	L S	F	Alyssa Bester	17	QSAW CED	05/12/2024	Western Cape LC-A Championship 20	
170	36.06	L	F	Liandi Strydom	17	NAE EZD	01/03/2025	SSA LEVEL 1 REGIONAL CHAMPS 2	
171	36.13	L	F	Kayleigh Jansen Van Vuuren	17	CUR EZD	19/02/2025	EHLANZENI INTER HIGH GALA 19 FI	
172	36.54	L	P	Muneerah Khan	17	SWIM1 JHB	29/11/2024	CGA Championships 2024	
173	36.59	L	F	Madelein Bronkhorst	17	AGAQ QBD	17/10/2024	43rd Freda Barnard Invitational Gala	
174	36.89	L	F	Jemma Ascott	17	ANAX CPT	22/02/2025	Swartland Invitational Gala 2025	
175	37.06	L	F	Danica Pritchard	17	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming I	
176*	37.12	L	F	Elanza Oosthuizen	17	PHS CCD	08/10/2024	Limpopo Top 8 - High Schools	

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176*	37.12 L	F	Keatlegile Makhate	17	MECS WBD	01/02/2025	Limpopo School Champs & Limpopo A
178	37.23 L S	F	Maya Lockitch	17	CYBE CPT	02/11/2024	CTAA A & B CHAMPS 2024
179	37.79 L	F	Ahara-Anne Maherry	17	BEAV ETH	31/03/2025	SA Level 2 Champs 2025-KZN
180	37.99 L S	P	Amy Klink	17	JAQ EKU	05/12/2024	EGA Summer Championships
181	38.15 L	F	Sckylar Lambert	17	ESP EKU	27/03/2025	SA Level 2 Champs 2025-EGA
182	38.83 L	F	Gina-Lee Terblanche	17	OGIM BUF	08/02/2025	BCSA High School Trials 2025
183	39.28 L	P	Caylin Bach	17	AASC EZD	29/11/2024	Mpumalanga Championships 2024
184*	39.31 L	F	Morgan Griffiths	17	VPHS NMA	08/02/2025	Nelson Mandela Bay Schools Trials &
184*	39.31 L	F	Jaden Nel	17	VPHS NMA	22/02/2025	Eastern Cape School Provincial Trials
186	39.76 L	F	Claudia Pestana	17	FSS	05/04/2025	SA Schools Swimming Championship
187	39.96 L	F	Kiara Wilson	17	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming I
188	40.34 L	F	Lilitha Mafeke	17	KHS OTD	22/02/2025	Eastern Cape School Provincial Trials
189	41.01 L	F	Charlotte Heyneman	17	CWBH NMA	22/02/2025	Eastern Cape School Provincial Trials
190	41.97 L	F	Tyler Lowe	17	CAMBH BUF	08/02/2025	BCSA High School Trials 2025
191	42.05 L	F	Juli-Ann Louw	17	ROB EZD	19/02/2025	EHLANZENI INTER HIGH GALA 19 FI
192	42.15 L	F	Kaylee Greeff	17	HARV NMA	22/02/2025	Eastern Cape School Provincial Trials
193	42.78 L	F	Georgia Papamichael	17	VPHS NMA	22/02/2025	Eastern Cape School Provincial Trials
194	43.80 L	F	Jessica Good	17	VPHS NMA	08/02/2025	Nelson Mandela Bay Schools Trials &
195	45.75 L S	F	Madison Isaacs	17	WEST CPT	21/09/2024	CTA INVITATIONAL LC MEET
196	46.98 L	F	Elizabeth Rothmann	17	CAMBH BUF	08/02/2025	BCSA High School Trials 2025
197	48.09 L	F	Michelle Allison	17	EVO CPT	22/02/2025	Swartland Invitational Gala 2025
198	50.09 L	F	Mia Pretorius	17	OGIM BUF	08/02/2025	BCSA High School Trials 2025
199	52.11 L	F	Ziyanda Mdhuli	17	STA NGD	01/03/2025	SSA LEVEL 1 REGIONAL CHAMPS 2
200	52.75 L	F	Tanatswa Matani	17	HARV NMA	08/02/2025	Nelson Mandela Bay Schools Trials &
201	54.89 L	F	Sifungo Keswa	17	UMHS OTD	08/02/2025	BCSA High School Trials 2025
202	59.68 L	F	Tai Muringi	17	CWBH NMA	08/02/2025	Nelson Mandela Bay Schools Trials &
203	1:03.36 L	F	Owethu Mokwena	17	LEBII BP	28/02/2025	NW School Championships 2025
204	1:12.26 L	F	Anna Marie Steyn	17	ESS EZD	31/01/2025	AG 5 MP SA SCHOOLS TRIALS 31 J/
205	1:21.99 L	F	Jessica Jansen	17	ESS EZD	31/01/2025	AG 5 MP SA SCHOOLS TRIALS 31 J/
Women 100 Free							
1	57.35 L	F	Grace Morris	17	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202
2	57.42 L	P	Jessica Carmody	17	AZON ETH	28/02/2025	2025 Grand Prix 2 Invitational Meet -N
3	57.58 L	F	Hannah Mouton	17	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
4	59.53 L	F	Myra Viduya	17	INFA NMA	03/08/2024	2nd A League Gala 2024
5	59.70 L	P	Daena Robinson	17	KZNA ETH	09/04/2025	SA National Aquatic SNR-Champ 202
6	59.72 L	F	Hannah Ferreira	17	ASA ILD	25/04/2025	SA National Junior Age Grou-WCA 20
7	1:00.21 L	F	Keira Van Heerden	17	INFA NMA	15/06/2024	PEA Winter Gala 2024
8	1:00.44 L	F	Cassidy Burgess	17	VINE CPT	05/12/2024	Western Cape LC-A Championship 20
9	1:00.57 L	F	Rebecca Fury	17	VINE CPT	05/12/2024	Western Cape LC-A Championship 20
10	1:00.63 L	F	Marony Jacobs	17	INFA NMA	13/12/2024	NMBA Championships 2024
11	1:01.07 L	P	Mathilda Liebenberg	17	POTC KKD	07/12/2024	NWS Championships 2024
12	1:01.10 L	P	Alex-Zandre Labuschagne	17	KZNA ETH	09/04/2025	SA National Aquatic SNR-Champ 202
13	1:01.27 L	F	Cassidy Sinclair	17	DRGN JHB	25/04/2025	SA National Junior Age Grou-WCA 20
14	1:01.34 L	F	Erin Hudson	17	AA JHB	29/11/2024	CGA Championships 2024
15	1:01.62 L	F	Madison Fourie	17	INFA NMA	15/06/2024	PEA Winter Gala 2024
16	1:01.72 L	F	Kaitlynne Horne	17	PEAS NMA	15/06/2024	PEA Winter Gala 2024
17	1:01.74 L	F	Emily Lott	17	ASA ILD	25/04/2025	SA National Junior Age Grou-WCA 20
18	1:01.78 L	T	Tiffany Marshall	17	UNIU EZD	14/02/2025	MP AGE GROUP 6 GALA 14-15 FEBF
19	1:01.81 L	F	Dane De Klerk	17	BLSS MAN	04/12/2024	Free State Champs 2024
20	1:02.02 L	P	Melissa Kuun	17	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202
21	1:02.08 L	F	Xanthe Nagel	17	HREF BPD	07/12/2024	NWS Championships 2024
22	1:02.10 L	P	Nicole Beling	17	CA EKU	25/04/2025	SA National Junior Age Grou-WCA 20
23	1:02.20 L	F	Kayla Petersen	17	USC BUF	13/12/2024	NMBA Championships 2024
24*	1:02.26 L	P	Jana Lombard	17	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202
24*	1:02.26 L	F	Alex-Zandre Labuschagne	17	KZNS	05/04/2025	SA Schools Swimming Championship
26	1:02.55 L	P	Madelé Harding	17	POTC KKD	07/12/2024	NWS Championships 2024
27	1:02.78 L	F	Christina Gennarakis	17	CASC CPT	05/12/2024	Western Cape LC-A Championship 20
28	1:02.86 L	P	Gabriella Douglas	17	BAS EKU	25/04/2025	SA National Junior Age Grou-WCA 20
29	1:02.88 L	F	Veneske Steenkamp	17	FISH EDD	05/12/2024	Western Cape LC-A Championship 20

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25
Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
30	1:03.06 L	F	Ava Fourie	17	TRAZ TSH	20/03/2025	SA Level 3 Champs 2025-NT	
31	1:03.34 L	P	Isabella Webber	17	VINE CPT	25/04/2025	SA National Junior Age Grou-WCA 20	
32	1:03.50 L	F	Tamsyn Kotzè	17	BLMA CPT	05/12/2024	Western Cape LC-A Championship 20	
33	1:03.52 L	F	Ella Pretorius	TR	VASA EKU	01/02/2025	EGA Last Chance Gala	
34	1:03.68 L	F	Loghan Gray	17	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming 1	
35	1:03.74 L	F	Holley Jacoby	17	VIKI BUF	02/11/2024	BCA November Age Group Gala SC 21	
36	1:03.75 L	P	Jordyn Collett	17	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
37	1:03.84 L	F	Tatum Cabral	17	ELEC TSH	22/02/2025	EGA Lets Sprint Incorp Gauteng Schoi	
38	1:03.88 L	F	Morgan Rabie	17	TUKS TSH	20/03/2025	SA Level 3 Champs 2025-NT	
39	1:03.94 L	F	Isabel Vorster	17	TRALI MAN	20/02/2025	Inter High 2025	
40	1:04.02 L	P	Carleigh Palmer	17	AA JHB	25/04/2025	SA National Junior Age Grou-WCA 20	
41	1:04.04 L	F	Jana Helmand	17	RSA	04/10/2024	Curro AquaElite Gala	
42	1:04.15 L	P	Cassidey Doubell	17	CRSC JHB	29/11/2024	CGA Championships 2024	
43	1:04.31 L	P	Grace George	17	SEAL UMD	02/07/2024	Prestige Tournament 2024	
44	1:04.36 L	F	Jade Jarvis	17	SAAW CPT	20/03/2025	SA Level 3 Regional Age Group Chan	
45	1:04.40 L	P	Hannah Rigby	17	ELEC TSH	25/04/2025	SA National Junior Age Grou-WCA 20	
46	1:04.42 L	F	Bay-Linn Oelofse	17	UCT CPT	20/02/2025	Inter High 2025	
47*	1:04.44 L	F	Simone Theron	17	HSBV SKD	01/02/2025	Limpopo School Champs & Limpopo A	
47*	1:04.44 L	F	Samantha Cameron	17	IND-M	26/03/2025	SA Level 3 Regional Age Group Chan	
49*	1:04.50 L	F	Mari Zanne Nortje	17	HSBV SKD	01/02/2025	Limpopo School Champs & Limpopo A	
49*	1:04.50 L	F	Jordana Azran	17	KLOO ETH	25/01/2025	uShaka Champs 2025	
51	1:04.67 L	F	Mianique Lombard	17	WSS LLD	25/10/2024	Neptunes Gala	
52	1:04.86 L	P	Caitlin Watson	17	BLMA CPT	20/03/2025	SA Level 3 Regional Age Group Chan	
53	1:04.97 L	P	Isabella Desfontaines	CR	VASA EKU	05/12/2024	EGA Summer Championships	
54	1:04.98 L	F	Hayley Hoy	17	TUKS TSH	29/05/2024	MSF Winter National Championships 2	
55	1:05.36 L	F	Francis Whelan	17	UCT CPT	20/02/2025	Inter High 2025	
56*	1:05.42 L	P	Rebecca Kuhn	17	CA EKU	05/12/2024	EGA Summer Championships	
56*	1:05.42 L	P	Erin Mayoss	17	KLOO ETH	25/04/2025	SA National Junior Age Grou-WCA 20	
58	1:05.43 L	P	Madison Franks	17	SSISA CPT	14/02/2025	Western Cape Elite Gala 2025	
59	1:05.51 L	F	Colby Cochrane	17	CRSC JHB	20/03/2025	SA Level 3 Champs 2025-NT	
60	1:05.53 L	F	Alexia Luz	17	SOUL EKU	05/12/2024	EGA Summer Championships	
61	1:05.66 L	F	Tamryn Kunneke	17	RFA TSH	22/02/2025	EGA Lets Sprint Incorp Gauteng Schoi	
62	1:05.76 L	P	Ella Mills	17	UNI EZD	25/04/2025	SA National Junior Age Grou-WCA 20	
63	1:05.86 L	P	Erin Glover	17	TYGE CPT	28/02/2025	2025 Grand Prix 2 Invitational Meet -N	
64	1:05.94 L	F	Chanel Baenhoff	17	BLSS MAN	04/12/2024	Free State Champs 2024	
65	1:05.95 L	F	Taylor Hemphill	17	SEALS ETH	05/12/2024	EGA Summer Championships	
66	1:05.98 L	F	Kate Truter	17	RSA	04/10/2024	Curro AquaElite Gala	
67	1:06.22 L	F	Neema Banza	17	UNI EZD	20/03/2025	SA Level 3 Champs 2025-NT	
68	1:06.32 L	F	Carmi Schoeman	17	TKS WBD	29/11/2024	Limpopo Champs 2024	
69	1:06.37 L	P	Cassandra Sikiotis	17	MDOL JHB	29/11/2024	CGA Championships 2024	
70	1:06.68 L	F	Esmari Weitsz	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024	
71	1:06.73 L	F	Une Van den Berg	17	AA JHB	22/02/2025	EGA Lets Sprint Incorp Gauteng Schoi	
72	1:06.80 L	F	Amahle Mhlongo	17	PSCP UMD	08/03/2025	Invitational Meet 2025	
73	1:07.15 L	P	Simone Van Aswegen	17	WATR JHB	25/04/2025	SA National Junior Age Grou-WCA 20	
74	1:07.19 L	P	Kaylin Stieger	17	NWUC KKD	07/12/2024	NWS Championships 2024	
75	1:07.23 L	F	Milla Delport	17	PEAS NMA	20/03/2025	SA Level 3 Regional Age Group Chan	
76	1:07.27 L	F	Clarise Coetzer	17	STSC KCD	07/12/2024	Stingrays Champs 2024	
77	1:07.42 L	F	Emma Roberts	17	UNIU EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER 2	
78	1:07.54 L	P	Kendra Beukes	17	PGAC EKU	05/12/2024	EGA Summer Championships	
79	1:07.55 L	P	Farhah Valli	17	CA EKU	05/12/2024	EGA Summer Championships	
80	1:07.56 L	P	Keira Lee Duncan	17	KZNS	05/04/2025	SA Schools Swimming Championship	
81	1:07.63 L	F	Holly Allison	17	AZON ETH	02/07/2024	Prestige Tournament 2024	
82	1:07.64 L	F	Cara Fourie	17	UPSK ZMD	06/12/2024	NCASA CHAMPS 2024	
83	1:07.67 L	F	Rene Sauerman	17	SEAL UMD	20/03/2025	SA Level 3 Champs 2025-NT	
84	1:08.07 L	P	Erin Beyers	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024	
85	1:08.10 L	P	Aruli Fick	17	USH KCD	02/07/2024	Prestige Tournament 2024	
86	1:08.11 L	F	Cara Crichton	17	TUKS TSH	27/03/2025	SA Level 2 Champs 2025-EGA	
87	1:08.31 L	P	Jorja Da Cunha	17	CA EKU	05/12/2024	EGA Summer Championships	
88	1:08.34 L	P	Cara Corrigan	17	FISH EDD	20/03/2025	SA Level 3 Regional Age Group Chan	

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
89	1:08.47 L	P	Abigail Phillips	17	SASE JHB	29/11/2024	CGA Championships 2024
90	1:08.67 L	F	Jenna Loubser	17	SLAQ CPT	17/10/2024	43rd Freda Barnard Invitational Gala
91	1:08.74 L	P	Sinesipho Sibiya	17	SEAL UMD	02/07/2024	Prestige Tournament 2024
92	1:08.76 L	P	Joy Vd Westhuizen	17	AQDO CPT	20/03/2025	SA Level 3 Regional Age Group Chan
93	1:08.81 L	P	Nazneen Mohamed	17	ATLA JHB	29/11/2024	CGA Championships 2024
94	1:09.02 L	F	Ciska Ferreira	17	UNI EZD	01/11/2024	MP AGE GROUP 3 1-2 NOV 2024
95	1:09.14 L	F	Abigayle Otto	17	CA ECU	12/10/2024	EGA Summer 2
96	1:09.17 L	F	Yusrah Du Toit	17	UWCA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
97	1:09.35 L	F	Lume Louw	17	SHS KK	08/02/2025	BCSA High School Trials 2025
98	1:09.46 L	F	Mia Pienaar	17	VHD ZLD	07/12/2024	Stingrays Champs 2024
99	1:09.58 L	F	Mignon Smit	17	HMER MP	08/10/2024	Limpopo Top 8 - High Schools
100	1:09.61 L	P	Hannah Witten	17	AQDO CPT	05/12/2024	Western Cape LC-A Championship 20
101	1:09.64 L	F	Elmarie De Witt	17	RSA	04/10/2024	Curro AquaElite Gala
102	1:09.66 L	P	Jaiden Funnell	17	AA JHB	20/03/2025	SA Level 3 Champs 2025-NT
103	1:09.74 L	F	Neo Cele	17	ELEC TSH	27/03/2025	SA Level 2 Champs 2025 EGA
104	1:09.81 L	F	Catherine Wentzel	17	FRA KCD	26/10/2024	Froggies Aquatics Championships 202
105	1:09.84 L	P	Shannon Coetzee	17	PGAC ECU	20/03/2025	SA Level 3 Champs 2025-NT
106	1:10.00 L	P	Clara van Rooyen	17	PGAC ECU	05/12/2024	EGA Summer Championships
107	1:10.10 L	P	Isabella Vicente	17	SOUL ECU	20/03/2025	SA Level 3 Champs 2025-NT
108	1:10.13 L	F	Sally-Louise Ingwe	CR	VASA ECU	04/12/2024	XX AA Zone IV LC Championships 4-7
109	1:10.24 L	F	Jean Marie Swartz	17	TONAU CCD	01/02/2025	Limpopo School Champs & Limpopo A
110	1:10.33 L	F	Kayla-Jade Van Heerden	17	RSA	04/10/2024	Curro AquaElite Gala
111	1:10.34 L	P	Acacia-Cailyn Abell	17	MDOL JHB	29/11/2024	CGA Championships 2024
112	1:10.39 L	F	Alexa Louw	17	BLMA CPT	08/02/2025	WCA-B Champs - 2025
113	1:10.40 L	P	Alexia Adreani	17	CA ECU	05/12/2024	EGA Summer Championships
114	1:10.44 L	F	Emma Wentzel	17	AA JHB	27/03/2025	SA Level 2 Champs 2025 EGA
115	1:10.52 L	F	Cherise Coetzer	17	STSC KCD	26/10/2024	Froggies Aquatics Championships 202
116	1:10.54 L	P	Jenna-Mae Lally	17	BEAV ETH	26/03/2025	SA Level 3 Regional Age Group Chan
117	1:10.58 L	F	Nanette Jordaan	17	BLOT MAN	10/08/2024	Kovsies Gala 1
118	1:10.70 L	P	Caitlin Kennedy	17	AFIN JHB	20/03/2025	SA Level 3 Champs 2025-NT
119	1:11.02 L	F	Miana Fourie	17	BLSS MAN	04/12/2024	Free State Champs 2024
120	1:11.04 L	F	Ammara Jagger	17	AQDO CPT	02/11/2024	CTA A & B CHAMPS 2024
121	1:11.11 L	F	Fallon Tweedie	17	PEAS NMA	17/08/2024	Madibaz Swim Meet 2024
122	1:11.25 L	F	Zani Vermeulen	17	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
123	1:11.33 L	F	Amelia Vincent	17	BLSS MAN	31/08/2024	Seals Gala
124	1:11.53 L	F	Abigale Meineke	17	AQUA BUF	01/02/2025	Uthukela District Age Group Gala
125	1:11.59 L	P	Marilee Coetzee	17	DOLFI MPD	27/03/2025	SA Level 2 Champs 2025-EGA
126	1:11.71 L	F	Megan Kemp	17	TINC TSH	13/09/2024	NTS September Age Group 2024
127	1:11.73 L	F	Alienne van Rensburg	17	KTS	18/01/2025	AGE GROUP 5 KATHU 2025
128	1:11.88 L	F	Shani Olivier	17	PAQU CED	17/10/2024	43rd Freda Barnard Invitational Gala
129	1:11.99 L	F	Thurayya Moodley	17	LEGC ETH	31/03/2025	SA Level 2 Champs 2025-KZN
130	1:12.08 L	P	Deidre Olivier	17	RBOT BPD	07/12/2024	NWS Championships 2024
131	1:12.86 L	F	Taaliah Rinquest	17	MARL CPT	08/02/2025	WCA-B Champs - 2025
132	1:12.88 L	P	Riley Hattingh-Steyn	17	SOUL ECU	05/12/2024	EGA Summer Championships
133	1:13.35 L	F	Kimberley Strong	17	KTS	06/12/2024	NCASA CHAMPS 2024
134	1:13.37 L	F	Lerato Molobye	17	HREF BPD	07/12/2024	NWS Championships 2024
135	1:13.64 L	F	Zara Jefftha	17	MARL CPT	17/10/2024	43rd Freda Barnard Invitational Gala
136	1:13.83 L	F	Gail Polman	17	CASC CPT	08/02/2025	WCA-B Champs - 2025
137	1:14.07 L	P	Aarya Morar	17	ATLA JHB	29/11/2024	CGA Championships 2024
138	1:14.22 L	F	Gabrielle Mare'	17	PAC TSH	13/09/2024	NTS September Age Group 2024
139	1:14.42 L	F	Monique Oosthuizen	17	BLOT MAN	02/11/2024	Heidedal
140	1:15.25 L	F	Annabelle Roberts	17	LALE CED	09/11/2024	Winelands SL4
141	1:15.40 L	P	Kayla Botha	17	PER JHB	29/11/2024	CGA Championships 2024
142	1:15.52 L	P	Rudine Van Wyk	17	PAC TSH	27/03/2025	SA Level 2 Champs 2025-EGA
143	1:15.91 L	P	Johane Viljoen	17	BLNE MAN	04/12/2024	Free State Champs 2024
144	1:16.22 L	F	Carmen Botha	17	MATL KKD	23/11/2024	NWS Age Group 3 + 4 2024
145	1:16.38 L	F	Anrieks Henning	17	TRALI MAN	28/06/2024	Sentraal Winter Gala
146	1:16.43 L	F	Sarah Dickinson	17	SHS KK	22/02/2025	Eastern Cape School Provincial Trials
147	1:16.61 L	F	Ami-Leigh Immerman	17	VPHS NMA	08/02/2025	Nelson Mandela Bay Schools Trials &

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
148	1:16.68 L	F	Imani Magotsi	17	VINE CPT	01/02/2025	CTA BRIAN BUTTON Qualifying Meet
149	1:17.15 L	F	Charissa Volschenk	17	VHD ZLD	07/12/2024	Uthukela District Age Group Gala
150	1:17.36 L	F	Tyra Kasonkomona	17	MATL KKD	23/11/2024	NWS Age Group 3 + 4 2024
151	1:17.57 L	F	Tianel Van Der Merwe	17	MSC NGD	01/11/2024	MP AGE GROUP 3 1-2 NOV 2024
152	1:17.61 L	F	Lisa Bloem	17	BLOT MAN	11/10/2024	Otters Prestige Gala 2024
153	1:17.66 L	P	Amy Lazarou	17	AWSC JHB	29/11/2024	CGA Championships 2024
154	1:18.45 L	F	Carla Pienaar	17	VHD ZLD	07/12/2024	Stingrays Champs 2024
155	1:18.65 L	F	Leané Jacobs	17	STEL RM	28/02/2025	NW School Championships 2025
156	1:19.45 L	P	Nthanki Kumalo	17	ELEC TSH	27/03/2025	SA Level 2 Champs 2025 EGA
157	1:19.67 L	F	Jamilah Tshiyoyo	17	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 20
158	1:20.98 L	F	Cameron Landman	17	BETH FDD	27/09/2024	Seals Gala 2
159	1:21.17 L	F	Ahara-Anne Maherry	17	BEAV ETH	31/03/2025	SA Level 2 Champs 2025-KZN
160	1:21.18 L	F	Makayla Lombard	17	JAQ ECU	12/10/2024	EGA Summer 2
161	1:22.05 L	P	Alexa Wood	17	STSC KCD	31/03/2025	SA Level 2 Champs 2025-KZN
162	1:22.61 L	F	Kayla Swanepoel	17	FISH EDD	22/02/2025	EDEN 5th A-League Gala 2025
163	1:22.72 L	F	Madelein Bronkhorst	17	AGAQ OBD	09/11/2024	Swartland Prestige Gala 2024
164	1:23.54 L	F	Jemma Ascott	17	ANAX CPT	09/11/2024	Swartland Prestige Gala 2024
165	1:23.76 L	F	Maya Lockitch	17	CYBE CPT	01/02/2025	CTA BRIAN BUTTON Qualifying Meet
166	1:24.00 L	F	Christine Lee	17	HPP BUF	08/10/2024	Limpopo Top 8 - High Schools
167	1:24.77 L	F	Megan Van der Merwe	17	MHS NGD	31/01/2025	AG 5 MP SA SCHOOLS TRIALS 31 J/
168	1:25.59 L	F	Emma Kruger	17	DDA TSH	13/09/2024	NTS September Age Group 2024
169	1:25.89 L	F	Nkenda Baghana	17	CPSC TSH	11/10/2024	NTS Level 1+2 October Age Group 20
170	1:26.05 L	F	Keatlegile Makhate	17	MECS WBD	01/02/2025	Limpopo School Champs & Limpopo A
171	1:26.75 L	F	Amy Klink	17	JAQ ECU	12/10/2024	EGA Summer 2
172	1:27.34 L	P	Skylar Lambert	17	ESP ECU	27/03/2025	SA Level 2 Champs 2025 EGA
173	1:28.24 L	F	Diré Schoeman	17	HFDT MP	08/10/2024	Limpopo Top 8 - High Schools
174	1:28.75 L	F	Jaden Nel	17	VPHS NMA	22/02/2025	Eastern Cape School Provincial Trials
175	1:31.15 L	P	Caylin Bach	17	AASC EZD	29/11/2024	Mpumalanga Championships 2024
176	1:32.99 L	F	Morgan Griffiths	17	VPHS NMA	22/02/2025	Eastern Cape School Provincial Trials
177	1:36.45 L	F	Georgia Papamichael	17	VPHS NMA	22/02/2025	Eastern Cape School Provincial Trials
178	1:37.31 L	F	Lilitha Mafeke	17	KHS OTD	08/02/2025	BCSA High School Trials 2025
179	1:38.70 L	F	Tyler Lowe	17	CAMBH BUF	08/02/2025	BCSA High School Trials 2025
180	1:58.79 L	F	Laeegah Hartnick	17	WEST CPT	21/09/2024	CTA INVITATIONAL LC MEET
181	2:50.39 L	F	Anna Marie Steyn	17	ESS EZD	31/01/2025	AG 5 MP SA SCHOOLS TRIALS 31 J/
182	3:37.99 L	F	Jessica Jansen	17	ESS EZD	31/01/2025	AG 5 MP SA SCHOOLS TRIALS 31 J/
Women 200 Free							
1	2:02.69 L	P	Hannah Mouton	17	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
2	2:08.43 L	P	Jessica Carmody	17	KZNA ETH	09/04/2025	SA National Aquatic SNR-Champ 202
3	2:08.68 L	P	Marony Jacobs	17	ECA BUF	09/04/2025	SA National Aquatic SNR-Champ 202
4	2:08.94 L	F	Kaitlynn Horne	17	PEAS NMA	15/06/2024	PEA Winter Gala 2024
5	2:09.19 L	F	Grace Morris	17	LALE CED	05/12/2024	Western Cape LC-A Championship 20
6	2:10.32 L	P	Dane De Klerk	17	BLSS MAN	25/04/2025	SA National Junior Age Grou-WCA 20
7	2:11.39 L	P	Cassidy Sinclair	17	DRGN JHB	25/04/2025	SA National Junior Age Grou-WCA 20
8	2:13.37 L	P	Mathilda Liebenberg	17	POTC KKD	07/12/2024	NWS Championships 2024
9	2:13.44 L	F	Grace George	17	SEAL UMD	02/07/2024	Prestige Tournament 2024
10	2:13.83 L	P	Rebecca Fury	17	VINE CPT	25/04/2025	SA National Junior Age Grou-WCA 20
11	2:13.88 L	P	Veneske Steenkamp	17	FISH EDD	25/04/2025	SA National Junior Age Grou-WCA 20
12	2:14.00 L	P	Hannah Ferreira	17	ASA ILD	25/04/2025	SA National Junior Age Grou-WCA 20
13	2:14.38 L	F	Madison Fourie	17	INFA NMA	17/08/2024	Madibaz Swim Meet 2024
14	2:14.44 L	P	Erin Hudson	17	AA JHB	25/04/2025	SA National Junior Age Grou-WCA 20
15	2:14.61 L	F	Myra Viduya	17	INFA NMA	05/10/2024	4th A League Gala 2024
16	2:14.76 L	P	Cassidey Doubell	17	CRSC JHB	28/02/2025	2025 Grand Prix 2 Invitational Meet -N
17	2:15.39 L	P	Nicole Beling	17	CA ECU	25/04/2025	SA National Junior Age Grou-WCA 20
18	2:15.52 L	P	Katie-Peta Marcelino	17	KLOO ETH	25/04/2025	SA National Junior Age Grou-WCA 20
19	2:16.00 L	P	Emily Lott	17	ASA ILD	25/04/2025	SA National Junior Age Grou-WCA 20
20	2:16.20 L S	F	Keira Van Heerden	17	INFA NMA	17/01/2025	6th A League Gala 2025
21	2:16.35 L	F	Alex-Zandre Labuschagne	17	KZNS	05/04/2025	SA Schools Swimming Championship
22	2:16.42 L	P	Cassidy Burgess	17	RSA	19/06/2024	BRICS Games Swimming 2024 Russia
23	2:16.54 L	P	Alex-Zandre Labuschagne	17	KZNA ETH	09/04/2025	SA National Aquatic SNR-Champ 202

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
24	2:16.72 L	F	Tamsyn Kotzè	17	BLMA CPT	05/12/2024	Western Cape LC-A Championship 20
25	2:16.75 L	P	Gabriella Douglas	17	BAS ECU	25/04/2025	SA National Junior Age Grou-WCA 20
26	2:17.20 L	F	Loghan Gray	17	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming I
27	2:17.21 L	P	Xanthe Nagel	17	HREF BPD	25/04/2025	SA National Junior Age Grou-WCA 20
28	2:17.34 L	F	Bay-Linn Oelofse	17	UCT CPT	20/02/2025	Inter High 2025
29	2:17.67 L	P	Hannah Rigby	17	ELEC TSH	25/04/2025	SA National Junior Age Grou-WCA 20
30	2:18.34 L	P	Christina Gennarakis	17	CASC CPT	25/04/2025	SA National Junior Age Grou-WCA 20
31	2:18.52 L	P	Tayler Morton	17	LALE CED	25/04/2025	SA National Junior Age Grou-WCA 20
32	2:18.94 L	P	Alexia Luz	17	SOUL ECU	25/04/2025	SA National Junior Age Grou-WCA 20
33	2:19.56 L	F	Samantha Cameron	17	IND-M	26/03/2025	SA Level 3 Regional Age Group Chan
34	2:19.62 L	F	Jade Jarvis	17	SAAW CPT	20/03/2025	SA Level 3 Regional Age Group Chan
35*	2:20.07 L	P	Jana Helmand	17	BLOT MAN	04/12/2024	Free State Champs 2024
35*	2:20.07 L	F	Erin Glover	17	TYGE CPT	14/02/2025	Western Cape Elite Gala 2025
37	2:20.08 L	F	Tatum Cabral	17	ELEC TSH	18/10/2024	NTS Level 3+ October Age Group 202
38	2:20.12 L	F	Francis Whelan	17	RSA	04/10/2024	Curro AquaElite Gala
39	2:20.32 L	P	Kirsty Andraos	17	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
40	2:20.33 L	F	Hayley Hoy	17	TUKS TSH	04/12/2024	XX AA Zone IV LC Championships 4-7
41*	2:20.47 L	F	Gemma Goncalves	17	KZNS	05/04/2025	SA Schools Swimming Championship
41*	2:20.47 L	P	Daena Robinson	17	SEAL UMD	02/07/2024	Prestige Tournament 2024
43	2:20.70 L	P	Isabella Webber	17	VINE CPT	25/04/2025	SA National Junior Age Grou-WCA 20
44	2:20.97 L	P	Isabel Vorster	17	BLNE MAN	25/04/2025	SA National Junior Age Grou-WCA 20
45	2:21.40 L	P	Madelé Harding	17	POTC KKD	25/04/2025	SA National Junior Age Grou-WCA 20
46	2:21.57 L	F	Jordana Azran	17	KLOO ETH	26/03/2025	SA Level 3 Regional Age Group Chan
47	2:22.38 L	F	Kendra Beukes	17	PGAC ECU	20/03/2025	SA Level 3 Champs 2025-NT
48	2:22.88 L	F	Kate Truter	17	RSA	04/10/2024	Curro AquaElite Gala
49	2:22.89 L	F	Jordyn Collett	17	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 202
50	2:23.33 L	F	Tiffany Marshall	17	UNIUI EZD	31/01/2025	AG 5 MP SA SCHOOLS TRIALS 31 J/
51	2:23.46 L	P	Kate Truter	17	KZNS	05/04/2025	SA Schools Swimming Championship
52	2:23.52 L	P	Ciska Ferreira	17	UNI EZD	25/04/2025	SA National Junior Age Grou-WCA 20
53	2:24.35 L	F	Caitlin Watson	17	BLMA CPT	20/03/2025	SA Level 3 Regional Age Group Chan
54	2:24.81 L	P	Madison Franks	17	SSISA CPT	14/02/2025	Western Cape Elite Gala 2025
55	2:25.01 L	F	Simone Theron	17	TKS WBD	29/11/2024	Limpopo Champs 2024
56	2:25.24 L	P	Hayley Beling	17	CA ECU	25/04/2025	SA National Junior Age Grou-WCA 20
57	2:25.27 L	F	Neema Banza	17	UNI EZD	20/03/2025	SA Level 3 Champs 2025-NT
58	2:25.62 L	F	Jorja Da Cunha	17	CA ECU	01/02/2025	EGA Last Chance Gala
59	2:26.56 L	F	Jenna-Mae Lally	17	BEAV ETH	26/03/2025	SA Level 3 Regional Age Group Chan
60	2:26.66 L	P	Tatum Lauf	17	MDOL JHB	29/11/2024	CGA Championships 2024
61	2:26.75 L	F	Chanel Baenhoff	17	BLSS MAN	04/12/2024	Free State Champs 2024
62	2:27.42 L	F	Shannon Coetzee	17	PGAC ECU	01/02/2025	EGA Last Chance Gala
63	2:27.65 L	F	Simone Van Aswegen	17	WATR JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Ja
64	2:27.91 L	F	Ella Mills	17	UNIUI EZD	29/11/2024	Mpumalanga Championships 2024
65	2:28.05 L	F	Milla Delport	17	PEAS NMA	05/10/2024	4th A League Gala 2024
66	2:28.30 L	F	Carmi Schoeman	17	TKS WBD	29/11/2024	Limpopo Champs 2024
67	2:28.70 L	F	Nanette Jordaan	17	BLOT MAN	13/09/2024	Pelicans Age Group Gala
68	2:28.96 L	P	Jenna Loubser	17	SLAQ CPT	05/12/2024	Western Cape LC-A Championship 20
69	2:29.82 L	P	Aruli Fick	17	USH KCD	02/07/2024	Prestige Tournament 2024
70	2:29.99 L	P	Monique Oosthuizen	17	BLOT MAN	04/12/2024	Free State Champs 2024
71	2:30.00 L	F	Emma Roberts	17	UNIUI EZD	29/11/2024	Mpumalanga Championships 2024
72	2:30.29 L	P	Rene Sauerman	17	SEAL UMD	20/03/2025	SA Level 3 Champs 2025-NT
73	2:30.47 L	P	Abigail Phillips	17	SASE JHB	29/11/2024	CGA Championships 2024
74	2:30.56 L	P	Shani Olivier	17	PAQU CED	05/12/2024	Western Cape LC-A Championship 20
75	2:30.57 L	F	Joy Vd Westhuizen	17	AQDO CPT	08/02/2025	WCA-B Champs - 2025
76	2:31.10 L	F	Jean Marie Swartz	17	ACAA CCD	29/11/2024	Limpopo Champs 2024
77	2:31.13 L	F	Mignon Smit	17	SS MPD	20/03/2025	SA Level 3 Champs 2025-NT
78	2:31.16 L	F	Mari Zanne Nortje	17	HSBV SKD	01/02/2025	Limpopo School Champs & Limpopo A
79	2:31.17 L	F	Nikha Lambden	17	EXP TSH	18/10/2024	NTS Level 3+ October Age Group 202
80	2:31.31 L	F	Jani Borman	17	SWAR WCD	22/02/2025	Swartland Invitational Gala 2025
81	2:31.33 L	F	Esmari Weitsz	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
82	2:31.73 L	F	Ella Pretorius	TR	VASA ECU	18/01/2025	EGA Summer 5

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
83	2:31.76 L S	P	Clara van Rooyen	17	PGAC EKU	05/12/2024	EGA Summer Championships
84	2:31.83 L	P	Colby Cochrane	17	CRSC JHB	29/11/2024	CGA Championships 2024
85	2:31.99 L	F	Kayla Petersen	17	USC BUF	25/01/2025	BCA January Age Group Gala 2025
86	2:32.00 L	F	Mianique Lombard	17	WSS LLD	15/11/2024	Valsrivier Gala 2024
87	2:33.32 L	P	Taaliah Rinquest	17	MARL CPT	20/03/2025	SA Level 3 Regional Age Group Chan
88	2:33.50 L	F	Abigale Meineke	17	AQUA UTD	07/12/2024	Uthukela District Age Group Gala
89	2:34.00 L	F	Isla Thomas	17	AA JHB	15/02/2025	CGA Summer Gala #6 Level 2+ 15 Fe
90	2:34.46 L	F	Alexa Louw	17	BLMA CPT	08/02/2025	WCA-B Champs - 2025
91	2:35.15 L	F	Cara Crichton	17	TUKS TSH	13/09/2024	NTS September Age Group 2024
92	2:35.35 L	F	Holly Allison	17	AZON ETH	02/07/2024	Prestige Tournament 2024
93	2:35.37 L	F	Hannah Witten	17	AQDO CPT	25/01/2025	CTA Qualifying Meet 6 - (L2 & above)
94	2:35.41 L	F	Sinesipho Sibiya	17	SEAL UMD	26/03/2025	SA Level 3 Regional Age Group Chan
95	2:35.50 L	F	Yusrah Du Toit	17	UWCA CPT	08/02/2025	WCA-B Champs - 2025
96	2:35.62 L S	P	Isabella Vicente	17	SOUL EKU	05/12/2024	EGA Summer Championships
97	2:35.79 L	P	Mmathabo Marite	17	CRSC JHB	29/11/2024	CGA Championships 2024
98	2:35.98 L	F	Ammara Jagger	17	AQDO CPT	21/09/2024	CTA INVITATIONAL LC MEET
99	2:36.07 L	F	Melissa Kuun	17	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schoc
100	2:36.42 L	P	Nazneen Mohamed	17	ATLA JHB	29/11/2024	CGA Championships 2024
101	2:36.99 L	F	Lize Burness	17	TUKS TSH	13/09/2024	NTS September Age Group 2024
102	2:37.05 L S	P	Riley Hattingh-Steyn	17	SOUL EKU	05/12/2024	EGA Summer Championships
103	2:37.13 L	F	Lume Louw	17	USC BUF	22/11/2024	BCA Long Course Championships 202
104	2:37.73 L	F	Acacia-Cailyn Abell	17	MDOL JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Ja
105	2:38.28 L	F	Catherine Wentzel	17	FRA KCD	26/10/2024	Froggies Aquatics Championships 202
106	2:38.58 L	F	Emma Wentzel	17	AA JHB	27/03/2025	SA Level 2 Champs 2025-EGA
107	2:38.60 L	F	Kayla Miller	17	CRSC JHB	15/02/2025	CGA Summer Gala #6 Level 2+ 15 Fe
108	2:39.11 L	F	Neo Cele	17	ELEC TSH	27/03/2025	SA Level 2 Champs 2025-NT
109	2:39.66 L	P	Jaiden Funnell	17	AA JHB	20/03/2025	SA Level 3 Champs 2025-NT
110	2:39.67 L	F	Kaylin Stieger	17	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
111	2:39.99 L	F	Beane Swanepoel	17	VRC TSH	18/10/2024	NTS Level 3+ October Age Group 202
112	2:40.18 L	F	Elmarie De Witt	17	RSA	04/10/2024	Curro AquaElite Gala
113	2:40.39 L	F	Cara Fourie	17	UPSK ZMD	06/12/2024	NCASA CHAMPS 2024
114	2:41.47 L	F	Alexia Adreani	17	CA EKU	18/01/2025	EGA Summer 5
115	2:41.50 L	P	Marilee Coetzee	17	DOLFI MPD	27/03/2025	SA Level 2 Champs 2025 EGA
116	2:41.57 L	P	Lerato Molobye	17	HREF BPD	07/12/2024	NWS Championships 2024
117	2:41.85 L	F	Deidre Olivier	17	RBOT BPD	07/12/2024	NWS Championships 2024
118	2:42.01 L	P	Grace Bothma	17	WSTV ETH	26/03/2025	SA Level 3 Regional Age Group Chan
119*	2:42.47 L	F	Clarise Coetzer	17	STSC KCD	28/09/2024	KCDA Age Group 1 2024
119*	2:42.47 L	F	Zara Jefftha	17	MARL CPT	22/02/2025	Swartland Invitational Gala 2025
121	2:42.75 L	F	Emsie Brand	17	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
122	2:43.26 L	F	Cherise Coetzer	17	STSC KCD	28/09/2024	KCDA Age Group 1 2024
123	2:43.60 L	F	Amelia Vincent	17	BLSS MAN	28/06/2024	Sentraal Winter Gala
124	2:44.55 L	F	Annabelle Roberts	17	LALE CED	09/11/2024	Winelands SL4
125	2:44.92 L	F	Caitlin Kennedy	17	AFIN JHB	15/02/2025	CGA Summer Gala #6 Level 2+ 15 Fe
126	2:45.02 L	F	Miana Fourie	17	UCT CPT	20/02/2025	Inter High 2025
127	2:45.31 L	F	Lois Fourie	17	BLSS MAN	25/10/2024	Neptunes Gala
128	2:46.37 L	F	Eunice Fourie	17	BLSS MAN	25/10/2024	Neptunes Gala
129	2:47.83 L	F	Josslyn Gauldie	17	RFA TSH	07/12/2024	NWS Championships 2024
130	2:47.94 L	F	Fallon Tweedie	17	PEAS NMA	03/08/2024	2nd A League Gala 2024
131	2:48.28 L	F	Imani Magotsi	17	VINE CPT	01/02/2025	CTA BRIAN BUTTON Qualifying Meet
132	2:48.58 L	F	Johane Viljoen	17	BLNE MAN	19/10/2024	Pelicans Gala 2
133	2:49.14 L	F	Mia Barnard	17	BLOT MAN	11/10/2024	Otters Prestige Gala 2024
134	2:49.22 L	F	Gail Polman	17	CASC CPT	28/03/2025	SA Level 2 Regional Age Group Cham
135	2:49.86 L	F	Abigail Van Dyk	17	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks
136	2:51.04 L	F	Kimberley Strong	17	KTS	08/02/2025	NCASA SPRINTS 2025
137	2:51.17 L	P	Thurayya Moodley	17	LEGC ETH	31/03/2025	SA Level 2 Champs 2025-KZN
138	2:52.00 L S	F	Maya Lockitch	17	CYBE CPT	02/11/2024	CTAA & B CHAMPS 2024
139	2:55.60 L	F	Lisa Bloem	17	BLOT MAN	11/10/2024	Otters Prestige Gala 2024
140	2:56.23 L	F	Amy Lazarou	17	AWSC JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Ja
141	2:56.85 L	F	Carmen Botha	17	MATL KKD	07/12/2024	NWS Championships 2024

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
142	2:56.97 L	F	Tyra Kasonkomona	17	MATL KKD	07/12/2024	NWS Championships 2024
143	2:57.07 L	P	Rudine Van Wyk	17	PAC TSH	27/03/2025	SA Level 2 Champs 2025 EGA
144	2:57.29 L	F	Erin Beyers	17	UNI EZD	14/02/2025	MP AGE GROUP 6 GALA 14-15 FEBF
145	2:57.42 L	F	Anrieks Henning	17	TRALI MAN	28/06/2024	Sentraal Winter Gala
146	2:57.65 L	F	Hanrike Barnard	17	WAGH BP	28/02/2025	NW School Championships 2025
147	2:57.82 L	F	Charissa Volschenk	17	VHD ZLD	07/12/2024	Uthukela District Age Group Gala
148	2:58.19 L	P	Ahara-Anne Maherry	17	BEAV ETH	31/03/2025	SA Level 2 Champs 2025-KZN
149	2:58.64 L	P	Lianne Labuschagne	17	NWUC KKD	07/12/2024	NWS Championships 2024
150	2:58.70 L	F	Ella Smith	17	SAAW CPT	21/09/2024	CTA INVITATIONAL LC MEET
151	3:01.16 L	F	Makayla Lombard	17	JAQ ECU	18/01/2025	EGA Summer 5
152	3:02.62 L	F	Jemma Ascott	17	ANAX CPT	09/11/2024	Swartland Prestige Gala 2024
153	3:04.17 L	F	Madelein Bronkhorst	17	AGAQ OBD	09/11/2024	Swartland Prestige Gala 2024
154	3:07.74 L	F	Christn Engelbrecht	17	KPA EZD	01/03/2025	SSA LEVEL 1 REGIONAL CHAMPS 2
155	3:08.24 L	F	Ami-Leigh Immerman	17	VPHS NMA	08/02/2025	Nelson Mandela Bay Schools Trials &
156	3:13.27 L	F	Carla Pienaar	17	VHD ZLD	23/11/2024	KCDA Age Group Gala 3
157	3:15.61 L	F	Alexa Wood	17	STSC KCD	25/01/2025	uShaka Champs 2025
158	3:15.79 L	F	Nkenda Baghana	17	CPSC TSH	13/09/2024	NTS September Age Group 2024
159	3:18.12 L	F	Sckylar Lambert	17	ESP ECU	01/02/2025	EGA Last Chance Gala
160	3:23.19 L S	P	Amy Klink	17	JAQ ECU	05/12/2024	EGA Summer Championships
161	3:26.81 L	F	Daniëlle Le Roux	17	SS MPD	09/11/2024	Limpopo Age Group 5
162	3:30.54 L	F	Caylin Bach	17	AASC EZD	31/01/2025	AG 5 MP SA SCHOOLS TRIALS 31 J/
163	3:35.80 L	F	Kayla Swanepoel	17	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schoc
164	3:40.11 L	F	Sally-Louise Ingwe	CR	VASA ECU	04/12/2024	XX AA Zone IV LC Championships 4-7
Women 400 Free							
1	4:18.11 L S	F	Hannah Mouton	17	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
2	4:26.69 L	F	Kaitlynn Horne	17	PEAS NMA	13/12/2024	NMBA Championships 2024
3	4:27.26 L S	F	Marony Jacobs	17	ECA BUF	09/04/2025	SA National Aquatic SNR-Champ 202
4	4:34.00 L	F	Dane De Klerk	17	BLSS MAN	25/04/2025	SA National Junior Age Grou-WCA 20
5	4:40.35 L	F	Cassidy Sinclair	17	DRGN JHB	25/04/2025	SA National Junior Age Grou-WCA 20
6	4:40.72 L	F	Grace Morris	17	LALE CED	09/11/2024	Winelands SL4
7	4:40.96 L	F	Katie-Peta Marcelino	17	KLOO ETH	25/04/2025	SA National Junior Age Grou-WCA 20
8	4:41.33 L	F	Jessica Carmody	17	AZON ETH	14/06/2024	AQZ Winter Warmer 2024
9	4:43.78 L	F	Grace George	17	SEAL UMD	02/07/2024	Prestige Tournament 2024
10	4:46.58 L	F	Taylor Morton	17	LALE CED	25/04/2025	SA National Junior Age Grou-WCA 20
11	4:46.67 L	F	Bay-Linn Oelofse	17	TNDER FDD	25/04/2025	SA National Junior Age Grou-WCA 20
12	4:46.72 L	F	Hannah Rigby	17	ELEC TSH	25/04/2025	SA National Junior Age Grou-WCA 20
13	4:47.12 L	F	Veneske Steenkamp	17	FISH EDD	25/04/2025	SA National Junior Age Grou-WCA 20
14	4:48.38 L	F	Loghan Gray	17	MDOL JHB	29/11/2024	CGA Championships 2024
15	4:49.31 L	F	Emily Lott	17	ASA ILD	25/04/2025	SA National Junior Age Grou-WCA 20
16	4:50.05 L	F	Madison Fourie	17	INFA NMA	14/09/2024	3rd A League Gala 2024
17	4:50.90 L S	P	Kirsty Andraos	17	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
18	4:51.61 L	F	Tamsyn Kotzé	17	BLMA CPT	25/04/2025	SA National Junior Age Grou-WCA 20
19	4:52.08 L	F	Alexia Luz	17	SOUL ECU	25/04/2025	SA National Junior Age Grou-WCA 20
20	4:53.28 L	F	Hannah Ferreira	17	ASA ILD	08/03/2025	Invitational Meet 2025
21	4:54.01 L	F	Mathilda Liebenberg	17	POTC KKD	07/12/2024	NWS Championships 2024
22	4:54.54 L	F	Cassidey Doubell	17	CRSC JHB	25/04/2025	SA National Junior Age Grou-WCA 20
23	4:55.00 L	F	Erin Glover	17	TYGE CPT	14/02/2025	Western Cape Elite Gala 2025
24	4:56.48 L	F	Francis Whelan	17	BLOT MAN	13/09/2024	Pelicans Age Group Gala
25	4:59.49 L	F	Christina Gennarakis	17	CASC CPT	25/04/2025	SA National Junior Age Grou-WCA 20
26	4:59.88 L	F	Gemma Goncalves	17	KZNS	05/04/2025	SA Schools Swimming Championship
27	5:02.85 L	F	Jenna-Mae Lally	17	BEAV ETH	26/03/2025	SA Level 3 Regional Age Group Chan
28	5:05.37 L	F	Ciska Ferreira	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
29	5:06.75 L	F	Hayley Beling	17	CA ECU	05/12/2024	EGA Summer Championships
30	5:06.98 L	F	Kendra Beukes	17	PGAC ECU	20/03/2025	SA Level 3 Champs 2025-NT
31	5:07.46 L	F	Nanette Jordaan	17	BLOT MAN	10/08/2024	Kovsies Gala 1
32	5:09.64 L	F	Jorja Da Cunha	17	CA ECU	01/02/2025	EGA Last Chance Gala
33	5:10.83 L	F	Samantha Cameron	17	IND-M	26/03/2025	SA Level 3 Regional Age Group Chan
34	5:12.09 L	F	Neema Banza	17	UNI EZD	20/03/2025	SA Level 3 Champs 2025-NT
35	5:12.46 L	F	Shani Olivier	17	PAQU CED	05/12/2024	Western Cape LC-A Championship 20

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25
Number of Top Times: All Show Long Course Only

Time		P/F/S	Name	Age/Yr	
36	5:13.48 L	F	Aruli Fick	17	USH KCD 23/11/2024 KCDA Age Group Gala 3
37	5:14.67 L	F	Shannon Coetzee	17	PGAC EKU 10/01/2025 2024 Grand Prix Invitation Swimming I
38	5:16.09 L	F	Jenna Loubser	17	SLAQ CPT 05/12/2024 Western Cape LC-A Championship 20
39	5:16.17 L	F	Rene Sauerman	17	SEAL UMD 20/03/2025 SA Level 3 Champs 2025-NT
40	5:16.53 L S	F	Joy Vd Westhuizen	17	AQDO CPT 02/11/2024 CTA A & B CHAMPS 2024
41	5:16.69 L	F	Jean Marie Swartz	17	TONAU CCD 01/02/2025 Limpopo School Champs & Limpopo A
42	5:16.75 L	F	Simone Theron	17	TKS WBD 29/11/2024 Limpopo Champs 2024
43	5:17.36 L	F	Milla Delpont	17	PEAS NMA 15/06/2024 PEA Winter Gala 2024
44	5:17.86 L	F	Madelé Harding	17	POTC KKD 23/11/2024 NWS Age Group 3 + 4 2024
45	5:22.08 L	F	Abigail Phillips	17	SASE JHB 29/11/2024 CGA Championships 2024
46	5:22.50 L	F	Abigale Meineke	17	AQUA BUF 20/03/2025 SA Level 3 Champs 2025-NT
47	5:26.84 L	F	Mignon Smit	17	SS MPD 29/11/2024 Limpopo Champs 2024
48	5:28.42 L	F	Clara van Rooyen	17	PGAC EKU 05/12/2024 EGA Summer Championships
49	5:28.80 L S	F	Ammara Jagger	17	AQDO CPT 02/11/2024 CTA A & B CHAMPS 2024
50	5:29.04 L S	F	Hannah Witten	17	AQDO CPT 02/11/2024 CTA A & B CHAMPS 2024
51	5:29.40 L	F	Carmi Schoeman	17	HPP BUF 01/02/2025 Limpopo School Champs & Limpopo A
52	5:31.82 L	F	Kayla Miller	17	CRSC JHB 20/03/2025 SA Level 3 Champs 2025-NT
53	5:32.40 L	F	Sally-Louise Ingwe	CR	VASA EKU 04/12/2024 XX AA Zone IV LC Championships 4-7
54	5:37.03 L	F	Colby Cochrane	17	CRSC JHB 29/11/2024 CGA Championships 2024
55	5:45.21 L	F	Lerato Molobyse	17	HREF BP 09/11/2024 NWS Age Group 1 & 2 2024
56	5:46.09 L	F	Nazneen Mohamed	17	ATLA JHB 29/11/2024 CGA Championships 2024
57	5:49.16 L	F	Emsie Brand	17	SWAR WCD 09/11/2024 Swartland Prestige Gala 2024
58	5:57.20 L	F	Amelia Vincent	17	BLSS MAN 28/06/2024 Sentraal Winter Gala
59	5:59.41 L	F	Kayla Botha	17	PER JHB 29/11/2024 CGA Championships 2024
60	5:59.85 L	F	Marilee Coetzee	17	DOLFI MPD 09/11/2024 Limpopo Age Group 5
61	6:04.09 L	F	Catherine Wentzel	17	FRA KCD 26/10/2024 Froggies Aquatics Championships 202
62	6:05.01 L	F	Cara Fourie	17	UPSK ZMD 06/12/2024 NCASA CHAMPS 2024
63	6:05.87 L	F	Josslyn Gauldie	17	RFA TSH 20/03/2025 SA Level 3 Champs 2025-NT
64	6:07.86 L	F	Johane Viljoen	17	BLNE MAN 25/10/2024 Neptunes Gala
65	6:08.06 L	F	Kaylin Stieger	17	NWUC KKD 09/11/2024 NWS Age Group 1 & 2 2024
66	6:29.33 L	F	Ahara-Anne Maherry	17	BEAV ETH 25/01/2025 uShaka Champs 2025
67	6:33.59 L	F	Jemma Ascott	17	ANAX CPT 09/11/2024 Swartland Prestige Gala 2024
68	6:35.82 L	F	Madelein Bronkhorst	17	AGAQ QBD 09/11/2024 Swartland Prestige Gala 2024
69	6:36.67 L	F	Tyra Kasonkomona	17	MATL KKD 07/12/2024 NWS Championships 2024
70	6:40.30 L	F	Nthanki Kumalo	17	ELEC TSH 11/10/2024 NTS Level 1+2 October Age Group 20
Women 800 Free					
1	9:06.81 L	F	Kaitlynn Horne	17	PEAS NMA 13/07/2024 1st A League Gala 2024
2	9:12.60 L	F	Marony Jacobs	17	ECA BUF 09/04/2025 SA National Aquatic SNR-Champ 202
3	9:32.84 L	F	Loghan Gray	17	MDOL JHB 25/04/2025 SA National Junior Age Grou-WCA 20
4	9:34.84 L	F	Dane De Klerk	17	BLSS MAN 25/04/2025 SA National Junior Age Grou-WCA 20
5	9:36.00 L	F	Katie-Peta Marcelino	17	KLOO ETH 25/04/2025 SA National Junior Age Grou-WCA 20
6	9:40.18 L	F	Cassidy Sinclair	17	DRGN JHB 25/04/2025 SA National Junior Age Grou-WCA 20
7	9:44.63 L	F	Veneske Steenkamp	17	FISH EDD 25/04/2025 SA National Junior Age Grou-WCA 20
8	9:46.66 L	F	Grace George	17	SEAL UMD 02/07/2024 Prestige Tournament 2024
9	9:50.96 L	F	Kirsty Andraos	17	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
10	9:58.99 L	F	Bay-Linn Oelofse	17	TNDER FDD 25/04/2025 SA National Junior Age Grou-WCA 20
11	10:02.96 L	F	Tayler Morton	17	LALE CED 25/04/2025 SA National Junior Age Grou-WCA 20
12	10:05.74 L	F	Tamsyn Kotzé	17	BLMA CPT 05/12/2024 Western Cape LC-A Championship 20
13	10:07.47 L	F	Emily Lott	17	ASA ILD 25/04/2025 SA National Junior Age Grou-WCA 20
14	10:07.87 L	F	Erin Glover	17	TYGE CPT 05/12/2024 Western Cape LC-A Championship 20
15	10:11.98 L	F	Cassidey Doubell	17	CRSC JHB 28/02/2025 2025 Grand Prix 2 Invitational Meet -N
16	10:16.81 L	F	Ciska Ferreira	17	UNI EZD 29/11/2024 Mpumalanga Championships 2024
17	10:24.81 L	F	Francis Whelan	17	BLOT MAN 25/10/2024 Neptunes Gala
18	10:28.23 L	F	Hayley Hoy	17	TUKS TSH 04/12/2024 XX AA Zone IV LC Championships 4-7
19	10:29.97 L	F	Jenna-Mae Lally	17	BEAV ETH 02/07/2024 Prestige Tournament 2024
20	10:35.29 L	F	Alexia Luz	17	SOUL EKU 26/10/2024 Summer 3 Delville
21	10:50.86 L	F	Abigail Phillips	17	SASE JHB 29/11/2024 CGA Championships 2024
22	10:55.84 L	F	Abigale Meineke	17	AQUA UTD 02/11/2024 Uthukela District Age Group Gala
23	10:57.41 L	F	Jenna Loubser	17	SLAQ CPT 17/10/2024 43rd Freda Barnard Invitational Gala

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25
Number of Top Times: All Show Long Course Only

Time		P/F/S	Name	Age/Yr	
24	11:01.84 L	F	Jean Marie Swartz	17	ACAQ CCD 29/11/2024 Limpopo Champs 2024
25	11:04.29 L	F	Shannon Coetzee	17	PGAC EKU 10/01/2025 2024 Grand Prix Invitation Swimming I
26	11:05.96 L	F	Hayley Beling	17	BAS EKU 26/10/2024 Summer 3 Delville
27	11:06.01 L	F	Joy Vd Westhuizen	17	AQDO CPT 17/10/2024 43rd Freda Barnard Invitational Gala
28	11:07.60 L	F	Isabel Vorster	17	BLNE MAN 14/02/2025 Neptune Last Chance Gala
29	11:09.94 L	F	Ammara Jagger	17	AQDO CPT 17/10/2024 43rd Freda Barnard Invitational Gala
30	11:18.16 L	F	Jorja Da Cunha	17	CA EKU 26/10/2024 Summer 3 Delville
31	11:26.54 L	F	Shani Olivier	17	PAQU CED 17/10/2024 43rd Freda Barnard Invitational Gala
32	11:42.21 L	F	Sally-Louise Ingwe	CR	VASA EKU 04/12/2024 XX AA Zone IV LC Championships 4-7
33	11:47.16 L	F	Lerato Molobye	17	HREF BP 09/11/2024 NWS Age Group 1 & 2 2024
34	11:48.34 L	F	Amelia Vincent	17	BLSS MAN 31/08/2024 Seals Gala
35	12:37.82 L	F	Catherine Wentzel	17	FRA KCD 28/09/2024 KCDA Age Group 1 2024
36	12:43.47 L	F	Johane Viljoen	17	BLNE MAN 25/10/2024 Neptunes Gala
37	12:46.20 L	F	Tianel Van Der Merwe	17	MSC NGD 01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
38	12:58.21 L	F	Cara Fourie	17	UPSK ZMD 06/12/2024 NCASA CHAMPS 2024
39	13:37.65 L	F	Lianne Labuschagne	17	NWUC KKD 07/12/2024 NWS Championships 2024
40	13:38.00 L	F	Jemma Ascott	17	ANAX CPT 09/11/2024 Swartland Prestige Gala 2024
41	13:45.03 L	F	Kimberley Strong	17	KTS 18/01/2025 AGE GROUP 5 KATHU 2025
Women 1500 Free					
1	17:31.65 L	F	Marony Jacobs	17	ECA BUF 09/04/2025 SA National Aquatic SNR-Champ 202
2	17:32.17 L	F	Kaitlynn Horne	17	ECA BUF 09/04/2025 SA National Aquatic SNR-Champ 202
3	18:08.51 L	F	Loghan Gray	17	AGB JHB 09/04/2025 SA National Aquatic SNR-Champ 202
4	18:21.21 L S	F	Dane De Klerk	17	BLSS MAN 25/04/2025 SA National Junior Age Grou-WCA 20
5	18:27.33 L S	F	Cassidy Sinclair	17	DRGN JHB 25/04/2025 SA National Junior Age Grou-WCA 20
6	19:04.39 L	F	Kirsty Andraos	17	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
7	19:05.55 L	F	Veneske Steenkamp	17	FISH EDD 02/11/2024 EDEN 2nd A-League Gala 2024 Schoc
8	19:25.15 L	F	Ciska Ferreira	17	UNI EZD 29/11/2024 Mpumalanga Championships 2024
9	19:34.04 L S	F	Tamsyn Kotzè	17	BLMA CPT 05/12/2024 Western Cape LC-A Championship 20
10	19:34.59 L S	F	Erin Glover	17	TYGE CPT 25/04/2025 SA National Junior Age Grou-WCA 20
11	19:56.54 L	O	Cassidey Doubell	17	AGB JHB 07/03/2025 SA National OWS Championship 2025
12	20:13.00 L	F	Abigale Meineke	17	AQUA UTD 30/11/2024 KZN Open Water Champs 2024
13	20:16.29 L	F	Bay-Linn Oelofse	17	TNDER FDD 27/09/2024 Seals Gala 2
14	20:21.98 L	F	Jenna-Mae Lally	17	BEAV ETH 25/01/2025 uShaka Champs 2025
15	20:43.95 L S	F	Shani Olivier	17	PAQU CED 05/12/2024 Western Cape LC-A Championship 20
16	21:03.58 L	F	Abigail Phillips	17	SASE JHB 29/11/2024 CGA Championships 2024
17	21:06.62 L	F	Tiffany Marshall	17	UNIU EZD 11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
18	21:14.00 L	O	Milla Delpont	17	PEAS NMA 08/12/2024 EC Swim Series OWS Round 2 2024
19	21:19.71 L	F	Emma Roberts	17	UNIU EZD 11/10/2024 MP AGE GROUP 2 (11-12OCT'24)
20	21:23.00 L	F	Rene Sauerman	17	SEAL UMD 30/11/2024 KZN Open Water Champs 2024
21	21:28.00 L	F	Kate Truter	17	BEAV ETH 30/11/2024 KZN Open Water Champs 2024
22	22:10.00 L	O	Hayley Beling	17	CA EKU 18/01/2025 Prime View #3 2025
23	23:20.76 L	F	Lerato Molobye	17	HREF BP 23/11/2024 NWS Age Group 3 + 4 2024
24	24:06.78 L	F	Cara Fourie	17	UPSK ZMD 06/12/2024 NCASA CHAMPS 2024
25	24:22.66 L	F	Catherine Wentzel	17	FRA KCD 25/01/2025 uShaka Champs 2025
26	26:30.13 L	F	Lianne Labuschagne	17	NWUC KKD 23/11/2024 NWS Age Group 3 + 4 2024
27	30:27.00 L	O	Muneerah Khan	17	SWIM1 JHB 18/01/2025 WC OWS Champs / Aqua Azzurra Fou
Women 3000 Free					
1	45.53 L	F	Abigale Meineke	17	AQUA UTD 24/11/2024 Capital K 3km Open Water Swim
2	48.02 L	F	Rene Sauerman	17	SEAL UMD 24/11/2024 Capital K 3km Open Water Swim
3	49.21 L	F	Amelia Fraser-Harding	17	ACSA ETH 24/11/2024 Capital K 3km Open Water Swim
4	50.53 L	F	Jenna-Mae Lally	17	BEAV ETH 24/11/2024 Capital K 3km Open Water Swim
5	5:47.06 L	F	Kaitlynn Horne	17	ECA BUF 07/03/2025 SA National OWS Championship 2025
6	5:55.90 L	F	Marony Jacobs	17	ECA BUF 07/03/2025 SA National OWS Championship 2025
7	6:10.18 L	F	Kirsty Andraos	17	AGC TSH 07/03/2025 SA National OWS Championship 2025
8	20:39.33 L	P	Loghan Gray	17	AGB JHB 07/03/2025 SA National OWS Championship 2025
9	20:41.24 L	P	Cassidy Sinclair	17	AGB JHB 07/03/2025 SA National OWS Championship 2025
10	40:19.57 L	O	Cassidey Doubell	17	AGB JHB 07/03/2025 SA National OWS Championship 2025
11	41:30.16 L	O	Kate Truter	17	KZNA ETH 07/03/2025 SA National OWS Championship 2025

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25
Number of Top Times: All Show Long Course Only

Time		P/F/S	Name	Age/Yr	
12	42:02.26 L	O	Hayley Beling	17	AGA EKU 07/03/2025 SA National OWS Championship 2025
13	42:34.30 L	O	Erin Glover	17	TYGE CPT 23/11/2024 Aqua Azzurra Foundation OWS - Serie
14	43:20.17 L	O	Ciska Ferreira	17	MP EZD 07/03/2025 SA National OWS Championship 2025
15	43:30.00 L	O	Milla Delport	17	PEAS NMA 08/12/2024 EC Swim Series OWS Round 2 2024
16	43:32.90 L	O	Tamsyn Kotzè	17	WCA CPT 07/03/2025 SA National OWS Championship 2025
17	43:38.50 L	O	Tiffany Marshall	17	MP EZD 07/03/2025 SA National OWS Championship 2025
18	43:58.86 L	O	Nanette Jordaan	17	FSA FS 07/03/2025 SA National OWS Championship 2025
19	44:56.41 L	O	Gabriella Smith	17	AGB JHB 07/03/2025 SA National OWS Championship 2025
20	45:01.00 L	O	Farhah Valli	17	CA EKU 07/12/2024 Prime View #2
21	45:21.71 L	O	Emma Roberts	17	MP EZD 07/03/2025 SA National OWS Championship 2025
22	48:01.00 L	O	Jean Marie Swartz	17	LP CCD 02/11/2024 Prime View #1
23	48:14.00 L	O	Abigail Phillips	17	SASE JHB 02/11/2024 Prime View #1
24	50:16.41 L	O	Ammara Jagger	17	AQDO CPT 23/11/2024 Aqua Azzurra Foundation OWS - Serie
25	50:26.00 L	O	Lerato Molobye	17	HREF BPD 18/01/2025 WC OWS Champs / Aqua Azzurra Fou
26	55:12.43 L	O	Annabelle Roberts	17	LALE CED 18/01/2025 WC OWS Champs / Aqua Azzurra Fou
27	1:01:54.00 L	O	Muneerah Khan	17	SWIM1 JHB 18/01/2025 WC OWS Champs / Aqua Azzurra Fou
Women 5000 Free					
1	1:00:05.00 L	O	Kaitlynn Horne	17	PEAS NMA 19/01/2025 NMBA OWS Championships 2025
2	1:00:57.80 L	O	Marony Jacobs	17	ECA BUF 07/03/2025 SA National OWS Championship 2025
3*	1:04:47.00 L	O	Jenna-Mae Lally	17	BEAV ETH 26/10/2024 EDA Open Water 2
3*	1:04:47.00 L	O	Amelia Fraser-Harding	17	ACSA ETH 26/10/2024 EDA Open Water 2
5	1:07:09.00 L	O	Kirsty Andraos	17	TUKS TSH 07/12/2024 Prime View #2
6	1:08:59.62 L	O	Cassidey Doubell	17	AGB JHB 07/03/2025 SA National OWS Championship 2025
7	1:09:59.46 L	O	Loghan Gray	17	AGB JHB 07/03/2025 SA National OWS Championship 2025
8	1:14:21.00 L	O	Farhah Valli	17	CA EKU 18/01/2025 WC OWS Champs / Aqua Azzurra Fou
9	1:15:00.90 L	O	Ciska Ferreira	17	UNI EZD 03/11/2024 MPUMALANGA OPEN WATER 2- 3 N
10	1:20:09.00 L	O	Hayley Beling	17	CA EKU 18/01/2025 Prime View #3 2025
11	1:20:21.00 L	O	Tamsyn Kotzè	17	BLMA CPT 23/11/2024 Aqua Azzurra Foundation OWS - Serie
12	1:21:07.00 L	O	Tiffany Marshall	17	UNIU EZD 02/02/2025 MPUMALANGA OPEN WATER 2 FEB
13	1:29:18.00 L	O	Emma Roberts	17	UNIU EZD 02/02/2025 MPUMALANGA OPEN WATER 2 FEB
14	1:51:08.00 L	O	Jemma Ascott	17	ANAX CPT 18/01/2025 WC OWS Champs / Aqua Azzurra Fou
Women 7500 Free					
1	1:28:51.90 L	F	Kaitlynn Horne	17	RSA 05/08/2024 World Aquatics Champs OWS- 2024 A
2	1:32:51.10 L	F	Marony Jacobs	17	RSA 05/08/2024 World Aquatics Champs OWS- 2024 A
3	1:55:30.89 L	O	Jenna-Mae Lally	17	KZNA ETH 07/03/2025 SA National OWS Championship 2025
4	2:05:19.00 L	F	Amelia Fraser-Harding	17	ACSA ETH 30/11/2024 KZN Open Water Champs 2024
Women 10000 Free					
1	2:02:40.00 L	O	Kaitlynn Horne	17	PEAS NMA 19/01/2025 NMBA OWS Championships 2025
2	2:22:44.74 L	O	Kirsty Andraos	17	AGC TSH 07/03/2025 SA National OWS Championship 2025
Women 50 Back					
1	29.52 L	T	Cassidy Burgess	17	VINE CPT 25/04/2025 SA National Junior Age Grou-WCA 20
2	29.54 L	F	Emma De Wet	17	TUKS TSH 25/04/2025 SA National Junior Age Grou-WCA 20
3	29.78 L	P	Grace Morris	17	WCA CPT 09/04/2025 SA National Aquatic SNR-Champ 202
4	30.33 L	F	Jessica Carmody	17	KZNA ETH 09/04/2025 SA National Aquatic SNR-Champ 202
5	30.72 L	P	Keira Van Heerden	17	INFA NMA 15/06/2024 PEA Winter Gala 2024
6	30.92 L	P	Melissa Kuun	17	WCA CPT 09/04/2025 SA National Aquatic SNR-Champ 202
7	30.95 L	P	Hannah Ferreira	17	ASA ILD 25/04/2025 SA National Junior Age Grou-WCA 20
8	31.13 L	P	Jana Lombard	17	WCA CPT 09/04/2025 SA National Aquatic SNR-Champ 202
9	31.62 L	F	Isabella Desfontaines	CR	VASA EKU 05/12/2024 EGA Summer Championships
10	32.07 L	P	Myra Viduya	17	INFA NMA 15/06/2024 PEA Winter Gala 2024
11	32.20 L	F	Gabriella Douglas	17	BAS EKU 05/12/2024 EGA Summer Championships
12	32.53 L	F	Morgan Rabie	17	TUKS TSH 20/03/2025 SA Level 3 Champs 2025-NT
13	32.54 L	F	Alex-Zandre Labuschagne	17	KZNS 05/04/2025 SA Schools Swimming Championship
14	32.91 L	P	Kaitlynn Horne	17	PEAS NMA 15/06/2024 PEA Winter Gala 2024
15	32.92 L	F	Chanel Baenhoff	17	FSS 05/04/2025 SA Schools Swimming Championship
16	33.16 L	F	Holley Jacoby	17	VIKI BUF 02/11/2024 BCA November Age Group Gala 2024
17	33.38 L	F	Veneske Steenkamp	17	WCS 05/04/2025 SA Schools Swimming Championship
18*	33.49 L	F	Jordana Azran	17	KLOO ETH 26/03/2025 SA Level 3 Regional Age Group Chan

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
18*	33.49 L	P	Keira Lee Duncan	17	KZNS	05/04/2025	SA Schools Swimming Championship
20	33.51 L	F	Caitlin Watson	17	BLMA CPT	20/03/2025	SA Level 3 Regional Age Group Chan
21	33.61 L	F	Ava Fourie	17	TRAZ TSH	20/03/2025	SA Level 3 Champs 2025-NT
22	33.69 L	P	Cassidey Doubell	17	CRSC JHB	25/04/2025	SA National Junior Age Grou-WCA 20
23	33.76 L	P	Tatum Lauf	17	MDOL JHB	25/04/2025	SA National Junior Age Grou-WCA 20
24	33.84 L	F	Emma Roberts	17	UNIU EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER 2
25	33.86 L	F	Amelia Vincent	17	BLSS MAN	04/12/2024	Free State Champs 2024
26*	33.92 L	F	Tanè Putter	17	RSA	04/10/2024	Curro AquaElite Gala
26*	33.92 L	F	Abigail Van Dyk	17	TUKS TSH	20/03/2025	SA Level 3 Champs 2025-NT
28	33.93 L	F	Francis Whelan	17	BLOT MAN	14/02/2025	Neptune Last Chance Gala
29	34.00 L	F	Jana Helmand	17	BLOT MAN	04/12/2024	Free State Champs 2024
30	34.01 L	F	Dane De Klerk	17	BLSS MAN	25/10/2024	Neptunes Gala
31	34.03 L	P	Une Van den Berg	17	AA JHB	29/11/2024	CGA Championships 2024
32	34.08 L	P	Beane Swanepoel	17	VRC TSH	05/12/2024	EGA Summer Championships
33	34.09 L S	F	Kaylin Stieger	17	NWUC KKD	07/12/2024	NWS Championships 2024
34	34.28 L	F	Tayler Morton	17	LALE CED	08/02/2025	Winelands SL Final
35	34.31 L	F	Caitlin Kennedy	17	AFIN JHB	02/07/2024	Prestige Tournament 2024
36	34.32 L	P	Sinesipho Sibiya	17	KZNS	05/04/2025	SA Schools Swimming Championship
37	34.37 L	F	Rebecca Kuhn	17	CA EKU	05/12/2024	EGA Summer Championships
38	34.65 L	F	Kate Truter	17	BEAV ETH	25/01/2025	uShaka Champs 2025
39	34.67 L	P	Hayley Beling	17	CA EKU	05/12/2024	EGA Summer Championships
40	34.72 L	P	Marony Jacobs	17	INFA NMA	15/06/2024	PEA Winter Gala 2024
41	34.87 L	P	Tamsyn Kotzé	17	BLMA CPT	25/04/2025	SA National Junior Age Grou-WCA 20
42	34.90 L	F	Tiffany Marshall	17	UNIU EZD	29/11/2024	Mpumalanga Championships 2024
43	34.97 L	F	Jani Borman	17	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
44	35.05 L	F	Alexia Luz	17	SOUL EKU	12/10/2024	EGA Summer 2
45	35.17 L	P	Tamryn Kunneke	17	RFA TSH	25/04/2025	SA National Junior Age Grou-WCA 20
46	35.19 L	F	Xanthe Nagel	17	HREF BP	09/11/2024	NWS Age Group 1 & 2 2024
47*	35.21 L	F	Samantha Cameron	17	IND-M	26/03/2025	SA Level 3 Regional Age Group Chan
47*	35.21 L	P	Erin Glover	17	TYGE CPT	05/12/2024	Western Cape LC-A Championship 20
49	35.22 L	F	Ella Mills	17	UNIU EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER 2
50	35.32 L	F	Holly Allison	17	RSA	04/10/2024	Curro AquaElite Gala
51*	35.37 L	F	Ciska Ferreira	17	UNI EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER 2
51*	35.37 L	F	Mianique Lombard	17	FSA FS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
53*	35.59 L	F	Simone Theron	17	TKS WBD	29/11/2024	Limpopo Champs 2024
53*	35.59 L	F	Cara Corrigan	17	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
55	35.62 L	F	Hayley Hoy	17	TUKS TSH	04/12/2024	XX AA Zone IV LC Championships 4-7
56	35.68 L	P	Isabel Vorster	17	BLNE MAN	25/04/2025	SA National Junior Age Grou-WCA 20
57	35.71 L	F	Carmi Schoeman	17	TKS WBD	29/11/2024	Limpopo Champs 2024
58	35.88 L	F	Neema Banza	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
59	35.90 L	F	Mari Zanne Nortje	17	TKS WBD	29/11/2024	Limpopo Champs 2024
60	35.95 L	F	Milla Delpont	17	PEAS NMA	20/03/2025	SA Level 3 Regional Age Group Chan
61	36.17 L	P	Alexia Adreani	17	CA EKU	05/12/2024	EGA Summer Championships
62	36.21 L	F	Alexa Louw	17	BLMA CPT	08/02/2025	WCA-B Champs - 2025
63*	36.22 L	F	Isabella Vicente	17	SOUL EKU	12/10/2024	EGA Summer 2
63*	36.22 L	F	Marilee Coetzee	17	DOLFI MPD	27/03/2025	SA Level 2 Champs 2025-EGA
65	36.23 L	F	Mignon Smit	17	SS MPD	20/03/2025	SA Level 3 Champs 2025-NT
66	36.37 L	F	Grace Bothma	17	WSTV ETH	26/03/2025	SA Level 3 Regional Age Group Chan
67	36.39 L	F	Zoey Du Toit	17	NHS EZD	19/02/2025	EHLANZENI INTER HIGH GALA 19 FI
68	36.45 L	F	Sally-Louise Ingwe	CR	VASA EKU	12/10/2024	EGA Summer 2
69	36.46 L	F	Mia Pienaar	17	VHD ZLD	23/11/2024	KCDA Age Group Gala 3
70	36.62 L	F	Jenna-Mae Lally	17	BEAV ETH	25/01/2025	uShaka Champs 2025
71	36.91 L	P	Nazneen Mohamed	17	ATLA JHB	29/11/2024	CGA Championships 2024
72	36.99 L	P	Mmathabo Marite	17	CRSC JHB	29/11/2024	CGA Championships 2024
73	37.04 L	F	Jaiden Funnell	17	AA JHB	01/02/2025	EGA Last Chance Gala
74*	37.05 L	F	Danelle Du Toit	17	TASC MPD	12/10/2024	Limpopo Age Group 4
74*	37.05 L	F	Joy Vd Westhuizen	17	AQDO CPT	20/03/2025	SA Level 3 Regional Age Group Chan
76	37.08 L	P	Aarya Morar	17	ATLA JHB	29/11/2024	CGA Championships 2024
77	37.22 L	P	Amahle Mhlongo	17	PSCP UMD	02/07/2024	Prestige Tournament 2024

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
78	37.26 L	F	Kendra Beukes	17	PGAC EKU	12/10/2024	EGA Summer 2
79	37.42 L	P	Abigail Phillips	17	SASE JHB	29/11/2024	CGA Championships 2024
80*	37.43 L	F	Emma Wentzel	17	AA JHB	29/11/2024	CGA Championships 2024
80*	37.43 L	P	Simone Van Aswegen	17	WATR JHB	29/11/2024	CGA Championships 2024
82	37.47 L	F	Ammara Jagger	17	AQDO CPT	17/10/2024	43rd Freda Barnard Invitational Gala
83	37.49 L	F	Jenna Loubser	17	SLAQ CPT	17/10/2024	43rd Freda Barnard Invitational Gala
84	37.57 L	F	Cherise Coetzer	17	STSC KCD	26/10/2024	Froggies Aquatics Championships 202
85*	37.78 L	F	Yusrah Du Toit	17	UWCA CPT	08/02/2025	WCA-B Champs - 2025
85*	37.78 L	F	Ami-Leigh Immerman	17	VPHS NMA	22/02/2025	Eastern Cape School Provincial Trials
87	37.81 L	F	Cianke Louw	17	HMER MP	08/10/2024	Limpopo Top 8 - High Schools
88	37.82 L	P	Colby Cochrane	17	CRSC JHB	29/11/2024	CGA Championships 2024
89	37.83 L	P	Shannon Coetzee	17	PGAC EKU	05/12/2024	EGA Summer Championships
90	38.17 L	F	Jean Marie Swartz	17	TONAU CCD	01/02/2025	Limpopo School Champs & Limpopo A
91	38.22 L	F	Alienne van Rensburg	17	KTS	23/11/2024	AGE GROUP 3 KATHU 2024
92	38.25 L	P	Hannah Prince	17	OLDE JHB	29/11/2024	CGA Championships 2024
93	38.55 L	F	Emsie Brand	17	SWAR WCD	09/11/2024	Swartland Prestige Gala 2024
94	38.58 L	F	Hanrike Barnard	17	HREF BPD	28/03/2025	SA Level 2 Regional Age Group Cham
95	38.59 L	F	Megan Kemp	17	TINC TSH	13/09/2024	NTS September Age Group 2024
96*	38.61 L	F	Neo Cele	17	ELEC TSH	11/10/2024	NTS Level 1+2 October Age Group 20
96*	38.61 L	F	Mia Barnard	17	UCT CPT	20/02/2025	Inter High 2025
98	38.67 L S	F	Lerato Molobye	17	HREF BPD	07/12/2024	NWS Championships 2024
99	38.78 L S	F	Gail Polman	17	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
100	38.81 L	P	Shani Olivier	17	PAQU CED	05/12/2024	Western Cape LC-A Championship 20
101	39.01 L	F	Rudine Van Wyk	17	PAC TSH	27/03/2025	SA Level 2 Champs 2025-EGA
102*	39.13 L	F	Cara Fourie	17	UPSK ZMD	28/03/2025	SA Level 2 Regional Age Group Cham
102*	39.13 L	P	Acacia-Cailyn Abell	17	MDOL JHB	29/11/2024	CGA Championships 2024
104	39.34 L	P	Tianel Van Der Merwe	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
105	39.45 L	F	Monize Wingard	17	NHS EZD	19/02/2025	EHLANZENI INTER HIGH GALA 19 FI
106	39.64 L	P	Miana Fourie	17	BLSS MAN	04/12/2024	Free State Champs 2024
107	39.65 L	P	Lois Fourie	17	BLSS MAN	04/12/2024	Free State Champs 2024
108	39.81 L	P	Clara van Rooyen	17	PGAC EKU	05/12/2024	EGA Summer Championships
109	39.94 L	F	Johane Viljoen	17	TRALI MAN	20/02/2025	Inter High 2025
110	39.98 L	F	Carmen Botha	17	MATL KKD	23/11/2024	NWS Age Group 3 + 4 2024
111	40.00 L	P	Abigayle Otto	17	CA EKU	05/12/2024	EGA Summer Championships
112	40.03 L	P	Kimberley Strong	17	KTS	28/03/2025	SA Level 2 Regional Age Group Cham
113	40.60 L	P	Riley Hattingh-Steyn	17	SOUL EKU	05/12/2024	EGA Summer Championships
114	40.68 L	P	Makayla Lombard	17	JAQ EKU	27/03/2025	SA Level 2 Champs 2025-EGA
115	40.77 L	F	Sckylar Lambert	17	ESP EKU	26/10/2024	Summer 3 Delville
116	41.01 L	P	Amy Klink	17	JAQ EKU	27/03/2025	SA Level 2 Champs 2025 EGA
117	41.18 L	F	Thurayya Moodley	17	LEGC ETH	31/03/2025	SA Level 2 Champs 2025-KZN
118	41.24 L	F	Tatenda Chamboko	17	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming I
119	41.88 L	F	Daniëlle Le Roux	17	HFDT MP	08/10/2024	Limpopo Top 8 - High Schools
120	41.98 L	P	Tyra Kasonkomona	17	MATL KKD	28/03/2025	SA Level 2 Regional Age Group Cham
121	42.03 L	P	Catherine Jones	17	EXP TSH	27/03/2025	SA Level 2 Champs 2025 EGA
122	42.16 L	F	Keatlegile Makhate	17	TKS WBD	29/11/2024	Limpopo Champs 2024
123	42.20 L	P	Amy Lazarou	17	AWSC JHB	29/11/2024	CGA Championships 2024
124	42.23 L	F	Nkenda Baghana	17	CPSC TSH	13/09/2024	NTS September Age Group 2024
125	42.24 L	F	Sarah Dickinson	17	SHS KK	08/02/2025	BCSA High School Trials 2025
126	42.46 L	F	Ame Quinn	17	ROB EZD	19/02/2025	EHLANZENI INTER HIGH GALA 19 FI
127	42.60 L	P	Eunice Fourie	17	BLSS MAN	04/12/2024	Free State Champs 2024
128	42.70 L	F	Ahara-Anne Maherry	17	BEAV ETH	31/03/2025	SA Level 2 Champs 2025-KZN
129	42.71 L	F	Anrieks Henning	17	TRALI MAN	28/06/2024	Sentraal Winter Gala
130	43.06 L	F	Ella Smith	17	SAAW CPT	21/09/2024	CTA INVITATIONAL LC MEET
131	43.33 L	F	Nthanki Kumalo	17	ELEC TSH	13/09/2024	NTS September Age Group 2024
132	43.35 L	F	Abigale Meineke	17	AQUA UTD	11/01/2025	Uthukela District Age Group Gala
133	43.77 L	F	Michelle Allison	17	EVO CPT	22/02/2025	Swartland Invitational Gala 2025
134	44.29 L	F	Megan Van der Merwe	17	MHS NGD	31/01/2025	AG 5 MP SA SCHOOLS TRIALS 31 J/
135	45.25 L	F	Madelein Bronkhorst	17	AGAQ OBD	17/10/2024	43rd Freda Barnard Invitational Gala
136	45.79 L	F	Jemma Ascott	17	ANAX CPT	22/02/2025	Swartland Invitational Gala 2025

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25
Number of Top Times: All Show Long Course Only

Time		P/F/S	Name	Age/Yr	
137	45.91 L	F	Danica Pritchard	17	MDOL JHB 10/01/2025 2024 Grand Prix Invitation Swimming I
138	46.39 L	F	Kayla Swanepoel	17	FISH EDD 02/11/2024 EDEN 2nd A-League Gala 2024 Schor
139	46.78 L	F	Caylin Bach	17	AASC EZD 31/01/2025 AG 5 MP SA SCHOOLS TRIALS 31 J/
140	47.47 L	F	Jaden Nel	17	VPHS NMA 22/02/2025 Eastern Cape School Provincial Trials
141	47.95 L	F	Claudia Pestana	17	FSS 05/04/2025 SA Schools Swimming Championship
142	48.91 L	F	Morgan Griffiths	17	VPHS NMA 08/02/2025 Nelson Mandela Bay Schools Trials &
143	49.61 L	F	Georgia Papamichael	17	VPHS NMA 22/02/2025 Eastern Cape School Provincial Trials
144	49.99 L	P	Muneerah Khan	17	SWIM1 JHB 29/11/2024 CGA Championships 2024
145	51.61 L	F	Tyler Lowe	17	CAMBH BUF 08/02/2025 BCSA High School Trials 2025
146	51.73 L	F	Alyssa Bester	17	QSAW CED 09/11/2024 Winelands SL4
147	52.53 L	F	Kiara Wilson	17	MDOL JHB 10/01/2025 2024 Grand Prix Invitation Swimming I
148	55.92 L	F	Kaylee Greeff	17	HARV NMA 22/02/2025 Eastern Cape School Provincial Trials
149	57.47 L	F	Elizabeth Rothmann	17	CAMBH BUF 08/02/2025 BCSA High School Trials 2025
150	59.88 L	F	Laeeqah Hartnick	17	WEST CPT 21/09/2024 CTA INVITATIONAL LC MEET
151	1:01.38 L	F	Lilitha Mafeke	17	KHS OTD 08/02/2025 BCSA High School Trials 2025
152	1:06.51 L	F	Jessica Good	17	VPHS NMA 22/02/2025 Eastern Cape School Provincial Trials
153	1:07.28 L	F	Owethu Mokwena	17	NW 30/03/2025 2025 National Champs for Physically&
154	1:12.59 L	F	Mihle Ngini	17	KHS OTD 08/02/2025 BCSA High School Trials 2025
155	1:31.07 L	F	Sifungo Keswa	17	UMHS OTD 08/02/2025 BCSA High School Trials 2025
156	1:36.50 L	F	Anna Marie Steyn	17	ESS EZD 31/01/2025 AG 5 MP SA SCHOOLS TRIALS 31 J/
157	1:48.67 L	F	Jessica Jansen	17	ESS EZD 31/01/2025 AG 5 MP SA SCHOOLS TRIALS 31 J/
Women 100 Back					
1	1:03.36 L	F	Cassidy Burgess	17	VINE CPT 25/04/2025 SA National Junior Age Grou-WCA 20
2	1:04.01 L	F	Grace Morris	17	WCA CPT 09/04/2025 SA National Aquatic SNR-Champ 202
3	1:05.03 L	P	Emma De Wet	17	TUKS TSH 25/04/2025 SA National Junior Age Grou-WCA 20
4	1:05.48 L	F	Hannah Ferreira	17	ASA ILD 25/04/2025 SA National Junior Age Grou-WCA 20
5	1:06.85 L	F	Keira Van Heerden	17	INFA NMA 31/01/2025 Infinity Gala 2025
6	1:07.05 L	P	Melissa Kuun	17	WCA CPT 09/04/2025 SA National Aquatic SNR-Champ 202
7	1:08.06 L	P	Jana Lombard	17	LALE CED 05/12/2024 Western Cape LC-A Championship 20
8	1:08.88 L	P	Gabriella Douglas	17	BAS EKU 25/04/2025 SA National Junior Age Grou-WCA 20
9	1:09.02 L	F	Chanel Baenhoff	17	FSS 05/04/2025 SA Schools Swimming Championship
10	1:09.47 L	P	Dane De Klerk	17	BLSS MAN 04/12/2024 Free State Champs 2024
11	1:09.93 L	F	Myra Viduya	17	INFA NMA 14/09/2024 3rd A League Gala 2024
12	1:10.25 L	F	Jessica Carmody	17	AZON ETH 14/06/2024 AQZ Winter Warmer 2024
13	1:10.74 L	F	Holley Jacoby	17	VIKI BUF 02/11/2024 BCA November Age Group Gala SC 2I
14	1:11.04 L	F	Kaitlynn Horne	17	NMBA NM 11/01/2025 EDEN INTER DISTRICT PRESTIGE 2
15	1:11.37 L	P	Tatum Cabral	17	ELEC TSH 25/04/2025 SA National Junior Age Grou-WCA 20
16	1:11.74 L	F	Kate Truter	17	KZNS 05/04/2025 SA Schools Swimming Championship
17	1:12.07 L	P	Cassidey Doubell	17	CRSC JHB 25/04/2025 SA National Junior Age Grou-WCA 20
18	1:12.29 L	F	Isabella Desfontaines	CR	VASA EKU 12/10/2024 EGA Summer 2
19	1:12.40 L	F	Jana Helmand	17	BLOT MAN 04/12/2024 Free State Champs 2024
20	1:12.46 L	F	Kate Truter	17	RSA 04/10/2024 Curro AquaElite Gala
21	1:12.70 L	F	Ava Fourie	17	TRAZ TSH 20/03/2025 SA Level 3 Champs 2025-NT
22	1:12.71 L	F	Veneske Steenkamp	17	WCS 05/04/2025 SA Schools Swimming Championship
23	1:12.73 L	F	Morgan Rabie	17	TUKS TSH 20/03/2025 SA Level 3 Champs 2025-NT
24	1:13.19 L	F	Une Van den Berg	17	AA JHB 22/02/2025 EGA Lets Sprint Incorp Gauteng Scho
25	1:13.23 L	F	Cassidy Sinclair	17	DRGN JHB 10/01/2025 2024 Grand Prix Invitation Swimming I
26	1:13.40 L	P	Tayler Morton	17	LALE CED 25/04/2025 SA National Junior Age Grou-WCA 20
27	1:13.48 L	F	Francis Whelan	17	RSA 04/10/2024 Curro AquaElite Gala
28	1:13.58 L	F	Keira Lee Duncan	17	KZNS 05/04/2025 SA Schools Swimming Championship
29	1:13.66 L S	F	Hayley Beling	17	CA EKU 05/12/2024 EGA Summer Championships
30	1:13.90 L	F	Emma Roberts	17	UNIU EZD 14/09/2024 MP SPRINT GALA 14 SEPTEMBER 2
31	1:14.36 L	F	Hayley Hoy	17	TUKS TSH 04/12/2024 XX AA Zone IV LC Championships 4-7
32	1:14.42 L	F	Amelia Vincent	17	BLSS MAN 04/12/2024 Free State Champs 2024
33	1:14.43 L	F	Loghan Gray	17	MDOL JHB 15/02/2025 CGA Summer Gala #6 Level 2+ 15 Fe
34	1:14.50 L	F	Caitlin Watson	17	BLMA CPT 20/03/2025 SA Level 3 Regional Age Group Chan
35	1:14.78 L	P	Tatum Lauf	17	MDOL JHB 29/11/2024 CGA Championships 2024
36	1:14.79 L	P	Tamryn Kunneke	17	RFA TSH 25/04/2025 SA National Junior Age Grou-WCA 20
37	1:15.00 L	F	Jordana Azran	17	KLOO ETH 26/03/2025 SA Level 3 Regional Age Group Chan

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
38	1:15.29 L	F	Bay-Linn Oelofse	17	UCT CPT	20/02/2025	Inter High 2025
39	1:15.76 L	F	Carmi Schoeman	17	TKS WBD	29/11/2024	Limpopo Champs 2024
40	1:16.02 L	F	Christina Gennarakis	17	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
41	1:16.03 L	F	Erin Hudson	17	AA JHB	10/01/2025	2024 Grand Prix Invitation Swimming I
42	1:16.06 L	F	Mari Zanne Nortje	17	HSBV SKD	01/02/2025	Limpopo School Champs & Limpopo A
43	1:16.17 L	F	Xanthe Nagel	17	HREF BPD	07/12/2024	NWS Championships 2024
44	1:16.35 L	P	Caitlin Kennedy	17	AFIN JHB	02/07/2024	Prestige Tournament 2024
45	1:16.60 L	P	Mignon Smit	17	SS MPD	20/03/2025	SA Level 3 Champs 2025-NT
46	1:16.65 L	P	Kayla Miller	17	CRSC JHB	20/03/2025	SA Level 3 Champs 2025-NT
47	1:16.81 L	P	Tamsyn Kotzè	17	BLMA CPT	25/04/2025	SA National Junior Age Grou-WCA 20
48	1:17.09 L	F	Jenna-Mae Lally	17	BEAV ETH	26/03/2025	SA Level 3 Regional Age Group Chan
49	1:17.10 L	P	Kaylin Stieger	17	NWUC KKD	20/03/2025	SA Level 3 Champs 2025-NT
50	1:17.12 L	F	Lume Louw	17	USC BUF	13/07/2024	1st A League Gala 2024
51	1:17.15 L	F	Simone Theron	17	HSBV SKD	01/02/2025	Limpopo School Champs & Limpopo A
52	1:17.25 L	P	Tiffany Marshall	17	UNI EZD	25/04/2025	SA National Junior Age Grou-WCA 20
53	1:17.26 L	F	Samantha Cameron	17	IND-M	26/03/2025	SA Level 3 Regional Age Group Chan
54	1:17.30 L	F	Erin Glover	17	TYGE CPT	21/09/2024	CTA INVITATIONAL LC MEET
55	1:17.39 L	P	Abigail Van Dyk	17	TUKS TSH	20/03/2025	SA Level 3 Champs 2025-NT
56	1:17.42 L	F	Kendra Beukes	17	PGAC ECU	22/02/2025	EGA Lets Sprint Incorp Gauteng Scho
57	1:17.52 L	P	Sinesipho Sibiya	17	SEAL UMD	02/07/2024	Prestige Tournament 2024
58	1:17.67 L	F	Ella Mills	17	UNI U EZD	29/11/2024	Mpumalanga Championships 2024
59	1:18.64 L	P	Tazmin Suliman	17	TUKS TSH	20/03/2025	SA Level 3 Champs 2025-NT
60	1:18.80 L	F	Katie-Peta Marcelino	17	KLOO ETH	14/06/2024	AQZ Winter Warmer 2024
61	1:18.90 L	F	Milla Delpoit	17	PEAS NMA	20/03/2025	SA Level 3 Regional Age Group Chan
62	1:18.99 L	F	Neema Banza	17	UNI EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
63	1:19.00 L	F	Ciska Ferreira	17	UNI EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
64	1:19.08 L	F	Alexa Louw	17	BLMA CPT	08/02/2025	WCA-B Champs - 2025
65	1:19.18 L	F	Sally-Louise Ingwe	CR	VASA ECU	04/12/2024	XX AA Zone IV LC Championships 4-7
66	1:19.37 L	F	Joy Vd Westhuizen	17	AQDO CPT	08/02/2025	WCA-B Champs - 2025
67	1:19.39 L	F	Holly Allison	17	RSA	04/10/2024	Curro AquaElite Gala
68	1:19.44 L	P	Aarya Morar	17	ATLA JHB	29/11/2024	CGA Championships 2024
69	1:19.65 L	P	Isabel Vorster	17	BLNE MAN	04/12/2024	Free State Champs 2024
70	1:19.77 L	P	Nazneen Mohamed	17	ATLA JHB	29/11/2024	CGA Championships 2024
71	1:20.20 L	F	Isabella Vicente	17	SOUL ECU	20/03/2025	SA Level 3 Champs 2025-NT
72	1:20.37 L	F	Beane Swanepoel	17	VRC TSH	18/10/2024	NTS Level 3+ October Age Group 202
73	1:20.67 L	P	Abigail Phillips	17	SASE JHB	29/11/2024	CGA Championships 2024
74	1:21.04 L	F	Anli Rademeyer	17	QUIC CPT	01/02/2025	CTA BRIAN BUTTON Qualifying Meet
75	1:21.08 L	F	Marilee Coetzee	17	HFDT MP	01/02/2025	Limpopo School Champs & Limpopo A
76	1:21.67 L	F	Ammara Jagger	17	AQDO CPT	20/03/2025	SA Level 3 Regional Age Group Chan
77	1:21.85 L	F	Taaliah Rinquest	17	MARL CPT	25/01/2025	CTA Qualifying Meet 6 - (L2 & above)
78	1:21.91 L	P	Jaiden Funnell	17	AA JHB	20/03/2025	SA Level 3 Champs 2025-NT
79	1:22.15 L	P	Erin Beyers	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
80	1:22.23 L	F	Jean Marie Swartz	17	TONAU CCD	01/02/2025	Limpopo School Champs & Limpopo A
81	1:22.35 L	P	Grace Bothma	17	WSTV ETH	26/03/2025	SA Level 3 Regional Age Group Chan
82	1:22.77 L	F	Danelle Du Toit	17	TASC MPD	12/10/2024	Limpopo Age Group 4
83	1:22.80 L	P	Colby Cochrane	17	CRSC JHB	29/11/2024	CGA Championships 2024
84	1:22.84 L	F	Shannon Coetzee	17	PGAC ECU	15/11/2024	Summer 4 Delville
85	1:22.94 L	F	Cherise Coetzer	17	STSC KCD	26/03/2025	SA Level 3 Regional Age Group Chan
86	1:23.10 L	F	Mianique Lombard	17	WSS LLD	15/11/2024	Valsrivier Gala 2024
87	1:23.40 L	F	Gail Polman	17	CASC CPT	28/03/2025	SA Level 2 Regional Age Group Cham
88	1:23.63 L S	P	Clara van Rooyen	17	PGAC ECU	05/12/2024	EGA Summer Championships
89	1:23.84 L	F	Mia Barnard	17	BLOT MAN	04/12/2024	Free State Champs 2024
90	1:24.32 L	F	Kayla-Jade Van Heerden	17	RSA	04/10/2024	Curro AquaElite Gala
91	1:24.34 L	F	Mia Pienaar	17	VHD ZLD	23/11/2024	KCDA Age Group Gala 3
92	1:24.37 L	P	Hannah Prince	17	OLDE JHB	29/11/2024	CGA Championships 2024
93	1:24.53 L	F	Esmari Weitsz	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
94	1:24.55 L	F	Gabrielle Mare'	17	PAC TSH	13/09/2024	NTS September Age Group 2024
95	1:24.63 L	F	Jenna Loubser	17	SLAQ CPT	17/10/2024	43rd Freda Barnard Invitational Gala
96	1:24.77 L	F	Carmen Botha	17	WES KK	28/02/2025	NW School Championships 2025

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25
Number of Top Times: All Show Long Course Only

	Time		P/F/S	Name	Age/Yr			
97	1:25.09 L		F	Lerato Molobye	17	HARB BPD	10/01/2025	2024 Grand Prix Invitation Swimming I
98	1:25.34 L		F	Alienne van Rensburg	17	KTS	18/01/2025	AGE GROUP 5 KATHU 2025
99	1:25.50 L		F	Zara Jeftha	17	MARL CPT	17/10/2024	43rd Freda Barnard Invitational Gala
100	1:25.52 L		F	Miana Fourie	17	BLSS MAN	04/12/2024	Free State Champs 2024
101	1:25.85 L		F	Emsie Brand	17	SWAR WCD	22/02/2025	Swartland Invitational Gala 2025
102	1:27.39 L		P	Johane Viljoen	17	BLNE MAN	04/12/2024	Free State Champs 2024
103	1:27.43 L		F	Neo Cele	17	ELEC TSH	11/10/2024	NTS Level 1+2 October Age Group 20
104	1:27.51 L		F	Riley Hattingh-Steyn	17	SOUL ECU	12/10/2024	EGA Summer 2
105	1:27.54 L S		F	Elmarie De Witt	17	QUIC CPT	25/01/2025	CTA Qualifying Meet 6 - (L2 & above)
106	1:27.76 L		F	Catherine Jones	17	RFA TSH	18/10/2024	NTS Level 3+ October Age Group 202
107	1:27.89 L		F	Ami-Leigh Immerman	17	VPHS NMA	08/02/2025	Nelson Mandela Bay Schools Trials &
108	1:28.16 L		F	Cara Fourie	17	UPSK ZMD	08/02/2025	NCASA SPRINTS 2025
109	1:28.21 L		P	Tyra Kasonkomona	17	MATL KKD	07/12/2024	NWS Championships 2024
110	1:28.48 L		P	Makayla Lombard	17	JAQ ECU	27/03/2025	SA Level 2 Champs 2025-EGA
111	1:29.04 L		P	Kayla Botha	17	PER JHB	29/11/2024	CGA Championships 2024
112	1:29.16 L		F	Rudine Van Wyk	17	PAC TSH	27/03/2025	SA Level 2 Champs 2025 EGA
113	1:29.29 L		F	Kimberley Strong	17	KTS	06/12/2024	NCASA CHAMPS 2024
114	1:29.73 L		P	Tianel Van Der Merwe	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
115	1:30.88 L		F	Maya Lockitch	17	CYBE CPT	01/02/2025	CTA BRIAN BUTTON Qualifying Meet
116	1:31.03 L		F	Amy Lazarou	17	AWSC JHB	27/03/2025	SA Level 2 Champs 2025-EGA
117	1:31.54 L		F	Anrieks Henning	17	TRALI MAN	28/06/2024	Sentraal Winter Gala
118	1:31.61 L		F	Skylar Lambert	17	ESP ECU	12/10/2024	EGA Summer 2
119	1:32.72 L		F	Daniëlle Le Roux	17	SS MPD	27/03/2025	SA Level 2 Champs 2025 EGA
120	1:32.78 L		F	Keatlegile Makhate	17	MECS WBD	01/02/2025	Limpopo School Champs & Limpopo A
121	1:32.97 L		P	Ahara-Anne Maherry	17	BEAV ETH	02/07/2024	Prestige Tournament 2024
122	1:32.98 L		F	Imani Magotsi	17	VINE CPT	01/02/2025	CTA BRIAN BUTTON Qualifying Meet
123	1:33.49 L		P	Amy Klink	17	JAQ ECU	27/03/2025	SA Level 2 Champs 2025-EGA
124	1:35.41 L		F	Emma Kruger	17	DDA TSH	13/09/2024	NTS September Age Group 2024
125	1:38.53 L		F	Sarah Dickinson	17	SHS KK	08/02/2025	BCSA High School Trials 2025
126	1:39.31 L		F	Cameron Landman	17	BETH FDD	31/08/2024	Seals Gala
127	1:42.01 L		F	Jemma Ascott	17	ANAX CPT	22/02/2025	Swartland Invitational Gala 2025
128	1:42.27 L		F	Megan Van der Merwe	17	MHS NGD	31/01/2025	AG 5 MP SA SCHOOLS TRIALS 31 J/
129	1:43.69 L		F	Nkenda Baghana	17	CPSC TSH	11/10/2024	NTS Level 1+2 October Age Group 20
130	1:44.12 L		F	Kayla Swanepoel	17	FISH EDD	22/02/2025	EDEN 5th A-League Gala 2025
131	1:44.45 L		F	Alisha Calokechi	17	HSTAN MP	08/10/2024	Limpopo Top 8 - High Schools
132	1:46.67 L		F	Jaden Nel	17	VPHS NMA	22/02/2025	Eastern Cape School Provincial Trials
133	1:53.49 L		F	Georgia Papamichael	17	VPHS NMA	22/02/2025	Eastern Cape School Provincial Trials
134	1:55.23 L		F	Emmerentia Jv Rensburg	17	HSBV SKD	08/10/2024	Limpopo Top 8 - High Schools
135	1:55.31 L		F	Muneerah Khan	17	SWIM1 JHB	15/02/2025	CGA Summer Gala #6 Level 2+ 15 Fe
136	2:27.74 L		F	Owethu Mokwena	17	LEBII BP	28/02/2025	NW School Championships 2025
137	3:30.13 L		F	Anna Marie Steyn	17	ESS EZD	31/01/2025	AG 5 MP SA SCHOOLS TRIALS 31 J/
138	3:56.92 L		F	Jessica Jansen	17	ESS EZD	31/01/2025	AG 5 MP SA SCHOOLS TRIALS 31 J/
Women 200 Back								
1	2:15.71 L S		F	Grace Morris	17	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202
2	2:16.48 L S		F	Emma De Wet	17	TUKS TSH	25/04/2025	SA National Junior Age Grou-WCA 20
3	2:20.33 L S		P	Hannah Mouton	17	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
4	2:23.28 L		F	Cassidy Burgess	17	RSA	30/04/2025	16th Africa Aquatics Junior Swimming
5	2:24.10 L S		F	Hannah Ferreira	17	ASA ILD	25/04/2025	SA National Junior Age Grou-WCA 20
6	2:25.47 L		F	Jessica Carmody	17	RSA	04/10/2024	Curro AquaElite Gala
7	2:26.67 L		F	Kaitlynne Horne	17	PEAS NMA	15/06/2024	PEA Winter Gala 2024
8	2:30.85 L		P	Cassidey Doubell	17	CRSC JHB	28/02/2025	2025 Grand Prix 2 Invitational Meet -N
9	2:30.92 L S		P	Melissa Kuun	17	FISH EDD	25/04/2025	SA National Junior Age Grou-WCA 20
10	2:30.98 L		F	Chanel Baenhoff	17	FSS	05/04/2025	SA Schools Swimming Championship
11	2:31.46 L S		F	Dane De Klerk	17	BLSS MAN	04/12/2024	Free State Champs 2024
12	2:32.80 L		F	Kate Truter	17	KZNS	05/04/2025	SA Schools Swimming Championship
13	2:34.36 L		F	Holley Jacoby	17	VIKI BUF	15/06/2024	PEA Winter Gala 2024
14	2:34.61 L S		P	Hannah Rigby	17	ELEC TSH	25/04/2025	SA National Junior Age Grou-WCA 20
15	2:36.25 L S		P	Gabriella Douglas	17	BAS ECU	25/04/2025	SA National Junior Age Grou-WCA 20
16	2:36.43 L		F	Kate Truter	17	BEAV ETH	25/01/2025	uShaka Champs 2025

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
17	2:36.89 L	F	Veneske Steenkamp	17	FISH EDD	05/12/2024	Western Cape LC-A Championship 20
18	2:36.90 L S	F	Jana Helmand	17	BLOT MAN	04/12/2024	Free State Champs 2024
19	2:37.04 L	P	Erin Glover	17	TYGE CPT	05/12/2024	Western Cape LC-A Championship 20
20	2:38.28 L	P	Alexia Luz	17	SOUL ECU	05/12/2024	EGA Summer Championships
21	2:40.54 L	F	Francis Whelan	17	BLOT MAN	14/02/2025	Neptune Last Chance Gala
22	2:40.81 L	F	Emma Roberts	17	UNI U EZD	29/11/2024	Mpumalanga Championships 2024
23	2:41.29 L	F	Katie-Peta Marcelino	17	KLOO ETH	14/06/2024	AQZ Winter Warmer 2024
24	2:42.19 L S	P	Hayley Beling	17	CA ECU	25/04/2025	SA National Junior Age Grou-WCA 20
25	2:42.69 L	F	Hayley Hoy	17	TUKS TSH	04/12/2024	XX AA Zone IV LC Championships 4-7
26	2:43.14 L	F	Kayla Miller	17	CRSC JHB	20/03/2025	SA Level 3 Champs 2025-NT
27	2:43.25 L	P	Morgan Rabie	17	TUKS TSH	20/03/2025	SA Level 3 Champs 2025-NT
28	2:43.49 L	P	Mignon Smit	17	SS MPD	20/03/2025	SA Level 3 Champs 2025-NT
29	2:44.17 L	F	Samantha Cameron	17	IND-M	26/03/2025	SA Level 3 Regional Age Group Chan
30	2:44.32 L S	F	Amelia Vincent	17	BLSS MAN	04/12/2024	Free State Champs 2024
31	2:44.36 L	F	Jenna-Mae Lally	17	BEAV ETH	26/03/2025	SA Level 3 Regional Age Group Chan
32	2:44.57 L	P	Une Van den Berg	17	AA JHB	29/11/2024	CGA Championships 2024
33	2:44.68 L	F	Ciska Ferreira	17	UNI EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
34	2:44.76 L	F	Bay-Linn Oelofse	17	UCT CPT	20/02/2025	Inter High 2025
35	2:44.77 L S	P	Tayler Morton	17	LALE CED	25/04/2025	SA National Junior Age Grou-WCA 20
36	2:45.61 L	F	Jordana Azran	17	KLOO ETH	26/03/2025	SA Level 3 Regional Age Group Chan
37	2:46.32 L	F	Carmi Schoeman	17	TKS WBD	29/11/2024	Limpopo Champs 2024
38	2:48.34 L	P	Keira Lee Duncan	17	KZNS	05/04/2025	SA Schools Swimming Championship
39	2:49.04 L	P	Joy Vd Westhuizen	17	AQDO CPT	20/03/2025	SA Level 3 Regional Age Group Chan
40	2:49.86 L	F	Kaylin Stieger	17	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
41	2:50.51 L	P	Neema Banza	17	UNI EZD	20/03/2025	SA Level 3 Champs 2025-NT
42	2:50.69 L	P	Alexa Louw	17	BLMA CPT	20/03/2025	SA Level 3 Regional Age Group Chan
43	2:50.92 L	F	Lize Burness	17	TUKS TSH	13/09/2024	NTS September Age Group 2024
44	2:51.59 L	F	Aarya Morar	17	ATLA JHB	29/11/2024	CGA Championships 2024
45	2:51.97 L	F	Tamsyn Kotzè	17	BLMA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
46	2:52.07 L	F	Caitlin Kennedy	17	AFIN JHB	22/02/2025	EGA Lets Sprint Incorp Gauteng Schoi
47*	2:52.15 L	F	Kendra Beukes	17	PGAC ECU	18/01/2025	EGA Summer 5
47*	2:52.15 L	F	Nazneen Mohamed	17	ATLA JHB	22/02/2025	EGA Lets Sprint Incorp Gauteng Schoi
49	2:52.27 L	F	Taaliah Rinquest	17	MARL CPT	01/02/2025	CTA BRIAN BUTTON Qualifying Meet
50	2:53.20 L	F	Ella Mills	17	UNI U EZD	31/01/2025	AG 5 MP SA SCHOOLS TRIALS 31 J/
51	2:53.71 L	F	Milla Delpont	17	PEAS NMA	31/01/2025	Infinity Gala 2025
52	2:54.68 L	P	Clara van Rooyen	17	PGAC ECU	20/03/2025	SA Level 3 Champs 2025-NT
53	2:55.60 L	P	Isabella Vicente	17	SOUL ECU	05/12/2024	EGA Summer Championships
54	2:55.66 L	F	Sally-Louise Ingwe	CR	VASA ECU	12/10/2024	EGA Summer 2
55	2:55.85 L	F	Jenna Loubser	17	SLAQ CPT	17/10/2024	43rd Freda Barnard Invitational Gala
56	2:55.94 L	F	Jean Marie Swartz	17	ACAC CCD	29/11/2024	Limpopo Champs 2024
57	2:56.38 L	P	Jaiden Funnell	17	AA JHB	20/03/2025	SA Level 3 Champs 2025-NT
58	2:56.72 L	F	Cherise Coetzer	17	STSC KCD	25/01/2025	uShaka Champs 2025
59	2:57.10 L	F	Ammara Jagger	17	AQDO CPT	20/03/2025	SA Level 3 Regional Age Group Chan
60	2:57.82 L	F	Alienne van Rensburg	17	KTS	15/02/2025	AGE GROUP 6 KATHU 2025
61	2:58.32 L	F	Holly Allison	17	RSA	04/10/2024	Curro AquaElite Gala
62	2:59.40 L	P	Shannon Coetzee	17	PGAC ECU	20/03/2025	SA Level 3 Champs 2025-NT
63	3:01.49 L	F	Isabel Vorster	17	BLNE MAN	15/06/2024	PEA Winter Gala 2024
64	3:01.53 L	F	Emsie Brand	17	SWAR WCD	22/02/2025	Swartland Invitational Gala 2025
65	3:03.46 L	F	Gail Polman	17	CASC CPT	22/02/2025	Swartland Invitational Gala 2025
66	3:04.57 L	P	Lerato Molobye	17	HREF BPD	07/12/2024	NWS Championships 2024
67	3:04.62 L	F	Mia Barnard	17	UCT CPT	20/02/2025	Inter High 2025
68	3:04.91 L	F	Marilee Coetzee	17	HFDT MP	01/02/2025	Limpopo School Champs & Limpopo A
69	3:07.73 L	F	Gabrielle Mare'	17	PAC TSH	13/09/2024	NTS September Age Group 2024
70	3:09.70 L	F	Lois Fourie	17	UCT CPT	20/02/2025	Inter High 2025
71	3:10.10 L	F	Carmen Botha	17	MATL KKD	23/11/2024	NWS Age Group 3 + 4 2024
72	3:10.56 L S	F	Elmarie De Witt	17	QUIC CPT	25/01/2025	CTA Qualifying Meet 6 - (L2 & above)
73	3:11.51 L	F	Anli Rademeyer	17	QUIC CPT	01/02/2025	CTA BRIAN BUTTON Qualifying Meet
74	3:12.20 L	F	Zara Jeftha	17	MARL CPT	05/12/2024	Western Cape LC-A Championship 20
75	3:12.29 L	F	Cara Fourie	17	UPSK ZMD	06/12/2024	NCASA CHAMPS 2024

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25
Number of Top Times: All Show Long Course Only

Time		P/F/S	Name	Age/Yr	
76	3:12.63 L	F	Johane Viljoen	17	BLNE MAN 25/10/2024 Neptunes Gala
77	3:12.72 L	F	Maya Lockitch	17	CYBE CPT 21/09/2024 CTA INVITATIONAL LC MEET
78	3:16.95 L	F	Ahara-Anne Maherry	17	BEAV ETH 31/03/2025 SA Level 2 Champs 2025-KZN
79	3:17.47 L	F	Amy Lazarou	17	AWSC JHB 27/03/2025 SA Level 2 Champs 2025-EGA
80	3:17.61 L	F	Daniëlle Le Roux	17	SS MPD 09/11/2024 Limpopo Age Group 5
81	3:18.18 L	F	Tyra Kasonkomona	17	MATL KKD 07/12/2024 NWS Championships 2024
82	3:19.99 L	P	Kayla Botha	17	PER JHB 29/11/2024 CGA Championships 2024
83	3:20.10 L	F	Makayla Lombard	17	JAQ EKU 27/03/2025 SA Level 2 Champs 2025-EGA
84	3:21.59 L	F	Sckylar Lambert	17	ESP EKU 27/03/2025 SA Level 2 Champs 2025-EGA
85	3:24.81 L	F	Amy Klink	17	JAQ EKU 27/03/2025 SA Level 2 Champs 2025-EGA
86	3:25.44 L	F	Emma Kruger	17	DDA TSH 01/02/2025 EGA Last Chance Gala
87	3:34.07 L	F	Nthanki Kumalo	17	ELEC TSH 27/03/2025 SA Level 2 Champs 2025-EGA
88	3:41.66 L	F	Michelle Allison	17	EVO CPT 22/02/2025 Swartland Invitational Gala 2025
89	4:00.29 L	F	Kayla Swanepoel	17	FISH EDD 02/11/2024 EDEN 2nd A-League Gala 2024 Schor
90	4:00.53 L	F	Nkenda Baghana	17	CPSC TSH 11/10/2024 NTS Level 1+2 October Age Group 20
Women 50 Breast					
1	32.82 L	F	Keira Van Heerden	17	INFA NMA 15/06/2024 PEA Winter Gala 2024
2	32.97 L	P	Daena Robinson	17	KZNA ETH 09/04/2025 SA National Aquatic SNR-Champ 202
3	33.29 L	P	Monique Oosthuizen	17	FSS 05/04/2025 SA Schools Swimming Championship
4	33.34 L	F	Kayla Petersen	17	USC BUF 25/04/2025 SA National Junior Age Grou-WCA 20
5	33.49 L	F	Rebecca Kuhn	17	CA EKU 25/04/2025 SA National Junior Age Grou-WCA 20
6	33.61 L	P	Cassandra Sikiotis	17	AGB JHB 09/04/2025 SA National Aquatic SNR-Champ 202
7	34.03 L	F	Myra Viduya	17	RSA 30/04/2025 16th Africa Aquatics Junior Swimming
8	34.15 L	F	Rebecca Fury	17	VINE CPT 25/04/2025 SA National Junior Age Grou-WCA 20
9	34.36 L	F	Jordyn Collett	17	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
10	34.40 L	P	Mianique Lombard	17	FSS 05/04/2025 SA Schools Swimming Championship
11	35.22 L	P	Erin Hudson	17	AA JHB 25/04/2025 SA National Junior Age Grou-WCA 20
12	35.38 L	P	Erin Beyers	17	MPS NGD 05/04/2025 SA Schools Swimming Championship
13	35.63 L S	F	Nicole Beling	17	CA EKU 05/12/2024 EGA Summer Championships
14	35.77 L	P	Simone Van Aswegen	17	WATR JHB 25/04/2025 SA National Junior Age Grou-WCA 20
15	35.90 L	P	Alex-Zandre' Labuschagne	17	KZNA ETH 09/04/2025 SA National Aquatic SNR-Champ 202
16	36.08 L S	F	Abigayle Otto	17	CA EKU 05/12/2024 EGA Summer Championships
17	36.10 L S	F	Kirstin Brady	CR	VASA EKU 05/12/2024 EGA Summer Championships
18	36.17 L	P	Nikha Lambden	17	EXP TSH 25/04/2025 SA National Junior Age Grou-WCA 20
19	36.18 L	F	Tamryn Kunneke	17	RFA TSH 18/10/2024 NTS Level 3+ October Age Group 202
20	36.24 L	P	Loghan Gray	17	AGB JHB 09/04/2025 SA National Aquatic SNR-Champ 202
21	36.26 L	F	Zara Jefftha	17	MARL CPT 01/02/2025 CTA BRIAN BUTTON Qualifying Meet
22	36.33 L	F	Neema Banza	17	UNI EZD 20/03/2025 SA Level 3 Champs 2025-NT
23	36.55 L	P	Dane De Klerk	17	BLSS MAN 04/12/2024 Free State Champs 2024
24	36.91 L	P	Tatum Lauf	17	MDOL JHB 25/04/2025 SA National Junior Age Grou-WCA 20
25	36.92 L	P	Tatum Cabral	17	ELEC TSH 25/04/2025 SA National Junior Age Grou-WCA 20
26	37.17 L	P	Mathilda Liebenberg	17	POTC KKD 07/12/2024 NWS Championships 2024
27	37.21 L	F	Madison Fourie	17	INFA NMA 13/07/2024 1st A League Gala 2024
28	37.26 L	P	Amelia Vincent	17	BLSS MAN 04/12/2024 Free State Champs 2024
29	37.29 L	F	Erin Mayoss	17	RSA 04/10/2024 Curro AquaElite Gala
30	37.55 L	P	Lois Fourie	17	BLSS MAN 04/12/2024 Free State Champs 2024
31	37.78 L	F	Tiffany Marshall	17	UNIU EZD 29/11/2024 Mpumalanga Championships 2024
32	37.79 L	F	Simone Theron	17	HSBV SKD 01/02/2025 Limpopo School Champs & Limpopo A
33	37.96 L	P	Jani Borman	17	SWAR WCD 14/02/2025 Western Cape Elite Gala 2025
34	38.01 L	P	Shani Olivier	17	PAQU CED 05/12/2024 Western Cape LC-A Championship 20
35	38.07 L	F	Xanthe Nagel	17	HREF BPD 07/12/2024 NWS Championships 2024
36	38.08 L	F	Mari Zanne Nortje	17	HSBV SKD 01/02/2025 Limpopo School Champs & Limpopo A
37	38.20 L	F	Nanette Jordaan	17	BLOT MAN 04/12/2024 Free State Champs 2024
38	38.31 L	P	Cara Corrigan	17	FISH EDD 20/03/2025 SA Level 3 Regional Age Group Chan
39	38.37 L	F	Abigail Phillips	17	SASE JHB 20/03/2025 SA Level 3 Champs 2025-NT
40	38.46 L	F	Josslyn Gauldie	17	RFA TSH 20/03/2025 SA Level 3 Champs 2025-NT
41*	38.52 L	F	Yusrah Du Toit	17	UWCA CPT 02/11/2024 CTA A & B CHAMPS 2024
41*	38.52 L S	P	Gabriella Douglas	17	BAS EKU 05/12/2024 EGA Summer Championships
43	38.64 L	F	Clarise Coetzer	17	STSC KCD 25/01/2025 uShaka Champs 2025

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
44	38.97 L	P	Hannah Prince	17	OLDE JHB	29/11/2024	CGA Championships 2024
45	39.24 L	F	Carmi Schoeman	17	HPP BUF	01/02/2025	Limpopo School Champs & Limpopo A
46	39.27 L	P	Hannah Rigby	17	ELEC TSH	25/04/2025	SA National Junior Age Grou-WCA 20
47	39.49 L	F	Farhah Valli	17	CA ECU	01/02/2025	EGA Last Chance Gala
48	39.59 L	F	Cara Crichton	17	TUKS TSH	27/03/2025	SA Level 2 Champs 2025 EGA
49	39.62 L	P	Hannah Witten	17	AQDO CPT	05/12/2024	Western Cape LC-A Championship 20
50	39.64 L	F	Aruli Fick	17	USH KCD	07/12/2024	Stingrays Champs 2024
51	39.65 L	F	Esmari Weitsz	17	UNI EZD	20/03/2025	SA Level 3 Champs 2025-NT
52	39.67 L	F	Eunice Fourie	17	BLSS MAN	04/12/2024	Free State Champs 2024
53	39.68 L	P	Mmathabo Marite	17	CRSC JHB	29/11/2024	CGA Championships 2024
54	39.84 L	F	Cherise Coetzer	17	STSC KCD	25/01/2025	uShaka Champs 2025
55	39.88 L	F	Emma Roberts	17	UNIU EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER 2
56	39.89 L	F	Fallon Tweedie	17	PEAS NMA	17/08/2024	Madibaz Swim Meet 2024
57	39.95 L	F	Lerato Molobye	17	NWS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
58	40.05 L	P	Colby Cochrane	17	CRSC JHB	20/03/2025	SA Level 3 Champs 2025-NT
59	40.33 L	F	Bay-Linn Oelofse	17	TNDER FDD	15/11/2024	Valsrivier Gala 2024
60	40.36 L	F	Jana Helmand	17	BLOT MAN	06/09/2024	Bull Sharks Annual Gala
61	40.38 L	P	Isabel Vorster	17	BLNE MAN	25/04/2025	SA National Junior Age Grou-WCA 20
62	40.46 L S	P	Riley Hattingh-Steyn	17	SOUL ECU	05/12/2024	EGA Summer Championships
63	40.48 L	P	Erin Glover	17	TYGE CPT	25/04/2025	SA National Junior Age Grou-WCA 20
64	40.66 L S	F	Jorja Da Cunha	17	CA ECU	05/12/2024	EGA Summer Championships
65	40.98 L	F	Marilee Coetzee	17	DOLFI MPD	27/03/2025	SA Level 2 Champs 2025-EGA
66*	41.12 L	F	Kendra Beukes	17	PGAC ECU	22/02/2025	EGA Lets Sprint Incorp Gauteng Schor
66*	41.12 L	F	Cameron Landman	17	TRALI MAN	20/02/2025	Inter High 2025
68	41.25 L	F	Sally-Louise Ingwe	CR	VASA ECU	04/12/2024	XX AA Zone IV LC Championships 4-7
69	41.35 L	F	Thurayya Moodley	17	LEGC ETH	31/03/2025	SA Level 2 Champs 2025-KZN
70	41.42 L	F	Jenna Loubser	17	SLAQ CPT	20/03/2025	SA Level 3 Regional Age Group Chan
71	41.85 L	F	Alexa Wood	17	STSC KCD	31/03/2025	SA Level 2 Champs 2025-KZN
72	42.14 L	F	Taaliah Rinquest	17	MARL CPT	21/09/2024	CTA INVITATIONAL LC MEET
73	42.20 L	P	Rene Sauerman	17	SEAL UMD	20/03/2025	SA Level 3 Champs 2025-NT
74	42.32 L S	P	Alexia Adreani	17	CA ECU	05/12/2024	EGA Summer Championships
75	42.55 L	F	Ami-Leigh Immerman	17	VPHS NMA	22/02/2025	Eastern Cape School Provincial Trials
76	42.58 L	F	Hanrike Barnard	17	WAGH BP	28/02/2025	NW School Championships 2025
77	42.61 L	P	Charissa Volschenk	17	VHD ZLD	31/03/2025	SA Level 2 Champs 2025-KZN
78	42.99 L	P	Caitlin Kennedy	17	AFIN JHB	29/11/2024	CGA Championships 2024
79	43.04 L	F	Morgan Rabie	17	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 202
80	43.58 L	P	Holley Jacoby	17	VIKI BUF	15/06/2024	PEA Winter Gala 2024
81	44.18 L	F	Carla Pienaar	17	VHD ZLD	07/12/2024	Stingrays Champs 2024
82	44.48 L	F	Ammara Jagger	17	AQDO CPT	17/10/2024	43rd Freda Barnard Invitational Gala
83	44.71 L	F	Mignon Smit	17	HMER MP	01/02/2025	Limpopo School Champs & Limpopo A
84	44.89 L	F	Joy Vd Westhuizen	17	AQDO CPT	17/10/2024	43rd Freda Barnard Invitational Gala
85	44.91 L	F	Cara Fourie	17	UPSK ZMD	28/03/2025	SA Level 2 Regional Age Group Cham
86	44.99 L	F	Carmen Botha	17	WES KK	28/02/2025	NW School Championships 2025
87	45.03 L	P	Kayla Botha	17	PER JHB	29/11/2024	CGA Championships 2024
88	45.12 L	F	Lianka Du Toit	17	HPP BUF	08/10/2024	Limpopo Top 8 - High Schools
89	45.22 L	P	Clara van Rooyen	17	PGAC ECU	20/03/2025	SA Level 3 Champs 2025-NT
90	45.32 L	P	Muneerah Khan	17	SWIM1 JHB	29/11/2024	CGA Championships 2024
91	45.48 L	F	Jean Marie Swartz	17	TONAU CCD	01/02/2025	Limpopo School Champs & Limpopo A
92	45.72 L	F	Keatlegile Makhate	17	MECS WBD	01/02/2025	Limpopo School Champs & Limpopo A
93	45.82 L	F	Catherine Jones	17	EXP TSH	27/03/2025	SA Level 2 Champs 2025 EGA
94	45.87 L	F	Tyra Kasonkomona	17	MATL KKD	23/11/2024	NWS Age Group 3 + 4 2024
95	45.92 L	P	Johane Viljoen	17	BLNE MAN	04/12/2024	Free State Champs 2024
96	46.15 L S	P	Shannon Coetzee	17	PGAC ECU	05/12/2024	EGA Summer Championships
97	46.35 L	F	Kaylin Stieger	17	PGIM KKD	28/02/2025	NW School Championships 2025
98	46.59 L	F	Aneska van Zyl	17	SHS KK	08/02/2025	BCSA High School Trials 2025
99	46.88 L	F	Miana Fourie	17	BLSS MAN	27/09/2024	Seals Gala 2
100	46.94 L	F	Maya Lockitch	17	CYBE CPT	02/11/2024	CTA A & B CHAMPS 2024
101	46.98 L	F	Kimberley Strong	17	KTS	08/02/2025	NCASA SPRINTS 2025
102	47.20 L	P	Makayla Lombard	17	JAQ ECU	27/03/2025	SA Level 2 Champs 2025 EGA

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
103	47.38 L	F	Pippa Wood	17	HSTAN MP	08/10/2024	Limpopo Top 8 - High Schools
104*	47.51 L	F	Lianne Labuschagne	17	NWUC KKD	07/12/2024	NWS Championships 2024
104*	47.51 L	F	Lisa Bloem	17	BLOT MAN	10/08/2024	Kovsies Gala 1
106	47.64 L	P	Amy Lazarou	17	AWSC JHB	29/11/2024	CGA Championships 2024
107	47.67 L	P	Tianel Van Der Merwe	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
108	47.84 L	F	Gia Hoadley	17	HBV MP	08/10/2024	Limpopo Top 8 - High Schools
109	48.11 L	F	Tatenda Chamboko	17	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming I
110	48.46 L	F	Madelein Bronkhorst	17	AGAQ QBD	17/10/2024	43rd Freda Barnard Invitational Gala
111	49.25 L	F	Kayleigh Jansen Van Vuuren	17	CUR EZD	19/02/2025	EHLANZENI INTER HIGH GALA 19 FI
112	49.70 L	F	Kayla Swanepoel	17	FISH EDD	30/11/2024	Eden LC Champs 2024
113	49.87 L	F	Daniëlle Le Roux	17	SS MPD	27/03/2025	SA Level 2 Champs 2025 EGA
114	50.17 L	F	Elanza Oosthuizen	17	PHS CCD	08/10/2024	Limpopo Top 8 - High Schools
115	50.65 L	F	Sarah Dickinson	17	SHS KK	08/02/2025	BCSA High School Trials 2025
116	50.98 L	F	Abigale Meineke	17	AQUA UTD	11/01/2025	Uthukela District Age Group Gala
117	51.08 L	F	Liandi Strydom	17	NAE EZD	01/03/2025	SSA LEVEL 1 REGIONAL CHAMPS 2
118	51.63 L	F	Claudia Pestana	17	FSS	05/04/2025	SA Schools Swimming Championship
119	52.17 L	F	Alyssa Bester	17	QSAW CED	09/11/2024	Winelands SL4
120	54.08 L	F	Juli-Ann Louw	17	ROB EZD	19/02/2025	EHLANZENI INTER HIGH GALA 19 FI
121	54.60 L	F	Tyler Lowe	17	CAMBH BUF	08/02/2025	BCSA High School Trials 2025
122	55.16 L	F	Charlotte Heyneman	17	CWBH NMA	08/02/2025	Nelson Mandela Bay Schools Trials &
123	55.60 L	F	Kiara Wilson	17	MDOL JHB	10/01/2025	2024 Grand Prix Invitation Swimming I
124	56.64 L	F	Jessica Good	17	VPHS NMA	08/02/2025	Nelson Mandela Bay Schools Trials &
125	57.03 L	F	Jaden Nel	17	VPHS NMA	22/02/2025	Eastern Cape School Provincial Trials
126	57.15 L	F	Sckylar Lambert	17	ESP EKU	01/02/2025	EGA Last Chance Gala
127	57.58 L	F	Morgan Griffiths	17	VPHS NMA	22/02/2025	Eastern Cape School Provincial Trials
128	58.86 L S	P	Amy Klink	17	JAQ EKU	05/12/2024	EGA Summer Championships
129	59.83 L	F	Madison Isaacs	17	WEST CPT	21/09/2024	CTA INVITATIONAL LC MEET
130	1:02.85 L	F	Jemma Ascott	17	ANAX CPT	22/02/2025	Swartland Invitational Gala 2025
131	1:03.83 L	F	Caylin Bach	17	AASC EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
132	1:05.69 L	F	Georgia Papamichael	17	VPHS NMA	22/02/2025	Eastern Cape School Provincial Trials
133	1:15.35 L	F	Owethu Mokwena	17	NW	30/03/2025	2025 National Champs for Physically&
134	1:21.52 L	F	Laeqah Hartnick	17	WEST CPT	21/09/2024	CTA INVITATIONAL LC MEET
135	1:28.69 L	F	Tanatswa Matani	17	HARV NMA	08/02/2025	Nelson Mandela Bay Schools Trials &
Women 100 Breast							
1	1:11.74 L	F	Keira Van Heerden	17	ECA BUF	09/04/2025	SA National Aquatic SNR-Champ 202
2	1:12.71 L	F	Cassandra Sikiotis	17	AGB JHB	09/04/2025	SA National Aquatic SNR-Champ 202
3	1:14.00 L	F	Kayla Petersen	17	USC BUF	25/04/2025	SA National Junior Age Grou-WCA 20
4	1:14.27 L	F	Daena Robinson	17	KZNA ETH	09/04/2025	SA National Aquatic SNR-Champ 202
5	1:14.68 L	P	Rebecca Kuhn	17	CA EKU	28/02/2025	2025 Grand Prix 2 Invitational Meet -N
6	1:15.42 L	P	Myra Viduya	17	ECA BUF	09/04/2025	SA National Aquatic SNR-Champ 202
7	1:17.16 L	P	Jordyn Collett	17	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
8	1:17.17 L	P	Mianique Lombard	17	WSS LLD	04/12/2024	Free State Champs 2024
9	1:17.65 L	F	Dane De Klerk	17	BLSS MAN	04/12/2024	Free State Champs 2024
10	1:17.67 L	F	Loghan Gray	17	MDOL JHB	25/04/2025	SA National Junior Age Grou-WCA 20
11	1:19.10 L	F	Alex-Zandre Labuschagne	17	KZNS	05/04/2025	SA Schools Swimming Championship
12	1:19.55 L	F	Monique Oosthuizen	17	UCT CPT	20/02/2025	Inter High 2025
13	1:19.56 L	P	Alex-Zandre Labuschagne	17	KZNA ETH	09/04/2025	SA National Aquatic SNR-Champ 202
14	1:19.72 L	F	Nikha Lambden	17	EXP TSH	25/04/2025	SA National Junior Age Grou-WCA 20
15	1:19.80 L	F	Kirstin Brady	CR	VASA EKU	05/12/2024	EGA Summer Championships
16	1:20.00 L	P	Erin Hudson	17	AA JHB	25/04/2025	SA National Junior Age Grou-WCA 20
17	1:20.35 L	P	Rebecca Fury	17	VINE CPT	05/12/2024	Western Cape LC-A Championship 20
18	1:21.11 L	P	Tatum Cabral	17	ELEC TSH	25/04/2025	SA National Junior Age Grou-WCA 20
19	1:21.25 L	F	Simone Van Aswegen	17	WATR JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Ja
20	1:21.40 L	F	Abigayle Otto	17	CA EKU	26/10/2024	Summer 3 Delville
21	1:21.63 L	P	Tamryn Kunneke	17	RFA TSH	25/04/2025	SA National Junior Age Grou-WCA 20
22	1:21.99 L	F	Nicole Beling	17	CA EKU	18/01/2025	EGA Summer 5
23	1:22.06 L	F	Zara Jeftha	17	MARL CPT	01/02/2025	CTA BRIAN BUTTON Qualifying Meet
24	1:22.07 L	F	Erin Beyers	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
25	1:22.14 L	F	Tatum Lauf	17	MDOL JHB	29/11/2024	CGA Championships 2024

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
26	1:22.24 L	F	Nanette Jordaan	17	BLOT MAN	04/12/2024	Free State Champs 2024
27	1:22.81 L	F	Amelia Vincent	17	BLSS MAN	14/02/2025	Neptune Last Chance Gala
28	1:22.86 L	F	Kaitlynn Horne	17	PEAS NMA	13/07/2024	1st A League Gala 2024
29	1:23.33 L	F	Tanè Putter	17	RSA	04/10/2024	Curro AquaElite Gala
30	1:23.40 L	F	Shani Olivier	17	PAQU CED	08/02/2025	Winelands SL Final
31	1:23.62 L	F	Hannah Prince	17	OLDE JHB	29/11/2024	CGA Championships 2024
32	1:23.63 L	F	Taylor Hemphill	17	SEALS ETH	05/12/2024	EGA Summer Championships
33	1:23.78 L	F	Mathilda Liebenberg	17	POTC KKD	07/12/2024	NWS Championships 2024
34	1:24.12 L	F	Jessica Carmody	17	AZON ETH	14/06/2024	AQZ Winter Warmer 2024
35	1:24.31 L	F	Madison Fourie	17	INFA NMA	13/12/2024	NMBA Championships 2024
36	1:24.66 L	P	Hayley Beling	17	CA ECU	05/12/2024	EGA Summer Championships
37	1:24.70 L	P	Tiffany Marshall	17	MPS NGD	05/04/2025	SA Schools Swimming Championship
38	1:24.85 L	F	Erin Mayoss	17	RSA	04/10/2024	Curro AquaElite Gala
39	1:25.09 L	F	Acacia-Cailyn Abell	17	MDOL JHB	15/02/2025	CGA Summer Gala #6 Level 2+ 15 Fe
40	1:25.11 L	F	Simone Theron	17	TKS WBD	29/11/2024	Limpopo Champs 2024
41	1:25.38 L	F	Hannah Witten	17	AQDO CPT	05/12/2024	Western Cape LC-A Championship 20
42	1:25.44 L	P	Farhah Valli	17	CA ECU	05/12/2024	EGA Summer Championships
43	1:25.49 L	F	Kendra Beukes	17	PGAC ECU	20/03/2025	SA Level 3 Champs 2025-NT
44	1:25.50 L	F	Emma Roberts	17	UNI U EZD	29/11/2024	Mpumalanga Championships 2024
45	1:25.86 L	F	Neema Banza	17	UNI EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER 2
46	1:25.91 L S	F	Yusrah Du Toit	17	UWCA CPT	02/11/2024	CTA A & B CHAMPS 2024
47	1:25.93 L	F	Hannah Ferreira	17	ASA ILD	25/01/2025	uShaka Champs 2025
48	1:26.12 L	P	Cara Crichton	17	TUKS TSH	27/03/2025	SA Level 2 Champs 2025 EGA
49*	1:26.14 L	P	Jani Borman	17	SWAR WCD	25/04/2025	SA National Junior Age Grou-WCA 20
49*	1:26.14 L	F	Mmathabo Marite	17	CRSC JHB	29/11/2024	CGA Championships 2024
51	1:26.36 L	F	Cara Corrigan	17	FISH EDD	20/03/2025	SA Level 3 Regional Age Group Chan
52	1:27.42 L	F	Lerato Molobye	17	HREF BPD	07/12/2024	NWS Championships 2024
53	1:27.44 L	P	Tazmin Suliman	17	TUKS TSH	20/03/2025	SA Level 3 Champs 2025-NT
54	1:27.45 L	F	Abigail Phillips	17	SASE JHB	20/03/2025	SA Level 3 Champs 2025-NT
55	1:27.69 L	F	Aruli Fick	17	USH KCD	02/07/2024	Prestige Tournament 2024
56	1:27.75 L	F	Josslyn Gaudie	17	RFA TSH	07/12/2024	NWS Championships 2024
57	1:28.07 L	P	Riley Hattingh-Steyn	17	SOUL ECU	05/12/2024	EGA Summer Championships
58	1:28.36 L	F	Clarise Coetzer	17	STSC KCD	07/12/2024	Stingrays Champs 2024
59	1:28.61 L	F	Carmi Schoeman	17	HPP BUF	01/02/2025	Limpopo School Champs & Limpopo A
60	1:28.87 L	F	Cherise Coetzer	17	STSC KCD	23/11/2024	KCDA Age Group Gala 3
61	1:28.98 L	F	Esmari Weitsz	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
62	1:29.11 L	F	Erin Glover	17	TYGE CPT	21/09/2024	CTA INVITATIONAL LC MEET
63	1:29.75 L	P	Colby Cochrane	17	CRSC JHB	20/03/2025	SA Level 3 Champs 2025-NT
64	1:29.77 L	F	Cameron Landman	17	BETH FDD	04/12/2024	Free State Champs 2024
65	1:29.98 L	F	Bay-Linn Oelofse	17	TNDER FDD	15/11/2024	Valsrivier Gala 2024
66	1:30.35 L	F	Lois Fourie	17	UCT CPT	20/02/2025	Inter High 2025
67	1:31.01 L	F	Fallon Tweedie	17	PEAS NMA	17/08/2024	Madibaz Swim Meet 2024
68	1:31.29 L	F	Katie-Peta Marcelino	17	KLOO ETH	14/06/2024	AQZ Winter Warmer 2024
69	1:31.41 L	P	Samantha Cameron	17	IND-M	26/03/2025	SA Level 3 Regional Age Group Chan
70	1:31.42 L	P	Isabel Vorster	17	BLNE MAN	04/12/2024	Free State Champs 2024
71	1:31.47 L	F	Mari Zanne Nortje	17	TKS WBD	29/11/2024	Limpopo Champs 2024
72	1:31.84 L	F	Francis Whelan	17	BLOT MAN	24/08/2024	Kovsie Gala 2
73	1:31.88 L	F	Jana Helmand	17	BLOT MAN	06/09/2024	Bull Sharks Annual Gala
74	1:32.66 L	F	Hanrike Barnard	17	HREF BPD	28/03/2025	SA Level 2 Regional Age Group Cham
75	1:32.72 L	F	Emma Wentzel	17	AA JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Ja
76	1:32.99 L	F	Eunice Fourie	17	UCT CPT	20/02/2025	Inter High 2025
77*	1:33.41 L	F	Jenna Loubser	17	SLAQ CPT	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
77*	1:33.41 L	P	Aarya Morar	17	ATLA JHB	29/11/2024	CGA Championships 2024
79	1:34.54 L	P	Clara van Rooyen	17	PGAC ECU	05/12/2024	EGA Summer Championships
80	1:35.43 L	F	Taaliah Rinquest	17	MARL CPT	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)
81	1:35.82 L	P	Marilee Coetzee	17	DOLFI MPD	27/03/2025	SA Level 2 Champs 2025 EGA
82	1:37.09 L	F	Mignon Smit	17	SS MPD	12/10/2024	Limpopo Age Group 4
83	1:37.69 L	P	Charissa Volschenk	17	VHD ZLD	31/03/2025	SA Level 2 Champs 2025-KZN
84	1:37.88 L	P	Alexa Wood	17	STSC KCD	31/03/2025	SA Level 2 Champs 2025-KZN

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
85	1:38.75 L	P	Thurayya Moodley	17	LEGC ETH	31/03/2025	SA Level 2 Champs 2025-KZN	
86	1:39.57 L	F	Keatlegile Makhate	17	MECS WBD	01/02/2025	Limpopo School Champs & Limpopo A	
87	1:40.52 L	F	Carla Pienaar	17	VHD ZLD	07/12/2024	Stingrays Champs 2024	
88	1:40.70 L	F	Kayla-Jade Van Heerden	17	RSA	04/10/2024	Curro AquaElite Gala	
89	1:40.96 L	F	Muneerah Khan	17	SWIM1 JHB	15/02/2025	CGA Summer Gala #6 Level 2+ 15 Fe	
90	1:41.72 L	F	Tyra Kasonkomona	17	MATL KKD	07/12/2024	NWS Championships 2024	
91	1:41.87 L	F	Lianka Du Toit	17	HPP BUF	08/10/2024	Limpopo Top 8 - High Schools	
92	1:41.96 L S	F	Maya Lockitch	17	CYBE CPT	02/11/2024	CTA A & B CHAMPS 2024	
93	1:41.99 L	F	Aneska van Zyl	17	SHS KK	08/02/2025	BCSA High School Trials 2025	
94	1:43.22 L	F	Cara Fourie	17	UPSK ZMD	08/02/2025	NCASA SPRINTS 2025	
95	1:43.53 L	P	Johane Viljoen	17	BLNE MAN	04/12/2024	Free State Champs 2024	
96	1:43.66 L	F	Ami-Leigh Immerman	17	VPHS NMA	08/02/2025	Nelson Mandela Bay Schools Trials &	
97	1:44.43 L	F	Tianel Van Der Merwe	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024	
98	1:45.01 L	F	Kimberley Strong	17	KTS	08/02/2025	NCASA SPRINTS 2025	
99	1:45.66 L	F	Amy Lazarou	17	AWSC JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Ja	
100	1:46.88 L	F	Madelein Bronkhorst	17	AGAQ OBD	22/02/2025	Swartland Invitational Gala 2025	
101	1:47.66 L	F	Makayla Lombard	17	JAQ EKU	26/10/2024	Summer 3 Delville	
102	1:48.24 L	F	Nthanki Kumalo	17	ELEC TSH	13/09/2024	NTS September Age Group 2024	
103	1:48.43 L	F	Gia Hoadley	17	HBV MP	08/10/2024	Limpopo Top 8 - High Schools	
104	1:48.94 L	F	Pippa Wood	17	HSTAN MP	08/10/2024	Limpopo Top 8 - High Schools	
105	1:49.02 L	F	Annabelle Roberts	17	LALE CED	21/09/2024	CTA INVITATIONAL LC MEET	
106	1:50.34 L	F	Lianne Labuschagne	17	NWUC KKD	23/11/2024	NWS Age Group 3 + 4 2024	
107	1:51.00 L	F	Liandi Strydom	17	NAE EZD	01/03/2025	SSA LEVEL 1 REGIONAL CHAMPS 2	
108	1:59.92 L	F	Elanza Oosthuizen	17	PHS CCD	08/10/2024	Limpopo Top 8 - High Schools	
109	2:00.13 L	F	Charlotte Heyneman	17	CWBH NMA	22/02/2025	Eastern Cape School Provincial Trials	
110	2:00.33 L	F	Kayla Swanepoel	17	FISH EDD	22/02/2025	EDEN 5th A-League Gala 2025	
111	2:05.93 L	F	Amy Klink	17	JAQ EKU	26/10/2024	Summer 3 Delville	
112	2:05.96 L	F	Sckylar Lambert	17	ESP EKU	01/02/2025	EGA Last Chance Gala	
113	2:06.99 L	F	Michelle Allison	17	EVO CPT	22/02/2025	Swartland Invitational Gala 2025	
114	2:19.96 L	F	Madison Isaacs	17	WEST CPT	21/09/2024	CTA INVITATIONAL LC MEET	
115	2:53.56 L	F	Owethu Mokwena	17	NW	30/03/2025	2025 National Champs for Physically&	
Women 200 Breast								
1	2:35.08 L	F	Keira Van Heerden	17	ECA BUF	09/04/2025	SA National Aquatic SNR-Champ 202	
2	2:38.88 L	F	Cassandra Sikiotis	17	AGB JHB	09/04/2025	SA National Aquatic SNR-Champ 202	
3	2:45.46 L	F	Myra Viduya	17	ECA BUF	09/04/2025	SA National Aquatic SNR-Champ 202	
4	2:47.72 L S	F	Dane De Klerk	17	BLSS MAN	04/12/2024	Free State Champs 2024	
5	2:47.92 L	F	Loghan Gray	17	MDOL JHB	29/11/2024	CGA Championships 2024	
6	2:48.14 L	P	Rebecca Kuhn	17	CA EKU	28/02/2025	2025 Grand Prix 2 Invitational Meet -N	
7	2:49.00 L S	F	Kayla Petersen	17	USC BUF	25/04/2025	SA National Junior Age Grou-WCA 20	
8	2:49.26 L	F	Mianique Lombard	17	FSS	05/04/2025	SA Schools Swimming Championship	
9	2:51.88 L	F	Monique Oosthuizen	17	UCT CPT	20/02/2025	Inter High 2025	
10	2:53.44 L	F	Kaitlynn Horne	17	PEAS NMA	13/07/2024	1st A League Gala 2024	
11	2:54.27 L S	P	Nikha Lambden	17	EXP TSH	25/04/2025	SA National Junior Age Grou-WCA 20	
12	2:55.12 L S	P	Tatum Lauf	17	MDOL JHB	25/04/2025	SA National Junior Age Grou-WCA 20	
13	2:55.90 L S	F	Nanette Jordaan	17	BLOT MAN	04/12/2024	Free State Champs 2024	
14	2:56.68 L S	P	Simone Van Aswegen	17	WATR JHB	25/04/2025	SA National Junior Age Grou-WCA 20	
15	2:56.76 L S	F	Mathilda Liebenberg	17	POTC KKD	07/12/2024	NWS Championships 2024	
16	2:57.25 L	P	Kirstin Brady	CR	VASA EKU	28/02/2025	2025 Grand Prix 2 Invitational Meet -N	
17	2:57.52 L	F	Farhah Valli	17	CA EKU	01/02/2025	EGA Last Chance Gala	
18	2:58.49 L	F	Shani Olivier	17	PAQU CED	05/12/2024	Western Cape LC-A Championship 20	
19	2:58.95 L	F	Zara Jeftha	17	MARL CPT	14/02/2025	Western Cape Elite Gala 2025	
20	2:59.16 L	F	Jani Borman	17	SWAR WCD	08/02/2025	WCA-B Champs - 2025	
21	2:59.34 L	T	Erin Beyers	17	UNI EZD	14/02/2025	MP AGE GROUP 6 GALA 14-15 FEBF	
22	2:59.73 L S	P	Hannah Witten	17	AQDO CPT	25/04/2025	SA National Junior Age Grou-WCA 20	
23	2:59.79 L	F	Hannah Rigby	17	ELEC TSH	22/02/2025	EGA Lets Sprint Incomp Gauteng Schoi	
24	2:59.81 L	P	Kendra Beukes	17	PGAC EKU	20/03/2025	SA Level 3 Champs 2025-NT	
25	3:00.33 L	F	Amelia Vincent	17	BLSS MAN	14/02/2025	Neptune Last Chance Gala	
26	3:00.38 L	F	Tanè Putter	17	RSA	04/10/2024	Curro AquaElite Gala	
27	3:01.68 L	F	Acacia-Cailyn Abell	17	MDOL JHB	20/03/2025	SA Level 3 Champs 2025-NT	

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25
Number of Top Times: All Show Long Course Only

Time		P/F/S	Name	Age/Yr	
28	3:02.12 L	P	Abigail Phillips	17	SASE JHB 29/11/2024 CGA Championships 2024
29	3:02.97 L	F	Abigayle Otto	17	CA EKU 01/02/2025 EGA Last Chance Gala
30	3:03.82 L S	P	Tamryn Kunneke	17	RFA TSH 25/04/2025 SA National Junior Age Grou-WCA 20
31	3:04.89 L	P	Hannah Prince	17	OLDE JHB 29/11/2024 CGA Championships 2024
32	3:06.15 L	F	Tiffany Marshall	17	UNIU EZD 10/01/2025 2024 Grand Prix Invitation Swimming I
33	3:06.40 L	F	Taylor Hemphill	17	SEALS ETH 05/12/2024 EGA Summer Championships
34	3:06.81 L	F	Simone Theron	17	TKS WBD 29/11/2024 Limpopo Champs 2024
35	3:06.99 L	F	Emma Roberts	17	UNIU EZD 29/11/2024 Mpumalanga Championships 2024
36	3:07.77 L	F	Aruli Fick	17	USH KCD 02/07/2024 Prestige Tournament 2024
37	3:10.47 L	P	Mmathabo Marite	17	CRSC JHB 29/11/2024 CGA Championships 2024
38	3:11.31 L	F	Riley Hattingh-Steyn	17	SOUL EKU 20/03/2025 SA Level 3 Champs 2025-NT
39	3:11.60 L	F	Clarise Coetzer	17	STSC KCD 07/12/2024 Stingrays Champs 2024
40	3:11.69 L	F	Josslyn Gauldie	17	RFA TSH 20/03/2025 SA Level 3 Champs 2025-NT
41	3:12.12 L	F	Lerato Molobye	17	NWS 25/01/2025 4+1 INTERPROVINCIAL GALA 2025
42	3:12.61 L	F	Yusrah Du Toit	17	UWCA CPT 02/11/2024 CTA A & B CHAMPS 2024
43	3:12.65 L	F	Katie-Peta Marcelino	17	KLOO ETH 14/06/2024 AQZ Winter Warmer 2024
44	3:14.04 L	F	Cherise Coetzer	17	STSC KCD 25/01/2025 uShaka Champs 2025
45	3:14.72 L	F	Cara Corrigan	17	FISH EDD 20/03/2025 SA Level 3 Regional Age Group Chan
46	3:14.82 L	F	Carmi Schoeman	17	HPP BUF 01/02/2025 Limpopo School Champs & Limpopo A
47	3:15.40 L	F	Erin Glover	17	TYGE CPT 09/11/2024 Winelands SL4
48	3:16.43 L	F	Cara Crichton	17	TUKS TSH 11/10/2024 NTS Level 1+2 October Age Group 20
49	3:17.70 L	F	Cameron Landman	17	BETH FDD 14/02/2025 Neptune Last Chance Gala
50	3:17.82 L	F	Bay-Linn Oelofse	17	TNDER FDD 15/11/2024 Valsrivier Gala 2024
51	3:19.77 L	F	Eunice Fourie	17	UCT CPT 20/02/2025 Inter High 2025
52	3:20.43 L	F	Jenna Loubser	17	SLAQ CPT 17/10/2024 43rd Freda Barnard Invitational Gala
53	3:20.63 L	P	Jorja Da Cunha	17	CA EKU 05/12/2024 EGA Summer Championships
54	3:20.72 L	F	Isabel Vorster	17	BLNE MAN 28/06/2024 Sentraal Winter Gala
55	3:22.38 L	F	Emma Wentzel	17	AA JHB 27/03/2025 SA Level 2 Champs 2025-EGA
56	3:22.87 L	F	Thurayya Moodley	17	LEGC ETH 31/03/2025 SA Level 2 Champs 2025-KZN
57	3:23.50 L	F	Hanrike Barnard	17	HREF BPD 28/03/2025 SA Level 2 Regional Age Group Cham
58	3:24.34 L	P	Clara van Rooyen	17	PGAC EKU 20/03/2025 SA Level 3 Champs 2025-NT
59	3:27.64 L	F	Keatlegile Makhate	17	MECS WBD 01/02/2025 Limpopo School Champs & Limpopo A
60	3:28.62 L	P	Kayla Botha	17	PER JHB 29/11/2024 CGA Championships 2024
61	3:32.60 L	P	Charissa Volschenk	17	VHD ZLD 31/03/2025 SA Level 2 Champs 2025-KZN
62	3:32.75 L	F	Maya Lockitch	17	CYBE CPT 21/09/2024 CTA INVITATIONAL LC MEET
63	3:34.33 L	F	Marilee Coetzee	17	DOLFI MPD 29/11/2024 Limpopo Champs 2024
64	3:41.37 L	F	Alexa Wood	17	STSC KCD 31/03/2025 SA Level 2 Champs 2025-KZN
65	3:45.78 L	F	Tyra Kasonkomona	17	MATL KKD 23/11/2024 NWS Age Group 3 + 4 2024
66	3:46.60 L S	F	Johane Viljoen	17	BLNE MAN 04/12/2024 Free State Champs 2024
67	3:47.82 L	F	Cara Fourie	17	UPSK ZMD 08/02/2025 NCASA SPRINTS 2025
68	3:48.57 L	F	Tianel Van Der Merwe	17	MSC NGD 01/11/2024 MP AGE GROUP 3 1-2 NOV 2024
69	3:49.95 L	F	Amy Lazarou	17	AWSC JHB 27/03/2025 SA Level 2 Champs 2025-EGA
70	3:50.85 L	F	Nthanki Kumalo	17	ELEC TSH 27/03/2025 SA Level 2 Champs 2025-EGA
71	3:52.62 L	F	Zani Vermeulen	17	FISH EDD 17/10/2024 43rd Freda Barnard Invitational Gala
72	3:55.03 L	F	Madelein Bronkhorst	17	AGAQ OBD 09/11/2024 Swartland Prestige Gala 2024
73	3:55.48 L	F	Makayla Lombard	17	JAQ EKU 27/03/2025 SA Level 2 Champs 2025 EGA
74	4:06.51 L S	F	Lianne Labuschagne	17	NWUC KKD 07/12/2024 NWS Championships 2024
75	4:40.29 L	P	Amy Klink	17	JAQ EKU 05/12/2024 EGA Summer Championships
Women 50 Fly					
1	28.38 L S	F	Keira Van Heerden	17	ECA BUF 09/04/2025 SA National Aquatic SNR-Champ 202
2	28.81 L	P	Myra Viduya	17	INFA NMA 15/06/2024 PEA Winter Gala 2024
3	28.93 L	F	Rebecca Fury	17	VINE CPT 25/04/2025 SA National Junior Age Grou-WCA 20
4	29.09 L S	P	Jessica Carmody	17	KZNA ETH 09/04/2025 SA National Aquatic SNR-Champ 202
5	29.10 L	F	Dane De Klerk	17	BLSS MAN 25/04/2025 SA National Junior Age Grou-WCA 20
6	29.25 L	F	Daena Robinson	17	SEAL UMD 25/04/2025 SA National Junior Age Grou-WCA 20
7	29.34 L	F	Jana Lombard	17	LALE CED 25/04/2025 SA National Junior Age Grou-WCA 20
8	29.35 L	F	Cassidy Burgess	17	VINE CPT 05/12/2024 Western Cape LC-A Championship 20
9	29.45 L	F	Isabella Webber	17	VINE CPT 25/04/2025 SA National Junior Age Grou-WCA 20
10	29.60 L	F	Grace Morris	17	LALE CED 09/11/2024 Winelands SL4

Individual Top Times

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	Time	P/F/S	Name	Age/Yr			
11	29.84 L	F	Emma De Wet	17	CASC CPT	05/12/2024	Western Cape LC-A Championship 20
12	29.93 L	P	Isabella Desfontaines	CR	VASA EKU	05/12/2024	EGA Summer Championships
13	30.13 L	F	Hayley Hoy	17	TUKS TSH	04/12/2024	XX AA Zone IV LC Championships 4-7
14	30.20 L	F	Melissa Kuun	17	EDA ED	11/01/2025	EDEN INTER DISTRICT PRESTIGE 2
15	30.23 L	F	Christina Gennarakis	17	CASC CPT	25/04/2025	SA National Junior Age Grou-WCA 20
16	30.30 L	F	Ella Mills	17	MPS NGD	05/04/2025	SA Schools Swimming Championship
17	30.41 L	F	Emily Lott	17	ASA ILD	25/04/2025	SA National Junior Age Grou-WCA 20
18	30.44 L	F	Ava Fourie	17	TRAZ TSH	22/02/2025	EGA Lets Sprint Incorp Gauteng Schoi
19	30.55 L	P	Carleigh Palmer	17	AA JHB	28/02/2025	2025 Grand Prix 2 Invitational Meet -N
20	30.63 L	F	Chanel Baenhoff	17	BLSS MAN	04/12/2024	Free State Champs 2024
21	30.77 L	F	Xanthe Nagel	17	MCS BP	28/02/2025	NW School Championships 2025
22	30.79 L	F	Marony Jacobs	17	INFA NMA	15/06/2024	PEA Winter Gala 2024
23	30.81 L	P	Erin Hudson	17	AA JHB	29/11/2024	CGA Championships 2024
24	30.92 L	F	Isabel Vorster	17	BLNE MAN	04/12/2024	Free State Champs 2024
25	30.94 L	P	Tatum Cabral	17	ELEC TSH	25/04/2025	SA National Junior Age Grou-WCA 20
26	30.98 L	P	Veneske Steenkamp	17	FISH EDD	05/12/2024	Western Cape LC-A Championship 20
27	30.99 L	P	Gabriella Douglas	17	BAS EKU	05/12/2024	EGA Summer Championships
28	31.12 L	F	Morgan Rabie	17	TUKS TSH	20/03/2025	SA Level 3 Champs 2025-NT
29	31.18 L	F	Nanette Jordaan	17	BLOT MAN	13/09/2024	Pelicans Age Group Gala
30	31.21 L	F	Jade Jarvis	17	SAAW CPT	20/03/2025	SA Level 3 Regional Age Group Chan
31	31.32 L	F	Jordyn Collett	17	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 202
32	31.33 L	F	Simone Theron	17	HSBV SKD	08/10/2024	Limpopo Top 8 - High Schools
33	31.34 L	P	Mianique Lombard	17	WSS LLD	04/12/2024	Free State Champs 2024
34	31.35 L	P	Beane Swanepoel	17	VRC TSH	05/12/2024	EGA Summer Championships
35	31.50 L	F	Erin Mayoss	17	RSA	04/10/2024	Curro AquaElite Gala
36	31.55 L	F	Carmi Schoeman	17	HPP BUF	08/10/2024	Limpopo Top 8 - High Schools
37	31.67 L	F	Amelia Vincent	17	BLSS MAN	04/12/2024	Free State Champs 2024
38	31.75 L	P	Nicole Beling	17	CA EKU	28/02/2025	2025 Grand Prix 2 Invitational Meet -N
39	31.76 L	F	Ella Pretorius	TR	VASA EKU	18/01/2025	EGA Summer 5
40	31.81 L	F	Grace George	17	SEAL UMD	02/07/2024	Prestige Tournament 2024
41	31.88 L	P	Keira Lee Duncan	17	KZNS	05/04/2025	SA Schools Swimming Championship
42	31.89 L	P	Tiffany Marshall	17	UNI EZD	25/04/2025	SA National Junior Age Grou-WCA 20
43	31.93 L	F	Hayley Beling	17	CA EKU	05/12/2024	EGA Summer Championships
44	32.11 L	F	Kayla Petersen	17	USC BUF	22/11/2024	BCA Long Course Championships 202
45	32.13 L	F	Mari Zanne Nortje	17	HSBV SKD	08/10/2024	Limpopo Top 8 - High Schools
46	32.15 L	F	Rebecca Kuhn	17	CA EKU	26/10/2024	Summer 3 Delville
47	32.20 L	P	Holley Jacoby	17	VIKI BUF	15/06/2024	PEA Winter Gala 2024
48	32.27 L	F	Madison Fourie	17	INFA NMA	17/08/2024	Madibaz Swim Meet 2024
49	32.49 L	P	Aarya Morar	17	ATLA JHB	29/11/2024	CGA Championships 2024
50	32.51 L	F	Clarise Coetzer	17	STSC KCD	25/01/2025	uShaka Champs 2025
51	32.55 L	F	Cara Crichton	17	TUKS TSH	27/03/2025	SA Level 2 Champs 2025-EGA
52	32.58 L	P	Tamsyn Kotzé	17	BLMA CPT	25/04/2025	SA National Junior Age Grou-WCA 20
53	32.60 L	F	Caitlin Watson	17	BLMA CPT	20/03/2025	SA Level 3 Regional Age Group Chan
54	32.75 L	F	Yusrah Du Toit	17	UWCA CPT	25/01/2025	CTA Qualifying Meet 6 - (L2 & above)
55	32.78 L	P	Sinesipho Sibiya	17	SEAL UMD	02/07/2024	Prestige Tournament 2024
56	32.81 L	F	Cara Corrigan	17	FISH EDD	20/03/2025	SA Level 3 Regional Age Group Chan
57	32.90 L	F	Madelé Harding	17	NWS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
58	32.92 L	F	Anli Rademeyer	17	QUIC CPT	01/02/2025	CTA BRIAN BUTTON Qualifying Meet
59*	32.94 L	P	Nikha Lambden	17	EXP TSH	25/04/2025	SA National Junior Age Grou-WCA 20
59*	32.94 L	F	Joy Vd Westhuizen	17	AQDO CPT	20/03/2025	SA Level 3 Regional Age Group Chan
61	32.96 L	P	Gemma Goncalves	17	KZNS	05/04/2025	SA Schools Swimming Championship
62	33.02 L	F	Francis Whelan	17	BLOT MAN	14/02/2025	Neptune Last Chance Gala
63	33.31 L	F	Lume Louw	17	USC BUF	13/07/2024	1st A League Gala 2024
64	33.33 L	F	Deidre Olivier	17	NWS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
65	33.35 L	F	Erin Beyers	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
66*	33.50 L	F	Elmarie De Witt	17	RSA	04/10/2024	Curro AquaElite Gala
66*	33.50 L	F	Emma Roberts	17	UNIU EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
68	33.57 L	P	Erin Glover	17	TYGE CPT	05/12/2024	Western Cape LC-A Championship 20
69	33.69 L	P	Amahle Mhlongo	17	PSCP UMD	02/07/2024	Prestige Tournament 2024

Individual Top Times

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	Time	P/F/S	Name	Age/Yr			
70	33.70 L	F	Simone Van Aswegen	17	WATR JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Ja
71	33.79 L	P	Tatum Lauf	17	MDOL JHB	29/11/2024	CGA Championships 2024
72	33.80 L	F	Kaylin Stieger	17	NWUC KKD	07/12/2024	NWS Championships 2024
73	33.86 L	P	Taylor Hemphill	17	SEALS ETH	05/12/2024	EGA Summer Championships
74*	34.03 L	F	Neema Banza	17	UNI EZD	31/01/2025	AG 5 MP SA SCHOOLS TRIALS 31 J/
74*	34.03 L	F	Monique Oosthuizen	17	UCT CPT	20/02/2025	Inter High 2025
76	34.04 L	F	Holly Allison	17	AZON ETH	02/07/2024	Prestige Tournament 2024
77*	34.08 L	F	Jana Helmand	17	BLOT MAN	06/09/2024	Bull Sharks Annual Gala
77*	34.08 L	P	Miana Fourie	17	BLSS MAN	04/12/2024	Free State Champs 2024
79	34.15 L	P	Colby Cochrane	17	CRSC JHB	20/03/2025	SA Level 3 Champs 2025-NT
80	34.21 L	F	Kate Truter	17	BEAV ETH	25/01/2025	uShaka Champs 2025
81	34.33 L	F	Alexia Luz	17	SOUL EKU	12/10/2024	EGA Summer 2
82*	34.40 L	F	Mia Pienaar	17	VHD ZLD	07/12/2024	Stingrays Champs 2024
82*	34.40 L	P	Mmathabo Marite	17	CRSC JHB	29/11/2024	CGA Championships 2024
82*	34.40 L	F	Megan Kemp	17	TINC TSH	11/10/2024	NTS Level 1+2 October Age Group 20
85	34.51 L	P	Caitlin Kennedy	17	AFIN JHB	29/11/2024	CGA Championships 2024
86	34.63 L	P	Aruli Fick	17	USH KCD	02/07/2024	Prestige Tournament 2024
87	34.67 L	F	Jenna Loubser	17	SLAQ CPT	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
88	34.72 L	P	Hannah Prince	17	OLDE JHB	29/11/2024	CGA Championships 2024
89	34.82 L	P	Esmari Weitsz	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
90	34.96 L	P	Shani Olivier	17	PAQU CED	05/12/2024	Western Cape LC-A Championship 20
91	35.08 L	F	Lize Burness	17	TUKS TSH	13/09/2024	NTS September Age Group 2024
92	35.17 L	F	Bay-Linn Oelofse	17	TNDER FDD	15/11/2024	Valsrivier Gala 2024
93	35.18 L	P	Kendra Beukes	17	PGAC EKU	20/03/2025	SA Level 3 Champs 2025-NT
94	35.19 L	F	Monize Wingard	17	NHS EZD	19/02/2025	EHLANZENI INTER HIGH GALA 19 FI
95	35.23 L	P	Zara Jeftha	17	MARL CPT	05/12/2024	Western Cape LC-A Championship 20
96	35.24 L	P	Kirstin Brady	CR	VASA EKU	05/12/2024	EGA Summer Championships
97	35.32 L	F	Fallon Tweedie	17	PEAS NMA	17/08/2024	Madibaz Swim Meet 2024
98	35.42 L	F	Mia Barnard	17	UCT CPT	20/02/2025	Inter High 2025
99	35.50 L	P	Gail Polman	17	CASC CPT	28/03/2025	SA Level 2 Regional Age Group Cham
100	35.65 L	F	Rudine Van Wyk	17	PAC TSH	27/03/2025	SA Level 2 Champs 2025-EGA
101	35.68 L	F	Cara Fourie	17	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
102	35.87 L	P	Nazneen Mohamed	17	ATLA JHB	29/11/2024	CGA Championships 2024
103	35.96 L	F	Lois Fourie	17	BLSS MAN	25/10/2024	Neptunes Gala
104*	36.12 L	F	Alexa Louw	17	BLMA CPT	08/02/2025	WCA-B Champs - 2025
104*	36.12 L	F	Cameron Landman	17	BETH FDD	28/03/2025	SA Level 2 Regional Age Group Cham
106	36.13 L	F	Catherine Wentzel	17	FRA KCD	26/10/2024	Froggies Aquatics Championships 202
107	36.23 L	P	Johane Viljoen	17	BLNE MAN	04/12/2024	Free State Champs 2024
108	36.25 L	F	Abigayle Otto	17	CA EKU	12/10/2024	EGA Summer 2
109	36.35 L	P	Mignon Smit	17	SS MPD	20/03/2025	SA Level 3 Champs 2025-NT
110	36.43 L	P	Emma Wentzel	17	AA JHB	29/11/2024	CGA Championships 2024
111	36.44 L	F	Cherise Coetzer	17	STSC KCD	01/02/2025	KCDA Age Group 4 2024
112	36.46 L	P	Jaiden Funnell	17	AA JHB	29/11/2024	CGA Championships 2024
113	36.54 L	F	Catherine Jones	17	RFA TSH	18/10/2024	NTS Level 3+ October Age Group 202
114	36.73 L	F	Acacia-Cailyn Abell	17	MDOL JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Ja
115	36.85 L	P	Charissa Volschenk	17	VHD ZLD	31/03/2025	SA Level 2 Champs 2025-KZN
116	36.87 L	P	Josslyn Gauldie	17	RFA TSH	20/03/2025	SA Level 3 Champs 2025-NT
117	36.95 L	F	Marilee Coetzee	17	HFDT MP	01/02/2025	Limpopo School Champs & Limpopo A
118	37.25 L	F	Makayla Lombard	17	JAQ EKU	18/01/2025	EGA Summer 5
119	37.30 L	F	Hanrike Barnard	17	HREF BPD	28/03/2025	SA Level 2 Regional Age Group Cham
120	37.38 L	P	Jorja Da Cunha	17	CA EKU	05/12/2024	EGA Summer Championships
121	37.65 L	F	Abigale Meineke	17	AQUA UTD	11/01/2025	Uthukela District Age Group Gala
122	37.88 L	P	Eunice Fourie	17	BLSS MAN	04/12/2024	Free State Champs 2024
123	37.89 L	F	Sally-Louise Ingwe	CR	VASA EKU	12/10/2024	EGA Summer 2
124	37.91 L	F	Neo Cele	17	ELEC TSH	13/09/2024	NTS September Age Group 2024
125	37.92 L	F	Ami-Leigh Immerman	17	VPHS NMA	08/02/2025	Nelson Mandela Bay Schools Trials &
126	38.07 L	F	Lerato Molobybe	17	HREF BPD	07/12/2024	NWS Championships 2024
127*	38.44 L	F	Jamilah Tshiyoyo	17	TUKS TSH	11/10/2024	NTS Level 1+2 October Age Group 20
127*	38.44 L	F	Carmen Botha	17	MATL KKD	23/11/2024	NWS Age Group 3 + 4 2024

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25
Number of Top Times: All Show Long Course Only

	Time		P/F/S	Name	Age/Yr			
129	38.46	L	P	Shannon Coetzee	17	PGAC	EKU	05/12/2024 EGA Summer Championships
130	38.63	L	F	Ammara Jagger	17	AQDO	CPT	17/10/2024 43rd Freda Barnard Invitational Gala
131	38.66	L	P	Amy Lazarou	17	AWSC	JHB	29/11/2024 CGA Championships 2024
132	39.29	L	F	Taaliah Rinquest	17	MARL	CPT	17/10/2024 43rd Freda Barnard Invitational Gala
133	39.38	L	F	Anrieks Henning	17	TRALI	MAN	28/06/2024 Sentraal Winter Gala
134	39.73	L	F	Riley Hattingh-Steyn	17	SOUL	EKU	12/10/2024 EGA Summer 2
135	40.01	L	P	Daniëlle Le Roux	17	SS	MPD	27/03/2025 SA Level 2 Champs 2025 EGA
136	40.39	L	F	Jean Marie Swartz	17	TONAU	CCD	01/02/2025 Limpopo School Champs & Limpopo A
137	40.97	L	F	Isabella Vicente	17	SOUL	EKU	12/10/2024 EGA Summer 2
138	41.27	L	F	Lianne Labuschagne	17	NWUC	KKD	07/12/2024 NWS Championships 2024
139	41.28	L	F	Nthanki Kumalo	17	ELEC	TSH	11/10/2024 NTS Level 1+2 October Age Group 20
140	41.31	L	F	Alyssa Bester	17	QSAW	CED	09/11/2024 Winelands SL4
141	41.63	L	P	Thurayya Moodley	17	LEGC	ETH	31/03/2025 SA Level 2 Champs 2025-KZN
142	42.44	L	F	Tatenda Chamboko	17	MDOL	JHB	10/01/2025 2024 Grand Prix Invitation Swimming I
143	42.77	L	F	Keatlegile Makhate	17	TKS	WBD	29/11/2024 Limpopo Champs 2024
144	42.84	L	F	Kimberley Strong	17	KTS		08/02/2025 NCASA SPRINTS 2025
145	42.86	L	F	Sckylar Lambert	17	ESP	EKU	26/10/2024 Summer 3 Delville
146	42.87	L	F	Clara van Rooyen	17	PGAC	EKU	26/10/2024 Summer 3 Delville
147	42.99	L	F	Christn Engelbrecht	17	KPA	EZD	01/03/2025 SSA LEVEL 1 REGIONAL CHAMPS 2
148	43.36	L	F	Emma Kruger	17	DDA	TSH	01/02/2025 EGA Last Chance Gala
149	43.44	L	P	Tyra Kasonkomona	17	MATL	KKD	28/03/2025 SA Level 2 Regional Age Group Cham
150	44.12	L	F	Ame Quinn	17	ROB	EZD	19/02/2025 EHLANZENI INTER HIGH GALA 19 FI
151	44.13	L	P	Ahara-Anne Maherry	17	BEAV	ETH	02/07/2024 Prestige Tournament 2024
152	45.84	L S	F	Maya Lockitch	17	CYBE	CPT	21/09/2024 CTA INVITATIONAL LC MEET
153	46.28	L	F	Madelein Bronkhorst	17	AGAQ	QBD	17/10/2024 43rd Freda Barnard Invitational Gala
154	47.68	L	P	Amy Klink	17	JAQ	EKU	05/12/2024 EGA Summer Championships
155	48.32	L	F	Lisa Bloem	17	BLOT	MAN	09/11/2024 Bull Sharks Gala
156	49.86	L	F	Alisha Calokechi	17	HSTAN	MP	08/10/2024 Limpopo Top 8 - High Schools
157	51.46	L	F	Caylin Bach	17	AASC	EZD	29/11/2024 Mpumalanga Championships 2024
158	1:01.99	L	F	Georgia Papamichael	17	VPHS	NMA	22/02/2025 Eastern Cape School Provincial Trials
Women 100 Fly								
1	1:02.43	L	F	Keira Van Heerden	17	ECA	BUF	09/04/2025 SA National Aquatic SNR-Champ 202
2	1:02.88	L	F	Hannah Mouton	17	AGC	TSH	09/04/2025 SA National Aquatic SNR-Champ 202
3	1:03.31	L S	F	Dane De Klerk	17	BLSS	MAN	25/04/2025 SA National Junior Age Grou-WCA 20
4	1:03.59	L	F	Myra Viduya	17	INFA	NMA	28/02/2025 2025 Grand Prix 2 Invitational Meet -N
5	1:04.88	L S	F	Cassidy Burgess	17	VINE	CPT	05/12/2024 Western Cape LC-A Championship 20
6	1:05.15	L S	F	Isabella Webber	17	VINE	CPT	25/04/2025 SA National Junior Age Grou-WCA 20
7	1:05.69	L S	F	Rebecca Fury	17	VINE	CPT	25/04/2025 SA National Junior Age Grou-WCA 20
8	1:06.08	L	F	Emma De Wet	17	TUKS	TSH	21/02/2025 NTS Age Group Feb Tuks
9	1:06.57	L	F	Kaitlynne Horne	17	PEAS	NMA	15/06/2024 PEA Winter Gala 2024
10	1:06.80	L	P	Jana Lombard	17	WCA	CPT	09/04/2025 SA National Aquatic SNR-Champ 202
11	1:07.02	L	P	Melissa Kuun	17	WCA	CPT	09/04/2025 SA National Aquatic SNR-Champ 202
12	1:07.05	L	F	Veneske Steenkamp	17	WCS		05/04/2025 SA Schools Swimming Championship
13	1:07.20	L	F	Marony Jacobs	17	INFA	NMA	13/12/2024 NMBA Championships 2024
14	1:07.74	L	F	Hayley Hoy	17	TUKS	TSH	04/12/2024 XX AA Zone IV LC Championships 4-7
15	1:08.18	L	F	Daena Robinson	17	SEAL	UMD	08/03/2025 Invitational Meet 2025
16	1:08.29	L S	P	Isabel Vorster	17	BLNE	MAN	25/04/2025 SA National Junior Age Grou-WCA 20
17	1:08.43	L	P	Isabella Desfontaines	CR	VASA	EKU	05/12/2024 EGA Summer Championships
18	1:08.59	L	F	Ella Mills	17	UNIU	EZD	29/11/2024 Mpumalanga Championships 2024
19	1:09.34	L	F	Jessica Carmody	17	AZON	ETH	14/06/2024 AQZ Winter Warmer 2024
20	1:09.40	L	F	Nanette Jordaen	17	RSA		04/10/2024 Curro AquaElite Gala
21	1:09.43	L	F	Loghan Gray	17	MDOL	JHB	10/01/2025 2024 Grand Prix Invitation Swimming I
22	1:09.96	L	F	Ava Fourie	17	TRAZ	TSH	20/03/2025 SA Level 3 Champs 2025-NT
23	1:10.05	L	F	Tatum Cabral	17	ELEC	TSH	22/02/2025 EGA Lets Sprint Incorpor Gauteng Scho
24	1:10.40	L	P	Carleigh Palmer	17	AA	JHB	28/02/2025 2025 Grand Prix 2 Invitational Meet -N
25	1:10.75	L	F	Emily Lott	17	ASA	ILD	08/03/2025 Invitational Meet 2025
26	1:10.88	L	F	Carmi Schoeman	17	TKS	WBD	29/11/2024 Limpopo Champs 2024
27	1:10.95	L S	P	Katie-Peta Marcelino	17	KLOO	ETH	25/04/2025 SA National Junior Age Grou-WCA 20
28	1:11.02	L	F	Madison Fourie	17	INFA	NMA	03/08/2024 2nd A League Gala 2024

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25
Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
29	1:11.29 L S	P	Hayley Beling	17	CA EKU	25/04/2025	SA National Junior Age Grou-WCA 20
30	1:11.69 L S	P	Xanthe Nagel	17	HREF BPD	25/04/2025	SA National Junior Age Grou-WCA 20
31	1:11.90 L S	P	Nicole Beling	17	CA EKU	25/04/2025	SA National Junior Age Grou-WCA 20
32	1:11.96 L S	P	Christina Gennarakis	17	CASC CPT	25/04/2025	SA National Junior Age Grou-WCA 20
33	1:12.62 L	F	Simone Theron	17	HSBV SKD	01/02/2025	Limpopo School Champs & Limpopo A
34	1:12.66 L S	P	Tayler Morton	17	LALE CED	25/04/2025	SA National Junior Age Grou-WCA 20
35	1:12.94 L S	F	Chanel Baenhoff	17	BLSS MAN	04/12/2024	Free State Champs 2024
36	1:13.18 L S	P	Gabriella Douglas	17	BAS EKU	25/04/2025	SA National Junior Age Grou-WCA 20
37	1:13.34 L	F	Kayla Petersen	17	USC BUF	22/11/2024	BCA Long Course Championships 202
38	1:14.05 L	F	Jade Jarvis	17	SAAW CPT	20/03/2025	SA Level 3 Regional Age Group Chan
39	1:15.36 L	P	Cassidy Sinclair	17	DRGN EKU	29/11/2024	CGA Championships 2024
40	1:15.70 L	F	Joy Vd Westhuizen	17	AQDO CPT	08/02/2025	WCA-B Champs - 2025
41	1:15.80 L	F	Francis Whelan	17	BLOT MAN	11/10/2024	Otters Prestige Gala 2024
42	1:15.88 L	F	Nikha Lambden	17	EXP TSH	18/10/2024	NTS Level 3+ October Age Group 202
43	1:17.10 L	F	Sinesipho Sibiya	17	SEAL UMD	02/07/2024	Prestige Tournament 2024
44	1:17.36 L	P	Taaliah Rinquest	17	MARL CPT	20/03/2025	SA Level 3 Regional Age Group Chan
45	1:17.45 L	F	Clarise Coetzer	17	STSC KCD	26/03/2025	SA Level 3 Regional Age Group Chan
46	1:18.58 L	F	Mmathabo Marite	17	CRSC JHB	29/11/2024	CGA Championships 2024
47	1:18.67 L	F	Mari Zanne Nortje	17	HSBV SKD	08/10/2024	Limpopo Top 8 - High Schools
48	1:18.73 L	F	Shani Olivier	17	PAQU CED	08/02/2025	Winelands SL Final
49	1:18.78 L	F	Lume Louw	17	USC BUF	13/07/2024	1st A League Gala 2024
50	1:19.34 L	F	Catherine Wentzel	17	FRA KCD	26/10/2024	Froggies Aquatics Championships 202
51	1:20.39 L	P	Aruli Fick	17	USH KCD	02/07/2024	Prestige Tournament 2024
52	1:20.43 L	F	Kendra Beukes	17	PGAC EKU	05/12/2024	EGA Summer Championships
53	1:20.44 L S	P	Erin Mayoss	17	KLOO ETH	25/04/2025	SA National Junior Age Grou-WCA 20
54	1:21.12 L	P	Aarya Morar	17	ATLA JHB	29/11/2024	CGA Championships 2024
55	1:21.70 L	F	Amelia Vincent	17	BLSS MAN	28/06/2024	Sentraal Winter Gala
56	1:22.67 L	F	Gail Polman	17	CASC CPT	28/03/2025	SA Level 2 Regional Age Group Cham
57	1:22.82 L	F	Tamsyn Kotzè	17	BLMA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
58*	1:22.98 L	F	Jenna Loubser	17	SLAQ CPT	17/10/2024	43rd Freda Barnard Invitational Gala
58*	1:22.98 L	F	Esmari Weitsz	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
60	1:23.21 L	P	Hannah Prince	17	OLDE JHB	29/11/2024	CGA Championships 2024
61	1:24.12 L	F	Erin Beyers	17	UNI EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER 2
62	1:24.73 L	F	Catherine Jones	17	RFA TSH	18/10/2024	NTS Level 3+ October Age Group 202
63	1:25.49 L	F	Yusrah Du Toit	17	UWCA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
64	1:26.79 L	F	Kayla-Jade Van Heerden	17	RSA	04/10/2024	Curro AquaElite Gala
65	1:26.81 L	F	Sally-Louise Ingwe	CR	VASA EKU	04/12/2024	XX AA Zone IV LC Championships 4-7
66	1:27.27 L	F	Ammara Jagger	17	AQDO CPT	08/02/2025	WCA-B Champs - 2025
67	1:27.29 L	F	Johane Viljoen	17	TRALI MAN	20/02/2025	Inter High 2025
68	1:28.36 L	F	Cara Crichton	17	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks
69	1:28.74 L	F	Eunice Fourie	17	UCT CPT	20/02/2025	Inter High 2025
70	1:29.12 L	F	Marilee Coetzee	17	DOLFI MPD	27/03/2025	SA Level 2 Champs 2025-EGA
71	1:29.94 L S	F	Carmen Botha	17	MATL KKD	07/12/2024	NWS Championships 2024
72	1:30.35 L	F	Neema Banza	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
73	1:32.30 L	F	Cara Fourie	17	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
74	1:33.15 L	F	Ciska Ferreira	17	UNI EZD	14/09/2024	MP SPRINT GALA 14 SEPTEMBER 2
75	1:34.55 L	P	Lerato Molobye	17	HREF BP	20/03/2025	SA Level 3 Champs 2025-NT
76	1:35.79 L	F	Danelle Du Toit	17	HMER MP	08/10/2024	Limpopo Top 8 - High Schools
77	1:37.08 L	F	Makayla Lombard	17	JAQ EKU	27/03/2025	SA Level 2 Champs 2025 EGA
78	1:40.03 L	F	Lianne Labuschagne	17	NWS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
79	1:40.20 L	F	Keatlegile Makhate	17	TKS WBD	29/11/2024	Limpopo Champs 2024
80	1:41.89 L	F	Daniëlle Le Roux	17	SS MPD	29/11/2024	Limpopo Champs 2024
81	1:51.72 L S	F	Tyra Kasonkomona	17	MATL KKD	07/12/2024	NWS Championships 2024
Women 200 Fly							
1	2:17.26 L	F	Dane De Klerk	17	BLSS MAN	25/04/2025	SA National Junior Age Grou-WCA 20
2	2:17.72 L	F	Keira Van Heerden	17	INFA NMA	31/01/2025	Infinity Gala 2025
3	2:24.97 L	F	Kaitlynne Horne	17	PEAS NMA	13/12/2024	NMBA Championships 2024
4	2:25.41 L	F	Veneske Steenkamp	17	FISH EDD	25/04/2025	SA National Junior Age Grou-WCA 20
5	2:25.76 L	F	Marony Jacobs	17	INFA NMA	13/12/2024	NMBA Championships 2024

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25
Number of Top Times: All Show Long Course Only

Time		P/F/S	Name	Age/Yr	
6	2:26.48 L	P	Myra Viduya	17	ECA BUF 09/04/2025 SA National Aquatic SNR-Champ 202
7	2:26.97 L	F	Emma De Wet	17	TUKS TSH 25/04/2025 SA National Junior Age Grou-WCA 20
8	2:34.73 L	F	Nanette Jordaan	17	BLOT MAN 04/12/2024 Free State Champs 2024
9	2:38.51 L	F	Hayley Hoy	17	TUKS TSH 04/12/2024 XX AA Zone IV LC Championships 4-7
10	2:46.18 L	F	Isabel Vorster	17	BLNE MAN 25/04/2025 SA National Junior Age Grou-WCA 20
11	2:52.13 L	F	Carmi Schoeman	17	TKS WBD 29/11/2024 Limpopo Champs 2024
12	2:55.54 L	F	Christina Gennarakis	17	CASC CPT 05/12/2024 Western Cape LC-A Championship 20
13	2:59.31 L	F	Kendra Beukes	17	PGAC EKU 10/01/2025 2024 Grand Prix Invitation Swimming I
14	3:01.07 L	F	Joy Vd Westhuizen	17	AQDO CPT 17/10/2024 43rd Freda Barnard Invitational Gala
15	3:01.53 L	F	Clarise Coetzer	17	STSC KCD 01/02/2025 KCDA Age Group 4 2024
16	3:05.59 L	F	Tamsyn Kotzè	17	BLMA CPT 17/10/2024 43rd Freda Barnard Invitational Gala
17	3:08.50 L S	F	Sinesipho Sibiya	17	SEAL UMD 02/07/2024 Prestige Tournament 2024
18	3:10.11 L	F	Amelia Vincent	17	BLSS MAN 28/06/2024 Sentraal Winter Gala
19	3:22.31 L	F	Ammara Jagger	17	AQDO CPT 17/10/2024 43rd Freda Barnard Invitational Gala
20	3:35.59 L	F	Marilee Coetzee	17	DOLFI MPD 29/11/2024 Limpopo Champs 2024
21	3:41.80 L	F	Cara Fourie	17	UPSK ZMD 01/11/2024 UPINGTON PRESTIGE GALA 2024
Women 200 IM					
1	2:20.79 L S	T	Keira Van Heerden	17	ECA BUF 09/04/2025 SA National Aquatic SNR-Champ 202
2	2:23.68 L	F	Dane De Klerk	17	BLSS MAN 25/04/2025 SA National Junior Age Grou-WCA 20
3	2:24.36 L	F	Kaitlynne Horne	17	PEAS NMA 15/06/2024 PEA Winter Gala 2024
4	2:26.24 L	F	Loghan Gray	17	MDOL JHB 25/04/2025 SA National Junior Age Grou-WCA 20
5	2:26.47 L	P	Myra Viduya	17	INFA NMA 28/02/2025 2025 Grand Prix 2 Invitational Meet -N
6	2:27.03 L	P	Emma De Wet	17	TUKS TSH 25/04/2025 SA National Junior Age Grou-WCA 20
7	2:29.12 L	F	Rebecca Fury	17	VINE CPT 05/12/2024 Western Cape LC-A Championship 20
8	2:31.00 L	F	Marony Jacobs	17	INFA NMA 16/11/2024 5th A League Gala 2024
9	2:31.71 L	P	Daena Robinson	17	KZNA ETH 09/04/2025 SA National Aquatic SNR-Champ 202
10	2:32.33 L	P	Cassandra Sikiotis	17	MDOL JHB 25/04/2025 SA National Junior Age Grou-WCA 20
11	2:32.58 L	P	Kayla Petersen	17	USC BUF 25/04/2025 SA National Junior Age Grou-WCA 20
12	2:32.72 L	P	Tatum Cabral	17	ELEC TSH 25/04/2025 SA National Junior Age Grou-WCA 20
13*	2:32.82 L	P	Katie-Peta Marcelino	17	KLOO ETH 25/04/2025 SA National Junior Age Grou-WCA 20
13*	2:32.82 L	P	Alex-Zandre' Labuschagne	17	KZNA ETH 09/04/2025 SA National Aquatic SNR-Champ 202
15	2:33.14 L	P	Hannah Rigby	17	ELEC TSH 25/04/2025 SA National Junior Age Grou-WCA 20
16	2:34.22 L	F	Erin Hudson	17	AA JHB 29/11/2024 CGA Championships 2024
17	2:34.74 L	F	Hannah Ferreira	17	ASA ILD 25/01/2025 uShaka Champs 2025
18	2:35.94 L	F	Madison Fourie	17	INFA NMA 17/08/2024 Madibaz Swim Meet 2024
19	2:36.07 L	F	Chanel Baenhoff	17	BLSS MAN 04/12/2024 Free State Champs 2024
20	2:36.12 L	F	Cassidy Burgess	17	VINE CPT 01/02/2025 CTA BRIAN BUTTON Qualifying Meet
21	2:36.59 L	F	Hayley Beling	17	CA EKU 05/12/2024 EGA Summer Championships
22	2:37.10 L	F	Nicole Beling	17	CA EKU 05/12/2024 EGA Summer Championships
23	2:37.16 L	F	Alex-Zandre Labuschagne	17	KZNS 05/04/2025 SA Schools Swimming Championship
24*	2:37.58 L	F	Holley Jacoby	17	VIKI BUF 02/11/2024 BCA November Age Group Gala 2024
24*	2:37.58 L	P	Jordyn Collett	17	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
26	2:38.54 L	F	Mianique Lombard	17	WSS LLD 04/12/2024 Free State Champs 2024
27	2:38.75 L	P	Tiffany Marshall	17	UNI EZD 25/04/2025 SA National Junior Age Grou-WCA 20
28	2:38.88 L	F	Tanè Putter	17	RSA 04/10/2024 Curro AquaElite Gala
29	2:39.61 L	P	Nikha Lambden	17	EXP TSH 25/04/2025 SA National Junior Age Grou-WCA 20
30	2:39.84 L	F	Kate Truter	17	KZNS 05/04/2025 SA Schools Swimming Championship
31	2:40.15 L	F	Nanette Jordaan	17	BLOT MAN 04/12/2024 Free State Champs 2024
32	2:40.58 L	F	Kendra Beukes	17	PGAC EKU 20/03/2025 SA Level 3 Champs 2025-NT
33	2:40.87 L	P	Rebecca Kuhn	17	CA EKU 25/04/2025 SA National Junior Age Grou-WCA 20
34	2:41.10 L	F	Carmi Schoeman	17	TKS WBD 29/11/2024 Limpopo Champs 2024
35	2:41.15 L	F	Veneske Steenkamp	17	FISH EDD 17/08/2024 Madibaz Swim Meet 2024
36	2:41.39 L	F	Simone Theron	17	HSBV SKD 08/10/2024 Limpopo Top 8 - High Schools
37	2:41.87 L	P	Erin Glover	17	TYGE CPT 25/04/2025 SA National Junior Age Grou-WCA 20
38	2:41.88 L	F	Jana Lombard	17	LALE CED 09/11/2024 Winelands SL4
39	2:42.01 L	F	Xanthe Nagel	17	NWS 25/01/2025 4+1 INTERPROVINCIAL GALA 2025
40	2:42.18 L	P	Alexia Luz	17	SOUL EKU 05/12/2024 EGA Summer Championships
41	2:42.31 L	P	Carleigh Palmer	17	AA JHB 25/04/2025 SA National Junior Age Grou-WCA 20
42	2:42.49 L	F	Hayley Hoy	17	TUKS TSH 29/05/2024 MSF Winter National Championships 2

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
43	2:42.81 L	F	Jana Helmand	17	BLOT MAN	11/10/2024	Otters Prestige Gala 2024
44	2:42.82 L	F	Francis Whelan	17	BLOT MAN	24/08/2024	Kovsie Gala 2
45	2:43.02 L	F	Bay-Linn Oelofse	17	TNDER FDD	25/10/2024	Neptunes Gala
46	2:43.75 L	F	Amelia Vincent	17	BLSS MAN	04/12/2024	Free State Champs 2024
47	2:43.90 L	P	Gabriella Douglas	17	BAS EKU	05/12/2024	EGA Summer Championships
48	2:44.39 L	P	Gemma Goncalves	17	KZNS	05/04/2025	SA Schools Swimming Championship
49	2:44.80 L	P	Cassidy Sinclair	17	DRGN EKU	29/11/2024	CGA Championships 2024
50	2:45.34 L	F	Isabel Vorster	17	BLNE MAN	04/12/2024	Free State Champs 2024
51	2:45.44 L	F	Kate Truter	17	BEAV ETH	25/01/2025	uShaka Champs 2025
52	2:46.17 L	F	Erin Beyers	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
53	2:46.42 L	P	Simone Van Aswegen	17	WATR JHB	25/04/2025	SA National Junior Age Grou-WCA 20
54	2:46.62 L	P	Grace George	17	SEAL UMD	02/07/2024	Prestige Tournament 2024
55	2:46.83 L	F	Emma Roberts	17	UPC EZD	25/10/2024	MP TOP SCHOOLS HIGH SCHOOLS
56	2:47.42 L	F	Taylor Hemphill	17	SEALS ETH	05/12/2024	EGA Summer Championships
57	2:47.56 L	P	Shani Olivier	17	PAQU CED	25/04/2025	SA National Junior Age Grou-WCA 20
58	2:47.91 L	F	Neema Banza	17	UNI EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
59	2:48.61 L	P	Hannah Witten	17	AQDO CPT	25/04/2025	SA National Junior Age Grou-WCA 20
60	2:48.96 L	P	Jenna Loubser	17	SLAQ CPT	05/12/2024	Western Cape LC-A Championship 20
61	2:49.06 L	F	Christina Gennarakis	17	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
62	2:49.24 L	F	Jenna-Mae Lally	17	BEAV ETH	26/03/2025	SA Level 3 Regional Age Group Chan
63	2:49.35 L	F	Jorja Da Cunha	17	CA EKU	18/01/2025	EGA Summer 5
64	2:49.87 L	F	Ciska Ferreira	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
65	2:50.19 L	F	Taaliah Rinquest	17	MARL CPT	08/02/2025	WCA-B Champs - 2025
66	2:51.27 L	F	Cara Corrigan	17	FISH EDD	20/03/2025	SA Level 3 Regional Age Group Chan
67	2:51.28 L	F	Tamsyn Kotzè	17	BLMA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
68	2:51.67 L	P	Hannah Prince	17	OLDE JHB	29/11/2024	CGA Championships 2024
69	2:52.24 L	P	Aruli Fick	17	USH KCD	02/07/2024	Prestige Tournament 2024
70	2:52.43 L	F	Ella Mills	17	UPC EZD	25/10/2024	MP TOP SCHOOLS HIGH SCHOOLS
71	2:52.72 L	F	Cherise Coetzer	17	STSC KCD	25/01/2025	uShaka Champs 2025
72	2:52.88 L	F	Esmari Weitsz	17	UNI EZD	29/11/2024	Mpumalanga Championships 2024
73	2:52.95 L	F	Clarise Coetzer	17	STSC KCD	26/03/2025	SA Level 3 Regional Age Group Chan
74	2:53.08 L	F	Joy Vd Westhuizen	17	AQDO CPT	08/02/2025	WCA-B Champs - 2025
75	2:53.46 L	P	Mmathabo Marite	17	CRSC JHB	29/11/2024	CGA Championships 2024
76	2:53.55 L	F	Abigayle Otto	17	CA EKU	26/10/2024	Summer 3 Delville
77	2:55.13 L	P	Monique Oosthuizen	17	BLOT MAN	04/12/2024	Free State Champs 2024
78	2:55.27 L	F	Yusrah Du Toit	17	UWCA CPT	08/02/2025	WCA-B Champs - 2025
79	2:55.43 L	F	Abigale Meineke	17	AQUA BUF	20/03/2025	SA Level 3 Champs 2025-NT
80	2:55.45 L	F	Holly Allison	17	AZON ETH	02/07/2024	Prestige Tournament 2024
81	2:55.68 L	F	Sally-Louise Ingwe	CR	VASA EKU	04/12/2024	XX AA Zone IV LC Championships 4-7
82	2:55.92 L	P	Sinesipho Sibiya	17	SEAL UMD	02/07/2024	Prestige Tournament 2024
83	2:56.23 L	F	Farhah Valli	17	CA EKU	10/01/2025	2024 Grand Prix Invitation Swimming I
84	2:56.50 L	P	Riley Hattingh-Steyn	17	SOUL EKU	05/12/2024	EGA Summer Championships
85	2:56.55 L	F	Anli Rademeyer	17	QUIC CPT	01/02/2025	CTA BRIAN BUTTON Qualifying Meet
86	2:56.90 L	F	Mignon Smit	17	SS MPD	12/10/2024	Limpopo Age Group 4
87	2:57.04 L	F	Ella Pretorius	TR	VASA EKU	18/01/2025	EGA Summer 5
88	2:57.61 L	F	Caitlin Watson	17	BLMA CPT	25/01/2025	CTA Qualifying Meet 6 - (L2 & above)
89	2:57.71 L	P	Acacia-Cailyn Abell	17	MDOL JHB	29/11/2024	CGA Championships 2024
90	2:57.74 L	P	Shannon Coetzee	17	PGAC EKU	05/12/2024	EGA Summer Championships
91	2:57.78 L	F	Ava Fourie	17	TRAZ TSH	18/10/2024	NTS Level 3+ October Age Group 202
92	2:58.31 L	F	Isla Thomas	17	AA JHB	15/02/2025	CGA Summer Gala #6 Level 2+ 15 Fe
93	2:58.34 L	F	Lois Fourie	17	BLSS MAN	04/12/2024	Free State Champs 2024
94	2:58.66 L	P	Clara van Rooyen	17	PGAC EKU	05/12/2024	EGA Summer Championships
95	2:58.73 L	F	Rene Sauerman	17	SEAL UMD	20/03/2025	SA Level 3 Champs 2025-NT
96	2:58.92 L	P	Colby Cochrane	17	CRSC JHB	29/11/2024	CGA Championships 2024
97	2:59.35 L	F	Morgan Rabie	17	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 202
98	2:59.47 L	P	Marilee Coetzee	17	DOLFI MPD	27/03/2025	SA Level 2 Champs 2025 EGA
99	2:59.58 L	F	Alexa Louw	17	BLMA CPT	08/02/2025	WCA-B Champs - 2025
100	2:59.79 L	F	Mari Zanne Nortje	17	HSBV SKD	01/02/2025	Limpopo School Champs & Limpopo A
101	3:01.20 L	P	Lerato Moloby	17	HREF BPD	07/12/2024	NWS Championships 2024

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25
Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
102	3:01.36 L	F	Ammara Jagger	17	AQDO CPT	17/10/2024	43rd Freda Barnard Invitational Gala
103	3:02.58 L	P	Eunice Fourie	17	BLSS MAN	04/12/2024	Free State Champs 2024
104	3:02.69 L	P	Aarya Morar	17	ATLA JHB	29/11/2024	CGA Championships 2024
105	3:02.82 L	P	Caitlin Kennedy	17	AFIN JHB	02/07/2024	Prestige Tournament 2024
106	3:03.04 L	F	Kayla Miller	17	CRSC JHB	22/01/2025	Crusaders Night Gala 2
107	3:03.26 L	F	Milla Delpont	17	PEAS NMA	13/07/2024	1st A League Gala 2024
108	3:05.99 L	F	Deidre Olivier	17	RBOT BPD	07/12/2024	NWS Championships 2024
109	3:06.91 L	P	Miana Fourie	17	BLSS MAN	04/12/2024	Free State Champs 2024
110	3:07.18 L	F	Jean Marie Swartz	17	ACAA CCD	09/11/2024	Limpopo Age Group 5
111	3:07.41 L	F	Catherine Wentzel	17	FRA KCD	28/09/2024	KCDA Age Group 1 2024
112	3:07.81 L	F	Gail Polman	17	CASC CPT	28/03/2025	SA Level 2 Regional Age Group Cham
113	3:07.84 L	F	Jaiden Funnell	17	AA JHB	22/01/2025	Crusaders Night Gala 2
114	3:08.30 L	F	Cameron Landman	17	BETH FDD	28/03/2025	SA Level 2 Regional Age Group Cham
115	3:08.38 L	F	Kaylin Stieger	17	PGIM KKD	28/02/2025	NW School Championships 2025
116	3:09.41 L	P	Josslyn Gaudie	17	RFA TSH	20/03/2025	SA Level 3 Champs 2025-NT
117	3:09.46 L	P	Johane Viljoen	17	BLNE MAN	04/12/2024	Free State Champs 2024
118	3:09.79 L	F	Beane Swanepoel	17	VRC TSH	18/10/2024	NTS Level 3+ October Age Group 202
119	3:10.07 L	F	Fallon Tweedie	17	PEAS NMA	03/08/2024	2nd A League Gala 2024
120	3:10.26 L	F	Isabella Vicente	17	SOUL EKU	01/02/2025	EGA Last Chance Gala
121	3:10.62 L	F	Danelle Du Toit	17	TASC MPD	12/10/2024	Limpopo Age Group 4
122	3:12.21 L	F	Gabrielle Mare'	17	PAC TSH	13/09/2024	NTS September Age Group 2024
123	3:12.50 L	F	Annabelle Roberts	17	LALE CED	09/11/2024	Winelands SL4
124	3:12.63 L	P	Thurayya Moodley	17	LEGC ETH	31/03/2025	SA Level 2 Champs 2025-KZN
125	3:13.83 L	F	Zani Vermeulen	17	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
126	3:15.49 L	F	Cara Fourie	17	UPSK ZMD	28/03/2025	SA Level 2 Regional Age Group Cham
127	3:16.89 L	F	Neo Cele	17	ELEC TSH	13/09/2024	NTS September Age Group 2024
128	3:17.16 L	F	Mia Barnard	17	BLOT MAN	11/10/2024	Otters Prestige Gala 2024
129	3:17.90 L	F	Kimberley Strong	17	KTS	06/12/2024	NCASA CHAMPS 2024
130	3:18.52 L	F	Keatlegile Makhate	17	TKS WBD	29/11/2024	Limpopo Champs 2024
131	3:18.85 L	F	Amy Lazarou	17	AWSC JHB	15/02/2025	CGA Summer Gala #6 Level 2+ 15 Fe
132	3:20.76 L	P	Carmen Botha	17	MATL KKD	07/12/2024	NWS Championships 2024
133	3:22.29 L	F	Anrieks Henning	17	TRALI MAN	28/06/2024	Sentraal Winter Gala
134	3:22.31 L	F	Charissa Volschenk	17	VHD ZLD	02/11/2024	Uthukela District Age Group Gala
135	3:22.75 L	F	Hanrike Barnard	17	WAGH BP	28/02/2025	NW School Championships 2025
136	3:23.17 L	F	Tyra Kasonkomona	17	MATL KKD	07/12/2024	NWS Championships 2024
137	3:23.62 L	F	Makayla Lombard	17	JAQ EKU	26/10/2024	Summer 3 Delville
138	3:24.89 L	F	Nthanki Kumalo	17	ELEC TSH	13/09/2024	NTS September Age Group 2024
139	3:27.08 L S	F	Ella Smith	17	SAAW CPT	21/09/2024	CTA INVITATIONAL LC MEET
140	3:29.11 L	P	Lianne Labuschagne	17	NWUC KKD	07/12/2024	NWS Championships 2024
141	3:29.80 L	F	Emma Kruger	17	DDA TSH	13/09/2024	NTS September Age Group 2024
142	3:32.81 L	F	Kayleigh Jansen Van Vuuren	17	CUR EZD	25/10/2024	MP TOP SCHOOLS HIGH SCHOOLS
143	3:33.46 L	F	Rudine Van Wyk	17	PAC TSH	13/09/2024	NTS September Age Group 2024
144	3:33.62 L	F	Madelein Bronkhorst	17	AGAQ OBD	17/10/2024	43rd Freda Barnard Invitational Gala
145	3:40.61 L	F	Daniëlle Le Roux	17	SS MPD	29/11/2024	Limpopo Champs 2024
146	3:42.27 L	F	Sckylar Lambert	17	ESP EKU	26/10/2024	Summer 3 Delville
147	3:44.34 L	P	Amy Klink	17	JAQ EKU	05/12/2024	EGA Summer Championships
148	3:45.67 L	F	Lisa Bloem	17	BLOT MAN	02/11/2024	Heidedal
149	3:49.00 L	F	Jemma Ascott	17	ANAX CPT	09/11/2024	Swartland Prestige Gala 2024
150	3:58.64 L	F	Nkenda Baghana	17	CPSC TSH	13/09/2024	NTS September Age Group 2024
151	4:10.83 L	F	Caylin Bach	17	AASC EZD	11/10/2024	MP AGE GROUP 2 (11-12OCT'24)
Women 400 IM							
1	4:59.85 L	F	Dane De Klerk	17	BLSS MAN	25/04/2025	SA National Junior Age Grou-WCA 20
2	5:01.91 L	F	Kaitlynne Horne	17	PEAS NMA	15/06/2024	PEA Winter Gala 2024
3	5:09.40 L	F	Emma De Wet	17	TUKS TSH	25/04/2025	SA National Junior Age Grou-WCA 20
4	5:09.95 L	F	Loghan Gray	17	MDOL JHB	25/04/2025	SA National Junior Age Grou-WCA 20
5	5:19.38 L	F	Katie-Peta Marcelino	17	KLOO ETH	25/04/2025	SA National Junior Age Grou-WCA 20
6	5:21.41 L	P	Myra Viduya	17	RSA	30/04/2025	16th Africa Aquatics Junior Swimming
7	5:34.60 L	F	Madison Fourie	17	INFA NMA	31/01/2025	Infinity Gala 2025
8	5:38.68 L	F	Tayler Morton	17	LALE CED	08/02/2025	Winelands SL Final

Individual Top Times

Times since: 01-May-24 Times until: 30-Apr-25
Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
9	5:38.80 L	P	Hayley Beling	17	CA EKU	28/02/2025	2025 Grand Prix 2 Invitational Meet -N	
10	5:47.36 L	F	Carmi Schoeman	17	TKS WBD	29/11/2024	Limpopo Champs 2024	
11	5:53.94 L	F	Kendra Beukes	17	PGAC EKU	05/12/2024	EGA Summer Championships	
12	5:55.37 L	F	Amelia Vincent	17	BLSS MAN	04/12/2024	Free State Champs 2024	
13	5:57.84 L	F	Bay-Linn Oelofse	17	TNDER FDD	15/11/2024	Valsrivier Gala 2024	
14	5:59.78 L	F	Tamsyn Kotzè	17	BLMA CPT	05/12/2024	Western Cape LC-A Championship 20	
15	6:11.06 L	F	Joy Vd Westhuizen	17	AQDO CPT	21/09/2024	CTA INVITATIONAL LC MEET	
16	6:17.24 L	F	Clara van Rooyen	17	PGAC EKU	05/12/2024	EGA Summer Championships	
17	6:34.83 L	F	Lerato Molobyè	17	HREF BPD	07/12/2024	NWS Championships 2024	
18	6:58.46 L	F	Cara Fourie	17	UPSK ZMD	23/11/2024	AGE GROUP 3 UPINGTON 2024	
19	7:07.83 L	F	Makayla Lombard	17	JAQ EKU	12/10/2024	EGA Summer 2	
20	7:10.50 L	F	Kaylin Stieger	17	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024	