

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Women 19 &amp; Over</b>			<b>50 Free</b>				
1	25.22	L	F	Caitlin De Lange	20	TUKS	FSH 29/05/2024 2024 Mare Nostrum Barcelona
2	25.91	L	F	Rebecca Meder	22	SGUL	ETH 21/06/2024 2024 Treviso Swim Cup
3	26.60	L	P	Tumaini Macdonell	20	RSA	19/06/2024 BRICS Games Swimming 2024 Russia
4	26.61	L	F	Anieke Helmand	19	KOVS	MAN 04/12/2024 Free State Champs 2024
5	26.91	L S	F	Trinity Hearne	21	CYBE	CPT 05/12/2024 Western Cape LC-A Championship 2024
6	27.22	L S	F	Carissa Van Rooyen	22	CA	EKU 05/12/2024 EGA Summer Championships
7	27.24	L	F	Trinity Hearne	21	UCT	CPT 06/09/2024 USSA Swimming
8	27.45	L	F	Samantha Straw	23	TUKS	FSH 06/09/2024 USSA Swimming
9	27.47	L	F	Hannah Cromhout	20	LALE	GED 09/11/2024 Winelands SL4
10	27.56	L	F	Amica De Jager	25	TUKS	FSH 07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
11	27.59	L	F	Margaux Kemp	21	MATI	GED 06/09/2024 USSA Swimming
12	27.62	L	S	Nuria Ribeiro	22	MATI	GED 09/11/2024 Winelands SL4
13	27.64	L	F	Kaylene Corbett	25	TUKS	FSH 15/06/2024 PEA Winter Gala 2024
14	27.65	L	S	Melina Giraudeau	21	LALE	GED 09/11/2024 Winelands SL4
15	27.73	L	P	Lize-Marie Davidson	21	KOVS	MAN 04/12/2024 Free State Champs 2024
16	27.74	L	F	Ane' Meier	19	PAC	FSH 15/06/2024 PEA Winter Gala 2024
17	27.79	L S	F	Marné Meier	25	CASC	CPT 05/12/2024 Western Cape LC-A Championship 2024
18	27.82	L S	P	Corinna Meyer	20	VRC	FSH 05/12/2024 EGA Summer Championships
19	27.94	L S	P	Leah Christie	19	TGA	WCD 05/12/2024 Western Cape LC-A Championship 2024
20	28.05	L	P	Corne van Schalkwyk	19	AA	JHB 29/11/2024 CGA Championships 2024
21	28.09	L	F	Tazmyn Robson	19	TUKS	FSH 22/01/2025 Crusaders Night Gala 2
22	28.11	L	F	Zanè Snyman	20	BLSS	MAN 25/10/2024 Neptunes Gala
23	28.34	L	P	Mikaela Goelst	19	PAC	FSH 01/06/2024 2024 Mare Nostrum Monaco
24	28.44	L	F	Olivia Kruger	19	MATI	GED 06/09/2024 USSA Swimming
25	28.49	L	S	Chloe LE Roux	20	MATI	GED 09/11/2024 Winelands SL4
26	28.73	L S	P	Ambrin Pienaar	20	ACSA	ETH 02/07/2024 Prestige Tournament 2024
27	28.86	L S	P	Alexandra Caldwell	CR	VASA	EKU 05/12/2024 EGA Summer Championships
28	28.88	L	F	Jolene Cornelius	20	TUKS	FSH 06/09/2024 USSA Swimming
29	28.89	L	F	Q-Rize Ferreira	20	TUKS	FSH 06/09/2024 USSA Swimming
30	29.00	L S	F	Grace De Jongh	19	LALE	GED 05/12/2024 Western Cape LC-A Championship 2024
31	29.10	L S	F	Danielle Heyes	19	ASAC	CPT 05/12/2024 Western Cape LC-A Championship 2024
32	29.11	L S	P	Megan Bulose	20	UWCA	CPT 05/12/2024 Western Cape LC-A Championship 2024
33	29.13	L	F	Sinelithemba Mbatha	22	TUKS	FSH 06/09/2024 USSA Swimming
34*	29.16	L	F	Natalie Landmann	23	PSC	FSH 15/11/2024 Valsrivier Gala 2024
34*	29.16	L	F	Gemma Kirsten	19	UFS	MAN 06/09/2024 USSA Swimming
36	29.20	L	F	Carmia Hartman	19	RFA	FSH 18/10/2024 NTS Level 3+ October Age Group 2024
37	29.26	L	F	Jessica Meter	19	TUKS	FSH 06/09/2024 USSA Swimming
38	29.35	L	F	Michaela Dal Medico	19	TUKS	FSH 22/01/2025 Crusaders Night Gala 2
39	29.36	L	F	Jayda Collett	19	TUKS	FSH 18/10/2024 NTS Level 3+ October Age Group 2024
40	29.52	L S	P	Kirsten Blend	32	CASC	CPT 05/12/2024 Western Cape LC-A Championship 2024
41	29.60	L	F	Chazél Orton	20	NWUC	KKD 09/11/2024 NWS Age Group 1 & 2 2024
42	29.62	L	F	Luchelle Oosthuizen	20	KOVS	MAN 04/12/2024 Free State Champs 2024
43	29.94	L	F	Tayla Parker	21	CA	EKU 12/10/2024 EGA Summer 2
44	29.98	L S	F	Miche Johns	19	BLSS	MAN 02/07/2024 Prestige Tournament 2024
45	30.06	L	F	Annette Greyling	19	MATI	GED 06/09/2024 USSA Swimming
46	30.14	L	F	Nicola Hartman	19	RFA	FSH 18/10/2024 NTS Level 3+ October Age Group 2024
47	30.18	L	F	Jessica Otto	20	TUKS	FSH 06/09/2024 USSA Swimming
48	30.21	L	F	Alexandra Caldwell	19	UCT	CPT 06/09/2024 USSA Swimming
49	30.23	L	F	Kayleigh Adamson	21	TUKS	FSH 06/09/2024 USSA Swimming
50	30.29	L	F	Ashleè Pretorius	19	MATI	GED 09/11/2024 Winelands SL4
51	30.36	L	F	Kiara Johnson	19	MATI	GED 09/11/2024 Winelands SL4
52	30.41	L S	P	Cara Ralfe	19	TUKS	FSH 05/12/2024 Western Cape LC-A Championship 2024
53	30.55	L	F	Madison Mayos	20	TUKS	FSH 06/09/2024 USSA Swimming
54	30.62	L	F	Casey Smith	21	TUKS	FSH 13/12/2024 NMBA Championships 2024
55	30.63	L	F	Taylor Pharoah	21	TUKS	FSH 13/09/2024 NTS September Age Group 2024
56*	30.69	L S	F	Cornelia HECHTER	23	MATI	GED 21/09/2024 CTA INVITATIONAL LC MEET
56*	30.69	L	F	Rachael Humphries	23	NWUC	KKD 07/12/2024 NWS Championships 2024
56*	30.69	L S	F	Petro Marié Fourie	19	LALE	GED 21/09/2024 CTA INVITATIONAL LC MEET

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
59	31.04 L	P	Gertruida de Witt	47	POTC KKD	07/12/2024	NWS Championships 2024
60*	31.09 L	F	Kate Mandell	25	MATI CED	06/09/2024	USSA Swimming
60*	31.09 L	F	Amani Ismail	20	ATLA JHB	29/11/2024	CGA Championships 2024
62	31.13 L	F	Hannah Pearse	21	TUKS TSH	06/09/2024	USSA Swimming
63	31.23 L S	F	Erin Haslehurst	20	PGAC EKU	05/12/2024	EGA Summer Championships
64	31.28 L	F	Michelle Steenekamp	21	TUKS TSH	13/09/2024	NTS September Age Group 2024
65*	31.34 L S	P	Busisiwe Mogadima	19	SOUL EKU	05/12/2024	EGA Summer Championships
65*	31.34 L	F	Alex Truter	20	BEAV ETH	25/01/2025	uShaka Champs 2025
67	31.48 L	F	Annorina Groenewald	44	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
68	31.55 L	F	Michele Esterhuizen	52	CSA EZD	29/11/2024	Mpumalanga Championships 2024
69	31.84 L	F	Anica Dennis	22	VARC NMA	06/09/2024	USSA Swimming
70	31.93 L	F	Anneke van Eeden	20	NWUC KKD	07/12/2024	NWS Championships 2024
71	32.00 L	F	Danelle Snyman	39	ROA EDD	05/10/2024	4th A League Gala 2024
72	32.35 L	F	Tumelo Mohale	21	TUKS TSH	06/09/2024	USSA Swimming
73	32.46 L	F	Tilka Paljk	27	MATI CED	06/09/2024	USSA Swimming
74	32.58 L	F	Melissa Martens	19	MATI CED	06/09/2024	USSA Swimming
75	32.76 L	F	Donia Smit	19	SS MPD	29/11/2024	Limpopo Champs 2024
76	32.93 L	F	Janine Steyn	54	BETH FDD	25/10/2024	Neptunes Gala
77	33.13 L	F	Reneilwe Molelowatladi	19	MAHD NMD	23/11/2024	NWS Age Group 3 + 4 2024
78	33.25 L S	F	Shaina Adriaan	19	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
79	33.43 L	F	Esmarie Theart	29	KALA	19/10/2024	NCASA AGE GROUP 1 KATHU 2024
80	33.51 L	F	Cherná Fouché	19	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 2024
81	33.63 L	F	Gabriella Steyl	20	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
82	33.83 L	F	Thinica Mc Anda	19	UFS MAN	06/09/2024	USSA Swimming
83	34.03 L S	F	Minke Janse Van Rensburg	20	FISH EDD	05/12/2024	Western Cape LC-A Championship 2024
84	34.33 L	F	Oabilwe Sesoko	19	TUKS TSH	13/09/2024	NTS September Age Group 2024
85	34.63 L	F	Ina Prinsloo	49	FSA FS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
86	34.83 L	F	Jeanne De Waal	41	CPTM CPT	09/11/2024	Winelands SL4
87	34.91 L	F	Kiersten Paulse	19	UWCA CPT	06/09/2024	USSA Swimming
88	34.94 L	F	Ngozi Anyanwu	20	UWCA CPT	06/09/2024	USSA Swimming
89	35.53 L	F	Carolina Potgieter	19	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
90	36.58 L	F	Christine Kruger	20	BLSS MAN	19/10/2024	Pelicans Gala 2
91	40.06 L	F	Christina Van Rooyen	48	PGAC EKU	12/10/2024	EGA Summer 2
92	41.34 L	F	Sonja Coetzee	37	VALS FDD	15/11/2024	Valsrivier Gala 2024
93	41.86 L S	F	Mia Vd Merwe	26	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
94	42.97 L	P	Zora Wegerif	23	SWIM1 JHB	29/11/2024	CGA Championships 2024
95	44.91 L	P	Katherine Swanepoel	37	DRGN EKU	15/06/2024	PEA Winter Gala 2024
96	54.87 L	F	Helen Van Vuuren	44	NWUC KKD	23/11/2024	NWS Age Group 3 + 4 2024
97	1:00.01 L	F	Marne Kock	26	RBUR BPD	07/12/2024	NWS Championships 2024
<b>Women 19 &amp; Over 100 Free</b>							
1	56.08 L	F	Rebecca Meder	22	SGUL ETH	24/05/2024	2024 Golden Homes Swimfest
2	58.04 L	F	Carissa Van Rooyen	22	CA EKU	01/02/2025	EGA Last Chance Gala
3	58.39 L	F	Tumaini Macdonell	20	RSA	19/06/2024	BRICS Games Swimming 2024 Russia
4	58.63 L	F	Samantha Straw	23	TUKS TSH	06/09/2024	USSA Swimming
5	58.73 L	F	Kate Meyer	21	TUKS TSH	06/09/2024	USSA Swimming
6	59.02 L	F	Anieke Helmand	19	KOVS MAN	04/12/2024	Free State Champs 2024
7	59.09 L	F	Corne van Schalkwyk	19	AA JHB	29/11/2024	CGA Championships 2024
8	59.18 L	F	Lize-Marie Davidson	21	KOVS MAN	04/12/2024	Free State Champs 2024
9	59.69 L	F	Amica De Jager	25	TUKS TSH	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)
10	59.95 L	P	Zanè Snyman	20	BLSS MAN	04/12/2024	Free State Champs 2024
11	1:00.32 L	F	Ane' Meier	19	PAC TSH	15/06/2024	PEA Winter Gala 2024
12	1:00.48 L	F	Leah Christie	19	TGA WCD	05/12/2024	Western Cape LC-A Championship 2024
13	1:00.81 L	P	Leigh McMorrان	20	AA JHB	29/11/2024	CGA Championships 2024
14	1:00.97 L	F	Mikaela Goelst	19	SEAL UMD	02/07/2024	Prestige Tournament 2024
15	1:01.07 L	F	Sune Liebenberg	21	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 2024
16	1:01.15 L	F	Melina Giraudeau	21	LALE CED	09/11/2024	Winelands SL4
17*	1:01.74 L	P	Hannah Cromhout	20	LALE CED	05/12/2024	Western Cape LC-A Championship 2024
17*	1:01.74 L	F	Margaux Kemp	21	MATI CED	06/09/2024	USSA Swimming
19	1:02.10 L	P	Ambrin Pienaar	20	ACSA ETH	02/07/2024	Prestige Tournament 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
20	1:02.16	L	F	Chloe LE Roux	20	MATI CED	06/09/2024	USSA Swimming
21	1:02.39	L	P	Jessica Meter	19	TUKS FSH	02/07/2024	Prestige Tournament 2024
22	1:02.51	L	F	Chazél Orton	20	NWUC KKD	23/11/2024	NWS Age Group 3 + 4 2024
23	1:02.77	L	F	Alexandra Caldwell	CR	VASA EKU	01/02/2025	EGA Last Chance Gala
24	1:02.86	L	F	Simeí Van Staden	19	KLOO ETH	14/06/2024	AQZ Winter Warmer 2024
25	1:02.93	L	F	Sinelithemba Mbatha	22	TUKS FSH	06/09/2024	USSA Swimming
26	1:03.12	L	F	Mia vd Walt	20	TUKS FSH	06/09/2024	USSA Swimming
27	1:03.25	L	F	Nuria Ribeiro	22	MATI CED	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
28	1:03.34	L	F	Alexandra Caldwell	19	UCT CPT	06/09/2024	USSA Swimming
29	1:03.38	L	F	Luchelle Oosthuizen	20	KOVs MAN	11/10/2024	Otters Prestige Gala 2024
30	1:03.81	L	F	Gemma Kirsten	19	UFS MAN	06/09/2024	USSA Swimming
31	1:03.86	L	F	Corinna Meyer	20	VRC FSH	18/10/2024	NTS Level 3+ October Age Group 2024
32	1:03.88	L	F	Maretha Nagel	39	BLSS MAN	04/12/2024	Free State Champs 2024
33	1:04.05	L	F	Jolene Cornelius	20	TUKS FSH	06/09/2024	USSA Swimming
34	1:04.09	L	F	Tayla Parker	21	CA EKU	05/12/2024	EGA Summer Championships
35	1:04.31	L	F	Caríke Kok	19	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
36	1:04.42	L	F	Rachael Humphries	23	NWUC KKD	06/09/2024	USSA Swimming
37	1:04.47	L	F	Miche Johns	19	BLSS MAN	02/07/2024	Prestige Tournament 2024
38	1:04.54	L	F	Jayda Collett	19	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
39	1:04.84	L	F	Catherine Morrison	20	TUKS FSH	13/09/2024	NTS September Age Group 2024
40	1:04.94	L	F	Jemma van der Merwe	19	CSC FSH	13/09/2024	NTS September Age Group 2024
41	1:05.04	L	F	Hannah Neilson	20	UWCA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
42	1:05.26	L	P	Kirsten Blend	32	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
43	1:05.37	L	F	Jessica Otto	20	TUKS FSH	05/12/2024	EGA Summer Championships
44	1:05.52	L	F	Kayleigh Adamson	21	TUKS FSH	06/09/2024	USSA Swimming
45	1:05.59	L	F	Amani Ismail	20	ATLA JHB	29/11/2024	CGA Championships 2024
46	1:06.40	L	F	Petro Marié Fourie	19	LALE CED	21/09/2024	CTA INVITATIONAL LC MEET
47	1:06.76	L	P	Erin Haslehurst	20	PGAC EKU	05/12/2024	EGA Summer Championships
48	1:06.95	L	P	Danielle Heyes	19	ASAC CPT	05/12/2024	Western Cape LC-A Championship 2024
49	1:07.50	L	F	Gertruida de Witt	47	POTC KKD	07/12/2024	NWS Championships 2024
50	1:07.57	L	F	Caylin Gous	19	NWUC KKD	06/09/2024	USSA Swimming
51	1:07.62	L	F	Megan Bulose	20	UWCA CPT	06/09/2024	USSA Swimming
52	1:07.72	L	F	Annette Greyling	19	MATI CED	06/09/2024	USSA Swimming
53	1:07.86	L	F	Luané Engelbrecht	19	TUKS FSH	13/09/2024	NTS September Age Group 2024
54	1:08.05	L	F	Michelle Steenekamp	21	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
55	1:08.90	L	F	Danelle Snyman	39	ROA EDD	31/01/2025	Infinity Gala 2025
56	1:09.03	L	F	Casey Smith	21	TUKS FSH	13/12/2024	NMBA Championships 2024
57	1:09.32	L	F	Anica Dennis	22	VARC NMA	06/09/2024	USSA Swimming
58	1:10.00	L	F	Michele Esterhuizen	52	CSA EZD	29/11/2024	Mpumalanga Championships 2024
59	1:10.11	L	F	Anneke van Eeden	20	NWUC KKD	07/12/2024	NWS Championships 2024
60	1:10.47	L	F	Tilka Paljk	27	MATI CED	06/09/2024	USSA Swimming
61	1:11.88	L	F	Alani Ferreira	26	SEAL UMD	02/07/2024	Prestige Tournament 2024
62	1:12.26	L	F	Esmarie Theart	29	KALA	19/10/2024	NCASA AGE GROUP 1 KATHU 2024
63	1:12.78	L	F	Cherná Fouché	19	TUKS FSH	13/09/2024	NTS September Age Group 2024
64	1:12.91	L	F	Tumelo Mohale	21	TUKS FSH	06/09/2024	USSA Swimming
65	1:13.18	L	F	Ayanda Tshabalala	20	HPS FSH	13/09/2024	NTS September Age Group 2024
66	1:13.94	L	F	Busisiwe Mogadima	19	SOUL EKU	05/12/2024	EGA Summer Championships
67	1:14.41	L	F	Gabriella Steyl	20	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
68	1:14.48	L	F	Annorina Groenewald	44	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
69	1:14.96	L	F	Janine Steyn	54	FSA FS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
70	1:15.32	L	F	Oabilwe Sesoko	19	TUKS FSH	13/09/2024	NTS September Age Group 2024
71	1:16.56	L	F	Shaina Adriaan	19	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
72	1:16.62	L	F	Reneilwe Molelowatladi	19	MAHD NMD	23/11/2024	NWS Age Group 3 + 4 2024
73	1:16.85	L	F	Ra-eesa Jephtha	20	MANT CPT	21/09/2024	CTA INVITATIONAL LC MEET
74	1:16.96	L	F	Ngozi Anyanwu	20	UWCA CPT	06/09/2024	USSA Swimming
75	1:18.22	L	P	Thinica Mc Anda	19	KOVs MAN	04/12/2024	Free State Champs 2024
76	1:19.68	L S	F	Minke Janse Van Rensburg	20	FISH EDD	05/12/2024	Western Cape LC-A Championship 2024
77	1:23.20	L	P	Ina Prinsloo	49	BETH FDD	04/12/2024	Free State Champs 2024
78	1:23.34	L	F	Carolina Potgieter	19	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
79	1:23.73 L	F	Christine Kruger	20	BLSS MAN	19/10/2024	Pelicans Gala 2	
80	1:28.95 L	F	Sonja Coetzee	37	VALS FDD	15/11/2024	Valsrivier Gala 2024	
81	1:29.97 L	F	Zora Wegerif	23	SWIM1 JHB	29/11/2024	CGA Championships 2024	
82	1:36.13 L	F	Mia Vd Merwe	26	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024	
83	1:41.37 L	F	Cornelia Fowler	44	KLOO ETH	14/06/2024	AQZ Winter Warmer 2024	
84	2:07.06 L	P	Helen Van Vuuren	44	NWUC KKD	07/12/2024	NWS Championships 2024	
85	2:09.43 L	P	Marne Kock	26	RBUR BPD	07/12/2024	NWS Championships 2024	
<b>Women 19 &amp; Over 200 Free</b>								
1	1:57.34 L	S	Aimee Canny	21	RSA	27/07/2024	2024 Paris Olympic Games	
2	1:59.95 L	F	Duné Coetzee	22	TUKS FSH	01/06/2024	2024 Mare Nostrum Monaco	
3	2:07.20 L	F	Erin Gallagher	26	TUKS FSH	06/09/2024	USSA Swimming	
4	2:08.51 L	F	Samantha Straw	23	TUKS FSH	04/12/2024	Free State Champs 2024	
5	2:08.67 L	F	Tumaini Macdonell	20	RSA	19/06/2024	BRICS Games Swimming 2024 Russia	
6	2:08.80 L	F	Catherine Van Rensburg	20	TUKS FSH	06/09/2024	USSA Swimming	
7	2:09.07 L	F	Corne van Schalkwyk	19	AA JHB	29/11/2024	CGA Championships 2024	
8	2:10.02 L	F	Lize-Marie Davidson	21	KOVS MAN	13/12/2024	NMBA Championships 2024	
9	2:10.37 L	P	Hannah Pearse	21	TUKS FSH	29/05/2024	2024 Mare Nostrum Barcelona	
10	2:10.90 L	F	Tazmyn Robson	19	TUKS FSH	20/11/2024	Crusaders Night Gala 1	
11	2:11.75 L	P	Anieke Helmand	19	KOVS MAN	04/12/2024	Free State Champs 2024	
12	2:12.64 L	F	Mia vd Walt	20	TUKS FSH	05/12/2024	Western Cape LC-A Championship 2024	
13	2:13.39 L	F	Chloe LE Roux	20	MATI CED	09/11/2024	Winelands SL4	
14	2:13.46 L	F	Hannah Neilson	20	UWCA CPT	05/12/2024	Western Cape LC-A Championship 2024	
15	2:13.71 L	F	Jessica Meter	19	TUKS FSH	02/07/2024	Prestige Tournament 2024	
16	2:13.79 L	F	Chazél Orton	20	NWS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025	
17	2:13.95 L	F	Ambrin Pienaar	20	ACSA ETH	02/07/2024	Prestige Tournament 2024	
18	2:14.19 L	F	Megan Shepherd	21	TUKS FSH	06/09/2024	USSA Swimming	
19	2:14.35 L	F	Victoria Earle	22	TUKS FSH	06/09/2024	USSA Swimming	
20	2:14.51 L S	F	Alexandra Caldwell	CR	VASA EKU	05/12/2024	EGA Summer Championships	
21	2:14.69 L	F	Trinity Hearne	21	UCT CPT	06/09/2024	USSA Swimming	
22	2:14.76 L	F	Ane' Meier	19	PAC FSH	15/06/2024	PEA Winter Gala 2024	
23	2:14.88 L	F	Alexandra Caldwell	19	UCT CPT	06/09/2024	USSA Swimming	
24	2:16.15 L	P	Leah Christie	19	TGA WCD	05/12/2024	Western Cape LC-A Championship 2024	
25	2:16.17 L	F	Carissa Van Rooyen	22	CA EKU	18/01/2025	EGA Summer 5	
26	2:18.01 L	F	Maretha Nagel	39	BLSS MAN	04/12/2024	Free State Champs 2024	
27	2:18.61 L	P	Morgan Pharoah	19	TUKS FSH	05/12/2024	Western Cape LC-A Championship 2024	
28	2:18.65 L	F	Miche Johns	19	BLSS MAN	02/07/2024	Prestige Tournament 2024	
29	2:20.68 L	F	Taylor Pharoah	21	TUKS FSH	13/09/2024	NTS September Age Group 2024	
30	2:21.00 L	F	Michaela Dal Medico	19	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024	
31	2:21.88 L	F	Abigail Swanepoel	20	NMU NMA	06/09/2024	USSA Swimming	
32	2:22.19 L	F	Rachel Smith	19	MDOL JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan	
33	2:22.73 L	F	Carike Kok	19	TUKS FSH	29/11/2024	CGA Championships 2024	
34	2:23.27 L	F	Amani Ismail	20	ATLA JHB	29/11/2024	CGA Championships 2024	
35	2:23.53 L	F	Nicola Hartman	19	RFA FSH	18/10/2024	NTS Level 3+ October Age Group 2024	
36	2:23.58 L	P	Zanè Snyman	20	BLSS MAN	04/12/2024	Free State Champs 2024	
37	2:23.95 L S	F	Erin Haslehurst	20	PGAC EKU	05/12/2024	EGA Summer Championships	
38	2:24.56 L	F	Jemma van der Merwe	19	CSC FSH	18/10/2024	NTS Level 3+ October Age Group 2024	
39	2:24.59 L	F	Ashleë Pretorius	19	MATI CED	09/11/2024	Winelands SL4	
40	2:24.67 L	F	Gemma Kirsten	19	UFS MAN	06/09/2024	USSA Swimming	
41	2:24.92 L	F	Luané Engelbrecht	19	TUKS FSH	13/09/2024	NTS September Age Group 2024	
42	2:25.23 L S	F	Kirsten Blend	32	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024	
43	2:25.40 L	F	Jayda Collett	19	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024	
44	2:26.66 L	F	Rachael Humphries	23	NWUC KKD	07/12/2024	NWS Championships 2024	
45	2:27.18 L	F	Madison Mayos	20	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024	
46	2:27.44 L	F	Danelle Snyman	39	ROA EDD	31/01/2025	Infinity Gala 2025	
47	2:28.17 L	P	Gertruida de Witt	47	POTC KKD	07/12/2024	NWS Championships 2024	
48	2:28.77 L	F	Jordainne Kazimierczak	22	FLOD JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan	
49	2:33.93 L	F	Petru Stewart	44	COEL FSH	09/11/2024	Limpopo Age Group 5	
50	2:34.78 L	F	Jessica Otto	20	TUKS FSH	06/09/2024	USSA Swimming	
51	2:35.41 L	F	Michelle Steenekamp	21	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024	

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
52	2:41.42	L	F	Cherná Fouché	19	TUKS FSH	13/09/2024 NTS September Age Group 2024
53	2:42.95	L	F	Donia Smit	19	SS MPD	09/11/2024 Limpopo Age Group 5
54	2:43.20	L	F	Gabriella Steyl	20	NWUC KKD	06/09/2024 USSA Swimming
55	2:48.56	L S	F	Ra-eesa Jephtha	20	MANT CPT	02/11/2024 CTA A & B CHAMPS 2024
56	2:49.39	L S	F	Shaina Adriaan	19	TYGE CPT	02/11/2024 CTA A & B CHAMPS 2024
57	2:53.60	L	P	Minke Janse Van Rensburg	20	FISH EDD	05/12/2024 Western Cape LC-A Championship 2024
58	2:54.47	L	F	Thinica Mc Anda	19	UFS MAN	06/09/2024 USSA Swimming
59	2:57.66	L	F	Busisiwe Mogadima	19	SOUL EKU	15/11/2024 Summer 4 Delville
60	2:57.75	L	F	Christine Kruger	20	BLSS MAN	04/12/2024 Free State Champs 2024
61	3:09.98	L	F	Carolina Potgieter	19	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
62	3:17.93	L	F	Ina Prinsloo	49	FSA FS	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
63	3:21.65	L	F	Zora Wegerif	23	SWIM1 JHB	29/11/2024 CGA Championships 2024
64	3:31.98	L	F	Sonja Coetzee	37	VALS FDD	15/11/2024 Valsrivier Gala 2024
65	3:33.37	L	F	Cornelia Fowler	44	KLOO ETH	14/06/2024 AQZ Winter Warmer 2024
66	3:35.11	L	P	Katherine Swanepoel	37	DRGN EKU	15/06/2024 PEA Winter Gala 2024
67	4:36.45	L	P	Helen Van Vuuren	44	NWUC KKD	07/12/2024 NWS Championships 2024
<b>Women 19 &amp; Over 400 Free</b>							
1	4:10.92	L	F	Duné Coetzee	22	TUKS FSH	01/06/2024 2024 Mare Nostrum Monaco
2	4:23.22	L	F	Catherine Van Rensburg	20	TUKS FSH	06/09/2024 USSA Swimming
3	4:26.86	L	F	Hannah Pearse	21	TUKS FSH	06/09/2024 USSA Swimming
4	4:32.36	L	F	Carla Antonopoulos	23	TUKS FSH	06/09/2024 USSA Swimming
5	4:33.05	L	F	Hannah Neilson	20	UWCA CPT	05/12/2024 Western Cape LC-A Championship 2024
6	4:33.25	L	F	Corne van Schalkwyk	19	AA JHB	29/11/2024 CGA Championships 2024
7	4:33.68	L	F	Leigh McMorran	20	TUKS FSH	06/09/2024 USSA Swimming
8	4:38.23	L	F	Amica De Jager	25	TUKS FSH	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
9	4:38.78	L	F	Victoria Earle	22	TUKS FSH	06/09/2024 USSA Swimming
10	4:38.85	L	P	Tumaini Macdonell	20	RSA	19/06/2024 BRICS Games Swimming 2024 Russia
11	4:39.52	L	F	Samantha Straw	23	TUKS FSH	04/12/2024 Free State Champs 2024
12	4:41.80	L	F	Mia vd Walt	20	TUKS FSH	05/12/2024 Western Cape LC-A Championship 2024
13	4:43.31	L	F	Alexandra Caldwell	CR	VASA EKU	26/10/2024 Summer 3 Delville
14	4:45.45	L	F	Lize-Marie Davidson	21	UFS MAN	06/09/2024 USSA Swimming
15	4:46.74	L	F	Alexandra Caldwell	19	UCT CPT	06/09/2024 USSA Swimming
16	4:47.13	L	F	Maretha Nagel	39	BLSS MAN	04/12/2024 Free State Champs 2024
17	4:48.57	L	F	Jessica Meter	19	TUKS FSH	02/07/2024 Prestige Tournament 2024
18	4:49.82	L	F	Miche Johns	19	BLSS MAN	02/07/2024 Prestige Tournament 2024
19	4:52.86	L	F	Chazél Orton	20	NWUC KKD	06/09/2024 USSA Swimming
20	4:54.79	L	F	Chloe LE Roux	20	MATI CED	06/09/2024 USSA Swimming
21	4:55.33	L	F	Hannah Andraos	21	TUKS FSH	06/09/2024 USSA Swimming
22	4:55.55	L	F	Jessica Booth	22	MATI CED	06/09/2024 USSA Swimming
23	4:56.69	L	F	Carike Kok	19	TUKS FSH	29/11/2024 CGA Championships 2024
24	5:00.15	L	F	Abigail Swanepoel	20	NMU NMA	17/08/2024 Madibaz Swim Meet 2024
25	5:02.10	L	F	Luané Engelbrecht	19	TUKS FSH	29/11/2024 Mpumalanga Championships 2024
26	5:03.89	L	F	Erin Haslehurst	20	PGAC EKU	26/10/2024 Summer 3 Delville
27	5:06.02	L	F	Rachael Humphries	23	NWUC KKD	23/11/2024 NWS Age Group 3 + 4 2024
28	5:07.86	L	F	Kirsten Blend	32	CASC CPT	05/12/2024 Western Cape LC-A Championship 2024
29	5:09.40	L	F	Alani Ferreira	26	SEAL UMD	02/07/2024 Prestige Tournament 2024
30	5:13.12	L	F	Amani Ismail	20	ATLA JHB	29/11/2024 CGA Championships 2024
31	5:15.42	L	F	Ashleë Pretorius	19	MATI CED	09/11/2024 Winelands SL4
32	5:21.06	L	F	Petru Stewart	44	COEL FSH	09/11/2024 Limpopo Age Group 5
33	5:28.86	L	F	Donia Smit	19	SS MPD	29/11/2024 Limpopo Champs 2024
34	5:37.61	L	F	Anneke van Eeden	20	NWUC KKD	07/12/2024 NWS Championships 2024
35	5:49.77	L	F	Wendy Cook	54	FRA KCD	28/09/2024 KCDA Age Group 1 2024
36	5:55.70	L	F	Ra-eesa Jephtha	20	MANT CPT	21/09/2024 CTA INVITATIONAL LC MEET
37	6:06.73	L	F	Caleigh Hanekom	24	UWCA CPT	06/09/2024 USSA Swimming
38	6:23.70	L	F	Minke Janse Van Rensburg	20	FISH EDD	05/12/2024 Western Cape LC-A Championship 2024
39	6:58.38	L	F	Carolina Potgieter	19	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
40	8:26.00	L	F	Jeanne Louw	41	KALA	15/11/2024 AGE GROUP 2 KATHU 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Women 19 &amp; Over 500 Free</b>							
1	7:31.79 L	O	Shannon Austin	32	AQDO CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
2	12:26.97 L	O	Sonata Walraven	50	LALE CED	18/01/2025	WC OWS Champs / Aqua Azzurra
3	18:34.26 L	O	Rochelle Beukes	39	AQDO CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
<b>Women 19 &amp; Over 800 Free</b>							
1	8:43.38 L	F	Duné Coetzee	22	TUKS FSH	29/05/2024	2024 Mare Nostrum Barcelona
2	9:02.69 L	F	Catherine Van Rensburg	20	TUKS FSH	06/09/2024	USSA Swimming
3	9:16.03 L	F	Hannah Neilson	20	UWCA CPT	05/12/2024	Western Cape LC-A Championship 2024
4	9:20.95 L	F	Carla Antonopoulos	23	TUKS FSH	06/09/2024	USSA Swimming
5	9:21.92 L	F	Leigh McMorran	20	TUKS FSH	06/09/2024	USSA Swimming
6	9:31.92 L	F	Amica De Jager	25	TUKS FSH	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)
7	9:42.38 L	F	Victoria Earle	22	TUKS FSH	06/09/2024	USSA Swimming
8	9:48.77 L	F	Alexandra Caldwell	CR	VASA EKU	05/12/2024	EGA Summer Championships
9	9:54.76 L	F	Lize-Marie Davidson	21	UFS MAN	06/09/2024	USSA Swimming
10	10:00.09 L	F	Miche Johns	19	BLSS MAN	02/07/2024	Prestige Tournament 2024
11	10:01.61 L	F	Alexandra Caldwell	19	UCT CPT	06/09/2024	USSA Swimming
12	10:06.82 L	F	Chazél Orton	20	NWUC KKD	06/09/2024	USSA Swimming
13	10:08.58 L	F	Maretha Nagel	39	BLSS MAN	04/12/2024	Free State Champs 2024
14	10:11.17 L	F	Jessica Meter	19	TUKS FSH	06/09/2024	USSA Swimming
15	10:11.18 L	F	Carike Kok	19	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
16	10:13.37 L	F	Jessica Booth	22	MATI CED	06/09/2024	USSA Swimming
17	10:19.14 L	F	Luané Engelbrecht	19	TUKS FSH	29/11/2024	Mpumalanga Championships 2024
18	10:22.25 L	F	Rachael Humphries	23	NWUC KKD	07/12/2024	NWS Championships 2024
19	10:26.05 L	F	Alani Ferreira	26	SEAL UMD	02/07/2024	Prestige Tournament 2024
20	10:30.80 L	F	Erin Haslehurst	20	PGAC EKU	26/10/2024	Summer 3 Delville
21	10:39.46 L	F	Amani Ismail	20	ATLA JHB	29/11/2024	CGA Championships 2024
22	10:47.49 L	F	Ashleë Pretorius	19	MATI CED	06/09/2024	USSA Swimming
23	10:57.05 L	F	Petru Stewart	44	COEL FSH	29/11/2024	Limpopo Champs 2024
24	11:17.14 L	F	Donia Smit	19	SS MPD	29/11/2024	Limpopo Champs 2024
25	11:21.70 L	F	Anica Dennis	22	VARC NMA	06/09/2024	USSA Swimming
26	11:45.60 L	F	Wendy Cook	54	FRA KCD	28/09/2024	KCDA Age Group 1 2024
27	12:03.26 L	F	Ra-eesa Jephtha	20	MANT CPT	09/11/2024	Swartland Prestige Gala 2024
28	13:08.75 L	F	Thinica Mc Anda	19	UFS MAN	06/09/2024	USSA Swimming
29	15:07.73 L	F	Heather Tiltmann	63	SMSC ETH	28/09/2024	KCDA Age Group 1 2024
30	17:08.03 L	F	Jeanne Louw	41	KALA	15/11/2024	AGE GROUP 2 KATHU 2024
<b>Women 19 &amp; Over 1500 Free</b>							
1	17:33.51 L S	F	Hannah Neilson	20	UWCA CPT	05/12/2024	Western Cape LC-A Championship 2024
2	18:49.13 L	F	Taylor Pharoah	21	TUKS FSH	13/09/2024	NTS September Age Group 2024
3	19:21.95 L	F	Chazél Orton	20	NWUC KKD	07/12/2024	NWS Championships 2024
4	19:28.00 L	O	Megan Shepherd	21	TUKS FSH	18/01/2025	WC OWS Champs / Aqua Azzurra
5	19:53.20 L	F	Erin Haslehurst	20	PGAC EKU	05/12/2024	EGA Summer Championships
6	20:08.00 L	O	Rachel Smith	19	MDOL JHB	18/01/2025	Prime View #3 2025
7	20:08.62 L	F	Rachael Humphries	23	NWUC KKD	07/12/2024	NWS Championships 2024
8	21:23.00 L	O	Hannah Andraos	21	TUKS FSH	20/10/2024	Manyaka OW Sprint 2024
9	22:10.00 L	O	Denise Bosman	65	BEST NMA	08/12/2024	EC Swim Series OWS Round 2 2024
10	22:21.00 L	O	Ingrd Trusler	65	COEL FSH	18/01/2025	Prime View #3 2025
11	22:32.00 L	F	Carina Hambloch	45	SMSC ETH	30/11/2024	KZN Open Water Champs 2024
12	22:37.00 L	O	Carike Kok	19	TUKS FSH	18/01/2025	Prime View #3 2025
13	22:38.00 L	F	Wendy Cook	54	FRA KCD	30/11/2024	KZN Open Water Champs 2024
14*	22:51.00 L	O	Kirsty Hyslop	29	AA JHB	18/01/2025	WC OWS Champs / Aqua Azzurra
14*	22:51.00 L	O	Megan Albertyn	51	TUKS FSH	18/01/2025	Prime View #3 2025
16	22:52.00 L	F	Alex Truter	20	BEAV ETH	30/11/2024	KZN Open Water Champs 2024
17	23:13.00 L	F	Carryl Van Bassen	60	SMSC ETH	30/11/2024	KZN Open Water Champs 2024
18	23:38.00 L	F	Amanda Koegelenberg	47	BLUO UGD	30/11/2024	KZN Open Water Champs 2024
19	24:35.00 L	O	Jordainne Kazimierczak	22	FLOD JHB	18/01/2025	WC OWS Champs / Aqua Azzurra
20	25:10.00 L	F	Emmanuella Ambrosio	20	LALE CED	30/11/2024	KZN Open Water Champs 2024
21	25:12.74 L	O	Norelle Engela	52	CPTM CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
22	25:44.00 L	O	Neressa Houtman	51	TUKS FSH	18/01/2025	Prime View #3 2025

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
23	26:49.00	L	O	Alison Hayes	55	WAHO JHB	18/01/2025 WC OWS Champs / Aqua Azzurra
24	27:04.00	L	O	Joanne Vreenegoor	42	CRSC JHB	18/01/2025 Prime View #3 2025
25	27:26.00	L	O	Carol Bruining	64	BHK NGD	18/01/2025 Prime View #3 2025
26	29:19.71	L	F	Heather Tiltmann	63	SMSC ETH	09/11/2024 KCDA Age Goup 2 2024
27	29:50.00	L	O	Susan Rider	53	LTS JHB	18/01/2025 WC OWS Champs / Aqua Azzurra
28	30:06.00	L	O	Tarryn Seagram	43	ELEC TSH	18/01/2025 Prime View #3 2025
29	30:10.00	L	O	Maureen Mons	73	WAHO JHB	20/10/2024 Manyaka OW Sprint 2024
30	32:34.07	L	O	Robyn Clark	40	SAAW CPT	23/11/2024 Aqua Azzurra Foundation OWS - Series
31	32:34.31	L	O	Nikki Van der Walt	52	XCEL CPT	23/11/2024 Aqua Azzurra Foundation OWS - Series
32	34:36.00	L	O	Elizabeth Craig	79	BEST NMA	08/12/2024 EC Swim Series OWS Round 2 2024
33	35:58.00	L	O	Taryn Beaton	43	PEAS NMA	08/12/2024 EC Swim Series OWS Round 2 2024
34	37:33.00	L	O	Elsabe Botes	51	MAKO ECU	20/10/2024 Manyaka OW Sprint 2024
35	38:05.00	L	O	Azraa Khan	25	PER JHB	20/10/2024 Manyaka OW Sprint 2024
36	39:16.00	L	O	Clementine Lvovitsch Kostritza	43	MDOL JHB	20/10/2024 Manyaka OW Sprint 2024
37	39:49.39	L	O	Jemma Wright	43	AQDO CPT	23/11/2024 Aqua Azzurra Foundation OWS - Series
38	44:06.00	L	F	Simone Webb	45	SMSC ETH	30/11/2024 KZN Open Water Champs 2024

### Women 19 & Over 3000 Free

1	43.59	L	F	Samantha Randle	26	KLOO ETH	24/11/2024 Capital K 3km Open Water Swim
2	48.09	L	F	Carina Hambloch	45	SMSC ETH	24/11/2024 Capital K 3km Open Water Swim
3	49.34	L	F	Maxcine Mc Murtrie	30	AZON ETH	24/11/2024 Capital K 3km Open Water Swim
4	50.32	L	F	Marcelle Stiemans	57	SMSC ETH	24/11/2024 Capital K 3km Open Water Swim
5	50.34	L	F	Wendy Cook	54	FRA KCD	24/11/2024 Capital K 3km Open Water Swim
6	51.19	L	F	Alex Truter	20	BEAV ETH	24/11/2024 Capital K 3km Open Water Swim
7	51.28	L	F	Simone Webb	45	SMSC ETH	24/11/2024 Capital K 3km Open Water Swim
8	53.14	L	F	Carryl Van Bassen	60	SMSC ETH	24/11/2024 Capital K 3km Open Water Swim
9	1:06.51	L	F	Cornelia Fowler	44	KLOO ETH	24/11/2024 Capital K 3km Open Water Swim
10	1:12.01	L	F	Susan Rich	62	HAAG UTD	24/11/2024 Capital K 3km Open Water Swim
11	1:24.46	L	F	Sheralee Jolliffe-Cathro	55	SEAL UMD	24/11/2024 Capital K 3km Open Water Swim
12	1:47.02	L	F	Bianca Kritzinger	51	SMSC ETH	24/11/2024 Capital K 3km Open Water Swim
13	38:54.00	L	O	Carla Antonopoulos	23	TUKS TSH	02/11/2024 Prime View #1
14	39:00.00	L	O	Corne van Schalkwyk	19	AA JHB	07/12/2024 Prime View #2
15	39:17.00	L	O	Megan Shepherd	21	TUKS TSH	18/01/2025 Prime View #3 2025
16	39:36.00	L	O	Hannah Andraos	21	TUKS TSH	07/12/2024 Prime View #2
17	40:20.00	L	O	Rachel Smith	19	MDOL JHB	18/01/2025 Prime View #3 2025
18	41:12.00	L	O	Taylor Pharoah	21	TUKS TSH	20/10/2024 Manyaka OW Sprint 2024
19	43:14.00	L	O	Rachael Humphries	23	NWUC KKD	02/11/2024 Prime View #1
20	45:14.00	L	O	Ingrd Trusler	65	COEL TSH	18/01/2025 WC OWS Champs / Aqua Azzurra
21	45:25.00	L	O	Denise Bosman	65	BEST NMA	08/12/2024 EC Swim Series OWS Round 2 2024
22	45:56.00	L	O	Carike Kok	19	TUKS TSH	18/01/2025 Prime View #3 2025
23	46:08.00	L	O	Megan Albertyn	51	TUKS TSH	18/01/2025 Prime View #3 2025
24	46:45.00	L	O	Kirsty Hyslop	29	AA JHB	18/01/2025 WC OWS Champs / Aqua Azzurra
25	47:32.00	L	F	Amanda Koegelenberg	47	BLUO UGD	30/11/2024 KZN Open Water Champs 2024
26	48:56.31	L	O	Anneke Boshoff	52	ASAC CPT	18/01/2025 WC OWS Champs / Aqua Azzurra
27	49:14.00	L	O	Jordainne Kazimierczak	22	FLOD JHB	18/01/2025 Prime View #3 2025
28	49:32.13	L	O	Ra-eesa Jephtha	20	MANT CPT	23/11/2024 Aqua Azzurra Foundation OWS - Series
29	49:32.39	L	O	Marcelle Pakendorf	23	SWHU CPT	18/01/2025 WC OWS Champs / Aqua Azzurra
30	52:07.00	L	O	Cherná Fouché	19	TUKS TSH	07/12/2024 Prime View #2
31	52:16.00	L	O	Neressa Houtman	51	TUKS TSH	18/01/2025 Prime View #3 2025
32	53:12.00	L	O	Joanne Vreenegoor	42	CRSC JHB	07/12/2024 Prime View #2
33	53:23.00	L	O	Vidette Kallie	35	COEL TSH	02/11/2024 Prime View #1
34	53:50.00	L	F	Emmanuella Ambrosio	20	LALE CED	30/11/2024 KZN Open Water Champs 2024
35	53:53.00	L	O	Nicolle Ambrose	45	WATR JHB	20/10/2024 Manyaka OW Sprint 2024
36	54:34.00	L	O	Alison Hayes	55	WAHO JHB	18/01/2025 WC OWS Champs / Aqua Azzurra
37	55:18.00	L	O	Carol Bruining	64	BHK NGD	18/01/2025 Prime View #3 2025
38	55:23.00	L	O	Michelle Steenekamp	21	TUKS TSH	20/10/2024 Manyaka OW Sprint 2024
39	56:34.00	L	O	Isabella vd Watt	24	COEL TSH	02/11/2024 Prime View #1
40	57:46.00	L	O	Caren Naude	57	WATR JHB	20/10/2024 Manyaka OW Sprint 2024
41	57:50.00	L	O	Marieke Bouwer	61	COEL TSH	02/11/2024 Prime View #1
42	58:39.00	L	O	Susan Rider	53	LTS JHB	18/01/2025 WC OWS Champs / Aqua Azzurra

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

Time	P/F/S	Name	Age/Yr				
43	58:46.00 L	O	Debra Kotze	63	COEL FSH	07/12/2024	Prime View #2
44	58:50.00 L	O	Cita Penn	46	WATR JHB	02/11/2024	Prime View #1
45	1:00:29.61 L	O	Enid Versfeld	39	CPTM CPT	18/01/2025	WC OWS Champs / Aqua Azzurra
46	1:02:15.00 L	O	Marissa Rollnick	73	WAHO JHB	02/11/2024	Prime View #1
47	1:05:08.75 L	O	Vanessa Howard	54	ANAX CPT	18/01/2025	WC OWS Champs / Aqua Azzurra
48	1:07:42.00 L	O	Shirley Leech	63	CA EKU	20/10/2024	Manyaka OW Sprint 2024
49	1:08:28.00 L	O	Linda Griffiths	52	LTS JHB	07/12/2024	Prime View #2
50	1:14:19.00 L	O	Elizabeth Craig	79	BEST NMA	19/01/2025	NMBA OWS Championships 2025
51	1:16:33.00 L	O	Ruth Smith	60	WATR JHB	02/11/2024	Prime View #1
<b>Women 19 &amp; Over 5000 Free</b>							
1	1:00:04.00 L	O	Amica De Jager	25	TUKS FSH	19/01/2025	NMBA OWS Championships 2025
2	1:00:54.00 L	O	Catherine Van Rensburg	20	TUKS FSH	07/12/2024	Prime View #2
3	1:01:19.00 L	O	Hannah Neilson	20	UWCA CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
4	1:03:29.00 L	O	Sasha-Lee Nordengen-Corris	27	SGUL ETH	07/12/2024	Prime View #2
5	1:03:32.00 L	O	Carla Antonopoulos	23	TUKS FSH	07/12/2024	Prime View #2
6	1:04:12.00 L	O	Victoria Earle	22	TUKS FSH	07/12/2024	Prime View #2
7	1:06:11.00 L	O	Taylor Pharoah	21	TUKS FSH	18/01/2025	WC OWS Champs / Aqua Azzurra
8	1:07:12.00 L	O	Megan Shepherd	21	TUKS FSH	07/12/2024	Prime View #2
9	1:09:34.00 L	O	Taryn Stanford	38	CPTM CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
10	1:10:35.00 L	O	Caitlin Rademakers	19	INFA NMA	08/12/2024	EC Swim Series OWS Round 2 2024
11	1:11:30.00 L	O	Micheline Bathfield	19	SAAW CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
12	1:13:11.00 L	O	Rachael Humphries	23	NWUC KKD	07/12/2024	Prime View #2
13	1:24:37.00 L	O	Marcelle Pakendorf	23	SWHU CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
14	1:24:58.00 L	O	Anneke Boshoff	52	ASAC CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
15	1:25:47.00 L	O	Carike Kok	19	TUKS FSH	02/11/2024	Prime View #1
16	1:25:57.00 L	F	Marcelle Stiemans	57	SMSC ETH	30/11/2024	KZN Open Water Champs 2024
17	1:32:38.00 L	O	Megan Bulose	20	UWCA CPT	18/01/2025	WC OWS Champs / Aqua Azzurra
18*	1:34:21.00 L	O	Joanne Vreenegoor	42	CRSC JHB	02/11/2024	Prime View #1
18*	1:34:21.00 L	O	Nicolle Ambrose	45	WATR JHB	02/11/2024	Prime View #1
20	1:39:53.00 L	O	Nikki Van der Walt	52	XCEL CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
21	1:46:25.00 L	O	Alison Hayes	55	WAHO JHB	02/11/2024	Prime View #1
22	1:49:32.00 L	O	Susan Rider	53	LTS JHB	02/11/2024	Prime View #1
23	1:51:48.00 L	O	Vanessa Howard	54	ANAX CPT	18/01/2025	WC OWS Champs / Aqua Azzurra
<b>Women 19 &amp; Over 7500 Free</b>							
1	1:36:21.00 L	O	Amica De Jager	25	TUKS FSH	08/12/2024	EC Swim Series OWS Round 2 2024
2	1:47:30.00 L	O	Caitlin Rademakers	19	INFA NMA	08/12/2024	EC Swim Series OWS Round 2 2024
<b>Women 19 &amp; Over 10000 Free</b>							
1	2:02:39.00 L	O	Amica De Jager	25	TUKS FSH	19/01/2025	NMBA OWS Championships 2025
2	2:05:37.00 L	O	Catherine Van Rensburg	20	TUKS FSH	18/01/2025	Prime View #3 2025
3	2:07:53.45 L	O	Hannah Neilson	20	UWCA CPT	23/11/2024	Aqua Azzurra Foundation OWS - Series
4	2:15:27.00 L	O	Taylor Pharoah	21	TUKS FSH	07/12/2024	Prime View #2
5*	2:16:14.00 L	O	Carla Antonopoulos	23	TUKS FSH	18/01/2025	Prime View #3 2025
5*	2:16:14.00 L	O	Stephanie Houtman	22	TUKS FSH	18/01/2025	WC OWS Champs / Aqua Azzurra
7	2:24:30.00 L	O	Caitlin Rademakers	19	INFA NMA	08/12/2024	EC Swim Series OWS Round 2 2024
8	2:25:45.00 L	O	Micheline Bathfield	19	SAAW CPT	18/01/2025	WC OWS Champs / Aqua Azzurra
9	2:30:50.00 L	O	Abigail Swanepoel	20	NMU NMA	08/12/2024	EC Swim Series OWS Round 2 2024
<b>Women 19 &amp; Over 50 Back</b>							
1	29.64 L	F	Rebecca Meder	22	SGUL ETH	24/05/2024	2024 Golden Homes Swimfest
2	29.71 L	F	Kerryn Herbst	22	TUKS FSH	06/09/2024	USSA Swimming
3	30.12 L	P	Hannah Pearse	21	TUKS FSH	29/05/2024	2024 Mare Nostrum Barcelona
4	30.16 L	F	Carissa Van Rooyen	22	CA EKU	05/12/2024	EGA Summer Championships
5	30.36 L	F	Kristen Straszacker	24	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
6	30.66 L	P	Dakota Tucker	20	WATR JHB	15/06/2024	PEA Winter Gala 2024
7	30.73 L	P	Grace De Jongh	19	LALE CED	05/12/2024	Western Cape LC-A Championship 2024
8	31.04 L	F	Natalie Landmann	23	PSC FSH	15/11/2024	Valsrivier Gala 2024
9	31.29 L	F	Sinelithemba Mbatha	22	TUKS FSH	06/09/2024	USSA Swimming
10*	31.38 L	F	Samantha Straw	23	TUKS FSH	06/09/2024	USSA Swimming
10*	31.38 L	F	Lize-Marie Davidson	21	KOVs MAN	04/12/2024	Free State Champs 2024



### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
12	31.69 L	F	Margaux Kemp	21	MATI CED	06/09/2024	USSA Swimming	
13	32.19 L	F	Constantina Pietersen	23	VARC NMA	06/09/2024	USSA Swimming	
14	32.48 L	F	Anieke Helmand	19	KOVS MAN	02/11/2024	Heidedal	
15	32.75 L	P	Nuria Ribeiro	22	MATI CED	05/12/2024	Western Cape LC-A Championship 2024	
16	32.81 L	P	Ane' Meier	19	PAC TSH	15/06/2024	PEA Winter Gala 2024	
17	32.88 L	F	Megan Bulose	20	UWCA CPT	05/12/2024	Western Cape LC-A Championship 2024	
18	33.00 L	P	Corne van Schalkwyk	19	AA JHB	29/11/2024	CGA Championships 2024	
19	33.17 L	F	Hannah Andraos	21	TUKS TSH	06/09/2024	USSA Swimming	
20	33.22 L	F	Mia vd Walt	20	TUKS TSH	06/09/2024	USSA Swimming	
21	33.25 L	P	Amani Ismail	20	ATLA JHB	29/11/2024	CGA Championships 2024	
22	33.36 L	F	Olivia Kruger	19	MATI CED	06/09/2024	USSA Swimming	
23	33.46 L	F	Chazél Orton	20	NWS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025	
24	33.51 L	F	Tayla Parker	21	CA EKU	05/12/2024	EGA Summer Championships	
25	33.65 L	F	Hannah Cromhout	20	LALE CED	09/11/2024	Winelands SL4	
26	33.70 L	F	Gemma Kirsten	19	UFS MAN	06/09/2024	USSA Swimming	
27	34.37 L	F	Amori Potgieter	20	NWUC KKD	06/09/2024	USSA Swimming	
28	34.43 L	P	Miche Johns	19	BLSS MAN	02/07/2024	Prestige Tournament 2024	
29	34.63 L	F	Madison Mayos	20	TUKS TSH	06/09/2024	USSA Swimming	
30	34.81 L	F	Chloe LE Roux	20	MATI CED	09/11/2024	Winelands SL4	
31	35.02 L	F	Annette Greyling	19	MATI CED	06/09/2024	USSA Swimming	
32	35.68 L	F	Kiara Johnson	19	MATI CED	06/09/2024	USSA Swimming	
33	36.15 L	F	Anica Dennis	22	VARC NMA	06/09/2024	USSA Swimming	
34	36.18 L	F	Gertruida de Witt	47	POTC KKD	23/11/2024	NWS Age Group 3 + 4 2024	
35	36.28 L S	F	Rachael Humphries	23	NWUC KKD	07/12/2024	NWS Championships 2024	
36	36.38 L	F	Carike Kok	19	TUKS TSH	13/09/2024	NTS September Age Group 2024	
37	36.72 L	F	Esmarie Theart	29	KALA	19/10/2024	NCASA AGE GROUP 1 KATHU 2024	
38	36.73 L	F	Jessica Otto	20	TUKS TSH	06/09/2024	USSA Swimming	
39	36.77 L	F	Erin Haslehurst	20	PGAC EKU	26/10/2024	Summer 3 Delville	
40	36.78 L	F	Jordainne Kazimierczak	22	FLOD JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan	
41	37.04 L	F	Melissa Martens	19	MATI CED	06/09/2024	USSA Swimming	
42	37.81 L	F	Zanè Snyman	20	UFS MAN	06/09/2024	USSA Swimming	
43	38.30 L	F	Caleigh Hanekom	24	UWCA CPT	06/09/2024	USSA Swimming	
44	38.35 L	F	Annorina Groenewald	44	KTS	15/11/2024	AGE GROUP 2 KATHU 2024	
45	39.44 L	F	Michele Esterhuizen	52	CSA EZD	29/11/2024	Mpumalanga Championships 2024	
46	39.55 L	P	Busisiwe Mogadima	19	SOUL EKU	05/12/2024	EGA Summer Championships	
47	39.83 L	F	Judi Smith	22	BARR CPT	09/11/2024	Swartland Prestige Gala 2024	
48	39.91 L S	F	Shaina Adriaan	19	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024	
49	40.04 L	F	Reneilwe Molelowatladi	19	MAHD NMD	23/11/2024	NWS Age Group 3 + 4 2024	
50	40.61 L	F	Janine Steyn	54	BETH FDD	25/10/2024	Neptunes Gala	
51	40.80 L	F	Thinica Mc Anda	19	KOVS MAN	24/08/2024	Kovsie Gala 2	
52	40.96 L	F	Michelle Steenekamp	21	TUKS TSH	13/09/2024	NTS September Age Group 2024	
53	42.41 L	F	Cherná Fouché	19	TUKS TSH	13/09/2024	NTS September Age Group 2024	
54	42.47 L	F	Christine Kruger	20	BLSS MAN	04/12/2024	Free State Champs 2024	
55	44.03 L	F	Gabriella Steyl	20	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024	
56	46.66 L	P	Minke Janse Van Rensburg	20	FISH EDD	05/12/2024	Western Cape LC-A Championship 2024	
57	48.13 L S	F	Mia Vd Merwe	26	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024	
58	50.06 L	F	Katherine Swanepoel	37	DRGN EKU	15/06/2024	PEA Winter Gala 2024	
59	52.73 L	F	Ina Prinsloo	49	BETH FDD	15/11/2024	Valsrivier Gala 2024	
60	53.96 L	P	Zora Wegerif	23	SWIM1 JHB	29/11/2024	CGA Championships 2024	
61	1:11.66 L	F	Marne Kock	26	RBUR BPD	09/11/2024	NWS Age Group 1 & 2 2024	
<b>Women 19 &amp; Over 100 Back</b>								
1	1:03.77 L	F	Hannah Pearse	21	TUKS TSH	06/09/2024	USSA Swimming	
2	1:04.43 L	F	Kerryn Herbst	22	TUKS TSH	06/09/2024	USSA Swimming	
3	1:05.17 L	F	Carissa Van Rooyen	22	CA EKU	01/02/2025	EGA Last Chance Gala	
4	1:06.78 L	F	Lize-Marie Davidson	21	KOVS MAN	04/12/2024	Free State Champs 2024	
5	1:08.08 L	P	Grace De Jongh	19	LALE CED	05/12/2024	Western Cape LC-A Championship 2024	
6	1:09.43 L	F	Erin Gallagher	26	TUKS TSH	06/09/2024	USSA Swimming	
7	1:09.57 L	F	Sinelithemba Mbatha	22	RSA	19/06/2024	BRICS Games Swimming 2024 Russia	
8	1:09.91 L	F	Hannah Andraos	21	TUKS TSH	06/09/2024	USSA Swimming	

## Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
9	1:10.18 L	F	Ashley Ebing	19	TUKS FSH	06/09/2024	USSA Swimming
10	1:10.52 L	P	Ambrin Pienaar	20	ACSA ETH	02/07/2024	Prestige Tournament 2024
11	1:10.95 L	F	Chazél Orton	20	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
12	1:11.34 L	F	Nuria Ribeiro	22	MATI CED	05/10/2024	CTA Qualifying Meet 5 - (L2 & above)
13	1:11.92 L	F	Corne van Schalkwyk	19	AA JHB	29/11/2024	CGA Championships 2024
14	1:12.07 L	F	Mia vd Walt	20	TUKS FSH	06/09/2024	USSA Swimming
15	1:12.13 L	F	Constantina Pietersen	23	VARC NMA	06/09/2024	USSA Swimming
16	1:12.68 L	F	Jolene Cornelius	20	TUKS FSH	06/09/2024	USSA Swimming
17	1:13.78 L	F	Amori Potgieter	20	NWUC KKD	06/09/2024	USSA Swimming
18	1:13.83 L	F	Miche Johns	19	BLSS MAN	02/07/2024	Prestige Tournament 2024
19	1:13.92 L S	F	Tayla Parker	21	CA EKU	05/12/2024	EGA Summer Championships
20	1:14.30 L	F	Megan Bulose	20	UWCA CPT	05/12/2024	Western Cape LC-A Championship 2024
21	1:14.55 L	F	Maretha Nagel	39	BLSS MAN	04/12/2024	Free State Champs 2024
22	1:14.69 L	F	Michaela Dal Medico	19	TUKS FSH	06/09/2024	USSA Swimming
23	1:15.76 L	F	Gemma Kirsten	19	UFS MAN	06/09/2024	USSA Swimming
24	1:16.10 L	P	Amani Ismail	20	ATLA JHB	29/11/2024	CGA Championships 2024
25	1:16.71 L	P	Gertruida de Witt	47	POTC KKD	07/12/2024	NWS Championships 2024
26	1:16.75 L	F	Annette Greyling	19	MATI CED	06/09/2024	USSA Swimming
27	1:17.82 L	P	Rachael Humphries	23	NWUC KKD	07/12/2024	NWS Championships 2024
28	1:18.14 L	F	Erin Haslehurst	20	PGAC EKU	12/10/2024	EGA Summer 2
29	1:19.16 L	F	Mareen van der Merwe	19	RFA FSH	18/10/2024	NTS Level 3+ October Age Group 2024
30	1:19.17 L	F	Jayda Collett	19	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
31	1:19.24 L	F	Kiara Johnson	19	MATI CED	06/09/2024	USSA Swimming
32	1:19.25 L	F	Donia Smit	19	SS MPD	29/11/2024	Limpopo Champs 2024
33	1:19.32 L	F	Anica Dennis	22	VARC NMA	06/09/2024	USSA Swimming
34	1:20.41 L	F	Jessica Otto	20	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
35	1:25.30 L	F	Ra-eesa Jephtha	20	MANT CPT	02/11/2024	CTA A & B CHAMPS 2024
36	1:27.09 L	F	Shaina Adriaan	19	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
37	1:27.39 L	F	Caleigh Hanekom	24	UWCA CPT	06/09/2024	USSA Swimming
38	1:29.04 L	F	Ayanda Tshabalala	20	HPS FSH	13/09/2024	NTS September Age Group 2024
39	1:32.20 L	F	Reneilwe Molelowatladi	19	MAHD NMD	23/11/2024	NWS Age Group 3 + 4 2024
40	1:35.84 L	F	Busisiwe Mogadima	19	SOUL EKU	15/11/2024	Summer 4 Delville
41	1:37.40 L	F	Christine Kruger	20	BLSS MAN	04/12/2024	Free State Champs 2024
42	1:45.19 L	F	Mia Vd Merwe	26	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
43	1:58.55 L	F	Zora Wegerif	23	SWIM1 JHB	29/11/2024	CGA Championships 2024
44	2:38.41 L	F	Marne Kock	26	RBUR BPD	09/11/2024	NWS Age Group 1 & 2 2024
<b>Women 19 &amp; Over 200 Back</b>							
1	2:11.73 L	F	Hannah Pearse	21	TUKS FSH	01/06/2024	2024 Mare Nostrum Monaco
2	2:26.11 L	F	Lize-Marie Davidson	21	UFS MAN	06/09/2024	USSA Swimming
3	2:28.51 L S	P	Samantha Randle	26	KLOO ETH	02/07/2024	Prestige Tournament 2024
4	2:30.43 L	F	Hannah Andraos	21	TUKS FSH	06/09/2024	USSA Swimming
5	2:32.01 L	P	Chazél Orton	20	NWUC KKD	07/12/2024	NWS Championships 2024
6	2:33.21 L	F	Ashley Ebing	19	TUKS FSH	06/09/2024	USSA Swimming
7	2:35.82 L	F	Mia vd Walt	20	TUKS FSH	06/09/2024	USSA Swimming
8	2:36.94 L	F	Carissa Van Rooyen	22	CA EKU	18/01/2025	EGA Summer 5
9	2:38.41 L	F	Natalie Landmann	23	PSC FSH	15/11/2024	Valsrivier Gala 2024
10	2:39.41 L	F	Sinelithemba Mbatha	22	RSA	19/06/2024	BRICS Games Swimming 2024 Russia
11	2:39.70 L S	F	Miche Johns	19	BLSS MAN	02/07/2024	Prestige Tournament 2024
12	2:40.32 L	F	Petro Marié Fourie	19	LALE CED	21/09/2024	CTA INVITATIONAL LC MEET
13	2:42.34 L	F	Olivia Kruger	19	MATI CED	06/09/2024	USSA Swimming
14	2:43.84 L	F	Chloe LE Roux	20	MATI CED	06/09/2024	USSA Swimming
15	2:44.73 L	F	Constantina Pietersen	23	VARC NMA	06/09/2024	USSA Swimming
16	2:44.89 L	F	Abigail Swanepoel	20	NMU NMA	06/09/2024	USSA Swimming
17	2:45.01 L	F	Donia Smit	19	SS MPD	29/11/2024	Limpopo Champs 2024
18	2:45.24 L	F	Rachael Humphries	23	NWUC KKD	06/09/2024	USSA Swimming
19	2:45.36 L	F	Jordainne Kazimierzczak	22	FLOD JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
20	2:45.93 L	F	Amori Potgieter	20	NWUC KKD	06/09/2024	USSA Swimming
21	2:47.26 L	F	Gemma Kirsten	19	UFS MAN	06/09/2024	USSA Swimming
22	2:47.71 L	F	Gertruida de Witt	47	POTC KKD	07/12/2024	NWS Championships 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
23	2:48.49 L	P	Amani Ismail	20	ATLA JHB	29/11/2024	CGA Championships 2024
24	2:52.65 L	F	Anica Dennis	22	VARC NMA	06/09/2024	USSA Swimming
25	2:53.24 L	F	Melissa Martens	19	MATI CED	06/09/2024	USSA Swimming
26	3:11.89 L	F	Caleigh Hanekom	24	UWCA CPT	06/09/2024	USSA Swimming
27	3:16.74 L	F	Ra-eesa Jephtha	20	MANT CPT	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)
28	3:27.61 L S	F	Christine Kruger	20	BLSS MAN	04/12/2024	Free State Champs 2024
29	4:12.70 L	F	Cornelia Fowler	44	KLOO ETH	14/06/2024	AQZ Winter Warmer 2024
<b>Women 19 &amp; Over 50 Breast</b>							
1	30.37 L	F	Tatjana Smith	27	TUKS FSH	15/06/2024	PEA Winter Gala 2024
2	30.88 L	F	Lara Van Niekerk	21	PAC FSH	01/06/2024	2024 Mare Nostrum Monaco
3	31.57 L	F	Rebecca Meder	22	SGUL ETH	24/05/2024	2024 Golden Homes Swimfest
4	31.95 L	F	Mikaela Goelst	19	PAC FSH	01/06/2024	2024 Mare Nostrum Monaco
5	33.57 L	F	Kate Meyer	21	TUKS FSH	06/09/2024	USSA Swimming
6	33.84 L	F	Anieke Helmand	19	KOVS MAN	04/12/2024	Free State Champs 2024
7	34.45 L	F	Kristen Straszacker	24	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
8	34.48 L	F	Marné Meier	25	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
9	35.50 L	F	Nicola Hartman	19	RFA FSH	18/10/2024	NTS Level 3+ October Age Group 2024
10*	35.86 L	F	Carmia Hartman	19	RFA FSH	18/10/2024	NTS Level 3+ October Age Group 2024
10*	35.86 L	F	Cara Ralfe	19	TUKS FSH	06/09/2024	USSA Swimming
12	36.10 L	F	Q-Rize Ferreira	20	TUKS FSH	06/09/2024	USSA Swimming
13	36.34 L	F	Michaela Dal Medico	19	TUKS FSH	06/09/2024	USSA Swimming
14	36.37 L	F	Jolene Cornelius	20	TUKS FSH	06/09/2024	USSA Swimming
15	36.55 L	F	Morgan Pharoah	19	TUKS FSH	06/09/2024	USSA Swimming
16	37.22 L	F	Carike Kok	19	TUKS FSH	13/09/2024	NTS September Age Group 2024
17	37.26 L	F	Alex Truter	20	BEAV ETH	25/01/2025	uShaka Champs 2025
18	37.54 L	F	Megan Bulose	20	UWCA CPT	05/12/2024	Western Cape LC-A Championship 2024
19	37.68 L	F	Luchelle Oosthuizen	20	KOVS MAN	28/06/2024	Sentraal Winter Gala
20	38.04 L	P	Tumaini Macdonell	20	RSA	19/06/2024	BRICS Games Swimming 2024 Russia
21	38.59 L	F	Kate Mandell	25	MATI CED	06/09/2024	USSA Swimming
22	39.13 L	F	Caylin Gous	19	NWUC KKD	06/09/2024	USSA Swimming
23	39.47 L	F	Luané Engelbrecht	19	TUKS FSH	29/11/2024	Mpumalanga Championships 2024
24	39.72 L	F	Annette Greyling	19	MATI CED	06/09/2024	USSA Swimming
25	39.99 L	F	Anneke van Eeden	20	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
26	40.12 L	F	Zanè Snyman	20	UFS MAN	06/09/2024	USSA Swimming
27	40.27 L	F	Ashleë Pretorius	19	MATI CED	06/09/2024	USSA Swimming
28	40.43 L	P	Wendy Cook	54	FRA KCD	02/07/2024	Prestige Tournament 2024
29	40.76 L	F	Donia Smit	19	SS MPD	29/11/2024	Limpopo Champs 2024
30	40.80 L S	P	Erin Haslehurst	20	PGAC EKU	05/12/2024	EGA Summer Championships
31	41.15 L	F	Gabriella Steyl	20	NWUC KKD	06/09/2024	USSA Swimming
32	41.67 L	F	Madison Mayos	20	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
33	42.71 L	F	Esmarie Theart	29	KALA	19/10/2024	NCASA AGE GROUP 1 KATHU 2024
34	42.72 L	F	Annorina Groenewald	44	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
35	42.90 L	F	Shaina Adriaan	19	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
36	43.05 L S	F	Busisiwe Mogadima	19	SOUL EKU	05/12/2024	EGA Summer Championships
37	43.29 L	F	Cherná Fouché	19	TUKS FSH	13/09/2024	NTS September Age Group 2024
38	43.58 L	F	Ra-eesa Jephtha	20	MANT CPT	02/11/2024	CTA A & B CHAMPS 2024
39	43.75 L	F	Michele Esterhuizen	52	CSA EZD	29/11/2024	Mpumalanga Championships 2024
40	44.28 L	F	Thinica Mc Anda	19	UFS MAN	06/09/2024	USSA Swimming
41	44.90 L	F	Janine Steyn	54	BETH FDD	04/12/2024	Free State Champs 2024
42	45.17 L	F	Ngozi Anyanwu	20	UWCA CPT	06/09/2024	USSA Swimming
43	45.45 L	F	Kiersten Pause	19	UWCA CPT	06/09/2024	USSA Swimming
44	47.58 L	F	Carolina Potgieter	19	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
45	48.48 L	F	Christina Van Rooyen	48	PGAC EKU	12/10/2024	EGA Summer 2
46	50.22 L	F	Ina Prinsloo	49	BETH FDD	04/12/2024	Free State Champs 2024
47	51.02 L	P	Minke Janse Van Rensburg	20	FISH EDD	05/12/2024	Western Cape LC-A Championship 2024
48	51.42 L	F	Christine Kruger	20	BLSS MAN	04/12/2024	Free State Champs 2024
49	56.52 L	F	Sonja Coetzee	37	VALS FDD	15/11/2024	Valsrivier Gala 2024
50	1:14.26 L	F	Helen Van Vuuren	44	NWUC KKD	07/12/2024	NWS Championships 2024
51	1:14.27 L	F	Marne Kock	26	RBUR BPD	09/11/2024	NWS Age Group 1 & 2 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
<b>Women 19 &amp; Over</b>							
<b>100 Breast</b>							
1	1:05.00 L	P	Tatjana Smith	27	RSA	27/07/2024	2024 Paris Olympic Games
2	1:07.61 L	T	Kaylene Corbett	25	TUKS FSH	15/06/2024	PEA Winter Gala 2024
3	1:07.99 L	F	Rebecca Meder	22	SGUL ETH	24/05/2024	2024 Golden Homes Swimfest
4	1:09.23 L	P	Lara Van Niekerk	21	PAC FSH	29/05/2024	2024 Mare Nostrum Barcelona
5	1:10.84 L	F	Mikaela Goelst	19	PAC FSH	01/06/2024	2024 Mare Nostrum Monaco
6	1:13.76 L	F	Kate Meyer	21	TUKS FSH	06/09/2024	USSA Swimming
7	1:15.03 L	F	Marné Meier	25	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
8	1:17.09 L	F	Anieke Helmand	19	KOVS MAN	11/10/2024	Otters Prestige Gala 2024
9	1:17.16 L	F	Q-Rize Ferreira	20	TUKS FSH	06/09/2024	USSA Swimming
10	1:17.37 L	P	Cara Ralfe	19	TUKS FSH	05/12/2024	Western Cape LC-A Championship 2024
11	1:18.33 L	F	Morgan Pharoah	19	TUKS FSH	06/09/2024	USSA Swimming
12	1:18.70 L	F	Simeï Van Staden	19	KLOO ETH	14/06/2024	AGZ Winter Warmer 2024
13	1:19.25 L	F	Michaela Dal Medico	19	TUKS FSH	06/09/2024	USSA Swimming
14	1:19.55 L	F	Nicola Hartman	19	RFA FSH	18/10/2024	NTS Level 3+ October Age Group 2024
15	1:19.74 L	F	Carike Kok	19	TUKS FSH	29/11/2024	CGA Championships 2024
16	1:19.96 L	F	Luchelle Oosthuizen	20	KOVS MAN	11/10/2024	Otters Prestige Gala 2024
17	1:20.37 L	F	Alex Truter	20	BEAV ETH	25/01/2025	uShaka Champs 2025
18	1:21.15 L	F	Carmia Hartman	19	RFA FSH	18/10/2024	NTS Level 3+ October Age Group 2024
19	1:22.18 L	F	Jolene Cornelius	20	TUKS FSH	06/09/2024	USSA Swimming
20	1:22.63 L	F	Kate Mandell	25	MATI CED	06/09/2024	USSA Swimming
21	1:23.78 L	F	Constantina Pietersen	23	VARC NMA	06/09/2024	USSA Swimming
22	1:24.45 L	F	Megan Bulose	20	UWCA CPT	05/12/2024	Western Cape LC-A Championship 2024
23	1:24.58 L	F	Luané Engelbrecht	19	TUKS FSH	13/09/2024	NTS September Age Group 2024
24	1:25.20 L	F	Alani Ferreira	26	SEAL UMD	02/07/2024	Prestige Tournament 2024
25	1:26.30 L	F	Hannah Neilson	20	UWCA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
26	1:26.40 L	P	Anneke van Eeden	20	NWUC KKD	07/12/2024	NWS Championships 2024
27	1:26.78 L	P	Erin Haslehurst	20	PGAC EKU	05/12/2024	EGA Summer Championships
28*	1:27.28 L	F	Annette Greyling	19	MATI CED	06/09/2024	USSA Swimming
28*	1:27.28 L	F	Carissa Van Rooyen	22	CA EKU	01/02/2025	EGA Last Chance Gala
30	1:28.02 L	F	Amori Potgieter	20	NWUC KKD	06/09/2024	USSA Swimming
31	1:28.05 L	F	Caylin Gous	19	NWS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
32	1:28.32 L	F	Ashleë Pretorius	19	MATI CED	06/09/2024	USSA Swimming
33	1:28.52 L	F	Maretha Nagel	39	BLSS MAN	25/10/2024	Neptunes Gala
34	1:29.20 L	P	Wendy Cook	54	FRA KCD	02/07/2024	Prestige Tournament 2024
35	1:29.65 L	P	Petro Marié Fourie	19	LALE CED	05/12/2024	Western Cape LC-A Championship 2024
36	1:31.63 L	F	Jordainne Kazimierzczak	22	FLOD JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
37	1:32.32 L	F	Gabriella Steyl	20	NWUC KKD	06/09/2024	USSA Swimming
38	1:32.76 L	F	Donia Smit	19	SS MPD	29/11/2024	Limpopo Champs 2024
39	1:36.74 L	P	Busisiwe Mogadima	19	SOUL EKU	05/12/2024	EGA Summer Championships
40	1:37.61 L	F	Michele Esterhuizen	52	CSA EZD	29/11/2024	Mpumalanga Championships 2024
41	1:37.71 L	F	Thinica Mc Anda	19	KOVS MAN	04/12/2024	Free State Champs 2024
42	1:38.82 L	F	Ra-eesa Jephtha	20	MANT CPT	21/09/2024	CTA INVITATIONAL LC MEET
43	1:38.85 L	F	Cherná Fouché	19	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
44	1:39.86 L S	F	Shaina Adriaan	19	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024
45	1:41.37 L	F	Ayanda Tshabalala	20	HPS FSH	13/09/2024	NTS September Age Group 2024
46	1:42.11 L	F	Janine Steyn	54	BETH FDD	25/10/2024	Neptunes Gala
47	1:42.66 L	F	Kiersten Paulse	19	UWCA CPT	06/09/2024	USSA Swimming
48	1:45.42 L	F	Ngozi Anyanwu	20	UWCA CPT	06/09/2024	USSA Swimming
49	1:47.74 L	F	Christina Van Rooyen	48	PGAC EKU	12/10/2024	EGA Summer 2
50	1:51.77 L	F	Judi Smith	22	BARR CPT	09/11/2024	Swartland Prestige Gala 2024
51	1:52.55 L	F	Carolina Potgieter	19	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schools
52	1:55.33 L	F	Ina Prinsloo	49	BETH FDD	15/11/2024	Valsrivier Gala 2024
53	1:57.43 L	F	Christine Kruger	20	BLSS MAN	04/12/2024	Free State Champs 2024
54	2:00.74 L	F	Sonja Coetzee	37	VALS FDD	15/11/2024	Valsrivier Gala 2024
55	2:07.23 L	F	Minke Janse Van Rensburg	20	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
56	2:09.95 L S	F	Mia Vd Merwe	26	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
57	2:23.96 L	P	Katherine Swanepoel	37	DRGN EKU	15/06/2024	PEA Winter Gala 2024
58	2:38.32 L	P	Marne Kock	26	RBUR BPD	07/12/2024	NWS Championships 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
59	3:04.29 L	F	Helen Van Vuuren	44	NWS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
<b>Women 19 &amp; Over 200 Breast</b>							
1	2:19.60 L	F	Tatjana Smith	27	RSA	27/07/2024	2024 Paris Olympic Games
2	2:22.87 L	S	Kaylene Corbett	25	RSA	27/07/2024	2024 Paris Olympic Games
3	2:28.58 L	F	Rebecca Meder	22	SGUL ETH	29/06/2024	2024 Rossini Swim Cup
4	2:38.29 L	F	Mikaela Goelst	19	SEAL UMD	02/07/2024	Prestige Tournament 2024
5	2:39.35 L	F	Kate Meyer	21	TUKS FSH	06/09/2024	USSA Swimming
6	2:40.04 L	F	Catherine Van Rensburg	20	TUKS FSH	06/09/2024	USSA Swimming
7	2:46.11 L	F	Marné Meier	25	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
8	2:47.42 L	F	Morgan Pharoah	19	TUKS FSH	05/12/2024	Western Cape LC-A Championship 2024
9	2:47.96 L	F	Megan Shepherd	21	TUKS FSH	06/09/2024	USSA Swimming
10	2:49.87 L	F	Luchelle Oosthuizen	20	KOVS MAN	13/12/2024	NMBA Championships 2024
11	2:53.51 L	F	Alex Truter	20	BEAV ETH	25/01/2025	uShaka Champs 2025
12	2:54.04 L	F	Carike Kok	19	TUKS FSH	13/09/2024	NTS September Age Group 2024
13	2:54.13 L	F	Cara Ralfe	19	TUKS FSH	05/12/2024	Western Cape LC-A Championship 2024
14	2:56.02 L	F	Jessica Booth	22	MATI CED	06/09/2024	USSA Swimming
15	2:56.42 L	F	Kate Mandell	25	MATI CED	09/11/2024	Winelands SL4
16	2:57.46 L	F	Michaela Dal Medico	19	TUKS FSH	06/09/2024	USSA Swimming
17	2:59.52 L	F	Luané Engelbrecht	19	TUKS FSH	29/11/2024	Mpumalanga Championships 2024
18	3:01.69 L	F	Simej Van Staden	19	KLOO ETH	14/06/2024	AQZ Winter Warmer 2024
19	3:01.73 L	F	Caylin Gous	19	NWUC KKD	06/09/2024	USSA Swimming
20	3:04.11 L	F	Erin Haslehurst	20	PGAC EKU	05/12/2024	EGA Summer Championships
21	3:05.55 L	F	Anneke van Eeden	20	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
22	3:19.26 L	F	Donia Smit	19	SS MPD	29/11/2024	Limpopo Champs 2024
23	3:23.20 L	F	Gabriella Steyl	20	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
24	3:24.79 L	P	Wendy Cook	54	FRA KCD	02/07/2024	Prestige Tournament 2024
25	3:25.81 L	F	Tilka Paljk	27	MATI CED	06/09/2024	USSA Swimming
26	3:38.22 L	F	Thinica Mc Anda	19	UFS MAN	06/09/2024	USSA Swimming
27	3:40.25 L	P	Busisiwe Mogadima	19	SOUL EKU	05/12/2024	EGA Summer Championships
28	3:46.48 L	F	Kiersten Paulse	19	UWCA CPT	06/09/2024	USSA Swimming
29	4:25.36 L	F	Sonja Coetzee	37	VALS FDD	02/11/2024	Heidedal
30	4:37.85 L	F	Cornelia Fowler	44	KLOO ETH	14/06/2024	AQZ Winter Warmer 2024
31	6:20.23 L S	F	Helen Van Vuuren	44	NWUC KKD	07/12/2024	NWS Championships 2024
<b>Women 19 &amp; Over 50 Fly</b>							
1	25.97 L	P	Erin Gallagher	26	TUKS FSH	15/06/2024	PEA Winter Gala 2024
2	26.57 L	F	Caitlin De Lange	20	TUKS FSH	29/05/2024	2024 Mare Nostrum Barcelona
3	27.48 L	F	Rebecca Meder	22	SGUL ETH	24/05/2024	2024 Golden Homes Swimfest
4	28.06 L	P	Tatjana Smith	27	TUKS FSH	15/06/2024	PEA Winter Gala 2024
5	28.52 L	F	Kristen Straszacker	24	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
6	28.69 L	P	Kaylene Corbett	25	TUKS FSH	15/06/2024	PEA Winter Gala 2024
7	28.75 L	P	Dakota Tucker	20	WATR JHB	15/06/2024	PEA Winter Gala 2024
8	29.05 L	F	Kerryn Herbst	22	TUKS FSH	06/09/2024	USSA Swimming
9	29.08 L	F	Samantha Straw	23	TUKS FSH	06/09/2024	USSA Swimming
10	29.14 L	F	Trinity Hearne	21	UCT CPT	06/09/2024	USSA Swimming
11	29.19 L	P	Ane' Meier	19	PAC FSH	15/06/2024	PEA Winter Gala 2024
12	29.33 L	F	Margaux Kemp	21	MATI CED	06/09/2024	USSA Swimming
13	29.59 L	P	Tumaini Macdonell	20	RSA	19/06/2024	BRICS Games Swimming 2024 Russia
14	29.65 L	F	Leigh McMorran	20	AA JHB	29/11/2024	CGA Championships 2024
15	29.87 L	F	Natalie Landmann	23	PSC FSH	15/11/2024	Valsrivier Gala 2024
16	30.03 L	F	Carissa Van Rooyen	22	CA EKU	01/02/2025	EGA Last Chance Gala
17	30.05 L	P	Marné Meier	25	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
18	30.14 L	P	Corne van Schalkwyk	19	AA JHB	29/11/2024	CGA Championships 2024
19	30.25 L	F	Luchelle Oosthuizen	20	KOVS MAN	13/12/2024	NMBA Championships 2024
20	30.41 L	F	Anieke Helmand	19	KOVS MAN	02/11/2024	Heidedal
21	30.42 L	F	Tazmyn Robson	19	TUKS FSH	22/01/2025	Crusaders Night Gala 2
22	30.46 L	P	Zanè Snyman	20	BLSS MAN	04/12/2024	Free State Champs 2024
23	30.51 L	P	Leah Christie	19	TGA WCD	05/12/2024	Western Cape LC-A Championship 2024
24	30.64 L	F	Kirsten Blend	32	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
25	30.67 L	F	Constantina Pietersen	23	VARC NMA	06/09/2024	USSA Swimming
26	30.76 L	F	Jolene Cornelius	20	TUKS FSH	06/09/2024	USSA Swimming
27	30.99 L	F	Corinna Meyer	20	VRC FSH	18/10/2024	NTS Level 3+ October Age Group 2024
28	31.08 L	P	Miche Johns	19	BLSS MAN	02/07/2024	Prestige Tournament 2024
29	31.14 L	F	Alexandra Caldwell	CR	VASA EKU	26/10/2024	Summer 3 Delville
30	31.46 L	F	Kayleigh Adamson	21	TUKS FSH	06/09/2024	USSA Swimming
31	31.53 L	P	Danielle Heyes	19	ASAC CPT	05/12/2024	Western Cape LC-A Championship 2024
32	31.66 L	P	Nuria Ribeiro	22	MATI CED	05/12/2024	Western Cape LC-A Championship 2024
33	31.67 L	F	Abigail Swanepoel	20	NMU NMA	17/08/2024	Madibaz Swim Meet 2024
34	31.72 L	P	Mia vd Walt	20	TUKS FSH	05/12/2024	Western Cape LC-A Championship 2024
35	31.75 L	F	Casey Smith	21	TUKS FSH	13/12/2024	NMBA Championships 2024
36	32.15 L	F	Rachel Smith	19	MDOL JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Jan
37*	32.72 L	P	Megan Bulose	20	UWCA CPT	05/12/2024	Western Cape LC-A Championship 2024
37*	32.72 L	F	Jessica Otto	20	TUKS FSH	06/09/2024	USSA Swimming
39	32.73 L	F	Kiara Johnson	19	MATI CED	06/09/2024	USSA Swimming
40	32.89 L	F	Gertruida de Witt	47	POTC KKD	07/12/2024	NWS Championships 2024
41	33.27 L	F	Catherine Morrison	20	TUKS FSH	13/09/2024	NTS September Age Group 2024
42	33.33 L	F	Michele Esterhuizen	52	CSA EZD	29/11/2024	Mpumalanga Championships 2024
43	33.39 L	F	Annorina Groenewald	44	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
44	33.51 L	F	Danelle Snyman	39	ROA EDD	31/01/2025	Infinity Gala 2025
45	33.67 L	P	Sinelithemba Mbatha	22	RSA	19/06/2024	BRICS Games Swimming 2024 Russia
46	33.77 L	F	Madison Mayos	20	TUKS FSH	06/09/2024	USSA Swimming
47	33.80 L	F	Caylin Gous	19	NWUC KKD	06/09/2024	USSA Swimming
48	34.21 L	F	Tumelo Mohale	21	TUKS FSH	06/09/2024	USSA Swimming
49	34.26 L	F	Anneke van Eeden	20	NWUC KKD	06/09/2024	USSA Swimming
50	34.44 L	F	Kate Mandell	25	MATI CED	06/09/2024	USSA Swimming
51	34.52 L	F	Rachael Humphries	23	NWS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
52	34.84 L	P	Amani Ismail	20	ATLA JHB	29/11/2024	CGA Championships 2024
53	35.07 L	F	Michelle Steenekamp	21	TUKS FSH	13/09/2024	NTS September Age Group 2024
54	35.15 L	P	Thinica Mc Anda	19	KOVs MAN	04/12/2024	Free State Champs 2024
55	35.20 L S	F	Cornelia HECHTER	23	MATI CED	21/09/2024	CTA INVITATIONAL LC MEET
56	35.23 L	F	Oabilwe Sesoko	19	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
57	35.85 L	F	Busisiwe Mogadima	19	SOUL EKU	05/12/2024	EGA Summer Championships
58	36.12 L	F	Ayanda Tshabalala	20	HPS FSH	13/09/2024	NTS September Age Group 2024
59	36.31 L S	F	Ra-eesa Jephtha	20	MANT CPT	21/09/2024	CTA INVITATIONAL LC MEET
60	36.63 L	F	Tilka Paljk	27	MATI CED	06/09/2024	USSA Swimming
61	36.67 L	F	Esmarie Theart	29	KALA	19/10/2024	NCASA AGE GROUP 1 KATHU 2024
62	38.41 L	P	Minke Janse Van Rensburg	20	FISH EDD	05/12/2024	Western Cape LC-A Championship 2024
63	38.74 L	F	Reneilwe Molelowattladi	19	MAHD NMD	23/11/2024	NWS Age Group 3 + 4 2024
64	39.15 L	F	Gabriella Steyl	20	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
65	39.69 L	F	Janine Steyn	54	BETH FDD	25/10/2024	Neptunes Gala
66	41.94 L	F	Cherná Fouché	19	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
67	42.52 L	F	Carolina Potgieter	19	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
68	44.51 L	F	Ngozi Anyanwu	20	UWCA CPT	06/09/2024	USSA Swimming
69	45.11 L	P	Ina Prinsloo	49	BETH FDD	04/12/2024	Free State Champs 2024
70	47.88 L	F	Mia Vd Merwe	26	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
71	48.84 L	F	Christine Kruger	20	BLSS MAN	09/11/2024	Bull Sharks Gala
72	51.09 L	P	Zora Wegerif	23	SWIM1 JHB	29/11/2024	CGA Championships 2024
73	58.16 L	P	Katherine Swanepoel	37	DRGN EKU	15/06/2024	PEA Winter Gala 2024

#### Women 19 & Over 100 Fly

1	57.80 L	P	Erin Gallagher	26	RSA	27/07/2024	2024 Paris Olympic Games
2	1:01.64 L S	F	Trinity Hearne	21	CYBE CPT	05/12/2024	Western Cape LC-A Championship 2024
3	1:02.57 L	F	Trinity Hearne	21	UCT CPT	06/09/2024	USSA Swimming
4	1:05.65 L	F	Ane' Meier	19	PAC FSH	15/06/2024	PEA Winter Gala 2024
5	1:06.18 L	F	Corne van Schalkwyk	19	AA JHB	29/11/2024	CGA Championships 2024
6	1:07.06 L	F	Leigh McMorrان	20	TUKS FSH	06/09/2024	USSA Swimming
7	1:07.21 L	P	Ambrin Pienaar	20	ACSA ETH	02/07/2024	Prestige Tournament 2024
8	1:07.37 L	F	Luchelle Oosthuizen	20	KOVs MAN	11/10/2024	Otters Prestige Gala 2024
9	1:07.38 L	F	Tazmyn Robson	19	TUKS FSH	20/11/2024	Crusaders Night Gala 1

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr				
10	1:08.04	L	F	Carla Antonopoulos	23	TUKS FSH	06/09/2024	USSA Swimming
11	1:08.19	L	F	Alexandra Caldwell	CR	VASA EKU	05/12/2024	EGA Summer Championships
12	1:08.21	L	F	Kerryn Herbst	22	TUKS FSH	06/09/2024	USSA Swimming
13	1:08.25	L S	F	Marné Meier	25	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
14	1:08.86	L	F	Megan Shepherd	21	TUKS FSH	06/09/2024	USSA Swimming
15	1:09.07	L	F	Q-Rize Ferreira	20	TUKS FSH	06/09/2024	USSA Swimming
16	1:09.61	L	F	Michaela Dal Medico	19	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
17	1:10.44	L	F	Abigail Swanepoel	20	NMU NMA	06/09/2024	USSA Swimming
18	1:10.55	L	F	Erin Haslehurst	20	PGAC EKU	05/12/2024	EGA Summer Championships
19	1:10.62	L	F	Olivia Kruger	19	MATI CED	06/09/2024	USSA Swimming
20	1:10.87	L	F	Miche Johns	19	BLSS MAN	02/07/2024	Prestige Tournament 2024
21	1:11.04	L S	F	Kirsten Blend	32	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
22	1:11.17	L	F	Alexandra Caldwell	19	UCT CPT	06/09/2024	USSA Swimming
23	1:12.03	L	F	Carmia Hartman	19	RFA FSH	18/10/2024	NTS Level 3+ October Age Group 2024
24	1:13.27	L	F	Constantina Pietersen	23	VARC NMA	06/09/2024	USSA Swimming
25	1:13.53	L S	F	Gertruida de Witt	47	POTC KKD	07/12/2024	NWS Championships 2024
26	1:13.81	L	F	Caylin Gous	19	NWUC KKD	06/09/2024	USSA Swimming
27	1:15.47	L	F	Jemma van der Merwe	19	CSC FSH	13/09/2024	NTS September Age Group 2024
28	1:15.94	L	F	Carike Kok	19	TUKS FSH	29/11/2024	CGA Championships 2024
29	1:16.40	L	F	Chloe LE Roux	20	MATI CED	06/09/2024	USSA Swimming
30	1:17.62	L	F	Anneke van Eeden	20	NWUC KKD	06/09/2024	USSA Swimming
31	1:19.45	L S	F	Ra-eesa Jephta	20	MANT CPT	02/11/2024	CTA A & B CHAMPS 2024
32	1:19.52	L	F	Luané Engelbrecht	19	TUKS FSH	13/09/2024	NTS September Age Group 2024
33	1:19.70	L	F	Hannah Neilson	20	UWCA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
34	1:19.87	L	F	Danelle Snyman	39	ROA EDD	31/01/2025	Infinity Gala 2025
35	1:19.97	L	F	Kayleigh Adamson	21	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
36	1:23.03	L	F	Alex Truter	20	BEAV ETH	25/01/2025	uShaka Champs 2025
37	1:23.14	L	F	Oabilwe Sesoko	19	TUKS FSH	18/10/2024	NTS Level 3+ October Age Group 2024
38	1:24.57	L	F	Donia Smit	19	SS MPD	29/11/2024	Limpopo Champs 2024
39	1:27.55	L	F	Larique Joubert	19	HMER MP	08/10/2024	Limpopo Top 8 - High Schools
40	1:29.95	L	F	Megan Bulose	20	UWCA CPT	06/09/2024	USSA Swimming
41	1:39.47	L	F	Minke Janse Van Rensburg	20	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
42	2:00.73	L	P	Zora Wegerif	23	SWIM1 JHB	29/11/2024	CGA Championships 2024
<b>Women 19 &amp; Over 200 Fly</b>								
1	2:23.26	L	F	Leigh McMorran	20	TUKS FSH	06/09/2024	USSA Swimming
2	2:23.99	L	F	Carla Antonopoulos	23	TUKS FSH	06/09/2024	USSA Swimming
3	2:32.83	L	F	Luchelle Oosthuizen	20	KOVS MAN	13/12/2024	NMBA Championships 2024
4	2:36.21	L	F	Michaela Dal Medico	19	TUKS FSH	13/09/2024	NTS September Age Group 2024
5	2:39.94	L	F	Erin Haslehurst	20	PGAC EKU	05/12/2024	EGA Summer Championships
6	2:41.39	L	F	Corne van Schalkwyk	19	AA JHB	29/11/2024	CGA Championships 2024
7	2:46.88	L	F	Abigail Swanepoel	20	NMU NMA	06/09/2024	USSA Swimming
8	2:47.79	L	F	Kirsten Blend	32	CASC CPT	05/12/2024	Western Cape LC-A Championship 2024
9	2:50.81	L	F	Jessica Booth	22	MATI CED	06/09/2024	USSA Swimming
10	3:00.53	L	F	Ra-eesa Jephta	20	MANT CPT	09/11/2024	Swartland Prestige Gala 2024
<b>Women 19 &amp; Over 200 IM</b>								
1	2:10.67	L	S	Rebecca Meder	22	RSA	27/07/2024	2024 Paris Olympic Games
2	2:24.07	L	F	Kate Meyer	21	TUKS FSH	06/09/2024	USSA Swimming
3	2:26.98	L	F	Megan Shepherd	21	TUKS FSH	06/09/2024	USSA Swimming
4	2:28.34	L	F	Trinity Hearne	21	UCT CPT	06/09/2024	USSA Swimming
5	2:28.90	L	F	Ane' Meier	19	PAC FSH	15/06/2024	PEA Winter Gala 2024
6	2:29.84	L	F	Corne van Schalkwyk	19	AA JHB	29/11/2024	CGA Championships 2024
7	2:30.17	L	F	Melina Giraudeau	21	LALE CED	09/11/2024	Winelands SL4
8	2:30.54	L	F	Mikaela Goelst	19	SEAL UMD	02/07/2024	Prestige Tournament 2024
9	2:31.11	L	P	Samantha Straw	23	TUKS FSH	04/12/2024	Free State Champs 2024
10	2:31.13	L	F	Mia vd Walt	20	TUKS FSH	05/12/2024	Western Cape LC-A Championship 2024
11	2:31.21	L	P	Ambrin Pienaar	20	ACSA ETH	02/07/2024	Prestige Tournament 2024
12	2:31.96	L	F	Q-Rize Ferreira	20	TUKS FSH	06/09/2024	USSA Swimming
13	2:32.40	L	F	Luchelle Oosthuizen	20	KOVS MAN	11/10/2024	Otters Prestige Gala 2024

### Individual Top Times

Times since: 01-May-24

Number of Top Times: All Show Long Course Only

	Time	P/F/S	Name	Age/Yr			
14	2:33.17	L	F	Maretha Nagel	39	BLSS MAN	04/12/2024 Free State Champs 2024
15	2:34.40	L	F	Chazél Orton	20	NWUC KKD	06/09/2024 USSA Swimming
16	2:34.44	L	F	Chloe LE Roux	20	MATI CED	09/11/2024 Winelands SL4
17	2:35.21	L	F	Anieke Helmand	19	KOVS MAN	06/09/2024 Bull Sharks Annual Gala
18	2:35.72	L	F	Morgan Pharoah	19	TUKS FSH	06/09/2024 USSA Swimming
19	2:36.11	L	F	Ashley Ebing	19	TUKS FSH	06/09/2024 USSA Swimming
20	2:36.66	L	F	Michaela Dal Medico	19	TUKS FSH	06/09/2024 USSA Swimming
21	2:37.40	L	F	Miche Johns	19	BLSS MAN	02/07/2024 Prestige Tournament 2024
22	2:38.05	L	F	Cara Ralfe	19	TUKS FSH	05/12/2024 Western Cape LC-A Championship 2024
23	2:39.11	L	F	Jessica Booth	22	MATI CED	06/09/2024 USSA Swimming
24	2:40.12	L	P	Alexandra Caldwell	CR	VASA EKU	05/12/2024 EGA Summer Championships
25	2:40.19	L	F	Hannah Neilson	20	UWCA CPT	05/12/2024 Western Cape LC-A Championship 2024
26	2:42.90	L	P	Erin Haslehurst	20	PGAC EKU	05/12/2024 EGA Summer Championships
27	2:44.30	L	F	Caylin Gous	19	NWS	25/01/2025 4+1 INTERPROVINCIAL GALA 2025
28	2:45.59	L	F	Carike Kok	19	TUKS FSH	13/09/2024 NTS September Age Group 2024
29	2:46.08	L	F	Gertruida de Witt	47	POTC KKD	07/12/2024 NWS Championships 2024
30	2:46.49	L	F	Jemma van der Merwe	19	CSC FSH	18/10/2024 NTS Level 3+ October Age Group 2024
31	2:49.38	L	F	Corinna Meyer	20	VRC FSH	18/10/2024 NTS Level 3+ October Age Group 2024
32	2:50.32	L	F	Jayda Collett	19	TUKS FSH	18/10/2024 NTS Level 3+ October Age Group 2024
33	2:50.71	L	F	Gemma Kirsten	19	KOVS MAN	24/08/2024 Kovsie Gala 2
34	2:51.60	L S	F	Petro Marié Fourie	19	LALE CED	21/09/2024 CTA INVITATIONAL LC MEET
35	2:52.51	L	F	Danelle Snyman	39	ROA EDD	31/01/2025 Infinity Gala 2025
36	2:53.26	L	F	Anneke van Eeden	20	NWUC KKD	06/09/2024 USSA Swimming
37	2:56.83	L	F	Zanè Snyman	20	BLSS MAN	25/10/2024 Neptunes Gala
38	2:58.32	L	F	Ra-eesa Jephtha	20	MANT CPT	02/11/2024 CTA A & B CHAMPS 2024
39	3:01.90	L	F	Michele Esterhuizen	52	CSA EZD	29/11/2024 Mpumalanga Championships 2024
40	3:09.94	L	F	Thinica Mc Anda	19	KOVS MAN	04/12/2024 Free State Champs 2024
41	3:10.79	L	F	Shaina Adriaan	19	TYGE CPT	02/11/2024 CTA A & B CHAMPS 2024
42	3:14.19	L	F	Gabriella Steyl	20	NWUC KKD	09/11/2024 NWS Age Group 1 & 2 2024
43	3:19.73	L	P	Busisiwe Mogadima	19	SOUL EKU	05/12/2024 EGA Summer Championships
44	3:20.22	L	F	Janine Steyn	54	BETH FDD	04/12/2024 Free State Champs 2024
45	3:23.64	L	F	Caleigh Hanekom	24	UWCA CPT	06/09/2024 USSA Swimming
46	3:28.03	L	P	Minke Janse Van Rensburg	20	FISH EDD	05/12/2024 Western Cape LC-A Championship 2024
47	3:32.98	L	F	Christine Kruger	20	BLSS MAN	04/12/2024 Free State Champs 2024
48	3:32.99	L	F	Reneilwe Molelowatladi	19	MAHD NMD	23/11/2024 NWS Age Group 3 + 4 2024
49	3:34.11	L	F	Kiersten Pause	19	UWCA CPT	06/09/2024 USSA Swimming
50	3:34.55	L	F	Judi Smith	22	BARR CPT	09/11/2024 Swartland Prestige Gala 2024
51	3:41.64	L	F	Carolina Potgieter	19	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schools
52	3:55.28	L	F	Sonja Coetzee	37	VALS FDD	15/11/2024 Valsrivier Gala 2024
53	4:01.93	L	P	Katherine Swanepoel	37	DRGN EKU	15/06/2024 PEA Winter Gala 2024
54	4:03.48	L	F	Zora Wegerif	23	SWIM1 JHB	29/11/2024 CGA Championships 2024
<b>Women 19 &amp; Over 400 IM</b>							
1	4:45.68	L	P	Rebecca Meder	22	SGUL ETH	12/06/2024 Best Times LCM
2	5:16.28	L	F	Catherine Van Rensburg	20	TUKS FSH	06/09/2024 USSA Swimming
3	5:24.87	L	F	Megan Shepherd	21	TUKS FSH	06/09/2024 USSA Swimming
4	5:26.73	L	F	Morgan Pharoah	19	TUKS FSH	05/12/2024 Western Cape LC-A Championship 2024
5	5:28.62	L	F	Michaela Dal Medico	19	TUKS FSH	06/09/2024 USSA Swimming
6	5:33.43	L	F	Maretha Nagel	39	BLSS MAN	04/12/2024 Free State Champs 2024
7	5:33.65	L	F	Miche Johns	19	BLSS MAN	02/07/2024 Prestige Tournament 2024
8	5:35.50	L	F	Luchelle Oosthuizen	20	UFS MAN	06/09/2024 USSA Swimming
9	5:36.30	L	F	Chazél Orton	20	NWUC KKD	06/09/2024 USSA Swimming
10	5:37.45	L	F	Ashley Ebing	19	TUKS FSH	06/09/2024 USSA Swimming
11	5:40.97	L	F	Erin Haslehurst	20	PGAC EKU	05/12/2024 EGA Summer Championships
12	5:43.82	L	F	Jessica Booth	22	MATI CED	06/09/2024 USSA Swimming
13	5:53.59	L	F	Luané Engelbrecht	19	TUKS FSH	29/11/2024 Mpumalanga Championships 2024
14	5:54.89	L	F	Rachael Humphries	23	NWUC KKD	06/09/2024 USSA Swimming