

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	25.00	L	F	Caitlin De Lange	21	TUKS TSH	28/02/2025	2025 Grand Prix 2 Invitational Meet -N	
2	25.28	L	P	Olivia Nel	22	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202	
3	25.31	L	F	Erin Gallagher	26	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
4	25.36	L	F	Michaela De Villiers	22	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202	
5	25.91	L	F	Rebecca Meder	22	SGUL ETH	21/06/2024	2024 Treviso Swim Cup	
6	26.18	L	F	Georgia Nel	22	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202	
7	26.21	L	F	Johanna Buys	24	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
8	26.55	L	F	Anieke Helmand	20	FSA FS	09/04/2025	SA National Aquatic SNR-Champ 202	
9	26.60	L	P	Tumaini Macdonell	20	RSA	19/06/2024	BRICS Games Swimming 2024 Russia	
10	26.72	L	F	Carissa Van Rooyen	22	AGA ECU	09/04/2025	SA National Aquatic SNR-Champ 202	
11	26.89	L	P	Tori Voke	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
12	26.91	L S	F	Trinity Hearne	21	CYBE CPT	05/12/2024	Western Cape LC-A Championship 20	
13	27.02	L	P	Kerryn Herbst	22	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
14*	27.08	L	S	Morgan Cope	19	LALE CED	09/11/2024	Winelands SL4	
14*	27.08	L S	F	Rachel Groepes	19	TUKS TSH	05/12/2024	Western Cape LC-A Championship 20	
16	27.24	L	F	Trinity Hearne	21	UCT CPT	06/09/2024	USSA Swimming	
17	27.29	L	P	Kate Meyer	22	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
18	27.30	L	P	Carla Meikle	22	KZNA ETH	09/04/2025	SA National Aquatic SNR-Champ 202	
19	27.36	L	P	Samantha Straw	23	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
20	27.47	L	F	Hannah Cromhout	20	LALE CED	09/11/2024	Winelands SL4	
21	27.48	L	P	Lize-Marie Davidson	21	FSA FS	09/04/2025	SA National Aquatic SNR-Champ 202	
22	27.53	L	P	Sune Liebenberg	21	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
23	27.56	L	F	Amica De Jager	25	TUKS TSH	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)	
24	27.58	L	F	Leah Christie	20	CLA WCD	28/02/2025	2025 Grand Prix 2 Invitational Meet -N	
25	27.59	L	F	Margaux Kemp	22	MATI CED	06/09/2024	USSA Swimming	
26	27.62	L	S	Nuria Ribeiro	22	MATI CED	09/11/2024	Winelands SL4	
27*	27.64	L	F	Kaylene Corbett	25	TUKS TSH	15/06/2024	PEA Winter Gala 2024	
27*	27.64	L	P	Tazmyn Robson	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
29	27.65	L	S	Melina Giraudeau	21	LALE CED	09/11/2024	Winelands SL4	
30	27.70	L	P	Zanè Snyman	21	FSA FS	09/04/2025	SA National Aquatic SNR-Champ 202	
31	27.74	L	F	Ane' Meier	19	PAC TSH	15/06/2024	PEA Winter Gala 2024	
32	27.79	L S	F	Marné Meier	26	CASC CPT	05/12/2024	Western Cape LC-A Championship 20	
33	27.82	L S	P	Corinna Meyer	20	VRC TSH	05/12/2024	EGA Summer Championships	
34	27.84	L	P	Jenna-Laine Fuller	24	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
35	27.99	L	P	Taneal Baptiste	25	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
36	28.05	L	P	Corne van Schalkwyk	19	AA JHB	29/11/2024	CGA Championships 2024	
37	28.09	L	P	Georgia Els	19	RSA	19/06/2024	BRICS Games Swimming 2024 Russia	
38	28.11	L	P	Grace De Jongh	19	LALE CED	28/02/2025	2025 Grand Prix 2 Invitational Meet -N	
39	28.12	L	F	Callan Lötter	19	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks	
40	28.20	L	F	Hannah Robertson	20	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks	
41	28.26	L	P	Sinelithemba Mbatha	22	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
42	28.34	L	P	Mikaela Goelst	19	PAC TSH	01/06/2024	2024 Mare Nostrum Monaco	
43	28.44	L	F	Olivia Kruger	19	MATI CED	06/09/2024	USSA Swimming	
44	28.49	L	S	Chloe LE Roux	21	MATI CED	09/11/2024	Winelands SL4	
45	28.52	L	P	Jolene Cornelius	20	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
46	28.55	L S	P	Christine Wessels	19	TUKS TSH	05/12/2024	Western Cape LC-A Championship 20	
47	28.63	L	F	Ninah Wedderburn	19	INFA NMA	31/01/2025	Infinity Gala 2025	
48	28.72	L	P	Q-Rize Ferreira	21	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
49	28.73	L S	P	Ambrin Pienaar	20	ACSA ETH	02/07/2024	Prestige Tournament 2024	
50	28.80	L	P	Jessica Meter	20	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
51	28.86	L S	P	Alexandra Caldwell	CR	VASA ECU	05/12/2024	EGA Summer Championships	
52	28.89	L	P	Natalie Landmann	23	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
53	29.10	L S	F	Danielle Heyes	19	ASAC CPT	05/12/2024	Western Cape LC-A Championship 20	
54	29.11	L S	P	Megan Bulose	20	UWCA CPT	05/12/2024	Western Cape LC-A Championship 20	
55	29.16	L	F	Gemma Kirsten	19	UFS MAN	06/09/2024	USSA Swimming	
56	29.20	L	F	Carmia Hartman	19	RFA TSH	18/10/2024	NTS Level 3+ October Age Group 202	
57	29.35	L	F	Michaela Dai Medico	19	TUKS TSH	22/01/2025	Crusaders Night Gala 2	
58	29.36	L	F	Jayda Collett	19	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 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			
59	29.37 L	F	Nina Ehrich	21	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks
60	29.52 L S	P	Kirsten Blend	32	CASC CPT	05/12/2024	Western Cape LC-A Championship 20
61	29.60 L	F	Chazél Orton	20	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
62	29.62 L	F	Luchelle Oosthuizen	20	KOVS MAN	04/12/2024	Free State Champs 2024
63	29.65 L	F	Jordainne Kazimierczak	22	FLOD JHB	15/02/2025	CGA Summer Gala #6 Level 2+ 15 Fe
64	29.83 L	F	Jana Naude	19	STSC KCD	26/10/2024	Froggies Aquatics Championships 202
65	29.94 L	F	Tayla Parker	21	CA EKU	12/10/2024	EGA Summer 2
66	29.98 L S	F	Miche Johns	19	BLSS MAN	02/07/2024	Prestige Tournament 2024
67	30.06 L	F	Annette Greyling	19	MATI CED	06/09/2024	USSA Swimming
68	30.14 L	F	Nicola Hartman	19	RFA TSH	18/10/2024	NTS Level 3+ October Age Group 202
69	30.18 L	F	Jessica Otto	21	TUKS TSH	06/09/2024	USSA Swimming
70	30.21 L	F	Alexandra Caldwell	19	UCT CPT	06/09/2024	USSA Swimming
71	30.23 L	F	Kayleigh Adamson	22	TUKS TSH	06/09/2024	USSA Swimming
72	30.29 L	F	Ashleë Pretorius	20	MATI CED	09/11/2024	Winelands SL4
73	30.33 L	F	Casey Smith	21	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks
74	30.36 L	F	Kiara Johnson	19	MATI CED	09/11/2024	Winelands SL4
75	30.41 L S	P	Cara Ralfe	19	TUKS TSH	05/12/2024	Western Cape LC-A Championship 20
76	30.55 L	F	Madison Mayos	20	TUKS TSH	06/09/2024	USSA Swimming
77	30.59 L	P	Carike Kok	19	TUKS TSH	25/04/2025	SA National Junior Age Grou-WCA 20
78	30.63 L	F	Taylor Pharoah	22	TUKS TSH	13/09/2024	NTS September Age Group 2024
79*	30.69 L S	F	Cornelia HECHTER	23	MATI CED	21/09/2024	CTA INVITATIONAL LC MEET
79*	30.69 L	F	Rachael Humphries	23	NWUC KKD	07/12/2024	NWS Championships 2024
79*	30.69 L S	F	Petro Marié Fourie	19	LALE CED	21/09/2024	CTA INVITATIONAL LC MEET
82	30.77 L	F	Lucy Friedenthal	19	UNI EZD	29/11/2024	Mpumalanga Championships 2024
83	30.93 L	F	Emma Terblanche	19	KOVS MAN	11/10/2024	Otters Prestige Gala 2024
84	31.00 L	F	Caylin Gous	20	NWUC KKD	06/12/2024	NCASA CHAMPS 2024
85	31.05 L	F	Yedidah Theron	19	ROA EDD	30/11/2024	Eden LC Champs 2024
86*	31.09 L	F	Busisiwe Mogadima	19	SOUL EKU	27/03/2025	SA Level 2 Champs 2025-EGA
86*	31.09 L	F	Amani Ismail	20	ATLA JHB	29/11/2024	CGA Championships 2024
86*	31.09 L	F	Kate Mandell	25	MATI CED	06/09/2024	USSA Swimming
89	31.13 L	F	Hannah Pearse	22	TUKS TSH	06/09/2024	USSA Swimming
90	31.20 L	F	Gertruida de Witt	47	POTC KKD	23/11/2024	NWS Age Group 3 + 4 2024
91	31.23 L S	F	Erin Haslehurst	20	PGAC EKU	05/12/2024	EGA Summer Championships
92	31.28 L	F	Michelle Steenekamp	21	TUKS TSH	13/09/2024	NTS September Age Group 2024
93	31.34 L	F	Alex Truter	20	BEAV ETH	25/01/2025	uShaka Champs 2025
94	31.48 L	F	Annorina Groenewald	44	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
95	31.55 L	F	Michele Esterhuizen	52	CSA EZD	29/11/2024	Mpumalanga Championships 2024
96	31.84 L	F	Anica Dennis	22	VARC NMA	06/09/2024	USSA Swimming
97	31.89 L	F	Tumelo Mohale	21	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks
98	31.93 L	F	Anneke van Eeden	20	NWUC KKD	07/12/2024	NWS Championships 2024
99	32.00 L	F	Danelle Snyman	39	ROA EDD	05/10/2024	4th A League Gala 2024
100	32.34 L	F	Judi Smith	22	BARR CPT	10/06/2024	Best Times LCM
101	32.36 L	F	Shaina Adriaan	19	TYGE CPT	28/03/2025	SA Level 2 Regional Age Group Cham
102	32.46 L	F	Tilka Paljk	28	MATI CED	06/09/2024	USSA Swimming
103	32.58 L	F	Melissa Martens	19	MATI CED	06/09/2024	USSA Swimming
104	32.76 L	F	Donia Smit	20	SS MPD	29/11/2024	Limpopo Champs 2024
105	32.93 L	F	Janine Steyn	54	BETH FDD	25/10/2024	Neptunes Gala
106	33.13 L	F	Renelwe Molelowatladi	19	MAHD NMD	23/11/2024	NWS Age Group 3 + 4 2024
107	33.43 L	F	Esmarie Theart	29	KALA	19/10/2024	NCASA AGE GROUP 1 KATHU 2024
108	33.48 L	F	Jeanne De Waal	41	CPTM CPT	08/02/2025	Winelands SL Final
109	33.51 L	F	Cherná Fouché	20	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 202
110	33.60 L	F	Minke Janse Van Rensburg	20	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202
111	33.63 L	F	Gabriella Steyl	20	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
112	33.65 L	F	Ashley Jansen van Vuuren	19	CSA EZD	29/11/2024	Mpumalanga Championships 2024
113	33.83 L	F	Thinica Mc Anda	19	UFS MAN	06/09/2024	USSA Swimming
114	33.94 L	F	Alani Ferreira	26	SEAL UMD	08/03/2025	Invitational Meet 2025
115	34.33 L	F	Oabilwe Sesoko	19	TUKS TSH	13/09/2024	NTS September Age Group 2024
116	34.63 L	F	Ina Prinsloo	49	FSA FS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
117	34.91 L	F	Kiersten Pause	20	UWCA CPT	06/09/2024	USSA Swimming

Individual Top Times

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Number of Top Times: All Show Long Course Only

	Time		P/F/S	Name		Age/Yr			
118	34.94	L	F	Ngozi Anyanwu	20	UWCA CPT	06/09/2024	USSA Swimming	
119	35.47	L	F	Ra-eesa Jephtha	20	MANT CPT	08/02/2025	WCA-B Champs - 2025	
120	35.53	L	F	Carolina Potgieter	19	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schor	
121	36.48	L	F	Natalie Hilbert	42	FEMS EDD	22/02/2025	EDEN 5th A-League Gala 2025	
122	36.58	L	F	Christine Kruger	20	BLSS MAN	19/10/2024	Pelicans Gala 2	
123	39.06	L	F	Shirley Mlotshwa	19	ATTE TSH	11/10/2024	NTS Level 1+2 October Age Group 20	
124	39.42	L	F	Vanessa Howard	54	ANAX CPT	22/02/2025	Swartland Invitational Gala 2025	
125	40.05	L	F	Zora Wegerif	23	SWIM1 JHB	20/03/2025	SA Level 3 Champs 2025-NT	
126	40.06	L	F	Christina Van Rooyen	49	PGAC ECU	12/10/2024	EGA Summer 2	
127	41.34	L	F	Sonja Coetzee	37	VALS FDD	15/11/2024	Valsrivier Gala 2024	
128	41.58	L	F	Jeanne Louw	42	KALA	26/10/2024	KALAHARI CLASSIC	
129	41.86	L S	F	Mia Vd Merwe	26	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024	
130	42.57	L	F	Louise Cockeran	39	KALA	30/11/2024	AGE GROUP 4 KATHU 2024	
131	44.91	L	P	Katherine Swanepoel	37	DRGN ECU	15/06/2024	PEA Winter Gala 2024	
132	54.28	L	F	Ilse Booysen	67	UPSK ZMD	18/01/2025	AGE GROUP 5 UPT2025	
133	54.87	L	F	Helen Van Vuuren	45	NWUC KKD	23/11/2024	NWS Age Group 3 + 4 2024	
134	57.55	L	F	Kyli Kriel	25	CLA WCD	08/02/2025	WCA-B Champs - 2025	
135	59.87	L	F	Naledi Kekana	28	SFSC CPT	22/02/2025	Swartland Invitational Gala 2025	
136	1:00.01	L	F	Marne Kock	27	RBUR BPD	07/12/2024	NWS Championships 2024	
137	1:04.34	L	F	Judith Dixon	83	FEMS EDD	22/02/2025	EDEN 5th A-League Gala 2025	
Women 100 Free									
1	54.94	L	F	Erin Gallagher	26	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
2	55.46	L	F	Olivia Nel	22	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202	
3	55.77	L	F	Caitlin De Lange	21	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
4	55.83	L	F	Georgia Nel	22	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202	
5	56.08	L	F	Rebecca Meder	22	SGUL ETH	24/05/2024	2024 Golden Homes Swimfest	
6	56.48	L	F	Michaela De Villiers	22	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202	
7	57.00	L	F	Hannah Robertson	20	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
8	57.57	L	P	Carissa Van Rooyen	22	AGA ECU	09/04/2025	SA National Aquatic SNR-Champ 202	
9	58.16	L	F	Lise Coetzee	20	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
10	58.17	L	F	Samantha Straw	23	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
11	58.26	L	F	Sara Gailli	24	ANIEN TSH	22/02/2025	EGA Lets Sprint Incorp Gauteng Schor	
12	58.34	L	F	Kate Meyer	22	TUKS TSH	28/02/2025	2025 Grand Prix 2 Invitational Meet -N	
13	58.39	L	F	Tumaini Macdonell	20	RSA	19/06/2024	BRICS Games Swimming 2024 Russi	
14	58.55	L	P	Lize-Marie Davidson	21	FSA FS	09/04/2025	SA National Aquatic SNR-Champ 202	
15	58.75	L	P	Rachel Groepes	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
16	59.02	L	F	Anieke Helmand	20	KOVs MAN	04/12/2024	Free State Champs 2024	
17	59.09	L	F	Corne van Schalkwyk	19	AA JHB	29/11/2024	CGA Championships 2024	
18	59.11	L	P	Carla Meikle	22	KZNA ETH	09/04/2025	SA National Aquatic SNR-Champ 202	
19	59.14	L	P	Kerryn Herbst	22	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
20	59.37	L	P	Tazmyn Robson	19	TUKS TSH	28/02/2025	2025 Grand Prix 2 Invitational Meet -N	
21	59.40	L	P	Sune Liebenberg	21	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
22	59.61	L	P	Taneal Baptiste	25	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
23	59.66	L	P	Tori Voke	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
24	59.69	L	F	Amica De Jager	25	TUKS TSH	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)	
25	59.72	L	F	Catherine Van Rensburg	20	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks	
26	59.73	L	P	Christine Wessels	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
27	59.95	L	P	Zanè Snyman	21	BLSS MAN	04/12/2024	Free State Champs 2024	
28	59.96	L	P	Leigh McMorran	20	AGB JHB	09/04/2025	SA National Aquatic SNR-Champ 202	
29	1:00.28	L	F	Hannah Pearse	22	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks	
30	1:00.32	L	F	Ane' Meier	19	PAC TSH	15/06/2024	PEA Winter Gala 2024	
31	1:00.36	L	F	Morgan Cope	19	LALE CED	08/02/2025	Winelands SL Final	
32	1:00.42	L	P	Johanna Buys	24	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
33	1:00.48	L	F	Leah Christie	20	TGA WCD	05/12/2024	Western Cape LC-A Championship 20	
34	1:00.97	L	F	Mikaela Goelst	19	SEAL UMD	02/07/2024	Prestige Tournament 2024	
35	1:01.15	L	F	Melina Giraudeau	21	LALE CED	09/11/2024	Winelands SL4	
36	1:01.22	L	P	Jolene Cornelius	20	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
37	1:01.24	L	P	Grace De Jongh	19	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202	
38	1:01.57	L	P	Jenna-Laine Fuller	24	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	

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Time		P/F/S	Name	Age/Yr	
39*	1:01.74 L	P	Hannah Cromhout	20	LALE CED 05/12/2024 Western Cape LC-A Championship 20
39*	1:01.74 L	F	Margaux Kemp	22	MATI CED 06/09/2024 USSA Swimming
41	1:01.91 L	P	Jessica Meter	20	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
42	1:02.01 L	F	Lisa Olivotti	24	ANIEN TSH 22/02/2025 EGA Lets Sprint Incorp Gauteng Scho
43	1:02.10 L	P	Ambrin Pienaar	20	ACSA ETH 02/07/2024 Prestige Tournament 2024
44	1:02.16 L	F	Chloe LE Roux	21	MATI CED 06/09/2024 USSA Swimming
45	1:02.27 L	P	Alexandra Caldwell	CR	VASA EKU 25/04/2025 SA National Junior Age Grou-WCA 20
46	1:02.29 L	P	Corinna Meyer	20	VRC TSH 28/02/2025 2025 Grand Prix 2 Invitational Meet -N
47	1:02.41 L	F	Ninah Wedderburn	19	INFA NMA 31/01/2025 Infinity Gala 2025
48	1:02.51 L	F	Chazél Orton	20	NWUC KKD 23/11/2024 NWS Age Group 3 + 4 2024
49	1:02.80 L	P	Sinelithemba Mbatha	22	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
50	1:02.86 L	F	Simeí Van Staden	20	KLOO ETH 14/06/2024 AQZ Winter Warmer 2024
51	1:03.12 L	F	Mia vd Walt	21	TUKS TSH 06/09/2024 USSA Swimming
52	1:03.25 L	F	Nuria Ribeiro	22	MATI CED 05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
53	1:03.34 L	F	Alexandra Caldwell	19	UCT CPT 06/09/2024 USSA Swimming
54	1:03.38 L	F	Luchelle Oosthuizen	20	KOVs MAN 11/10/2024 Otters Prestige Gala 2024
55	1:03.81 L	F	Gemma Kirsten	19	UFS MAN 06/09/2024 USSA Swimming
56	1:03.88 L	F	Maretha Nagel	39	BLSS MAN 04/12/2024 Free State Champs 2024
57	1:04.09 L	F	Tayla Parker	21	CA EKU 05/12/2024 EGA Summer Championships
58	1:04.22 L	F	Taylor Pharoah	22	TUKS TSH 21/02/2025 NTS Age Group Feb Tuks
59	1:04.31 L	F	Caríke Kok	19	TUKS TSH 18/10/2024 NTS Level 3+ October Age Group 202
60	1:04.42 L	F	Rachael Humphries	23	NWUC KKD 06/09/2024 USSA Swimming
61	1:04.47 L	F	Miche Johns	19	BLSS MAN 02/07/2024 Prestige Tournament 2024
62	1:04.54 L	F	Jayda Collett	19	TUKS TSH 18/10/2024 NTS Level 3+ October Age Group 202
63	1:04.84 L	F	Catherine Morrison	20	TUKS TSH 13/09/2024 NTS September Age Group 2024
64	1:04.94 L	F	Jemma van der Merwe	19	CSC TSH 13/09/2024 NTS September Age Group 2024
65	1:05.04 L	F	Hannah Neilson	20	UWCA CPT 17/10/2024 43rd Freda Barnard Invitational Gala
66	1:05.06 L	F	Kirsten Blend	32	CASC CPT 14/02/2025 Western Cape Elite Gala 2025
67	1:05.37 L	F	Jessica Otto	21	TUKS TSH 05/12/2024 EGA Summer Championships
68	1:05.52 L	F	Kayleigh Adamson	22	TUKS TSH 06/09/2024 USSA Swimming
69	1:05.59 L	F	Amani Ismail	20	ATLA JHB 29/11/2024 CGA Championships 2024
70	1:05.73 L	F	Caylin Gous	20	NWUC KKD 06/12/2024 NCASA CHAMPS 2024
71	1:06.40 L	F	Petro Marié Fourie	19	LALE CED 21/09/2024 CTA INVITATIONAL LC MEET
72	1:06.60 L	F	Nirvana Borrageiro	19	AZON ETH 14/06/2024 AQZ Winter Warmer 2024
73	1:06.76 L	P	Erin Haslehurst	20	PGAC EKU 05/12/2024 EGA Summer Championships
74	1:06.95 L	P	Danielle Heyes	19	ASAC CPT 05/12/2024 Western Cape LC-A Championship 20
75*	1:07.62 L	F	Megan Bulose	20	UWCA CPT 06/09/2024 USSA Swimming
75*	1:07.62 L	P	Gertruida de Witt	47	POTC KKD 07/12/2024 NWS Championships 2024
77	1:07.72 L	F	Annette Greyling	19	MATI CED 06/09/2024 USSA Swimming
78	1:07.86 L	F	Luané Engelbrecht	19	TUKS TSH 13/09/2024 NTS September Age Group 2024
79	1:07.90 L	F	Alani Ferreira	26	KZNA ETH 09/04/2025 SA National Aquatic SNR-Champ 202
80	1:08.05 L	F	Michelle Steenekamp	21	TUKS TSH 18/10/2024 NTS Level 3+ October Age Group 202
81	1:08.11 L	F	Casey Smith	21	TUKS TSH 21/02/2025 NTS Age Group Feb Tuks
82	1:08.17 L	F	Yedidah Theron	19	ROA EDD 30/11/2024 Eden LC Champs 2024
83	1:08.80 L	F	Lucy Friedenthal	19	UNI EZD 29/11/2024 Mpumalanga Championships 2024
84	1:08.90 L	F	Danelle Snyman	39	ROA EDD 31/01/2025 Infinity Gala 2025
85	1:09.32 L	F	Anica Dennis	22	VARC NMA 06/09/2024 USSA Swimming
86	1:10.00 L	F	Michele Esterhuizen	52	CSA EZD 29/11/2024 Mpumalanga Championships 2024
87	1:10.11 L	F	Anneke van Eeden	20	NWUC KKD 07/12/2024 NWS Championships 2024
88	1:10.47 L	F	Tilka Paljk	28	MATI CED 06/09/2024 USSA Swimming
89	1:11.63 L	F	Emma Terblanche	19	KOVs MAN 11/10/2024 Otters Prestige Gala 2024
90	1:12.26 L	F	Esmarie Theart	29	KALA 19/10/2024 NCASA AGE GROUP 1 KATHU 2024
91	1:12.49 L	P	Busisiwe Mogadima	19	SOUL EKU 27/03/2025 SA Level 2 Champs 2025-EGA
92	1:12.78 L	F	Cherná Fouché	20	TUKS TSH 13/09/2024 NTS September Age Group 2024
93	1:12.91 L	F	Tumelo Mohale	21	TUKS TSH 06/09/2024 USSA Swimming
94	1:13.18 L	F	Ayanda Tshabalala	20	HPS TSH 13/09/2024 NTS September Age Group 2024
95	1:14.20 L	F	Annorina Groenewald	44	KTS 06/12/2024 NCASA CHAMPS 2024
96	1:14.37 L	F	Ra-eesa Jephta	20	MANT CPT 08/02/2025 WCA-B Champs - 2025
97	1:14.41 L	F	Gabriella Steyl	20	NWUC KKD 09/11/2024 NWS Age Group 1 & 2 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	
98	1:14.75 L	P	Ashley Jansen van Vuuren	19	CSA EZD 29/11/2024 Mpumalanga Championships 2024
99	1:14.91 L	F	Shaina Adriaan	19	TYGE CPT 28/03/2025 SA Level 2 Regional Age Group Cham
100	1:14.96 L	F	Janine Steyn	54	FSA FS 25/01/2025 4+1 INTERPROVINCIAL GALA 2025
101	1:15.18 L	F	Jeanne De Waal	41	CPTM CPT 08/02/2025 Winelands SL Final
102	1:15.32 L	F	Oabilwe Sesoko	19	TUKS TSH 13/09/2024 NTS September Age Group 2024
103	1:16.48 L	F	Minke Janse Van Rensburg	20	WCA CPT 09/04/2025 SA National Aquatic SNR-Champ 202
104	1:16.62 L	F	Reneilwe Molelowatladi	19	MAHD NMD 23/11/2024 NWS Age Group 3 + 4 2024
105	1:16.96 L	F	Ngozi Anyanwu	20	UWCA CPT 06/09/2024 USSA Swimming
106	1:18.22 L	P	Thinica Mc Anda	19	KOVs MAN 04/12/2024 Free State Champs 2024
107	1:23.20 L	P	Ina Prinsloo	49	BETH FDD 04/12/2024 Free State Champs 2024
108	1:23.34 L	F	Carolina Potgieter	19	FISH EDD 17/10/2024 43rd Freda Barnard Invitational Gala
109	1:23.73 L	F	Christine Kruger	20	BLSS MAN 19/10/2024 Pelicans Gala 2
110	1:23.94 L	F	Natalie Hilbert	42	FEMS EDD 22/02/2025 EDEN 5th A-League Gala 2025
111	1:28.47 L	F	Vanessa Howard	54	ANAX CPT 22/02/2025 Swartland Invitational Gala 2025
112	1:28.95 L	F	Sonja Coetzee	37	VALS FDD 15/11/2024 Valsrivier Gala 2024
113	1:29.59 L	P	Zora Wegerif	23	SWIM1 JHB 20/03/2025 SA Level 3 Champs 2025-NT
114	1:34.21 L	F	Shirley Mlotshwa	19	ATTE TSH 11/10/2024 NTS Level 1+2 October Age Group 20
115	1:36.13 L	F	Mia Vd Merwe	26	CASC CPT 02/11/2024 CTAA A & B CHAMPS 2024
116	1:36.73 L	F	Jeanne Louw	42	KALA 06/12/2024 NCASA CHAMPS 2024
117	1:41.37 L	F	Cornelia Fowler	44	KLOO ETH 14/06/2024 AQZ Winter Warmer 2024
118	1:42.21 L	F	Savanna Haselau	19	PSCP UMD 26/03/2025 SA Level 3 Regional Age Group Chan
119	2:06.59 L	F	Kyli Kriel	25	CLA WCD 08/02/2025 WCA-B Champs - 2025
120	2:07.06 L	P	Helen Van Vuuren	45	NWUC KKD 07/12/2024 NWS Championships 2024
121	2:09.43 L	P	Marne Kock	27	RBUR BPD 07/12/2024 NWS Championships 2024
122	2:11.85 L	F	Ilse Booysen	67	UPSK ZMD 15/02/2025 AGE GROUP 6 UPT 2025
123	2:19.88 L	F	Judith Dixon	83	FEMS EDD 22/02/2025 EDEN 5th A-League Gala 2025
Women 200 Free					
1	1:57.34 L	S	Aimee Canny	21	RSA 27/07/2024 2024 Paris Olympic Games
2	1:59.09 L	F	Duné Coetzee	22	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
3	1:59.38 L	F	Rebecca Meder	22	KZNA ETH 09/04/2025 SA National Aquatic SNR-Champ 202
4	2:01.87 L	F	Hannah Robertson	20	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
5	2:02.49 L	F	Georgia Nel	22	WCA CPT 09/04/2025 SA National Aquatic SNR-Champ 202
6	2:02.86 L	F	Erin Gallagher	26	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
7	2:03.22 L	F	Callan Lötter	19	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
8	2:03.97 L	F	Catherine Van Rensburg	20	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
9	2:04.31 L	P	Lise Coetzee	20	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
10	2:04.81 L	F	Corne van Schalkwyk	19	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
11	2:05.30 L	F	Hannah Pearse	22	TUKS TSH 28/02/2025 2025 Grand Prix 2 Invitational Meet -N
12	2:05.52 L	F	Sara Gailli	24	ANIEN TSH 22/02/2025 EGA Lets Sprint Incorp Gauteng Schoi
13	2:06.18 L	F	Tazmyn Robson	19	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
14	2:06.67 L	P	Lize-Marie Davidson	21	FSA FS 09/04/2025 SA National Aquatic SNR-Champ 202
15	2:08.51 L	F	Samantha Straw	23	TUKS TSH 04/12/2024 Free State Champs 2024
16	2:08.62 L	P	Georgia Els	19	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
17	2:08.67 L	F	Tumaini Macdonell	20	RSA 19/06/2024 BRICS Games Swimming 2024 Russia
18	2:09.34 L	P	Leigh McMorran	20	AGB JHB 09/04/2025 SA National Aquatic SNR-Champ 202
19	2:10.82 L	P	Rachel Groepes	19	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
20	2:10.84 L	P	Taneal Baptiste	25	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
21	2:11.13 L	F	Christine Wessels	19	TUKS TSH 21/02/2025 NTS Age Group Feb Tuks
22	2:11.75 L	P	Anieke Helmand	20	KOVs MAN 04/12/2024 Free State Champs 2024
23	2:12.04 L	P	Megan Shepherd	21	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
24	2:12.20 L	P	Carla Meikle	22	KZNA ETH 09/04/2025 SA National Aquatic SNR-Champ 202
25	2:12.64 L	F	Mia vd Walt	21	TUKS TSH 05/12/2024 Western Cape LC-A Championship 20
26	2:12.94 L	F	Alexandra Caldwell	CR	VASA EKU 25/04/2025 SA National Junior Age Grou-WCA 20
27	2:13.39 L	F	Chloe LE Roux	21	MATI CED 09/11/2024 Winelands SL4
28	2:13.46 L	F	Hannah Neilson	20	UWCA CPT 05/12/2024 Western Cape LC-A Championship 20
29	2:13.67 L	P	Scarlett Nichol	19	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
30	2:13.71 L	F	Jessica Meter	20	TUKS TSH 02/07/2024 Prestige Tournament 2024
31	2:13.79 L	P	Chazél Orton	20	NWUC KKD 07/12/2024 NWS Championships 2024
32	2:13.92 L	F	Lisa Olivotti	24	ANIEN TSH 22/02/2025 EGA Lets Sprint Incorp Gauteng Schoi

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			
33	2:13.95 L	F	Ambrin Pienaar	20	ACSA ETH	02/07/2024	Prestige Tournament 2024
34	2:14.35 L	F	Victoria Earle	23	TUKS TSH	06/09/2024	USSA Swimming
35	2:14.69 L	F	Trinity Hearne	21	UCT CPT	06/09/2024	USSA Swimming
36	2:14.76 L	F	Ane' Meier	19	PAC TSH	15/06/2024	PEA Winter Gala 2024
37	2:14.88 L	F	Alexandra Caldwell	19	UCT CPT	06/09/2024	USSA Swimming
38	2:15.23 L	P	Kaylene Corbett	25	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
39	2:15.41 L	F	Asia Losito	20	ANIEN TSH	22/02/2025	EGA Lets Sprint Incorp Gauteng Scho
40	2:16.15 L	P	Leah Christie	20	TGA WCD	05/12/2024	Western Cape LC-A Championship 20
41	2:16.17 L	F	Carissa Van Rooyen	22	CA EKU	18/01/2025	EGA Summer 5
42	2:18.01 L	F	Maretha Nagel	39	BLSS MAN	04/12/2024	Free State Champs 2024
43	2:18.61 L	P	Morgan Pharoah	19	TUKS TSH	05/12/2024	Western Cape LC-A Championship 20
44	2:18.65 L	F	Miche Johns	19	BLSS MAN	02/07/2024	Prestige Tournament 2024
45	2:19.79 L	F	Jana Naude	19	ASA ILD	25/01/2025	uShaka Champs 2025
46	2:19.86 L	P	Ninah Wedderburn	19	INFA NMA	25/04/2025	SA National Junior Age Grou-WCA 20
47	2:20.28 L	P	Carike Kok	19	TUKS TSH	25/04/2025	SA National Junior Age Grou-WCA 20
48	2:20.52 L	F	Kirsten Storm	19	TUKS TSH	22/01/2025	Crusaders Night Gala 2
49	2:20.68 L	F	Taylor Pharoah	22	TUKS TSH	13/09/2024	NTS September Age Group 2024
50	2:20.80 L	P	Rachel Smith	19	MDOL JHB	25/04/2025	SA National Junior Age Grou-WCA 20
51	2:21.00 L	F	Michaela Dal Medico	19	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 202
52	2:21.32 L	F	Luané Engelbrecht	19	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks
53	2:21.35 L	P	Abigail Swanepoel	21	NMU NMA	28/02/2025	2025 Grand Prix 2 Invitational Meet -N
54	2:21.80 L	F	Caterina Radwan Dana	20	ANIEN TSH	22/02/2025	EGA Lets Sprint Incorp Gauteng Scho
55	2:23.27 L	F	Amani Ismail	20	ATLA JHB	29/11/2024	CGA Championships 2024
56	2:23.53 L	F	Nicola Hartman	19	RFA TSH	18/10/2024	NTS Level 3+ October Age Group 202
57	2:23.58 L	P	Zanè Snyman	21	BLSS MAN	04/12/2024	Free State Champs 2024
58	2:23.95 L S	F	Erin Haslehurst	20	PGAC EKU	05/12/2024	EGA Summer Championships
59	2:24.14 L	F	Jayda Collett	19	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks
60	2:24.56 L	F	Jemma van der Merwe	19	CSC TSH	18/10/2024	NTS Level 3+ October Age Group 202
61	2:24.59 L	F	Ashleë Pretorius	20	MATI CED	09/11/2024	Winelands SL4
62	2:24.67 L	F	Gemma Kirsten	19	UFS MAN	06/09/2024	USSA Swimming
63	2:25.06 L	F	Caylin Gous	20	NWUC KKD	06/12/2024	NCASA CHAMPS 2024
64	2:25.23 L S	F	Kirsten Blend	32	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
65	2:26.66 L	F	Rachael Humphries	23	NWUC KKD	07/12/2024	NWS Championships 2024
66	2:27.18 L	F	Madison Mayos	20	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 202
67	2:27.44 L	F	Danelle Snyman	39	ROA EDD	31/01/2025	Infinity Gala 2025
68	2:28.77 L	F	Jordainne Kazimierzczak	22	FLOD JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Ja
69	2:29.70 L	F	Gertruida de Witt	47	POTC KKD	07/12/2024	NWS Championships 2024
70	2:30.40 L	F	Yedidah Theron	19	ROA EDD	30/11/2024	Eden LC Champs 2024
71	2:33.93 L	F	Petru Stewart	45	COEL TSH	09/11/2024	Limpopo Age Group 5
72	2:34.78 L	F	Jessica Otto	21	TUKS TSH	06/09/2024	USSA Swimming
73	2:35.41 L	F	Michelle Steenekamp	21	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 202
74	2:37.13 L	F	Megan Bulose	20	UWCA CPT	25/01/2025	CTA Qualifying Meet 6 - (L2 & above)
75	2:41.11 L	F	Emma Terblanche	19	KOVS MAN	11/10/2024	Otters Prestige Gala 2024
76	2:41.42 L	F	Cherná Fouché	20	TUKS TSH	13/09/2024	NTS September Age Group 2024
77	2:41.67 L	P	Shaina Adriaan	19	TYGE CPT	28/03/2025	SA Level 2 Regional Age Group Cham
78	2:42.23 L	F	Danielle Heyes	19	ASAC CPT	25/01/2025	CTA Qualifying Meet 6 - (L2 & above)
79	2:42.95 L	F	Donia Smit	20	SS MPD	09/11/2024	Limpopo Age Group 5
80	2:43.20 L	F	Gabriella Steyl	20	NWUC KKD	06/09/2024	USSA Swimming
81	2:44.54 L	F	Ashley Jansen van Vuuren	19	CSA EZD	29/11/2024	Mpumalanga Championships 2024
82	2:46.53 L	F	Ra-eesa Jephtha	20	MANT CPT	22/02/2025	Swartland Invitational Gala 2025
83	2:53.60 L	P	Minke Janse Van Rensburg	20	FISH EDD	05/12/2024	Western Cape LC-A Championship 20
84	2:54.47 L	F	Thinica Mc Anda	19	UFS MAN	06/09/2024	USSA Swimming
85	2:57.66 L	F	Busisiwe Mogadima	19	SOUL EKU	15/11/2024	Summer 4 Delville
86	2:57.75 L	F	Christine Kruger	20	BLSS MAN	04/12/2024	Free State Champs 2024
87	3:09.72 L	F	Carolina Potgieter	19	FISH EDD	30/11/2024	Eden LC Champs 2024
88	3:10.01 L	F	Natalie Hilbert	42	FEMS EDD	22/02/2025	EDEN 5th A-League Gala 2025
89	3:17.93 L	F	Ina Prinsloo	49	FSA FS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
90	3:19.60 L	F	Vanessa Howard	54	ANAX CPT	22/02/2025	Swartland Invitational Gala 2025
91	3:21.65 L	F	Zora Wegerif	23	SWIM1 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		
92	3:31.98 L		F	Sonja Coetzee	37	VALS FDD	15/11/2024 Valsrivier Gala 2024
93	3:33.37 L		F	Cornelia Fowler	44	KLOO ETH	14/06/2024 AQZ Winter Warmer 2024
94	3:35.11 L		P	Katherine Swanepoel	37	DRGN EKU	15/06/2024 PEA Winter Gala 2024
95	3:43.16 L		F	Jeanne Louw	42	KALA	06/12/2024 NCASA CHAMPS 2024
96	4:36.45 L		P	Helen Van Vuuren	45	NWUC KKD	07/12/2024 NWS Championships 2024
97	4:50.90 L		F	Ilse Booysen	67	UPSK ZMD	15/02/2025 AGE GROUP 6 UPT 2025
98	5:21.97 L		F	Judith Dixon	83	FEMS EDD	22/02/2025 EDEN 5th A-League Gala 2025
Women 400 Free							
1	4:10.92 L		F	Duné Coetzee	22	TUKS TSH	01/06/2024 2024 Mare Nostrum Monaco
2	4:15.94 L S		F	Hannah Robertson	20	AGC TSH	09/04/2025 SA National Aquatic SNR-Champ 202
3	4:17.21 L S		F	Callan Lötter	19	AGC TSH	09/04/2025 SA National Aquatic SNR-Champ 202
4	4:18.59 L S		F	Lise Coetzee	20	AGC TSH	09/04/2025 SA National Aquatic SNR-Champ 202
5	4:18.62 L S		F	Catherine Van Rensburg	20	AGC TSH	09/04/2025 SA National Aquatic SNR-Champ 202
6	4:26.86 L		F	Hannah Pearse	22	TUKS TSH	06/09/2024 USSA Swimming
7	4:26.91 L S		F	Leigh McMorran	20	AGB JHB	09/04/2025 SA National Aquatic SNR-Champ 202
8	4:27.14 L S		F	Corne van Schalkwyk	19	AGC TSH	09/04/2025 SA National Aquatic SNR-Champ 202
9	4:32.36 L		F	Carla Antonopoulos	24	TUKS TSH	06/09/2024 USSA Swimming
10	4:33.05 L		F	Hannah Neilson	20	UWCA CPT	05/12/2024 Western Cape LC-A Championship 20
11	4:37.15 L S		P	Stephanie Houtman	22	AGC TSH	09/04/2025 SA National Aquatic SNR-Champ 202
12	4:38.23 L		F	Amica De Jager	25	TUKS TSH	07/09/2024 CTA Qualifying Meet 4 (L3 & Above)
13	4:38.68 L		F	Alexandra Caldwell	CR	VASA EKU	25/04/2025 SA National Junior Age Grou-WCA 20
14	4:38.78 L		F	Victoria Earle	23	TUKS TSH	06/09/2024 USSA Swimming
15	4:38.85 L		P	Tumaini Macdonell	20	RSA	19/06/2024 BRICS Games Swimming 2024 Russia
16	4:39.52 L		F	Samantha Straw	23	TUKS TSH	04/12/2024 Free State Champs 2024
17	4:41.80 L		F	Mia vd Walt	21	TUKS TSH	05/12/2024 Western Cape LC-A Championship 20
18	4:45.45 L		F	Lize-Marie Davidson	21	UFS MAN	06/09/2024 USSA Swimming
19	4:46.19 L S		P	Jessica Meter	20	AGC TSH	09/04/2025 SA National Aquatic SNR-Champ 202
20	4:46.74 L		F	Alexandra Caldwell	19	UCT CPT	06/09/2024 USSA Swimming
21	4:47.13 L		F	Maretha Nagel	39	BLSS MAN	04/12/2024 Free State Champs 2024
22	4:49.82 L		F	Miche Johns	19	BLSS MAN	02/07/2024 Prestige Tournament 2024
23	4:52.86 L		F	Chazél Orton	20	NWUC KKD	06/09/2024 USSA Swimming
24	4:54.25 L		F	Jana Naude	19	ASA ILD	25/01/2025 uShaka Champs 2025
25	4:54.63 L		F	Luané Engelbrecht	19	TUKS TSH	25/04/2025 SA National Junior Age Grou-WCA 20
26	4:54.79 L		F	Chloe LE Roux	21	MATI CED	06/09/2024 USSA Swimming
27	4:55.33 L		F	Hannah Andraos	21	TUKS TSH	06/09/2024 USSA Swimming
28	4:55.55 L		F	Jessica Booth	22	MATI CED	06/09/2024 USSA Swimming
29	4:55.79 L		F	Rachel Smith	19	MDOL JHB	25/04/2025 SA National Junior Age Grou-WCA 20
30	4:56.69 L		F	Carike Kok	19	TUKS TSH	29/11/2024 CGA Championships 2024
31	4:59.43 L S		P	Alani Ferreira	26	KZNA ETH	09/04/2025 SA National Aquatic SNR-Champ 202
32	5:00.15 L		F	Abigail Swanepoel	21	PMU NMA	17/08/2024 Madibaz Swim Meet 2024
33	5:03.89 L		F	Erin Haslehurst	20	PGAC EKU	26/10/2024 Summer 3 Delville
34	5:06.02 L		F	Rachael Humphries	23	NWUC KKD	23/11/2024 NWS Age Group 3 + 4 2024
35	5:07.86 L		F	Kirsten Blend	32	CASC CPT	05/12/2024 Western Cape LC-A Championship 20
36	5:11.38 L		F	Nirvana Borrageiro	19	AZON ETH	02/07/2024 Prestige Tournament 2024
37	5:13.12 L		F	Amani Ismail	20	ATLA JHB	29/11/2024 CGA Championships 2024
38	5:15.42 L		F	Ashleë Pretorius	20	MATI CED	09/11/2024 Winelands SL4
39	5:21.06 L		F	Petru Stewart	45	COEL TSH	09/11/2024 Limpopo Age Group 5
40	5:28.86 L		F	Donia Smit	20	SS MPD	29/11/2024 Limpopo Champs 2024
41	5:35.22 L		F	Megan Bulose	20	UWCA CPT	25/01/2025 CTA Qualifying Meet 6 - (L2 & above)
42	5:35.94 L		F	Ra-eesa Jephta	20	MANT CPT	08/02/2025 WCA-B Champs - 2025
43	5:37.61 L		F	Anneke van Eeden	20	NWUC KKD	07/12/2024 NWS Championships 2024
44	5:43.79 L		F	Judi Smith	22	BARR CPT	10/06/2024 Best Times LCM
45	5:49.77 L		F	Wendy Cook	54	FRA KCD	28/09/2024 KCDA Age Group 1 2024
46	6:06.73 L		F	Caleigh Hanekom	24	UWCA CPT	06/09/2024 USSA Swimming
47	6:23.70 L		F	Minke Janse Van Rensburg	20	FISH EDD	05/12/2024 Western Cape LC-A Championship 20
48	6:48.62 L		F	Carol Bruining	64	BHK NGD	31/01/2025 AG 5 MP SA SCHOOLS TRIALS 31 J/
49	6:58.38 L		F	Carolina Potgieter	19	FISH EDD	02/11/2024 EDEN 2nd A-League Gala 2024 Schor
50	8:00.15 L		F	Jeanne Louw	42	KALA	06/12/2024 NCASA CHAMPS 2024
51	11:01.99 L		F	Annemarie Fleming	44	KALA	30/11/2024 AGE GROUP 4 KATHU 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				
Women 500 Free										
1	7:31.79 L		O	Shannon Austin	32	AQDO CPT	23/11/2024	Aqua Azzurra Foundation OWS - Serie		
2	12:26.97 L		O	Sonata Walraven	50	LALE CED	18/01/2025	WC OWS Champs / Aqua Azzurra Fou		
3	18:34.26 L		O	Rochelle Beukes	39	AQDO CPT	23/11/2024	Aqua Azzurra Foundation OWS - Serie		
Women 800 Free										
1	8:38.08 L		F	Duné Coetzee	22	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202		
2	8:44.48 L		F	Catherine Van Rensburg	20	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202		
3	9:00.54 L		F	Callan Lötter	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202		
4	9:01.96 L		F	Lise Coetzee	20	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202		
5	9:09.17 L		F	Stephanie Houtman	22	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202		
6	9:16.03 L		F	Hannah Neilson	20	UWCA CPT	05/12/2024	Western Cape LC-A Championship 20		
7	9:20.95 L		F	Carla Antonopoulos	24	TUKS TSH	06/09/2024	USSA Swimming		
8	9:21.92 L		F	Leigh McMorran	20	TUKS TSH	06/09/2024	USSA Swimming		
9	9:31.04 L		F	Alexandra Caldwell	CR	VASA ECU	25/04/2025	SA National Junior Age Grou-WCA 20		
10	9:31.92 L		F	Amica De Jager	25	TUKS TSH	07/09/2024	CTA Qualifying Meet 4 (L3 & Above)		
11	9:42.38 L		F	Victoria Earle	23	TUKS TSH	06/09/2024	USSA Swimming		
12	9:54.76 L		F	Lize-Marie Davidson	21	UFS MAN	06/09/2024	USSA Swimming		
13	10:00.09 L		F	Miche Johns	19	BLSS MAN	02/07/2024	Prestige Tournament 2024		
14	10:01.61 L		F	Alexandra Caldwell	19	UCT CPT	06/09/2024	USSA Swimming		
15	10:06.82 L		F	Chazél Orton	20	NWUC KKD	06/09/2024	USSA Swimming		
16	10:08.14 L		F	Luané Engelbrecht	19	TUKS TSH	25/04/2025	SA National Junior Age Grou-WCA 20		
17	10:08.58 L		F	Maretha Nagel	39	BLSS MAN	04/12/2024	Free State Champs 2024		
18	10:10.25 L		F	Carike Kok	19	TUKS TSH	25/04/2025	SA National Junior Age Grou-WCA 20		
19	10:11.17 L		F	Jessica Meter	20	TUKS TSH	06/09/2024	USSA Swimming		
20	10:13.37 L		F	Jessica Booth	22	MATI CED	06/09/2024	USSA Swimming		
21	10:22.25 L		F	Rachael Humphries	23	NWUC KKD	07/12/2024	NWS Championships 2024		
22	10:26.05 L		F	Alani Ferreira	26	SEAL UMD	02/07/2024	Prestige Tournament 2024		
23	10:30.80 L		F	Erin Haslehurst	20	PGAC ECU	26/10/2024	Summer 3 Delville		
24	10:39.46 L		F	Amani Ismail	20	ATLA JHB	29/11/2024	CGA Championships 2024		
25	10:46.94 L		F	Nirvana Borrageiro	19	AZON ETH	02/07/2024	Prestige Tournament 2024		
26	10:47.49 L		F	Ashleë Pretorius	20	MATI CED	06/09/2024	USSA Swimming		
27	10:57.05 L		F	Petru Stewart	45	COEL TSH	29/11/2024	Limpopo Champs 2024		
28	11:17.14 L		F	Donia Smit	20	SS MPD	29/11/2024	Limpopo Champs 2024		
29	11:21.70 L		F	Anica Dennis	22	VARC NMA	06/09/2024	USSA Swimming		
30	11:37.43 L		F	Ra-eesa Jephta	20	MANT CPT	01/02/2025	CTA BRIAN BUTTON Qualifying Meet		
31	11:45.60 L		F	Wendy Cook	54	FRA KCD	28/09/2024	KCDA Age Group 1 2024		
32	13:08.75 L		F	Thinica Mc Anda	19	UFS MAN	06/09/2024	USSA Swimming		
33	14:03.05 L		F	Carol Bruining	64	BHK NGD	31/01/2025	AG 5 MP SA SCHOOLS TRIALS 31 J/		
34	15:07.73 L		F	Heather Tiltmann	64	SMSC ETH	28/09/2024	KCDA Age Group 1 2024		
35	16:31.03 L		F	Jeanne Louw	42	KALA	06/12/2024	NCASA CHAMPS 2024		
Women 1500 Free										
1	16:39.99 L		F	Catherine Van Rensburg	20	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202		
2	17:13.22 L		F	Callan Lötter	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202		
3	17:13.44 L		F	Stephanie Houtman	22	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202		
4	17:33.51 L S		F	Hannah Neilson	20	UWCA CPT	05/12/2024	Western Cape LC-A Championship 20		
5	18:23.59 L		O	Amica De Jager	25	AGC TSH	07/03/2025	SA National OWS Championship 2025		
6	18:49.13 L		F	Taylor Pharoah	22	TUKS TSH	13/09/2024	NTS September Age Group 2024		
7	19:21.95 L		F	Chazél Orton	20	NWUC KKD	07/12/2024	NWS Championships 2024		
8	19:28.00 L		O	Megan Shepherd	21	TUKS TSH	18/01/2025	WC OWS Champs / Aqua Azzurra Fou		
9	19:53.20 L		F	Erin Haslehurst	20	PGAC ECU	05/12/2024	EGA Summer Championships		
10	20:08.00 L		O	Rachel Smith	19	MDOL JHB	18/01/2025	WC OWS Champs / Aqua Azzurra Fou		
11	20:08.62 L		F	Rachael Humphries	23	NWUC KKD	07/12/2024	NWS Championships 2024		
12	20:38.09 L		O	Abigail Swanepoel	21	ECA BUF	07/03/2025	SA National OWS Championship 2025		
13	21:23.00 L		O	Hannah Andraos	21	TUKS TSH	20/10/2024	Manyaka OW Sprint 2024		
14	22:06.68 L		O	Carike Kok	19	AGC TSH	07/03/2025	SA National OWS Championship 2025		
15	22:10.00 L		O	Denise Bosman	66	BEST NMA	08/12/2024	EC Swim Series OWS Round 2 2024		
16	22:21.00 L		O	Ingred Trusler	66	COEL TSH	18/01/2025	Prime View #3 2025		
17	22:32.00 L		F	Carina Hambloch	45	SMSC ETH	30/11/2024	KZN Open Water 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			
18	22:38.00 L	F	Wendy Cook	54	FRA KCD	30/11/2024	KZN Open Water Champs 2024
19*	22:51.00 L	O	Kirsty Hyslop	29	AA JHB	18/01/2025	WC OWS Champs / Aqua Azzurra Fou
19*	22:51.00 L	O	Megan Albertyn	51	TUKS TSH	18/01/2025	Prime View #3 2025
21	22:52.00 L	F	Alex Truter	20	BEAV ETH	30/11/2024	KZN Open Water Champs 2024
22	23:13.00 L	F	Carryl Van Bassen	60	SMSC ETH	30/11/2024	KZN Open Water Champs 2024
23	23:38.00 L	F	Amanda Koegelenberg	47	BLUO UGD	30/11/2024	KZN Open Water Champs 2024
24	24:35.00 L	O	Jordainne Kazimierczak	22	FLOD JHB	18/01/2025	WC OWS Champs / Aqua Azzurra Fou
25	25:10.00 L	F	Emmanuella Ambrosio	20	LALE CED	30/11/2024	KZN Open Water Champs 2024
26	25:12.74 L	O	Norelle Engela	52	CPTM CPT	23/11/2024	Aqua Azzurra Foundation OWS - Serie
27	25:44.00 L	O	Neressa Houtman	51	TUKS TSH	18/01/2025	WC OWS Champs / Aqua Azzurra Fou
28	26:49.00 L	O	Alison Hayes	55	WAHO JHB	18/01/2025	WC OWS Champs / Aqua Azzurra Fou
29	27:04.00 L	O	Joanne Vreenegoor	43	CRSC JHB	18/01/2025	WC OWS Champs / Aqua Azzurra Fou
30	27:26.00 L	O	Carol Bruining	64	BHK NGD	18/01/2025	Prime View #3 2025
31	29:19.71 L	F	Heather Tiltmann	64	SMSC ETH	09/11/2024	KCDA Age Goup 2 2024
32	29:50.00 L	O	Susan Rider	53	LTS JHB	18/01/2025	WC OWS Champs / Aqua Azzurra Fou
33	30:06.00 L	O	Tarryn Seagram	43	ELEC TSH	18/01/2025	Prime View #3 2025
34	30:10.00 L	O	Maureen Mons	73	WAHO JHB	20/10/2024	Manyaka OW Sprint 2024
35	32:34.07 L	O	Robyn Clark	41	SAAW CPT	23/11/2024	Aqua Azzurra Foundation OWS - Serie
36	32:34.31 L	O	Nikki Van der Walt	52	XCEL CPT	23/11/2024	Aqua Azzurra Foundation OWS - Serie
37	34:36.00 L	O	Elizabeth Craig	80	BEST NMA	08/12/2024	EC Swim Series OWS Round 2 2024
38	35:58.00 L	O	Taryn Beaton	43	PEAS NMA	08/12/2024	EC Swim Series OWS Round 2 2024
39	37:22.10 L	O	Jaclyn Marx	43	CSA EZD	16/02/2025	MPUMALANGA OPEN WATER 16 FE
40	37:33.00 L	O	Elsabe Botes	51	MAKO ECU	20/10/2024	Manyaka OW Sprint 2024
41	38:05.00 L	O	Azraa Khan	25	PER JHB	20/10/2024	Manyaka OW Sprint 2024
42	39:16.00 L	O	Clementine Lvowitsch Kostritza	43	MDOL JHB	20/10/2024	Manyaka OW Sprint 2024
43	39:49.39 L	O	Jemma Wright	44	AQDO CPT	23/11/2024	Aqua Azzurra Foundation OWS - Serie
44	40:33.29 L	O	Karliën Van Heerden	34	CSA EZD	03/11/2024	MPUMALANGA OPEN WATER 2- 3 N
45	41:03.00 L	O	Nadine Viljoen	43	CSA EZD	02/02/2025	MPUMALANGA OPEN WATER 2 FEB
46	44:06.00 L	F	Simone Webb	45	SMSC ETH	30/11/2024	KZN Open Water Champs 2024
Women 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 Kritzingier	51	SMSC ETH	24/11/2024	Capital K 3km Open Water Swim
13	5:37.87 L	F	Callan Lötter	19	AGC TSH	07/03/2025	SA National OWS Championship 2025
14	5:37.88 L	F	Catherine Van Rensburg	20	AGC TSH	07/03/2025	SA National OWS Championship 2025
15	5:43.65 L	F	Amica De Jager	25	AGC TSH	07/03/2025	SA National OWS Championship 2025
16	5:49.90 L	F	Hannah Neilson	20	AGC TSH	07/03/2025	SA National OWS Championship 2025
17	20:47.21 L	P	Abigail Swanepoel	21	ECA BUF	07/03/2025	SA National OWS Championship 2025
18	24:35.04 L	P	Kirsty Hyslop	29	AGB JHB	07/03/2025	SA National OWS Championship 2025
19	38:54.00 L	O	Carla Antonopoulos	24	TUKS TSH	02/11/2024	Prime View #1
20	39:00.00 L	O	Corne van Schalkwyk	19	AA JHB	07/12/2024	Prime View #2
21	39:17.00 L	O	Megan Shepherd	21	TUKS TSH	18/01/2025	WC OWS Champs / Aqua Azzurra Fou
22	39:36.00 L	O	Hannah Andraos	21	TUKS TSH	07/12/2024	Prime View #2
23	40:20.00 L	O	Rachel Smith	19	MDOL JHB	18/01/2025	Prime View #3 2025
24	41:12.00 L	O	Taylor Pharoah	22	TUKS TSH	20/10/2024	Manyaka OW Sprint 2024
25	43:14.00 L	O	Rachael Humphries	23	NWUC KKD	02/11/2024	Prime View #1
26	44:20.91 L	O	Carike Kok	19	AGC TSH	07/03/2025	SA National OWS Championship 2025
27	45:14.00 L	O	Ingrd Trusler	66	COEL TSH	18/01/2025	WC OWS Champs / Aqua Azzurra Fou
28	45:24.43 L	O	Denise Bosman	66	ECA BUF	07/03/2025	SA National OWS Championship 2025
29	45:25.74 L	O	Megan Albertyn	51	AGC TSH	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			
30	47:32.00 L	F	Amanda Koegelenberg	47	BLUO UGD	30/11/2024	KZN Open Water Champs 2024
31	48:56.31 L	O	Anneke Boshoff	52	ASAC CPT	18/01/2025	WC OWS Champs / Aqua Azzurra Fou
32	49:14.00 L	O	Jordainne Kazimierczak	22	FLOD JHB	18/01/2025	Prime View #3 2025
33	49:32.13 L	O	Ra-eesa Jephta	20	MANT CPT	23/11/2024	Aqua Azzurra Foundation OWS - Serie
34	49:32.39 L	O	Marcelle Pakendorf	23	SWHUB CPT	18/01/2025	WC OWS Champs / Aqua Azzurra Fou
35	52:07.00 L	O	Cherná Fouché	20	TUKS TSH	07/12/2024	Prime View #2
36	52:16.00 L	O	Neressa Houtman	51	TUKS TSH	18/01/2025	WC OWS Champs / Aqua Azzurra Fou
37	53:12.00 L	O	Joanne Vreenegoor	43	CRSC JHB	07/12/2024	Prime View #2
38	53:23.00 L	O	Vidette Kallie	35	COEL TSH	02/11/2024	Prime View #1
39	53:50.00 L	F	Emmanuella Ambrosio	20	LALE CED	30/11/2024	KZN Open Water Champs 2024
40	53:53.00 L	O	Nicolle Ambrose	45	WATR JHB	20/10/2024	Manyaka OW Sprint 2024
41	54:26.82 L	O	Selanna Biggs	23	UNI EZD	13/10/2024	MPUMALANGA OPEN WATER 1 - 13
42	54:34.00 L	O	Alison Hayes	55	WAHO JHB	18/01/2025	Prime View #3 2025
43	55:18.00 L	O	Carol Bruining	64	BHK NGD	18/01/2025	Prime View #3 2025
44	55:23.00 L	O	Michelle Steenekamp	21	TUKS TSH	20/10/2024	Manyaka OW Sprint 2024
45	56:34.00 L	O	Isabella vd Watt	24	COEL TSH	02/11/2024	Prime View #1
46	57:46.00 L	O	Caren Naude	57	WATR JHB	20/10/2024	Manyaka OW Sprint 2024
47	57:50.00 L	O	Marieke Bouwer	61	COEL TSH	02/11/2024	Prime View #1
48	58:39.00 L	O	Susan Rider	53	LTS JHB	18/01/2025	Prime View #3 2025
49	58:46.00 L	O	Debra Kotze	63	COEL TSH	07/12/2024	Prime View #2
50	58:50.00 L	O	Cita Penn	47	WATR JHB	02/11/2024	Prime View #1
51	1:00:29.61 L	O	Enid Versfeld	39	CPTM CPT	18/01/2025	WC OWS Champs / Aqua Azzurra Fou
52	1:02:15.00 L	O	Marissa Rollnick	73	WAHO JHB	02/11/2024	Prime View #1
53	1:05:08.75 L	O	Vanessa Howard	54	ANAX CPT	18/01/2025	WC OWS Champs / Aqua Azzurra Fou
54	1:07:42.00 L	O	Shirley Leech	63	CA EKU	20/10/2024	Manyaka OW Sprint 2024
55	1:08:28.00 L	O	Linda Griffiths	52	LTS JHB	07/12/2024	Prime View #2
56	1:14:19.00 L	O	Elizabeth Craig	80	BEST NMA	19/01/2025	NMBA OWS Championships 2025
57	1:16:33.00 L	O	Ruth Smith	61	WATR JHB	02/11/2024	Prime View #1
Women 5000 Free							
1	1:00:04.00 L	O	Amica De Jager	25	TUKS TSH	19/01/2025	NMBA OWS Championships 2025
2	1:00:36.79 L	O	Callan Lötter	19	AGC TSH	07/03/2025	SA National OWS Championship 2025
3	1:00:41.74 L	O	Catherine Van Rensburg	20	AGC TSH	07/03/2025	SA National OWS Championship 2025
4	1:00:49.32 L	O	Hannah Neilson	20	AGC TSH	07/03/2025	SA National OWS Championship 2025
5	1:03:29.00 L	O	Sasha-Lee Nordengen-Corris	27	SGUL ETH	07/12/2024	Prime View #2
6	1:03:32.00 L	O	Carla Antonopoulos	24	TUKS TSH	07/12/2024	Prime View #2
7	1:04:12.00 L	O	Victoria Earle	23	TUKS TSH	07/12/2024	Prime View #2
8	1:05:32.36 L	O	Taylor Pharoah	22	AGC TSH	07/03/2025	SA National OWS Championship 2025
9	1:07:12.00 L	O	Megan Shepherd	21	TUKS TSH	07/12/2024	Prime View #2
10	1:09:00.87 L	O	Micheline Bathfield	19	WCA CPT	07/03/2025	SA National OWS Championship 2025
11	1:09:34.00 L	O	Tarryn Stanford	38	CPTM CPT	23/11/2024	Aqua Azzurra Foundation OWS - Serie
12	1:10:35.00 L	O	Caitlin Rademakers	19	INFA NMA	08/12/2024	EC Swim Series OWS Round 2 2024
13	1:13:00.22 L	O	Abigail Swanepoel	21	ECA BUF	07/03/2025	SA National OWS Championship 2025
14	1:13:11.00 L	O	Rachael Humphries	23	NWUC KKD	07/12/2024	Prime View #2
15	1:24:37.00 L	O	Marcelle Pakendorf	23	SWHUB CPT	23/11/2024	Aqua Azzurra Foundation OWS - Serie
16	1:24:58.00 L	O	Anneke Boshoff	52	ASAC CPT	23/11/2024	Aqua Azzurra Foundation OWS - Serie
17	1:25:47.00 L	O	Carike Kok	19	TUKS TSH	02/11/2024	Prime View #1
18	1:25:57.00 L	F	Marcelle Stiemans	57	SMSC ETH	30/11/2024	KZN Open Water Champs 2024
19	1:32:38.00 L	O	Megan Bulose	20	UWCA CPT	18/01/2025	WC OWS Champs / Aqua Azzurra Fou
20*	1:34:21.00 L	O	Nicolle Ambrose	45	WATR JHB	02/11/2024	Prime View #1
20*	1:34:21.00 L	O	Joanne Vreenegoor	43	CRSC JHB	02/11/2024	Prime View #1
22	1:39:53.00 L	O	Nikki Van der Walt	52	XCEL CPT	23/11/2024	Aqua Azzurra Foundation OWS - Serie
23	1:46:25.00 L	O	Alison Hayes	55	WAHO JHB	02/11/2024	Prime View #1
24	1:49:32.00 L	O	Susan Rider	53	LTS JHB	02/11/2024	Prime View #1
25	1:51:48.00 L	O	Vanessa Howard	54	ANAX CPT	18/01/2025	WC OWS Champs / Aqua Azzurra Fou
Women 7500 Free							
1	1:36:21.00 L	O	Amica De Jager	25	TUKS TSH	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

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 10000 Free								
1	2:01:25.00	L	O	Callan Lötter	19	TUKS TSH	18/01/2025	Prime View #3 2025
2	2:02:39.00	L	O	Amica De Jager	25	TUKS TSH	19/01/2025	NMBA OWS Championships 2025
3	2:05:37.00	L	O	Catherine Van Rensburg	20	TUKS TSH	18/01/2025	Prime View #3 2025
4	2:07:02.24	L	O	Hannah Neilson	20	AGC TSH	07/03/2025	SA National OWS Championship 2025
5	2:15:27.00	L	O	Taylor Pharoah	22	TUKS TSH	07/12/2024	Prime View #2
6*	2:16:14.00	L	O	Stephanie Houtman	22	TUKS TSH	18/01/2025	Prime View #3 2025
6*	2:16:14.00	L	O	Carla Antonopoulos	24	TUKS TSH	18/01/2025	Prime View #3 2025
8	2:24:30.00	L	O	Caitlin Rademakers	19	INFA NMA	08/12/2024	EC Swim Series OWS Round 2 2024
9	2:25:45.00	L	O	Micheline Bathfield	19	SAAW CPT	18/01/2025	WC OWS Champs / Aqua Azzurra Fou
10	2:30:50.00	L	O	Abigail Swanepoel	21	NMU NMA	08/12/2024	EC Swim Series OWS Round 2 2024
Women 50 Back								
1	28.25	L	F	Michaela De Villiers	22	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202
2	28.41	L	P	Olivia Nel	22	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202
3	29.03	L	F	Caitlin De Lange	21	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks
4	29.21	L	P	Tayla Jonker	20	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
5	29.31	L	P	Kerryn Herbst	22	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
6	29.64	L	F	Rebecca Meder	22	SGUL ETH	24/05/2024	2024 Golden Homes Swimfest
7	29.72	L	F	Hannah Pearse	22	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
8	30.16	L	F	Carissa Van Rooyen	22	CA ECU	05/12/2024	EGA Summer Championships
9	30.30	L	P	Grace De Jongh	19	LALE CED	28/02/2025	2025 Grand Prix 2 Invitational Meet -N
10	30.36	L	F	Kristen Straszacker	25	CASC CPT	05/12/2024	Western Cape LC-A Championship 20
11	30.56	L	P	Sune Liebenberg	21	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
12	30.66	L	P	Dakota Tucker	20	WATR JHB	15/06/2024	PEA Winter Gala 2024
13	30.81	L	P	Sinelithemba Mbatha	22	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
14	30.83	L	P	Natalie Landmann	23	PSC TSH	28/02/2025	2025 Grand Prix 2 Invitational Meet -N
15	30.85	L	P	Lize-Marie Davidson	21	FSA FS	09/04/2025	SA National Aquatic SNR-Champ 202
16	31.28	L	P	Samantha Straw	23	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
17	31.42	L	F	Tori Voke	19	VIKI BUF	15/06/2024	PEA Winter Gala 2024
18	31.69	L	F	Margaux Kemp	22	MATI CED	06/09/2024	USSA Swimming
19	31.79	L	P	Taneal Baptiste	25	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
20	32.06	L	P	Jolene Cornelius	20	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
21*	32.11	L	F	Scarlett Nichol	19	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks
21*	32.11	L	P	Chazél Orton	20	NWS	09/04/2025	SA National Aquatic SNR-Champ 202
23	32.19	L	F	Constantina Pietersen	23	VARC NMA	06/09/2024	USSA Swimming
24	32.48	L	F	Anieke Helmand	20	KOVS MAN	02/11/2024	Heidedal
25	32.75	L	P	Nuria Ribeiro	22	MATI CED	05/12/2024	Western Cape LC-A Championship 20
26	32.79	L	P	Georgia Els	19	RSA	19/06/2024	BRICS Games Swimming 2024 Russia
27	32.81	L	F	Ane' Meier	19	PAC TSH	15/06/2024	PEA Winter Gala 2024
28	32.88	L	F	Megan Bulose	20	UWCA CPT	05/12/2024	Western Cape LC-A Championship 20
29	33.00	L	P	Corne van Schalkwyk	19	AA JHB	29/11/2024	CGA Championships 2024
30	33.01	L	P	Ashley Ebing	19	TUKS TSH	25/04/2025	SA National Junior Age Grou-WCA 20
31	33.17	L	F	Hannah Andraos	21	TUKS TSH	06/09/2024	USSA Swimming
32	33.22	L	F	Mia vd Walt	21	TUKS TSH	06/09/2024	USSA Swimming
33	33.25	L	P	Amani Ismail	20	ATLA JHB	29/11/2024	CGA Championships 2024
34*	33.36	L	F	Olivia Kruger	19	MATI CED	06/09/2024	USSA Swimming
34*	33.36	L	F	Leah Christie	20	CLA WCD	28/02/2025	2025 Grand Prix 2 Invitational Meet -N
36	33.50	L	F	Nirvana Borrageiro	19	RSA	04/10/2024	Curro AquaElite Gala
37	33.51	L	F	Tayla Parker	21	CA ECU	05/12/2024	EGA Summer Championships
38	33.65	L	F	Hannah Cromhout	20	LALE CED	09/11/2024	Winelands SL4
39	33.70	L	F	Gemma Kirsten	19	UFS MAN	06/09/2024	USSA Swimming
40	34.12	L	F	Nina Ehrich	21	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks
41	34.37	L	F	Amori Potgieter	20	NWUC KKD	06/09/2024	USSA Swimming
42	34.43	L	P	Miche Johns	19	BLSS MAN	02/07/2024	Prestige Tournament 2024
43	34.63	L	F	Madison Mayos	20	TUKS TSH	06/09/2024	USSA Swimming
44	34.81	L	F	Chloe LE Roux	21	MATI CED	09/11/2024	Winelands SL4
45	35.02	L	F	Annette Greyling	19	MATI CED	06/09/2024	USSA Swimming
46	35.68	L	F	Kiara Johnson	19	MATI CED	06/09/2024	USSA Swimming

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			
47	35.75 L	F	Lucy Friedenthal	19	UNI EZD	29/11/2024	Mpumalanga Championships 2024
48	36.15 L	F	Anica Dennis	22	VARC NMA	06/09/2024	USSA Swimming
49	36.28 L S	F	Rachael Humphries	23	NWUC KKD	07/12/2024	NWS Championships 2024
50	36.38 L	F	Carike Kok	19	TUKS TSH	13/09/2024	NTS September Age Group 2024
51	36.58 L S	F	Gertruida de Witt	47	POTC KKD	07/12/2024	NWS Championships 2024
52	36.72 L	F	Esmarie Theart	29	KALA	19/10/2024	NCASA AGE GROUP 1 KATHU 2024
53	36.73 L	F	Jessica Otto	21	TUKS TSH	06/09/2024	USSA Swimming
54	36.77 L	F	Erin Haslehurst	20	PGAC EKU	26/10/2024	Summer 3 Delville
55	36.78 L	F	Jordainne Kazimierczak	22	FLOD JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Ja
56	37.04 L	F	Melissa Martens	19	MATI CED	06/09/2024	USSA Swimming
57	37.81 L	F	Zanè Snyman	21	UFS MAN	06/09/2024	USSA Swimming
58	38.06 L	F	Shaina Adriaan	19	TYGE CPT	08/02/2025	WCA-B Champs - 2025
59	38.24 L	F	Yedidah Theron	19	ROA EDD	30/11/2024	Eden LC Champs 2024
60	38.30 L	F	Caleigh Hanekom	24	UWCA CPT	06/09/2024	USSA Swimming
61	38.35 L	F	Annorina Groenewald	44	KTS	15/11/2024	AGE GROUP 2 KATHU 2024
62	38.91 L	F	Ashley Jansen van Vuuren	19	CSA EZD	29/11/2024	Mpumalanga Championships 2024
63	39.44 L	F	Michele Esterhuizen	52	CSA EZD	29/11/2024	Mpumalanga Championships 2024
64	39.49 L	F	Busisiwe Mogadima	19	SOUL EKU	27/03/2025	SA Level 2 Champs 2025-EGA
65	39.83 L	F	Judi Smith	22	BARR CPT	09/11/2024	Swartland Prestige Gala 2024
66	40.04 L	F	Renelwe Molelowatladi	19	MAHD NMD	23/11/2024	NWS Age Group 3 + 4 2024
67	40.61 L	F	Janine Steyn	54	BETH FDD	25/10/2024	Neptunes Gala
68	40.80 L	F	Thinica Mc Anda	19	KOVS MAN	24/08/2024	Kovsie Gala 2
69	40.96 L	F	Michelle Steenekamp	21	TUKS TSH	13/09/2024	NTS September Age Group 2024
70	42.41 L	F	Cherná Fouché	20	TUKS TSH	13/09/2024	NTS September Age Group 2024
71	42.47 L	F	Christine Kruger	20	BLSS MAN	04/12/2024	Free State Champs 2024
72	44.03 L	F	Gabriella Steyl	20	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
73	46.66 L	P	Minke Janse Van Rensburg	20	FISH EDD	05/12/2024	Western Cape LC-A Championship 20
74	47.98 L	F	Vanessa Howard	54	ANAX CPT	22/02/2025	Swartland Invitational Gala 2025
75	48.13 L S	F	Mia Vd Merwe	26	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
76	50.06 L	F	Katherine Swanepoel	37	DRGN EKU	15/06/2024	PEA Winter Gala 2024
77	52.73 L	F	Ina Prinsloo	49	BETH FDD	15/11/2024	Valsrivier Gala 2024
78	53.96 L	P	Zora Wegerif	23	SWIM1 JHB	29/11/2024	CGA Championships 2024
79	1:10.37 L	F	Kyli Kriel	25	CLA WCD	08/02/2025	WCA-B Champs - 2025
80	1:11.66 L	F	Marne Kock	27	RBUR BPD	09/11/2024	NWS Age Group 1 & 2 2024
81	1:13.76 L	F	Naledi Kekana	28	SFSC CPT	22/02/2025	Swartland Invitational Gala 2025
82	1:14.34 L	F	Ilse Booysen	67	UPSK ZMD	08/02/2025	NCASA SPRINTS 2025
83	1:15.11 L	F	Sibahle Kwetha	20	MZAM NMA	08/02/2025	Nelson Mandela Bay Schools Trials &
84	1:34.72 L	F	Judith Dixon	83	FEMS EDD	22/02/2025	EDEN 5th A-League Gala 2025
Women 100 Back							
1	1:02.03 L	F	Michaela De Villiers	22	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202
2	1:02.22 L	F	Hannah Pearse	22	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
3	1:02.52 L	F	Keryn Herbst	22	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
4	1:03.63 L	F	Caitlin De Lange	21	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks
5	1:03.69 L	F	Tayla Jonker	20	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
6	1:04.50 L	F	Carissa Van Rooyen	22	AGA EKU	09/04/2025	SA National Aquatic SNR-Champ 202
7	1:06.41 L	F	Grace De Jongh	19	LALE CED	28/02/2025	2025 Grand Prix 2 Invitational Meet -N
8	1:06.78 L	F	Lize-Marie Davidson	21	KOVS MAN	04/12/2024	Free State Champs 2024
9	1:06.84 L	F	Callan Lötter	19	TUKS TSH	29/11/2024	CGA Championships 2024
10	1:06.86 L	P	Sune Liebenberg	21	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
11	1:07.03 L	P	Christine Wessels	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
12	1:07.40 L	P	Scarlett Nichol	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
13	1:07.45 L	P	Sinelithemba Mbatha	22	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
14	1:07.92 L	P	Natalie Landmann	23	PSC TSH	28/02/2025	2025 Grand Prix 2 Invitational Meet -N
15	1:08.06 L	F	Tori Voke	19	VIKI BUF	15/06/2024	PEA Winter Gala 2024
16	1:09.41 L	P	Ashley Ebing	19	TUKS TSH	25/04/2025	SA National Junior Age Grou-WCA 20
17	1:09.43 L	F	Erin Gallagher	26	TUKS TSH	06/09/2024	USSA Swimming
18	1:09.91 L	F	Hannah Andraos	21	TUKS TSH	06/09/2024	USSA Swimming
19	1:10.42 L	P	Chazél Orton	20	NWS	09/04/2025	SA National Aquatic SNR-Champ 202
20	1:10.52 L	P	Ambrin Pienaar	20	ACSA ETH	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	
21	1:10.79 L	P	Jolene Cornelius	20	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
22	1:11.34 L	F	Nuria Ribeiro	22	MATI CED 05/10/2024 CTA Qualifying Meet 5 - (L2 & above)
23	1:11.68 L	F	Nirvana Borrageiro	19	RSA 04/10/2024 Curro AquaElite Gala
24	1:11.92 L	F	Corne van Schalkwyk	19	AA JHB 29/11/2024 CGA Championships 2024
25	1:12.07 L	F	Mia vd Walt	21	TUKS TSH 06/09/2024 USSA Swimming
26	1:12.13 L	F	Constantina Pietersen	23	VARC NMA 06/09/2024 USSA Swimming
27	1:12.60 L	F	Petro Marié Fourie	19	LALE CED 20/03/2025 SA Level 3 Regional Age Group Chan
28	1:13.78 L	F	Amori Potgieter	20	NWUC KKD 06/09/2024 USSA Swimming
29	1:13.83 L	F	Miche Johns	19	BLSS MAN 02/07/2024 Prestige Tournament 2024
30	1:13.92 L S	F	Tayla Parker	21	CA EKU 05/12/2024 EGA Summer Championships
31	1:14.28 L	F	Nina Ehrich	21	TUKS TSH 21/02/2025 NTS Age Group Feb Tuks
32	1:14.30 L	F	Megan Bulose	20	UWCA CPT 05/12/2024 Western Cape LC-A Championship 20
33	1:14.55 L	F	Maretha Nagel	39	BLSS MAN 04/12/2024 Free State Champs 2024
34	1:14.69 L	F	Michaela Dal Medico	19	TUKS TSH 06/09/2024 USSA Swimming
35	1:15.76 L	F	Gemma Kirsten	19	UFS MAN 06/09/2024 USSA Swimming
36	1:16.10 L	P	Amani Ismail	20	ATLA JHB 29/11/2024 CGA Championships 2024
37	1:16.75 L	F	Annette Greyling	19	MATI CED 06/09/2024 USSA Swimming
38	1:17.32 L	F	Jana Naude	19	ASA ILD 25/01/2025 uShaka Champs 2025
39	1:17.42 L	F	Gertruida de Witt	47	POTC KKD 07/12/2024 NWS Championships 2024
40	1:17.82 L	P	Rachael Humphries	23	NWUC KKD 07/12/2024 NWS Championships 2024
41	1:18.14 L	F	Erin Haslehurst	20	PGAC EKU 12/10/2024 EGA Summer 2
42	1:19.16 L	F	Mareen van der Merwe	19	RFA TSH 18/10/2024 NTS Level 3+ October Age Group 202
43	1:19.17 L	F	Jayda Collett	19	TUKS TSH 18/10/2024 NTS Level 3+ October Age Group 202
44	1:19.20 L	F	Lucy Friedenthal	19	UNI EZD 29/11/2024 Mpumalanga Championships 2024
45	1:19.24 L	F	Kiara Johnson	19	MATI CED 06/09/2024 USSA Swimming
46	1:19.25 L	F	Donia Smit	20	SS MPD 29/11/2024 Limpopo Champs 2024
47	1:19.32 L	F	Anica Dennis	22	VARC NMA 06/09/2024 USSA Swimming
48	1:20.41 L	F	Jessica Otto	21	TUKS TSH 18/10/2024 NTS Level 3+ October Age Group 202
49	1:23.09 L	F	Shaina Adriaan	19	TYGE CPT 28/03/2025 SA Level 2 Regional Age Group Cham
50	1:25.30 L	F	Ra-eesa Jephta	20	MANT CPT 02/11/2024 CTA A & B CHAMPS 2024
51	1:25.78 L	P	Ashley Jansen van Vuuren	19	CSA EZD 29/11/2024 Mpumalanga Championships 2024
52	1:27.39 L	F	Caleigh Hanekom	24	UWCA CPT 06/09/2024 USSA Swimming
53	1:29.04 L	F	Ayanda Tshabalala	20	HPS TSH 13/09/2024 NTS September Age Group 2024
54	1:32.20 L	F	Reneilwe Molelowatladi	19	MAHD NMD 23/11/2024 NWS Age Group 3 + 4 2024
55	1:32.77 L	P	Christine Kruger	20	BLSS MAN 28/03/2025 SA Level 2 Regional Age Group Cham
56	1:35.84 L	F	Busisiwe Mogadima	19	SOUL EKU 15/11/2024 Summer 4 Delville
57	1:45.19 L	F	Mia Vd Merwe	26	CASC CPT 02/11/2024 CTA A & B CHAMPS 2024
58	1:53.91 L	F	Katherine Swanepoel	37	AGB JHB 09/04/2025 SA National Aquatic SNR-Champ 202
59	1:54.07 L	P	Zora Wegerif	23	SWIM1 JHB 20/03/2025 SA Level 3 Champs 2025-NT
60	2:38.41 L	F	Marne Kock	27	RBUR BPD 09/11/2024 NWS Age Group 1 & 2 2024
61	3:04.99 L	F	Ilse Booysen	67	UPSK ZMD 08/02/2025 NCASA SPRINTS 2025
Women 200 Back					
1	2:11.73 L	F	Hannah Pearse	22	TUKS TSH 01/06/2024 2024 Mare Nostrum Monaco
2	2:20.73 L S	F	Scarlett Nichol	19	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
3	2:20.76 L S	F	Tayla Jonker	20	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
4	2:22.38 L S	F	Kerryn Herbst	22	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
5	2:22.66 L S	P	Lize-Marie Davidson	21	FSA FS 09/04/2025 SA National Aquatic SNR-Champ 202
6	2:27.58 L S	P	Hannah Andraos	21	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
7	2:28.51 L S	P	Samantha Randle	26	KLOO ETH 02/07/2024 Prestige Tournament 2024
8	2:29.37 L S	P	Chazél Orton	20	NWS 09/04/2025 SA National Aquatic SNR-Champ 202
9	2:32.45 L S	P	Ashley Ebing	19	TUKS TSH 25/04/2025 SA National Junior Age Grou-WCA 20
10	2:35.28 L	F	Tori Voke	19	VIKI BUF 22/11/2024 BCA Long Course Championships 202
11	2:35.82 L	F	Mia vd Walt	21	TUKS TSH 06/09/2024 USSA Swimming
12	2:36.94 L	F	Carissa Van Rooyen	22	CA EKU 18/01/2025 EGA Summer 5
13	2:38.26 L	F	Petro Marié Fourie	19	LALE CED 20/03/2025 SA Level 3 Regional Age Group Chan
14	2:38.41 L	F	Natalie Landmann	23	PSC TSH 15/11/2024 Valsrivier Gala 2024
15	2:39.41 L	F	Sinelithemba Mbatha	22	RSA 19/06/2024 BRICS Games Swimming 2024 Russia
16	2:39.70 L S	F	Miche Johns	19	BLSS MAN 02/07/2024 Prestige Tournament 2024
17	2:42.34 L	F	Olivia Kruger	19	MATI CED 06/09/2024 USSA Swimming

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	2:43.84 L	F	Chloe LE Roux	21	MATI CED 06/09/2024 USSA Swimming
19	2:44.73 L	F	Constantina Pietersen	23	VARC NMA 06/09/2024 USSA Swimming
20	2:44.89 L	F	Abigail Swanepoel	21	NMU NMA 06/09/2024 USSA Swimming
21	2:45.01 L	F	Donia Smit	20	SS MPD 29/11/2024 Limpopo Champs 2024
22	2:45.24 L	F	Rachael Humphries	23	NWUC KKD 06/09/2024 USSA Swimming
23	2:45.36 L	F	Jordainne Kazimierczak	22	FLOD JHB 25/01/2025 CGA Summer Gala #4 Level 2+ 25 Ja
24	2:45.93 L	F	Amori Potgieter	20	NWUC KKD 06/09/2024 USSA Swimming
25	2:47.26 L	F	Gemma Kirsten	19	UFS MAN 06/09/2024 USSA Swimming
26	2:48.49 L	P	Amani Ismail	20	ATLA JHB 29/11/2024 CGA Championships 2024
27	2:48.71 L	F	Jayda Collett	19	TUKS TSH 21/02/2025 NTS Age Group Feb Tuks
28	2:49.10 L	P	Gertruida de Witt	47	POTC KKD 07/12/2024 NWS Championships 2024
29	2:52.65 L	F	Anica Dennis	22	VARC NMA 06/09/2024 USSA Swimming
30	2:53.24 L	F	Melissa Martens	19	MATI CED 06/09/2024 USSA Swimming
31	2:54.58 L	F	Megan Bulose	20	UWCA CPT 25/01/2025 CTA Qualifying Meet 6 - (L2 & above)
32	3:02.69 L	F	Ra-eesa Jephtha	20	MANT CPT 01/02/2025 CTA BRIAN BUTTON Qualifying Meet
33	3:03.46 L	F	Shaina Adriaan	19	TYGE CPT 22/02/2025 Swartland Invitational Gala 2025
34	3:11.89 L	F	Caleigh Hanekom	24	UWCA CPT 06/09/2024 USSA Swimming
35	3:17.42 L	F	Christine Kruger	20	BLSS MAN 28/03/2025 SA Level 2 Regional Age Group Cham
36	3:57.89 L	F	Vanessa Howard	54	ANAX CPT 22/02/2025 Swartland Invitational Gala 2025
37	4:12.70 L	F	Cornelia Fowler	44	KLOO ETH 14/06/2024 AQZ Winter Warmer 2024
38	6:06.06 L	F	Ilse Booysen	67	UPSK ZMD 08/02/2025 NCASA SPRINTS 2025
Women 50 Breast					
1	30.37 L	F	Tatjana Smith	27	TUKS TSH 15/06/2024 PEA Winter Gala 2024
2	30.88 L	F	Lara Van Niekerk	21	PAC TSH 01/06/2024 2024 Mare Nostrum Monaco
3	31.17 L	P	Simone Moll	20	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
4	31.57 L	F	Rebecca Meder	22	SGUL ETH 24/05/2024 2024 Golden Homes Swimfest
5	31.62 L	F	Kaylene Corbett	25	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
6	31.92 L	F	Georgia Els	19	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
7	31.93 L	P	Morgan Cope	19	WCA CPT 09/04/2025 SA National Aquatic SNR-Champ 202
8	31.95 L	F	Mikaela Goelst	19	PAC TSH 01/06/2024 2024 Mare Nostrum Monaco
9	32.30 L	P	Caitlin De Lange	21	TUKS TSH 28/02/2025 2025 Grand Prix 2 Invitational Meet -N
10	32.63 L	F	Kate Meyer	22	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
11	33.49 L	P	Anieke Helmand	20	FSA FS 09/04/2025 SA National Aquatic SNR-Champ 202
12	33.71 L	P	Jenna-Laine Fuller	24	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
13	34.45 L	F	Kristen Straszacker	25	CASC CPT 05/12/2024 Western Cape LC-A Championship 20
14	34.48 L	F	Marné Meier	26	CASC CPT 05/12/2024 Western Cape LC-A Championship 20
15	34.54 L	P	Helen Taylor	27	KZNA ETH 09/04/2025 SA National Aquatic SNR-Champ 202
16	34.57 L	P	Cara Ralfe	19	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
17	35.33 L	P	Michaela Dal Medico	19	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
18	35.35 L	F	Sune Van Jaarsveld	23	TUKS TSH 21/02/2025 NTS Age Group Feb Tuks
19	35.44 L	P	Morgan Pharaoh	19	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
20	35.50 L	F	Nicola Hartman	19	RFA TSH 18/10/2024 NTS Level 3+ October Age Group 202
21	35.86 L	F	Carmia Hartman	19	RFA TSH 18/10/2024 NTS Level 3+ October Age Group 202
22	35.91 L	F	Q-Rize Ferreira	21	TUKS TSH 21/02/2025 NTS Age Group Feb Tuks
23	36.37 L	F	Jolene Cornelius	20	TUKS TSH 06/09/2024 USSA Swimming
24	36.68 L	F	Ninah Wedderburn	19	INFA NMA 05/10/2024 4th A League Gala 2024
25	37.22 L	F	Carike Kok	19	TUKS TSH 13/09/2024 NTS September Age Group 2024
26	37.26 L	F	Alex Truter	20	BEAV ETH 25/01/2025 uShaka Champs 2025
27	37.44 L	F	Nina Ehrich	21	TUKS TSH 21/02/2025 NTS Age Group Feb Tuks
28	37.54 L	F	Megan Bulose	20	UWCA CPT 05/12/2024 Western Cape LC-A Championship 20
29	37.68 L	F	Luchelle Oosthuizen	20	KOVS MAN 28/06/2024 Sentraal Winter Gala
30	37.90 L	F	Tori Voke	19	VIKI BUF 15/06/2024 PEA Winter Gala 2024
31	38.04 L	P	Tumaini Macdonell	20	RSA 19/06/2024 BRICS Games Swimming 2024 Russia
32	38.41 L	F	Nirvana Borrageiro	19	AZON ETH 02/07/2024 Prestige Tournament 2024
33	38.59 L	F	Kate Mandell	25	MATI CED 06/09/2024 USSA Swimming
34	38.76 L	F	Alani Ferreira	26	KZNA ETH 09/04/2025 SA National Aquatic SNR-Champ 202
35	39.13 L	F	Caylin Gous	20	NWUC KKD 06/09/2024 USSA Swimming
36	39.20 L	F	Lucy Friedenthal	19	UNI EZD 29/11/2024 Mpumalanga Championships 2024
37	39.47 L	F	Luané Engelbrecht	19	TUKS TSH 29/11/2024 Mpumalanga 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				
38	39.72 L	F	Annette Greyling	19	MATI CED	06/09/2024	USSA Swimming	
39	39.99 L	F	Anneke van Eeden	20	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024	
40	40.12 L	F	Zanè Snyman	21	UFS MAN	06/09/2024	USSA Swimming	
41	40.27 L	F	Ashleè Pretorius	20	MATI CED	06/09/2024	USSA Swimming	
42	40.43 L	P	Wendy Cook	54	FRA KCD	02/07/2024	Prestige Tournament 2024	
43	40.76 L	F	Donia Smit	20	SS MPD	29/11/2024	Limpopo Champs 2024	
44	40.80 L S	P	Erin Haslehurst	20	PGAC EKU	05/12/2024	EGA Summer Championships	
45	41.10 L	F	Mienke Herbst	19	SSISA CPT	21/09/2024	CTA INVITATIONAL LC MEET	
46	41.15 L	F	Gabriella Steyl	20	NWUC KKD	06/09/2024	USSA Swimming	
47	41.64 L	F	Keira Booth	19	HMER MP	08/10/2024	Limpopo Top 8 - High Schools	
48	41.67 L	F	Madison Mayos	20	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 202	
49	42.71 L	F	Esmarie Theart	29	KALA	19/10/2024	NCASA AGE GROUP 1 KATHU 2024	
50	42.72 L	F	Annorina Groenewald	44	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025	
51	42.90 L	F	Shaina Adriaan	19	TYGE CPT	02/11/2024	CTA A & B CHAMPS 2024	
52	43.05 L S	F	Busisiwe Mogadima	19	SOUL EKU	05/12/2024	EGA Summer Championships	
53	43.29 L	F	Cherná Fouché	20	TUKS TSH	13/09/2024	NTS September Age Group 2024	
54	43.58 L	F	Ra-eesa Jephtha	20	MANT CPT	02/11/2024	CTA A & B CHAMPS 2024	
55	43.75 L	F	Michele Esterhuizen	52	CSA EZD	29/11/2024	Mpumalanga Championships 2024	
56	44.28 L	F	Thinica Mc Anda	19	UFS MAN	06/09/2024	USSA Swimming	
57	44.90 L	F	Janine Steyn	54	BETH FDD	04/12/2024	Free State Champs 2024	
58	45.17 L	F	Ngozi Anyanwu	20	UWCA CPT	06/09/2024	USSA Swimming	
59	45.45 L	F	Kiersten Paulse	20	UWCA CPT	06/09/2024	USSA Swimming	
60	45.80 L	P	Ashley Jansen van Vuuren	19	CSA EZD	29/11/2024	Mpumalanga Championships 2024	
61	45.84 L	F	Natalie Hilbert	42	FEMS EDD	22/02/2025	EDEN 5th A-League Gala 2025	
62	46.02 L	F	Jeanne De Waal	41	CPTM CPT	08/02/2025	Winelands SL Final	
63	47.58 L	F	Carolina Potgieter	19	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala	
64	48.03 L	F	Louise Cockeran	39	KALA	30/11/2024	AGE GROUP 4 KATHU 2024	
65	48.43 L	F	Shirley Mlotshwa	19	ATTE TSH	11/10/2024	NTS Level 1+2 October Age Group 20	
66	48.48 L	F	Christina Van Rooyen	49	PGAC EKU	12/10/2024	EGA Summer 2	
67	49.09 L	F	Judi Smith	22	BARR CPT	10/06/2024	Best Times LCM	
68	50.22 L	F	Ina Prinsloo	49	BETH FDD	04/12/2024	Free State Champs 2024	
69	50.72 L	F	Minke Janse Van Rensburg	20	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202	
70	51.42 L	F	Christine Kruger	20	BLSS MAN	04/12/2024	Free State Champs 2024	
71	54.96 L	F	Vanessa Howard	54	ANAX CPT	22/02/2025	Swartland Invitational Gala 2025	
72	56.52 L	F	Sonja Coetzee	37	VALS FDD	15/11/2024	Valsrivier Gala 2024	
73	58.39 L	F	Jeanne Louw	42	KALA	26/10/2024	KALAHARI CLASSIC	
74	1:01.21 L	P	Savanna Haselau	19	PSCP UMD	26/03/2025	SA Level 3 Regional Age Group Chan	
75	1:07.54 L	F	Katherine Swanepoel	37	AGB JHB	09/04/2025	SA National Aquatic SNR-Champ 202	
76	1:09.87 L	F	Naledi Kekana	28	SFSC CPT	22/02/2025	Swartland Invitational Gala 2025	
77	1:14.26 L	F	Helen Van Vuuren	45	NWUC KKD	07/12/2024	NWS Championships 2024	
78	1:14.27 L	F	Marne Kock	27	RBUR BPD	09/11/2024	NWS Age Group 1 & 2 2024	
79	1:20.12 L	F	Kyli Kriel	25	CLA WCD	08/02/2025	WCA-B Champs - 2025	
Women 100 Breast								
1	1:05.00 L	P	Tatjana Smith	27	RSA	27/07/2024	2024 Paris Olympic Games	
2	1:07.50 L	F	Rebecca Meder	22	KZNA ETH	09/04/2025	SA National Aquatic SNR-Champ 202	
3	1:07.61 L	T	Kaylene Corbett	25	TUKS TSH	15/06/2024	PEA Winter Gala 2024	
4	1:07.89 L	F	Simone Moll	20	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
5	1:08.02 L	F	Aimee Canny	21	KNYA EDD	31/05/2024	PV NCAP Elite Qualifier	
6	1:09.23 L	P	Lara Van Niekerk	21	PAC TSH	29/05/2024	2024 Mare Nostrum Barcelona	
7	1:10.84 L	F	Mikaela Goelst	19	PAC TSH	01/06/2024	2024 Mare Nostrum Monaco	
8	1:10.85 L	F	Georgia Els	19	TUKS TSH	28/02/2025	2025 Grand Prix 2 Invitational Meet -N	
9	1:10.87 L	F	Morgan Cope	19	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202	
10	1:12.49 L	P	Kate Meyer	22	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
11	1:14.87 L	F	Jenna-Laine Fuller	24	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
12	1:15.03 L	F	Marné Meier	26	CASC CPT	05/12/2024	Western Cape LC-A Championship 20	
13	1:15.11 L	P	Michaela Dal Medico	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
14	1:15.62 L	P	Q-Rize Ferreira	21	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202	
15	1:15.67 L	F	Cara Ralfe	19	TUKS TSH	08/03/2025	Invitational Meet 2025	
16	1:16.38 L	P	Helen Taylor	27	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			
17	1:16.78 L	F	Morgan Pharoah	19	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks
18	1:17.09 L	F	Anieke Helmand	20	KOVS MAN	11/10/2024	Otters Prestige Gala 2024
19	1:17.96 L	F	Kirsten Storm	19	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks
20	1:18.70 L	F	Simej Van Staden	20	KLOO ETH	14/06/2024	AQZ Winter Warmer 2024
21	1:19.55 L	F	Nicola Hartman	19	RFA TSH	18/10/2024	NTS Level 3+ October Age Group 202
22	1:19.74 L	F	Carike Kok	19	TUKS TSH	29/11/2024	CGA Championships 2024
23	1:19.96 L	F	Luchelle Oosthuizen	20	KOVS MAN	11/10/2024	Otters Prestige Gala 2024
24	1:20.37 L	F	Alex Truter	20	BEAV ETH	25/01/2025	uShaka Champs 2025
25	1:20.94 L	F	Sune Van Jaarsveld	23	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks
26	1:21.15 L	F	Carmia Hartman	19	RFA TSH	18/10/2024	NTS Level 3+ October Age Group 202
27	1:22.18 L	F	Jolene Cornelius	20	TUKS TSH	06/09/2024	USSA Swimming
28	1:22.63 L	F	Kate Mandell	25	MATI CED	06/09/2024	USSA Swimming
29	1:22.97 L	F	Alani Ferreira	26	KZNA ETH	09/04/2025	SA National Aquatic SNR-Champ 202
30	1:23.71 L	F	Luané Engelbrecht	19	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks
31*	1:23.78 L	P	Jayda Collett	19	TUKS TSH	20/03/2025	SA Level 3 Champs 2025-NT
31*	1:23.78 L	F	Constantina Pietersen	23	VARC NMA	06/09/2024	USSA Swimming
33	1:24.45 L	F	Megan Bulose	20	UWCA CPT	05/12/2024	Western Cape LC-A Championship 20
34	1:26.30 L	F	Hannah Neilson	20	UWCA CPT	17/10/2024	43rd Freda Barnard Invitational Gala
35	1:26.40 L	P	Anneke van Eeden	20	NWUC KKD	07/12/2024	NWS Championships 2024
36	1:26.78 L	P	Erin Haslehurst	20	PGAC EKU	05/12/2024	EGA Summer Championships
37	1:27.09 L	F	Lucy Friedenthal	19	UNI EZD	29/11/2024	Mpumalanga Championships 2024
38*	1:27.28 L	F	Carissa Van Rooyen	22	CA EKU	01/02/2025	EGA Last Chance Gala
38*	1:27.28 L	F	Annette Greyling	19	MATI CED	06/09/2024	USSA Swimming
40	1:28.02 L	F	Amori Potgieter	20	NWUC KKD	06/09/2024	USSA Swimming
41	1:28.05 L	F	Caylin Gous	20	NWS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
42	1:28.32 L	F	Ashleë Pretorius	20	MATI CED	06/09/2024	USSA Swimming
43	1:28.51 L	F	Mienke Herbst	19	SSISA CPT	21/09/2024	CTA INVITATIONAL LC MEET
44	1:28.52 L	F	Maretha Nagel	39	BLSS MAN	25/10/2024	Neptunes Gala
45	1:28.84 L	F	Nirvana Borrageiro	19	AZON ETH	14/06/2024	AQZ Winter Warmer 2024
46	1:29.20 L	P	Wendy Cook	54	FRA KCD	02/07/2024	Prestige Tournament 2024
47	1:29.65 L	P	Petro Marié Fourie	19	LALE CED	05/12/2024	Western Cape LC-A Championship 20
48*	1:31.63 L	F	Jordainne Kazimierczak	22	FLOD JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Ja
48*	1:31.63 L	F	Emma Terblanche	19	KOVS MAN	11/10/2024	Otters Prestige Gala 2024
50	1:32.32 L	F	Gabriella Steyl	20	NWUC KKD	06/09/2024	USSA Swimming
51	1:32.76 L	F	Donia Smit	20	SS MPD	29/11/2024	Limpopo Champs 2024
52	1:33.11 L	F	Keira Booth	19	HMER MP	08/10/2024	Limpopo Top 8 - High Schools
53	1:34.47 L	P	Shaina Adriaan	19	TYGE CPT	28/03/2025	SA Level 2 Regional Age Group Cham
54	1:35.06 L	F	Ra-eesa Jephtha	20	MANT CPT	25/01/2025	CTA Qualifying Meet 6 - (L2 & above)
55	1:36.74 L	P	Busisiwe Mogadima	19	SOUL EKU	05/12/2024	EGA Summer Championships
56	1:37.61 L	F	Michele Esterhuizen	52	CSA EZD	29/11/2024	Mpumalanga Championships 2024
57	1:37.71 L	F	Thinica Mc Anda	19	KOVS MAN	04/12/2024	Free State Champs 2024
58	1:38.85 L	F	Cherná Fouché	20	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 202
59	1:40.38 L	F	Ashley Jansen van Vuuren	19	CSA EZD	29/11/2024	Mpumalanga Championships 2024
60	1:41.37 L	F	Ayanda Tshabalala	20	HPS TSH	13/09/2024	NTS September Age Group 2024
61	1:42.07 L	F	Natalie Hilbert	42	FEMS EDD	22/02/2025	EDEN 5th A-League Gala 2025
62	1:42.11 L	F	Janine Steyn	54	BETH FDD	25/10/2024	Neptunes Gala
63	1:42.66 L	F	Kiersten Pause	20	UWCA CPT	06/09/2024	USSA Swimming
64	1:45.42 L	F	Ngozi Anyanwu	20	UWCA CPT	06/09/2024	USSA Swimming
65	1:47.74 L	F	Christina Van Rooyen	49	PGAC EKU	12/10/2024	EGA Summer 2
66	1:47.98 L	F	Shirley Mlotshwa	19	ATTE TSH	11/10/2024	NTS Level 1+2 October Age Group 20
67	1:51.77 L	F	Judi Smith	22	BARR CPT	09/11/2024	Swartland Prestige Gala 2024
68	1:52.55 L	F	Carolina Potgieter	19	FISH EDD	02/11/2024	EDEN 2nd A-League Gala 2024 Schoc
69	1:55.33 L	F	Ina Prinsloo	49	BETH FDD	15/11/2024	Valsrivier Gala 2024
70	1:55.80 L	P	Christine Kruger	20	BLSS MAN	28/03/2025	SA Level 2 Regional Age Group Cham
71	2:00.74 L	F	Sonja Coetzee	37	VALS FDD	15/11/2024	Valsrivier Gala 2024
72	2:07.23 L	F	Minke Janse Van Rensburg	20	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
73	2:09.95 L S	F	Mia Vd Merwe	26	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
74	2:14.55 L	P	Savanna Haselau	19	PSCP UMD	26/03/2025	SA Level 3 Regional Age Group Chan
75	2:23.96 L	P	Katherine Swanepoel	37	DRGN EKU	15/06/2024	PEA Winter 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	
76	2:38.32 L	P	Marne Kock	27	RBUR BPD 07/12/2024 NWS Championships 2024
77	3:04.29 L	F	Helen Van Vuuren	45	NWS 25/01/2025 4+1 INTERPROVINCIAL GALA 2025
Women 200 Breast					
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	2:23.61 L	F	Rebecca Meder	22	KZNA ETH 09/04/2025 SA National Aquatic SNR-Champ 202
4	2:31.70 L	F	Simone Moll	20	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
5	2:34.73 L	P	Kate Meyer	22	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
6	2:36.49 L	F	Morgan Cope	19	LALE CED 05/12/2024 Western Cape LC-A Championship 20
7	2:36.78 L	F	Georgia Els	19	RSA 19/06/2024 BRICS Games Swimming 2024 Russia
8	2:38.29 L	F	Mikaela Goelst	19	SEAL UMD 02/07/2024 Prestige Tournament 2024
9	2:40.04 L	F	Catherine Van Rensburg	20	TUKS TSH 06/09/2024 USSA Swimming
10	2:42.05 L	F	Helen Taylor	27	AZON ETH 08/03/2025 Invitational Meet 2025
11	2:42.89 L	F	Morgan Pharoah	19	TUKS TSH 21/02/2025 NTS Age Group Feb Tuks
12	2:46.11 L	F	Marné Meier	26	CASC CPT 05/12/2024 Western Cape LC-A Championship 20
13	2:47.72 L	F	Megan Shepherd	21	TUKS TSH 21/02/2025 NTS Age Group Feb Tuks
14	2:48.48 L	F	Michaela Dai Medico	19	TUKS TSH 21/02/2025 NTS Age Group Feb Tuks
15	2:49.87 L	F	Luchelle Oosthuizen	20	KOVs MAN 13/12/2024 NMBA Championships 2024
16	2:53.51 L	F	Alex Truter	20	BEAV ETH 25/01/2025 uShaka Champs 2025
17	2:54.04 L	F	Carike Kok	19	TUKS TSH 13/09/2024 NTS September Age Group 2024
18	2:54.13 L	F	Cara Ralfe	19	TUKS TSH 05/12/2024 Western Cape LC-A Championship 20
19	2:56.02 L	F	Jessica Booth	22	MATI CED 06/09/2024 USSA Swimming
20	2:56.42 L	F	Kate Mandell	25	MATI CED 09/11/2024 Winelands SL4
21	2:59.41 L S	P	Luané Engelbrecht	19	TUKS TSH 25/04/2025 SA National Junior Age Grou-WCA 20
22	3:00.63 L	F	Caylin Gous	20	NWUC KKD 06/12/2024 NCASA CHAMPS 2024
23	3:01.69 L	F	Simeí Van Staden	20	KLOO ETH 14/06/2024 AQZ Winter Warmer 2024
24	3:04.11 L	F	Erin Haslehurst	20	PGAC Eku 05/12/2024 EGA Summer Championships
25	3:05.55 L	F	Anneke van Eeden	20	NWUC KKD 09/11/2024 NWS Age Group 1 & 2 2024
26	3:11.84 L	F	Mienke Herbst	19	SSISA CPT 21/09/2024 CTA INVITATIONAL LC MEET
27	3:17.43 L	F	Lucy Friedenthal	19	UNI EZD 29/11/2024 Mpumalanga Championships 2024
28	3:19.26 L	F	Donia Smit	20	SS MPD 29/11/2024 Limpopo Champs 2024
29	3:23.11 L	F	Megan Bulose	20	UWCA CPT 25/01/2025 CTA Qualifying Meet 6 - (L2 & above)
30	3:23.20 L	F	Gabriella Steyl	20	NWUC KKD 09/11/2024 NWS Age Group 1 & 2 2024
31	3:24.79 L	P	Wendy Cook	54	FRA KCD 02/07/2024 Prestige Tournament 2024
32	3:25.81 L	F	Tilka Paljk	28	MATI CED 06/09/2024 USSA Swimming
33	3:26.31 L	F	Ra-eesa Jephtha	20	MANT CPT 22/02/2025 Swartland Invitational Gala 2025
34	3:35.25 L	F	Busisiwe Mogadima	19	SOUL Eku 27/03/2025 SA Level 2 Champs 2025-EGA
35	3:38.22 L	F	Thinica Mc Anda	19	UFS MAN 06/09/2024 USSA Swimming
36	3:46.48 L	F	Kiersten Paulse	20	UWCA CPT 06/09/2024 USSA Swimming
37	4:25.36 L	F	Sonja Coetzee	37	VALS FDD 02/11/2024 Heidedal
38	4:37.85 L	F	Cornelia Fowler	44	KLOO ETH 14/06/2024 AQZ Winter Warmer 2024
39	6:20.23 L S	F	Helen Van Vuuren	45	NWUC KKD 07/12/2024 NWS Championships 2024
Women 50 Fly					
1	25.93 L S	P	Erin Gallagher	26	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
2	26.57 L	F	Caitlin De Lange	21	TUKS TSH 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	27.83 L S	F	Duné Coetzee	22	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
5	28.03 L S	F	Georgia Els	19	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
6	28.06 L	P	Tatjana Smith	27	TUKS TSH 15/06/2024 PEA Winter Gala 2024
7	28.12 L S	P	Johanna Buys	24	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
8	28.31 L S	F	Kate Meyer	22	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
9*	28.52 L S	F	Rachel Groepes	19	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
9*	28.52 L	F	Kristen Straszacker	25	CASC CPT 05/12/2024 Western Cape LC-A Championship 20
11	28.65 L S	F	Samantha Straw	23	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
12	28.69 L	P	Kaylene Corbett	25	TUKS TSH 15/06/2024 PEA Winter Gala 2024
13*	28.75 L	P	Dakota Tucker	20	WATR JHB 15/06/2024 PEA Winter Gala 2024
13*	28.75 L	P	Kerryn Herbst	22	TUKS TSH 28/02/2025 2025 Grand Prix 2 Invitational Meet -N
15	28.77 L S	F	Taneal Baptiste	25	AGC TSH 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			
16	29.14 L	F	Trinity Hearne	21	UCT CPT	06/09/2024	USSA Swimming
17*	29.19 L S	P	Christine Wessels	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
17*	29.19 L	P	Ane' Meier	19	PAC TSH	15/06/2024	PEA Winter Gala 2024
19	29.29 L S	P	Tori Voke	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
20	29.33 L	F	Margaux Kemp	22	MATI CED	06/09/2024	USSA Swimming
21*	29.59 L	P	Tumaini Macdonell	20	RSA	19/06/2024	BRICS Games Swimming 2024 Russia
21*	29.59 L	F	Leigh McMorran	20	AA JHB	21/02/2025	NTS Age Group Feb Tuks
23	29.61 L S	P	Carla Meikle	22	KZNA ETH	09/04/2025	SA National Aquatic SNR-Champ 202
24	29.65 L S	P	Natalie Landmann	23	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
25	29.66 L	F	Sune Liebenberg	21	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks
26	29.83 L S	P	Tazmyn Robson	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
27	29.85 L S	P	Jenna-Laine Fuller	24	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
28	29.87 L	P	Corinna Meyer	20	VRC TSH	28/02/2025	2025 Grand Prix 2 Invitational Meet -N
29	30.03 L	F	Carissa Van Rooyen	22	CA EKU	01/02/2025	EGA Last Chance Gala
30	30.05 L	P	Marné Meier	26	CASC CPT	05/12/2024	Western Cape LC-A Championship 20
31	30.14 L	P	Corne van Schalkwyk	19	AA JHB	29/11/2024	CGA Championships 2024
32	30.20 L S	P	Jolene Cornelius	20	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
33	30.25 L	F	Luchelle Oosthuizen	20	KOVS MAN	13/12/2024	NMBA Championships 2024
34	30.29 L S	P	Michaela Dai Medico	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
35	30.41 L	F	Anieke Helmand	20	KOVS MAN	02/11/2024	Heidedal
36	30.46 L	P	Zanè Snyman	21	BLSS MAN	04/12/2024	Free State Champs 2024
37	30.51 L	P	Leah Christie	20	TGA WCD	05/12/2024	Western Cape LC-A Championship 20
38	30.64 L	F	Kirsten Blend	32	CASC CPT	05/12/2024	Western Cape LC-A Championship 20
39	30.67 L	F	Constantina Pietersen	23	VARC NMA	06/09/2024	USSA Swimming
40	30.93 L	P	Grace De Jongh	19	LALE CED	28/02/2025	2025 Grand Prix 2 Invitational Meet -N
41	31.06 L	P	Nirvana Borrageiro	19	AZON ETH	02/07/2024	Prestige Tournament 2024
42	31.08 L	P	Miche Johns	19	BLSS MAN	02/07/2024	Prestige Tournament 2024
43	31.14 L	F	Alexandra Caldwell	CR	VASA EKU	26/10/2024	Summer 3 Delville
44	31.15 L	P	Ninah Wedderburn	19	INFA NMA	28/02/2025	2025 Grand Prix 2 Invitational Meet -N
45	31.18 L	P	Tayla Haslam	19	KLOO ETH	25/04/2025	SA National Junior Age Grou-WCA 20
46	31.24 L	F	Sune Van Jaarsveld	23	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks
47	31.46 L	F	Kayleigh Adamson	22	TUKS TSH	06/09/2024	USSA Swimming
48	31.53 L	P	Danielle Heyes	19	ASAC CPT	05/12/2024	Western Cape LC-A Championship 20
49	31.66 L	P	Nuria Ribeiro	22	MATI CED	05/12/2024	Western Cape LC-A Championship 20
50	31.67 L	F	Abigail Swanepoel	21	NMU NMA	17/08/2024	Madibaz Swim Meet 2024
51	31.72 L	P	Mia vd Walt	21	TUKS TSH	05/12/2024	Western Cape LC-A Championship 20
52	31.75 L	F	Casey Smith	21	TUKS TSH	13/12/2024	NMBA Championships 2024
53	31.89 L	F	Jana Naude	19	ASA ILD	25/01/2025	uShaka Champs 2025
54	32.15 L	F	Rachel Smith	19	MDOL JHB	25/01/2025	CGA Summer Gala #4 Level 2+ 25 Ja
55*	32.72 L	F	Jessica Otto	21	TUKS TSH	06/09/2024	USSA Swimming
55*	32.72 L	P	Megan Bulose	20	UWCA CPT	05/12/2024	Western Cape LC-A Championship 20
57	32.73 L	F	Kiara Johnson	19	MATI CED	06/09/2024	USSA Swimming
58	32.94 L	P	Carike Kok	19	TUKS TSH	25/04/2025	SA National Junior Age Grou-WCA 20
59	33.04 L	F	Gertruida de Witt	47	POTC KKD	23/11/2024	NWS Age Group 3 + 4 2024
60	33.27 L	F	Catherine Morrison	20	TUKS TSH	13/09/2024	NTS September Age Group 2024
61	33.33 L	F	Michele Esterhuizen	52	CSA EZD	29/11/2024	Mpumalanga Championships 2024
62	33.39 L	F	Annorina Groenewald	44	NC FB	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
63	33.51 L	F	Danelle Snyman	39	ROA EDD	31/01/2025	Infinity Gala 2025
64	33.67 L	P	Sinelithemba Mbatha	22	RSA	19/06/2024	BRICS Games Swimming 2024 Russia
65	33.77 L	F	Madison Mayos	20	TUKS TSH	06/09/2024	USSA Swimming
66	33.80 L	F	Caylin Gous	20	NWUC KKD	06/09/2024	USSA Swimming
67	34.21 L	F	Tumelo Mohale	21	TUKS TSH	06/09/2024	USSA Swimming
68	34.26 L	F	Anneke van Eeden	20	NWUC KKD	06/09/2024	USSA Swimming
69	34.44 L	F	Kate Mandell	25	MATI CED	06/09/2024	USSA Swimming
70	34.52 L	F	Rachael Humphries	23	NWS	25/01/2025	4+1 INTERPROVINCIAL GALA 2025
71	34.53 L	P	Lucy Friedenthal	19	UNI EZD	29/11/2024	Mpumalanga Championships 2024
72	34.55 L	F	Busisiwe Mogadima	19	SOUL EKU	27/03/2025	SA Level 2 Champs 2025 EGA
73	34.84 L	P	Amani Ismail	20	ATLA JHB	29/11/2024	CGA Championships 2024
74	35.07 L	F	Michelle Steenekamp	21	TUKS TSH	13/09/2024	NTS September Age Group 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			
75	35.15 L	P	Thinica Mc Anda	19	KOVS MAN	04/12/2024	Free State Champs 2024
76	35.20 L S	F	Cornelia HECHTER	23	MATI CED	21/09/2024	CTA INVITATIONAL LC MEET
77	35.23 L	F	Oabilwe Sesoko	19	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 202
78	36.12 L	F	Ayanda Tshabalala	20	HPS TSH	13/09/2024	NTS September Age Group 2024
79	36.31 L S	F	Ra-eesa Jephta	20	MANT CPT	21/09/2024	CTA INVITATIONAL LC MEET
80	36.52 L	F	Yedidah Theron	19	ROA EDD	30/11/2024	Eden LC Champs 2024
81	36.59 L	F	Minke Janse Van Rensburg	20	WCA CPT	09/04/2025	SA National Aquatic SNR-Champ 202
82	36.63 L	F	Tilka Paljk	28	MATI CED	06/09/2024	USSA Swimming
83	36.67 L	F	Esmarie Theart	29	KALA	19/10/2024	NCASA AGE GROUP 1 KATHU 2024
84	38.74 L	F	Reneilwe Molelowatladi	19	MAHD NMD	23/11/2024	NWS Age Group 3 + 4 2024
85	39.15 L	F	Gabriella Steyl	20	NWUC KKD	09/11/2024	NWS Age Group 1 & 2 2024
86	39.69 L	F	Janine Steyn	54	BETH FDD	25/10/2024	Neptunes Gala
87	40.01 L	F	Ashley Jansen van Vuuren	19	CSA EZD	29/11/2024	Mpumalanga Championships 2024
88	41.94 L	F	Cherná Fouché	20	TUKS TSH	18/10/2024	NTS Level 3+ October Age Group 202
89	42.52 L	F	Carolina Potgieter	19	FISH EDD	17/10/2024	43rd Freda Barnard Invitational Gala
90	44.51 L	F	Ngozi Anyanwu	20	UWCA CPT	06/09/2024	USSA Swimming
91	45.11 L	P	Ina Prinsloo	49	BETH FDD	04/12/2024	Free State Champs 2024
92	47.88 L	F	Mia Vd Merwe	26	CASC CPT	02/11/2024	CTA A & B CHAMPS 2024
93	48.21 L	P	Zora Wegerif	23	SWIM1 JHB	20/03/2025	SA Level 3 Champs 2025-NT
94	48.45 L	P	Christine Kruger	20	BLSS MAN	28/03/2025	SA Level 2 Regional Age Group Cham
95	58.16 L	P	Katherine Swanepoel	37	DRGN EKU	15/06/2024	PEA Winter Gala 2024
Women 100 Fly							
1	57.80 L	P	Erin Gallagher	26	RSA	27/07/2024	2024 Paris Olympic Games
2	58.95 L	F	Rebecca Meder	22	KZNA ETH	09/04/2025	SA National Aquatic SNR-Champ 202
3	1:00.63 L	P	Duné Coetzee	22	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
4	1:01.64 L S	F	Trinity Hearne	21	CYBE CPT	05/12/2024	Western Cape LC-A Championship 20
5	1:02.57 L	F	Trinity Hearne	21	UCT CPT	06/09/2024	USSA Swimming
6	1:02.85 L	F	Leigh McMorran	20	AGB JHB	09/04/2025	SA National Aquatic SNR-Champ 202
7	1:02.89 L	F	Georgia Els	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
8	1:03.30 L	F	Tazmyn Robson	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
9	1:03.53 L	F	Taneal Baptiste	25	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
10	1:03.82 L	P	Christine Wessels	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
11	1:04.95 L	F	Scarlett Nichol	19	TUKS TSH	28/02/2025	2025 Grand Prix 2 Invitational Meet -N
12	1:05.28 L	F	Kaylene Corbett	25	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks
13	1:05.63 L	F	Kirsten Storm	19	TUKS TSH	21/02/2025	NTS Age Group Feb Tuks
14*	1:05.65 L	F	Ane' Meier	19	PAC TSH	15/06/2024	PEA Winter Gala 2024
14*	1:05.65 L	P	Corne van Schalkwyk	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
16	1:07.21 L	P	Ambrin Pienaar	20	ACSA ETH	02/07/2024	Prestige Tournament 2024
17	1:07.37 L	F	Luchelle Oosthuizen	20	KOVS MAN	11/10/2024	Otters Prestige Gala 2024
18	1:07.41 L	P	Michaela Dal Medico	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
19	1:07.63 L	F	Caterina Radwan Dana	20	ANIEN TSH	22/02/2025	EGA Lets Sprint Incorp Gauteng Schoi
20	1:07.81 L	P	Carla Meikle	22	KZNA ETH	09/04/2025	SA National Aquatic SNR-Champ 202
21	1:08.04 L	F	Carla Antonopoulos	24	TUKS TSH	06/09/2024	USSA Swimming
22	1:08.08 L	F	Asia Losito	20	ANIEN TSH	22/02/2025	EGA Lets Sprint Incorp Gauteng Schoi
23	1:08.19 L	F	Alexandra Caldwell	CR	VASA EKU	05/12/2024	EGA Summer Championships
24	1:08.21 L	F	Kerryn Herbst	22	TUKS TSH	06/09/2024	USSA Swimming
25	1:08.25 L S	F	Marné Meier	26	CASC CPT	05/12/2024	Western Cape LC-A Championship 20
26	1:08.33 L	F	Lisa Olivotti	24	ANIEN TSH	22/02/2025	EGA Lets Sprint Incorp Gauteng Schoi
27	1:08.46 L	P	Q-Rize Ferreira	21	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
28	1:08.86 L	F	Megan Shepherd	21	TUKS TSH	06/09/2024	USSA Swimming
29	1:09.47 L	P	Jolene Cornelius	20	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
30	1:09.72 L	F	Nirvana Borrageiro	19	RSA	04/10/2024	Curro AquaElite Gala
31	1:09.75 L	F	Kirsten Blend	32	CASC CPT	14/02/2025	Western Cape Elite Gala 2025
32	1:10.03 L	P	Abigail Swanepoel	21	NMU MMA	28/02/2025	2025 Grand Prix 2 Invitational Meet -N
33	1:10.50 L S	P	Tayla Haslam	19	KLOO ETH	25/04/2025	SA National Junior Age Grou-WCA 20
34	1:10.55 L	F	Erin Haslehurst	20	PGAC EKU	05/12/2024	EGA Summer Championships
35	1:10.62 L	F	Olivia Kruger	19	MATI CED	06/09/2024	USSA Swimming
36	1:10.87 L	F	Miche Johns	19	BLSS MAN	02/07/2024	Prestige Tournament 2024
37	1:11.17 L	F	Alexandra Caldwell	19	UCT CPT	06/09/2024	USSA Swimming

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	1:11.28 L	P	Ninah Wedderburn	19	INFA NMA 28/02/2025 2025 Grand Prix 2 Invitational Meet -N
39	1:12.03 L	F	Carmia Hartman	19	RFA TSH 18/10/2024 NTS Level 3+ October Age Group 202
40	1:13.27 L	F	Constantina Pietersen	23	VARC NMA 06/09/2024 USSA Swimming
41	1:13.81 L	F	Caylin Gous	20	NWUC KKD 06/09/2024 USSA Swimming
42	1:14.78 L	F	Gertruida de Witt	47	POTC KKD 23/11/2024 NWS Age Group 3 + 4 2024
43	1:15.47 L	F	Jemma van der Merwe	19	CSC TSH 13/09/2024 NTS September Age Group 2024
44	1:15.94 L	F	Carike Kok	19	TUKS TSH 29/11/2024 CGA Championships 2024
45	1:16.40 L	F	Chloe LE Roux	21	MATI CED 06/09/2024 USSA Swimming
46	1:17.62 L	F	Anneke van Eeden	20	NWUC KKD 06/09/2024 USSA Swimming
47	1:17.67 L	P	Jayda Collett	19	TUKS TSH 20/03/2025 SA Level 3 Champs 2025-NT
48	1:19.45 L S	F	Ra-eesa Jephta	20	MANT CPT 02/11/2024 CTA A & B CHAMPS 2024
49	1:19.52 L	F	Luané Engelbrecht	19	TUKS TSH 13/09/2024 NTS September Age Group 2024
50	1:19.70 L	F	Hannah Neilson	20	UWCA CPT 17/10/2024 43rd Freda Barnard Invitational Gala
51	1:19.87 L	F	Danelle Snyman	39	ROA EDD 31/01/2025 Infinity Gala 2025
52	1:19.97 L	F	Kayleigh Adamson	22	TUKS TSH 18/10/2024 NTS Level 3+ October Age Group 202
53	1:20.78 L	F	Alani Ferreira	26	KZNA ETH 09/04/2025 SA National Aquatic SNR-Champ 202
54	1:22.54 L	F	Oabilwe Sesoko	19	TUKS TSH 21/02/2025 NTS Age Group Feb Tuks
55	1:23.03 L	F	Alex Truter	20	BEAV ETH 25/01/2025 uShaka Champs 2025
56	1:24.57 L	F	Donia Smit	20	SS MPD 29/11/2024 Limpopo Champs 2024
57	1:24.63 L	F	Yedidah Theron	19	ROA EDD 30/11/2024 Eden LC Champs 2024
58	1:27.55 L	F	Larike Joubert	19	HMER MP 08/10/2024 Limpopo Top 8 - High Schools
59	1:29.95 L	F	Megan Bulose	20	UWCA CPT 06/09/2024 USSA Swimming
60	1:38.28 L	F	Minke Janse Van Rensburg	20	FISH EDD 30/11/2024 Eden LC Champs 2024
61	2:00.73 L	P	Zora Wegerif	23	SWIM1 JHB 29/11/2024 CGA Championships 2024
Women 200 Fly					
1	2:14.74 L	F	Duné Coetzee	22	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
2	2:18.64 L	F	Leigh McMorran	20	AGB JHB 09/04/2025 SA National Aquatic SNR-Champ 202
3	2:19.65 L	F	Erin Gallagher	26	TUKS TSH 28/02/2025 2025 Grand Prix 2 Invitational Meet -N
4	2:23.37 L	F	Tazmyn Robson	19	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
5	2:23.99 L	F	Carla Antonopoulos	24	TUKS TSH 06/09/2024 USSA Swimming
6	2:27.49 L	F	Scarlett Nichol	19	TUKS TSH 28/02/2025 2025 Grand Prix 2 Invitational Meet -N
7	2:30.29 L	P	Christine Wessels	19	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
8	2:32.83 L	F	Luchelle Oosthuizen	20	KOVS MAN 13/12/2024 NMBA Championships 2024
9	2:36.21 L	F	Michaela Dal Medico	19	TUKS TSH 13/09/2024 NTS September Age Group 2024
10	2:39.94 L	F	Erin Haslehurst	20	PGAC EKU 05/12/2024 EGA Summer Championships
11	2:41.39 L	F	Corne van Schalkwyk	19	AA JHB 29/11/2024 CGA Championships 2024
12	2:43.73 L	P	Kirsten Blend	32	CASC CPT 14/02/2025 Western Cape Elite Gala 2025
13	2:46.88 L	F	Abigail Swanepoel	21	NMU NMA 06/09/2024 USSA Swimming
14	2:50.81 L	F	Jessica Booth	22	MATI CED 06/09/2024 USSA Swimming
15	3:00.53 L	F	Ra-eesa Jephta	20	MANT CPT 09/11/2024 Swartland Prestige Gala 2024
16	3:08.72 L	F	Yedidah Theron	19	ROA EDD 17/10/2024 43rd Freda Barnard Invitational Gala
Women 200 IM					
1	2:10.39 L	F	Rebecca Meder	22	KZNA ETH 09/04/2025 SA National Aquatic SNR-Champ 202
2	2:11.62 L	F	Aimee Canny	21	KNYA EDD 31/05/2024 PV NCAP Elite Qualifier
3	2:19.53 L	F	Georgia Els	19	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
4	2:20.91 L	P	Kaylene Corbett	25	TUKS TSH 28/02/2025 2025 Grand Prix 2 Invitational Meet -N
5	2:20.95 L	F	Kate Meyer	22	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
6	2:26.98 L	F	Megan Shepherd	21	TUKS TSH 06/09/2024 USSA Swimming
7	2:28.34 L	F	Trinity Hearne	21	UCT CPT 06/09/2024 USSA Swimming
8	2:28.90 L	F	Ane' Meier	19	PAC TSH 15/06/2024 PEA Winter Gala 2024
9	2:29.84 L	F	Corne van Schalkwyk	19	AA JHB 29/11/2024 CGA Championships 2024
10	2:30.00 L	P	Michaela Dal Medico	19	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
11	2:30.17 L	F	Melina Giraudeau	21	LALE CED 09/11/2024 Winelands SL4
12	2:30.54 L	F	Mikaela Goelst	19	SEAL UMD 02/07/2024 Prestige Tournament 2024
13	2:30.71 L	P	Q-Rize Ferreira	21	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
14	2:31.11 L	P	Samantha Straw	23	TUKS TSH 04/12/2024 Free State Champs 2024
15	2:31.13 L	F	Mia vd Walt	21	TUKS TSH 05/12/2024 Western Cape LC-A Championship 20
16	2:31.21 L	P	Ambrin Pienaar	20	ACSA ETH 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	
17	2:32.40 L	F	Luchelle Oosthuizen	20	KOVS MAN 11/10/2024 Otters Prestige Gala 2024
18	2:32.51 L	P	Morgan Pharoah	19	AGC TSH 09/04/2025 SA National Aquatic SNR-Champ 202
19	2:32.69 L	F	Cara Ralfe	19	TUKS TSH 08/03/2025 Invitational Meet 2025
20	2:33.17 L	F	Maretha Nagel	39	BLSS MAN 04/12/2024 Free State Champs 2024
21	2:33.89 L	P	Ashley Ebing	19	TUKS TSH 25/04/2025 SA National Junior Age Grou-WCA 20
22	2:34.35 L	P	Carla Meikle	22	SEAL UMD 14/02/2025 Western Cape Elite Gala 2025
23	2:34.40 L	F	Chazél Orton	20	NWUC KKD 06/09/2024 USSA Swimming
24	2:34.44 L	F	Chloe LE Roux	21	MATI CED 09/11/2024 Winelands SL4
25	2:34.69 L	F	Kirsten Storm	19	TUKS TSH 21/02/2025 NTS Age Group Feb Tuks
26	2:35.21 L	F	Anieke Helmand	20	KOVS MAN 06/09/2024 Bull Sharks Annual Gala
27	2:35.98 L	F	Jessica Meter	20	TUKS TSH 08/03/2025 Invitational Meet 2025
28	2:37.40 L	F	Miche Johns	19	BLSS MAN 02/07/2024 Prestige Tournament 2024
29	2:38.58 L	F	Nirvana Borrageiro	19	AZON ETH 02/07/2024 Prestige Tournament 2024
30	2:39.11 L	F	Jessica Booth	22	MATI CED 06/09/2024 USSA Swimming
31	2:39.67 L	P	Carike Kok	19	TUKS TSH 25/04/2025 SA National Junior Age Grou-WCA 20
32	2:39.80 L	F	Sune Van Jaarsveld	23	TUKS TSH 21/02/2025 NTS Age Group Feb Tuks
33	2:40.12 L	P	Alexandra Caldwell	CR	VASA EKU 05/12/2024 EGA Summer Championships
34	2:40.19 L	F	Hannah Neilson	20	UWCA CPT 05/12/2024 Western Cape LC-A Championship 20
35	2:40.27 L	F	Caylin Gous	20	NWUC KKD 06/12/2024 NCASA CHAMPS 2024
36	2:40.35 L	T	Christine Wessels	19	TUKS TSH 21/02/2025 NTS Age Group Feb Tuks
37	2:42.90 L	P	Erin Haslehurst	20	PGAC EKU 05/12/2024 EGA Summer Championships
38	2:43.57 L	F	Jayda Collett	19	TUKS TSH 20/03/2025 SA Level 3 Champs 2025-NT
39	2:44.28 L	F	Luané Engelbrecht	19	TUKS TSH 21/02/2025 NTS Age Group Feb Tuks
40	2:46.19 L	F	Petro Marié Fourie	19	LALE CED 20/03/2025 SA Level 3 Regional Age Group Chan
41	2:46.26 L	F	Jordainne Kazimierczak	22	FLOD JHB 15/02/2025 CGA Summer Gala #6 Level 2+ 15 Fe
42	2:46.49 L	F	Jemma van der Merwe	19	CSC TSH 18/10/2024 NTS Level 3+ October Age Group 202
43	2:47.61 L	F	Ninah Wedderburn	19	INFA NMA 05/10/2024 4th A League Gala 2024
44	2:48.48 L	F	Gertruida de Witt	47	POTC KKD 23/11/2024 NWS Age Group 3 + 4 2024
45	2:49.38 L	F	Corinna Meyer	20	VRC TSH 18/10/2024 NTS Level 3+ October Age Group 202
46	2:50.56 L	F	Kirsten Blend	32	CASC CPT 25/01/2025 CTA Qualifying Meet 6 - (L2 & above)
47	2:50.71 L	F	Gemma Kirsten	19	KOVS MAN 24/08/2024 Kovsie Gala 2
48	2:50.89 L	F	Jana Naude	19	STSC KCD 26/10/2024 Froggies Aquatics Championships 202
49	2:52.51 L	F	Danelle Snyman	39	ROA EDD 31/01/2025 Infinity Gala 2025
50	2:53.26 L	F	Anneke van Eeden	20	NWUC KKD 06/09/2024 USSA Swimming
51	2:54.38 L	F	Yedidah Theron	19	ROA EDD 30/11/2024 Eden LC Champs 2024
52	2:56.00 L	F	Megan Bulose	20	UWCA CPT 25/01/2025 CTA Qualifying Meet 6 - (L2 & above)
53	2:56.83 L	F	Zanè Snyman	21	BLSS MAN 25/10/2024 Neptunes Gala
54	2:58.32 L	F	Ra-eesa Jephta	20	MANT CPT 02/11/2024 CTA A & B CHAMPS 2024
55	3:01.90 L	F	Michele Esterhuizen	52	CSA EZD 29/11/2024 Mpumalanga Championships 2024
56	3:04.99 L	F	Danielle Heyes	19	ASAC CPT 25/01/2025 CTA Qualifying Meet 6 - (L2 & above)
57	3:09.94 L	F	Thinica Mc Anda	19	KOVS MAN 04/12/2024 Free State Champs 2024
58	3:10.79 L	F	Shaina Adriaan	19	TYGE CPT 02/11/2024 CTA A & B CHAMPS 2024
59	3:12.06 L	F	Ashley Jansen van Vuuren	19	CSA EZD 29/11/2024 Mpumalanga Championships 2024
60	3:14.19 L	F	Gabriella Steyl	20	NWUC KKD 09/11/2024 NWS Age Group 1 & 2 2024
61	3:19.73 L	P	Busisiwe Mogadima	19	SOUL EKU 05/12/2024 EGA Summer Championships
62	3:20.22 L	F	Janine Steyn	54	BETH FDD 04/12/2024 Free State Champs 2024
63	3:23.64 L	F	Caleigh Hanekom	24	UWCA CPT 06/09/2024 USSA Swimming
64	3:28.03 L	P	Minke Janse Van Rensburg	20	FISH EDD 05/12/2024 Western Cape LC-A Championship 20
65	3:32.98 L	F	Christine Kruger	20	BLSS MAN 04/12/2024 Free State Champs 2024
66	3:32.99 L	F	Renelwe Molelowatladi	19	MAHD NMD 23/11/2024 NWS Age Group 3 + 4 2024
67	3:34.11 L	F	Kiersten Paulse	20	UWCA CPT 06/09/2024 USSA Swimming
68	3:34.55 L	F	Judi Smith	22	BARR CPT 09/11/2024 Swartland Prestige Gala 2024
69	3:41.40 L	F	Vanessa Howard	54	ANAX CPT 22/02/2025 Swartland Invitational Gala 2025
70	3:41.64 L	F	Carolina Potgieter	19	FISH EDD 02/11/2024 EDEN 2nd A-League Gala 2024 Schor
71	3:55.28 L	F	Sonja Coetzee	37	VALS FDD 15/11/2024 Valsrivier Gala 2024
72	4:01.93 L	P	Katherine Swanepoel	37	DRGN EKU 15/06/2024 PEA Winter Gala 2024
73	4:03.48 L	F	Zora Wegerif	23	SWIM1 JHB 29/11/2024 CGA Championships 2024
74	4:11.82 L	F	Savanna Haselau	19	PSCP UMD 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		
Women	400 IM							
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 TSH	06/09/2024	USSA Swimming
3	5:17.57	L	P	Megan Shepherd	21	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
4	5:22.98	L	P	Michaela Dal Medico	19	AGC TSH	09/04/2025	SA National Aquatic SNR-Champ 202
5	5:26.73	L	F	Morgan Pharoah	19	TUKS TSH	05/12/2024	Western Cape LC-A Championship 20
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 TSH	06/09/2024	USSA Swimming
11	5:40.97	L	F	Erin Haslehurst	20	PGAC ECU	05/12/2024	EGA Summer Championships
12	5:43.82	L	F	Jessica Booth	22	MATI CED	06/09/2024	USSA Swimming
13	5:51.18	L	F	Luané Engelbrecht	19	TUKS TSH	25/04/2025	SA National Junior Age Grou-WCA 20
14	5:54.89	L	F	Rachael Humphries	23	NWUC KKD	06/09/2024	USSA Swimming
15	6:53.98	L	F	Megan Bulose	20	UWCA CPT	01/02/2025	CTA BRIAN BUTTON Qualifying Meet